

West Linn Adult Community Center Newsletter

CONNECT, SERVE, GROW.

The Center enriches the lives of those 50 and better in West Linn and surrounding areas by providing social, recreational, health and educational services and programs.

1180 Rosemont Road
West Linn, OR 97068
503-557-4704

Center Hours:
Monday- Friday
9am-3pm



CITY OF

West Linn

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Fall Fun!



We hope to see you this fall for fun things happening at the West Linn Adult Community Center! The bus will head to the Guide Dogs for the Blind, the Mt. Angel Oktoberfest, the Portland Art Museum, and The Rock Museum. Enter your chili in our September chili cook-off or show off your talent in our annual show! Don't forget to get your costume ready for our Halloween lunch.

Tiffany & Nicole



Meet the Staff:

Tiffany Carlson,
Recreation Coordinator
tcarlson@westlinnoregon.gov
&
Nicole Budden,
Recreation Coordinator
nbudden@westlinnoregon.gov

Volunteer Highlight



We are thankful to have so many wonderful volunteers! This month, we would like to recognize Shirley Jones who you may recognize from greeting you at the front desk. Thank you Shirley - we enjoy having you around the WLACC!

Get ready for our Halloween lunch!



Who will show up to
Halloween lunch?

Last year it was Gilligan
and the crew from the
Island, a wizard, some
witches, a cowboy and a
flapper girl!

NEW & UPCOMING ACTIVITIES

MEXICAN TRAIN AND OTHER GAMES
THURSDAYS AT 1:00
FREE OF CHARGE



ENJOY SINGING AS A CHOIR
MONDAYS AT 1PM



**PLEASE INQUIRE AT THE
FRONT DESK**





Bus Trips

Guide Dogs for the Blind
Wednesday, September 4th

\$15 includes transportation and \$5 donation.

Lunch at Tollgate Inn.

Depart the ACC at 9:15 am - return around 1:45 pm



Mt. Angel Oktoberfest
Thursday, September 12th

\$15 includes transportation

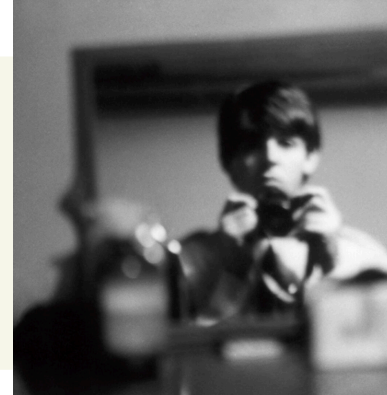
Depart ACC at 10:45am - returns around 3:00 pm



Portland Art Museum
Thursday, October 3rd

\$10 includes transportation only

Depart ACC at 9:30am - returns around 2pm



Museum of Rocks
Thursday, October 17th

\$10 includes transportation only

Depart ACC at 10:00am - returns around 2:30pm

Sign up for bus trips at the WLACC front desk.
Payment is due at time of registration to reserve your spot.



Medical Equipment

The WLACC has medical equipment (typically walkers, crutches, canes, etc.) to loan out free of charge. Please call the front desk to see what is available. 503-557-4704

Foot Care with Nurse Gaia

The WLACC offers footcare with Nurse Gaia. Call the front desk to schedule an appointment today. Cost is \$40 and please bring two towels.



Complimentary Attorney Consultations

Attorney Consultations with Nicole Sakys from Edgel Law Group, specializing in Estate Planning, POA, Wills, Trusts and more. Receive a one-time complimentary meeting offered every first Wednesday of the month. See front desk for sign up.

Meals on Wheels and Transportation

In partnership with the Oregon City Pioneer Center, meals on wheels is available to homebound seniors 60+. (503) 722-3268.



For transportation options through the Pioneer Center, please call (971) 347-7493.

For Transportation Reaching People (TRP) call (503) 655-8208

Lunch is Served

Plated lunch is served on Wednesdays at Noon.
please sign up in advance at the front desk. Cost: \$8.00

In an effort to keep costs down, please bring your own container if you want to bring your leftovers home. If using a to-go box from the kitchen, we ask for \$1 donation.

