

March / April 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**

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Hello Friends,

Hope you are all staying warm! We have a great new batch of fun activities that will get us through the next few cold months. Please remember to sign up early as many of our bus trips and classes fill up quickly. Just a reminder, we will no longer be hosting Friday lunches but remember to sign up in advance for Wednesday lunches. The menu is located on page 6.

See you around the center!  
Meghan and Tiffany



Meet the Staff:  
Tiffany Carlson,  
Recreation Coordinator  
[tcarlson@westlinnoregon.gov](mailto:tcarlson@westlinnoregon.gov)

Meghan Matthies,  
Recreation Coordinator  
[mmatthies@westlinnoregon.gov](mailto:mmatthies@westlinnoregon.gov)

## Volunteer Corner

- We are in need of a volunteer willing to head up hospitality tasks, including welcoming new members, birthday activities and helping members who may be going through tough times.

# Thanks for all the Fun

Dear WLACC friends,


For those of you who don't know, these will be my last few weeks working at the WLACC. Our family is taking on a new adventure moving to Seoul, South Korea. It has been such a pleasure to work as your Recreation Coordinator for the past 3+ years, I am inspired by the true sense of community that happens in these walls every day. I want to say that I have enjoyed so much of my time here and will be forever grateful for all the wonderful memories. It has been my privilege to get to know many of you and learn your stories. I could not have asked for better co-workers both in Tiffany and our wonderful volunteers. This has been such a wonderfully supportive and friendly community and I will miss all the laughs and fun we have shared together.

Please send me emails from time to time and let me know what you are all up to!

Very Sincerely,


*Meghan*






**THE STAFFORD**  
LAKE OSWEGO

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Experience



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1200 Overlook Drive  
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 Find us on Facebook!

# Upcoming Events

## Paint and Sip the Colors of Spring

Tuesday, March 7th, 1:00pm-2:30pm  
Enjoy an afternoon of painting guided by artist Maureen Heath. Served with sweet treats & fun drinks.  
\$40 includes all art supplies, food and beverages.



## Party Sendoff for Meghan!

Friday, April 28th, 2:00-3:00pm  
Let's send our beloved Meghan off with our well wishes and love on her last day! Meghan's favorites sips and sweets will be provided.  
We'd appreciate an RSVP at the front desk so we can get a head count.



## TAX APPOINTMENTS AT THE WLACC

All AARP Tax Program appointments are currently full.  
Please call if you would like to be put on a waiting list.

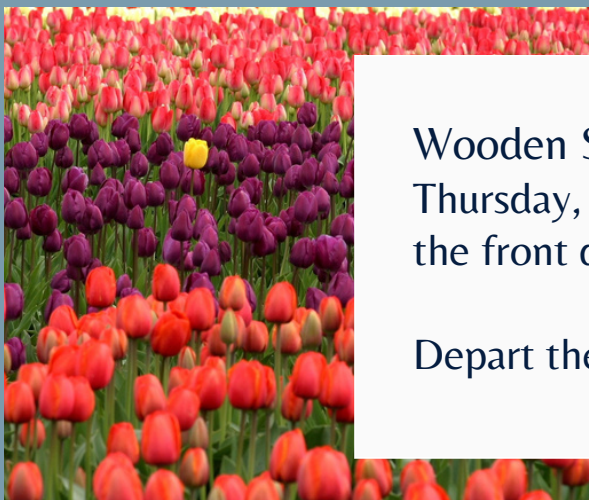
503 557-4704

# Bus Trips

Pendleton Woolen Mill Tour & Lunch on the river  
at Puffin Cafe - Washougal, WA

Friday, March 31st - \$10 for transportation

Depart the ACC at 9:30am - return around 2pm



Wooden Shoe Tulip Festival and Bauman Farms  
Thursday, April 6th. Cost TBD (please check with  
the front desk)

Depart the ACC at 10am-return around 2pm

High Tea at Elka Bees - Happy Valley

Thursday, April 27th

\$55 includes tea, gratuity and transportation.

Tea includes: finger sandwiches, scones with cream  
and jams, shortbread, desserts with choice of freshly  
brewed tea. Depart ACC at 12:30



# 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

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

March 1st	Fried Chicken with corn and mashed potatoes
March 8th	Teriyaki Chicken with veggies and white rice
March 15th	Corned Beef & Cabbage
Mar 22nd	Entree Cobb Salad with cheesy bread
Mar 29th	Soup, Sandwich & Salad: French Onion Soup & Chicken Salad Sandwich
April 5th	Paprika Chicken with mashed potatoes and veggies
April 12th	Easter Brunch
April 19th	Brats & Tots
April 26th	Meatloaf with mashed potatoes and creamed corn





# 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.



## Portland Senior Housing

A senior housing referral service for the Portland Metro Area.

