

Pilates @ The Studios to hold ribbon cutting on Thursday

Carol Prendergast, certified Pilates instructor, and Jayne Smoley, art gallery owner, are pleased to announce they will be holding an official ribbon-cutting ceremony on Thursday, March 29, to celebrate the grand opening of Pilates @ The Studios. The Studios at Jayne Smoley Designs, located in Historic Old Town Florence at 1458 First St., is a gallery, workshop and studio and now offers Pilates.

All those who attend the opening ceremony will have an opportunity to tour the facility, learn more about the mission of Pilates @ The Studios and sign up for an upcoming class.

The event will be from 5 to 7 p.m. and will include a ribbon cutting ceremony, refreshments, hors d'oeuvres and live music by Denny Weaver.

“I am so excited to bring a classical Pilates studio to Florence,” said Prendergast, owner of Pilates @ The Studios. “I love to teach and share my passion for Pilates through mat work and reformer apparatus.”

At Pilates @ The Studios, people will find themselves in a



COURTESY PHOTO

Certified Pilates instructor Carol Prendergast works with student Josh Economedies during his Pilates reformer exercise session at the new Pilates @ The Studios, within the The Studios at Jayne Smoley Designs, 1458 First St. in Historic Old Town Florence

unique experience and supportive environment where all are welcome. Students are inspired by the surrounding creative elements inside The Studios as they seek new ways to move.

Prendergast’s mission is to empower the community to feel the benefits of classical Pilates and

to encourage harmony between the mind, body and spirit.

“I delight in seeing the transformation of my students as they gain strength and confidence and experience the power in their bodies,” she said.

Pilates @ The Studios believes that everyone is on their own

unique journey to both physical and mental health. The studio provides an intimate setting which allows students to improve balance, increase flexibility and strengthen their core. All sessions are a mindful fitness experience tailored to student’s individualized goals and needs.

Preserving the integrity of the body of work created by Joseph H. Pilates, feel energized from certified instructors whose goal is to increase well-being and whole-body health.

For more information on Pilates @ The Studios, visit www.pilatesthestudios.com.

Time to submit scholarship applications for Soroptimist International of Florence

Students, don’t miss your chance to apply for the Soroptimist International Club of Florence (SIF) Annual High School Scholarships to be awarded in May. Last year, the Soroptimist organization awarded more than \$30,000 to local graduates.

The following Soroptimist Scholarships are available:

• Eugene and Thora Chin Scholarship Award — avail-

able to Western Lane or Douglas County residents (male or female) planning to attend a college or university.

• Chigasaki Scholarship Award — available to women who plan to attend a college or university with the goal of obtaining a degree or certificate in a medically related field.

• Professional Technical Award — available to any-

one enrolled in a professional or technical certificate program.

Applications are available from the Mapleton or Siuslaw high school guidance office or directly from the Soroptimists at siflorence@soroptimist.net.

Completed applications should be submitted to: Soroptimist International of Florence, P.O. Box 1209, Florence, OR 97439.



EASTER SCHEDULE

~Holy Thursday:
Thursday, March 29 at 6:00pm

~Good Friday Passion of the Lord:
Friday, March 30 at 6:00pm

~Easter Vigil of the Holy Night
Saturday, March 31 at 8:30pm

~Easter Mass
Sunday, April 1st at 11:00am

85060 Hwy. 101
(1.5 miles south of the Siuslaw River Bridge)
997-2312



CONCEALED CARRY PERMIT CLASS

MULTI-STATE



■ HONORED
■ RESIDENT NON PERMIT
□ NOT HONORED

April 4th
1pm & 6pm
Florence Event Center
715 Quince St.
Walk-in's welcome.

Multi-State: \$80.00
Oregon Included No Fee
Oregon Only: \$45.00

Shaun Curtain 360-921-2071
or email: FirearmTrainingNW@gmail.com | www.FirearmTrainingNW.com

Boys & Girls Club of Western Lane County

We are looking for volunteers to help with

- Elementary tutoring, mentoring and program assistance
- Teen Center tutoring, mentoring and program assistance
- Club van and bus drivers

1601 15th St. • Florence, OR. 97439
541-902-0304

Florence Food Share

Ask us about volunteer opportunities.
2190 Spruce Street • P.O.Box 2514
Florence, Oregon 97439
(541) 997-9110
info@florencefoodshare.org

Habitat for Humanity

Volunteers needed for new home construction, home repairs, general office work, public relations and program administration. Join an operating committee and help Habitat help others!
Call 541-902-9227 or e-mail to florencehabitat@gmail.com
Office located at 2004 HWY 101, Florence
www.facebook.com/restoreflorence

Helping Hands Coalition

Assisting those in need in our Community.
Free Hot Meals Mon-Wed-Fri • 12:30 AM - 1:30 PM
New Life Lutheran Church, 2100 Spruce St, next to Foodshare
Call 541-997-5057 to Volunteer

Meals on Wheels and Cafe 60

Meals on Wheels are available to people over the age of 60 who cannot get out much due to illness or advanced age and who are not eating properly, regardless of income. Cafe 60 is available for those who prefer to make new friends in a dining room setting.
1570 Kingwood, PO Box 2313, Florence
541-997-5673
lanesenior meals.org

Memory Care Respite of Florence

Come join the team! Memory Care Respite of Florence is looking for new volunteers to spend time socializing, playing games, listening to music, and having coffee and lunch with our participating senior citizens. Our program depends on volunteer power to stay afloat and time is running out! If you're at all interested in socializing and relaxing with seniors while their loved one takes a break, please email us for more information. We need more volunteers like YOU to keep our program going. Contact us at memcarerespite@gmail.com

Peace Harbor Volunteers

Join the Peace Harbor Hospital Volunteers, you will find an area of interest in a caring organization.
400 9th Street, Florence
541-997-8412 ext. 2218

Us Too Florence

Saving men one PSA test at a time. "Someone to talk to...who understands!"
541-997-6626
maribob@oregonfast.net
www.ustoo florence.org

To include your organization in this directory, please call us @ 541-997-3441