



CONNECT WITH THE WELLCOME OM CENTER  
 352.600.4242  
 wellcomecenter.com  
 4242 Lake in the Woods Dr. Spring Hill, FL  
 info@wellcomecenter.com



SUN 01  
 TUE 03  
 WED 04  
 THU 05  
 SAT 07  
 WED 11  
 THU 12

**01 OM Grown Farmer's Market**  
 11:00-3:00pm  
 Shop from talented local makers, and enjoy the beautiful outdoors with your neighbors, **Free**

**Rooted in Community: Why Local Food and Makers are Our Best Investment**  
 12:00-12:30pm  
 Dr. Maria will present on how supporting small businesses and local growers makes our entire community stronger and healthier, **Free**

**03 Canning w/ Jess: Dill Pickles**  
 2:00-4:00pm, *The Cafe*  
 All supplies included, **\$25, Pre-Registration required**

**04 Academia Hernando: The Gershwins - A S'Wonderful Soiree**  
 10:00-12:00pm, *The Venue*  
 A melodic look at the 100-year-plus legacy of George and Ira Gershwin, celebrating their Broadway and Hollywood hits with stories, songs, and video clips, **\$15**

**05 AstroloTea w/ Craig**  
 12:00pm-1:15pm, *The Market*  
*Your Inner Mystic*  
 In astrology, this question is reflected in the 12th house. The planets placed here point to your unique path toward what lies beyond the visible and the known. In the AstroloTea spiritual community (Sangha), we'll explore both the knowable and the mystery beyond it, **\$5**

**07 Free Garden Education**  
 10:00-11:00pm, *The Garden*  
 Which vegetables are best to grow in our area in the early spring in zone 9.

**11 Academia Hernando: 1960s: The Years That Shaped a Generation**  
 10:00-12:00pm, *The Venue*  
 Topics we may explore are the Space Race, the Bay of Pigs, the Cuban Missile Crisis, the JFK Assassination, 60's Pop Culture, 60's TV, Feminism, Civil Rights, the MLK Assassination, the Vietnam War, LBJ and the Great Society, Woodstock, and Politics, **\$15**

**The Hummus Truck**  
 10:00am-2:00pm, *Parking Lot*  
[thehummustruck.com](http://thehummustruck.com)

**12 AstroloTea w/ Craig**  
 12:00pm-1:15pm, *The Market*  
*Yes, but what about us?*  
 "Virgos shouldn't date Gemini." There may be a kernel of truth in this cliché but there's much more. Once you feel a spark, the real questions begin: Who is this? How do we relate? Are our styles compatible? Synastry, the astrology of relationships, helps answer these questions, **\$5**

**Wellness Seminar w/ Dr. Maria**  
 5:30-6:30pm, *The Venue*  
 Join Dr. Maria for an educational talk on the concept of the body's energy field and its profound connection to your physical well-being, **Free**



TUE 17  
 WED 25  
 THU 26  
 FRI 27  
 SAT 28

**St. Patrick's Day**  
**Canning w/ Jess: Bread + Butter Pickles**  
 2:00-4:00pm, *The Cafe*  
 All supplies included, **\$25, Pre-Registration required**

**The Hummus Truck**  
 10:00am-2:00pm, *Parking Lot*  
[thehummustruck.com](http://thehummustruck.com)

**Artisan Charcuterie & Grazing Board Workshop**  
 6:00-7:30pm, *The Cafe*  
 This isn't just about putting food on a plate—it's about the art of the arrangement. We'll teach you how to turn premium ingredients into a "Spring-inspired" masterpiece that is almost too pretty to eat!  
**\$65 Tickets ARE Required! Our last charcuterie class SOLD OUT**

**Sound Healing with Natalia Odorodko**  
 6:00-7:15pm, *The Venue*  
 Let harmonious vibrations calm your mind, release tension, and restore your well-being, **\$30 in advance/ \$35 at the door**

**Mindful Healing w/ Jayne Arrington- A Holistic Approach to Harmonizing Mind, Body & Spirit**  
 11:00-12:15pm *The Market*  
 Understanding the Mind-Body-Spirit Connection can be tricky. We all strive to find that place of balance. **Free**

