



AVC Program Descriptions for January 2025

Program Name	Date	Time	Price	Description
Addison Village Club for Lifelong Learning	Tuesdays	12:00 – 1:30 pm	Free	A club to celebrate learning and authentic dialogue! Club participants help select future topics of discussion. If you have an area of expertise and would like to share it, we would love to have you join us as well! This club is free to attend, no need to register in advance. Contact Barbara.Ketchum@addisonvillageclub.com with any questions!
Addison's Artists	Monday, 1/13	6:00 – 7:30 pm	\$10	This month we are making snowman terrariums! Start with a "snow" base in a clear container, make your snowmen, and secure them in place or leave them free to roam around. This makes a fun, seasonal decoration to enjoy at home!
After-School Snack Grab	Wednesday, 1/8	2:30 pm	Free	We are preparing 150 (or more!) grab-n-go snacks for our students. They go fast!
Barre Fitness	Tuesdays	9:00 – 10:00 am	\$5	Barre targets specific muscles through isometric movements and is an effective way to build total body strength and improve flexibility.
Beginner Tennis Clinic - Adults	Saturdays	8:00 – 9:30 am	\$25	Group style lessons for beginner tennis players.
Beginner Writing Class Series	Saturdays 1/11 – 3/8	9:00 – 11:00 am	Free	Develop and elevate your writing skills at the 9-week Writing Workshop instructed by Gene Luke and other members of the Brevard Authors Society. This class is open to teens and adults and is FREE! Lesson 1 Essential Writing Skills Lesson 2 Effective Composition Lesson 3 The Importance of Details Lesson 4 Revision Strategies Lesson 5 Using Good Language Lesson 6 DIY Revising Lesson 7 Writing Short Story Lesson 8 Writing Poetry Lesson 9 Writing a Novel
BINGO!	Wednesday, 1/8	6:00 – 7:30 pm	\$5	Play 7 rounds of BINGO & win great prizes. January is our Relax & Refresh Themed BINGO, and all 7 prizes will help you start off the New Year focusing on relaxation and a fresh start! Refreshments are served, adults only, and YOU MUST REGISTER IN ADVANCE!!!
Bunco Club	Tuesday, 1/21	6:00 – 9:00 pm	Free <i>(optional \$5 buy-in to win prizes)</i>	A fun dice game where players try to roll and score the most points over a series of rounds. Bring a snack/dessert/drink to share! Wine, soda & water will be provided – but feel free to bring your own "adult sippy cup!" Adults only. Please register in advance online or at the club.
Cardio FIT	Tuesdays & Thursdays	10:00 – 10:45 am	\$5	Focus on your cardiovascular health with this class using large muscle groups and high- or low-impact exercises to raise oxygen and blood flow throughout the body.
Doodle Art Classes	Thursdays 1/9 1/16 1/23	6:00 – 8:00 pm	\$20 <i>(for all 3 classes!)</i> or \$10 drop-in fee	Learn how to doodle in this 3-part series of classes! Also known as mindfulness drawing, this is a relaxing method for being creative and learning new art techniques. The techniques will be demonstrated live and all supplies (sketchbook, pens & pencils) are included. This class is suitable for all ages! Class 1: Freeform design and basic techniques in black & white Class 2: Planned design and shading with ink and pencil Class 3: Adding in color elements in ink
First Friday Food Truck	Friday, 1/3	Starting at 4:00 pm	Variable	The first Friday of the month is a special Food Truck Friday! This month dinner is served by our friends from Taco Maniacs . Be sure to come back the first Friday of every month!
Intermediate Tennis Clinic – Adults	Saturdays	9:30 – 11:00 am	\$25	Group style lessons for intermediate tennis players.
Latino Social Club	Friday, 1/31	6:00 – 8:30 pm	Free	Come to the next meeting of our Latino Social Club to celebrate diverse Latino cultures, food, music, and more!
Mahjong Club	Tuesdays Thursdays	6:30 – 8:30 pm 9:30 – 11:30 am	Free	Play Mahjong in groups of 3 or 4 – suitable for all skill levels. If you are new to Mahjong, the current club members will be happy to show you how to play!
New Years Day 	Wednesday, 1/1	CLOSED ALL DAY		We will be closed on New Years Day, but we'll see you Thursday, 1/2 at 8am!
"Orange Ball" Youth Tennis Clinic	Saturdays	12:00 – 1:00 pm	\$20	Group style lessons for youth tennis players who have learned the basics. Orange balls have less bounce and are lighter so children can develop good techniques on a court that is a smaller area for them to cover.
Painting With a Twist 	Friday, 1/24	6:00 – 8:00 pm	\$45	It's the perfect date night, friends night, or chance to expand your creativity! We will be learning step-by-step how to paint a great Christmas-themed design to add to your holiday décor with an artist from Painting With a Twist! Beverages will be served, \$45/person
Parent's Night Out	Friday, 1/3	5:00 – 8:30 pm	\$20	Let us take care of your kiddos with a fun night of dinner, crafts, movies & A BOUNCE HOUSE while the grown-ups check off to-do lists or have a special date! (For kids 5-12)
Pilates	Thursdays	9:00 – 9:50 am	\$5	Pilates exercises develop the body through muscular effort that stems from the core. Exercises are performed on a yoga mat to promote strength, stability, and flexibility.
Poker Club	Wednesdays	1:00 – 3:00 pm	Free	A club for everyone who loves the game of poker or who would like to learn how to play! This is intended as a low-stakes, social game! Please join us for a friendly game every Wednesday!
Read Between the Wines Book Club	Friday, 1/17	6:30 – 8:00 pm	Free	Read the book of the month and discuss while enjoying a glass of wine. January's Group will discuss the book <i>The Rent Collector</i> by Camron Wright! This club meeting is FREE and you may contact Club Leader, Pam Sowell, at PSowell@hotmail.com for more information.
"Red Ball" Youth Tennis Clinic	Saturdays	1:00 – 2:00 pm	\$20	Group style lessons for youth tennis players who are just beginning. Use a partial court and a "red" tennis ball that is 75% slower and a bit larger than the standard ball.
Total Body Conditioning	Mondays & Fridays	9:00 – 9:50 am	\$5	A multi-level full body workout targeting all the major muscle groups. Challenging exercises will increase strength, decrease body fat, & improve overall conditioning.
"Yellow Ball" Youth Tennis Clinic	Saturdays	11:00 am – 12:00 pm	\$20	Group style lessons for advanced youth tennis players able to utilize the full court and a standard tennis ball.
Yoga Stretch	Mondays & Fridays	10:00 – 11:00 am	\$5	A blend of stretching and strengthening postures, breath work and guided meditation to reduce stress and help restore and maintain balance, flexibility & strength.

Personal Training & Lessons

Fitness Training	Stephanie O'Connell	Personal Training must be scheduled in advance by contacting Stephanie directly at 321-474-9878 or soconnell73@outlook.com .
Swim Lessons	Angelia Hartman	Swim lessons will resume in Spring 2025. Contact the front desk at 321-237-2377 or stop by the club for information.
Tennis Lessons	Ken Moore	Tennis lessons are available for individuals and for groups. Contact the front desk at 321-237-2377 or stop by the club to schedule a lesson.