

What's Happening in St. Clair?

For the week of February 20, 2012

StClairOnTheRiver.org

Monday – February 20, 2012

- 6:00 am **INDOOR WALKING**
To
Midnight Maintain your fitness level during the cold weather. Walk indoors at your own pace.
No Fee
Facility: *Neiman's Family Market*
1167 S. Carney Dr., St. Clair, Michigan
Sponsored by: *St. Clair Recreation Department*
547 N. Carney Dr., St. Clair, Michigan
Telephone: 810-329-7121
Website: www.CityOfStClair.com
- 9:30 am **Vinyasa Flow YOGA**
To
11:00 am A higher-impact level of practice, enforcing the discipline of proper breathing integrating the mind and body connection; these classes are further built on the foundation of yoga, open awareness, and offer more challenge in practice. Previous experience is suggested.
Walk-In's Welcomed: \$10/person
No Reservation
Location: *Pine Shores Golf Club*
515 Fred Moore Hwy., St. Clair, Michigan
Telephone: 810-329-4294
Instructor: *Jan Kaltz*
Recommend calling instructor, dates and times are subject to change.
Telephone: 810-326-2945
- 10:00 am **DROP-IN SEWING** 810-329-9300
To
5:00 pm Bring your unfinished projects, your questions and your smiles. Get things done while meeting with friends and make new ones.
No fee/No reservation
River Place Quilt & Sew
2000 River Road, East China Twp., Michigan
Website: www.riverplacequiltandsew.com
Facebook: <http://frabicshoppersunite.com/facebook>

Send your event information to: info@stclairontheriver.com

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- 11:30 am **Chair YOGA**
To
12:30 pm This class is for anyone who would like to experience the benefits of yoga but has limited mobility; designed especially for seniors and anyone with health challenges. Please come with an “open” mind and a desire to heal
People with health issues should always consult their health-care provider before any exercise program
Walk-In's Welcomed: \$5/person
No Reservation
Location: *Pine Shores Golf Club*
515 Fred Moore Hwy., St. Clair, Michigan
Telephone: 810-329-4294
Instructor: *Jan Kaltz*
Recommend calling instructor, dates and times are subject to change.
Telephone: 810-326-2945
- Noon **FRIENDS OF THE ST. CLAIR LIBRARY BOOK CLUB**
To
2:00 pm Enjoy good books and great discussions with our Friends 810-329-3951
book club.
For more details call Marilyn Zweng at: (810) 326-0223
Meeting Location: *Voyager Restaurant*
525 S. Riverside Ave., St. Clair, Michigan
Sponsor: *St. Clair City Library*
310 S. Second St., St. Clair, Michigan
Website: www.StClairCountyLibrary.org
- 4:00 pm **INDOOR WALKING**
To
5:00 pm Maintain your fitness level during the cold weather. Walk indoors at your own pace. Arrive at designated program time to allow for school dismissal. Use front visitors' parking lot. *Change into walking shoes on-site.*
No Fee
No program if St. Clair High School is closed!
Facility: *St. Clair High School Hallways*
2200 Clinton Ave., St. Clair Twp., Michigan
Sponsored by: *St. Clair Recreation Department*
547 N. Carney Dr., St. Clair, Michigan
Telephone: 810-329-7121
Website: www.CityOfStClair.com

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What's Happening in St. Clair?

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- 4:00 pm **PILATES APPARATUS** 810-329-7292
To Janet Hook will tighten every little muscle in your body.
5:00 pm **Drop-in fee:** \$10/person
Schedules may change, please call to verify class time.
St. Clair Wellness Exercise Studio
5970 Rattle Run, St. Clair Twp., Michigan
Telephone: 810-329-7292
Website: www.StClairWellness.net
- 4:30 pm **Slow Flow YOGA**
To A medium-impact level, offering modifications in movement
6:00 pm to the next level; this class will enforce the discipline between
the breath, mind and body connection, taking you to the next
level of a slow and steady flow of yoga postures.
Previous experience suggested.
Walk-In's Welcomed: \$10/person
No Reservation
Location: Pine Shores Golf Club
515 Fred Moore Hwy., St. Clair, Michigan
Telephone: 810-329-4294
Instructor: Jan Kaltz
Recommend calling instructor, dates and times are subject to change.
Telephone: 810-326-2945
- 6:00 pm **CARDIO KICK BOXING** 810-329-7292
To **Instructor: Dave Armstrong**
6:45 pm **Drop-in fee:** \$10/person
Schedules may change, please call to verify class time.
St. Clair Wellness Exercise Studio
5970 Rattle Run, St. Clair Twp., Michigan
Website: www.StClairWellness.net
- 6:00 pm **HATHA YOGA CLASS** 810-326-1084
To *Hatha Yoga is a slow-paced stretching class with some*
7:15 pm *simple breathing exercises and seated meditation. This is a*
good place to learn basic poses, relaxation techniques, an
become comfortable with yoga.
Instructor: Sarah Skinner
Walk-ins welcomed: \$10.00
Body Wise Kneads
Riverview Plaza, 201 N. Riverside Ave., St. Clair, Michigan
Website: www.bwkneads.com

Send your event information to: info@stclairontheriver.com

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7:00 pm **HARD CORE CARDIO** 810-329-7292

To **Drop-in fee:** \$10/person

Drop-in Fee: *Schedules may change, please call to verify class time.*

St. Clair Wellness Exercise Studio

5970 Rattle Run, St. Clair Twp., Michigan

Website: www.StClairWellness.net

7:45 pm **BOOT CAMP** 810-329-7292

To This is a high intensity workout, certain to shed pounds and
8:45 pm build stamina.