September & OCTOBER

Menu

Sept 4th	Vegetable Lasagna with garlic bread
Sept 11th	Pork Chili Verde with warm tortillas
Sept 18th	Roasted Chicken with roasted red potatoes and peas
Sept 25th	Porcupine Meatballs with rice in tomato sauce
October 2nd	Brunch
October 9th	Pizza
October 16th	Swedish Meatballs with mashed potatoes & sweet and sour cabbage
October 23rd	Chicken Tray Bake
October 30th	Halloween lunch-Tomato soup with creepy Halloween sandwiches

Menu subject to change due to availability.

~Caring for those we love~

Support Groups and more

We are so thankful to have talented volunteers to facilitate various support groups and specialized classes to help serve caregivers and their loved ones.

To see what is offered and further details, please see page 11.



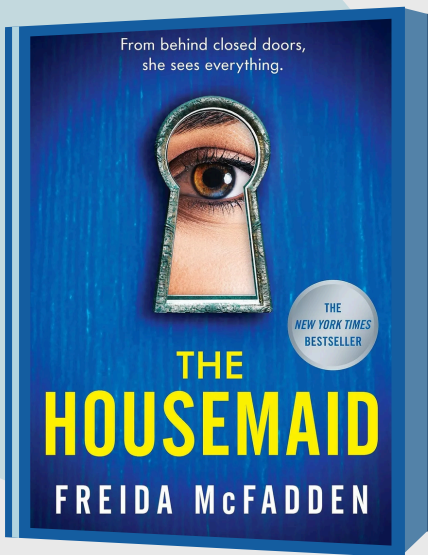
BOOK CLUB UPCOMING READS

WEDNESDAY, SEPT 11TH, 1:00PM

THE HOUSEMAID

BY AUTHOR FREIDA MCFADDEN

"The Housemaid" is a gripping psychological thriller that delves into the life of Millie Calloway, a woman who has just landed a job as a live-in housemaid for the affluent Winchester family. As Millie settles into her new role, she is drawn into a web of secrets and lies that threaten to unravel her own sanity.

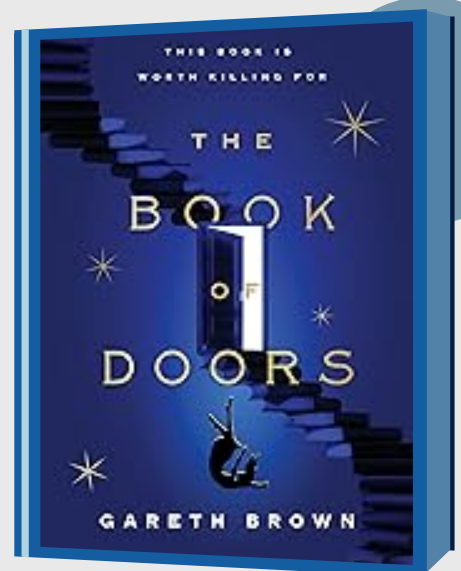


WEDNESDAY, OCTOBER 9TH, 1:00PM

THE BOOK OF DOORS

BY GARTH BROWN

A debut novel full of magic, adventure, and romance, The Book of Doors opens up a thrilling world of contemporary fantasy for fans of The Midnight Library, The Invisible Life of Addie Larue, The Night Circus, and any modern story that mixes the wonder of the unknown with just a tinge of darkness. Reserve ASAP at the Library because its a winner!

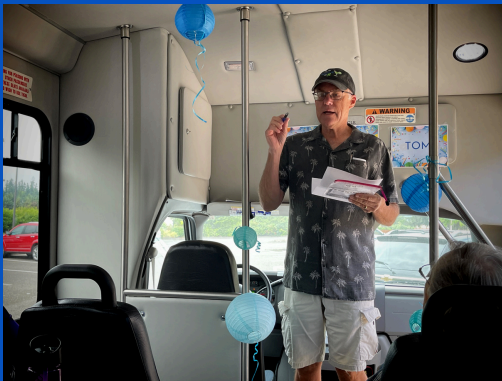


Fun Events and Out on the Town

Puppy Shower
for
Durkee Davis Ruffner



Pictured below
trip to the Canby Fair



Happy b-day to our
fabulous bus driver, Tom!



Luau



Mahalo to Justin for
coordinating and cooking
for a fun Luau!

CITY OF
**West
Linn**
PARKS & RECREATION



A PAW-SOME SHOW

A dog gone good time was had by all!



Thank you to Nature's Pet for sponsoring our show!

