The Beazley Buzz

A Place Buzzin' with Activity!! *757-399-8156* *November/December 2026*

Director's Note:

"Every piece of the universe, even the tiniest little snow crystal, matters somehow. I have a place in the pattern, and so do you. Thinking of you this holiday season!" *— T.A. Barron*

We welcome two new instructors, Addie Roldan, Yoga Instructor and Lynn Frailing, Drawing Instructor, to the Center. Please help make them feel at home and introduce yourselves.

Our Acrylic Instructor, Athena Rhodes, is on to new adventures. Her last day will be Tuesday, Nov. 24th. Please wish her the best as she relocates to Colorado!

The Singing Beez Chorus has again accepted our invitation to perform here at the Center on Friday, Dec. 4th. If you would like to attend, please sign up with Aimee as space is limited. Light lunch/refreshments will be provided during the performance.

Beverly has agreed to volunteer her time again this year with her beautiful gift-wrapping skills. She will be wrapping from Nov. 12th – Dec. 15th.

Our Holiday Gift Giveaway will be the week of Dec. 7th – 11th. When you visit the Center that week, see Aimee for a ticket (one ticket per person).Three winners will be drawn daily during that week to choose a gift from under the tree.

Our movie presentations will be "Young Washington: and "The Rivals of Amziah King." If during the holidays you would like to watch some movies, check out our DVD Library. Just sign the movie out and bring back when we reopen.

Reminder: As with any threat of inclement weather, please call the Center or check Wavy.com for Center closures.

Hope to see you soon!
Donna M. Russell

A Good Laugh for the Day

Wife: You need to do more chores around the house.
Husband: Can we change the subject?
Wife: Okay. More chores around the house need to be done by you.

Daily Reflection

"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakens." — Carl Jung

Our Featured Photos





Meet our new Yoga instructor, Addie Roldan. Addie is from California but has lived in the Tidewater area since 2018. She is the mother of four children and laughter is one of her greatest joys. She loves to share her love for yoga and wellness with her students.



Lynne's love for art began at the side of her artist mother who taught her to observe nature with a watercolor brush in hand. She is a graduate of Old Dominion University with a degree in Art Education. She has taught for many years in both private and public schools, plus enrichment settings. Lynne is currently an exhibiting member of the Virginia Watercolor Society and the Chesapeake Bay Watercolorist Group. She lives with her creative and accomplished artist husband, Victor Frailing, with whom they share 7 grandchildren and many years of happiness.

Lynne Frailing, Drawing Instructor



Important Notices

Wednesday, November 11th – Center Closed – Veterans' Day
Wednesday – Friday, Nov. 25th – 26th – Center Closed – Thanksgiving
Monday, Dec. 21st – Friday, Jan. 1st – Center Closed for the Holidays!

INCLEMENT WEATHER NOTIFICATION

Please call the Center at 757-**399-8156** or check **WAVY.com** online for any closures or delays due to inclement weather before attempting to travel to the Center during bad weather.
REMINDER: Some members and employees are sensitive or allergic to certain scents. Please do not wear perfumes or colognes to the Center.

Special Events/New Programs

Holiday Gift Giveaway

While visiting the Center on December 7th – 11th, stop by the front desk to receive a ticket for our holiday gift giveaway. Three lucky members will be drawn on each of the above dates. The earlier in the week you come in, the more chances you have of winning. Winners will be called the morning after the drawing and may come to the Center to pick out their gift. (One ticket per person.)



Gift Wrapping by Beverly

Dates: Thursday, Nov. 12th – Tuesday, Dec. 15th
Cost: Free

Bring your labeled gifts to the Center and drop off with Leesa. Once they are wrapped, you will be called to pick them up. Thank you, Beverly, for donating your precious time and talent to wrap our gifts so beautifully!

