

## The Neighborhood Center Partners

For more information and times/days of events, visit the Calendar link.



### Cardio-Kickboxing

Exercise your way to health and feeling great! A fun workout combining shadow boxing, kickboxing, sports drills, dance moves, and yoga. This class is interval based, allowing someone at any fitness level to custom tailor his or her workout. \$15.00 per class. Contact the energetic Charisse Evans at [charisseevans@hotmail.com](mailto:charisseevans@hotmail.com).



### Connect the Tots – Music Together

Music and Movement Classes for infants, toddlers, preschoolers, kindergarteners, and the adults who love them. Weekly classes teach new song collections, provide guides, songbooks and recordings for parents and caregivers. Contact Lydia at (510) 798-4833. [www.connect-the-tots.net](http://www.connect-the-tots.net)



### Pacific Chaplaincy Training Institute (PCTI)

<http://pcti.rdwalter.org/>

Ministry Education for Laity, clergy, deacon, elder, and ministry-focused individuals. PCTI endeavors to support a diversity of faiths, genders, races, sexual orientations, cultures and personal journeys. A semester focus is designed to provide flexibility in meeting a variety of requirements for religious institutions, secular universities and churches, while encouraging students to discover and internalize care-giving

skills within a safe and empowering setting. Contact the Reverend Robert Dale Walter, (408) 910-4497. [bd.1768@yahoo.com](mailto:bd.1768@yahoo.com)

### **Qigong Chinese Exercise Class 8:30 AM - 10:00**

Enjoy a "sweat-free workout" to improve your strength, well-being, and focus with Chinese exercise. Great for stress reduction or as a warm-up or cool down complement with other aerobic activities. Can be done seated or standing. Improves flexibility and balance, and strengthens the immune system. This is a 10-minute, slow-movement healthcare practice that you can learn at your own pace. Instructor: Cynthia Eaton is a certified Dayan (*Wild Goose*) Qigong instructor of the *Wen Wu School of Martial Arts* (El Cerrito, CA), where she has been teaching since 1999. She also currently teaches Dayan Qigong, meditation, and other healthcare classes at several Kaiser Permanente Medical Centers in the SF Bay Area (*Kaiser Oakland, Hayward, and Union City*), and at the Castro Valley Adult School. Contact Cynthia at [dyqginfo@gmail.com](mailto:dyqginfo@gmail.com)



### **Sacred Circle Dance**

All dances are taught first, and no partners are needed. You do not have to have any kind of dance background. This is not about technique. It is dance for the Soul. The dances we do will nourish your spirit with peace, serenity, joy, and a sense of humor, solidarity, strength, well-being, blessings, release. Old favorites are always included, allowing them to become more familiar.

This way the dances can take on a more

meditational quality. \$10 per session. Taught by Maureen Atkins. More info:

[www.maureenatkins.com](http://www.maureenatkins.com) Phone: 510-566-5412 [maureenatkins@sbcglobal.net](mailto:maureenatkins@sbcglobal.net)



### **Tutoring at Roosevelt School**

Volunteer tutoring once or twice a week, or at your convenience, at Roosevelt School, located next to The Neighborhood Center.

For an application form, contact Margo Howard, school partner, at

[margohoward@sbcglobal.net](mailto:margohoward@sbcglobal.net).



**Women's Group - Spiritual Direction and Meditation – *Deepening Your Relationship with God***

We invite you to join our circle in the beautiful Nave Circle, located in the back of the Sanctuary. We will companion each other through prayer, meditation and sharing as we look honestly at our relationship with God as it is lived out in our everyday life. We are called to tend what is holy in each other and that is an awesome call! Contact Karla Droste for more information. 510-590-2963 or [karlad123@sbcglobal.net](mailto:karlad123@sbcglobal.net)