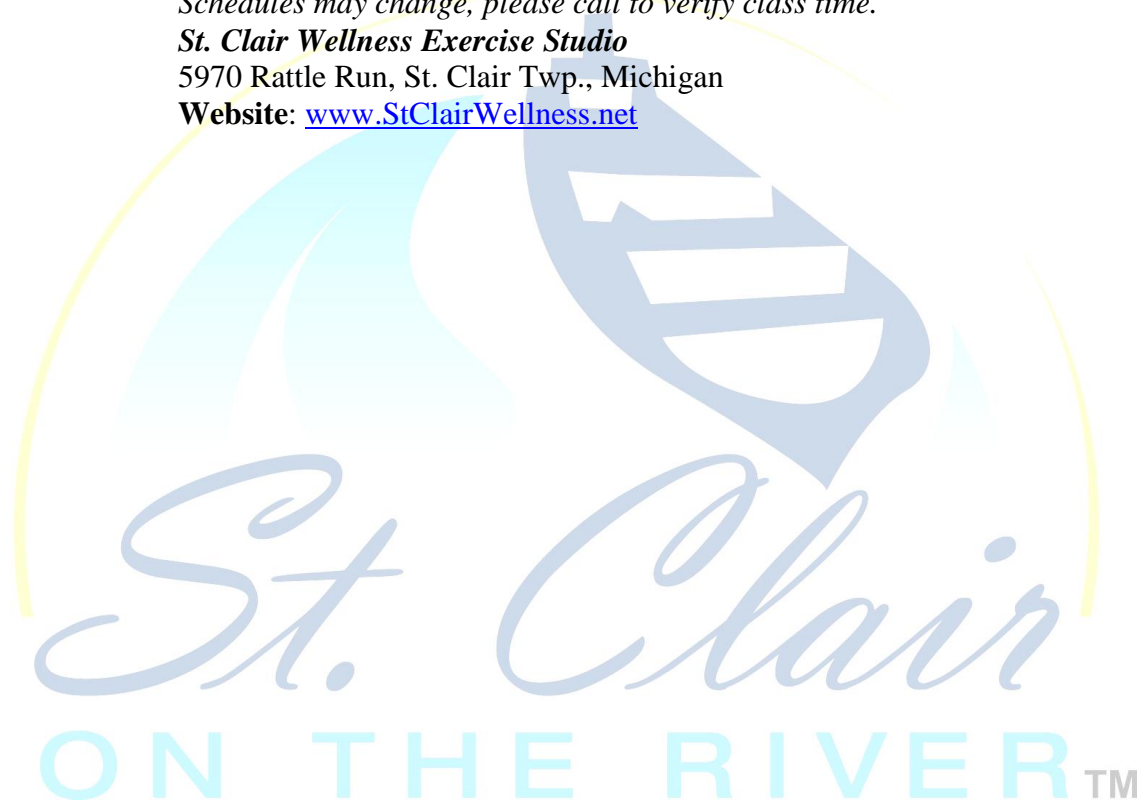
Drop-in fee: \$10/person

Schedules may change, please call to verify class time.

St. Clair Wellness Exercise Studio

5970 Rattle Run, St. Clair Twp., Michigan

Website: www.StClairWellness.net



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What's Happening in St. Clair?

For the week of February 20, 2012

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Tuesday – February 21, 2012

- 6:00 am **INDOOR WALKING**
To Maintain your fitness level during the cold weather.
Midnight Walk indoors at your own pace.
No Fee
Facility: Neiman's Family Market, 1167 S. Carney Dr., St. Clair, Michigan
Sponsored by: St. Clair Recreation Department
547 N. Carney Dr., St. Clair, Michigan
Telephone: 810-329-7121
Website: www.CityOfStClair.com
- 8:00 am **TOTAL BODY REWIND** 810-329-7292
To **Instructor: Caitlin**
9:00 am **Drop-in fee: \$10/person**
Schedules may change, please call to verify class time.
St. Clair Wellness Exercise Studio
5970 Rattle Run, St. Clair Twp., Michigan
Website: www.StClairWellness.net
- 9:00 am **TOURS OF THE ST. CLAIR HISTORICAL MUSEUM**
To There are volunteers available to show you the *St. Clair Historical Museum's* collection. The museum traces St. Clair's history from
Noon its start by Patrick Sinclair in 1764 to the present.
No Fees/No Registration
308 S. Fourth St., St. Clair, Michigan
Telephone: 810-329-6888
- 9:15 am **AEROBICS** 810-329-7292
To **Instructor: Carolin Hartway**
10:15 am **Drop-in fee: \$10/person**
Schedules may change, please call to verify class time.
St. Clair Wellness Exercise Studio
5970 Rattle Run, St. Clair Twp., Michigan
Website: www.StClairWellness.net

Send your event information to: info@stclairontheriver.com

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- 9:30 am **INTRODUCTION TO *Basic Yoga***
To
11:00 am This workshop will introduce the new student to the “*basics*” of yoga where you will learn the background and fundamentals of yoga and how yoga works in healing the whole body. The new student will learn how to build a foundation of movement in postures, learn proper breathing, and begin to discover the many benefits of relieving everyday stress and fatigue and experience the transition of a new and healthy body. A “*must*” for new students!
Walk-In’s Welcomed: \$10/person
No Reservations
Location: *Pine Shores Golf Club*
515 Fred Moore Hwy., St. Clair, Michigan
Telephone: 810-329-4294
Instructor: *Jan Kaltz*
Recommend calling instructor, dates and times are subject to change.
Telephone: 810-326-2945
- 9:30 am **A THOUSAND PAPER CRANES** 810-329-3951
To
8:30 pm Celebrate the *Blue Water Season for Nonviolence*. Help the Library reach its goal of folding one thousand paper cranes during this 64-day international peace movement. Organizations, churches, and schools are invited to make cranes on their own or call to reserve a date to bring your group into the library to make them.
No Fees
Reservations Requested
St. Clair City Library
310 S. Second St., St. Clair, Michigan
Website: www.stclaircountylibrary.org

St. Clair
ON THE RIVER™

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10:15 am **Zumba GOLD** 810-329-7121

To Lower impact *Zumba* with easy to follow instruction!
11:00 am This class is designed for active older adults and for students just starting their journey to a fit and healthy lifestyle. Also includes a *Zumba* chair workout.

