



July / August 2023

# 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**

### This issue:

Upcoming Events  
Page 03

Bus Trips  
Page 05

Lunch Menu  
Page 07

Out & About  
Page 09

Activities  
Page 10-11



## Happy Summer!

We have lots of fun things planned for July and August. If you feel like trying your hand at mini golf, riding a carousel horse, shopping in Cannon Beach, or trying your luck at Spirit Mountain, we have bus trips for you! We are also excited to be hosting a lū'au! Our date is TBD so stay on the lookout for that fun event!

We look forward to seeing you soon at The West Linn Adult Community Center!

Tiffany & Nicole



### Meet the Staff:

Tiffany Carlson,  
Recreation Coordinator  
tcarlson@westlinnoregon.gov  
&

Nicole Budden,  
Recreation Coordinator  
nbudden@westlinnoregon.gov

## Volunteer Highlight

We want to give a shout out to Justin Sato! He guides the Ukulele group, drives for some of the bus trips, has cleaned the bus AND the kitchen and even brings fresh flowers in at times. We are so thankful for all of our wonderful volunteers and just feel we have to call them out in thanks as often as we can. Thank you, Justin!!

# Upcoming Events

## Old Time Fair

67th West Linn Annual Old Time Fair  
July 7-9, 2023  
Willamette Park  
West Linn, OR 97068

## Book Talk

*From Beyond the Ripples to Humanity's Grace.*  
Join us for a book talk with Dede Montgomery  
July 19th at 1pm  
Free to attend. Please RSVP at the front desk  
to hold your spot.

## lū'au

Enjoy a luau with Hawaiian food,  
entertainment and fun at the ACC!  
Details to come!



*Happy July Birthday to long time patron, friend  
and past volunteer, Ellen Kletzok! Ellen will be  
turning 99 this July!! We want to wish her a  
very happy birthday and a blessed year ahead!*

---

# Interested in giving back to the community?

---

The below details are from AARP Tax-Aide; a service we host at the ACC that many of our seniors in the community benefit from. If you are interested in volunteering for this program, please read below.

.....  
**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 real 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.

We are recruiting now for volunteers across Oregon. Volunteers may sign up to assist taxpayers either in person or virtually, with several roles available. We are looking for volunteers to be tax preparers, technical support, interpreters, and client facilitators.

We will begin providing our free training for the 2023 tax season in November. All volunteers will be trained to be IRS certified. Volunteers come from a variety of backgrounds including teachers, bus drivers, CPA's, military, technology, and range from retirees to university students. You don't need to be a tax expert. All levels and types of experience are welcome.

## Signup to Volunteer

To learn about our volunteer opportunities, visit [aarpfoundation.org/taxaide](https://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](https://aarpfoundation.org/taxaidevolunteer) or call 1-888-227-7669.

# Bus Trips

Join us for Mini Golf at Tualatin Island

**Thursday, July 13th**

\$20 includes 18 holes and transportation

Depart the ACC at 10:00am - return around 1:30pm



Ride Salem's Riverfront Carousel

**Tuesday, July 25th**

\$20 includes transportation and two carousel rides

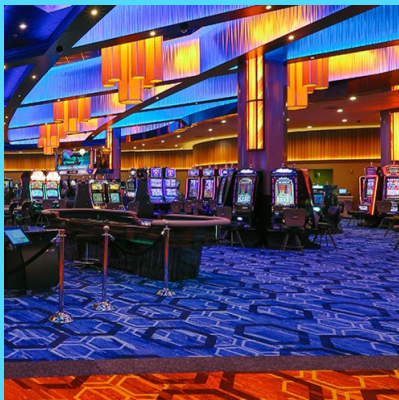
Depart ACC at 10:15 am - return around 2:00 pm

A day of shopping and lunch in Cannon Beach

**Thursday, August 10th**

\$20th includes transportation.

Depart ACC at 8:00 am ? - returns around 3:30pm



Try your luck at Spirit Mountain Casino!

**Thursday, August 24th**

\$20th includes transportation.

Depart ACC at 10:00 am - returns around 3:30pm

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

(503) 557-4704

## Foot Care with Nurse Jan

The WLACC offers footcare with Nurse Jan, the first and third Tuesday of every month. Cost is \$30, currently booking about 6 weeks out. Call the front desk to schedule an appointment today.



