



January & February 2024

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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Cheers to the New Year!

As we start a new year, we often reflect on the year we just ended. What did we do well? How can we improve? We want the participants here at WLACC to know - we too are always trying to improve. We strive to provide a place where all feel welcome and are excited to be here. Our goal of 2024 is to do the best we can to be a place where friendships are made, activities and bus trips are enjoyed, and classes and presentations contribute to good health.

It's going to be a good year!
We look forward to spending it with you!
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 Maggie Magee for her smile and all her help in the kitchen at the WLACC!

Upcoming Presentations

Social Services Presentation

Wednesday, January 10th at 1pm

Find out about services available to West Linn Residents.

Aging in Place

Thursday, February 22nd, 1:00pm

Join us as we learn from a team of professionals who can help you age in the right place. Stay living in your home longer with recommendations to enhance quality of life. Learn about key resources when the time is right to downsize your home or make the move to a senior community. Guest speakers include; Elise Holcombe, RN, BSN, OsteoStrong Happy Valley; Kimberly Steele, Changing Places; Kerry Nelson, CSA, CarePatrol of Portland; Bill Clark, Loan Officer, Fairway Independent Mortgage; Kendel White, Realtor, SRES, Premiere Property Group, LLC.



Directory



In an effort to better communicate with and connect people with friends they meet at the WLACC, we are creating a directory for those who would like to share their information.

Please fill out the form at the front desk if you would like to be included.

New Caterer at WLACC



We are thrilled to have Brigitte Brosman as our new caterer! Many of you are familiar with Brigitte who has volunteered for several years here at the WLACC to help provide lunch on Wednesdays.

We are so very thankful for the volunteers that make lunches possible! If you would like to be a lunch volunteer, please let us know we are always in need of people to help plate food, set tables, serve, bus dishes and clean up in the kitchen and dining area.

Thank you to Maggie for your longtime volunteer service and Maria and Jennie for your recent help with lunches!

New Dance Class

“PRACTICA”

A PRACTICA IS A "FUNCTIONAL LESSON" WHERE SPECIFIC MOVES ARE ACTUALLY DANCED AND PRACTICED



**EASY TO MODERATE
EXERCISE ACTIVITY.
JANUARY-FEBRUARY FOCUS
ON EXPLORING
CROSS-STEP WALTZ MOVES
AND VARIATIONS.**

**ORGANIZED BY
ROSEMARY TOBIGA**

**PLEASE SIGN UP AT THE
FRONT DESK**

**MONDAYS AT 1:00
FREE OF CHARGE
AT WLACC**

Bus Trips

Shop the antique stores in aurora and lunch at
Filberts Farmhouse Kitchen
Thursday, January 11th
\$20 includes transportation
Depart the ACC at 10:30 am - return around 2:00 pm



Powells Bookstore and lunch at Elephants Deli
Thursday, January 25th
\$15 includes transportation
Depart ACC at 10:30 am - return around 2:00 pm

Tour the Lan Su Chinese Garden and lunch at
Golden Horse Seafood
Thursday, February 8th
\$22 includes transportation and entry to garden.
Depart ACC at 10:15 am - returns around 2:00 pm



Valentine's Day
Dessert at Papa Haydens
Wednesday, February 14th
\$10 includes transportation
Depart ACC at 1:00 pm - returns around 3:00 pm

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 to loan out free of charge. Please call the front desk to see what is available.

503-557-4704

Foot Care with Nurse Judy

The WLACC offers footcare with Nurse Judy every first and third Thursday of the month. Cost is \$40, currently booking about 6 weeks out. Call the front desk to schedule an appointment today.





Lunch is Served

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

January & FEBRUARY

Menu

Jan. 3	Cobb Salad
Jan. 10	Beef Stew
Jan. 17	Turkey Noodle Soup and or Tomato Basil with Grilled Cheese Sandwich
Jan. 24	Brunch
Jan. 31	Pork Roast
Feb. 7	Sheppards Pie
Feb. 14	Valentine's Day Lunch - Spaghetti and Meatballs
Feb. 21	Chicken Tray Bake
Feb. 28	Chili and Cornbread

Menu subject to change due to availability .

Caregiver Support Group

3rd Thursday of the month, 1:30–2:30pm (begins 9/21)
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.

