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Along with the many services Today's Dental Center provides, we also offer Botox and Juve'derm. As we age our skin loses its elasticity, creating lines and wrinkles that make us appear older. By updating your smile using a combination of services we offer including teeth bleaching, porcelain veneers, crowns, Botox and Juve'derm, you can regain that youthful looking smile and skin! At TDC Doctors Judd and Sarah Sherman specialize in cosmetic dentistry using a combination of modern dental treatments and facial treatments to achieve that perfect smile!

Botox and Juve'derm can erase signs of ageing and leave you feeling confident and refreshed. Botox is most widely used to reduce frown

and furrow lines. Like Botox, Juve'derm is used to instantly smooth away wrinkles around the mouth and nose area. In just one treatment you will see results and there is no recovery time! Doctors Judd and Sarah Sherman are able to provide anesthetize the treated areas before treatment which reduces the discomfort to practically nothing.

Unhappy with the look of your smile, your lip size, or those darn frown lines? Set up a consultation today and talk about your options and what solution is best for you! Help us help you get your smile back!

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We Are Welcoming **New Patients!**



ocal news as it happens! www.yelmonline.com

NISQUALLY VALLEY Happenings

THURSDAY, MARCH 5

• Hatha yoga instructor Lee Israel will lead weekly classes at the Nisqually Valley Moose Lodge for students of varied experience levels. Classes are Tuesdays (no classes on the first Tuesday of the month) at 10 a.m. and 11:30 a.m., Thursdays at 9:30 a.m. and Saturdays at 9 a.m. Drop classes are priced at \$5 and there are no classes on the first Tuesday of the month. These classes are BYOM — bring your own mat! For more information,



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visit www.yogainyelm.com.

• Join in on Creative Playtime at 10:30 a.m. at the Yelm Timberland Library. This is a playtime opportunity for children, aged birth to 6 years old, to participate in fun activities with a participating adult. Come for the building blocks and Magna-tiles, but stay for the model trains, dollhouses and fun memories.

FRIDAY, MARCH 6

• Take part in Chair Yoga at 10:15 a.m. at the Yelm Timberland Library. Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Come relax as Helen leads us through calming stretches and balance.

SATURDAY, MARCH 7

- Join the Friends of the Yelm Timberland Library at their monthly book sale from 10 a.m. to 3 p.m.
- Hatha yoga instructor Lee Israel will lead weekly classes at the Nisqually Valley Moose Lodge for students of varied experience levels. Classes are Tuesdays (no classes on the first Tuesday of the month) at 10 a.m. and 11:30 a.m., Thursdays at 9:30 a.m. and Saturdays at 9 a.m. Drop classes are priced at \$5 and there are no classes on the first Tuesday of the month. These classes are BYOM — bring your own mat! For more information, visit www.yogainyelm.com.
- Mat Yoga will be offered from 10:30 to 11:30 a.m. at the Yelm Timberland Library. Wear comfortable clothing, bring your mat, and be ready toi stretch in this floor yoga program.
- Restorative Yoga will take place at noon following Mat Yoga at the Yelm Timberland Library. Participants will need

to bring supportive props to allow for deep stretching as this yoga provides both mental and physical restoration through full-body exercises. Suggested props include mats, yoga blocks, blankets and bolsters.

- From 2 p.m. to 4 p.m., staff at the Yelm Timberland Library will host free one-on-one tech coaching for those that need help with basic computer skills, tablets, internet, streaming, and other services. Seats for "Tech Basics" are limited. For more information and to register, visit www.trl.org.
- Yelm Timberland Library will host "Gamers & Gamers," an hour and a half of video games and socialization for teenagers. The event begins at 2 p.m. and no registration is required.

TUESDAY, MARCH 10

- Hatha yoga instructor Lee Israel will lead weekly classes at the Nisqually Valley Moose Lodge for students of varied experience levels. Classes are Tuesdays (no classes on the first Tuesday of the month) at 10 a.m. and 11:30 a.m., Thursdays at 9:30 a.m. and Saturdays at 9 a.m. Drop classes are priced at \$5 and there are no classes on the first Tuesday of the month. These classes are BYOM — bring your own mat! For more information, visit www.yogainyelm.com.
- Volunteers from AARP Tax Aide will be present, from 10:30 a.m. to 3:30 p.m., at the Yelm Timberland Library to assist patrons with appointments in preparing and filing federal tax returns. To make an appointment, stop by the reference desk or call 360-559-1349.
- The Pageturners Book
 Club will meet at 7 p.m. at
 Yelm Timberland Library for
 their monthly discussion and

book talk. This month, the club will ruminate on the book "Becoming" by Former-First Lady Michelle Obama. This event is for adults, aged 18 and older, and is free to the public.

