



**VILLAGE
CHURCH**

Presbyterian (USA)

Village U

For Church & Community

Fall 2025



Register at
villagepres.org/village-u



VILLAGE CHURCH

Presbyterian (USA)

Village Presbyterian Church is a learning community with a long-standing commitment to providing opportunities to grow together in knowledge, faith and well-being. This catalog offers year-round groups as well as short-term courses. Please join us!

Register for Village U classes at villagepres.org/village-u

Registration begins 9 a.m. Sunday, Aug. 24. Classes begin Sunday, Sept. 7.

Classes are listed by start date within each section. Classes are free unless otherwise indicated. Registration is not required unless otherwise indicated. If a class you are registered for has been canceled, rescheduled, or otherwise changed, you will receive an email notification. For all classes, you may check for the most up to date, accurate information on the Village Church online calendar: villagepres.org/events.

ICON KEY:



Registration Required



Fee to Attend



Wednesday Family Dinner before class

- **Wednesday Family Dinners** take place every Wednesday from 5:30-6:30 p.m. at Mission Campus. Many classes have been scheduled to take place directly after dinner is over, so participants may enjoy dinner and then head to their class. Dinners are house-made and buffet-style. Please visit bit.ly/WednightDinner-2025 to see the upcoming menus and register for dinner.
- **Child Care** is offered for Village U classes upon request. Please email childcare@villagepres.org.
- **Questions?** Contact Désirée Keyes: desiree.keyes@villagepres.org, 913-671-2341.

Mission Campus

6641 Mission Rd., Prairie Village, KS 66208
913-262-4200

Office Hours: 8:30 a.m.-4:30 p.m. M-F

Antioch Campus

14895 Antioch Rd., Overland Park, KS 66221
913-681-8180

Office Hours: 8:30 a.m.-4:30 p.m. M-Th

Child & Family Development Center

9900 Mission Rd., Overland Park, KS 66207

Tillotson Building

Food Pantry & Clothes Closet

9960 Mission Rd., Overland Park, KS 66207

Christian Life

SUNDAY ADULT FAITH FORMATION CLASSES

Village Forum

9:30-10:30 a.m. Sundays, Sept. 7-Dec. 21
Rooms 126/127, Mission Campus

Rev. Jay McKell, retired Village Church pastor, and Jim Gibson

Weekly discussions led by class members, outside speakers, or Village staff members invite thoughtful dialogue and spiritual growth through the discussion of theological, social, spiritual, and historical topics. Sept. 7-28 Dr. Leslie Dorrough Smith, dean of arts and sciences at Avila University, will lead a discussion on conflict resolution from an ethics perspective drawing from the book "Dignity" by Donna Hicks (see separate listing for this series). Oct. will feature the video series "The Bible With & Without Jesus: How Jews and Christians Read the Same Stories Differently" by Amy-Jill Levine. Advent will focus on the reflections of Diana Butler Bass in her Substack site "The Cottage."

We would love to have you join our Sunday morning discussions, ladies' book club, fellowship, and service activities. Visit villagepres.org/news to subscribe to the class newsletter.

The Faith Journey

10:10-10:50 a.m. Sundays, Sept. 7- Dec. 21
Room 124, Mission Campus

Kathy Ray

This group values study of various sources, discussion, sharing our diverse understandings of

faith, and being a caring, supportive community seeking to grow in our faith journey. This fall, we will read and discuss "Holy Envy" by Barbara Brown Taylor and "I Asked for Wonder" by Abraham Heschel.

Foundations of Faith

11 a.m.-noon Sundays, Sept. 14-Nov. 23
Zoom meeting (see below for meeting info)

Rev. Dwight Tawney, retired Village Church pastor, and Diann Markley

Theology, archeology and science unite in this fall's study of the origins and vital significance of Jerusalem.