Parkinsons Support Group

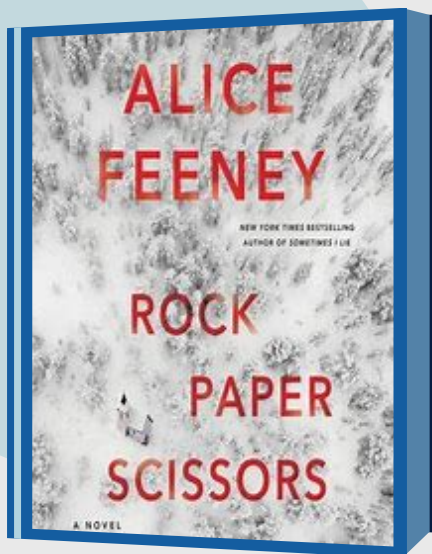
2nd Thursday of the month, 1:30–2:30pm
For you, a loved one or friend living with Parkinsons disease, join us for a support group to share, learn and connect with others navigating Parkinsons.



Table Tennis for Parkinsons

Tuesdays, 1:00–2:00pm
If you or a loved one has Parkinson's, please join us for table tennis. No cost to play and is a great way to exercise and meet new friends!

BOOK CLUB UPCOMING READS

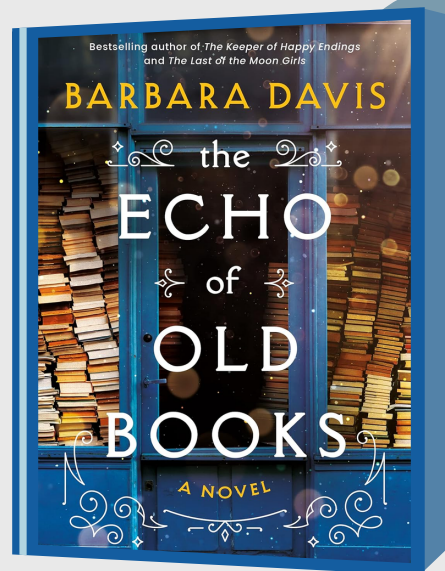


WEDNESDAY, JANUARY 10TH, 1:00PM
ROCK, PAPER, SCISSORS
BY AUTHOR, ALICE FEENEY

Rock, Paper, Scissors is the latest, exciting domestic thriller about a couple whose marriage has been full of secrets. This tenth anniversary will be one they will not forget.

WEDNESDAY, FEB. 14TH, 1:00PM
THE ECHO OF OLD BOOKS
BY AUTHOR, BARBARA DAVIS

Rare-book dealer Ashlyn Greer's affinity for books extends beyond the intoxicating scent of old paper, ink, and leather. She can feel the echoes of the books' previous owners—an emotional fingerprint only she can read.



Fun Events and Out on the Town



Pictured on the left; holiday sing along

Pictured below on the right;
Grotto bus trip



Holiday Concert



Health & Fitness Activities

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. 1/5-2/27. Full term \$105 IC, \$115 OC for 2x a week. \$55 IC, \$65 OC for 1x a week. \$10 drop in per class.

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. 1/11-2/29 \$44 IC, \$54 OC or \$10 drop in

Gentle Yoga: Tuesdays, 8:30-9:30am

A comprehensive exercise class that combines elements of strength, flexibility, balance and flow. Taught by Yoga instructor, Lyndalea Ruffner. 1/9-2/27. Full term \$44 IC, \$54 OC or \$10 drop in fee per class.

Gentle Yoga: Tuesdays & Thursdays, 10:30-11:30am

A comprehensive exercise class that combines elements of strength, flexibility, balance and flow. Taught by Yoga instructor, Lyndalea Ruffner. 1/9-2/29. Full term \$88 IC, \$98 OC or \$10 drop in fee per class.

Gentle Yoga: 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. 1/12-3/1. Full term \$75 IC, \$85 OC 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. 2/6-3/26. Full term 55 IC, \$65 OC

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

Move Well Yoga is a unique slow-paced class of gentle movements open to all levels, modifications offered, mostly floor poses, and some standing. Wendy combines Yoga and mobility in a unique teaching style designed to move the body, increase range of motion and build joint strength. Bring a Yoga mat & blocks. Drop-ins welcome class size permitting.

Taught by Wendy Bless. 1/17-2/28. Full term \$72 IC, \$82 OC or \$10 drop-in fee per class.

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.

1/8-2/28. Full term \$60 IC, \$70 OC. \$10 drop-in fee per class.

Tai 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. 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. 1/18-3/21.

\$90 IC, \$100 OC

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.

Dance Class: Mondays 1:00pm **NEW!!!!**

"Practica" is a "functional lesson" Where specific moves are actually danced and practiced. No charge.

