



West Linn Adult Community Center Newsletter

March/April 2025

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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We are lucky to

move into spring with you! We have many fun bus excursions and special workshops coming up in these next two months! We hope you'll join us as we welcome the springtime and move into warmer days ahead.

Tiffany & Nicole



Meet the Staff:

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



Volunteer Highlight



Tina Pohl

We are thankful to have so many wonderful volunteers! This month, we would like to recognize Tina Pohl who you may recognize from greeting you warmly at the front desk with her friendly smile! Thank you for all you do Tina!

Bus Trips

Pittock Mansion and lunch at Skyline Restaurant

Thursday, March 13th

\$25 includes transportation

Depart ACC at 10:15 am and returns around 2:30 pm



Nordic Northwest and lunch at broder Nordic Fare

Thursday, March 27th

\$15 includes transportation

Depart ACC at 10:30am - returns around 1:30pm



Cornell Farm Nursery & Cafe

Thursday, April 24th

\$15 includes transportation

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

Sign up for bus trips at the WLACC front desk.

Payment is due at time of registration to reserve your spot.

Cancellations within less than 48 hours of trip departure are non-refundable.

Foot Care with Nurse Gaia

The WLACC offers footcare with Doctor Gaia. Call the front desk to schedule an appointment today. Cost is \$45. 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.

March* & April 

Menu

March 5th	Pork Stew
March 12th	Meat Pizza
March 19th	Meatloaf, Mashed Potatoes and Veggies
March 26th	Beef Enchilada Casserole
April 2nd	Chicken Chili with Cornbread
April 9th	Hamburger Pie
April 16th	Sausage Tortellini Soup
April 23rd	Chicken, Rice and Veggies
April 30th	Pasta with Blistered Tomatoe Sauce

Menu subject to change due to availability and food prices.

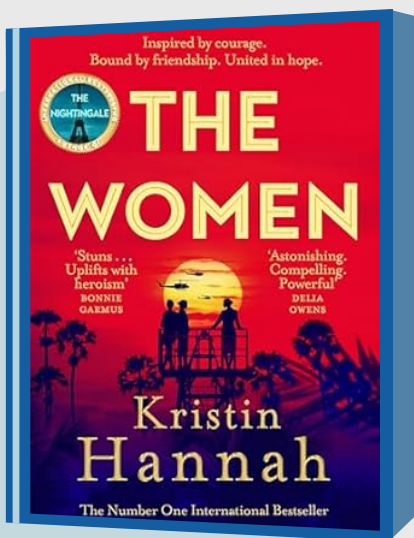
COFFEE SOCIAL TIME

Mondays at 11:00

Come join others for a cup of coffee and some comradery at the WLACC. Gather with old friends and meet some new ones.



BOOK CLUB UPCOMING READS



WEDNESDAY, MARCH 12TH, 1:00PM

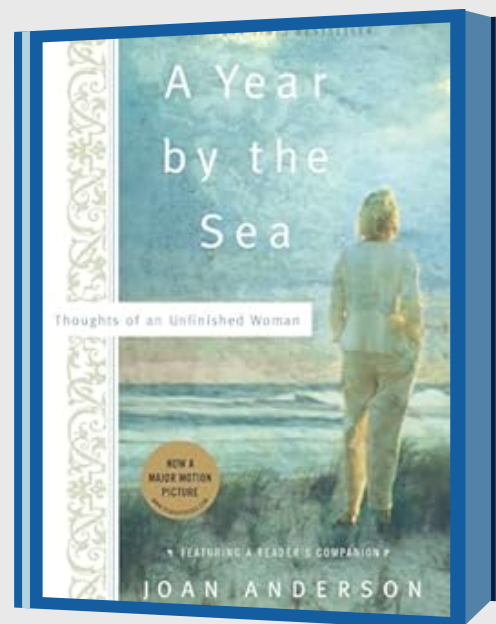
**THE WOMEN
BY KRISTEN HANNAH**

“The Women” follows Frankie McGrath, a young woman from a wealthy family who enlists as a nurse during the Vietnam War after her brother is killed in action. The story is set in May 1966 in Coronado Island, California, and explores themes of sacrifice, courage, and the challenges faced by women in a male-dominated society.

