

March & April 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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We feel so blessed to spend this March and April with you here at the West Linn Adult Community Center! We have some great events coming up, new classes and support groups as well as fun trips planned.

If you are feeling lucky, come with us on the bus to the Ilani Casino or go back in time and check out the dinosaur exhibit at OMSI, shop at Bauman Farms and the Woodland Outlet mall, or enjoy a matinee movie with friends at the WLACC.

We look forward to seeing old friends and meeting new ones this spring!
Tiffany & Nicole



Meet the Staff:

Tiffany Carlson,
Recreation Coordinator
tcarlson@westlinnoregon.gov
&

Nicole Budden,
Recreation Coordinator
nbudden@westlinnoregon.gov



Volunteer Highlight

This newsletter we'd like to highlight Dave Pitzer who helps at the front desk and keeps our medical equipment organized. We are so thankful to have him as part of the WLACC volunteer team! We sure appreciate you Dave!

Upcoming Presentations

Mental Health Matters

Wednesday, March 6th, 1-2pm

Learn how to recognize signs and symptoms as well as helpful tools and resources for mental wellness.



Hands only CPR/AED Class with TVF&R

Wednesday, March 20th, 1pm

Learn the skills needed to save a life! This is not a certification course, but still very applicable hands-on training with life-saving skills. This one-hour class will leave plenty of time for questions and hands-on practice.



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.

We love our Volunteers!



Did you know the WLACC has one full time employee on site?
We are primarily volunteer run. This includes the people who welcome you at the front desk, the people who help serve and help in the kitchen on Wednesdays, our bus drivers, the people who keep our library and medical equipment organized, our garden growing and many other things here at our Adult Community Center.

Thank you all so very much for all you do!
Tiffany & Nicole

Dance Class “PRACTICA”

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



**MONDAYS IN MARCH
AT 1:00 PM
FREE OF CHARGE
AT WLACC**

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

**ORGANIZED BY
ROSEMARY TOBIGA**

**PLEASE SIGN UP AT THE
FRONT DESK**

Bus Trips

Feeling lucky? Visit Ilani Casino and roll the dice!

Thursday, March 7th

\$15 includes transportation

Depart the ACC at 10:00 am - return around 4:00 pm



Intrigue your interest at OMSI

Thursday, March 21st

\$10 includes transportation

Depart ACC at 1:00 pm - return around 4:30 pm

Visit Bauman Farm and then shop at Woodburn Outlet Stores

Thursday, April 11th

\$15 includes transportation

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



Matinee Movie (Movie TBD - stay tuned)

Thursday, April 25th

\$10 includes transportation

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 Gaia Mather, ND

The WLACC offers footcare with Gaia, ND, 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.



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

March & April

Menu

March 6th	Pork Roast, Mashed Potatoes and Glazed Carrots
March 13th	St. Patrick Lunch - Corn Beef, Cabbage, Potatoes, Irish Soda Bread and Bread Pudding
March 20th	Meat Loaf, Mashed Potatoes & Corn
March 27th	Easter lunch - Ham, Scalloped Potatoes and Peas
April 3rd	Tuscan Chicken Pasta
April 10th	Brunch for lunch - Breakfast Casserole
April 17th	Beef Enchiladas with Refried Beans, and Mexican Rice
April 21st	Hungarian Chicken and Buttered Noodles

Menu subject to change due to availability.

New! Alzheimer's Support Group, Memories in the Making Class (MIMS) and a Men's group.

Meet Kate and Scott McKinzie

Scott and Kate McKinzie recently retired and moved to the West Linn area after years of visiting family who live out this way. Scott is a retired dentist who enjoyed working with all ages for 38 years, and Kate is MSW/ gerontology certified who also enjoyed working side-by-side with her husband while managing their practice.

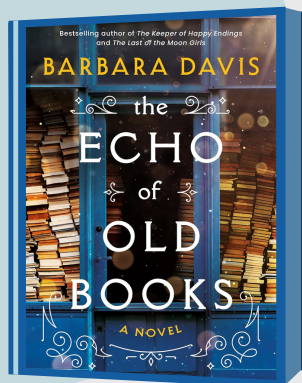
Both Kate and Scott made the decision years ago that, when they had the opportunity, they would give back to the community. Both share a love of working with older adults and are currently volunteering for the Alzheimer's Association.

