



ENRICHMENT

Yoga for Life!



Moving in Stillness (Yoga for all age groups for both Men & Women)

Take the first steps in transforming your life and your body! When we start on this journey you will become more aware of your breathing and you will learn the basis of meditation. People that practice yoga say they feel more relaxed, accomplish more and are less stressed. They move more freely and have more energy.

Meet Nancy as she shares with you her journey in life from having a stroke 11 years ago and how Yoga has transformed her life and how it was her primary source of healing after her stroke. Nancy's personal experiences have cultivated a passion in her to share the healing potentials of breathing and meditative yoga. Nancy is a certified yoga trainer with a passion for helping others.

Please bring a yoga mat if you have one. If you do not have one we will provide one for you.

**Come and meet Nancy at our Coffee & Pie Social on December 15 at 10am. (please register for the Coffee & Pie Social - More info on page 19)

Dates: Mondays & Thursdays (January 3rd-27th)

Time: 10:30am-11:30am

Class Code: W1000

Fee: \$35 (8 sessions)

Location: PACC Group Fitness Room

Min: 4 **Max:** 8

Registration Deadline: Dec 22

Instructor: Nancy Young (Certified Yoga Instructor)

(Enter PACC Door #1)



Mid Afternoon Movie Club

Are you looking for something to do after lunch? Do you miss going to the local movie theater? Join us for our Mid Afternoon Movie Club in the Paynesville High School Auditorium.

Time: Movies start at 1:00 PM

Location: High School Auditorium (Enter PACC Door #1)

Fee: \$2 per movie (You are welcome to pay at the door)

Call 243-7570 to register or register online at www.PaynesvilleCE.com



"Safety" December 14 PG

Code: W1054 (2 hours 2 min)

The story of Ray-Ray McElrathbey, a freshman football player for Clemson University, who secretly raised his younger brother on campus after his home life became too unsteady.

"23 Blast" January 11th PG 13 **Code: W1055** (1 hr 38 min)

When a high school football star is suddenly stricken with irreversible total blindness, he must decide whether to live a safe handicapped life or bravely return to the life he once knew and the sport he still loves.



"I Still Believe" January 25th PG **Code: W1056** (1 hr 56 min)

The true-life story of Christian music star Jeremy Camp and his journey of love and loss that looks to prove there is always hope.



"Only God Can" February 8 PG **Code: W1057** (1h 37 min)

When high-powered sports agent Rob Decker arrives looking for his next major league prospect, he finds more than he bargained for at the Cooke Boys Ranch. As he works to secure Shawn Hart, the top high school baseball prospect in the country, he encounters a cast of characters who value happiness and common sense over dollars and cents.



"Healed by Grace" February 22 TV-G **Code: W1058** (1h 51min)

Healed by Grace is a charming tale of a faith, friendship, and love. It's at the darkest of times where these powerful elements of life all come to together.