***IC- In City, OC-Out of City**

Creative/Special Interest Activities

Wood Carving: Mondays @ 9:00am-12:00pm

This group ranges from novice to expert carvers. Join us! Bring your own tools and supplies.

Knitting Group: Thursday @ 10:00am-12:00pm

Bring your knitting and/or crocheting and join in with a fun social group.

Marimba Ensemble: Gather together once each week and learn and perform repetitive patterns and parts on the various instruments in our ensemble. Thursdays, 12:00pm-1:00pm. \$15 per class.

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.

Craft Time: Seasonal crafts - February heart collage craft Monday 2/5/24 1:00-2:30 Cost \$20 per craft.

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.

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, 1:00pm

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

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.

Parkinsons Support Group: Every 2nd Thursday of the month 1:30-2:30pm. 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.

Caregiver Support Group: Every 3rd Thursday of the month 1:30-2:30pm. Begins 9/21. 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.

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)

Whist: Fridays @ 10:00am

Mah Jongg: Fridays @ 12:00pm

Footcare with Nurse Judy: By appointment only every 1st Thursday of the month.

See front desk for sign up. \$40. (please bring 2 towels with you)

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.

CITY OF
**West
Linn**

PARKS & RECREATION

MARDI GRAS

Dance

*DRESS UP IN YOUR MOST
COLORFUL COSTUME!*

6-8 PM FRIDAY

FEBRUARY 9TH

Cost \$10

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!

West Linn Adult Community Center

1180 Rosemont R.

West Linn, OR 97068

RSVP to nbudden@westlinnoregon.gov

or call 503.742.6068



Caregiver Support Group

Every 3rd Thursday 1:30-2:30pm at the WLACC

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-

Anne Moore is a retired educator, hospital/hospice chaplain, and Episcopal Priest. She serves as a Spiritual Director/Companion centering on life transitions, dream work and creativity. She has enjoyed Qigong classes with Lyn for eight years.

Lyn Ruffner teaches Qigong, Yoga and enjoys visiting with the Parkinsons Support Group facilitated by Tiffany Carlson.

***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 your hour.**

Contact Tiffany Carlson at tcarlson@westlinnoregon.gov for questions or more information

Social Services Presentation



1:00 Wednesday, January 10th

***Shirley Ryan, Social Services Coordinator
from Oregon City will present on services
available to West Linn residents including:***

- ***Nutrition - Meal on Wheels***
- ***Transportation***
- ***Energy Assistance***
- ***and other services available through
Clackamas County Social Services***

*Please sign up at the front desk.
This presentation is free of charge.*



-AGING IN PLACE-

Thursday, February 22nd, 1:00pm

Join us as we learn from a team of professionals who can help you age in the right place. Stay living in your home longer with recommendations to enhance quality of life.

Learn about resources when the time is right to downsize your home or make the move to a senior community. Guest speakers include; Elise Holcombe, RN, BSN, OsteoStrong Happy Valley; Kimberly Steele, Changing Places; Kerry Nelson, CSA, CarePatrol of Portland; Nancy Kinzer, Mortgage Loan Consultant, Fairway Independent Mortgage Corp.; Kendel White, Realtor, SRES, Premiere Property Group, LLC.

WILLAMETTE RIVER

POLAR PLUNGE

NEW YEARS DAY 2024

12-2PM (PLUNGE AT 1PM)

FREE!

Bernert Landing Boat Ramp,
Willamette Park



FREE COFFEE & COCOA



DOUGHNUTS AVAILABLE FOR PURCHASE

PLUNGE into the New Year with this cool community event! Enjoy a refreshing splash in the Willamette River and stick around for music, a warm fire, and sweet treats! Dress up in your icy best (optional) for our Costume Contest and win a prize!



TOYOTA

WEST LINN PARKS & REC PRESENTS

CITY OF
**West
Linn**
PARKS & RECREATION

Refreshments

Portrait Photos

Music & Dancing

CUTIE
PIE

SWEETHEART FAMILY DANCE

Twirl the night away with your little sweetheart!
All school-age children are invited to bust a
move on the dance floor escorted by their doting
parent, grandparent, favorite uncle or aunt,
guardian, or any other superhero in their life.

FEBRUARY 10TH, 2024

6PM-8:30PM

**WEST LINN ADULT COMMUNITY
CENTER**

**\$15 PER PERSON,
PRE-REGISTRATION REQUIRED**

REGISTER:

**[HTTPS://WESTLINNOREGON.GOV/PARKSREC/SWEETHEART-
DANCE](https://westlinnoregon.gov/parksrec/sweetheart-dance)**



2024

LUCKY THE LEPRECHAUN

Hide & Go Seek

Search West Linn's parks & buildings to find Lucky's hiding spots!