## New Garden Boxes

Check out the new garden boxes out back, thank you to Freddie and his crew from Parks & Rec for all their hard work. If anyone would like to take on a volunteer gardening position, please see Tiffany or Nicole.

# Lunch is Served

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



## Main dish, salad bar, 2 sides & dessert

July 5th	Taco salad, chicken tortilla soup and quesadilla 
July 12th	Kalua pork, spam rice, Hawaiian macaroni salad
July 19th	Fried chicken, corn on the cobb, and mac-n- cheese
July 26th	Cobb salad, clam chowder and ...
August 2nd	Burgers, potato salad, and baked beans
August 9th	Hawaiian teriyaki chicken, yakisoba noodles, and steamed veggies
August 16th	Breakfast burritos, potatoes, and fruit
August 23rd	Brats, tater tot casserole, and cole slaw
August 30th	Brisket, pasta salad, truffle roasted tomatoes



# 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.

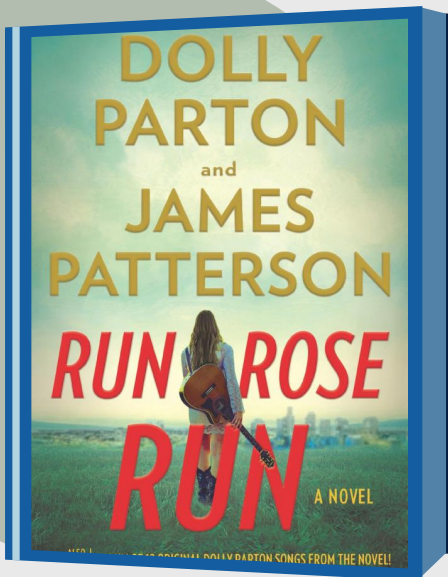
## Table Tennis for Parkinsons

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

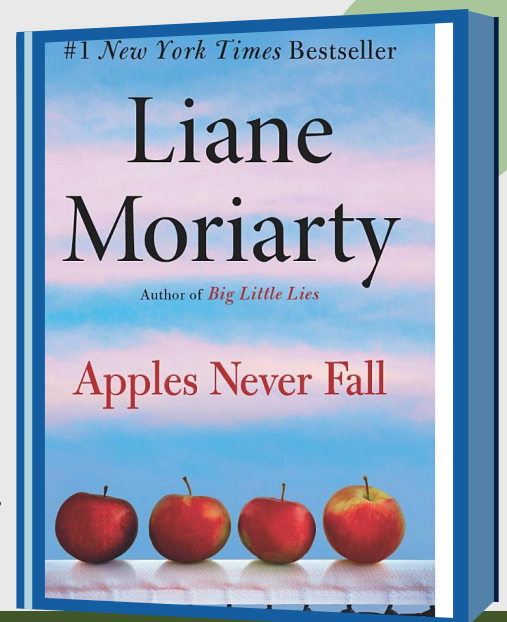


### **JULY 12TH, 1:00PM - RUN ROSE RUN BY DOLLY PARTON & JAMES PATTERSON**

Run, Rose, Run is about an aspiring country singer named AnnieLee. She moves to Nashville, trying to shake a dark past and make it big in music. She gets help from charismatic country star Ruthanna, who wears wigs and fake nails.

### **AUGUST 9TH, 1:00PM - APPLES NEVER FALL BY LIANE MORIARTY**

Apples Never Fall” is a novel by Liane Moriarty that tells the story of Joy Delaney, a mother who disappears on Valentine’s Day. The novel explores the dysfunctional family dynamics of the Delaney family, including the grudges and resentments held by each of Joy’s four children.





# Fun Events and Out on the Town



Pictured on the left; many enjoying Meghan's send off party and Lyn's delicious chocolate spread!

Pictured on the right; a few fun pics from the Alpaca bus trip. Justin Sato walks an Alpaca.



# 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. May 7/7-8/29. Full term \$105 IC, \$115 OC for 2x a week. \$55 IC, \$65 OC for 1x a week. \$10 drop in per class.