Game Day

Date: Mondays
Time: 1:00 – 3:30 p.m.
Cost: Free



Anyone wanting to get together and play a game? At present, we have members playing Pinocle and Mahjong. The Center has Dominoes and Mahjong you may use or bring in your own game or cards. If interested in playing a game, find your players and contact Leesa.

Kinusaiga Group (weekly)

Dates: Tuesdays
Time: 12:30 – 3:00 p.m.
Cost: $8.00 per board





Kinusaiga is a modern Japanese "no-sew" craft that creates intricate, mosaic-like pictures by tucking fabric scraps into grooves cut into a backing material. Originating from traditional kimono techniques, it involves transferring a design onto foam board, cutting slits along the lines, and pressing silk or cotton fabric edges into them, often called "painting with fabric".

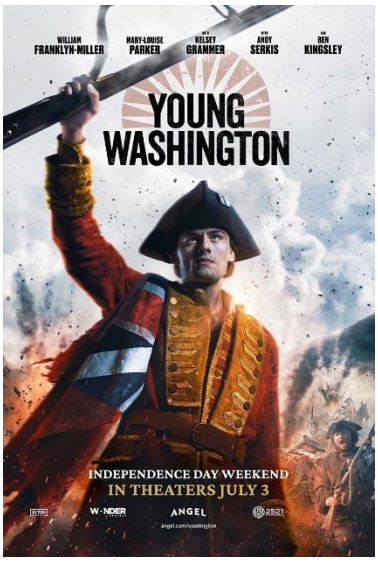
Instructors: Group instruction

Regular Programming

Movie Presentations

Second and Fourth Thursday of each month
Cost: Free
Enjoy fresh popped popcorn and a drink while watching the BSC movies.

November 12th – 1:00 p.m. – Young Washington



Young Washington is an historical drama that tells the untold origin story of George Washington as an ambitious, flawed young soldier and land surveyor before the American Revolution

Starring: William Franlyn-Miller, Tom Provost, Jon Erwin – Rated: PG-13 – Drama, Biography, History, Action– 2 hrs. 1 min.

December 10th – 1:00 p.m. – The Rivals of Amziah King



Amziah King, beekeeper, musician, and anchor of his community, reunites with former foster daughter Kateri after many years apart, and fends off threats to his honey business. When Kateri is forced to take over the beekeeping, she investigates just who has been attempting to sabotage them.

Starring: Matthew McConaughey, Angelina LookingGlass, Kurt Russell – Drama, Dark Comedy, Thriller, Crime – Rated: R - 2 hrs. 10 mins.

Regular Programming

Helper Beez Wanted Board

(**Members helping members**)



Location: Back hallway

We have created a wanted board for members in need of help, whether it is to change some light bulbs, dust high shelves, mow the lawn, etc. If you would like to post something, pick up a card located next to the board, fill it out and post it on the board.

Information needed on each card: a description of the help needed, the city, name and phone number.

Conversations in Spanish

Date: Mondays
Time: 12:00 – 1:00 p.m.
Cost: Free



Get together with other members to refresh or improve your Spanish speaking skills.

Call Leesa for details.

Community Puzzle

Join in the "Puzzle Fun" located in the Computer Room on the conference table. Whether you are just walking by or waiting for class to start, find a few pieces of the puzzle. Help complete the community puzzle!

Beazley Beezaar



The Center is offering members a chance to sell their wonderful creations made here at the Center.
We have put up tables in the main hallway under the showcased paintings. Interested parties, "vendors," will be allowed to sell five items at a time. If one item sells, you then replace it with another item. All items for sale must have been made here at the Center. Pay for items at the front office.

No-limit Texas Hold'em Poker

Dates: Fridays, Nov. 6th & December 4th
Time: 11:00 a.m. – 2:00 p.m.

Put your poker face on, use your bluffing skills and let's play poker!!! All have fun playing Texas Hold'em. If you're not familiar with the game, fellow players and the dealer will get you through comfortably. Top three players win prizes in 8-player games.

