

Happy
New Year!



SENIOR CENTER at MAPLE HALL
TEMPORARILY RELOCATED TO ZOOM

Note: You MUST have meeting ID and password for EACH activity

JANUARY SCHEDULE

**NON-FICTION
CREATIVE WRITING**
with CLAIRE

*Chronicle your life experiences from
unexpected points of view.*

TUESDAYS 2:00p-4:00p

Limited Class Size ~ First Come, First Served

Contact Claire at [Claire Swedberg@msn.com](mailto:Claire_Swedberg@msn.com)
for meeting ID and password

TAI CHI QIGONG

with CAMILLE:

*Mindful exercise form improves
coordination and focus*

MONDAYS & WEDNESDAYS

11:00a-12:00

Contact Camille at camilledrotts@gmail.com
for meeting ID and password

2021



All fitness levels ~ Mix Music and Motion

LIVE with Elke Siller Macartney

TUESDAYS 9:00a

VIDEOS with our group

THURSDAYS 8:30a

Contact Margaret for meeting ID and password
SeniorCenter@townoflaconner.org

HELP WITH HEATING BILLS:

Community Action of Skagit County may be able to help with Puget Sound Energy, Cascade Natural Gas, propane or wood bills.

Call 360-428-1011 for seniors 60 years and over. Appointments will be completed by phone during October and November. Income eligibility guidelines apply.

Senior Center Contact Info

Email: SeniorCenter@townoflaconner.org Phone: 360-855-5440