Health & Fitness Activities

New!! Zumba Gold: Mondays & Thursdays 8:30-9:30am

Join us for a fun class that is designed for active, older adults. This modified Zumba class re-creates the original Latin dances with a lower intensity that minimizes potential harmful motions for older adults. Taught by certified Zumba Gold instructor, Lyndalea Ruffner. 9/9-10/31. Full term \$90 Res, \$100 Non Res or \$10 drop-in fee per class.

Strength and Balance: Tuesdays & Fridays 8:30-9:30am

Improve your strength and balance to conquer those everyday activities. Utilize small hand weights, a resistance band, a chair and standing exercises. Taught by Jacquelyn Rodgers--Certified Pilates, Senior Fitness Specialist and Certified NASM Trainer. 7/30-10/1. Full term \$105 res, \$115 non res for 2x a week. \$55 res, \$65 no nres for 1x a week. \$10 drop in per class. Next term is 10/4-11/26

Chair Yoga: Thursdays 11:30-12:30pm

Enjoy a Chair Yoga class designed for active seniors, people recovering from an injury or surgery, those using walkers or wheelchairs and those with other disabilities. Taught by Lyndalea Ruffner, certified Yoga and Master Qigong Instructor. 9/12-10/31. \$44 res, \$54 non res or \$10 drop in

Gentle Yoga: Tuesdays 8:30-9:30am & Tuesdays/Thursdays 10:00-11:00am

A comprehensive exercise class that combines elements of strength, flexibility, balance and flow. Taught by Yoga instructor, Lyndalea Ruffner. 9/10-10/31 (no class 10/15). Full term \$40 res, \$50 non res for Tuesdays only. \$83 res, \$93 non res or \$10 drop-in fee per class.

Gentle Yoga and Strength: Fridays 10:00-11:30am

Where East meets East; combining the best of the stretch, strength and balance of yoga with the healing benefits of each pose explained by the ancient Chinese Qigong theory. Each class will end with a 15-minute meditation. Taught by Master Qigong Instructor, Lyndalea Ruffner. 9/13-11/1. Full term \$75 res, \$85 non res or \$10 drop-in fee per class.

Sit and Be Fit; Tuesdays 10:00-11:00am

Total body workout of aerobic strength and flexibility in a chair using hand weights and resistance bands. Modifications for everyone. Taught by Jacquelyn Rodgers--Certified Pilates, Senior Fitness Specialist and Certified NASM Trainer. 8/13-10/1. Full term 55 res, \$65 non res. Drop in \$10. Next term is 10/8-11/26

Qigong classes: Mondays 10:00am- 12:00pm

Qigong classes are taught by Master Qigong Teacher Lyndalea Ruffner. All classes include Qigong breathing, self-massage, immune boosting techniques, meditation, and skills to assist you in becoming your own best healer. 9/9-10/28 (no class 10/14). Full term \$70 res, \$80 non res. \$10 drop-in fee per class.

T'ai Chi (Taiji) Beginning: Thursdays, 1:30-2:30pm

Improve your balance! Increase your vitality. Strengthen your immune system! Stimulate your brain! Achieve strength and flexibility. Alleviate anxiety and depression. Relieve chronic pain and inflammation. Playing Taiji can offer all of this and more! This class will introduce you to the ancient Chinese 24-Movement Yang-Style Form. The movements are performed in a continuous sequence at slow speed—appropriate and beneficial for any age or physical shape. Min 6 Max 12. Taught by S.V. Miller. 9/19-11/21. Full term \$95 res, \$105 non res.

Walking Group: Mondays, Wednesdays and Fridays 8:30-9:30am

We have a very friendly group of morning walkers, who are at all levels, so you won't be left behind. Join them at the Adult Community Center promptly at 8:30am. If raining, they will walk to Safeway and walk under the covering. No charge.

Aerobics Class: Mondays, Wednesdays and Fridays 10:00-11:00am

Enjoy aerobics by video with friends! What a great way to start your day! No charge.

Move Well Yoga: Mondays and/or Wednesdays 8:30-9:30am-returning in November

*IC- In City, OC-Out of City

Creative/Special Interest Activities

Stitching

Knitting Group: Thursday @ 10:00am-12:00pm
Bring your knitting and/or crocheting and join in with a fun social group.

Quilting for a cause: Every 1st and 3rd Thursday 10:00am-12:00pm

Art

Open Painting: Fridays @ 10:00am-12:00pm
Bring your painting project and supplies and enjoy some social time while painting your works together. Instruction provided if desired.

