

CommUNITY Happenings

712.732.5711 Office

712.732.5712 Fax

YOGA

Kathryn McKinley's classes use stretching, yoga postures, yoga breathing and relaxation to develop flexibility, balance and strength. Stretchy clothing and a towel/yoga mat are helpful.

Tues, January 10 - February 7
5:45-7 pm
SL Middle School Music Room

No Floor YOGA

NEW DAY AND TIME
STARTS
THURS, JANUARY 12

This class is designed for people with mobility issues- postures will be done *standing* and *sitting* and will be adapted to your abilities.

Thurs, January 12 - February 9
11:15 am-12:15 pm

Pilates

The class includes warm up, strength training, many different exercises, and a cool down. Participants are asked to bring a towel or an exercise mat.
 This class is appropriate for all ages.

Tues/Thurs, 5:30-6:30 pm, South School (1st floor)

Emeritus University: Snapshots of Vietnam

Vietnam is seldom in the U.S. news these days. It is, however, undergoing a metamorphosis—one of many in its long history. Kathryn McKinley, BVU Assistant Professor of Social Work, had the opportunity to spend two weeks in Vietnam in January 2011 on the "Auntie's Tour" led by her nephew. While no expert on the country, she will bring her impressions and her photos of the country—a country that no longer brings memories of young men going off to war; but rather, a beautiful place with an incredible history and friendly people who greet Americans warmly. Hear how the country presented itself to three women who grew up during the Vietnam War and one young man who lived and worked there for two years.

Date/Time: Monday, January 9, 3:30-5pm
Location: United Methodist Church Sanctuary

Twitter:

Looking for a new way to keep up on current events from around the world? Or are you just looking for a new way to get your news and collaborate with people all in one place? Twitter is the microblogging tool that can help you with this. Twitter allows you to follow different feeds be it news, your favorite author, sports teams or writers, celebrities, or your neighbor down the street. The only catch is your Tweet can only have 140 characters in it. So if you're interested, come join the over 300 million people using Twitter. Preston Meineke, Storm Lake Middle School computer instructor, will lead the class.

Date/Time: Tues, Jan 17 &
 Thurs, Jan 19, 7:00-8:00 pm

Location: SL Middle School, Room 222

Fee: \$15

Registration Deadline: Fri, Jan 13

REMINDER-

Yoga and Pilates Punch cards are available at the COMMUNITY Education office in 10 class (\$50) and 5 class (\$25) denominations.

No Charge-
 No Registration
 Required

MAIL TO: COMMUNITY EDUCATION

419 Lake Avenue • PO Box 638 • Storm Lake, IA 50588

Name: _____ Phone: (H) _____ (C) _____

Street: _____ City: _____

Email Address: _____

Course: _____ Fee: _____

FOR OFFICE USE ONLY
 FEE _____ CHECK # _____ Date _____

Holiday Open Gyms

December 22, 23, 26, 27
@ Storm Lake High School

K-8	10am-Noon
9-12	Noon-2 pm

December 28, 29, 30, 31 & January 2, 3, 4
@ Storm Lake Middle School

K-8	1-4 pm
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Sunday January 1

K-4/Families	Elem	1-3pm
5th-8th	MS	1-4pm
9-12	HS	1-3pm

Start Smart Basketball

A parent/child program for 3—6 year olds (including Kindergarteners)
 Sponsored By:
Sunrise Pointe Golf Course
Lake Creek

Start Smart Programs offer the opportunity for parents to work one-on-one with their child in learning the basic skills of a sport. For basketball they will learn skills such as dribbling/ball handling, shooting, passing/catching and running/agility.

The program will be held on the following dates:
 January 16, 19, 23, 26, 30, and February 2
 6:30–7:15pm
 Storm Lake Elementary School Gym
 Registration Fee: \$15
 Registration Deadline: January 13



Women’s Volleyball

Teams are needed for the Women’s Volleyball League.

Games will be scheduled for Wednesday nights starting January 11 at the Storm Lake Elementary and Middle Schools.

If you would like to reserve a spot for your team or if you would like to play on a team, please call Pat Fisher @ 732-5711 by January 3th. The league team fee of \$85 is due by January 11.

Tornado Cheerleading

Clinic

Friday, February 3
 12:45—3:00 pm
 SL High School

Performance

Friday, February 3
 SL High School
 Girls Varsity Game
 Halftime
 (approx. 6:45 .m.)



1st-6th Graders

Registration Fee: \$10.00

Registration Deadline: Monday, January 30

Many Thanks!!!

To the **Storm Lake Rotary Club** for their generous contributions to CommUNITY Education programs.