Online Meeting Link: us02web.zoom.us/j/83690768869?pwd=UjJCbVJjUjEOTVlVZXcxaFJBBeXdpdz09

Meeting ID: 836 9076 8869
Passcode: 926588

Traditional Adult Education

9-10 a.m. Sundays, Sept. 7-Dec. 21
Library, Antioch Campus

- **Sept. 7-Oct. 5: God's Love Transcends Borders.** Join members of our Immigration Support Initiative task group of Village Church's Social Justice Ministry and the larger Kansas City community as we discuss theological perspectives and faithful responses to a pressing issue for the least of these in our midst.
- **Oct. 12-Nov. 16: Ministry and Mission Partners Open House.** For this class we'll host our community and ministry partners to tell us more about what it is they do and how we can make an impact. We'll hear from organizations like the Good Faith Network, the Mainstream Coalition, Habitat for Humanity, and the Village Church Food Pantry.
- **Nov. 30-Dec. 21: Holy Disruption Advent Study** (traditional adult education + parent fellowship). Join Rev. Anna Owens in a



discussion of Tracy S. Daub's book "Holy Disruption: Discovering Advent in the Gospel of Mark." From the publisher: "The Gospel of Mark doesn't have a nativity story—so where's the Advent message? It's in every aspect of Jesus' life, to his death and beyond. 'Holy Disruption' presents a fresh understanding of the holiness of Christmas grounded, not in a conventional cozy Christmas message, but through Mark's disquieting gospel which invites its readers to experience God's disruptive but transformative love for us and our world." Books will be available for purchase in November.

Parent Fellowship Class

9-10 a.m. Sundays, Sept. 7- Dec. 21
Multipurpose Room, Antioch Campus

Rev. Anna Owens, Antioch Campus site pastor

- **Sept. 7-21: Parent Fellowship Class: Who are we?!** Join Rev. Anna Owens in shaping this new class—come with questions, hopes, fears, dreams, and be prepared to share a little about yourself in the process!
- **Sept. 28-Nov. 16: Village Connect.** We've heard from several of you—our parents of young and young-ish children—that you're interested in the Village Connect group and curriculum, but regular nighttime commitments are difficult to fit into busy schedules. For eight weeks this fall, we'll work through the Village Connect curriculum, written by Rev. Dr. Rodger Nishioka. Class participants will rotate leadership/facilitator responsibilities.
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Jesus' life, to his death and beyond. 'Holy Disruption' presents a fresh understanding of the holiness of Christmas grounded, not in a conventional cozy Christmas message, but through Mark's disquieting gospel which invites its readers to experience God's disruptive but transformative love for us and our world." Books will be available for purchase in November.

WEEKDAY CHRISTIAN LIFE CLASSES

Fellowship of Christian Athletes (FCA) Men's Bible Study

7:30-8:30 a.m. Wednesdays, year-round
Heritage Dining Room (230), Mission Campus

A group of members and friends meet weekly for Bible study and fellowship.

First Wednesdays Coffee & Conversation

10-11 a.m. first Wednesdays (first session on Sept. 10 is a second Wednesday) Sept. 10, Oct. 1, Nov. 5, Dec. 3, Rooms 307/309, Mission Campus
Ginger Rothhaas, pastor, life coach, and founder of Compassion Fix

Each gathering will be an introduction to a different faith where we will: explore the compassion teachings offered, honor the significance of their holy days and origins of their sacred texts, become aware of the roles of women in the faith, consider what the religion believes happens when we die, and understand how each faith helps people with being human. The order in which the religions will be presented is based on oldest to newest in the dates of origination or formation of the faith. Christianity will be woven in and honored in each discussion as well, and in the time line, Christianity's formation falls between Buddhism and Islam. Child care is available free of charge: email childcare@villagepres.org.

Third Thursdays Coffee & Conversation

10-11 a.m. third Thursdays, year-round
Library, Antioch Campus

Kate Unruh, spiritual advisor, doctor of practical theology, Princeton Theological Seminary

Kate Unruh has served in a handful of congregations, including a church in London, and has an extensive youth ministry background. Kate has also worked with non-church ministries as a fundraiser, researcher, and professor. An academic at heart, Kate's passion lies in helping people to think theologically. She is a pastor to pastors, enjoys helping parents and caregivers raise faithful kids, and loves to help people to discern what and who God is calling them to be. She delights in asking big questions and will help you do the same without judgment. Please bring your own beverage or you may use our Keurig to brew a cup.

