



## Fearington Cares February 2025

### Programs and Highlights

#### **Winterfest at The Barn, sponsored by FC and FHA**

Friday, February 7, 7 – 10 pm

*Silent and Live Auctions! Proceeds benefit Fearington Cares.*

#### **Film Nite**

Thursday, February 5, 7 pm, at The Gathering Place

#### **Dance Mix**

Wednesday, February 5 & 12, 3 – 4 pm, at the FC Center

#### **Book & Puzzle Exchange**

Tuesday, February 11, 10 - 11 am

#### **Terrariums: A Winter Gift to Yourself or a Friend**

Tuesday, February 11, 1 – 2 pm, at the FC Center

*Registration required*

#### **Tech Café: Drop-in Help Session**

Thursday, February 13, 11 am – Noon, at the FC Center

#### **Drumming for Wellness and Connection**

Saturday, February 15, 10 - 11 am, at the FC Center

#### **The Art of Downsizing – Our Top 10 Downsizing Tips**

Wednesday, February 19, 11 am - Noon, at the Gathering Place

#### **Ask a Financial Expert**

Friday, February 21, 10:30 am – 1 pm, at the FC Center

*Appointment required*

#### **Talk With an Attorney**

Friday, February 28, 10:30 am – 1 pm, at the FC Center

*Appointment required*

### Ongoing Classes and Groups

#### **Mind and Body**

Otago

Chair Yoga

Dance Mix

Chair Tap Dance

Line Dancing

Intermediate Yoga

Meditation

Qigong

#### **Support Groups**

Alcoholics Anonymous

Parkinson's

Caregivers

For more information go to  
[www.fearingtoncares.org](http://www.fearingtoncares.org)  
or call 919-542-6877