Drop-in fee: \$2.00/person/class

St. Clair City Building – Multi-Purpose Room

547 N. Carney Dr., St. Clair, Michigan

Sponsored by: *St. Clair Recreation Department*

547 N. Carney Dr., St. Clair, Michigan

Telephone: 810-329-7121

Website: www.CityOfStClair.com

10:30 am **BODY SCULPTING** 810-329-7292

To **Instructor:** *Carolyn Hartway*

11:30 am **Drop-in fee:** \$10/person

Schedules may change, please call to verify class time.

St. Clair Wellness Exercise Studio

5970 Rattle Run, St. Clair Twp., Michigan

Website: www.StClairWellness.net

Noon **FELLOWSHIP BRIDGE CLUB** 810-329-7121

To All ages, abilities, no partners required, contact bridge style.

4:00 pm **No Fee/No Reservations**

Facility: *St. Clair Community Center*

308 S. Fourth Street, St. Clair, Michigan

Sponsored by: *City of St. Clair Recreation Department*

547 N. Carney Dr., St. Clair, Michigan

Website: www.CityOfStClair.com


St. Clair
ON THE RIVER™

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- 4:00 pm **INDOOR WALKING**
To
5:00 pm Maintain your fitness level during the cold weather. Walk indoors at your own pace. Arrive at designated program time to allow for school dismissal. Use front visitors' parking lot. Change into walking shoes on-site.
No Fee
No program if St. Clair High School is closed!
Facility: St. Clair High School Hallways
2200 Clinton Ave., St. Clair Twp., Michigan
Sponsored by: St. Clair Recreation Department
547 N. Carney Dr., St. Clair, Michigan
Telephone: 810-329-7121
Website: www.CityOfStClair.com
- 6:00 pm **Harry Krause AT THE PIANO** 810-329-3331
To
10:00 pm *Harry Krause* plays your favorite tune on the piano at the *Voyageur Restaurant*
No cover/No Reservations
Voyageur Restaurant
525 S. Riverside Ave., St. Clair, Michigan
Website: www.thevoyageur.com
- 6:30 pm **BOOK PARTY** 810-329-3951
Call for our current read!
Meeting location: Achatz Restaurant
Riverview Plaza, 201 N, Riverside St Clair, Michigan
Sponsor: St. Clair City Library
310 S. Second St., St. Clair, Michigan
Website: www.stclaircountylibrary.org
- 
- The logo for St. Clair ON THE RIVER features a stylized blue boat on a light blue river, with the text "St. Clair" in a large, elegant script font above "ON THE RIVER" in a bold, sans-serif font. A yellow arc is positioned behind the boat and text.

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StClairOnTheRiver.org

6:45 pm

Zumba FITNESS

810-329-7121

To

Dance-fitness class that feels friendly, and most of all

7:30 pm

– FUN! Interval training combining fast & slow rhythms and resistance training. Tone/sculpt your body while burning fat. Add some LATIN flavor and international zest you have *Zumba*.

Ages 17 years old and up.

Drop-in fee: \$7.50/person/class

Gearing Elementary School

200 N. Carney Dr., St. Clair, Michigan

Sponsored by: *St. Clair Recreation Department*

547 N. Carney Dr., St. Clair, Michigan

Website: www.CityOfStClair.com



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What's Happening in St. Clair?

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Wednesday – February 22, 2012

- 6:00 am **INDOOR WALKING**
To
Midnight
Maintain your fitness level during the cold weather. Walk indoors at your own pace.
No Fee
Facility: *Neiman's Family Market*
1167 S. Carney Dr., St. Clair, Michigan
Sponsored by: *St. Clair Recreation Department*
547 N. Carney Dr., St. Clair, Michigan
Telephone: 810-329-7121
Website: www.CityOfStClair.com
- 9:30 am **Basic/Slow Flow YOGA**
To
11:00 am
A medium-impact level, offering modifications in movement to the next level; this class will enforce the discipline between the breath, mind and body connection, taking you to the next level of a slow and steady flow of yoga postures.
Walk-In's Welcomed: \$10/person
No Reservation
Location: *Pine Shores Golf Club*
515 Fred Moore Hwy., St. Clair, Michigan
Telephone: 810-329-4294
Instructor: *Jan Kaltz*
Recommend calling instructor, dates and times are subject to change.
Telephone: 810-326-2945
- 9:30 am **A THOUSAND PAPER CRANES** 810-329-3951
To
8:30 pm
Celebrate the *Blue Water Season for Nonviolence*. Help the Library reach its goal of folding one thousand paper cranes during this 64-day international peace movement. Organizations, churches, and schools are invited to make cranes on their own or call to reserve a date to bring your group into the library to make them.
No Fees
Reservations Requested
St. Clair City Library
310 S. Second St., St. Clair, Michigan
Website: www.stclaircountylibrary.org

Send your event information to: info@stclairontheriver.com

What's Happening in St. Clair?

For the week of February 20, 2012

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10:30 am **SMALL WONDERS READING PROGRAM** 810-329-3951

Let the St. Clair City Librarians introduce your child to the world of literature! This rich assortment of stories, poems, nursery rhymes, and simple crafts can stimulate their imaginations and enlarge their world. Develop important skills in listening and group behavior.