Especially for Women

9:30-11 a.m. Fridays, Sept. 5-Dec. 19
Room 126, Mission Campus

Rev. Diane Quaintance, retired Village Church pastor

Are you looking for a group of bright, spiritual, and welcoming women with whom to share & listen, seek & grow more fully in your faith? Join us! Our conversation focuses on the writings of theologians and historians. Our Sept./Oct. guide will be Elaine Pagels, who "captures Jesus's enduring power to attract and inspire" in "Miracles and Wonder: The Historical Mystery of Jesus."

In Nov./Dec., we will journey with Jeff Chu in "Good Soil: The Education of an Accidental Farmhand." "This book is smart, kind, honest, and revelatory in all the right ways...Jeff has a gift for loving people he has never met... 'Good Soil' will make you want to do that at your very next opportunity." –Barbara Brown Taylor

Conflict Resolution from an Ethics Point of View



9:30-10:30 a.m. Sundays, Sept. 7-28
Rooms 126/127, Mission Campus

Dr. Leslie Dorrough Smith, dean of arts and sciences, Avila University

Dr. Smith will lead the Village Forum class in a discussion of one her current projects in our polarized culture: conflict resolution, particularly from an ethics point of view. She will use Donna Hicks' excellent book "Dignity" as a lens for the discussion. The Village Forum class invites you to join them and Dr. Smith in the timely and important discussion. If you have never attended a class led by Leslie, you are in for an experience.

Young Adult Ministry (Y.A.M.) Night

5:30-7 p.m. Wednesdays, Sept. 10-Dec. 17
Young Adult Room (8), Mission Campus

Rev. Maggie Johnson Phillips, pastor for young adult ministry, Village Church

All 20s and 30s are invited to join us for dinner followed by games/activities, scripture study, and connection. Come as often as you can—we'd love to have you!

Women's Bible Study

1:30-3 p.m. Thursdays, Sept. 11-Nov. 20
Multipurpose Room, Antioch Campus

This Bible study is open to all women from both campuses. The curricula are decided by the group and include diverse biblical studies. For the majority of the studies, some preparatory reading is suggested so the participants can have interactive discussions.



Conversation with Rev. Dr. Rodger Nishioka



6:30-8 p.m. Wednesday, Sept. 17
Rooms 132/133, Mission Campus

Rev. Dr. Rodger Nishioka, senior pastor, Village Church

Come have a conversation with Rodger! Members, occasional attenders, non-members, neighbors, visitors, believers, skeptics—all are welcome to an evening conversation with our senior pastor. In his 10th year serving at Village Church and beginning his third year as senior pastor, Rodger will share some reflections and thoughts about Village Church and then the rest of the evening is an open question and answer time. Bring your reflections, thoughts and questions.

The Culture Wars that Helped Create America



6:30-8 p.m. Wednesdays, Sept. 17, 24, Oct. 1, 8
Room 124, Mission Campus

Rev. Dr. Lonnie H. Lee, retired Presbyterian pastor

In this course, Dr. Lonnie H. Lee will examine the religious, cultural, and political differences in Post-Reformation Europe during the 17th century. As these differences were exploited by ambitious rulers to expand their control over their subjects through various methods of persecution, members of vulnerable minority populations migrated to the new world and helped shape the identity of British America. This four-week study will explore the common patterns of oppression imposed by 17th-century authoritarian rulers in Northern Europe and the similar strategies of resistance employed by English Puritan, French Protestant, German Reformed, and Scottish Covenanter communities.

Rev. Dr. Lonnie H. Lee is a native of Wichita, Kansas, and served as pastor of four Presbyterian (USA) congregations in Oklahoma, Texas, and Illinois. In

retirement Dr. Lee has held leadership roles with Heartland Presbytery, been a supply preacher for congregations, taught popular church history courses at Village Church, written two published books, authored two articles for academic journals, and delivered lectures for historical societies in Virginia. His longstanding interest in Post-Reformation church history inspired his in-depth study of the Huguenot diaspora through extensive research in Virginia, Great Britain, and France. His most recent book, "The Huguenot-Anglican Refuge in Virginia: Empire, Land, and Religion in the Rappahannock Region" was published in 2023. For more information about Dr. Lee, see his author website, lonniehlee.com.