March 1st - 16th

Turn in your completed hide & go seek booklet to City Hall by March 16 to be entered into a drawing! Additional prize for the lucky person who turns in their booklet first. Each participant will get a small prize from Lucky's Pot of Gold!

January 2024 West Linn Adult Community Center – 503)-557-4704

<p>1 MONDAY</p> <p style="text-align: center;">Closed</p> <p style="text-align: center;"><i>Happy New Year!</i></p>	<p>2 TUESDAY. 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memo- ries Writing 10:00-Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>3 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>4 THURSDAY 9:15- 2:45-Foot Care by Appt 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 12:00- Marimba Ensemble 1:30-Chair Yoga</p>	<p>5 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>8 MONDAY 8:30- Walking Group 8:30-Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge</p>	<p>9 TUESDAY. 8:30-Strength and Balance 8:30-Gentle Yoga 9:00- Foot Care by Appt 10:00- Honoring Our Memo- ries Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>10 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 1:00-Social Services presentation</p>	<p>11 THURSDAY 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:30-Bus trip to Aurora Antique Shopping/lunch at Filbert’s Farmhouse 11:30-Chair Yoga 11:45-Bus to Bingo 12:00- Marimba Ensemble 12:30-Tai Chi 1:30-Parkinson’s Support Group</p>	<p>12 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>15 MONDAY</p> <p style="text-align: center;">Closed for MLK Day</p>	<p>16 TUESDAY 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memo- ries Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinson’s 1:00-Uke Jam</p>	<p>17 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>18 THURSDAY 9:15- 2:45-Foot Care by Appt 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 11:30-Chair Yoga 12:00- Marimba Ensemble 1:30-Caregiver Support Group 1:30-Tai Chi</p>	<p>19 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>22 MONDAY 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge</p>	<p>23 TUESDAY. 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memo- ries Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinson’s 1:00-Uke Jam</p>	<p>24 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>25 THURSDAY 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 10:30-Bus trip to Powell’s Books and lunch at Elephant’s Delicatessen 11:30-Chair Yoga 12:00- Marimba Ensemble 1:30-Tai Chi</p>	<p>26 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>29 MONDAY 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge</p>	<p>30 TUESDAY. 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memo- ries Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinson’s 1:00-Uke Jam</p>	<p>31 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00- -LUNCH 12:30- Pinochle 1:00-Band Jam</p>		

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

			1 THURSDAY 9:00-3:00-AARP Tax Aide 9:15- 2:45-Foot Care by Appt 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 11:30-Chair Yoga 12:00- Marimba Ensemble 1:30-Tai Chi	2 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
5 MONDAY 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge 1:00-Craft Time-heart collage	6 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	7 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00- LUNCH 12:30- Pinochle 1:00-Band Jam	8 THURSDAY 9:00-3:00-AARP Tax Aide 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:15-Bus trip to the Chinese Garden and lunch at Garden Horse Seafood 11:30-Chair Yoga 11:45-Bus to Bingo 12:00- Marimba Ensemble 12:30-Tai Chi 1:30-Parkinson’s Support Group 1:30-Tai Chi	9 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
12 MONDAY 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge	13 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	14 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00-Valentine’s Day LUNCH 12:30- Pinochle 1:00-Band Jam 1:00-Book Club 1:00-Bus trip for dessert at Papa Haydn	15 THURSDAY 9:00-3:00-AARP Tax Aide 9:15- 2:45-Foot Care by Appt 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 11:30-Chair Yoga 12:00- Marimba Ensemble 1:30-Caregiver Support Group 1:30-Tai Chi	16 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
19 MONDAY <div style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;"> Closed for President’s Day </div>	20 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	21 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00-LUNCH 12:30- Pinochle 1:00-Band Jam	22 THURSDAY 9:00-3:00-AARP Tax Aide 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 11:30-Chair Yoga 12:00- Marimba Ensemble 1:00-Aging in Place presentation 1:30-Caregiver Support Group 1:30-Tai Chi	23 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
26 MONDAY 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge	27 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	28 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00-LUNCH 12:30- Pinochle 1:00-Band Jam	29 THURSDAY 9:00-3:00-AARP Tax Aide 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 11:30-Chair Yoga 12:00- Marimba Ensemble 1:00-Caregiver Support Group 1:30-Tai Chi	