WEDNESDAY, APRIL 9TH, 1:00PM

**A YEAR BY THE SEA
BY JOAN ANDERSON**

An entrancing memoir of how one woman's journey of self-discovery gave her the courage to persevere in re-creating her life. Life is a work in progress, as ever-changing as a sandy shoreline along the beach.



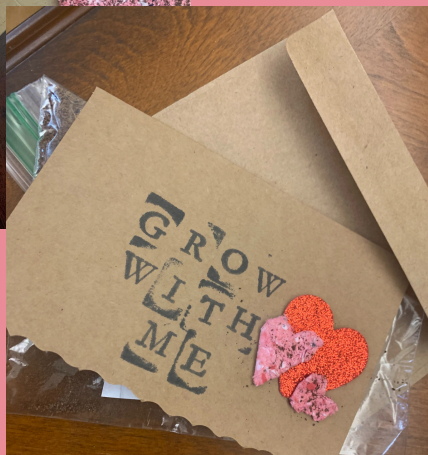
What Fun We Have Together!

Valentine cards (hearts made with recycled paper and wildflower seeds) in open craft time.



Open craft time
Mondays at 1:00

Come join others
and get creative!



Spring will be here before we know it. These bulbs are already popping up at the ACC!

Daylight savings starts Sunday, March 9th and the official start to spring is March 20th.



Health & Fitness Activities

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. 3/3-5/1. (No class 4/14 & 4/17) Full term \$96 Res, \$106 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. 2/18-4/15 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.

Strength and Balance-beginner; 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. 2/18-4/8. Full term 55 res, \$65 non res. Drop in \$10.

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. 3/6-5/1. (No class on 4/17) \$48 res, \$58 non res 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. 3/4-4/29. (No class 4/15) Full term \$44 res, \$54 non res. \$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. 3/7-5/2. (No class 4/18) Full term \$75 res, \$85 non res 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. 3/3-4/28 (no class on 4/14). Full term \$75 res, \$85 non res. \$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 development in a unique teaching style designed to move the body, increase range of motion, improve joint health and prevent injury. Bring a yoga mat and blocks. Drop ins welcome. Discounted rate at \$6 a class when full term is paid in advance. Min 3, max 18. 3/3-4/30. (No class 3/24 /7 3/26). Full term \$96 res, \$106 non res. \$10 drop in.

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. 4/10-6/12. 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.

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.

Open Crafting: Mondays @ 1:00pm
Bring your own supplies or use items we have collected.

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.

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

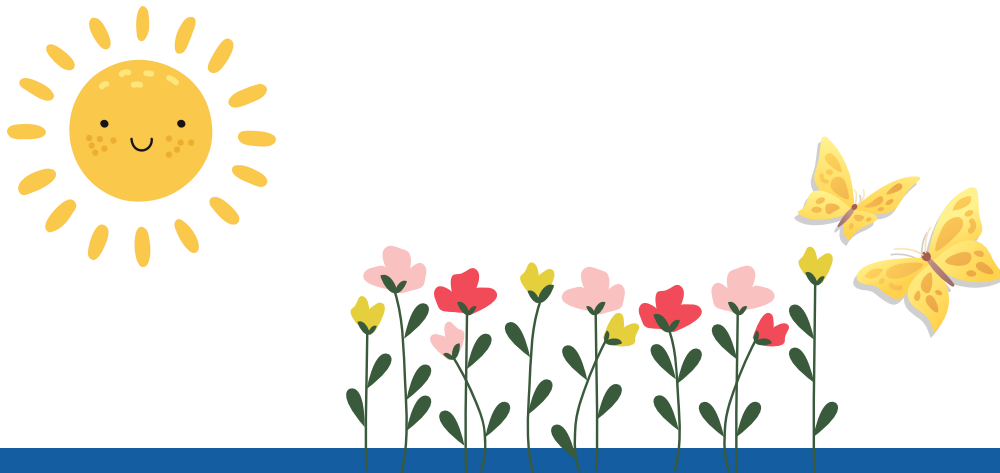
Specific Populations

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.