The Transformational Power of Spiritual Practice: Discovering Peace and Inspiration for the Journey



6:30-8 p.m. Wednesdays, Sept. 24., Oct. 1, 8, 15
Heritage Dining Room (230), Mission Campus

Susan and George Satterlee, Village Church members and leaders

"Come to me all who are weary, and I will give you rest." –Matthew 11:28. Like many generations of Christians before us, we desire to experience Christ in our lives and in the world. We are hungry for connection and peace, a sense of grounding and purpose. Christ's desire for us to be transformed is clear—our desire to be transformed lies at the heart of our Christian experience. We are not meant to take this journey alone, so come join us as we explore together the transformative power of spiritual practices such as prayer, meditation, spiritual readings, community building and worship. This will be a time to consider how to stay centered in a chaotic world so that we can be better prepared to go out into our communities to do God's work.

Susan and George Satterlee have been involved in both youth and adult learning at Village



Church for almost four decades. Their passion for Christ, church, community, and spiritual growth has been at the heart of their desire to contribute to the programming and fellowship of Village Church. Susan has been a leader and facilitator of many adult studies and retreats including Growing Together, Christ Care, The Feast, and Presbyterian Women. George has also always loved serving the church in a variety of ways, including boards/committees and faith formation programming. Both Susan and George love considering how God is at work in our lives, our church and the world.

Men's Breakfast Gathering: How Art & Science Combine in Organ Music



8-10 a.m. Tuesday, Sept. 30
Heritage Dining Room (230), Mission Campus
Dr. Elisa Bickers, principal organist, Village Church
Donation suggestion \$8. Pay in person or online. We'll enjoy breakfast and fellowship in the Heritage Dining Room and then we'll travel to the Sanctuary for a presentation by Dr. Elisa Bickers: "How Art and Science Combine in Organ Music, the Leader of Our Song."

God's Love Transcends Borders: Conversations on Immigration



6:30-8 p.m. Wednesdays, Oct. 1, 8, 15, 22, 29
Room 126/127, Mission Campus
Over five sessions, we will explore life in our community from an immigrant's point of view, learn about the contributions immigrants make to our economy and society, discover methods to advocate for change, and develop a solidarity with all people as we stand up for the oppressed within our communities. Each class will focus on a particular question led by different facilitators. This course is coordinated by the Immigration

Support Initiative task group of Village Church's Social Justice Ministry.

- **Oct. 1: Why Do We Care About Immigrants?**
Rev. Rick Behrens, pastor, Grandview Park Presbyterian Church, Kansas City, Kansas
- **Oct. 8: Where Are Immigrants?**
Kristy Baughman, executive director, United Community Services of Johnson County
- **Oct. 15: What is it Like to Be an Immigrant?**
Jessica Ferrell, operations director, Center of Grace, Olathe, Kansas
- **Oct. 22: What's Going On With Our Government?**
Roger McCrummen and Clare Murphy Shaw, Asylum Clinic of Kansas City, Missouri
- **Oct. 29: Can You Make a Difference?**
Rev. Dr. Aaron Stauffer, associate director, Wendland-Cook Program in Religion and Justice, Vanderbilt Divinity School, Nashville, Tennessee

Men's Breakfast & Bible with Rodger Nishioka



8-9 a.m. Tuesdays, Oct. 14, 21, 28, Nov. 4, 11, 18, 25, Dec. 2, Heritage Dining Room (230), Mission Campus
Rev. Dr. Rodger Nishioka, senior pastor, Village Church
Join together with other men for fellowship, a hot breakfast served by Chef Teri Tapscott, and Bible study led by Rev. Dr. Rodger Nishioka. For the eight-week study, we will explore the ministry of the Apostle Paul from his early life as a persecutor of Christians to his conversion on the road to Damascus and his missionary journeys. History scholars site Paul as the single most influential figure in the early church. He is named as the author of 13 of the 27 books of the New Testament. Donation suggestion \$8. Pay in person or online when you register.