## Gentle Yoga: Tuesdays, Thursdays 10:00-11:00am --Currently full

A comprehensive exercise class that combines elements of strength, flexibility, balance and flow. Taught by Yoga instructor, Lyndalea Ruffner. 7/6-8/31. 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. 7/7-9/1 . Full term \$75 IC, \$85 OC or \$10 drop-in fee per class.

## 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. 7/10-8/30. Full term \$96 IC, \$106 OC or \$10 drop-in fee per class.  
Mondays only \$48 IC, \$58 OC; Wednesdays only \$48 IC, \$58 OC

## Qigong classes: Mondays and/or Wednesdays 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. Wednesdays class specifically focuses on balance. There is a \$10 discount for full term, both Monday and Wednesday. 7/10-8/30. Full term \$144 IC, \$154 OC or \$10 drop-in fee per class. Mondays only \$77 IC, \$87 OC, Wednesdays only \$77 IC, \$87 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. 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.

## T'ai Chi (Taiji) Beginning: Thursdays, 12:30-1:30pm -returning in the fall

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.

\*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.

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.

Quilting: 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.

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 Jan: By appointment only every 1st and 3rd Tuesday of the month.

See front desk for sign up. \$30. Please note, currently booking at 6 weeks out.

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.

# WEST LINN OLD TIME FAIR

Celebrating 67 years!

PARADE - AMBASSADOR CORONATION - CARNIVAL - VINTAGE CAR SHOW - WATER SKI SHOW - BEER GARDEN - EXHIBITOR & FOOD BOOTHS - BINGO - RAFFLE - PIE EATING CONTEST - MUTT & PET CONTEST - PJ'S TO PANCAKES RUN - & SO MUCH MORE!



## JULY 7-9

WILLAMETTE PARK  
1100 12TH ST. WEST LINN

FRIDAY 6-10:30PM  
SATURDAY 11AM-10:30PM  
SUNDAY 11AM-6PM



SPONSORED BY:



# MUSIC IN THE PARK <sup>2023</sup>

TANNER CREEK PARK | THURSDAYS | 7-9PM

Thursday, July 27th

**DANCEHALL DAYS**



Thursday, August 3rd

**TAKEN BY THE SKY**

Thursday, August 10th

**ROCKIT RADIO**



Thursday, August 17th

**SOUL VACCINATION**

Thursday, August 24th

**NATE BOTSFORD**



Bring your blanket, or low back chair and enjoy Music in the Park 2023! Food and drink will be available for purchase.

THANK YOU TO OUR SPONSORS



**TOYOTA**



WEST LINN PARKS AND RECREATION PRESENTS

West Linn's  
67th Old Time Fair

# CAR SHOW

Willamette Park 1100 12th Street • West Linn, OR 97068



SATURDAY

JULY 8 2023

REGISTRATION OPENS @9AM • COST \$20 (PRE-REGISTRATION NOT AVAILABLE)

\*MAIN STREET CLOSSES AT 9:30AM FOR A PARADE. ACCESS TO WILLAMETTE PARK IS AVAILABLE. PLEASE FOLLOW DETOUR SIGNAGE.

SHOW 11AM TO 2PM • PARKING ON THE GRASS • REAL AWARDS AT 2PM  
JUDGING CATEGORIES: 30'S & OLDER, 40'S, 50'S, 60'S, 70'S, 80'S, 90'S,  
2000 & 2010 & NEWER, & TRUCK

Proceeds benefit  
Local Nonprofit Groups

QUESTIONS? CALL OR TEXT 971-277-3462

[WWW.WESTLINNOREGON.GOV/OLDTIMEFAIR](http://WWW.WESTLINNOREGON.GOV/OLDTIMEFAIR)