- Save Time
- Simplify your search
- Focus on the right options

Jenn Buman, BA, MBA  
(503) 487-7245  
[www.portlandseniorhousing.com](http://www.portlandseniorhousing.com)



Proud member of  
OSRAA  
[www.osraa.com](http://www.osraa.com)

Portland Senior Housing



I'm dedicated to helping your family as if you were mine.

## Parkinsons Support Group

2nd Monday of the month, 1-2pm

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.

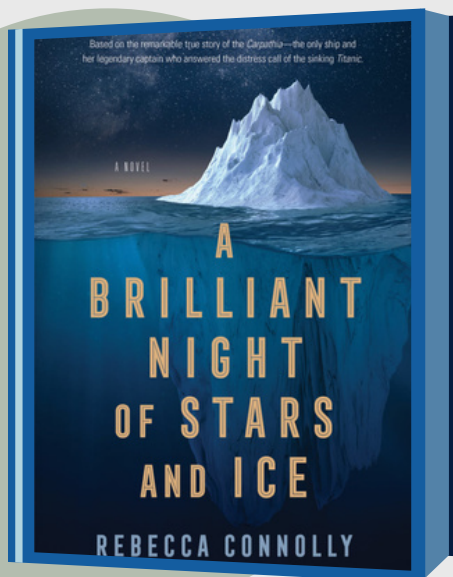


## Table Tennis for Parkinsons

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

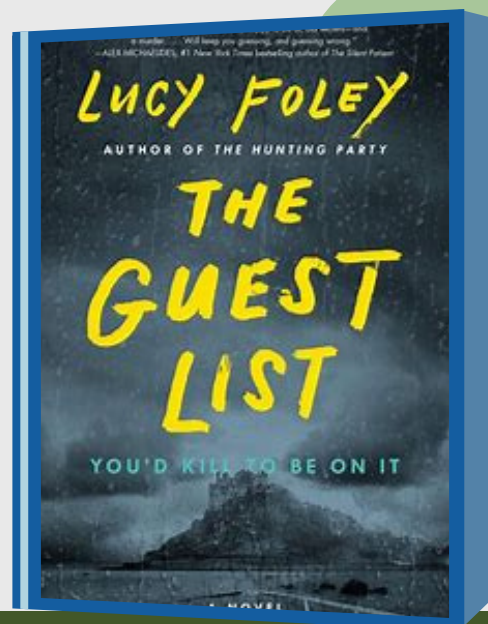


### MARCH 8TH, 1:00PM – A BRILLIANT NIGHT OF STARS AND ICE BY REBECCA CONNOLLY

Told in alternating chapters from both Captain Rostron on the Carpathia and Kate Connolly on the Titanic, this historical novel is a compelling, heart-pounding account of two eyewitnesses to an epic disaster. Rostron's heroic and compassionate leadership, , and his grit and determination to act selflessly to save lives and care for the survivors, sets the course for this awe-inspiring story.

### APRIL 12TH, 1:00PM – THE GUEST LIST BY LUCY FOLEY

On an island off the coast of Ireland, guests gather to celebrate two people joining their lives together as one. It's a wedding for a magazine, or for a celebrity: the designer dress, the remote location, the luxe party favors, the boutique whiskey. And then someone turns up dead. Who didn't wish the happy couple well? And perhaps more important, why?





# Get To Know - Loretta Schwartz-Reed

Written by a fellow community center patron

At 90 years old, why is Loretta involved with WLACC?

You may have met Loretta Schwartz – Reed volunteering at the front desk of taking part in one of the many other activities and events at WLACC. If not, let this feature serve as your introduction to this very accomplished woman. Loretta has spent her life using her talents and abilities to help others. She has intentionally grown her circles of connection by encouraging others to solve problems by focusing on the value, belongingness and interconnectedness of all. In eighth grade, Loretta decided to become a businesswoman. After 35-year career with the Bureau of Indian (BIA) and Indian Health Service (IHS), she retired as Financial Manager for IHS.



In 1985, she joined Tanner Company of North Carolina as a Fashion Consultant to utilize her Professional Seamstress abilities. After retirement in 1992, she became a Granny-Nanny to Grandchildren, Lauren and Jesse Pyrch. In 1992, West Linn City Council selected her to serve as member and chair of West Linn Budget Committee. Her other business interest included the West Linn Chamber of Commerce, serving as President in 2003. In conclusion, Loretta developed the first Native American Culture Course and taught at Mt Hood Community, Portland Community and Clark College in Vancouver, WA. From 2012 to 2018, Loretta was Host Mother to Exchanged Students from Japan, Korea, Taiwan, and France, here to study English at Marylhurst University.

