

COMMUNITY LIFE CENTER

Hancock Community Life Center
126 W. High Street, Hancock, MD



Directions: Put an "X" next to the program ideas that you would like to see offered at the Hancock Community Life Center. Suggest a day and time that would work for you!

1. ___ **Knit Wits**- Weekly crochet and knitting club that makes blankets to be distributed to hospice patients and Camp Hope 'N' Cope attendees. Or visit with friends while you work on your own project or teach others! Currently meets at the Commission on Aging site.

Day: _____ Time: _____

2. ___ **TED Talks**- YouTube video presentations on interesting current topics, followed by a facilitated discussion.

Day: _____ Time: _____

3. ___ **Monthly Book Club & Discussion**- Read and discuss books selected by the group's participants.

Day: _____ Time: _____

4. ___ **Puzzle World**- Like a puzzle that is incomplete without every piece, our community needs each person's skills and talents to be complete and realize its potential. Collaborate with others to complete jigsaw puzzles while building community!

Day: _____ Time: _____

5. ___ **Walk -N- Talk Club**- Weekly walking club. Stroll the length of Main Street and back while connecting with old friends and making new ones! Exercise your body and your jaw muscles at the same time. Length of walks can be extended at group's consensus.

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6. ___ Facebook for Seniors- Many people are emotionally close to loved ones but, unfortunately, geographically distant. Facebook can help bridge the distance, especially for senior citizens for whom traveling is difficult. Learn the skills that can help you connect with family and friends!

Day: _____ Time: _____

7. ___ Veterans Self-Help Support Group- Share your experiences, positive and negative. Connect with other Vets. Support and be supported. Nobody understands like another Vet!

Day: _____ Time: _____

8. ___ Online Banking for Seniors- Do you want to be able to manage your financial affairs from your home? Learn how to use online banking to pay bills, transfer money and balance your accounts from your home.

Day: _____ Time: _____

9. ___ Stronger Together Memorial Quilt- Honor your loved ones. Print their names on pre-cut fabric squares. Squares will be joined to create the Stronger Together Memorial Quilt! Like the squares, we are much more when joined with others. Squares of fabric joined together make a quilt. People joined together make a community! Make a quilt that depicts pictures from "You know you grew up in Hancock" Facebook Page.

Day: _____ Time: _____

10. ___ Storytellers' Workshop- Listen to stories performed by professional storytelling and learn to craft your own. Share your stories with the group or hold them close to your heart, your choice!

Day: _____ Time: _____

11. ___ Essential Oil for Health- Learn all about the health benefits of Essential Oils from people who have experienced the benefits first hand.

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12. ___ Qigong for Women- Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. This enjoyable class, designed specifically to promotes health and wellness in women incorporates physical postures, breathing techniques and focused intentions, appropriate for all age and ability levels
Day: _____ Time: _____

13. ___ Cooking for One- You are worth cooking for! Learn to treasure yourself and prepare delicious and nutritious meals that you deserve. Receive tips on shopping, food storage and preparing and sharing meals with friends.
Day: _____ Time: _____

14. ___ Red Hat Party- Join the monthly party to celebrate with friends. Aging definitely has its benefits...you can have a red hat party anytime you want!
Day: _____ Time: _____

15. ___ Grandparent Brag Day- Tell your favorite grandchild story and share your adorable, funny, silly, and outrageous photos! Win prizes for the best stories and photos!
Day: _____ Time: _____

16. ___ Smart Phone Lessons for Dummies- This class is for dummies who have smart phones! One recent participant said, "I hate that my phone is smarter than me!"
Day: _____ Time: _____

17. ___ E-Readers Made Easy- Learn how to use your e-reader to the fullest. It is so much more than just an electronic book.
Day: _____ Time: _____

18. ___ Mid-Afternoon Movie & Discussion- Enjoy a movie and popcorn and share your thoughts afterwards.
Day: _____ Time: _____

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19. ____ **Computer Lab**- Spend time using one of the Community Life Centers four lap top computers. Research information, pay bills or connect with friends. Use the computers your way!

Day: _____ Time: _____

21. ____ **Toddler Time**- A fun, informal get-together for mothers, fathers and care givers. Let your toddler play while you connect with others in your community.

22. ____ **Monthly Blood Pressure Screening**- Any interest in Meritus Home Health providing monthly blood pressure screenings?

Day: _____ Time: _____

23. ____ **Funny Pet Videos** – Have you ever wondered why so many people watch pet videos? It has been scientifically proven that laughter really is the best medicine. It turns out that laughing can lower your blood pressure, reduce stress and increase your sense of wellbeing. Join the fun! Share and watch your favorite pet videos!

Day: _____ Time: _____

What are your talents? What program would you be interested in leading? Share your ideas and make a difference in your community!

Name: _____

Suggestion: _____

Phone: _____

Email: _____