Ages: 3 to 5

No Fee

Registration Requested

St. Clair City Library

310 S. Second St., St. Clair, Michigan

Website: www.stclaircountylibrary.org

11:00 am **"Stitch at Lunch"** 810-329-2766

To This is a social time for gathering with friends to crochet or
1:00 pm knit your latest project during lunch on Wednesdays. It is all about getting a project done.

Sweet PEA's Yarn and Gifts

Riverview Plaza, 201 N. Riverside Ave., St. Clair, Michigan

Website: <http://sweetpeasyarn.com>

11:30 am **AQUATICS Drop-in Program**

To **Senior/Adult Morning Swim & Swimmercise**

7:00 pm **From:** 11:30 am to 12:10 pm

Adult Evening Lap

From: 6:00 pm to 7:00 pm

Drop-in fee: \$1.00/person

No program if St. Clair High School is closed!

Facility: **St. Clair High School Pool**

2200 Clinton Ave., St. Clair Twp., Michigan

Sponsored by: **St. Clair Recreation Department**

547 N. Carney Dr., St. Clair, Michigan

Telephone: 810-329-7121

Website: www.CityOfStClair.com

Send your event information to: info@stclairontheriver.com

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- 11:30 am **Chair YOGA**
To
12:30 pm This class is for anyone who would like to experience the benefits of yoga but has limited mobility; designed especially for seniors and anyone with health challenges. Please come with an "open" mind and a desire to heal. People with health issues should always consult their health-care provider before any exercise program.
Walk-In's Welcomed: \$5/person
No Reservation
Location: *Pine Shores Golf Club*
515 Fred Moore Hwy., St. Clair, Michigan
Telephone: 810-329-4294
Instructor: *Jan Kaltz*
Recommend calling instructor, dates and times are subject to change.
Telephone: 810-326-2945
- 1:00 pm **SCRABBLE!** 810-329-3951
Try your word skills with other *Scrabble* fanatics at the library!
Adults & Seniors
No Fee/No Pre-Registration
St. Clair City Library
310 S. Second St., St. Clair, Michigan
Website: www.stclaircountylibrary.org
- 4:00 pm **INDOOR WALKING**
To
5:00 pm Maintain your fitness level during the cold weather. Walk indoors at your own pace. Arrive at designated program time to allow for school dismissal. Use front visitors' parking lot. Change into walking shoes on-site.
No Fee
No program if St. Clair High School is closed!
Facility: *St. Clair High School Hallways*
2200 Clinton Ave., St. Clair Twp., Michigan
Sponsored by: *St. Clair Recreation Department*
547 N. Carney Dr., St. Clair, Michigan
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- 5:00 pm **Basic/Slow Flow YOGA**
To A medium-impact level, offering modifications in movement
6:00 pm to the next level; this class will enforce the discipline between
the breath, mind and body connection, taking you to the next
level of a slow and steady flow of yoga postures.
Walk-In's Welcomed: \$10/person
No Reservation
Location: *Pine Shores Golf Club*
515 Fred Moore Hwy., St. Clair, Michigan
Telephone: 810-329-4294
Instructor: *Jan Kaltz*
Recommend calling instructor, dates and times are subject to change.
Telephone: 810-326-2945
- 5:00 pm **BOOT CAMP** 810-329-7292
To This is a high intensity workout, certain to shed pounds and
6:00 pm build stamina.
Drop-in fee: \$10/person
Schedules may change, please call to verify class time.
St. Clair Wellness Exercise Studio
5970 Rattle Run, St. Clair Twp., Michigan
Website: www.StClairWellness.net
- 6:00 pm **HATHA YOGA CLASS** 810-326-1084
To *Hatha Yoga* is a slow-paced stretching class with some
7:15 pm simple breathing exercises and seated meditation. This is a
good place to learn basic poses, relaxation techniques, an
become comfortable with yoga.
Instructor: *Sarah Skinner*
Walk-ins welcomed: \$10.00
Body Wise Kneads
Riverview Plaza, 201 N. Riverside Ave., St. Clair, Michigan
Website: www.bwkneads.com
- 6:00 pm **Hrant Hartchian PLAYS THE PIANO** 810-329-3331
To *Hrant Hartchian* plays your favorite tune on the piano at
10:00 pm the *Voyageur Restaurant*
No cover/No Reservations
Voyageur Restaurant
525 S. Riverside Ave., St. Clair, Michigan
Website: www.thevoyageur.com