Declutter Your Heart and Your Home



9-11:30 a.m. Saturday, Oct. 18
Multipurpose Room, Village Church Child & Family Development Center

Julia Ubbenga

Cost: \$16.00, includes a copy of the book. Presbyterian Women of Village Church invite all women to our fall kickoff event. Local author Julia Ubbenga will discuss her book "Declutter Your Heart and Your Home" about how a minimalist life yields maximum joy. Check-in and coffee starts at 9 a.m.; speaker begins at 9:30 a.m. For questions, contact Carol Solenberger: carol.solenberger@villagepres.org.

Science Literacy for Responsible Citizenship



6:30-8 p.m. Mondays, Nov. 3-17
Heritage Dining Room (230), Mission Campus

Dr. Blane Baker, professor of physics, William Jewell College

Science and technology increasingly impact our everyday lives, thus responsible citizenship demands basic knowledge of scientific reasoning and results. In response, this course discusses some of the basic tenets of science, explores several important scientific discoveries, and summarizes strategies for staying informed. Implications of science literacy for our health, democracy, economy, and faith are considered, along with how such literacy influences our actions. Major scientific themes include human origins, our place in the universe, and the future of life on Earth.

This class is offered as part of a partnership with William Jewell College's Center for Faith and Culture. Find other class offerings at partner churches by visiting jewell.edu/about/center-faith-and-culture/calendar.

No Longer Reasoning Like a Child: Growing and Embracing an Adult Faith



6:30-8 p.m. Wednesdays, Nov. 5, 12, 19
Room 132/133, Mission Campus

Rev. Dr. Rodger Nishioka, senior pastor, Village Church

The Apostle Paul in 1 Corinthians 13 writes that "when I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became an adult, I put an end to childish ways." Fourteen years ago, theologian Marcus Borg wrote a book about forming a durable faith as an adult. He explored what it means to believe in God given all that we have come to know as adults. James Fowler described the stages of faith and said most adults should reach a mature faith stage that accommodates the complexities and contradictions of life. In these classes, we will explore the elements needed to grow into a mature faith, an adult faith. Together, we will explore what that means and how an adult faith is nurtured and lived in all facets of our lives.

This class is offered as part of a partnership with William Jewell College's Center for Faith and Culture. Find other class offerings at partner churches by visiting jewell.edu/about/center-faith-and-culture/calendar.

What Are You Waiting For?



6:30-8 p.m., Wednesdays, Dec. 3, 10, 17
Rooms 132/133, Mission Campus

Rev. Dr. Diane Janssen Hemmen, senior associate pastor, Village Church

Gift yourself three evenings in Advent to explore what this season of waiting and longing has to offer us for the faithful living of our days. From prophetic "doom scrolling" to strange songs sung by unlikely performers and more, we will look at scripture together and explore through conversation and activities some of God's promised gifts to us.



Creative Arts & Leisure

Boomerangs

10 a.m.-noon Tuesdays, year-round
Room 306, Mission Campus

The Boomerangs welcome women to join them in fellowship and fun as they work on a range of projects from knitting, rug hooking and needle pointing to balancing a checkbook. This group is designed for Baby Boomers and older.

Mission Sewing

8 a.m.-3 p.m. Tuesdays, year-round **or**
10 a.m.-noon Thursdays, year-round
Room 115, Mission Campus

Both the Tuesday and Thursday Mission Sewing Groups are always looking for new members. Come when you like and stay as long as you can. We make a variety of pillows, glasses cases, cot covers, walker bags, teddy bears, heart monitor bags, big and little girl dresses and more for donation to local hospitals and charity organizations. All fabrics, tools, and materials are supplied. All levels of sewing experience are welcome, including non-sewers.

The Pointer Sisters (Needlepoint)

9:30-11:30 a.m. Wednesdays, year-round
Room 232, Mission Campus

Learn basic stitches that will enable you to make beautiful and creative projects for you and your family. Sewing and fellowship will be top priorities.

Great Books Discussion

2-3:30 p.m. first Tuesdays, Sept. 2-Dec. 2
Room 124, Mission Campus

This is not your usual book club. We tackle classic and contemporary essays from a wide range of authors. We discuss, share ideas, laugh, and enjoy friendship and fellowship. This semester we'll be reading Mark Twain, Friedrich Nietzsche, and Jane Addams.

