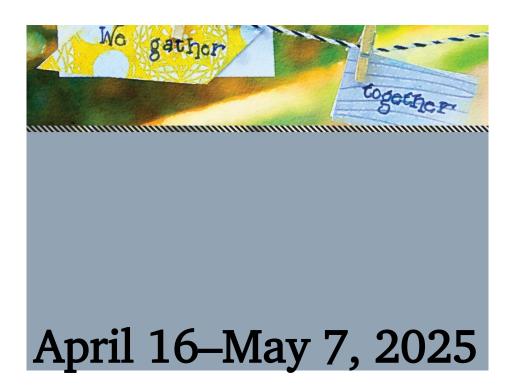
# Wednesday Evening Sprint Classes



# April 16

All – Church MCC Comforter Tying (Fellowship Hall) 9:30 a.m.-8 p.m. Hot chicken and noodle pot will be provided along with a dessert for the noon meal. \*Please bring your table service and a dish to share for lunchtime; this will be time of fellowship and assembling MCC Comforters; Feel free to arrive and leave at your discretion, bring your favorite thimble and all else is provided. We will continue into the evening, no supper provided but light refreshments from 6-8 p.m.

## April 23

#### **Running and Walking Session**

6:30-8 p.m.

Come join as Phyllis Cripe tells of her story into running. She will share how she became interested in, the improvement in health and energy she has enjoyed, nutritional hints, clothing advice, and insight into how to run safely at varying levels of intensity. All levels of runners/walkers are invited to participate.

# April 30

<u>Car, Tractor, Cycle Cruise-in</u> (South/West end Parking Lot) **6-8 p.m.** (Rain Date – May 14) Free Hot dogs/chips/water/music/fellowship

## May 7

## **Siete De Mayo Dips**

6:30-8 p.m.

Taste and see how to make different dips: Salsa, queso's, guacamole Sign up in the foyer on April 20, and 27 or call the church office.



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