



Central Community House
At Our House, People Are Central

Wellness Fun-for-All Saturdays

YOU are invited to join your community for engaging and healthy activities on the 2nd and 4th Saturdays of the month at Central Community House. FREE child care is provided 10:00 a.m. to 1:00 p.m. by qualified teachers from Columbus Early Learning Centers up to age 12. Parents may use the care so they can attend adult activities or to take care of other business.

<p>January 27 10:00-11:30 Men's Group with Pastor Juan Brady 10:15-11:15 Saturday Stretch Yoga by Michele Winship 11:00-12:30 Parenting Support with Alice Daniels</p>	<p>10:15-11:15 Saturday Stretch Yoga by Michele Winship 11:45-12:45 Vegetarian Cooking Class</p>	<p>10:15-11:15 Saturday Stretch Yoga by Michele Winship 11:45-1:00 Sierra Club Healthy Urban Environment Conversation 11:45-12:45 Line Dancing by Pat Funderburg 12:00-1:00 Parenting Support with Alice Daniels</p>
<p>February 10 10:00-12:00 "Building Community" Dialogue by WORTH Foundation 10:00-11:30 Men's Group with Pastor Juan Brady 10:15-11:15 Saturday Stretch Yoga by Michele Winship 10:30-1:00 Journaling Workshop by Glo Redding 11:45-12:45 Line Dancing by Pat Funderburg 12:00-1:00 Parenting Support with Alice Daniels 1:00-2:00 Black History Celebration for youth and adults</p>	<p>March 10 10:00-11:30 Men's Group with Pastor Juan Brady 10:15-11:15 Saturday Stretch Yoga by Michele Winship 11:45-1:00 Sierra Club Healthy Urban Environment Conversation 11:45-12:45 Line Dancing by Pat Funderburg 12:00-1:00 Parenting Support with Alice Daniels</p>	<p>April 28 10:00-12:00 "Building Community" Dialogue by WORTH Foundation 10:00-11:30 Men's Group with Pastor Juan Brady 10:15-11:15 Saturday Stretch Yoga by Michele Winship 11:45-12:45 Vegetarian Cooking Class</p>
<p>February 24 10:00-12:00 "Building Community" Dialogue by WORTH Foundation 10:00-11:30 Men's Group with Pastor Juan Brady</p>	<p>March 24 10:00-12:00 "Building Community" Dialogue by WORTH Foundation 10:00-11:30 Men's Group with Pastor Juan Brady 10:15-11:15 Saturday Stretch Yoga by Michele Winship 11:45-12:45 Vegetarian Cooking Class</p>	<p>May 12 10:00-11:30 Men's Group with Pastor Juan Brady 10:15-11:15 Saturday Stretch Yoga by Michele Winship 11:45-1:00 Sierra Club Healthy Urban Environment Conversation 11:45-12:45 Line Dancing by Pat Funderburg</p>
	<p>April 14 10:00-11:30 Men's Group with Pastor Juan Brady</p>	<p><i>FREE Child Care for all dates!</i></p>

Central Community House 1150 E. Main St.
614-252-3157 www.cchouse.org