Continuing Watercolor



1-3 p.m. Wednesdays, Sept. 17-Nov. 26
Rooms 232/233, Mission Campus

This class has been "continuing" for a long time, but new people are always welcome. No expertise is needed. The instructor will present the subject and provide a line drawing of the outline of the subject for participants to transfer to their paper. A finished copy, or stages of the painting and the final copy, will be provided to participants to take home for reference. Each project will take two sessions, then a new project will begin.

Basket Weaving



8 a.m.-2 p.m. Wednesday Oct. 29 (\$58), Nov. 12 (\$50), Room 127, Mission Campus

Debbie Hurd

Join this popular instructor traveling from Arkansas to share her gifts with our community! Participants will create the Hearth basket on Oct. 29 and the Ocean Vibes basket on Nov. 12. See photos of the finished products when you register. Registration fee is for supplies. Space is limited to 12 participants per session.



Information & Life Skills

Beginning Spanish: Español Para Todos

10:30-11:30 a.m. Mondays, year-round
Room 124, Mission Campus

Joni Kimsey

Need a place to brush up on your Spanish? Always wanted to learn but never had the time? Join us in Español para todos. We welcome everyone from beginners to bilingual level speakers. There is something for everyone: conjugation of verbs, culture, simple stories, vocabulary and word order.

Locating and Organizing Files, Folders and Pictures on an Apple Computer



10:15-11:45 a.m. Saturday, Sept. 13 **or**
1-2:30 p.m. Wednesday, Sept. 24
Conference Room, Tillotson Building

Dee Couch

This class will explore how to manage your documents and pictures on an Apple computer. Topics include using proper naming conventions, Finder, and Tags to easily locate information. There will also be a discussion of how to properly store documents and pictures in the Cloud. The same class will be held on both listed dates.

Smarter, Not Harder: Making Extracurricular Activities Work for You in College Admissions



6:30-8 p.m. Tuesday, Sept. 30
Room 132/133, Mission Campus

Vicki Petersen, VP College Consulting

This class is designed for high school students and their parents. We will discuss how students can make intentional choices in their extracurricular activities, streamlining their time toward meaningful activities that will help them tell their story in college applications. We'll explore how colleges evaluate involvement, strategies for deepening impact, and tips for aligning passions with future goals.

Introduction to Windows 11



7-8 p.m. Tuesday, Oct. 7 **or**
11 a.m.-noon Wednesday, Oct. 8
Conference Room, Tillotson Building

Dee Couch

Explore the new features and upgrades that are found in Windows 11 and compare these changes to Windows 10. Keyboard shortcuts and widgets will also be discussed. The same class will be held on both listed dates.

Basic Apple Computer



1-2 p.m. Thursday, Oct. 16 **or**
10:15-11:15 a.m. Saturday, Oct. 18
Conference Room, Tillotson Building

Dee Couch

This class is designed for new users or those needing a basic overview of the features of an Apple computer. Students will create basic documents and spreadsheets. The same class will be held on both listed dates.



Windows Excel Tips and Tricks



1-2:30 p.m. Tuesday, Oct. 21
Conference Room, Tillotson Building

Dee Couch

Excel is a very powerful program. Learn how to make your spreadsheets more efficient and dynamic. This class will discuss tips for sorting information, converting numbers into graphs and using functions to calculate data.

Intermediate Apple Computer



1-2 p.m. Thursday, Nov. 6 **or**
10:15-11:15 a.m. Saturday, Nov. 8
Conference Room, Tillotson Building

Dee Couch

This class is designed to explore some of the little-known features found in Notes and Numbers. Topics covered include combining multiple documents into one PDF file, document editing, and using formulas to enhance spreadsheets. The same class will be held on both listed dates.

