

# FEBRUARY NEWSLETTER

*Helping People Help Themselves Learn and Grow*

visit [communitycenterna.org](http://communitycenterna.org) and follow us on  
[facebook.com/CommunityCenterofNorthAttleboro/](https://facebook.com/CommunityCenterofNorthAttleboro/)



## FEB. VACATION FUN

*Friday, February 24th school vacation!*

*Session 1: Ages 6-9, 10am - 11am*

*Session 2: Ages 10-12, 1pm - 2pm.*

*\$18.00 per child*

### **Rick Morin's Rhythm Room Bucket Boot Camp**

Kids love this program that promotes listening skills, critical thinking and teamwork!

Featured throughout New England and New York,

**Bucket Boot Camp** is a hands-on Music and Movement Enrichment program that creates a safe and comfortable environment to learn rhythms and grooves from clapping your hands to tapping buckets with drumsticks.

## ART CLASSES

Adult programs on Monday, Tuesday & Thursday from 7-8:30pm.

Kids classes, same days from 4-5:30.

**Kids Classes for Feb. vacation!**

See the schedule here

<https://www.communitycenterna.org/specialevents>

and descriptions: <https://www.communitycenterna.org/classdescriptions>



*Carpe Diem Yoga*  
YOGA CLASS

NEW HOURS

EVERY MONDAY | 6:30PM

Starting January 30th 2023, All Wednesday classes will be cancelled. I will be having classes only on Monday's @ 6:30 pm

\$10 PER CLASS

N.A. COMMUNITY CENTER  
@ GRACE EPISCOPAL CHURCH

104 NORTH WASHINGTON ST.  
NORTH ATTLEBORO, MA 02760

## YOGA CLASSES

*Lisa Bouchard is a certified yoga faith teacher. When we connect mind, body, soul with our breath and movement, we become One with ourselves. Join me!*



# The HEART & SOUL of North Attleboro

Connecting with the North Attleboro community



## ABOUT US

No matter who you are, we are interested in meeting you and connecting you to our Community Center.

Community Programs have both general appeal and are designed to engage with specific audiences. Events are planned for indoors and outdoors in 2023.

Learn more

<https://www.communitycenterna.org/>

## MIND, BODY AND SPIRIT

As always in the new year, we seek to improve ourselves. We have 3 ideas here to get you thinking and moving.

- The first is a happiness challenge. "The Good Life"
- The Joy Workout
- Mental, social, and spiritual health are as important as physical health and are deeply interconnected



Access the article here: XXX

## GETTING TO A HEALTHIER YOU