

### **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.

October 12, 2022 book: **Wish you were Here** by Jodi Picoult. This story happens on the Coast of Maine. It is a powerful story of resilience & triumph over the human spirit.

November 9, 2022 book: **Gender Queer** by Narie Kababe

This is a memoir about high school identity, fairytales & homesickness.

### **Preble Street Volunteer**

Woodfords Church has made a commitment to provide 2-4 volunteers to work at the Preble Street Food Program one Saturday per month, on the 3rd Saturday of each month. This involves preparing meals and bag lunches for people experiencing homelessness and hunger, immigrants and others needing assistance.

Available shifts: 10:30 - 1:00 and 1:30 - 4:00

Location: Preble Street facility at 75 Darling Street in South Portland

We need volunteers for the following dates.

- September 17
- October 15
- November 19
- December 17

Contact the church office if you wish to sign up.