Player limit: 8 max.
Dealer: Kirby Stiening

Regular Programming

Intentional Creativity® and Cosmic Smash Booking

Dates: Mondays, Nov. 9th, 23rd & Dec. 7th, & 19th
Time: 9:30 a.m. – 12:00 p.m.
Cost: Free

Intentional Creativity® is an approach to creating that yields access to who we are now and who we are becoming and what is possible for us and our unfolding future. Using our imagination, meditation, writing and painting, we weave inquiry, image and word with intention.



Everything within us, past, present and future, lives in story. When we create around our story, we gain clarity. When we create with intention, we activate both sides of the brain. When we activate our brain, we gain greater access to our own information, how to articulate it and how to move it from the "stuck" places. Intentional Creativity® can be used to heal and transform our thoughts. It can transform old stories into tools for empowerment and grants access to a new way of working with daily stress.

Cosmic Smash Booking is a mash-up of art journaling and Intentional Creativity® developed by Catt Geller. Using this method of creating, hidden stories start to come unraveled and revealed. The stories become tools for transformation, and it is then the potential for learning and healing emerges.



Instructor: Taunya Tae Taylor, Certified

New registrants need to take a one-time introduction class called "Introduction to Intentional Creativity." This class will be offered once per month for newcomers.

To register, please contact Taunya for date and time.

Regular Programming

Musical Notes from the "Singing Beez" Chorus

Date: Mondays
Time: 10:30 a.m. -12:30 p.m.
Cost: Free

The Singing Beez Chorus is made up of musicians with varying talents and abilities. We perform various types of music, both sacred and secular. Some of our favorites include songs of Broadway, the 50's, 60's and 70's. Our accompaniment is primarily piano, however, we have also been accompanied by a chamber orchestra, string bass and percussion and occasionally by solo instruments.

Our mission is to share our love for music throughout the Tidewater community. Our focus is visiting assisted living/nursing facilities; however, we also perform for church functions, civic club meetings, etc.

We meet and rehearse at the Beazley Center every Monday morning at 10:30 except for January, May and August.

Anyone interested in singing is cordially invited to join us. Please contact the Chorus Director, Jackie Forehand Phillips, 757-617-1269 or the Center office at 757-399-8156.

Needlework/Knitting

Thursdays
10:00 a.m. – 12:00 p.m.

This friendly group is growing! They are currently working on individual projects and would love to have you bring your needlework and join them. If you would like to learn to knit or crochet, this is the time and place.
Cost: Free

Handmade Greeting Cards

Tuesdays
9:00 a.m. - 12:00 p.m.

Create and make your own unique and individualized greeting cards. Work for an hour or all day using the Center's vast collection of materials. Stamps and ink are provided for your use, and paper and envelopes will be available for purchase. Self-instructed.





Regular Programming

Hand and Foot Card Game

2nd and 4th Friday of every month
1st and 3rd Thursdays of every month
10:30 a.m. - ?

Hand and Foot is a Canasta variant involving four to six decks rather than two and is played by teams of two players (usually two teams, but it also works with three or four teams). The number of decks used is typically one more than the number of players, though this can vary. Due to the larger pool of available cards, it is much easier to form canastas in Hand and Foot than in standard Canasta, which changes the strategy considerably. Some players feel this version is more enjoyable for beginners.
Cost: Free

Bridge



Tuesdays and Fridays
10:00 a.m. – 3:00 p.m.
Cost: Free
Bridge is a trick-taking game using a standard 52-card deck. It is played by four players in two competing partnerships, with partners sitting opposite each other around a table. Millions of people play bridge worldwide in clubs, tournaments, online and with friends at home, making it one of the world's most popular card games, particularly among seniors. **(Our bridge players follow Charles Goren rules of Contract Bridge.)**

If you know how to play Bridge and would like to be on the substitute list, please call **Susan Cross at 757-677-5685.**

Mahjong

Wednesdays
12:00 p.m. – 3:00 p.m.

