



MARCH, 2016

Staying Motivated in 2016

Our first workshop of the new year, Staying Motivated in 2016, was a combination of fun, physical activity and creative thinking. The workshop started off with a Zumba instruction led by Beth Ladenheim, a Licensed Zumba Instructor. This got everyone's heart pumping and demonstrated a great way to stay fit all year long. The second part of the workshop allowed participants to tap into their inventive side. Using various pictures and decorative objects, attendees put together their own unique vision board. The purpose of a vision board is to keep you on track with goals and to help you envision a positive future. A healthy lunch was provided to fuel guests up for all of the motivational activities that took place at this exciting workshop. Thank you to all who came out and participated!



World Percussion Event

On Saturday, March 5th, TCF was excited to hold its annual Winter Family Event.