

TUESDAY CLUB

Need to reach Heidi? Email me at hstorey@yorkjcc.org

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DEC

10:30 a.m. Tiffany Gilbert of Natural Health and Homeopathy will discuss homeopathic medicine, and energy healing using the Emotional Code and the Body Code systems. Learn how natural medicine can relieve stress, anxiety, depression, chronic pain and other ailments.

11:45 a.m. – Lunch and conversation

12:30 p.m. – Heidi will share photos and stories from her recent trip to Macedonia and speak about the current situation in this small Balkan nation, which has been in the news over the last few months.

11
DEC

10:30 a.m.– Joe Henney, JCC member and Reptile Squadron Leader will present an interactive Alligator Education program. Yes, there will be two alligators at Tuesday Club, one of which is a therapy gator. You can get your picture taken with the reptiles if you wish.

11:45 a.m. – Lunch and conversation

12:30 p.m. – Current Events discussion. Bring a story you wish to discuss. Heidi will moderate a discussion on what is going on in the world, both locally and globally.

18
DEC

10:30 a.m.– An information session presented by Health South discussing Type 1 and 2 diabetes and the risk factors, prevention and monitoring associated with this medical condition.

11:45 a.m. – Lunch and conversation

12:30 p.m. – Ted Talk– watch and discuss two of the most popular Ted Talks from 2018– “Where Joy Hides and How to Find it”, and “What are the most important problems of our time?”

25
DEC

No Tuesday Club. Have a safe and happy holiday!

1
JAN

No Tuesday Club. Have a safe and happy New Year!

January 2019 TUESDAY CLUB

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**8
JAN**

10:30 a.m.– Enjoy a presentation from Yvette Lawrence–Hood of Simple Health Education on the importance of hydration, the role of water in our bodies, and the dangers of dehydration.

11:45 a.m. – Lunch and conversation

12:30 p.m. – Current Events– Ted Talk Edition. Enjoy watching a thought provoking Ted Talk followed by a group discussion opportunity.

**15
JAN**

10:30 a.m.– JCC member and Executive Director of Farm and Lands Trust of York County Sean Kenney will share about the important ways preservation of farms, woods and waterways impact our community.

11:45 a.m. – Lunch and conversation

12:30 p.m. – TBD

**22
JAN**

10:30 a.m.– Harriet and Bernice will share pictures and stories from their trip to Israel in partnership with Rabbi Astrachan.

11:45 a.m. – Lunch and conversation

12:30 p.m. – Current Events– bring a story to share as we discuss today's current events – both nationally and around the world.

**29
JAN**

10:30 a.m.– Dick Brown, a longtime local beekeeper, will share basic information about honey bee biology, bee casts, how the hive operates, how honey is made/extracted, why the bees are disappearing, and how to help protect honey bees.

12:30 p.m. – Film Club Documentary Series *Ladies First*– An inspirational survival story of Deepika Kumari who, as a girl born in abject poverty in rural India, went in search of food, stumbled upon archery, and within 4 years became the number 1 archer in the world.