

January 2024

January 2024

***Private Rentals not added to calendar**

Office Hours
 Mon-Thurs: 9am-2pm
 Fridays: Closed except special events

Sun. Monday Tuesday Wednesday Thurs. Fri. Sat.

	<div>Office, Store, and Donation Dock Closed</div> <div>Fitness Land Begins!</div>		<div>Office Closed</div> <div>Play Fitness Land Jan 1 - Feb 28</div>	10:30 AM Tai Chi	8:30AM Zumba	10:30AM Chair Yoga	12:30PM Alzheimer Caregiver Support Group	Sports Theme 6:30PM Family Bingo	50% Off Store Wide
31		1	2	3	4	5	6		
1PM OPTH	10AM Live Music & Dancing 12PM Soup & Salad Bar 1PM Good Grief 5:30PM Let's Go Dog Training	Manager's Gone Mad Monday Sale	8:30AM Zumba 10AM Live Music & Dancing 12pm Soup & Salad bar 12:30PM Memoirs	10:30 AM Tai Chi 1:30PM Surprise Bingo	8:30AM Zumba 10:30AM Chair Yoga 12PM Tech Help 6PM NMCV				
5PM Dinner Church	Play Fitness Land!	8	1PM Mahjong 6PM Swing Dance	9	10	11	12	13	
5PM Dinner Church	10AM Live Music & Dancing 12PM Soup & Salad Bar 1PM Good Grief 5:30PM Let's Go Dog Training	MLK Day 50% Off Store Wide	8:30AM Zumba 10AM Live Music & Dancing 12pm Soup & Salad bar 12:30PM Memoirs 1PM Mahjong 6PM Swing Dance	10:30AM Tai Chi 1PM Surprise Bingo 2PM- P.A.C.K.	8:30AM Zumba 10:30AM Chair Yoga 7PM American Legion Post 200	4PM Creative Music Jam			
14	Win Amazing Prizes	15	16	17	18	19	20		
5PM Dinner Church	10AM Live Music & Dancing 12PM Soup & Salad Bar 1PM Good Grief 5:30PM Let's Go Dog Training	Manager's Gone Mad Monday Sale	8:30AM Zumba 10AM Live Music & Dancing 12pm Soup & Salad bar 12:30PM Memoirs 1PM Mahjong 6PM Swing Dance	10AM Chamber Meeting 1PM Surprise Bingo 2pm Tai Chi	8:30AM Zumba 10:30AM Chair Yoga			50% Off Store Wide	
21	Play Fitness Land!	22	23	24	25	26	27		
5PM Dinner Church	10AM Live Music & Dancing 12PM Soup & Salad Bar 1PM Good Grief 5:30PM Let's Go Dog Training	Manager's Gone Mad Monday Sale	8:30AM Zumba 10AM Live Music & Dancing 12pm Soup & Salad bar 12:30PM Memoirs 1PM Mahjong 6PM Swing Dance	10:30 AM Tai Chi 1:30PM Surprise Bingo		Store Hours Mon-Sat 9:30am-5:30PM Donation Dock: Mon-Sat. 9:30am-4:00pm *New Winter Hours			
28	Win Amazing Prizes	29	30	31					

See back for prices and more detail.
 Call with any questions.

360.275.0535 | Facebook.com/The.HUB.Belfair | HubHappenings.org

The HUB 111 NE Old Belfair Hwy, Belfair, WA 98528
 Mailing Address: P.O. Box 2697 Belfair, WA 98528

Alzheimer Caregiver Support Group 1st Thurs. 1-3PM

Free support group. Build a support system with people who understand. Develop a support system, Exchange practical information on challenges and possible solutions, talk through issues and ways of coping, share feelings, needs and concerns, and learn about community resources. For more info call: Debra Jamerson at 360.621.1110

American Legion Post 200 3rd Thursdays at 7PM

Meets on the 3rd Thursday of each month at the HUB at 7 pm. Some do come in at 6pm for social time prior if you'd like to come down early. They provide Veteran service officer support, family assistance, and involvement in local patriotic and community events. Every local Veteran is welcome to join us. Contact info: Post Commander Roy Harrington, 206-817-8815, rcfh55@yahoo.com

Creative Music Work 3rd Friday of the month 4-5:30PM

Suggested Donation: \$5. Bring an instrument or play one we provide. Bring songs you're working on or learn new skills. Listen to others and jam together. Please bring snacks to share.

Chair Yoga with Beckie Evans Thursdays 10:30AM

If you can breathe, you can yoga! Join Beckie Evans ERYT-500 for Breath & Balance Chair Yoga every Thursday at 10:30 am at The Hub. We will open each class seated in a chair focusing on our breath, slowly connecting our breath with gentle movement, and closing with a guided body scan meditation. Class will be a combination of seated and standing poses using a chair for support. Multiple modifications will be offered, along with the support of props, allowing each participant to have a personalized practice that is appropriate for them. I cannot wait to connect. I look forward to meeting you on the mat!