Scott is an avid reader who has enjoyed participating in men's groups before and is excited about beginning one here in West Linn. Kate is a self-taught artist who has been painting for many years and has recently begun working with adults with dementia by using watercolor as a means for expressing feelings, memories, and more.



**Check out all of our
ongoing support
groups on page 12**

BOOK CLUB UPCOMING READS

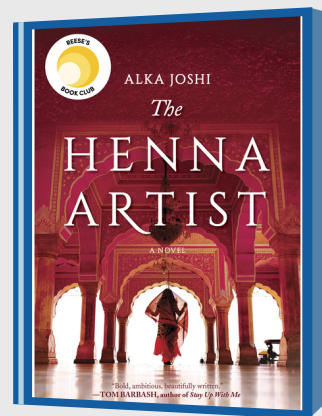


WEDNESDAY, MARCH 13TH, 1:00PM THE ECHO OF OLD BOOKS BY BARBARA DAVIS

A novel about the magical lure of books and summoning the courage to rewrite our stories by the Amazon Charts bestselling author of *The Keeper of Happy Endings* and *The Last of the Moon Girls*.

WEDNESDAY, APRIL 10, 1:00PM THE HENNA ARTIST BY ALKA JOSHI

Vivid and compelling in its portrait of one woman's struggle for fulfillment in a society pivoting between the traditional and the modern, *The Henna Artist* opens a door into a world that is at once lush and fascinating, stark and cruel.



LOOKING AHEAD TO MAY

LESSONS IN CHEMISTRY BY BONNIE GARMUS

Fun Events and Out on the Town

Valentine
craft



Valentine fun



Powell's Books Bus Trip



Volunteer Appreciation

Thank
you!



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. 3/19-5/17. Full term IC \$105 / OC \$115 for 2x a week. IC \$55 / OC \$65 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. 3/7-5/2. IC \$44 / OC \$54 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. 3/5-4/30 (no class on 3/26). Full term IC \$44 / OC \$54 or \$10 drop-in fee per class.

Gentle Yoga: 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. 3/5-5/2 (no class 3/26 & 3/28). Full term IC \$88 / OC \$98 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. 3/8-5/3 (no class 3/29). Full term IC \$75 / OC \$85 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 IC \$55 / OC \$65. Drop in \$10.

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. 3/4-4/29 (no class on 3/25 & 3/27). Full term IC \$84 / OC \$94 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. 3/4-5/1 (no class 3/25 & 3/27). Full term IC \$80 / OC \$90 or \$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. 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. 4/11-6/13. IC \$90 / OC \$100

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

"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

Crafting/Art

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.

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.

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

Craft Time: Seasonal crafts - March Shamrock craft Monday 3/4/24 1:00-2:30 pm & April Easter Craft Monday 4/8/24 1:00-2:30 pm. Cost \$20 per craft.

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.

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.

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.

New and Novel Men's Group: Every Monday at 11:00am. Come join Dr. Scott McKinzie for a unique experience exploring the stories of famous men who made historic contributions that had lasting effects. More importantly, Scott will open up a more meaningful and personal discussion of how we men are or are not inspired by that week's biographical subject. Every week begins with Scott reading a brief but impressive passage regarding such notables as John Wooden, Mel Brooks, or Fred Rogers. A wonderful opportunity to not only learn more about others but to learn more about yourself. Come join the fun and make new friends!

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)

Whist: Fridays @ 10:00am

Mah Jongg: Fridays @ 12:00pm

Services

Footcare with Gaia Mather, ND: By appointment only every 1st and 3rd 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.

Creative/Special Interest Activities Continued

Specific Populations

Memories in the Making (MIMS). Every Thursday at 1:00pm. In partnership with the Alzheimer's Association, this is an opportunity for those living with mild to moderate dementia to engage socially and reminisce about meaningful life moments through the process of watercolor painting. No prior art experience is necessary! Trained facilitators, Kate McKinzie and Anne McKinney, will assist individuals to communicate through drawing and/or painting their feelings, memories, stories and more.

