

# Adult Programs June 2018

All programs are free

## Every Week



Chair Yoga  
Mondays  
5:00 pm



Creative Hour  
Mondays  
6:00 pm



Film Adaptations  
of Literary Works  
Wednesdays  
2:00 pm



Meditation  
Thursdays  
4:00 pm

## Special Events



Spoken Word  
Every 1st Thursday  
**Thursday, June 7**  
5:30-7:30 pm



The Power of Unmasking  
Removing the Mask is the topic for this 2-part seminar given by Certified Life Coach Marcia Collins-Brown.  
**Tuesday, June 19**  
5:00 - 6:30 pm



Self Defense Class with Torrie  
This class is an introduction to basic jujitsu. This is for all ages and beginners are welcome!  
**Saturday, June 9**  
11:00 am - 12:30 pm



Health and Wellness Series  
Central Florida Health Presents a 4 part Health & Wellness Educational Series  
**Tuesday, June 21-Diabetes Management**  
2:00 - 3:00 pm



Line Dancing Instruction  
Beginners welcome.  
**Monday, June 11**  
1:00 - 2:15 pm



Aromatherapy for Your Workspace  
Presented by Tracy Moore, A Licensed Mental Health Counselor and Certified Aroma Freedom Practitioner,  
**Thursday, June 21 at 5:00 pm.**



Altered Books Workshop  
Work with Courtney on your altered books!  
**Tuesday June 12 at 5:00 pm**



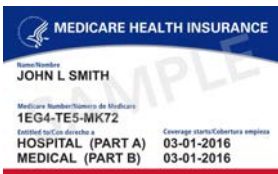
My Life's Work-Discussion Group  
Everyone is welcome to the monthly discussion group for and about people with interesting backgrounds.  
**Monday June 25 at 1:00 pm**



Chef Ze' Carter, The Roaming Gourmet  
Summer Cookbook Series  
**Thursday, June 14**  
11:00 am.  
Registration is required.



Budgeting Basics  
Presented by Mia Wilchcombe of the UF-IFAS Extension Office.  
**Tuesday, June 26 at 11:00 am**



New Medicare Cards  
What You Need to Know  
**Tuesday, June 19**  
11:00 am  
Registration is required.



The Dewey Decimal System: History and Controversy  
Prepare to be entertained, not bored!!  
**Thursday, June 28 at 2:00 pm**



100 East Main Street  
Leesburg, Florida 34748  
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