City of  
West  
Linn  
PARKS & RECREATION

# July 2023 West Linn Adult Community Center – 503-557-4704

<p><b>3 MONDAY</b>            8:30- Walking Group            8:30- Move Well Yoga (not mtg today)            9:00- Wood Carving            10:00-Qigong (not meeting today)            10:00- Aerobics            10:00- Hand and Foot            12:00- Bridge</p>	<p><b>4 TUESDAY.</b></p> <p style="text-align: center;">Closed for the 4<sup>th</sup> of July</p>	<p><b>5 WEDNESDAY</b>            8:30- Walking Group            8:30- Move Well Yoga (not mtg today)            10:00- Aerobics            10:00-Qigong (not mtg today)            12:00: LUNCH            12:-2:00-Attorney available by appt.            12:30- Pinochle            1:00-Band Jam</p>	<p><b>6 THURSDAY</b>            10:00-Gentle Yoga and Strength            10:00- Knitting &amp; Crocheting            10:00- Quilting for a Cause            12:15- Marimba Ensemble            12:30-Tai Chi</p>	<p><b>7 FRIDAY</b>            8:30-Strength and Balance            8:30- Walking Group            10:00- Open Painting            10:00 – Gentle Yoga and Strength            10:00- Aerobics            10:00- Whist            12:00- Texas Hold ‘Em            12:00- Mah Jongg – Chinese            12:30- Pinochle</p>
<p><b>10 MONDAY</b>            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><b>11 TUESDAY.</b>            8:30-Strength and Balance            9:00- Foot Care by Appt            10:00- Honoring Our Memories Writing            10:00- Gentle Yoga and Strength            12:30- Pinochle            1:00 –Table Tennis for Parkinsons            1:00-Uke Jam</p>	<p><b>12 WEDNESDAY</b>            8:30- Walking Group            8:30- Move Well Yoga            10:00- Aerobics            10:00-Qigong            12:00: LUNCH            12:30- Pinochle            1:00-Band Jam</p>	<p><b>13 THURSDAY</b>            10:00-Gentle Yoga and Strength            10:00- Knitting &amp; Crocheting  <b>10:00-Bus trip to Tualatin Island Greens for miniature golf and lunch</b>            12:15- Marimba Ensemble            12:30-Tai Chi            1:30-Parkinson’s Support Group</p>	<p><b>14 FRIDAY</b>            8:30-Strength and Balance            8:30- Walking Group            10:00- Open Painting            10:00- Aerobics            10:00 – Gentle Yoga and Strength            10:00- Whist            12:00- Texas Hold ‘Em            12:00- Mah Jongg - Chinese            12:30- Pinochle</p>
<p><b>17 MONDAY</b>            8:30- Walking Group            8:30- Move Well Yoga            9:00- Wood Carving            10:00-Qigong (not mtg today)            10:00- Aerobics            10:00- Hand and Foot            12:00- Bridge</p>	<p><b>18 TUESDAY</b>            8:30-Strength and Balance            9:00- Foot Care by Appta            10:00- Honoring Our Memories Writing            10:00- Gentle Yoga and Strength            12:30- Pinochle            1:00 –Table Tennis for Parkinson’s            1:00-Uke Jam</p>	<p><b>19 WEDNESDAY</b>            8:30- Walking Group            8:30- Move Well Yoga            10:00- Aerobics            10:00- Qigong (not mtg today)            12:00: LUNCH            12:30- Pinochle            1:00-Band Jam  <b>1:00-From Beyond the Ripples to Humanity’s Grace Book Talk with Dede Montgomery</b></p>	<p><b>20 THURSDAY</b>            10:00- Gentle Yoga and Strength            10:00- Knitting &amp; Crocheting            10:00- Quilting for a Cause            12:15- Marimba Ensemble</p>	<p><b>21 FRIDAY</b>            8:30-Strength and Balance            8:30- Walking Group            10:00- Open Painting            10:00- Aerobics            10:00- Whist            10:00 – Gentle Yoga and Strength            12:00- Texas Hold ‘Em            12:00- Mah Jongg - Chinese            12:30- Pinochle</p>
<p><b>24 MONDAY</b>            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><b>25 TUESDAY.</b>            8:30-Strength and Balance            10:00- Honoring Our Memories Writing            10:00- Gentle Yoga and Strength  <b>10:15-Bus trip to Salem’s Riverfront Carousel</b>            12:30- Pinochle            1:00 –Table Tennis for Parkinson’s            1:00-Uke Jam</p>	<p><b>26 WEDNESDAY</b>            8:30- Walking Group            8:30- Move Well Yoga            10:00-Qigong            10:00- Aerobics            12:00: LUNCH            12:30- Pinochle            1:00-Band Jam</p>	<p><b>27 THURSDAY</b>            10:00- Gentle Yoga and Strength            10:00- Knitting &amp; Crocheting            12:15- Marimba Ensemble</p>	<p><b>28 FRIDAY</b>            8:30-Strength and Balance            8:30- Walking Group            10:00- Open Painting            10:00- Aerobics            10:00- Whist            10:00 – Gentle Yoga and Strength            12:00- Texas Hold ‘Em            12:00- Mah Jongg - Chinese            12:30- Pinochle</p>
<p><b>31 MONDAY</b>            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>				