Music

Band Jam: Wednesdays, 1:00-3:00pm. Bring your own instrument or come and sing along. Free to join or call Liz at 503-936-3415 with questions.

Uke Jam; "mele o nā kūpuna" - Tuesdays, 1:00-2:00pm. Bring your own ukulele and come ready for fun. No charge.

Chorus: Mondays, 1:00 Come sing with others who like to sing!

Writing, Reading and Discussion Groups

Writing group: Honoring Your Memories: Tuesdays @ 10:00am-12:00pm
Topics vary. It may be fiction or based on your own personal life experience. Writing about the past can be especially important for the future generations.

Book club: Every 2nd Wednesday of the month, 1:00 pm. Titles and descriptions listed inside this newsletter.

Games

CARD GAMES (no charge unless otherwise noted)
Bridge: Mondays @ 12:00-3:00 pm (\$1 goes toward prizes)
Hand & Foot: Mondays @ 10:00-12:00pm
Pinochle: Tuesdays, Wednesdays and Fridays @ 12:30-3:00pm
Texas Hold 'Em: Fridays @ 12:00pm (\$5.00 buy-in)
Mah Jongg: Fridays @ 12:00pm
Mexican Train: Thursdays @ 1:00

Services

See page 5 for footcare, attorney appointments, transportation and more!

Creative/Special Interest Activities

Continued

Specific Populations

Table Tennis for Parkinsons: Every Tuesday 1:00-2:30pm. If you or a loved one has Parkinsons, please join us for Table Tennis. No cost to play and is a great way to get exercise and meet new friends.

Support Groups

Caregiver Support Group: Every 3rd Thursday of the month 1-2:15pm. We welcome you as a current or past caregiver to a place of peace. Come to hear and tell stories, relax, renew and enjoy time with other caregivers. Co-facilitated by Anne Moore and Lyn Ruffner. If your loved one is mobile and comfortable traveling, they are welcome to join us at the center. They will be attended in another area by Lyn during that hour.

Parkinsons Support Group: Every 2nd Thursday of the month 1:00-2:30pm. For you, a loved one or friend living with Parkinsons disease, join us for a support group to share, learn and connect with others navigating Parkinsons.

Alzheimer's Support Group: Every 1st and 3rd Monday of the month 1:00-2:30pm. Begins April 1st. A safe place for caregivers and loved ones of people with dementia to develop a support system, exchange practical information on challenges and possible solutions, talk through issues and ways of coping, share feelings/needs/concerns, and learn about community resources. Facilitated by Scott and Kate McKinzie.