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

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. 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.

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.

Is there a class or group you'd like
to see at the WLACC?



Let us know!

Do you sing or play the piano? We have a few people interested in starting a choir group.

We also have a few people interested in a game time with Mexican Train and other fun games. If you are interested, add your name to the list at the front desk and we will find a time for you to gather and try it.

Presentation Mental Health Matters

Learn how to recognize the signs and symptoms, the truths from the myths, and some coping skills and tools at the ready when you or someone you know is in crisis. Discover where to go find help and resources and how to care for your own mental health and wellness.



Join us
Wednesday March 6th
from 1-2PM at the
West Linn Adult
Community Center



CITY OF
**West
Linn**
PARKS & RECREATION

 **NAMI** Clackamas
National Alliance on Mental Illness

NEW AND NOVEL MEN'S GROUP

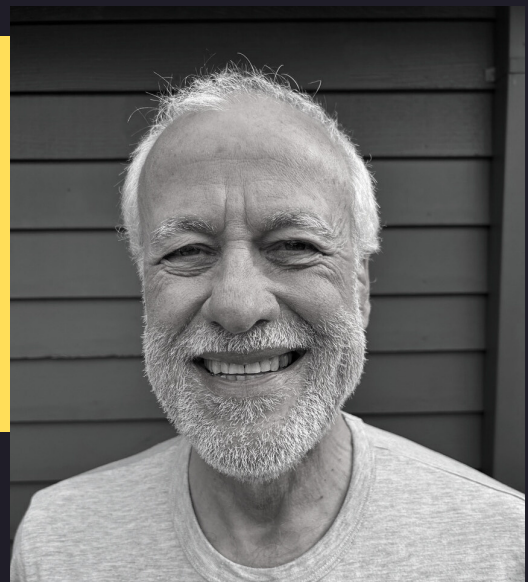
Join Dr. Scott McKinzie for a unique experience exploring the stories of famous men who made historic contributions that had lasting effects.

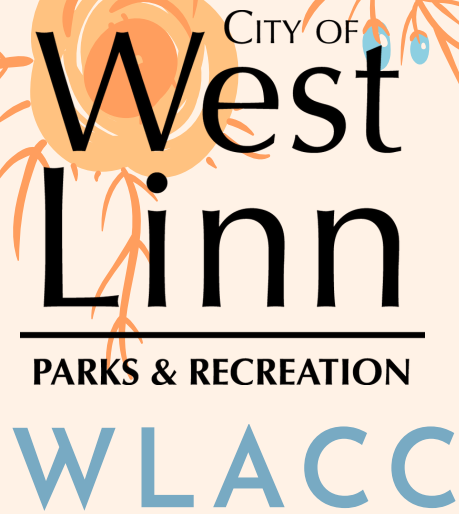
Scott will open up a more meaningful and personal discussion of how we men are or are not inspired by that week's biographical subject.

Every week begins with Scott reading a brief but impressive passage regarding such notables as John Wooden, Mel Brooks, or Fred Rogers. A wonderful opportunity to not only learn more about others but to learn more about yourself.

Come join the fun and make new friends!

**Mondays at 11am,
beginning April 1st,
at the West Linn Adult
Community Center**





May Mini Market

-SAVE THE DATE-

WEDNESDAY, MAY 1ST, 1-4PM

1180 ROSEMONT RD.

WEST LINN, OR 97068

Join us for a mini bazaar!

Find gifts for
Mother's day
or treat yourself!



SENIOR PROM

SAVE
THE
DATE



28
JUNE

6-8PM

WEST LINN
ADULT
COMMUNITY
CENTER

COME WITH A DATE OR COME SOLO - JUST COME!

