Art with Carla @ Orcas Senior Center – Fridays, 1-3pm

Are you interested in exploring your artistic side? Art with Carla is back! This class is lighthearted fun, structured around process, with an emphasis on you CAN do it! Folks of all skill levels are invited to come be creative people together (no experience required!)

Carla has been drawing since childhood and is still drawing today. She has an Associate in Arts degree in Visual Communications from The Art Institute of Seattle. Carla has taught classes on for the Funhouse Commons, Orcas Island Parks and Recreation, Poppie's and at Orcas Island School District. She won her first art contest at age 12 and most recently for the San Juan County Luci B Community Wellness Van.

Cost for the class is $10 ($8 for friends of OSC). For all inquiries, reach out to Carla directly at 360-317-5652 or onlyonorcas@gmail.com.

Island Hearing Healthcare @ Orcas Senior Center – Thursday, January 5

Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare will offer hearing appointments at Orcas Senior Center on Thursday, January 5 and the first Thursday of each month moving forward. Services available include hearing tests, consultations, hearing aid programming, and other hearing aid services. Clean and checks of hearing aids, as well as general consultations will be offered free of charge. To schedule an appointment and other questions please contact Stacie directly at 360-378-2330 or islandhearing@gmail.com. To learn more about Island Hearing Healthcare, go to islandhearing.net.

Qigong and T'ai Chi with Joan Roulac by Zoom - Wednesday, January 4, 9am and Tuesday, January 10, 12:30-1:30pm

Quiet the mind and strengthen the body with Joan Roulac's Ease Please four-week Qigong series. These 15-minute sessions will gently loosen muscles, strengthen immunity, build balance, and increase energy. The virtual series begins Wednesday, January 4 at 9am. Fee is $40 for the session.

Relax the body with T'ai Chi Chih and return to a state of health and harmony. This gentle form of exercise can help maintain strength, flexibility, and balance. Designed for people interested in trying T'ai Chi for the first time, this class moves slowly. This four-week class meets virtually, Tuesdays from 12:30 to 1:30pm, beginning Tuesday, January 10. Fee is $75 for the session.

Joan started teaching T'ai Chi Chih after becoming a certified teacher in 1987, and now leads Zoom classes around the world.

For inquiries and registration, please contact Joan Roulac directly at 360-298-2789 or joan@MountaintopMusings.com.

Ukulele Kanikapila @ Orcas Senior Center – Mondays, 1-3pm

Join the ukulele Kanikipila, Hawaiian for "play music," on Mondays, 1-3pm at Orcas Senior Center. The first half hour will be a lesson or two and then everyone will have the opportunity to play. Adults of all ages with all levels of ukulele expertise are welcome, as per requested by group, please be prepared to show your vaccination card at your first session inquiries, please contact Kathy at kcollister15@gmail.com.

Slow Yoga and Chair Yoga with Susie Frank @ Orcas Senior Center – Thursdays, 9:15-10:15am (Slow Yoga) and 10:30-11:30am (Chair Yoga)

Slow Yoga, offered on Thursdays, beginning December 1, 9-10am at Orcas Senior Center, incorporates the use of props and supports to help gain access to postures safely and mindfully. It is ideal for those new to yoga or those seeking a slower more supported practice.

Chair Yoga, also offered on Thursdays, beginning on December 1, 10-11am, is a gentle technique allowing seniors and persons with disabilities to practice balance poses without the risk of falling with the use of a chair as support.

An Orcas resident for over 30 years, Susie Frank has been practicing yoga since 2009 and received her yoga teacher training from 8 Limbs Yoga in Seattle in 2016. Susie suggests a $15 donation ($12 for friends of OSC) per class, but nobody will be turned away for lack of funds. Contact Susie directly for participation and payment inquiries at 360-298-4484 or sissooz@yahoo.com.