Mahjong originated in China. It is a game of skill, strategy and calculation that involves a degree of chance, like the card game rummy. It is commonly played by four players. **Anyone interested in learning to play Mahjong, please leave your name and phone number with Leesa, and a Mahjong Club member will contact you.**
Cost: Free

Bingo

First and third Tuesday of each month.

Tues. Tuesdays, Nov. 3rd, 17th & Dec. 1st, 15th

Time: 1:30 – 3:30 p.m.

Join us for a fun afternoon playing bingo! Prizes!



Caller:
Beverly Brown

Regular Programming

Basic Computer/Smart Phone/Tablet Support

Date and time: Call Justyn for an appointment



Want to learn how to use a computer? Would you like to have an email account, use the internet, social media? Learn different features and basic tasks on your smart phone or tablet, including how to set up Wi-Fi, connect to the internet, setting/creating email accounts or share files and photos over the network? All you need to do is call here for Justyn and schedule an appointment.

Cost: Free
Instructor: Justyn Walton

Computer Room



Monday through Thursday,
9:00 a.m.– 4:00 p.m.
Friday, 9:00 a.m. – 3:00 p.m.

DVD Library

We have a large collection of movies on DVD. Older and current movies are available. If interested in viewing, you may check out and return them within a few days. A list of available movies is located at the front desk and on bulletin boards throughout the Center. Ask staff member if you would like to look through the library selections.

Woodcarving

Thursdays, 10:00 a.m. – 12:00 p.m.

Wood carving is a form of wood working by means of a cutting tool (knife) and chisel, resulting in a wooden figure or other wooden object. Learn to make sculptures and other artwork while enjoying the company of other class participants.

Cost: Free
Instructor: Group Instruction

Shred-It Shredding Service



Date: Bring anytime
Cost: $1.25 per pound

No need to collect and store old important papers, bills, documents, etc., for a whole year before bringing it to the Center for the annual shredding service! We now have a locked container located in a secure room for any materials you would like shredded. Shred-It truck picks up the container every month.

Regular Programming

Woodshop

Open: Mon., Tues., Weds., 8:30 a.m. – 3:45 p.m. Thursday closed until 12:30 p.m.
Friday, 8:30 a.m. – 3:00 p.m.
(For authorized members only).
Non-authorized members, scheduled appointments only! Volunteer on site for assistance on Wednesdays, 10:00 a.m. - 12:30 p.m.



Our woodshop is well organized and has more equipment options than ever before! Use the shop to create, build or repair woodwork and other projects.

Note: Must sign Waiver and Release of Liability Form before working in Woodshop.
Cost: Free

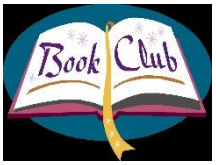
The Ercell Jackson Library

The Ercell Jackson Library is in the Center's main hallway. You will find an extensive selection of fiction and non-fiction hardcover and paperback books, self-help books, cookbooks and current magazines, etc. Take and return books at your convenience. Any used books you would like to donate to our library would be greatly appreciated!

Book Club

November meeting will be on Weds. the 18th from 10:45 – 11:45

Date: Wednesday (meets on 2nd Wednesday of the month)
Time: 11:00 a.m. – 12:00 p.m.
Cost: Free



The Book Club will meet on the second Wednesday of each from 11:00 a.m. to 12:00 p.m.
A new book will be chosen each month and attendees will share opinions and/or explore deeper meanings found within the book.

If interested in joining, please contact Leesa.

