

******News Bulletin******

November 2017

Saint James City Civic Association

3300 Fourth Ave, St. James City, FL 33956

Phone: (239) 283-0242 Email: info@sjccapi.org

ANNOUNCING.....Yoga Class - 10 week series with *Jaime Boswell!*

**Yoga for Strength Stability & Serenity
Class for All Levels - Beginners Welcome!
January 2018 - Thursday mornings - 10:30am**

We will practice **strength building** standing postures, mindful **balance postures**, and poses to help *surrender and relax*. Modifications are invited to enable each individual to find their own personal balance between *challenge* and *ease*. Weight bearing on hands and knees is not required in this class, allowing more people to enjoy!

Committing to a regular practice is instrumental to attaining the *benefits of yoga*. This series includes **10 weekly classes**, plus a **free "test" class**, and an **online video** to support your practice in between classes.

You will want to have a **yoga mat, 2 - 4" yoga blocks, an 8-foot yoga strap, and a blanket**. These props will assist you in enjoying your practice completely in class and at home. I am happy to assist with *wholesale purchase of props (excluding mats) for anyone that signs up for the class series*.

Join us for this **class series**, beginning with a **free trial class on Thursday, January 11th at 10:30!** If you decide to attend the 10-class series, the cost for **SJCCA Members is \$100, non-SJCCA Members is \$120**, wholesale **props \$35** (2 blocks, strap & blanket)

Walk-ins are welcome at a *per class charge of \$12.00 for Members, \$14.00 for non-Members*

All participants will be required to sign a liability waiver. See the Calendar on our website for exact dates.

For more information contact the Activity Leader:

Jaime Boswell

239-851-5351

jaimeboswell@live.com or visit her website: www.jaimeboswell.com

A Great Big THANK YOU!

Thank you to everyone who volunteered their time, merchandise, expertise and assistance with the November 2017 Big Breakfast and Rummage Sale!

Your combined efforts made it a **great success!** Over 150 people stopped by to enjoy the Big Breakfast and many of your donated items were sold at the Rummage/Plant Sale.

We do not take your contributions for granted - **our volunteers are special!** They support the Civic Center with **generous and caring hearts**. Those of you who enjoy the Civic Center events and activities - please make sure to **give our volunteers a warm "Thank You"**.

If you are able to "pay it forward" and help out a bit, some new helpers would be most welcome!

Thank You again,
Ellie Fenoyhazi, President

Help Wanted!

Our annual Holiday Dinner is fast approaching! Please consider volunteering some time to help with turkey preparations, setup, decorating, kitchen help and cleanup. We all appreciate the Holiday Dinner - it takes dedication to make it happen each year!

Sign-up sheets will be located at the Civic Center, or contact any board member / activity leader.

**Please email us at info@sjccapi.org
Or contact any board member or activity leader**

- **Building Maintenance** - we need a "handyman" for *occasional light repairs*. If you like to "tinker" or "tweak" things, a helping hand would be greatly appreciated!
- **Internet / Audio / Visual** - when an occasional power outage or problem occurs with our internet connection and other technical devices, can you be available to help get us "back on line"?
- **IPad Club / Euchre / Kayak Club** - need an Activity Leader to make them happen
- **Newsletter / Website** - anyone interested in helping out with our newsletter and/or website? You can do this from home and we will provide training!

It's time to renew your membership! Our membership "year" is now through December 31st. When you renew your current membership it will be extended through **December 31, 2018!** Membership applications are available at the Civic Center or on our website. An annual membership is \$20 per person - **don't wait until the Holiday Dinner to renew!** Reduce the wait at the door by having your new membership card - if you paid for a membership, but did not receive your card, it can be picked up at the Civic Center!

By the way.....



If you have ideas or suggestions for our newsletter or our website, please contact us! We want to know how we are doing and if we can improve. Feel free to share your news or celebrations with other members in our newsletter - **Email: info@sjccapi.org**

****If you would like to print out a newsletter (current or older), please go to our website at the link below and select the Newsletter tab.** The email version of our Newsletter is for viewing/reading.

****We are looking for pictures of activities, events and people enjoying our Civic Center. If you have any pictures (photos, digital or negatives) you would like share on our website? Please contact us if you can help: **Email: info@sjccapi.org****

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[Check out the SJCCA website](#)