

Free Socials Open to the Public



Neighbor Network of Northern Nevada

999 Pyramid Way, Sparks, NV

Tea and Chair Yoga – [Facebook Event](#)

April 15, 9:00 a.m.

Learn about the health benefits of drinking tea and practicing chair yoga for reducing pain and increasing health. Yoga will be led by a certified instructor and all ages and abilities are welcome!

Every Picture has a Story – [FB Event](#)

April 17th, 3:30 p.m.

Join us for a fun-filled afternoon scrapbooking and enjoying the memories. Bring a few pictures and/or memorabilia, and feel free to share your stories with everyone! Food will be provided. Open to all ages.

Origami & Bird Feeders – [Facebook Event](#)

April 24th, 2:30 p.m.

Come get crafty with us as we make bird feeders and origami! You can do both activities or just one!

Life's a Garden: Dig It – [Facebook Event](#)

April 15, 11:00 a.m.

Plant your own succulent to take home. These easy-to-care-for plants make beautiful decor for your home, or gifts for friends. This workshop is open to adults and children with an adult helper.

Message in a Bottle – [Facebook Event](#)

April 21st, 2:00 p.m.

Create beautiful artwork on glass bottles while participating in rotating table discussions. Get to know your community! Open to adults 18 and up.

News About Nutrition – [Facebook Event](#)

April 27th, 6:00 p.m.

Learn about types of nutrients, the truth about diets, and the legends and myths of calories in this hands-on nutrition workshop. Open to all ages.

Events at Other Locations

Swing from the Heart – [Facebook Event](#)

May 6th, 2:00 p.m.

*Evelyn Mount Community Center
1301 Valley Rd, Reno, NV 89512*

Join us for a night of swing dance lessons with your community! Get your swing on and have your picture taken by our photographer! Open to adults 18 and up.

Spring into Earth Day – [Facebook Event](#)

April 21st, 10:00 a.m.

Be the Change Project

2055 McCloud Ave, Reno, NV 89512

Successful gardens start with good soil. Come learn how to prepare your garden for the growing season while supporting this local sustainability project. No need to shovel or lift anything to participate. Open to all ages and abilities!

Monthly Potluck – April 18, 5:30 p.m. – [FB Event](#)

RSVP: (775) 453-4774
neighbornv.org/calendar