



January 2016

**JANUARY 6 – DECEMBER 14, 2016**

# KNITTING, CROCHETING & EMBROIDERY SOCIAL

**Wednesdays  
1:00pm – 3:00pm**

## INFORMATION

- WHO:** Adults 50 years +
- WHAT:** Knitting & Crocheting Embroidery Social Group
- WHERE:** Irwindale Senior Center
- WHEN:** Wednesdays, 1:00pm – 3:00pm
- FEE:** FREE – Bring your own supplies

### REGISTRATION:

Please register for this group on an ANNUAL basis. Registration forms are available at the Senior Center.

This is a casual social group dedicated to sharing the love of knitting & crocheting (other needle crafters are welcomed too). All you need are a pair of needles, yarn and a positive disposition!



## Health Benefits of Knitting and Crocheting

“Taking the time to learn to knit and crochet can produce handmade items and the health benefits of doing needlework are numerous. You not only have great handmade gifts to give to co-workers, friends and relatives, you can also improve your well being.

When people knit they sometimes go into a form of meditation and they focus all of their attention on the task at hand, leaving out all of the troubles that can lead to stress. This meditative state has many health benefits.

You can expect reduced blood pressure, reduced heart rate, a more relaxed state and knitting may help to improve your immune system and help ward off some diseases. You can let go of all of the stresses of the day while you knit and clear your mind of all of things that are not pleasant.”

<http://voices.yahoo.com/health-benefits-knitting-crocheting-6959284.html>

### SMILE - YOU ARE ON CAMERA

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For more information contact Becky Bardales at 430-2284.