



JUNE 14-AUGUST 20, 2010

MEADOWOOD NEIGHBORHOOD CENTER

5734 RAYMOND ROAD, MADISON, 608-467-8360. CALL FOR REGISTRATION INFORMATION

HOURS: Monday, Tuesday, Wednesday 9am-8pm, Thursday and Friday 9am-6pm.

Closed July 5

Age Day Date Time Fee Course #

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ADULT ENRICHMENT

★ **ESL-Beginner (English as a 2nd Language)**

Focus on elementary competency and basic grammar and writing skills.

18+ W 6/22-8/17 6-8pm Free Sign up at center

★ **Hook Up - An Employment Connections Group**

Assistance with job search, job leads, resume development and other services and receive one on one service for neighbors trying to secure employment. A collaborative program with Joining Forces for Families.

18+ W 6/7-8/18 10-11:30 Free Drop in

★ **Knitting Group**

Come compare patterns, share techniques and trade tips. Meet, mingle and knit with other neighborhood knitters! Anyone wanting to learn to knit welcome too!

18+ W 6/2-8/18 9:30am Free Drop in

★ **Madison Tatters Guild**

A fading ancient art, also known as "knotting". Its history goes back to the Egyptians. Tatting is done with a shuttle or with a needle and is open to novice learners.

18+ M 6/7-6/16 9:30-11am Free Drop in

★ **Writing Our Life Stories**

Everyone has a life story to tell. Life stories have the power to inform, inspire, and compel. This seminar helps preserve our unique stories. Skip 7/5.

18+ M 6/21-8/2 10-11am Free Sign up at center

YOUTH

★ **Lunch Bunch**

Free lunch is provided by the Department of Public Instruction. All youth must have a Meadowood Neighborhood Center Registration Form on file. Children under the age of 6 must be supervised.

Ages 2-17 M-F 6/21-8/13 11:30am -12:15pm Free Drop in

★ **Elementary Drop In**

Daily schedule includes a group activity time 12:15-1:15pm, and free time 1:15-1:45pm. Activities may include; group games, art projects, gardening, and water games.

Program take place in the center or the surrounding area (including the Toki field and Meadowood Park). There is no cost to participate. However, donations are accepted.

Grades 1-5 M-F 6/21-8/13 12:30-1:45pm Free Drop in

★ **Middle and High School**

Middle and High School drop-in is open to youth entering 6-12 grade. There is no cost to participate. However, donations are accepted. Daily schedule includes a group activity time 4-5pm and free time 5-6pm. Group activities may include; group games, art projects, discussions, cooking projects, or water games. Activities take place in the center or surrounding area (including the Toki Middle School fields and Meadowood Park).

Grades 6-12 M-F 6/21-8/13 4-6pm Free Drop in

★ **Middle and High School Camp**

Youth participate in structured activities around the weekly theme. Activities take place at the center or students travel using Metro buses to get to local destinations. Each week concludes with a large project or field trip fitting with the weekly theme. Registration is required and space is limited. Additional information and registration form can be picked up at the Meadowood Neighborhood Center.

Grades 6-12 M-F 6/21-8/20 2-6pm Free Drop in

★ **Bike Repair Shop**

Wanted: Middle and High School youth interested in learning basic bike repairs. Youth will be taught by local professionals how to make basic repairs for neighborhood kids throughout the summer. Please contact Kris at the center if interested. Look for weekly bike repairs hours to be posted once summer begins.

Grades 6-12 Tu 6/22-7/13 4-5pm Free Sign up at center

SPECIAL EVENTS

★ **Community Dinner**

Meet and greet your neighbors, make new friends, enjoy a free delicious meal, learn about all the great things happening in your area and get involved!

All ages W 7/21 6-8pm Free Drop in

ADULT FITNESS

★ **Gentle Yoga**

Breathing, stretching and yoga philosophy for age 50+. Mats provided.

50+ Th 6/24-8/19 9:15-10:15am \$20 31631

★ **Growing Stronger**

Basics of strength training and balance exercise for age 50+.

50+ Tu 6/22-8/17 9:15-10:15am \$20 31586

★ **Hatha Yoga**

Yoga postures (asanas) with deep breathing to promote flexibility, balance, relaxation, and muscle strength. Mats provided.

18+ Tu 6/15-8/10 6-7pm \$36 32781

★ **Pilates**

Focus is on postural symmetry, breath control, abdominal strength and spine stabilization. Mats provided.

18+ Tu 6/22-8/17 7:15-8:15pm \$36 32782

★ **Zumba**

Routines feature aerobic/fitness interval training with a combination of latin music rhythms that tone and sculpt the body.

18+ M 6/14-8/9 6-6:55pm \$32 32261

ADULT COMPUTER

★ **Basic Computer**

Designed for the beginner. Learn how to cut, paste, save, create folders, and more. Space is limited to those who pre-register at 608-467-8360.

18+ W 7/7 9-10am Free Sign up at center

18+ W 7/14 9-10am Free Sign up at center

18+ W 7/21 9-10am Free Sign up at center

18+ W 7/28 9-10am Free Sign up at center

★ **Email and Questions**

Learn how to sign up for free email and how to use the features such as attaching documents and photos. Space is limited to those who pre-register at 608-467-8360.

18+ Tu 7/20 10:15-11:15am Free Sign up at center

18+ Tu 7/27 10:15-11:15am Free Sign up at center

★ **Facebook**

Facebook is a free-access social network website with more than 200 million current members. Learn how to set up your own account, navigate the website and meet up with friends! Space is limited to those who pre-register at 608-467-8360.

18+ Tu 7/6-7/13 9:15-11:15am Free Sign up at center

★ **Internet Basics**

Learn to use search engines, maps, informational tools and entertainment sites.

Space is limited to those who pre-register at 608-467-8360.

18+ Tu 7/20 9:15-10:15am Free Sign up at center

18+ Tu 7/27 9:15-10:15am Free Sign up at center

★ **Open Computer Lab**

Free WiFi and 4 computer stations with internet access. Drop in only.

18+ M 9-11am, 6-8pm

18+ Tu, W 6-8pm

18+ Th, F 9-11am

*Request to be added to our email list at

meadowood@madison.k12.wi.us

*Summer volunteers needed! 1-5 days a week,

11:15am-12:30pm for lunch service.

Call 467-8360 for more information.

*A list of current donation needs can be found

at www.mscr.org click on the Meadowood

Neighborhood Center link.