Beckie Evans is an ERYT-500 with twenty five years of personal yoga & meditation practice and twelve years of trauma informed & adaptive yoga teaching experience. Beckie was first introduced to yoga as a modality to manage PTSD & anxiety.

SPORTS BINGO

Family Bingo-All Ages, 1st Fri. monthly at 6:30PM

\$1 per game! \$7 to play all 8 games! (game 7 & 8 played on same card) **January Theme is Sports!** Come in your favorite **sports attire** to get a **bonus bingo card!** There will be lots of prizes to win! Concession Stand. Tickets available online at Eventgroove.com (just search google and we're usually one of the first ones listed) and in person at The HUB.



**Classes may change on occasion.
Follow us on Facebook for the latest info.**

Foot Care Once a month by appt only

The HUB does NOT schedule appointments. Please schedule all your appointments online at www.myfootcarenurse.net or call Pam Lindgren, RN CFCS 360-286-8403

Good Grief -Women only- Mondays at 1PM
Free support group for ladies who have lost a partner. Can be recently widowed or have been widowed for many years. Come join ladies who have been where you have been and who understand you.

Live Music & Dancing Mondays & Tuesdays at 10 AM

Cost: \$2 for members, and \$5 for non-members. Join us these mornings from 10-12PM & dance to the tunes of local musicians that play older country music. Monday's featuring old time rock & rock by the Blue Suede Shoes.

Fitness Land All Month Long!

For the month of January come get active and play Fitness Land at The HUB! All month long, we want to encourage you to move your body and stay healthy. Take a walk, go to the gym, attend a fitness class at the HUB, or any other fitness related activity will earn you a movement card for Fitness Land. Track your activity, the more active you are, the faster you will be able to move your token along the Fitness Land Board. The 1st place winner will receive a wonderful prize but don't worry, there are no losers in Fitness Land, everyone who participates will be rewarded at the end of the month! Not sure where to start? Take one of the many fitness classes hosted at the HUB on our calendar!



HUB Shop January

Saturday 6th: 50% Off Store Wide Sale

Tuesday 9th: \$8 Bag Sale. As many standard priced clothing you can fit in a shopping bag for just \$8!

Monday 15th: Martin Luther King Jr. Day Sale 50% Store Wide

Saturday 20th: 50% Off Store Wide Sale.

Mondays: Manager's Gone Mad Monday sale

Wednesdays: Wacky Wednesday, sports theme! Wear in your favorite sports apparel & spin out Wacky Wheel of Savings!

P.A.C.K 3rd Wednesdays from 2-4PM

P.A.C.K. aka People for Animal Care & Kindness is a non-profit organization that meets in The HUB Parking lot once a month to hand out pet food and supplies for those who need it.

Let's Go Dog Training Mondays at 5:30pm

Let's Go Dog Training LLC, is operated by, Cis Blackwell, a professional that offers personalized dog training services. Cis is a certified trainer by ABC college in addition to experience working with other experts. Sessions begin at \$45 per class with discounts offered for disabled(50% off) Seniors and/or HUB members(35% off), or Frequent Flyers(25% off). Cis is looking forward to meeting you and your dog soon!

OPTH Ages 12+, First Sundays at 1 PM

Cost: OPTH (Olympic Peninsula Treasure Hunters) is a non-profit metal detecting club. For more information email: hoodcanaldetectoristsclub@gmail.com

Dinner Church Sundays at 5PM

Free dinner by The Dinner Church. Small service afterwards.

Swing Dance Class Tuesday from 6-7PM

Cost: \$3 for members, \$5 for non-members. Come down and learn how to swing dance!

****Tai Chi**** Ages 18+ Wednesdays 10:30 AM

Cost: \$3 for members. \$5 for non-members. Beginners through advance participants welcome to this ongoing slow movement practice of this 37 posture form developed by Prof. Cheng Man-Ching promotes relaxation, balance, flexibility, and strength. For more info call Sue at 360.427.2955

****Zumba**** Ages 2+ Tues & Thurs 8:30 AM

Cost: \$4 per class for members and \$6 for non-members. Pre-paid cards are available at the front desk. Perfect for active older adults who are looking for a modified Zumba class that recreated the original moves at a lower-intensity. Come strong. Class focuses on all elements of fitness: Cardiovascular, muscular conditioning, flexibility, and balance.

Mahjong Tuesdays at 1 PM

Every Tuesday from 1pm until 4pm. \$2 for members, \$5 for non-members. All skills levels welcomed! Instructions available.

Memoir Writing Club Ages 18+ Tuesdays at 12:30PM

Cost: \$5 for non-members, \$2 for members. This is a writing workshop for people who want to write and tell the different stories and events from their lives. Also, for those who just enjoy writing as a hobby! Must bring your own preferred writing tools.

