



Monthly PACC Coffee & Pie Social



Come on in for the Pie & Coffee and ***Stay*** for a Personal Tour of our Exciting New Paynesville Area Community Center (PACC). Join us at the PACC for some delicious pie and fresh brewed coffee. Personal tours of the PACC will be given where you can ask questions regarding programs, explore free memberships, the walking track and more.

Date: Wednesday, December 15 **Class Code:** W0034
Date: Wednesday, January 19 **Class Code:** W0035
Time: 10:00 am -11:00 am **Fee:** \$2/Date
Location: PACC—Door #1 **Min:** 5 **Max:** 20
Registration Deadline: One week prior to the social date.



Gluten Free Baking!

This class is designed to teach a couple of classic recipes for those of you needing/wanting a gluten free diet. You will go home with two delightful gluten free baked items that we will prepare in class along with other recipes that you can try at home. (Enter PACC Door #1). **Adult 18+ class.**

Date: February 2 **Time:** 5:30pm-8pm **Class Code:** W0049
Fee: \$35 **Location:** High School Foods Room #132 **Min:** 5 **Max:** 16
Registration Deadline: Jan 26 **Instructor:** Char Bzdok



German Holiday Treats!

Streuselkuchen

This class is designed to teach a classic German recipe for those of you that LOVE German baking. This classic Streuselkuchen can be filled with a variety of fillings (apricot, blueberry, raspberry, or strawberry). Besides being delicious, this bread goes great with coffee or tea and will make your home smell wonderful! You will go home with a large filled bread that we will prepare in class along with other recipes that you can try at home. Come join us and meet new people while we bake these classics. (Enter PACC Door #1). **Adult 18+ class.**



Date: Monday, February 28 **Time:** 5:30pm-8:00pm **Class Code:** W0050
Fee: \$35 **Location:** High School Foods Room #132 **Min:** 5 **Max:** 16
Registration Deadline: Feb 21 **Instructor:** Char Bzdok

Healthier & Happier You!

Do you want to live a healthier life? You will take away strategies and ideas that you can work towards to feel so much better and have the energy to carry out all the things that you would like to accomplish in your day! **Adult 18+ class.**

In this class we will focus on 6 main areas of Health and Wellness:

- Focus 1: Healthy weight Management**
- Focus 2: Healthy Eating and Hydration**
- Focus 3: Healthy Motion**
- Focus 4: Healthy Sleep and Energy Management**
- Focus 5: Healthy Mind and Mindfulness**
- Focus 6: Healthy Surroundings**

Date: Wednesday, January 12 **Time:** 6:00pm-7:30pm
Class Code: W0048 **Fee:** \$25 **Location:** High School FACS Room #132
Instructor: Char Bzdok (Enter PACC Door #1)
Min: 5 **Max:** 30 **Registration Deadline:** Jan 5

Be Healthy: ☀️ Be Happy