SIGN UP AT THE ADULT COMMUNITY CENTER FRONT DESK

**NATIVE SAPLING
GIVEAWAY***

**APRIL 8AM
1-3 5PM**

**WEST LINN
CITY HALL**

ARBOR WEEK

CELEBRATED NATIONALLY

APRIL 1-5

**MORE ACTIVITIES MAY BE ADDED, FIND OUT MORE ONLINE:
WESTLINNOREGON.GOV/PARKSREC/ARBOR-WEEK**

***FIRST COME FIRST SERVED,
WHILE SUPPLIES LAST.**

EARTH DAY WORK DAY



APRIL 20TH, 2024 | 9AM-12PM
FIELDS BRIDGE PARK

Join us in restoring the park! Contribute to the environment by helping with tasks such as invasive plant removal, trail maintenance, and planting. Lunch provided by the West Linn Lions.



REGISTER ONLINE: [SOLVEOREGON.ORG](https://solveoregon.org)

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

				1 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
4 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-Practica Dance 1:00-Craft-Shamrock	5 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	6 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-Mental Health Presentation	7 THURSDAY 9:00-3:00-AARP Tax Aide 9:15- 2:45-Foot Care by Appt 10:00-Bus trip to Ilana Casino 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 11:30-Chair Yoga 11:45-Bus to Bingo 12:00- Marimba Ensemble 1:30-Tai Chi	8 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
11 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-Practica Dance	12 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	13 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00-St. Patrick’s Day LUNCH 12:30- Pinochle 1:00-Band Jam 1:00-Book Club	14 THURSDAY 9:00-3:00-AARP Tax Aide 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 11:30-Chair Yoga 12:00- Marimba Ensemble 1:30-Parkinson’s Support Group 1:30-Tai Chi	15 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
18 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-Practica Dance	19 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	20 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-hands-only CPR/AED class with TVF&R	21 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 1:00-Bus trip to OMSI 1:30-Caregiver Support Group 1:30-Tai Chi	22 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
25 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-Practica Dance	26 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	27 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00-Easter LUNCH 12:30- Pinochle 1:00-Band Jam	28 THURSDAY 9:00-3:00-AARP Tax Aide 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 11:30-Chair Yoga 12:00- Marimba Ensemble 1:30-Tai Chi	29 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

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

1 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 11:00-Men’s group NEW! 12:00- Bridge 1:00-Alzheimer’s Support Group NEW!	2 TUESDAY. 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memo- ries 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	3 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00- LUNCH 12:30- Pinochle 1:00-Band Jam	4 THURSDAY 9:00-3:00-AARP Tax Aide 9:15- 2:45-Foot Care by Appt 10:00-Quilting for a Cause 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 11:30-Chair Yoga 11:45-Bus to Bingo 12:00- Marimba Ensemble 1:00-Memories in the Making art class (MIMS) NEW! 1:30-Tai Chi	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
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 11:00-Men’s group 12:00- Bridge 1:00-Spring Craft	9 TUESDAY. 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memo- ries 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	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	11 THURSDAY 9:00-3:00-AARP Tax Aide 10:00-Bus trip to Bauman Farms and Woodburn outlets 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 11:30-Chair Yoga 11:45-Bus to Bingo 12:00- Marimba Ensemble 1:00-Memories in the Making art class (MIMS) 1:30-Tai Chi 1:30-Parkinson’s Support Group	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
15 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 11:00-Men’s group 12:00- Bridge 1:00-Alzheimer’s Support Group NEW!	16 TUESDAY 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memo- ries 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	17 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00-LUNCH 12:30- Pinochle 1:00-Band Jam	18 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 1:00-Memories in the Making art class (MIMS) 1:30-Tai Chi 1:30-Caregiver Support Group	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
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 11:00-Men’s group 12:00- Bridge	23 TUESDAY. 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memo- ries 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	24 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00-LUNCH 12:30- Pinochle 1:00-Band Jam	25 THURSDAY 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 11:30-Chair Yoga 12:00- Marimba Ensemble 1:00-Memories in the Making art class (MIMS) 1:30-Tai Chi Bus trip to a movie matinee-time and movie TBD	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
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 11:00-Men’s group 12:00- Bridge	30 TUESDAY. 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memo- ries 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			