



# Community Learning Center

## November News & Events



Here comes the cold weather everyone! As we fade into the winter, we wish for you to come and take part in one or multiple of our events this month. We are offering many exciting and fun events this month; such as some cultural cooking classes, pickleball clinics, a CPR training course, and more!

### Community Events:



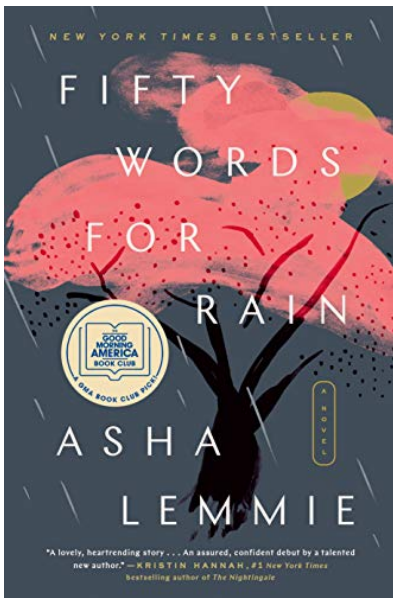
#### The Pottery

The CLC is enamored to introduce **The Pottery!** The Pottery is our ceramics room where we will have future 3D art classes held, such as an upcoming **Pie Plate Class** with Andrew! This class will be held on **Tuesdday November 9th and November 16th** from 6-8pm and you can [sign up here](#)

#### Christmas in Kendallville

Its never too early to start thinking about the holiday season! This year we plan on joining the city of Kendallville with their winter events by providing a **winter market**, an **open house for The Pottery**, and **more on the weekend of December 4th and 5th!** More details will be given as we get closer to the events!





## Book Club: Fifty Words for Rain

Come to the CLC or Kendallville Public Library to pick up a copy of Fifty Words for Rain. On November 18th from 6-7:30pm, join a group of welcoming readers to discuss this month's novel, which is written by Asha Lemmie describing a young girl who is coming of age in post-WWII Japan and the ties that bind and give you strength, as well as the true meaning of freedom.

[Sign up here](#)

## The Kendallville Public Library Presents:

**Ask the Expert: Realtor**

**November 16th**

**6-7pm**

[Sign up here](#)



## The Kendallville Public Library Presents:

**Euchre Tournament**

Do you have what it takes to win Euchre? Sign up with a partner or by yourself and we will pair you with someone. Awesome prizes await the winners on November 2nd 6-8pm.

[Sign up here](#)



## The Kendallville Public Library Presents:

**Golden Hour**

Join us here at the CLC to play cards and board games, do arts and crafts, as well as other fun activities on November 4th from 2-3pm

[Sign up here](#)



## CPR Training

Date Time

Come and get CPR certified with us!

Taught by Macy Burtch

[Sign up here](#)

# CPR TRAINING

Get certified. Save a life. You'll be glad you did.

## Fine Arts:

KPL Presents:

### Scrapbooking

Nov. 19th

11am-12pm

Come scrapbook good memories with us!

[Sign up here](#)

### Beginners' Weaving

Nov 9th and 16th

6-8pm

Join us and learn how to weave!

[Sign up here](#)

### Christmas Paper Piecing

Nov. 18th 6-8pm

Learn the

technique of paper piecing with us!

[Sign up here](#)

### Open Knitting

Come Thursdays at 10am for open knitting time in our Community Room.

## Culinary Arts:

### Yemeni Cooking

Nov. 8 6-8pm

Come learn how to make some genuine Yemeni foods such as mutabbaq and more!

[Sign up here](#)

### Sabrina's Breakfast Tasting Party

Nov 11 9-10am

Whether a beginner or just want to learn a new recipe, this class will excite!

[Sign up here](#)

KPL Presents:

### Meal Prepping Soup

Nov. 10 6-7pm

Come make a delicious soup here at the CLC!

[Sign up here](#)

### Hoosier Sugar Cream Pie

Nov. 21 1-3pm

Come make Indiana-style sugar cream pies with Lou Anne Pillars!

[Sign up here](#)

### Hand-dipped Chocolate Truffles

Nov. 22 5-8pm

Make chocolate truffles here with us!

[Sign up here](#)



# Health and Wellness:



## Pickleball

Come play the trend that is sweeping the nation! Pickleball is a fun game that can really keep you moving! Check our website for weekly open times.

Want to get text reminders of the schedule? Text @69bgkd4 to 81010.

## Beginner's Pickleball Clinic

Want to learn how to play? Join us and Al Huth to learn the basics of the game on **November 10th and 17th from 6-8pm!** This class offers a basic skill set to make the game fun with the ability to learn more later.

[Sign up here](#)

## Ask the RD

Have some nutrition related questions? Schedule a 15 minute appointment to meet with a Dietician over the phone

**November 4th 1:30-3pm**

[Sign up here](#)



**PARKVIEW**  
CENTER FOR  
HEALTHY LIVING

## Support Groups

### Parkinson's

**November 9th**

**3:30-5:00 pm**

The Parkinson's Disease Support Group enhances knowledge and understanding of the disease and improves the quality of life for people experiencing the effects of Parkinson's.

### Stroke

**November 16th**

**4-6pm**

This group focuses on enriching the lives of people affected by stroke through educational presentations by guest speakers, social activities, and group discussions

# Exercise Classes at the CLC

## Zumba

Tuesdays & Thursdays

5:15–6pm

*High energy movement to exotic rhythms of Latin and international beats. Before participants know it, they are getting fit and their energy levels are soaring!*

## Zumba Step

Tuesdays & Thursdays

6–6:45pm

*STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.*

## Chair Yoga

Tuesdays & Thursdays

11am–12pm

*Come move your whole body through a complete series of yoga postures. Chair yoga assists in supporting individuals for a safe experience. It provides the ability to perform a variety of seated and standing postures designed to increase flexibility, balance, range of movement while reducing anxiety and stress.*

## Senior Strong

Mondays & Wednesdays

9–9:45am

*Senior Strong is a class focusing on cardiovascular endurance, strength, balance and flexibility.*

## Barre

Tuesdays

8:15–9am

*Barre is a totally unique approach to barre workouts as you've seen them. Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above™ delivers a results-driven fun workout.*

## Rock Steady Boxing

Mondays, Wednesdays & Fridays

1–2:30pm

*Rock Steady Boxing is a unique exercise program, based on training used by boxing pros that is adapted for people with Parkinson's disease. The program involves regular exercises, such as stretching, balancing and lots of non-contact boxing, led by experienced trainers/coaches. This program serves both men and women of all ages and levels of ability, giving people with Parkinson's disease hope. The program enables people with Parkinson's to fight their illness by providing non-contact boxing-style fitness classes that improve their quality of life.*

Visit our [website](#) for more information on events, sign-ups, and our partner organizations and make sure to join us on [Instagram](#) and [Facebook](#) for news and events or call us at 260-544-3455