

HERITAGE ARTS - Tuesday 9:00 AM to 10:00 AM

\$5.00 per class (Choose 1st, 2nd and 3rd choice)



WOOL DRYER BALLS

The purpose of a dryer ball is to dry your clothes faster, safer and they last for years.

They shorten drying time, have no chemicals and end the expense of softener or dryer sheets. Making your own felted wool dryer balls is a way to save money, help the environment, learn a new skill and have fun. You will make one dryer ball and have it ready to take back home with you with instructions to make more.

BEADED SERVING PIECE

You will learn how to make a decorative serving spoon or fork. Wire and glass beads are twisted around the handle of a fork or spoon. If you have small pliers used in jewelry making, please bring. If not we have some to share. You will take home a serving piece. Beads and wire provided.



INSTA POT

In this class, you will observe demonstrations on using your Insta Pot such as how to make cheese cake, meatloaf with potatoes, dry beans, taco soup with frozen chicken breast ready to shred in minutes. Limit to 25 people to taste. Others may just observe.



FLOWER GARDEN-GRAM-MA'S English Paper Piecing

English paper piecing is a method of attaching and stabilizing pieces of fabric together, based on foundation piecing. The technique used to paper piece involves wrapping paper shapes in fabric, then hand stitching the fabric shapes together. Once a shape, block or finished piece is completed, the paper is removed leaving the shaped fabric as the remaining item.



HERITAGE ARTS - Tuesday 10:30 AM to 11:30 AM

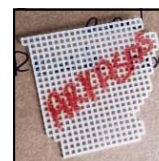
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UPCYCLED SCARF NECKLACE

This craft is a fantastic way to hang on to your much-loved old silk scarves or silky blouses by turning them into a unique necklace. Please bring an old silk scarf or blouse you would like to upcycle.

MAKE YOUR STATE NAME TAG

This class is an opportunity to make a plastic canvas state magnetic backed pin with your organization initials. Great idea to use for membership pins, convention pins, etc..



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What is “Heritage Arts”?

Cultural **Heritage** is an expression of the ways of living developed by a community and passed on from generation to generation, including customs, practices, places, objects, artistic expressions and values.

HERITAGE ARTS - Tuesday 2:00 PM to 3:15 PM

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NVON has a **Facebook** presence. “Click” on the “Find us on Facebook” button at: <http://www.nvon.org>

Be sure to “**LIKE**” us and follow National Volunteer Outreach Network to keep up with the latest NVON news.

EDUCATIONAL CLASSES - WEDNESDAY, 2:00 PM - 3:00 PM

ESSENTIAL OILS

Find out the do's and don'ts of essential oils and aromatherapy. Essential oils to help you sleep? Essential oils recommended for beginners?



THE ART OF ORGANIZING AND TIDYING UP

You will learn to face the daunting task of handling years of accumulated possessions and family memories; where to start and what to do with it all.



ACCESSORIZE

The trends for fashion today; learn to be trendy but also economical.

Accessorize so you will have confidence with style and grace wearing today's fashions.



CHAIR YOGA

Curious about yoga as a form of exercise? This class addresses three key components; breathing, movement and guided relaxation. This class involves low or non-impact exercises that will help improve flexibility and movement. Perfect for older individuals that want to stay active but avoid injury.



EDUCATIONAL CLASSES - WEDNESDAY, 3:30 PM - 4:30 PM

SPICE UP YOUR LIFE

Learn to use everyday spices in cooking and how to mix for flavors, using fresh and dried spices.



SALT, SODIUM AND POTASSIUM

Learn the facts regarding the differences in salts, how much sodium a person needs and why potassium is needed in our diet.

SELF DEFENSE AWARENESS OF SURROUNDINGS

Become aware of your surroundings to avoid danger and protect yourself from being assaulted.

EFFECTIVE COMMUNICATION


Learn tips to effectively communicate with members, friends, and family. Improve relationships. Gain understanding. Improve meeting efficiency.



EDUCATIONAL CLASSES - THURSDAY - 2:00 PM - 3:00 PM

<p style="text-align: center;">ACHES AND PAINS FINDING RELIEF USING A NON-DRUG METHOD</p> <p>Do you suffer from chronic pain? Learn ways to manage your aches and pains using research proven strategies; deep breathing, guided relaxation and easy yoga stretches. Find relief with these alternative method's recommended by the CDC.</p>	<p style="text-align: center;">KEEPING YOUR BRAIN HEALTHY</p> <p>Stay mentally fit by socializing, mental stimulation, neurotics, diet and exercise.</p>
<p style="text-align: center;">EFFECTIVE COMMUNICATION</p> <p>Learn tips to effectively communicate with members, friends, and family. Improve relationships. Gain understanding. Improve meeting efficiency.</p> 	<p style="text-align: center;">LIVING IN A DIGITAL WORLD</p> <p>Tips, etiquette and best practices for using social media. Smart use of social media is an important personal, communication and leadership skill.</p> 

EDUCATIONAL CLASSES - THURSDAY - 3:30 PM - 4:30 PM

<p style="text-align: center;">GRACE UNDER PRESSURE</p> <p>Do you have difficult people in your club and in your life? Learn ways to address difficult situations such as angry or nitpicky people as well as how to identify and address sexual harassment and ways to engage in self-care to manage stress.</p>	<p style="text-align: center;">APPETIZERS FOR ALL</p> <p>Examples of the Mediterranean Diet lifestyle which is linked to lowering chronic disease risk and longer lives.</p> 
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