Send your event information to: info@stclairontheriver.com

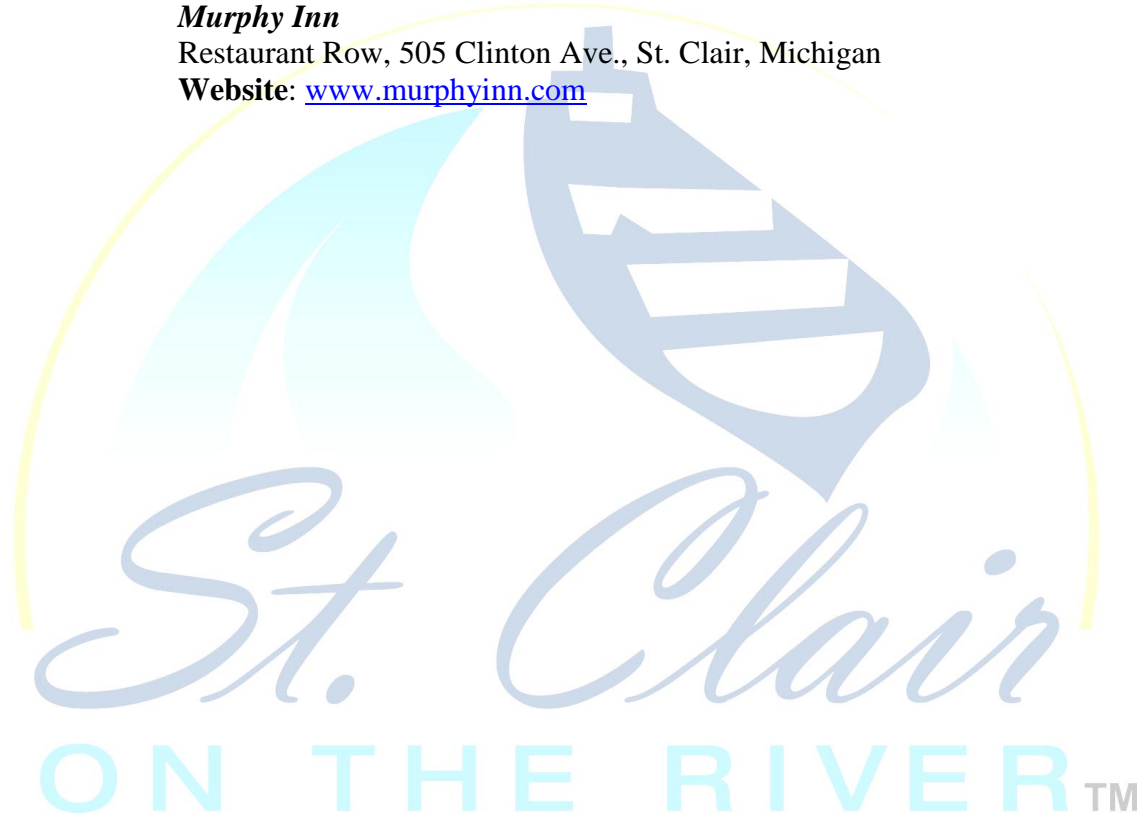
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7:00 pm **HARD CORE CARDIO** 810-329-7292
To **Drop-in fee:** \$10/person
7:30 pm Schedules may change, please call to verify class time.
 St. Clair Wellness Exercise Studio
 5970 Rattle Run, St. Clair Twp., Michigan
 Website: www.StClairWellness.net

9:00 pm **KARAOKE at the MURPHY INN** 810-329-7118
To Every Wednesday night the Murphy Inn offers
1:00 am **Karaoke with Emily**
 No Cover/No Reservations
 Murphy Inn
 Restaurant Row, 505 Clinton Ave., St. Clair, Michigan
 Website: www.murphyinn.com



Send your event information to: info@stclairontheriver.com

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Thursday – February 23, 2012

- 6:00 am **INDOOR WALKING**
To Maintain your fitness level during the cold weather.
Midnight Walk indoors at your own pace.
No Fee
Facility: Neiman's Family Market
1167 S. Carney Dr., St. Clair, Michigan
Sponsored by: St. Clair Recreation Department
547 N. Carney Dr., St. Clair, Michigan
Telephone: 810-329-7121
Website: www.CityOfStClair.com
- 7:00 am **YOGA** 810-329-7292
To **Instructor: Janet Hook**
8:00 am **From: 7:00 am to 8:00 am**
Drop-in fee: \$10/person
Schedules may change, please call to verify class time.
St. Clair Wellness Exercise Studio
5970 Rattle Run, St. Clair Twp., Michigan
Website: www.StClairWellness.net
- 8:00 am **TOTAL BODY REWIND** 810-329-7292
To **Instructor: Caitlin**
9:00 am **Drop-in fee: \$10/person**
Schedules may change, please call to verify class time.
St. Clair Wellness Exercise Studio
5970 Rattle Run, St. Clair Twp., Michigan
Website: www.StClairWellness.net
- 8:15 am **Zumba FITNESS** 810-329-7121
To Dance-fitness class that feels friendly, and most of all
9:00 am – FUN! Interval training combining fast & slow rhythms and
resistance training. Tone/sculpt your body while burning fat.
Add some LATIN flavor and international zest you have *Zumba*.
Ages 17 years old and up.
Drop-in fee: \$7.50/person/class
St. Clair City Hall
547 N. Carney Dr., St. Clair, Michigan
Website: www.CityOfStClair.com

Send your event information to: info@stclairontheriver.com

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- 9:15 am **AEROBICS** 810-329-7292
To **Instructor:** *Carolyn Hartway*
10:15 am **Drop-in fee:** \$10/person
Schedules may change, please call to verify class time.
St. Clair Wellness Exercise Studio
5970 Rattle Run, St. Clair Twp., Michigan
Website: www.StClairWellness.net
- 9:30 am **A THOUSAND PAPER CRANES** 810-329-3951
To Celebrate the *Blue Water Season for Nonviolence*. Help the
8:30 pm Library reach its goal of folding one thousand paper cranes
during this 64-day international peace movement.
Organizations, churches, and schools are invited to make
cranes on their own or call to reserve a date to bring your group
into the library to make them.
No Fees
Reservations Requested
St. Clair City Library
310 S. Second St., St. Clair, Michigan
Website: www.stclaircountylibrary.org
- 10:30 am **SMALL WONDERS READING PROGRAM** 810-329-3951
Let the St. Clair City Librarians introduce your child to the
world of literature! This rich assortment of stories, poems,
nursery rhymes, and simple crafts can stimulate their
imaginations and enlarge their world. Develop important
skills in listening and group behavior.
Ages: 3 to 5
No Fee/Registration Requested
St. Clair City Library
310 S. Second St., St. Clair, Michigan 48079
Website: www.stclaircountylibrary.org

