

IG-Nite

Wednesday, February 10
5:30–8:00 p.m.
Viroqua United Methodist Church
637-3551



Start the Evening with a
VALENTINE MEAL
(Complete with Chocolate Fondue)



Then Choose from the Following Activities

Time for Couples

Nurturing the Friendship in Your Relationship---are you are dating or married? If so, this video lecture by Dr. John Gottman will give you great advice/tips for strengthening relationships. Whether you've been together for a few days or a few dozen years, everyone will appreciate these tools to help you build a "Strong Relationship House."

Tools for Caregivers

Are you currently the caregiver for a loved one or do you anticipate you soon will be? We can help you. Pat Peterson of the Vernon Co. Unit on Aging and Alice Olson from the Aging & Disability Resource Center of Western WI will be here to answer your questions. Being a caregiver is not an easy job, but you are not alone.

Quilting

Denise Kirchoff will lead this session geared towards the beginning quilter. She will share valuable tips about how to get started and show many quilts that she has made.

Valentine Cookies

Kids ages 4 and up will bake and decorate Valentine cookies to share at end of the evening coffee for all who are interested.

Child care will be provided. All Ig-Nite activities are free of charge!!

www.viroquaumc.org/ignite.html