

2022 Ongoing Programs

WL Community Center Art Wall

Stop by the WLPOA Community Center to see the art each month and to support our local mountain artists!

Payment by cash or check (paid directly to the artists).

Also!

Handmade Wood Stacking / Nesting Boxes and More Woodcraft Items crafted by Larry Smith.

Larry has donated these crafted wooden boxes to the Village Club as a fundraiser to help support our Independence Day Celebration. These are wonderful boxes that will look great on a shelf or stacked and can be used for storage, organizing or serving trays!

Suggested donation of \$10-\$20 each.

Yoga - ZOOM with John Shoemaker: 9:00 am Monday & Fridays

Each class will include restorative and yin yoga (long static poses) and active yoga (dynamic poses followed by short static poses). Standing, balancing, kneeling, sitting and lying down poses will be practiced. John is a 500-hour certified yoga teacher through Yoga Alliance. He completed his training at Asheville Yoga Center. His schedule is Zoom Yoga, contact John via email <mailto:johnhshoemaker@gmail.com> for more info.

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Village Club activities to resume in the spring

Fitness Class

Samba

Water Fitness

Book Club

Tai Chi

Weekly Monday Night Potlucks

Pickleball

Weekly Friday Night Socials

Tennis

Dining Out with Friends

Fitness Class with Mary Lou Woodiwiss – Monday & Thursday

9am. Takes place on basketball court or in

the Village Pavilion – instructor's choice depending on

weather. Bring your exercise mat, water bottle, weights &

stretch bands.

Water Fitness - Tuesday & Thursdays @ 1 pm. Leigh Ann

Roseberry is the instructor. All equipment is provided. Contact

Leigh Ann via email for more info <mailto:eagles21@att.net>

Tai Chi with Fred Buck – Tuesday and Thursday at 10:15am.

Takes place in Village Activity Center or outside locations in

the beautiful sunshine. Bring your water bottle and an

exercise mat. A BIG thank you to Fred for all the years of

bringing this therapeutic, peaceful class to The Village!

Pickleball - We play on Wednesdays and Fridays at 10:00 and on

Sunday afternoons at 2:00. Ladies play on Monday @ 10:30.

If you are a Village Club member and want to play at other

times with your family or group, contact the Village staff

and they will open-up the courts for you. ENJOY! Come and

join us on the courts!

Tennis – Monday & Thursday @ 10am. All level of players are welcome. Contact Michaelene Sanders @ <mailto:mros725@gmail.com> for more information.

Samba - Every Friday at 1 in the Community Center Board room. Contact Linda Mullins for more info at <mailto:mrsdepp826@gmail.com> or Text 706-362-7812.

Book Club - lead by Karen Gerry: Contact Karen at <mailto:kgerry48@aol.com> for more info