Send your event information to: info@stclairontheriver.com

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- 9:30 am **Vinyasa Flow YOGA**
To
11:00 am A higher-impact level of practice, enforcing the discipline of proper breathing integrating the mind and body connection; these classes are further built on the foundation of yoga, open awareness, and offer more challenge in practice. Previous experience is suggested.
Walk-In's Welcomed: \$10/person
No Reservation
Location: *Pine Shores Golf Club*
515 Fred Moore Hwy., St. Clair, Michigan
Telephone: 810-329-4294
Instructor: *Jan Kaltz*
Recommend calling instruction, dates and times are subject to change.
Telephone: 810-326-2945
- 10:15 am **Zumba GOLD** 810-329-7121
To
11:00 am Lower impact *Zumba* with easy to follow instruction!
This class is designed for active older adults and for students just starting their journey to a fit and healthy lifestyle. Also includes a *Zumba* chair workout.
Drop-in fee: \$2.00/person/class
St. Clair City Building – Multi-Purpose Room
547 N. Carney Dr., St. Clair, Michigan
Sponsored by: *St. Clair Recreation Department*
547 N. Carney Dr., St. Clair, Michigan
Website: www.CityOfStClair.com
- 10:30 am **BODY SCULPTING** 810-329-7292
To
11:30 am **Instructor:** *Carolyn Hartway*
Drop-in fee: \$10/person
Schedules may change, please call to verify class time.
St. Clair Wellness Exercise Studio
5970 Rattle Run, St. Clair Twp., Michigan
Telephone: 810-329-7292
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- 11:30 am **AQUATICS Drop-in Program**
To *Senior/Adult Morning Swim & Swimmercise*
12:10 pm **Drop-in fee:** \$1.00/person
No program if St. Clair High School is closed!
Facility: *St. Clair High School Pool*
2200 Clinton Ave., St. Clair Twp., Michigan
Sponsored by: *St. Clair Recreation Department*
547 N. Carney Dr., St. Clair, Michigan
Telephone: 810-329-7121
Website: www.CityOfStClair.com
- 12:30 pm **SENIOR CITIZEN PROGRAM**
Meet at the St. Clair Community Center for social gathering
and card playing.
No Fee/No Reservations
Facility: *St. Clair Community Center*
308 S. Fourth Street, St. Clair, Michigan
Sponsored by: *City of St. Clair Recreation Department*
547 N. Carney Dr., St. Clair, Michigan
Telephone: 810-329-7121
Website: www.CityOfStClair.com
- 1:00 pm **CLASSIC BOOK CLUB** 810-329-3951
Looking for a good book? We are reading *Death Comes
for the Archbishop* by *Willa Cather*.
St. Clair City Library
310 S. Second St., St. Clair, Michigan
Website: www.StClairCountyLibrary.com
- 4:00 pm **INDOOR WALKING**
To Maintain your fitness level during the cold weather. Walk
5:00 pm indoors at your own pace. Arrive at designated program time
to allow for school dismissal. Use front visitors' parking lot.
Change into walking shoes on-site.
No Fee
No program if St. Clair High School is closed!
Facility: *St. Clair High School Hallways*
2200 Clinton Ave., St. Clair Twp., Michigan
Sponsored by: *St. Clair Recreation Department*
547 N. Carney Dr., St. Clair, Michigan
Telephone: 810-329-7121
Website: www.CityOfStClair.com

Send your event information to: info@stclairontheriver.com

What's Happening in St. Clair?

For the week of February 20, 2012

StClairOnTheRiver.org

- 4:30 pm **YOGA** 810-329-7292
To **Instructor:** *Janet Hook*
5:30 pm **Drop-in fee:** \$10/person
Schedules may change, please call to verify class time.
St. Clair Wellness Exercise Studio
5970 Rattle Run, St. Clair Twp., Michigan
Website: www.StClairWellness.net
- 5:45 pm **PILATES APPARATUS** 810-329-7292
To *Janet Hook* will tighten every little muscle in your body.
6:45 pm **Drop-in fee:** \$10/person
Schedules may change, please call to verify class time.
St. Clair Wellness Exercise Studio
5970 Rattle Run, St. Clair Twp., Michigan
Website: www.StClairWellness.net
- 6:00 pm **Harry Krause AT THE PIANO** 810-329-3331
To *Harry Krause* plays your favorite tunes on the piano at the
10:00 pm *Voyageur Restaurant*
No cover/No Reservations
The Voyageur Restaurant
525 S. Riverside Ave., St. Clair, Michigan
Website: www.thevoyageur.com
- 6:00 pm **"Thursday Evenings' Stitch" at Sweet PEA's Yarn and Gifts**
To This is a social time for gathering with friends to crochet 810-329-2766
8:00 pm or knit your latest project. It is all about getting a project done.
Sweet PEA's Yarn and Gifts
Riverview Plaza, 201 N. Riverside Ave., St. Clair, Michigan
Website: <http://sweetpeasyarn.com>
- 6:30 pm **DUPLICATE BRIDGE** ON THE RIVER™
Come with a partner or one will be arranged for you on site.
Sanctioned ACBL, *Don Kinney*, Director
No Fee
Facility: *St. Clair Community Center*
308 S. Fourth Street, St. Clair, Michigan
Sponsored by: *City of St. Clair Recreation Department*
547 N. Carney Dr., St. Clair, Michigan
Telephone: 810-329-7121
Website: www.CityOfStClair.com

Send your event information to: info@stclairontheriver.com

What's Happening in St. Clair?

For the week of February 20, 2012

StClairOnTheRiver.org

6:30 pm

To

8:00 pm

INTRODUCTION TO *Basic Yoga*

This workshop will introduce the new student to the “basics” of yoga where you will learn the background and fundamentals of yoga and how yoga works in healing the whole body. The new student will learn how to build a foundation of movement in postures, learn proper breathing, and begin to discover the many benefits of relieving everyday stress and fatigue and experience the transition of a new and healthy body. A “*must*” for new students.

