

Mossman Hall Class and Event Details

Class/Event Title	Description	Day & Time	Cost	Contact Information
Zumba with Mary	Dance fitness class.	Mon. & Weds. 9-10:15am	Donations accepted	Mary Westmorland 904-652-7278
Zumba with Beverly	Dance fitness class.	Mon/Tues/Weds 5:30-6:30pm	\$5/class or \$45/10 classes	Beverly Little 352-284-8147
Cancer Survivor Support Group	Support group meeting weekly.	Every Mon. 11-noon	No cost	Sue Stern 352-682-2292
Pottery Throwing	4 classes. By arrangement only.	Every Weds. 6-8pm	1 person \$150, 2 people \$250	Gail Davis meisgail1@yahoo.com
Clay Station	Creating with clay. All levels.	Every Mon & Sat 10am-noon	\$10 per hour	Gail Davis meisgail1@yahoo.com
Open Painting/Art Studio	All mediums welcome.	Every Tues. 2-4pm	Donations accepted	Sheila Bullock 615-714-0786
Good Morning Workout	Low impact, full body strength & stretch.	Every Tues. 9-10am	Suggested donation \$3	Sheila Bullock 615-714-0786
Low, Slow Yoga	Beginner-intermediate yoga.	Every Weds. 11am-12:30pm	\$10	Susie Collins
Stretch & Flex Yoga	All levels welcome.	Every Thurs. 5:30-7pm	\$7	Susie Collins
Beginner's Tai Chi & Qigong	Free, beginner's level class.	Every Friday 11am-12pm	Free!	Karen Goff 352-339-4772
Tai Chi	All levels welcome. First class free!	Every Tuesday 10:30am-12pm	\$8	Karen Goff 352-339-4772
Sacred Sound Symphony	Crystal bowl concert.	Every other 4th Sunday, 7-8pm	Donations accepted	Cindy 352-514-3990
Love Poem Contest	Poetry, acoustic music & other word art.	Sunday, Feb. 9th 2-5pm	Donations accepted	Nicole Goff 352-339-0167
Conscious Awakening Service	Interfaith Spiritual Ministry	Every Sunday 9:30am-12pm	Donations accepted	Rev. Tom 941-228-3703
Art Walk	Gallery showing of featured artist.	Every first Friday 6-9pm	Free!	Mossman Hall 352-475-2924
Contra Dancing	Folk dancing with live music and caller.	Second Friday 7:30-10:30pm	Donations accepted	352-475-2982 godsdance.org
Trout Fishing in America Concert	Opening acts: Captain Steve Rogers & Melodymeisters and Laurel Wagner	Sun., Feb 16th 6pm	\$20 tickets available at Mossman	Tom Germano 904-382-3890
Native American Values	Native American Values In Your Life	Fri., Feb. 21st 5:30-7pm	Free	Diane by text 716-679-6603
Hypertufa Pot Making Class	Make a unique hypertufa pot	Weds., Feb 19th 6:30-8pm	\$45 *must pre-register	Elisabeth 904-250-6996
Kids Valentines Making Class	Kids holiday arts 'n crafts party!	Friday, Feb. 14th 10am-12pm	\$5 suggested donation	Nicole Goff 352-339-0167

Classes are subject to change. Please visit MossmanHomePreservationFoundation.com or Facebook.com/MossmanHall for updates.