

Winter CLASSES

CLASS	INSTRUCTOR	DAYS	TIMES	COST
Bone & Balance	Cindy Mattoon	W/F	10:15-11:15	\$5/\$10
	Increase metabolism and bone density in this gentle chair-exercise class. On-going.			
Comfort Afghans	Ann Tedrick	1st & 3rd Th	9 -12	\$1
	Knitters and crocheters make afghans for the Verde Valley Sanctuary .			
Grief Support	Susan Blanchard	1st and 3rd Tu	11:00-11:45	Donation
	Learn to heal in a safe and structured setting.			
Hatha Yoga	Kali Baldwin	Th	8:30 - 10	\$5/\$7
	Gentle instruction in posture, breathing, stretching and relaxation in a 90-minute class.			
Joy of Laughter	Joy Jenkins, Ph.D.	Tues	1 - 2	\$3/\$5
	Laughter offers healing – physically, emotionally, mentally and spiritually. Instill laughter into your daily life and reap its many benefits.			
Line Dancing	Sandy Reid	F	1:30-2:30	Donation
	Move to great tunes and meet new friends. An un-partnered dance style, ideal for singles.			
Morning Exercise	Video Instruction	M/W/F	8:00 - 8:45	\$1
	Each class meeting follows a different exercise video shown on a television.			
Rama Chi	Dr. William Brown	M	10-11	Donation
	Restore optimal health, improve the immune system and increase the uptake of serotonin.			
Silver Sneakers	Cindy Mattoon	Tu/Th	10:15-11:15	\$5/\$10
	National fitness program offers instruction in gentle physical activity put to music.			
Tai Chi	De Morse	Tu	8-9:15	\$5/\$7
	Tai Chi Chuan is geared toward stress reduction, improved balance and self healing.			
Tango	Rommel Oramas	Th	7:00 - 9:00	\$10
	Learn the language of tango. An hour instruction followed by an hour of “mini milonga”.			
Watercolor I & II	Cathy Stedman	W	9 - 11:30, 1 - 3:30	\$8/\$10
	Painting class in the popular medium of watercolor. Create your own masterpieces.			

Pets for Seniors A Pet for All Seasons

It's so amazing how animals can enrich our lives. The first few days after you get it home you are both new to each other, trying to feel each other out, do the right thing. And then after awhile, you each adjust. She knows you don't like her chewing on your shoe and you know when she needs to go out. And so a bond develops and grows stronger each day, each month, each year. You know each others moods, feelings. You know when she's sick and she knows when you're not quite up to it. And you give to each other and care about each other. And love each other for all the time you are together. Neither of you is alone.



The new shelter is open. It's beautiful. It's filled with dogs and puppies (6 at last count), cats and kittens (many, many), each of them waiting to be part of a loving home, each waiting to be with someone who will care for them, worry about them, be happy with them, love them. And just waiting for the chance to love you right back and give you everything they've got. Animals give 100% to a relationship. How often can we say that about our human relationships?

So come over and get a tour of the new shelter. It's light , airy, and comfortable, but not as comfortable as your home would be for any of these wonderful angels. So come and be open to possibilities and maybe your New Year will be a happier one for sharing love with a new friend.

Here are some of the animals that were adopted during November and December: DOGS : Trinity, Louise Guinness Rocko, Mika, Alice, Tobi and Bart. CATS: Buddy, Glory, Coal, Tyson, PeeWee, Lucy, Shadow, Buster, Cassie, Trixie, Nanci, and 6 kittens! Good work, guys!

Still waiting is Satin who's been there for one year! And she's just so loving and beautiful! Back again are Faith, a sweet tortie, and Snowball who's just gorgeous! Please restore their faith that there is a Santa out there for them and give them a good home!

The shelter is on Shelby Dr. You really can't miss it! The old shelter is being redone to accommodate office space, isolation quarters and room for a vet which is so badly needed. Even if you can't adopt now, come and lend a hand and be prepared to lose your heart.

A HAPPY NEW YEAR TO ALL, FILLED WITH LOVE AND HOPE FROM THEIR HEARTS TO YOURS. ~ Alice Harvey