Walk-In's Welcomed: \$10/person

No Reservation Required

Location: *Pine Shores Golf Club*

515 Fred Moore Hwy., St. Clair, Michigan

Telephone: 810-329-4294

Instructor: *Jan Kaltz*

Recommend calling instructor, dates and times are subject to change.

Telephone: 810-326-2945



Send your event information to: info@stclairontheriver.com

What's Happening in St. Clair?

For the week of February 20, 2012

StClairOnTheRiver.org

6:30 pm **Tai Chi CLASS** 810-326-1084

To
8:00 pm

In Chinese philosophy and medicine there exists the concept of '*chi*', a vital force that animates the body. One of the avowed aims of *Tai Chi* is to foster the circulation of this '*chi*' within the body, the belief being that by doing so the health and vitality of the person are enhanced. This '*chi*' circulates in patterns that are close related to the nervous and vascular system and thus the notion is closely connected with that of the practice of acupuncture and other oriental healing arts. *Tai Chi* can best be thought of as a moving form of yoga and meditation combined. Many of these movements are originally derived from the martial arts although the way they are performed in *Tai Chi* is slowly, softly and gracefully with smooth and even transitions between them. Another aim of *Tai Chi* is to foster a calm and tranquil mind, focused on the precise execution of these exercises. Learning to do them correctly provides a practical avenue for learning about such things as balance, alignment, fine-scale motor control, rhythm of movement, the genesis of movement from the body's vital center. The practice of *Tai Chi* can contribute to being able to better stand, walk, move and run.

Walk-ins welcomed: \$10.00

Body Wise Kneads

Riverview Plaza, 201 N. Riverside Ave., St. Clair, Michigan

Website: www.bwkneads.com

6:45 pm **YOGA** 810-329-7292

To **Instructor:** Janet Hook

7:45 pm **Drop-in fee:** \$10/person

Schedules may change, please call to verify class time.

St. Clair Wellness Exercise Studio

5970 Rattle Run, St. Clair Twp., Michigan

Website: www.StClairWellness.net

Send your event information to: info@stclairontheriver.com

What's Happening in St. Clair?

For the week of February 20, 2012

StClairOnTheRiver.org

- 6:45 pm **Zumba FITNESS** 810-329-7121
To Dance-fitness class that feels friendly, and most of all
7:30 pm – FUN! Interval training combining fast & slow rhythms
and resistance training. Tone/sculpt your body while burning
fat. Add some LATIN flavor and international zest you have
Zumba.
Ages 17 years old and up.
Drop-in fee: \$7.50/person/class
Facility: **Gearing Elementary School**
200 N. Carney Dr., St. Clair, Michigan
Sponsored by: **St. Clair Recreation Department**
547 N. Carney Dr., St. Clair, Michigan
Website: www.CityOfStClair.com
- 8:30 pm **Live Entertainment at the MURPHY INN** 810-329-7118
To Every Thursday night the *Murphy Inn* offers live entertainment
12:30 am Bands change weekly, call for tonight's band.
No Cover/No Reservations
Murphy Inn
Restaurant Row, 505 Clinton Ave., St. Clair, Michigan
Website: www.murphyinn.com



The logo features a stylized blue silhouette of a riverboat or bridge structure above the text "St. Clair" in a large, elegant cursive font. Below this, the words "ON THE RIVER" are written in a bold, light blue, sans-serif font, followed by a trademark symbol (TM). The entire logo is framed by a thin yellow arc.

Send your event information to: info@stclairontheriver.com

What's Happening in St. Clair?

For the week of February 20, 2012

StClairOnTheRiver.org

Friday – February 24, 2012

- 6:00 am **INDOOR WALKING**
To Maintain your fitness level during the cold weather.
Midnight Walk indoors at your own pace.
No Fee
Facility: *Neiman's Family Market*
1167 S. Carney Dr., St. Clair, Michigan
Sponsored by: *St. Clair Recreation Department*
547 N. Carney Dr., St. Clair, Michigan
Telephone: 810-329-7121
Website: www.CityOfStClair.com
- 9:30 am **A THOUSAND PAPER CRANES** 810-329-3951
To Celebrate the *Blue Water Season for Nonviolence*. Help the
5:30 pm Library reach its goal of folding one thousand paper cranes
during this 64-day international peace movement.
Organizations, churches, and schools are invited to make
cranes on their own or call to reserve a date to bring your group
into the library to make them.
No Fees
Reservations Requested
St. Clair City Library
310 S. Second St., St. Clair, Michigan
Website: www.stclaircountylibrary.org
- 4:00 pm **INDOOR WALKING**
To Maintain your fitness level during the cold weather. Walk
5:00 pm indoors at your own pace. Arrive at designated program
time to allow for school dismissal. Use front visitors' parking
lot. Change into walking shoes on-site.
No Fee
Facility: *St. Clair High School Hallways*
2200 Clinton Ave., St. Clair Twp., Michigan
No program if St. Clair High School is closed!
Sponsored by: *St. Clair Recreation Department*
547 N. Carney Dr., St. Clair, Michigan
Telephone: 810-329-7121
Website: www.CityOfStClair.com

Send your event information to: info@stclairontheriver.com

What's Happening in St. Clair?

For the week of February 20, 2012

StClairOnTheRiver.org

6:00 pm **HARRY KRAUSE AT THE PIANO** 810-329-3331
To *Voyageur Restaurant*
10:00 pm 525 S. Riverside Ave., St. Clair, Michigan
www.thevoyageur.com

7:00 pm **John Needham PLAYS YOUR FAVORITE SONGS** 810-329-2261
To *John Needham* plays your favorite song at the *River Crab*
11:00 pm *Restaurant's Piano Bar.*
River Crab Restaurant
1337 North River Road, St. Clair Twp., Michigan

8:30 pm **Live Entertainment at the MURPHY INN** 810-329-7118
To Every Friday night the *Murphy Inn* offers live entertainment
12:30 am Bands change weekly, call for tonight's band.
No Cover/No Reservations
Murphy Inn
Restaurant Row, 505 Clinton Ave., St. Clair, Michigan
Website: www.murphyinn.com



Send your event information to: info@stclairontheriver.com

What's Happening in St. Clair?

