



THE PHOEBE NEEDLES EDUCATION SERIES

The Phoebe Needles Center • 732 Turners Creek Road • Callaway, Virginia 24067

January 26 -- 5:00 - 6:00 p.m.

What We Eat: How to Make Better Choices

Join us and learn about how to cut out fats and sugars from your diet without cutting out the foods you like. There are no materials required for this program.

Lead By: Carol Haynes

February 9 -- 5:00 - 6:00 p.m.

Prep, Cook & Serve a Proportion Meal

If you enjoy cooking, this class could be for you. Join us in our kitchen and learn the basics to prepping, cooking and serving a proportioned and healthy meal! There are no materials required for this program.

Lead By: TBA

February 23 -- 5:00 - 6:00 p.m.

Organizing Your Home: Getting Started

Did you know one of 2017's top New Year's resolutions was to "Get Organized?" Join us for a program on how to successfully organize your home. Bring a notebook and take notes and feel free to ask questions!

Lead By: Ann Custer, www.woworganizing.com

March 9 -- 5:00 - 6:00 p.m.

Filing Your Income Taxes: What You Should Know

Join us at the Phoebe Needles Center and enjoy a cup of coffee while we review: Where to get tax forms (online and in paper copy), what you need to get together to prepare a tax return, understanding your W-2, standard deductions, threshold and advantages of itemizing and going through electronic filing. Bring your notebook or laptop and take notes!

Lead By: David Tanner

RSVP to Chelsea Wingate at least one week prior to the program • chelseanwingate@gmail.com

March 23 -- 5:00 - 6:00 p.m.

Emergency Essentials: What to Have in Your Car & Home

Join us while we discuss the essentials you should always have in your home and vehicle in case of an emergency.

Lead By: Public Safety Representative

April 6 -- 5:00 - 6:00 p.m.

Automobile Basics: Oil, Tires, Jumper Cables & Breakdowns

This class suits anyone who is of driving age. Everyone should know the basic "how to" when it comes to their car. Join us while we learn a few of these basics!

Lead By: TBA

May 11 -- 5:00 - 6:00 p.m.

Meditation through Art

You do not have to be an artist to enjoy this class. Join us as we learn meditation and de-stressing through art projects with Jane Stogner. There are no materials required for this program.

Lead By: Jane Stogner, Artist

April 20 -- 5:00 - 6:00 p.m.

Computer Basics: How to Use Microsoft Word and Email

Not used to using email or Microsoft Word? If you have a lap top you may bring it, but a notebook will do just fine, to go over the steps with us on how to create and use an email account and how to use Microsoft Word! We will help you set up an email account and have you typing in no time!

Lead By: Chelsea Wingate

May 25 -- 5:00 - 6:00 p.m.

Social Media: Effects on Children

Social Media has become a phenomenon in today's society. Come join us for this program and learn how social media effects children.

Lead By: Mellissa Hayes-Smith