Organizing Files and Folders in Windows Explorer



10:15-11:45 a.m. Saturday, Nov. 15 **or**
7-8 p.m. Tuesday, Nov. 18
Conference Room, Tillotson Building

Dee Couch

This class will explore how to manage your documents and pictures in Windows 11. Topics include using the Search feature to easily locate information, creating files and folders to easily organize data, and how to navigate Windows Explorer. There will also be a discussion of how to use Windows Backup to properly store documents and pictures in the Cloud. The same class will be held on both listed dates.



Mind & Body

Core Strengthening



8:30-9:30 a.m. Mondays, Wednesdays, and Fridays, year-round, Rooms 132/133, Mission Campus

Rebecca Enslow

Cost: \$5 per class. Must register and pay online; option to pay per class. Strengthen your core and increase flexibility with Pilates-inspired mat work. This class uses stretching and strengthening exercises to improve muscle tone, muscle balance, posture, and flexibility. The body's core muscles—the abs, back, and hips—are the focus. Bring a mat and be prepared to be on the floor for the majority of the class.

Adult Exercise Class - M/W/F



9-10 a.m. Mondays, Wednesdays and Fridays, year-round, Room 333 (Youth Loft), Mission Campus

Margaret Tlapæk

Cost: \$5 suggested donation per class. Pay in person. Classes include aerobics to strengthen the heart, lungs and bone density, balance exercises to improve and maintain balance, and stretching and flexibility exercises to maintain and improve range of motion. The class is a comprehensive workout that helps with energy, strength and overall better health.

Adult Exercise Class - T/Th



9-10 a.m. Tuesdays and Thursdays, year-round, Room 333 (Youth Loft), Mission Campus

Mindy Brooks

Cost: \$5 suggested donation per class. Pay in person. This class is similar to its counterpart offered on MWF but with an increased focus on strength and balance. Class includes aerobics, exercises for balance (including the use of an exercise ball), light weight training, and stretching.

Essentrics: Apprentice Exercise Class

10:15-11:15 a.m. Tuesdays and Thursdays, year-round, Room 333 (Youth Loft), Mission Campus

Elizabeth Doyle

Essentrics is perfect for all fitness levels. This program rebalances the body, unlocks tight joints and increases flexibility and mobility, develops strong lean muscles and improves posture through a fluid combination of strengthening and stretching. This equipment-free workout leaves you feeling energized and healthy.

Widowers Support Group

9-10 a.m. Thursdays, year-round
Room 132, Mission Campus

This group is for men who whose spouses have died or who are living with a spouse who is challenged by dementia or Alzheimer's disease. A pastoral care pastor joins the group twice a month while other meetings are facilitated by a group member.



Mindful Movement



11-11:45 a.m. Saturdays, Sept. 13-Nov. 22
Room 333 (Youth Loft), Mission Campus

Kimberly Bland

Cost: \$100 for the semester (10 classes). Must register and pay for full semester online. Start off your weekend with some mindful movement! This class uses simple tai chi and qigong based movements to enhance body alignment, balance, coordination, mind-body awareness, and mindfulness. The movements can be done seated or standing.

Gentle Yoga for Inner Peace

10:15-11:15 a.m. Mondays, Sept. 15-Nov. 17
Room 333 (Youth Loft), Mission Campus

Mandy Dolan

Simple and accessible, yet powerful practices to help find inner peace. This class features breath-centered movements adapted for all levels of participation. Each class includes poses, movements, breathing exercises, and meditation woven together for an integrated experience.

Growing Through Grief



10-11:30 a.m. Wednesdays, Sept. 24-Oct. 22
Room 132, Mission Campus

*Rev. Tim Soule, parish associate for pastoral care,
Village Church*

If you are grieving, or know someone who is, consider attending Growing through Grief. This five-week series offers support and comfort as you go through this difficult journey. You'll receive a copy of "Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart."

Live a Happier, Longer Life



6:30-8 p.m. Wednesday, Nov. 19
Room 132, Mission Campus

Charles "Chick" Keller

We will all die eventually, and we will all experience at least mild forms of dementia. But there are ways to mitigate the risk of heart disease, cancer, Alzheimers, and accidents. Using information from Sonja Gupta's book "Keep Sharp" and many other sources, the class will develop an actionable plan in plain language that anyone can follow that will help one live a longer, happier life and stay mentally sharp.