~Sharing a message from AARP Tax-Aide~

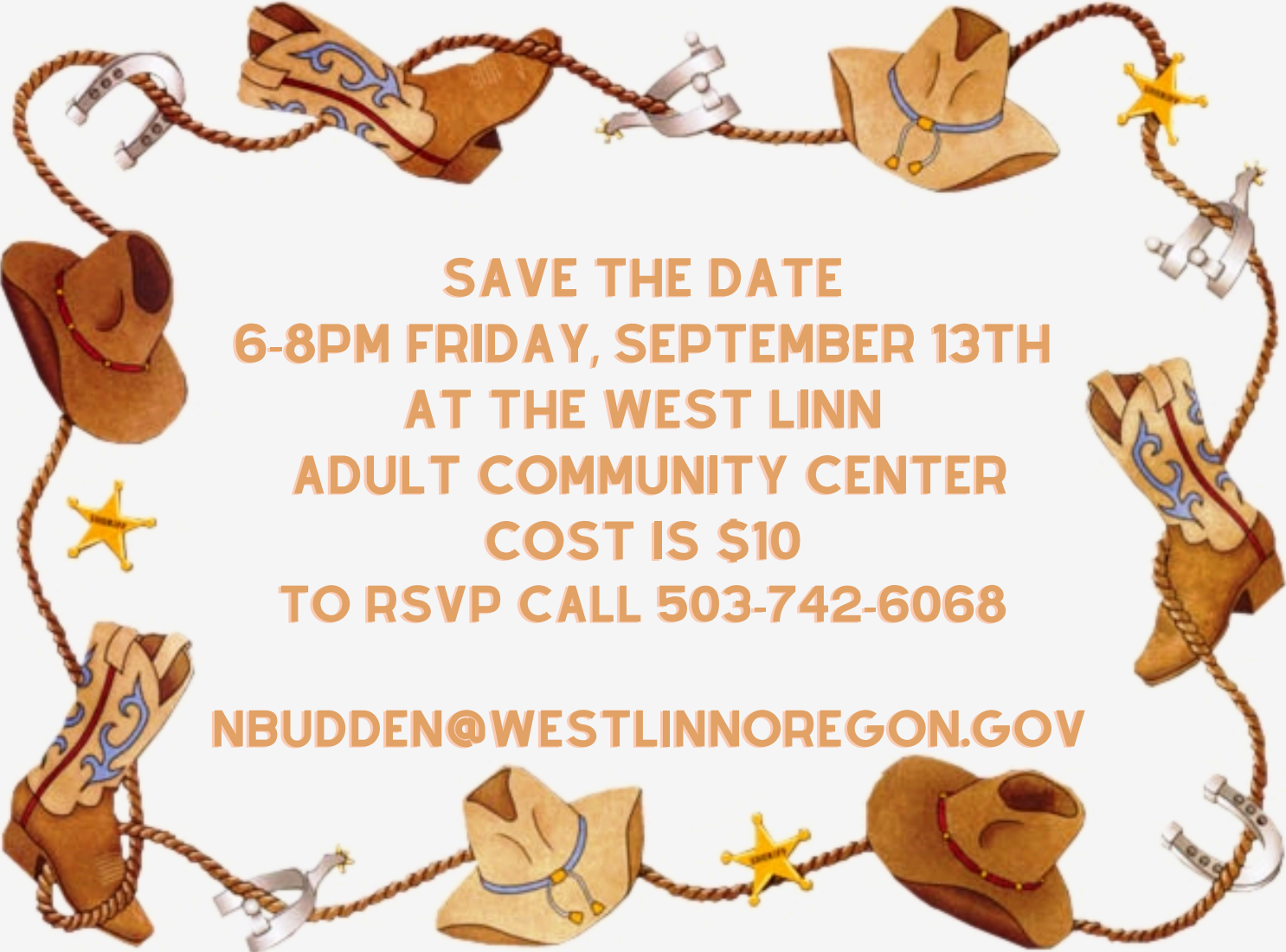
SEEKING VOLUNTEERS TO HELP OREGON TAXPAYERS
AARP Foundation Tax-Aide Program now recruiting volunteers for
in-person and virtual Tax-Aide service

Looking for a volunteering opportunity where you can make a big impact? The AARP Tax-Aide program is looking for people interested in helping low to moderate income people with free tax preparation. Because of the complexity of the U.S. tax code, many taxpayers overpay their taxes or turn to paid tax services they cannot afford. Some may forgo filing their taxes and miss out on the credits and deductions they've earned because they are unable to pay for assistance. Tax-Aide volunteers can help by providing necessary services in communities where there is the greatest need.

Signup to Volunteer

To learn about our volunteer opportunities, visit aarpfoundation.org/taxaide. If you would like to register to be contacted for more information or training, go to our volunteer application: aarpfoundation.org/taxaidevolunteer or call 1-888-227-7669.

FALL DANCE



SAVE THE DATE
6-8PM FRIDAY, SEPTEMBER 13TH
AT THE WEST LINN
ADULT COMMUNITY CENTER
COST IS \$10
TO RSVP CALL 503-742-6068

NBUDDEN@WESTLINNOREGON.GOV

THIS IS A SOCIAL EVENT WITH PARTICULAR CONSIDERATION TO THE ENJOYMENT OF INDIVIDUALS, TEEN-YOUNG ADULT, WITH PHYSICAL OR COGNITIVE DISABILITIES. FRIENDS AND FAMILY ARE ENCOURAGED TO ATTEND!

⚡ **WLACC PRESENTS** ⚡

CHILI COOK-OFF

9.17.2024 **BRING THE HEAT!** 12-1 PM

Do you have a delicious chili recipe
you'd like to share? Or just enjoy chili?
Sign up at the front desk.



Talent Show

WEST LINN
ADULT
COMMUNITY
CENTER

**WHAT'S YOUR TALENT?
SHOW IT OFF AT THE SHOW!**

POETRY?

PAINT?

CLOWN?

SING?

JUGGLE?

WRITINGS?

SAVE THE DATE!

**Oct 2PM
15th**

BACK AGAIN!

