

Weekly Chair Yoga

Via Zoom. Weekly on Tuesdays from 10-11 am.

Age 65+

Join us for a gentle and contemplative hour of centering, chair-based yoga, and community check-ins. All you need is a stable chair and some comfortable clothes.

Sponsored by the Iona Grant Fund. New members are welcome!

Contact the church office for the zoom link to join.

Yoga with Melora Gregory

Via Zoom. Weekly on Thursdays from 9:30-10:30 am.

Age 65+

This class focuses on proper alignment and uses props such as yoga belts, blocks, pillows or bolster to help move safely into postures. Melora will modify for anyone with specific physical concerns.

Sponsored by the Iona Grant Fund. New members are welcome!

Contact the church office for the zoom link to join.

Book Club

Via Zoom. Monthly on the 2nd Wednesday at 1pm.

Open to participants of all ages.

Read, and Discuss, everyone is welcome! The goal is for 60 to 90 min. of “Book Talk” With NO distractions. Books are chosen by the group at the first meeting. Each meeting is led by a different facilitator (chosen in advance). Contact the church office if you are interested in joining the group.

Feb. 8, **The Personal Librarian** by Marie Benedict

This is a historical fiction of JP Morgan personal librarian

Mar 8, **More Than Meets the Eye** by Margie Patlak

This story takes place on the Maine Coast and is a reflection on the loss of family members, animals, nature and more. A book to remember.

Apr.12, **Horse** by Geraldine Brooks

This isn't just an animal story. It is a moving narrative about race and art

May12, Book selection for 2023-2024!

Preble Street Volunteer

Woodfords Church has committed to providing four volunteers to work at the Preble Street Food Program, on the third Saturday of every month. Volunteers can sign up for either morning or afternoon time slots.

The staff and volunteers package nutritious meals to be distributed to people experiencing homelessness and hunger. The kitchen is located at Preble Street's facility at 75 Darling Street in South Portland. Help is needed from 10:30 to 1:00 or 1:30 to 4:00

Our next time to volunteer will be Saturday, January 23rd. Please contact the Church Office if you are interested in volunteering on the 23d or in the future. We will compile a list of interested volunteers. You are welcome to volunteer as frequently or infrequently as you would like. Upcoming dates will be posted on the church website.