WEDNESDAY, MARCH 11

- From 10:15 to 11 a.m., attend Family Storytime at the Tenino Timberland Library. Babies and toddlers (ages 0-2) and kids in preschool (ages 3-6) are invited. Music, movement and books for the whole family will be offered. Children must be accompanied by participating caregivers.
- Join in on Creative Playtime at 10:30 a.m. at the Yelm Timberland Library. This is a playtime opportunity for children, aged birth to 6 years old, to participate in fun activities with a participating adult. Come for the building blocks and Magna-tiles, but stay for the model trains, dollhouses and fun memories.
- Teenagers of all experiences and backgrounds are welcomed to the Yelm Timberland Library's winter campaign of "Dungeons and Dragons: City of Waterdeep." All materials needed will be provided. Adventure begins promptly at 3:15 p.m.

THURSDAY, MARCH 12

• Hatha yoga instructor Lee Israel will lead weekly classes at the Nisqually Valley Moose Lodge for students of varied experience levels. Classes are Tuesdays (no classes on the first Tuesday of the month) at 10 a.m. and 11:30 a.m., Thursdays at 9:30 a.m. and Saturdays at 9 a.m. Drop classes are priced at \$5 and there are no classes on the first Tuesday of the month. These classes are BYOM — bring your

■ See **EVENTS**, Page A3

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EVENTS:

Continued From Page A2

own mat! For more information, visit www.yogainyelm.

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- The Tenino Timberland Library will host an afternoon of arts and crafts —

Crafternoon. At each session, staff will present a new project for attendees to learn and create. All supplies provided and you'll get to take home your creation. The fun starts at 1 p.m. and will run until 2:30 p.m.

• Volunteers from AARP Tax Aide will be present, from 3 p.m. to 8 p.m., at the Yelm Timberland Library to assist patrons with appointments in preparing and filing federal tax returns. To make an appointment, stop by the reference desk or call 360-559-1349.

FRIDAY, MARCH 13

• Take part in Chair Yoga at 10:15 a.m. at the Yelm

Timberland Library. Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Come relax as Helen leads us through calming stretches and balance.

SATURDAY, MARCH 14

• Hatha yoga instructor Lee Israel will lead weekly classes at the Nisqually Valley Moose Lodge for students of varied experience levels. Classes are Tuesdays (no classes on the first Tuesday of the month) at 10 a.m. and 11:30 a.m., Thursdays at 9:30 a.m. and Saturdays at 9 a.m. Drop classes are priced at \$5 and there are no classes on the

first Tuesday of the month.

These classes are BYOM

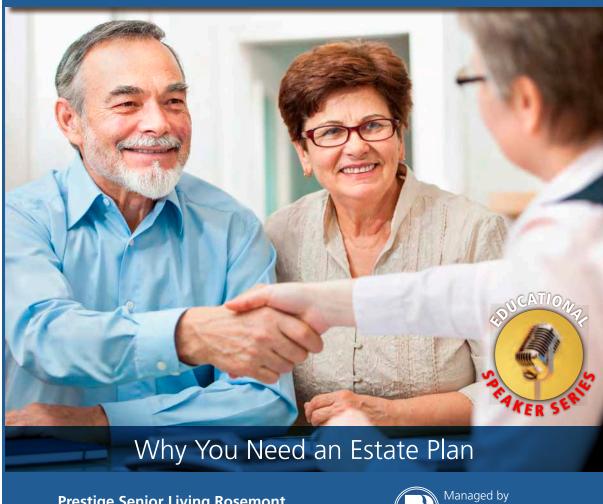
— bring your own mat! For

- bring your own mat! For more information, visit www. yogainyelm.com.
- Mat Yoga will be offered from 10:30 to 11:30 a.m. at the Yelm Timberland Library. Wear comfortable clothing, bring your mat, and be ready to stretch in this floor yoga program.
- Restorative Yoga will take place at noon following Mat Yoga at the Yelm Timberland Library. Participants will need to bring supportive props to allow for deep stretching as this yoga provides both mental and physical restoration through full-body exercises.

Suggested props include mats, yoga blocks, blankets and bolsters.

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- Yelm Timberland Library will host "Gamers & Gamers," an hour and a half of video games and socialization for teenagers. The event begins at 2 p.m. and no registration is required.

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Thursday, March 19

5:30 – 7:00 p.m.

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Special guests **Dan Crowe**, Attorney at Crowe Law Offices, and **Pam Ferris**, Financial Advisor with Edward Jones, will share best practices for estate planning.

Presented by

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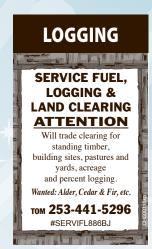




































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List Your Easter Egg Hunt

Place your Easter Egg Hunt in The Nisqually Valley News & Nisqually Shopper! Call 360-485-2681 - Deadline is April 2 by noon!

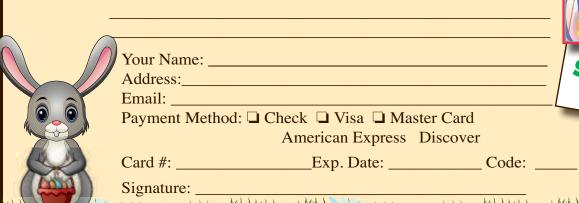
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