ZUMBA GOLD

Mondays and Thursdays 8:30-9:30am

September 9th-October 31st

\$90 res, \$100 non res or \$10 drop in

Taught by Lyndalea Ruffner, join us for a fun class that is designed for active, older adults. This modified Zumba class re-creates the original Latin dances with a lower intensity that minimizes potential harmful motions for older adults. If registering for just one day a week, please see fee options in RecDesk or see Tiffany at the front desk to inquire.

COWL.RECDESK.COM







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PARKS & RECREATION

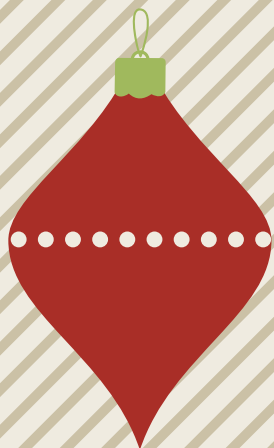


NOVEMBER

16-17

9AM - 3PM

1180 ROSEMONT RD.
WEST LINN, OR



ADULT COMMUNITY CENTER

**HOLIDAY
BAZAAR**

COME SHOP FOR UNIQUES
AND HANDMADE GIFTS



September 2024 West Linn Adult Community Center – 503-557-4704

<p>2 MONDAY</p> <p style="text-align: center;">Closed for Labor Day</p>	<p>3 TUESDAY</p> <p>8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Sit & Be Fit 10:00-Gentle Yoga and Strength 12:30- Pinochle 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>4 WEDNESDAY</p> <p>8:30- Walking Group 8:30- Move Well Yoga 9:15-Bus trip to Guide Dogs for the Blind 10:00- Aerobics 12:00- LUNCH 12:30- Pinochle 1:00-Band Jam</p>	<p>5 THURSDAY</p> <p>9:15- 2:45-Foot Care by Appt 10:00-Quilting for a Cause 10:00-Gentle Yoga 10:00- Knitting & Crocheting 11:30-Chair Yoga 1:00-Mexican Train 1:30-Tai Chi</p>	<p>6 FRIDAY</p> <p>8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00-Gentle Yoga and Strength 10:00- Aerobics 12:00- Texas Hold 'Em 12:00- Mah Jongg – Chinese 12:30- Pinochle</p>
<p>9 MONDAY</p> <p>8:30- Walking Group 8:30- Zumba Gold 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge 1:00-Chorus</p>	<p>10 TUESDAY</p> <p>8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Sit & Be Fit 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>11 WEDNESDAY</p> <p>8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00- LUNCH 12:30- Pinochle 1:00-Band Jam 1:00-Book Club</p>	<p>12 THURSDAY</p> <p>8:30- Zumba Gold 10:00-Gentle Yoga 10:00- Knitting & Crocheting 10:45-Bus trip-Mt. Angel Oktoberfest 11:30-Chair Yoga 1:00-Parkinson's Support Group 1:00-Mexican Train 1:30-Tai Chi</p>	<p>13 FRIDAY</p> <p>8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00-Gentle Yoga and Strength 12:00- Texas Hold 'Em 12:00- Mah Jongg - Chinese 12:30- Pinochle</p>
<p>16 MONDAY</p> <p>8:30- Walking Group 8:30- Zumba Gold 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge 1:00-Alzheimer's Support Group 1:00-Chorus</p>	<p>17 TUESDAY</p> <p>8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Sit & Be Fit 10:00- Gentle Yoga and Strength 12:00-Chili Cook-off 12:30- Pinochle 1:00 -Table Tennis for Parkinson's 1:00-Uke Jam</p>	<p>18 WEDNESDAY</p> <p>8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00-LUNCH 12:30- Pinochle 1:00-Band Jam</p>	<p>19 THURSDAY</p> <p>8:30- Zumba Gold 9:15- 2:45-Foot Care by Appt 10:00- Gentle Yoga 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 11:30-Chair Yoga 1:30-Tai Chi 1:00-Caregiver Support Group 1:00-Mexican Train</p>	<p>20 FRIDAY</p> <p>8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00 - Gentle Yoga and Strength 12:00- Texas Hold 'Em 12:00- Mah Jongg - Chinese 12:30- Pinochle</p>
<p>23 MONDAY</p> <p>8:30- Walking Group 8:30- Zumba Gold 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge 1:00-Chorus</p>	<p>24 TUESDAY</p> <p>8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Sit & Be Fit 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 -Table Tennis for Parkinson's 1:00-Uke Jam</p>	<p>25 WEDNESDAY</p> <p>8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00-LUNCH 12:30- Pinochle 1:00-Band Jam</p>	<p>26 THURSDAY</p> <p>8:30- Zumba Gold 10:00- Gentle Yoga 10:00- Knitting & Crocheting 11:30-Chair Yoga 1:00-Mexican Train 1:30-Tai Chi</p>	<p>27 FRIDAY</p> <p>8:00-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00 - Gentle Yoga and Strength 12:00- Texas Hold 'Em 12:00- Mah Jongg - Chinese 12:30- Pinochle</p>
<p>30 MONDAY</p> <p>8:30- Zumba Gold 8:30- Walking Group 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge 1:00-Chorus</p>				

