

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



This issue:

Bus Trips Page 3

Services
Page 4

Lunch Menu Page 5

> Fitness Page 8

Activities & Special Interest Page 9-10



Summer time fun is coming!

Sweet summertime is here, and we have some fun things planned for you! Come participate in or attend our may mini market, photography classes, Red Cross Emergency preparedness or Advance Directive workshop. Save the date also for our dog and car show in the later summer months! (You can find the flyers for these at the end of this newsletter.) Take a bus trip and play 18 holes of mini golf, shop the Wednesday Willamette Market, enjoy the Rose Garden and or the Portland Chinese Garden. See our regular calendar for all the wonderful regular programs we have here Monday through Friday, 9-3. We look forward to seeing you this summer!

Tiffany & Nicole



Meet the Staff:

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

Recreation Coordinator nbudden@westlinnoregon.gov

Volunteer Highlight



Joan Hallinan

We are thankful to have so many wonderful volunteers! This month, we would like to recognize Joan Hallinan who you may recognize from the front desk!

Thank you for all you do to make things brighter (and cleaner!) around the Adult Community

Center Joan!



Bus Trips

Mini golf and lunch at Tualatin Island Greens **Thursday, May 15th**

\$17 includes transportation and golf
Depart ACC at 10:00 am and returns around 1:30 pm





Wednesday in Willamette Summer Street Market **Wednesday, May 21st**

\$5 includes transportation only
Depart ACC at 3:30pm - returns around 6:00pm

Portland Rose Garden Thursday, June 12th

\$20 includes transportation and tour of garden
Depart ACC at 12:00 - returns around - 4:30pm
*Bring sack lunch or eat before - happy hour after tour





Portland Chinese Garden Thursday, June 26th

\$25 includes entry and transportation only Lunch at Golden Horse Seafood Depart ACC at 10:15am - 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.





Lynch 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 take your leftovers home. If using a to-go box from the kitchen, we ask for \$1 donation.



Menu

May 7th	Mother's Day Brunch			
May 14th	Meat Loaf, Mashed Potatoes and Veggies			
May 21st	Chicken Broccoli Bake and Salad			
May 28th	Baked Ziti and Salad			
June 4th	Taco Salad			
June 11th	Hungarian Chicken with Noodles and Salad			
June 18th	Pulled Pork Sliders, Coleslaw and Salad			
June 25th	Hot Dogs, Macaroni Salad and Chips			

Menu subject to change due to availability and food prices. Payment is due at time of registration to reserve your spot. Cancellations in less than 48 hours of lunch are non-refundable.

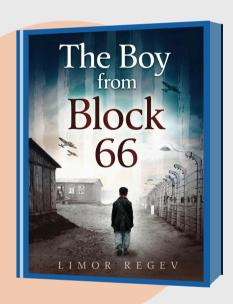
COFFEE SOCIAL TIME

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

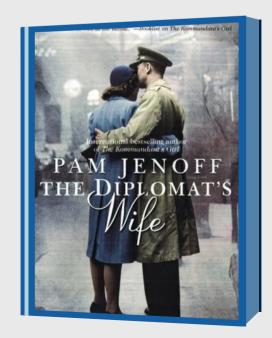


WEDNESDAY, MAY 14TH, 1:00PM THE BOY FROM BLOCK 66 BY LIMOR REGEV

January, 1945. 14-year-old Moshe Kessler steps off the train at Buchenwald concentration camp. Having endured the horrors of Auschwitz-Birkenau, lost touch with his entire family, and survived the death march in the freezing European winter, he has seen more than his share of tragedy. Moshe knows only one thing about Buchenwald. Everyone knows it. If you want to survive, you have to get to Block 66.

WEDNESDAY, JUNE 11TH, 1:00PM THE DIPLOMAT'S WIFE BY PAM JENOFF

1945. Marta Nederman has barely survived the brutality of a Nazi concentration camp, where she was imprisoned for her work with the Polish resistance. Lucky to have escaped with her life, she meets Paul, an American soldier, who gives her hope of a happier future. The two make a promise to meet in London, but Paul is in a deadly plane crash and never arrives. The Diplomat's Wife is a story of survival, love and heroism, and a great testament to the strength of women.



What Fun We Have Together!



Bus trip to Nordic Center









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. 5/5-6/26. (No class 5/26 & 6/19) Full term \$84 Res, \$94 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. 4/18-6/13 (No class 5/9) 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. 4/15-6/10 (No class 5/6). 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. 5/8-6/26. (No class on 6/19) \$42 res, \$52 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. 5/6-6/24. (No class 6/19) 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. 5/9-6/27. (No class 6/20) Full term \$65 res, \$75 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. 5/5-6/23 (no class on 5/26). 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. 5/5-6/30. (No class 5/26). Full term \$96 res, \$106 non res. \$10 drop in.

Tai Chi (Taiji) Beginning: Thursdays, 1:30-2:30pm

Improve your balance! Increase your vitality. Strengthen your immune system! Stimulate your brain! Achieve strength and flexibility. Alleviate anxiety and depression. Relieve chronic pain and inflammation. Playing Taiji can offer all of this <u>and more!</u> 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

<u>Art</u>

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 May 12, June 2, June 16 @ 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 (Wed/Fri Pinochle advanced)

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

<u>Table Tennis for Parkinsons</u>: 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

<u>Caregiver Support Group</u>: 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.