Out on the town! Join us  
on the next bus trip



# Health & Fitness Activities

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## 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. March 7th-April 28th. Full term \$105 IC, \$115 OC for 2x a week. \$55 IC, \$65 OC for 1x a week. \$10 drop in per class.

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

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. 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  
April 27th-July 13th. \$108 IC or \$118 OC. No drop in option.

## 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. March 7th-April 27th. Full term \$77 IC, \$87 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. March 10th-April 28th. Full term \$65 IC, \$75 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. March 20th-May 17th. 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. March 6th-April 26th. Full term \$130 IC, \$140 OC or \$10 drop-in fee per class. Mondays only \$70 IC, \$80 OC, Wednesdays only \$70 IC, \$80 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.

\*IC- In City, OC-out of City

# Creative/Special Interest Activities

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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.

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

CARD GAMES (no charge unless otherwise noted)

Bridge: Mondays @ 12:00-3:00 pm

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.

2023

# 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!

# Heron Watch 2023

*Maddax Woods  
5770 River Street, West Linn*

CITY OF  
**West  
Linn**  
PARKS & RECREATION



SAT 2/18 1-3PM

SUN 3/5 1-3PM

SAT 3/18 1-3PM

SUN 4/2 1-3PM

SAT 4/22 1-3PM

SAT 5/13 1-3PM

SUN 6/11 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*



**NATIVE SAPLING  
GIVEAWAY**

**APRIL  
3-6**

7:30AM  
-  
5:30PM

**WEST LINN  
CITY HALL**

**CELEBRATING OUR 30TH YEAR AS A TREE CITY USA**

**ARBOR WEEK**

**APRIL 2-8**

[WESTLINNOREGON.GOV/PARKSREC](http://WESTLINNOREGON.GOV/PARKSREC)

503-557-4700

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

		<b>1 WEDNESDAY</b> 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 10:00-Qigong 12:00: LUNCH 12-2:00: Attorney by appt. 12:30- Pinochle 1:00-Band Jam	<b>2 THURSDAY</b> 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 12:15- Marimba Ensemble 12:30-Tai Chi	<b>3 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
<b>6 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	<b>7 TUESDAY.</b> 8:30-Strength and Balance 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 <b>1:00 – Paint &amp; Sip</b>	<b>8 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 <b>1:00-Book Club-A Brilliant            Night of the Stars and Ice by            Rebecca Connolly</b>	<b>9 THURSDAY</b> 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 12:15- Marimba Ensemble 12:30-Tai Chi	<b>10 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
<b>13 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 1:00-Parkinson’s support group	<b>14 TUESDAY</b> 8:30-Strength and Balance 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	<b>15 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	<b>16 THURSDAY</b> 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 12:15- Marimba Ensemble 12:30-Tai Chi	<b>17 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
<b>20 MONDAY</b> 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge	<b>21 TUESDAY.</b> 8:30-Strength and Balance 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 Parkinson’s 1:00-Uke Jam	<b>22 WEDNESDAY</b> 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00: LUNCH 12:30- Pinochle 1:00-Band Jam	<b>23 THURSDAY</b> 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 12:15- Marimba Ensemble 12:30-Tai Chi	<b>24 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
<b>27 MONDAY</b> 8:30- Walking Group 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge	<b>28 TUESDAY.</b> 8:30-Strength and Balance 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	<b>29 WEDNESDAY</b> 8:30- Walking Group 10:00- Aerobics 10:00- Qigong 12:00: LUNCH 12:30- Pinochle 1:00-Band Jam	<b>30 THURSDAY</b> 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 12:15- Marimba Ensemble 12:30-Tai Chi	<b>31 FRIDAY</b> 8:30-Strength and Balance 8:30- Walking Group <b>9:30-Pendleton Woolen Mills            Tour and Lunch</b> 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

# April 2023 West Linn Adult Community Center -503-557-4704

<p><b>3 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>4 TUESDAY.</b>            8:30-Strength and Balance            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><b>5 WEDNESDAY</b>            8:30- Walking Group            8:30- Move Well Yoga            10:00- Aerobics            10:00-Qigong            12:00: LUNCH            12-2:00: Attorney 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  <b>10:00 Bus Trip – Tulip Festival            &amp; Bauman Farms</b>            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            1:00-Parkinson’s support            group</p>	<p><b>11 TUESDAY.</b>            8:30-Strength and Balance            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><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  <b>1:00-Book Club - The Guest            List by Lucy Foley</b></p>	<p><b>13 THURSDAY</b>            10:00-Gentle Yoga and Strength            10:00- Knitting &amp; Crocheting            12:15- Marimba Ensemble            12:30-Tai Chi</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            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 Appt            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><b>19 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>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 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><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            12:30-Tai Chi  <b>12:30 – Bus Trip – High Tea at            Elka Bees</b></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>