October 2024 West Linn Adult Community Center – 503-557-4704

	<p>1 TUESDAY 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Sit & Be Fit 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>2 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00- LUNCH 12:30- Pinochle 1:00-Band Jam</p>	<p>3 THURSDAY 9:15- 2:45-Foot Care by Appt 9:30-Bus trip to the Portland Art Museum 10:00-Quilting for a Cause 10:00-Gentle Yoga 10:00- Knitting & Crocheting 11:30-Chair Yoga 1:00-Mexican Train 1:30-Tai Chi</p>	<p>4 FRIDAY 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00 – Gentle Yoga and Strength 10:00- Aerobics 12:00- Texas Hold ‘Em 12:00- Mah Jongg – Chinese 12:30- Pinochle</p>
<p>7 MONDAY 8:30- Walking Group 8:30- Zumba Gold 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge 1:00-Chorus</p>	<p>8 TUESDAY 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Sit & Be Fit 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>9 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00- LUNCH 12:30- Pinochle 1:00-Band Jam 1:00-Book Club</p>	<p>10 THURSDAY 8:30- Zumba Gold 10:00-Gentle Yoga 10:00- Knitting & Crocheting 11:30-Chair Yoga 1:00-Parkinson’s Support Group 1:00-Mexican Train 1:30-Tai Chi</p>	<p>11 FRIDAY 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Gentle Yoga and Strength 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese 12:30- Pinochle</p>
<p>14 MONDAY 8:30- Walking Group 8:30- Zumba Gold 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge 1:00-Alzheimer’s Support Group 1:00-Chorus</p>	<p>15 TUESDAY 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Sit & Be Fit 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 -Table Tennis for Parkinson’s 1:00-Uke Jam 2:00-Talent Show</p>	<p>16 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00-LUNCH 12:30- Pinochle 1:00-Band Jam</p>	<p>17 THURSDAY 8:30- Zumba Gold 9:15- 2:45-Foot Care by Appt 10:00-Bus trip to museum of Rocks 10:00- Gentle Yoga 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 11:30-Chair Yoga 1:30-Tai Chi 1:00-Caregiver Support Group 1:00-Mexican Train</p>	<p>18 FRIDAY 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00 – Gentle Yoga and Strength 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese 12:30- Pinochle</p>
<p>21 MONDAY 8:30- Walking Group 8:30- Zumba Gold 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge 1:00-Chorus</p>	<p>22 TUESDAY 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Sit & Be Fit 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 -Table Tennis for Parkinson’s 1:00-Uke Jam</p>	<p>23 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00-LUNCH 12:30- Pinochle 1:00-Band Jam</p>	<p>24 THURSDAY 8:30- Zumba Gold 10:00- Gentle Yoga 10:00- Knitting & Crocheting 11:30-Chair Yoga 1:00-Mexican Train 1:30-Tai Chi</p>	<p>25 FRIDAY 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00 – Gentle Yoga and Strength 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese 12:30- Pinochle</p>
<p>28 MONDAY 8:30- Zumba Gold 8:30- Walking Group 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge 1:00-Chorus</p>	<p>29 TUESDAY 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Sit & Be Fit 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 -Table Tennis for Parkinson’s 1:00-Uke Jam</p>	<p>30 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00-LUNCH 12:30- Pinochle 1:00-Band Jam</p>	<p>31 THURSDAY 8:30- Zumba Gold 10:00- Gentle Yoga 10:00- Knitting & Crocheting 11:30-Chair Yoga 1:00-Memories in the Making Watercolor class 1:00-Mexican Train 1:30-Tai Chi</p>	