# August 2023 West Linn Adult Community Center – 503-557-4704

	<p><b>1 TUESDAY.</b> 8:30-Strength and Balance 9:00- Foot Care by Appt 10:00- Honoring Our Memories Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p><b>2 WEDNESDAY</b> 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 10:00-Qigong 12:00: LUNCH 12:30- Pinochle 1:00-Band Jam</p>	<p><b>3 THURSDAY</b> 10:00-Gentle Yoga and Strength 10:00- Knitting &amp; Crocheting 10:00- Quilting for a Cause 12:15- Marimba Ensemble</p>	<p><b>4 FRIDAY</b> 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00 – Gentle Yoga and Strength 10:00- Aerobics 10:00- Whist 12:00- Texas Hold ‘Em 12:00- Mah Jongg – Chinese 12:30- Pinochle</p>
<p><b>7 MONDAY</b> 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><b>8 TUESDAY.</b> 8:30-Strength and Balance 10:00- Honoring Our Memories Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p><b>9 WEDNESDAY</b> 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 10:00-Qigong (not mtg today) 12:00: LUNCH 12:30- Pinochle <b>12:30-Pedestrian Safety info</b> 1:00-Band Jam</p>	<p><b>10 THURSDAY</b> <b>8:00-Bus trip to Cannon Beach</b> 10:00-Gentle Yoga and Strength (not mtg today) 10:00- Knitting &amp; Crocheting 12:15- Marimba Ensemble 12:30-Tai Chi 1:30-Parkinson’s Support Group</p>	<p><b>11 FRIDAY</b> 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00 – Gentle Yoga and Strength (not mtg today) 10:00- Whist 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese 12:30- Pinochle</p>
<p><b>14 MONDAY</b> 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong (not mtg. today) 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge</p>	<p><b>15 TUESDAY</b> 8:30-Strength and Balance 9:00- Foot Care by Appt 10:00- Honoring Our Memories Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinson’s 1:00-Uke Jam</p>	<p><b>16 WEDNESDAY</b> 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 10:00- Qigong 12:00: LUNCH 12:30- Pinochle 1:00-Band Jam</p>	<p><b>17 THURSDAY</b> 10:00- Gentle Yoga and Strength 10:00- Knitting &amp; Crocheting 10:00- Quilting for a Cause 12:15- Marimba Ensemble</p>	<p><b>18 FRIDAY</b> 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 10:00 – Gentle Yoga and Strength 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese 12:30- Pinochle</p>
<p><b>21 MONDAY</b> 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><b>22 TUESDAY.</b> 8:30-Strength and Balance 10:00- Honoring Our Memories Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinson’s 1:00-Uke Jam</p>	<p><b>23 WEDNESDAY</b> 8:30- Walking Group 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 12:00: LUNCH 12:30- Pinochle 1:00-Band Jam</p>	<p><b>24 THURSDAY</b> 10:00- Gentle Yoga and Strength 10:00- Knitting &amp; Crocheting <b>10:00-Bus trip to Spirit Mountain Casino</b> 12:15- Marimba Ensemble</p>	<p><b>25 FRIDAY</b> 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 10:00 – Gentle Yoga and Strength 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese 12:30- Pinochle</p>
<p><b>28 MONDAY</b> 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><b>29 TUESDAY.</b> 8:30-Strength and Balance 10:00- Honoring Our Memories Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinson’s 1:00-Uke Jam</p>	<p><b>30 WEDNESDAY</b> 8:30- Walking Group 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 12:00: LUNCH 12:30- Pinochle 1:00-Band Jam</p>	<p><b>31 THURSDAY</b> 10:00- Gentle Yoga and Strength 10:00- Knitting &amp; Crocheting 12:15- Marimba Ensemble</p>	