**Candlelight Concert: Tribute to the Beatles**  
 6:00-7:00pm  
 Performed by a talented string quartet under the warm glow of candlelight.  
 Tickets: [candlelightexperience.com](http://candlelightexperience.com)

**Candlelight Concert: 90's Hip Hop on Strings**  
 8:30-9:30pm  
 Performed by a talented string quartet under the warm glow of candlelight.  
 Tickets: [candlelightexperience.com](http://candlelightexperience.com)



WELLCOME OM'S 7TH ANNUAL

## EARTH DAY CELEBRATION

Saturday, April 25th, 2026, 9am-3pm

INTERESTED IN BEING A VENDOR, SPONSOR OR VOLUNTEER?





Please Email:  
[Jessica@WellComeOmCenter.com](mailto:Jessica@WellComeOmCenter.com)  
 or call 352-600-4242 ext 4002



Sign up for classes on the MindBody App!

# OM Movement Studio Schedule

\*Classes subject to change  
\*\*Closed on major holidays

*OM Movement Studio*

352-600-4242 • wellcomeomcenter.com

|            |   |  |  |   |   |
|------------|---|--|--|---|---|
| <b>MON</b> | <b>Yoga Basics</b><br>9:00am<br>w/ Helena         | <b>Classical Pilates</b><br>10:15am<br>w/ Elaine       | <b>Zumba + Lift</b><br>11:30am<br>w/ Betsy                                     | <b>Nia® in the Chair</b><br>3:00pm<br>w/ Gail       | <b>Hatha Yoga</b><br>6:00pm<br>w/ Donna |
| <b>TUE</b> | <b>Tone + Sculpt</b><br>9am<br>w/ Donna           | <b>Nia®</b><br>10:15am<br>w/ Gail                      | <b>Tai Chi</b><br>11:30am<br>w/ Paula  | <b>Sound Bowl Journey</b><br>1:00pm<br>w/ Deb       |   |
| <b>WED</b> | <b>Chair Yoga</b><br>9:00am<br>w/ Helena          | <b>Tai Chi</b><br>11:30am<br>w/ Steve                  | <b>Belly Dance</b><br>3:30pm<br>w/ Jayne                                       | <b>Restorative Yoga</b><br>6:30-7:45pm<br>w/ Vickie |   |
| <b>THU</b> | <b>Hatha Yoga</b><br>9:00am<br>w/ Darrell         | <b>Nia®</b><br>10:15am<br>w/ Gail                      | <b>Sculpt Chair Yoga</b><br>12:45pm<br>w/ Helena                               | <b>Zumba (All Levels)</b><br>6:00pm<br>w/ Lindsay   |   |
| <b>FRI</b> | <b>Zumba (All Levels)</b><br>9:00am<br>w/ Lindsay | <b>Strength Mobility Yoga</b><br>10:15am<br>w/ Darrell | <b>Cardio Drumming*</b><br>6:00pm<br>w/ Amy 6 <sup>th</sup> & 20 <sup>th</sup> |   |   |
| <b>SAT</b> | <b>Cardio Drumming*</b><br>8:45am<br>w/ Amy       | <b>Nia®</b><br>10:00am<br>w/ Gail                      | <b>*Preregistration required<br/>- limited space</b>                           |   |   |



Pack of 5 - \$60/\$12 per class  
Pack of 10 - \$100/\$10 per class  
Pack of 15 - \$135/\$9 per class  
DROP-IN - \$15

\$25: 2 weeks unlimited  
\*New Students

\$59 MEMBERSHIP  
Unlimited Classes +  
benefits

**We accept Silver Sneakers, Silver & Fit, Active + Fit, Prime, Renew Active, EliteCare, and ACTC for FREE unlimited membership. Sign up at the front desk. FYI: you can use your Nation's Benefits Medicare card at WellCome OM.**



## The Venue at OM

THE PERFECT MULTI-USE VENUE

Community Events & Charity Fundraisers

Educational Training & Workshops

Concerts, Performances & Recitals

Corporate & Networking Events

Holiday Parties

Baby Showers

Birthday Parties

Family Reunions

Anniversary Parties

Weddings & Vow Renewals, & more!