Regular Programming

Acrylic Painting with Athena

Dates: Tuesdays
Time: 10:00 a.m. – 12:00 p.m.
Cost: $20.00 per month

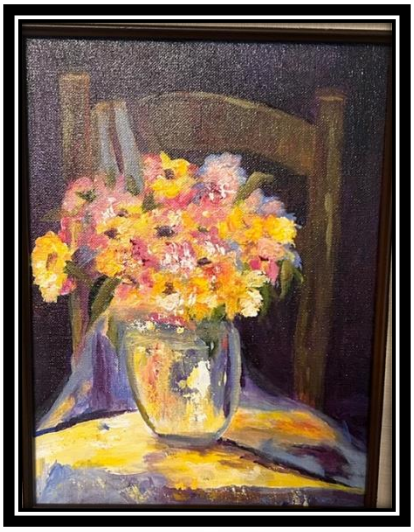
I remember my grandfather watching me as I was drawing and painting with my children. He was a man of few words, but when he did say something, it was enlightening… "what you love to do as a child you will always love to do." Those words encouraged me to start painting again after taking a break for a few years.

I am a local artist and teach at the Smithfield Gallery on Main St. I believe anyone can "create" and learn new things. I look forward to sharing what I love with others at the Beazley Senior Center! If you have never picked up a paintbrush or want to improve your skills this is the class for you. No experience necessary! Step by step, we will create something beautiful!

New painting project every month!

Instructor: Athena Alley Rhodes

Class limit 12 participants
Register with Aimee.



November Painting



Regular Programming

Drawing Group

Thursdays
Time: 1:00 p.m. – 3:00 p.m.
Cost: $15.00 per month

Students will create artwork in pencil or charcoal. Throughout this course, students will utilize traditional drawing. Each project assigned facilitates in building an understanding of the properties of light, aerial perspective, scale, and proportion. The elements of art and principles of design are integrated into student projects. Teacher demonstrations enable them to develop an appreciation for the visual arts as well as expose them to various styles. Class is open to all levels of talent and expressive sketches are encouraged! Register with Aimee.



Instructor: Lynne Frailing

Drawings by Al Staszesky



Play Bunco!

Date: 1st & 3rd Wednesdays of the month
Time: 10:00 a.m. – 12:00 p.m.
Cost: Free



Bunco is a dice game with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice in a series of six rounds. A bunco is achieved when a person rolls three-of-a-kind and all three numbers match the round number which is decided at the beginning of the round.

Interested in playing, contact Leesa.

Physical/Wellness Programs

Yoga

Yoga is literally translated as “yoke,” meaning to “join together” or “to unite”. It is an ancient practice that connects or unites the mind, body and spirit through body poses, controlled breathing and meditation. Health benefits include lower blood pressure, improved circulation and oxygenation, decreased pain, balanced metabolism, more energy and strength.



Chair Yoga

Mondays
12:30 p.m. – 1:30 p.m.
Cost: Mondays -$**12.00** per mo.
Instructor: Adelaida Roldan (Addie), RYT 200
Register with Aimee.

Gentle Yoga (Yin/Restorative Yoga Hybrid)

Date: Tuesdays
Time: 9:00 – 10:00 a.m.
Cost: $12.00 per month

This class will combine aspects of gentle, yin and restorative yoga practices - appropriate for all levels of students from total beginners to experienced practitioners. The class will begin with breathing exercises, gentle stretching poses, progress through gentle supported yin poses, and will conclude with passive restorative poses.
Instructor: Addie Roldan, RYT 200
Register with Aimee.

Yin Yoga The practice of yoga is based upon Yin/Yang philosophy, balancing opposing forces. More energetic types of yoga are considered to be ‘yang’, while yin postures are meant to balance energetic practices with calm, deep stretches. Postures are normally held from 2 to 5 minutes. It is helpful for those who wish to increase flexibility, keep joints healthy and mobile, improve posture, balance energetic exercise, or release trauma and emotions that are stored in the body.

Restorative Yoga The practice of restorative yoga is passive (using props such as chairs, blocks, blankets, bolsters, sandbags and straps). Combining the use of props and longer holds can help to bring a sense of calm and comfort, triggering the body’s healing mechanisms. Postures are normally held for 5 to 20 minutes. It is helpful for those who wish to meditate, heal, release stress, relax, create a sense of safety in the mind and body or reach a state of mindful rest.