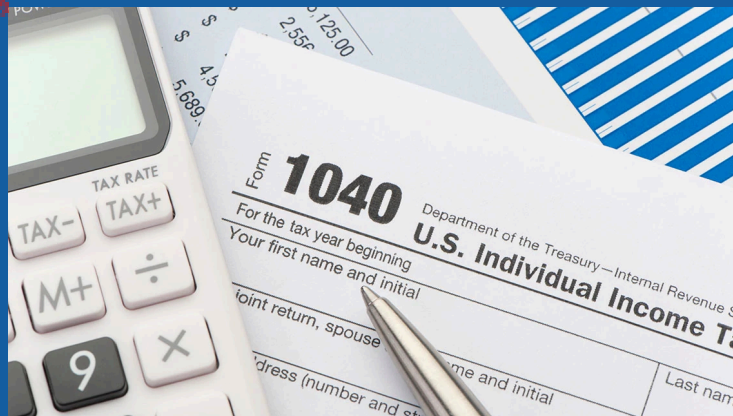
Support Groups

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 Gerri Todd.

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.



AARP



We are thankful AARP is helping so many people with their taxes here at the Adult Community Center free of charge. Please note all the 2025 appointments are now filled. Remember to sign up early next year!

THE POWER OF WRITING YOUR STORIES

WITH DEDE MONTGOMERY



Writing can be enjoyable, benefit our personal well-being, and help us feel more connected with others.



Dede Montgomery is a sixth generation Oregonian, long time West Linn resident, blogger and author. She has published four books including her most recent memoir, *From First Breath to Last: A Story About Love, Womanhood, and Aging* which weaves her writing with that of her mother. Dede Montgomery was a member of the Adult Community Center's "Honoring Your Memories" class. Dede's books will be available for purchase and are also available at West Linn and other public libraries. Learn more about her at <https://dedemontgomery.com>

Join author Dede Montgomery for a workshop about writing our stories. She will share short readings from her most recent published memoir as we ponder our interests in writing about our life experiences. Bring paper and a writing implement and be prepared to write for short periods.

Workshop Objectives:

- Recognize the power of sharing our personal stories.
- Brainstorm one life experience or event you'd like to write about.
- Learn about different successful platforms and strategies for story writing and sharing.

**WEDNESDAY,
MARCH 19TH
1-2:15PM**

📍 1180 Rosemont Rd. West Linn
☎ (503) 557-4704



Empower your pelvic health



Prevent and Decrease Urinary Incontinence

A special, two-part presentation for women led by Kelly Bradley, licensed Physical Therapist, specializing in women's holistic pelvic healing and Founder of Age Well Home & Lifestyle.

- Did you know that urinary incontinence can often be prevented or reduced by learning to connect with and relax your pelvic floor? The myth that you “just need to do kegels” is outdated and incomplete. For many women, pelvic floor muscles are too tight and weak--and tightening them further isn't the solution. Join Kelly for session 1 & 2 for this important workshop.

Wednesday, April 2nd & 30th at 1:00pm at the West Linn Adult Community Center

What you will learn in workshop 1

The connection between your breath and your pelvic floor.

- Learn how to identify and gently connect with your pelvic bowl using breathing and awareness exercises.

The importance of relaxation before strengthening.

- Understand why a too-tight pelvic floor can worsen symptoms.
- Practice tools to stop clenching—whether it's your pelvic floor, stomach, or glutes.

Reprogramming your awareness

- Identify when stress or habits cause you to unconsciously clench.
- Begin retraining your pelvic floor to relax and release tension.

What you will learn in workshop 2

Strengthening the Pelvic Bowl

- Learn safe, effective exercises that build true strength in the pelvic floor without creating unnecessary tension

Building Coordination and Agility

- Discover how to train your pelvic floor to respond on demand—whether it's laughing, sneezing, or exercising.

Improving Endurance for Everyday Activities

- Learn how to build lasting muscle endurance so your pelvic floor can support you all day long

Registration fee of \$36 includes both classes
Please RSVP at the ACC front desk. (503) 557-4704
1180 Rosemont Road, West Linn





CITY OF
**West
Linn**

PARKS & RECREATION

WLACC

May Mini Market

TUESDAY, MAY 6TH, 11-4PM

1180 ROSEMONT RD.

WEST LINN, OR 97068

Join us for a mini bazaar! Find gifts for
Mother's day or treat yourself!

