# LEGEND OF HUTCHINSON COMMUNITY EVENTS



#### Senior Self-Defense JAN. 13, 2022 2:00-3:00PM

Join us for an informative discussion about senior self-defense. Gain valuable tips on how to recognize dangerous situations and what to do. With Special Guest Speaker: John Larlee 5th Degree in Taekwondo



## Senior Self-Defense JAN. 13, 2022 11:00AM-12:00PM

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#### Healthy Cooking JAN. 27, 2022 11:00AM-1:00PM

Find your passion for cooking again! Join us as Chef Beau will demonstrate how to prepare simple, easy and nutritious meals for one or two people. Learn fun recipes then sample the creations.



#### Super Bowl Drive Thru FEB. 03, 2022 11:00AM-1:00PM

We're celebrating America's biggest football game with a free tailgate party pack to-go. Stop by Legend of Hutchinson, show your team spirit and take home your favorite game day snacks. ON THE MENU: Hamburger, Hot Dog, Potato Salad, Chips & Drinks



Saint Patrick's Day Party MAR. 17, 2022 1:00-3:00PM Come celebrate the luck of the Irish and a bit o' blarney with your friends at Legend of Hutchinson. Drive thru and enjoy on old fashioned car hop. Enjoy a mint shake and fries!



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## Yoga, Meditation & You MAR. 24, 2022 2:00PM

Join us as we learn more about the benefits of yoga and meditation, as well as how to incorporate it into our daily routines, from local instructor Jade Piros de Carvalho. We'll even learn a few techniques and poses together.



## Beautify Your Garden APR. 21, 2022 10:00-11:30AM

Do you have a green thumb? Spring is here and it's time to liven-up the atmosphere with your favorite flowers! Join us for the latest tips on flower potting and gardening from a K-State Extension Center Master Gardener, so you can beautify your garden like a master!



## Kentucky Derby MAY. 06, 2022 10:00-11:30AM

Grab your hat and place your bets as we celebrate the Kentucky Derby at Legend of Hutchinson. Meet new friends, enjoy hors d'oeuvres and refreshments, and maybe even get lucky in our horse racing games. It wouldn't be the same without you, so be sure to mark it on your calendar. Hors d'oeuvres will be served!



## Unleash Your Super Brain MAY. 26, 2022 2:00-3:00PM

You have a superpower, though you might not even realize it. You have the power to retrain your brain and create new connections in it. Now that you know you have the power, how will you use it? Let us tell you more about your amazing brain and how you can boost your brain health by learning how to reroute neural pathways. Join us so you can harness your superpower!



Unleash Your Super Brain MAY. 26, 2022 11:00AM-12:00PM You have a superpower, though you might not even realize it. You have the power to retrain your brain and create new connections in it. Now that you know you have the power, how will you use it? Let us tell you more about your amazing brain and how you can boost your brain health by learning how to reroute neural pathways. Join us so you can harness your superpower!