Physical/Wellness Programs

Zumba Gold

Dates: Thursdays
Time: 10:00 – 11:00 a.m.
Cost: $12.00 per month

Zumba is a high energy dance workout that incorporates Latin and Caribbean rhythms. Zumba Gold is catered to active older adults and offers signature Zumba flavor with lower intensity moves. Zumba Gold choreography focuses on balance, range of motion and coordination. The best thing about Zumba is that every class is a party! You don’t have to know how to dance, just follow the instructor and have fun! Call Aimee to register.

Instructor: Earl Chang, Zumba Certified



Revitalize with Carla

Mondays, Wednesdays and Fridays
8:45 a.m. – 9:45 a.m.
Cost: **$25.00** per month

Maintaining a consistent fitness routine is important at any age. ***Revitalize*** offers older adults specific exercise to help increase cardiovascular health and build strength and balance. This class is designed to be low impact to prevent injury while also increasing muscle strength and energy levels. Call Aimee to register.

Instructor: Carla Bryce, RYT- 200, SilverSneakers



Physical/Wellness Programs

Tai Chi

Tai Chi is a type of martial art very well known for its defense techniques and health benefits. The martial art has evolved over the years into an effective means of alleviating stress and anxiety and "significantly improving balance." It has been a form of "meditation in motion" which promotes serenity and inner peace.

Tai Chi is low impact and can be studied by all ages. It is not a "no pain, no gain" endeavor. It is about opening the mind, body and spirit. It is about relaxation, balance and harmony.

Beginner Tai Chi
Wednesdays
10:00 – 11:00 a.m.
Cost: $12.00 per month

Advanced Tai Chi
Wednesdays
11:00 a.m.-12:00 p.m.
Cost: $12:00 per month



Instructor: Robby Williams, Instructor
Call to register.

Move & Groove

Dates: Thursdays
Time: 11:30 a.m. – 12:00 p.m.
Cost: Free

A fun dance workout geared to all ages and body types. Customize moves that feel right for you.

The unique interval format sends your metabolism and muscle building into overdrive and can be done at a wide range of fitness levels!



Class led by Taunya Tae Taylor

Physical/Wellness Programs

Line Dancing

Dancing is fun and great exercise. Line dancing is so popular that we have 3 sessions a week! Depending on your line dancing ability, David will help you decide which class would be suitable for you. See Leesa for contact information.



Introduction to Line Dancing
Date: Mondays
Time: 1:45 p.m. – 2:45 p.m.
Cost: Free
Instructor: David Vreeland

Learn the basic steps of line dancing with the goal of joining the other groups comfortably.

Call to register.

Low Improver Line Dancing
Date: Mondays
10:00 a.m. – 12:00 p.m.
Cost: Free
Instructor: David Vreeland

Intermediate/High Improver Line Dancing
Date: Tuesdays

10:15 a.m. – 12:15 p.m.
Cost: Free



Instructor: David Vreeland

Let's play Pickleball!

Date: Fridays,
Time: 11:30 a.m. – 3:00 p.m.
Cost: Free



Pickleball is a paddle sport played with a whiffle ball on a badminton-sized court and a tennis-style net. A non-volley zone (or kitchen) prevents volleys close to the net, and the serving team cannot volley the return of serve. These unique rules favor players with less mobility and allow senior players to compete successfully with younger competitors.

The game is enjoyed by people of all ages and athletic abilities thanks to its ease of play and straightforward rules. Pickleball has exploded in popularity. Thousands of pickleball courts have been built in recent years, especially in senior communities.

Fired Arts Studio

Ceramics and pottery (earthenware clay, bisque, stoneware, glazes and decals), pottery wheel and fusing glass (frit, sheet and dichroic glass). Come join the fun!!!