Baked Goods - Soaps - Jewelry
- Massage - Nails - Plants -
Flowers - Wine - Gifts and More!



Heron Watch 2025

*Maddax Woods
5770 River Street, West Linn*

CITY OF
**West
Linn**
PARKS & RECREATION



SAT 2/22 1-3PM

SUN 3/16 1-3PM

SAT 4/19 1-3PM

SUN 5/11 1-3PM

SAT 6/7 1-3PM

*Kids
activities
available!*

Join our volunteer-led heron viewing and activities from the observation deck at Maddax Woods

Did you know that from Maddax Woods you can view one of the largest Great Blue Heron nesting areas in the Portland Metro area? Come join us (weather permitting) as we learn all about Great Blue Herons. Try on life-size heron wings, learn what a heron footprint looks like, compare your height to that of a heron at two weeks old to a full-grown adult. Bring your binoculars and we'll provide the scopes. Let's explore together these fascinating prehistoric looking birds.

*Friends of
Maddax Woods*

MARCH

MON	TUE	WED	THU	FRI
<p>3 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 11:00- Coffee Time 12:00- Bridge</p>	<p>4 TUESDAY</p> <p>8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Strength & Balance beginner 10:00- Gentle Yoga 12:30- Pinochle 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>5 WEDNESDAY</p> <p>8:30- Walking Group 8:30-Move Well Yoga 10:00- Aerobics 12:00- LUNCH 12:00-Attorney by appt 12:30- Pinochle 1:00-Band Jam</p>	<p>6 THURSDAY</p> <p>8:30-Zumba Gold 9:00-2:00 -Taxes 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 1:00-Mexican Train 1:30-Tai Chi</p>	<p>7 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 1:00- Movie Time</p>
<p>10 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 11:00- Coffee Time 12:00- Bridge 1:00-Open Craft time</p>	<p>11 TUESDAY</p> <p>8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Strength & Balance beginner 10:00- Gentle Yoga 12:30- Pinochle 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>12 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>13 THURSDAY</p> <p>8:30-Zumba Gold 9:00-2:00 -Taxes 10:00-Gentle Yoga 10:00- Knitting & Crocheting 10:15-Bus trip to Pittock Mansion 11:30-Chair Yoga 1:00-Mexican Train 1:00-Parkinson's Support Group 1:30-Tai Chi</p>	<p>14 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 1:00- Movie Time</p>
<p>17 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 11:00- Coffee Time 12:00- Bridge</p>	<p>18 TUESDAY</p> <p>8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Strength & Balance beginner 10:00- Gentle Yoga 12:30- Pinochle 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>19 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-Writing Your Stories Workshop</p>	<p>20 THURSDAY</p> <p>8:30-Zumba Gold 9:00-2:00 -Taxes 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 1:00-Mexican Train 1:00-Caregivers Support Group 1:30-Tai Chi</p>	<p>21 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 1:00- Movie Time</p>
<p>24 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 11:00- Coffee Time 12:00- Bridge 1:00-Open Craft time</p>	<p>25 TUESDAY</p> <p>8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Strength & Balance beginner 10:00- Gentle Yoga 12:30- Pinochle 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>26 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>27 THURSDAY</p> <p>8:30-Zumba Gold 9:00-2:00 -Taxes 10:00-Gentle Yoga 10:00- Knitting & Crocheting 10:30-Bus trip to Nordic Northwest 11:30-Chair Yoga 1:00-Mexican Train 1:30-Tai Chi</p>	<p>28 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 1:00- Movie Time</p>
<p>31 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 11:00- Coffee Time 12:00- Bridge</p>				