For the week of February 20, 2012

StClairOnTheRiver.org

Saturday - February 25, 2012

- 6:00 am **INDOOR WALKING**
To
Midnight Maintain your fitness level during the cold weather. Walk indoors at your own pace.
No Fee
Facility: Neiman's Family Market
1167 S. Carney Dr., St. Clair, Michigan
Sponsored by: St. Clair Recreation Department
547 N. Carney Dr., St. Clair, Michigan
Telephone: 810-329-7121
Website: www.CityOfStClair.com
- 8:00 am **CARDIO KICK BOXING** 810-329-7292
To
9:00 am **Instructor: Dave Armstrong**
Drop-in fee: \$10/person
Schedules may change, please call to verify class time.
St. Clair Wellness Exercise Studio
5970 Rattle Run, St. Clair Twp., Michigan
Website: www.StClairWellness.net
- 9:00 am **CORE STRENGTH** 810-329-7292
To
9:30 am **Drop-in fee: \$10/person**
Schedules may change, please call to verify class time.
St. Clair Wellness Exercise Studio
5970 Rattle Run, St. Clair Twp., Michigan
Website: www.StClairWellness.net
- 9:30 am **A THOUSAND PAPER CRANES** 810-329-3951
To
5:30 pm Celebrate the *Blue Water Season for Nonviolence*. Help the Library reach its goal of folding one thousand paper cranes during this 64-day international peace movement. Organizations, churches, and schools are invited to make cranes on their own or call to reserve a date to bring your group into the library to make them.
No Fees
Reservations Requested
St. Clair City Library
310 S. Second St., St. Clair, Michigan
Website: www.stclaircountylibrary.org

Send your event information to: info@stclairontheriver.com

What's Happening in St. Clair?

For the week of February 20, 2012

StClairOnTheRiver.org

10:00 am **CHESS PLAY** 810-329-7121
To All Ages, Youth and Adult
Noon Instructions available

No Fee

Facility: St. Clair Burger King

308 S. Fourth Street, St. Clair, Michigan

Sponsored by: City of St. Clair Recreation Department

200 Clinton Ave., St. Clair, Michigan

Website: www.CityOfStClair.com

10:00 am **BOOT CAMP** 810-329-7292
To This is a high intensity workout, certain to shed pounds and
11:00 am build stamina.

Drop-in fee: \$10/person

Schedules may change, please call to verify class time.

St. Clair Wellness Exercise Studio

5970 Rattle Run, St. Clair Twp., Michigan

Website: www.StClairWellness.net

6:00 pm **Harry Krause AT THE PIANO** 810-329-3331
To Harry Krause plays your favorite tunes on the piano at the
10:00 pm *Voyageur Restaurant*

No cover/No Reservations

The Voyageur Restaurant

525 S. Riverside Ave., St. Clair, Michigan

Website: www.thevoyageur.com

7:00 pm **John Needham PLAYS YOUR FAVORITE SONGS** 810-329-2261
To John Needham plays your favorite song at the *River Crab*
11:00 pm *Restaurant's Piano Bar*

No Reservations/No Cover Charge

River Crab Restaurant

1337 North River Road, St. Clair Twp., Michigan

Website: <http://www.muerc.com/rivercrab-bluewaterinn/index.asp>

Send your event information to: info@stclairontheriver.com

What's Happening in St. Clair?

For the week of February 20, 2012

StClairOnTheRiver.org

8:30 pm **MUSIC AT LA CROIX'S RIVERSIDE PUB** 810-329-9955

To Every entertainer talks about the small places they played
12:30 am when they started. The conversation always includes a
discussion about the relationship between the entertainer and
the audience that is established during their performance in
these small venues. When you go to the "Slide", you realize
this is the place they are talking about. No one does "chummy"
better than the *Riverside Pub*.

Marko (country/pop/rock) will be playing your favorite
songs tonight.

No Cover Charge/ No Reservations

La Croix's Riverside Pub

Restaurant Row, 314 Clinton Ave., St. Clair, Michigan

Website: www.LaCroixsRiversidePub.com

9:00 pm **Karaoke at the MURPHY INN** 810-329-7118

To Every Saturday night the *Murphy Inn* offers *Karaoke with Emily*

1:00 am **No Cover/No Reservations**

Murphy Inn

Restaurant Row, 505 Clinton Ave., St. Clair, Michigan

Website: www.murphyinn.com



Send your event information to: info@stclairontheriver.com

What's Happening in St. Clair?

For the week of February 20, 2012

StClairOnTheRiver.org

Sunday – February 26, 2012

6:00 am **INDOOR WALKING**
To Maintain your fitness level during the cold weather.
Midnight Walk indoors at your own pace.

No Fee

Facility: *Neiman's Family Market*

1167 S. Carney Dr., St. Clair, Michigan

Sponsored by: *St. Clair Recreation Department*

547 N. Carney Dr., St. Clair, Michigan

Telephone: 810-329-7121

Website: www.CityOfStClair.com

4:00 pm **Harry Krause at the PIANO**
To *Harry Krause* plays your favorite tune on the piano at the
8:00 pm *Voyageur Restaurant*

810-329-3331

No cover/No Reservations

From: 4:00 pm to 8:00 pm

The Voyageur Restaurant

525 S. Riverside Ave., St. Clair, Michigan

Website: www.thevoyageur.com



Send your event information to: info@stclairontheriver.com