Open Studio
Mondays, 9:30 a.m. – 4:00 p.m.*
***12:30-4:00 on days of I.C. class**
Tuesdays, CLOSED
Wednesdays, 9:30 a.m. – 4:00 p.m.
Thursdays, 9:30 a.m. – 4:00 p.m.
Fridays, 9:30 a.m.- 3:00 p.m.

NOTE: Open studio hours are subject to change. Please check calendar before visiting.

Fired Arts Orientation
Date: By appointment only
Time: One hour
Cost: Free

Orientation will give you the basics as you start your journey of becoming a creative and unique artist. In just one hour, you will tour the Fired Arts Studio, learn the guidelines and procedures to get you started.

Once you have finished orientation Ceramics/Pottery, you are free to use the Fired Arts Studio anytime during open studio hours.

Cost: Free, including complimentary work mat.
Individual tools, clay and ceramics purchased as needed.

Must register with Taunya.



Clay wall hangings with leaf imprints by Doug Shomaker

Fired Arts Studio

Fired Arts "New-Bee" Classes

Date and Time: By appointment only
Cost: Pinch pot class - $2.00
Build-a Box class - $7.00
Glass suncatcher – Cost of materials used

If you are new to Fired Arts, you may be interested in signing up for a class on how to create a pinch pot and build-a-box using clay or introduction to using glass.



These are beginner classes that will teach you techniques to make future projects on your own.
Contact Taunya to register for a class.

Glass Fusing 101 Video

Date: By appointment only
Time: One hour
Cost: Free

Prerequisite for working on glass in Fired Arts.
Individual supplies and glass purchased as needed.
We now have more glass and more glass molds available. Create beautiful glass plates, bowls, jewelry, wall and window hangings and more! Watch a short video on the basics of glass fusing and you are ready to go. Glass prices are posted in the studio.
Call to make an appointment.



Fused glass decorative plate by Bonnie Carmines



Important Notice!!!!

To all Fired Arts participants: NEVER pick up or touch others' work, as clay and glass are very fragile until completed, and even then, could be dropped and shatter.

Ceramics, greenware, clay, pottery, glass, etc. purchased outside the Center may not be fired in the Center's kilns.

New students must register for the Fired Arts Orientation with Taunya.

****Due to limited storage space, we cannot hold ceramic, clay, glass or pottery pieces for more than 90 days.****

Beazley SENIOR Center
BSC
A Program of The Beazley Foundation, Inc.

U.S. Postage
PAID
NON-PROFIT
Permit No. 2143
Portsmouth, VA

268 Owens Street
Portsmouth, VA 23704

ADDRESS SERVCE REQUESTED

HOURS OF OPERATION:
8:30 a.m. to 4:00 p.m.
Monday - Friday

Staff:
Donna M. Russell, Executive Director
Leesa Richards, Asst. Director/Program Coordinator
Aimee Miller, Office Manager
Kelly Johnson, Lead Instructor
Taunya Tae Taylor, Instructor
Justyn Walton, Facility Maintenance Mgr./Instructor

Contact Us:
Phone: 757-399-8156
Fax: 757-399-1994
Email: aimee@coxbusiness.net
Website: www.beazleyseniorcenter.org

THE SINGING BEEZ CHORUS INVITES YOU TO SHARE SOME OF THEIR FAVORITE

CHRISTMAS MUSIC

Friday, December 4th at 11:00 a.m.

"It's beginning to look a lot like Christmas" and we're looking forward to sharing some of it with you at our home base, "The Beazley Center."

We will be singing Christmas carols and songs of the season including a *Christmas Pops Trio*, *Songs of Irving Berlin*, *A Cool Yule* written by former TV host Steve Allen (and recorded by Louis Armstrong), some of our seasonal "Chocolate Songs," and *Rockin' Around the Christmas Tree*! Please join us and get ready to "rock!"

Cost: Free

Light refreshments will be provided

Register with Aimee, space is limited