APRIL

MON	TUE	WED	THU	FRI
	<p>1 TUESDAY</p> <p>8:30-Strength and Balance</p> <p>8:30-Gentle Yoga</p> <p>10:00- Honoring Our Memories Writing</p> <p>10:00-Strength & Balance beginner</p> <p>10:00- Gentle Yoga</p> <p>12:30- Pinochle</p> <p>1:00 -Table Tennis for Parkinsons</p> <p>1:00-Uke Jam</p>	<p>2 WEDNESDAY</p> <p>8:30- Walking Group</p> <p>8:30-Move Well Yoga</p> <p>10:00- Aerobics</p> <p>12:00- LUNCH</p> <p>12:00-Attorney by appt</p> <p>12:30- Pinochle</p> <p>1:00-Band Jam</p> <p>1:00-Pelvic Health workshop 1</p>	<p>3 THURSDAY</p> <p>8:30-Zumba Gold</p> <p>9:00-2:00 -Taxes</p> <p>9:15- 2:45-Foot Care by Appt</p> <p>10:00-Gentle Yoga</p> <p>10:00- Knitting & Crocheting</p> <p>10:00-Quilting for a Cause</p> <p>11:30-Chair Yoga</p> <p>1:00-Mexican Train</p> <p>1:30-Tai Chi</p>	<p>4 FRIDAY</p> <p>8:30-Strength and Balance</p> <p>8:30- Walking Group</p> <p>10:00- Open Painting</p> <p>10:00 - Gentle Yoga and Strength</p> <p>10:00- Aerobics</p> <p>12:00- Texas Hold 'Em</p> <p>12:00-Mah Jongg-Chinese</p> <p>12:30- Pinochle</p> <p>1:00- Movie Time</p>
<p>8:30- Walking Group</p> <p>8:30- Zumba Gold</p> <p>8:30- Move Well Yoga</p> <p>10:00-Qigong</p> <p>10:00- Aerobics</p> <p>10:00- Hand and Foot</p> <p>11:00- Coffee Time</p> <p>12:00- Bridge</p> <p>1:00-Open Craft time</p>	<p>8 TUESDAY</p> <p>8:30-Strength and Balance</p> <p>8:30-Gentle Yoga</p> <p>10:00- Honoring Our Memories Writing</p> <p>10:00-Strength & Balance beginner</p> <p>10:00- Gentle Yoga</p> <p>12:30- Pinochle</p> <p>1:00 -Table Tennis for Parkinsons</p> <p>1:00-Uke Jam</p>	<p>9 WEDNESDAY</p> <p>8:30- Walking Group</p> <p>8:30-Move Well Yoga</p> <p>10:00- Aerobics</p> <p>12:00- LUNCH</p> <p>12:30- Pinochle</p> <p>1:00-Band Jam</p>	<p>10 THURSDAY</p> <p>8:30-Zumba Gold</p> <p>9:00-2:00 -Taxes</p> <p>10:00-Gentle Yoga</p> <p>10:00- Knitting & Crocheting</p> <p>11:30-Chair Yoga</p> <p>1:00-Mexican Train</p> <p>1:30-Tai Chi</p>	<p>11 FRIDAY</p> <p>8:30-Strength and Balance</p> <p>8:30- Walking Group</p> <p>10:00- Open Painting</p> <p>10:00 - Gentle Yoga and Strength</p> <p>10:00- Aerobics</p> <p>12:00- Texas Hold 'Em</p> <p>12:00-Mah Jongg-Chinese</p> <p>12:30- Pinochle</p> <p>1:00- Movie Time</p>
<p>14 Monday</p> <p>8:30- Walking Group</p> <p>8:30-Zumba Gold</p> <p>8:30- Move Well Yoga</p> <p>10:00-Qigong</p> <p>10:00- Aerobics</p> <p>10:00- Hand and Foot</p> <p>11:00- Coffee Time</p> <p>12:00- Bridge</p>	<p>15 TUESDAY</p> <p>8:30-Strength and Balance</p> <p>8:30-Gentle Yoga</p> <p>10:00- Honoring Our Memories Writing</p> <p>10:00-Strength & Balance beginner</p> <p>10:00-Gentle Yoga</p> <p>12:30- Pinochle</p> <p>1:00 -Table Tennis for Parkinsons</p> <p>1:00-Uke Jam</p>	<p>16 WEDNESDAY</p> <p>8:30- Walking Group</p> <p>8:30-Move Well Yoga</p> <p>10:00- Aerobics</p> <p>12:00- LUNCH</p> <p>12:30- Pinochle</p> <p>1:00-Band Jam</p>	<p>17 THURSDAY</p> <p>8:30-Zumba Gold</p> <p>9:00-2:00 -Taxes</p> <p>9:15- 2:45-Foot Care by Appt</p> <p>10:00-Gentle Yoga</p> <p>10:00- Knitting & Crocheting</p> <p>10:00-Quilting for a Cause</p> <p>11:30-Chair Yoga</p> <p>1:00-Mexican Train</p> <p>1:30-Tai Chi</p>	<p>18 FRIDAY</p> <p>8:30-Strength and Balance</p> <p>8:30- Walking Group</p> <p>10:00- Open Painting</p> <p>10:00-Gentle Yoga and Strength</p> <p>10:00- Aerobics</p> <p>12:00- Texas Hold 'Em</p> <p>12:00-Mah Jongg-Chinese</p> <p>12:30- Pinochle</p> <p>1:00- Movie Tim</p>
<p>21 Monday</p> <p>8:30- Walking Group</p> <p>8:30- Zumba Gold</p> <p>8:30- Move Well Yoga</p> <p>10:00-Qigong</p> <p>10:00- Aerobics</p> <p>10:00- Hand and Foot</p> <p>11:00- Coffee Time</p> <p>12:00- Bridge</p> <p>1:00-Open Craft time</p>	<p>22 TUESDAY</p> <p>8:30-Strength and Balance</p> <p>8:30-Gentle Yoga</p> <p>10:00- Honoring Our Memories Writing</p> <p>10:00-Strength & Balance beginner</p> <p>10:00- Gentle Yoga</p> <p>12:30- Pinochle</p> <p>1:00 -Table Tennis for Parkinsons</p> <p>1:00-Uke Jam</p>	<p>23 WEDNESDAY</p> <p>8:30- Walking Group</p> <p>8:30-Move Well Yoga</p> <p>10:00- Aerobics</p> <p>12:00- LUNCH</p> <p>12:30- Pinochle</p> <p>1:00-Band Jam</p>	<p>24 THURSDAY</p> <p>8:30-Zumba Gold</p> <p>9:00-2:00 -Taxes</p> <p>10:00-Gentle Yoga</p> <p>10:00- Knitting & Crocheting</p> <p>10:30-Bus trip to Cornell Farm</p> <p>11:30- Chair Yoga</p> <p>1:00-Mexican Train</p> <p>1:30-Tai Chi</p>	<p>25 FRIDAY</p> <p>8:30-Strength and Balance</p> <p>8:30- Walking Group</p> <p>10:00- Open Painting</p> <p>10:00 - Gentle Yoga and Strength</p> <p>10:00- Aerobics</p> <p>12:00- Texas Hold 'Em</p> <p>12:00-Mah Jongg-Chinese</p> <p>12:30- Pinochle</p> <p>1:00- Movie Time</p>
<p>28 Monday</p> <p>8:30- Walking Group</p> <p>8:30- Zumba Gold</p> <p>8:30- Move Well Yoga</p> <p>10:00-Qigong</p> <p>10:00- Aerobics</p> <p>10:00- Hand and Foot</p> <p>11:00- Coffee Time</p> <p>12:00- Bridge</p>	<p>29 TUESDAY</p> <p>8:30-Strength and Balance</p> <p>8:30-Gentle Yoga</p> <p>10:00- Honoring Our Memories Writing</p> <p>10:00-Strength & Balance beginner</p> <p>10:00- Gentle Yoga</p> <p>12:30- Pinochle</p> <p>1:00 -Table Tennis for Parkinsons</p> <p>1:00-Uke Jam</p>	<p>30 WEDNESDAY</p> <p>8:30- Walking Group</p> <p>8:30-Move Well Yoga</p> <p>10:00- Aerobics</p> <p>12:00- LUNCH</p> <p>12:30- Pinochle</p> <p>1:00-Band Jam</p> <p>1:00-Pelvic Health workshop 2</p>		