<u>Parkinsons Support Group</u>: 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.





Recipe for Sun Tea

Prep Time = 5 minutes
Brewing Time 2-4 hours, depending on desired strength of tea

Ingredients:

4 tea bags for 2 quarts of water or 8 bags for a gallon of water.

Directions:

Use a clean glass jar or pitcher and fill with distilled water
Add tea bags. Cover jar or pitcher tightly.
Place jar or pitcher in direct sunlight for 2-4 hours.
Serve chilled or over ice.
Add lemons or mint to enhance the flavor.
Enjoy!





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 - Jewlery - Massage - Nails - Plants -Flowers - Wine - Gifts and More!





Presentation

ADVANCE CARE PLANNING

Exploring Oregon's Advance Directive, the Oregon POLST, and More!



Eriko Onishi MD, MCR, PhD

Oregon Health and Science University,
Department of Family Medicine
Salem Hospital Palliative Care Physician
Adventist Hospice, Medical Director
Prestige Care Rehab. of Reedwood, Medical Director
erikoonishi.com

What's Advance Care Planning (ACP)?

It's a process that helps you to prepare in advance for your future medical needs, such as when you are very hurt, or very sick, or very old, or any other time that you aren't able to fully communicate what you want or need.

Preparing for these situations beforehand through the ACP process provides you with some control over how you will be treated and cared. It is also an invaluable gift to your loved ones, who will not have to make these important decisions for you.

Please join us on how the ACP process works, and also exploring both the Oregon Advance Directive and Oregon POLST (Portable Order for Life Sustaining Treatment).

Everyone is invited, from adult children to older adults, because it's never too early, or too late, to start your ACP!

Sign up at the West Linn Adult Community Center front desk





Thursday, June 5th 10am to 11:45am (with a 15 minute break).

Steve will be highlighting many beautiful locations and activities in the Northwest.

Steve retired after over 50 years as a professional photographer and now create landscape and wildlife photos for pleasure.

RSVP at the front desk to reserve your seat.



The West Linn Adult Community Center 1180 Rosemont Rd., West Linn



Thursday, June 5th 1pm-2pm

The Wildlife Photography program covers how to get close to wild animals that survive with acute senses of hearing, smell and eyesight. Also how to best photograph them.

Steve retired after over 50 years as a professional photographer and now create landscape and wildlife photos for pleasure.

RSVP at the front desk to reserve your seat.

West Linn
PARKS & RECREATION Adult Community Center

The West Linn Adult Community Center 1180 Rosemont Rd., West Linn



ARE YOU

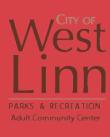
RED CROSS READY?



LEARN TO PREPARE FOR AN EMERGENCYBY FOLLOWING SIMPLE STEPS IN ADVANCE TO ENSURE YOU CAN WEATHER A CRISIS SAFELY AND COMFORTABLY.

THURSDAY, JUNE 12TH AT 1PM

PLEASE RSVP AT THE FRONT DESK TO RESERVE YOUR SEAT.











SAVE THE DATE

SHOW OF FORDOGE

Enter your dog in a paw-some dog party where tails wag and smiles are seen all over at the WLACC Annual Dog Show!

TUESDAY, JULY 8TH



Nature's Pet
NUTRITION CENTER & WELLNESS SPA

Pick up an entry form for your dog at the WLACC front desk



HAVE A CLASSIC CAR?

Come show it off at the Classic Car Show



TUESDAY AUGUST



11:00AM = 2:00PM

WEST LINN ADULT COMMUNITY CENTER

1180 Rosemont Rd., West Linn, OR 97068

to enter your car, please contact nbudden@westlinnoregon.gov 503.742.6068



Maddax Woods 5770 River Street, West Linn

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

Lids 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.





MON	TUE	WED	THU	FRI
			1 THURSDAY 8:30-Zumba Gold 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	2 FRIDAY 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00 - Gentle Yoga and Strength 10:00- Aerobics 12:00- Texas Hold 'Em 12:00-Mah Jongg- Chinese 12:30- Pinochle 1:00- Movie Time
5 MONDAY 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	6 TUESDAY 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00- Gentle Yoga 11:00-4:00pm-Mini Market 11:30-Strength & Balance beginner 12:30- Pinochle 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam	7 WEDNESDAY 8:30 - Walking Group 8:30 - Move Well Yoga 10:00 - Aerobics 12:00 - LUNCH 12:00 - Attorney by appt 12:30 - Pinochle 1:00 - Band Jam	8 THURSDAY 8:30-Zumba Gold 10:00-Gentle Yoga 10:00- Knitting & Crocheting 11:30-Chair Yoga 1:00-Mexican Train 1:00-Parkinson's Support Group 1:30-Tai Chi	9 FRIDAY 8:30 - Strength and Balance 8:30 - Walking Group 10:00 - Open Painting 10:00 - Gentle Yoga and Strength 10:00 - Aerobics 12:00 - Texas Hold 'Em 12:00 - Mah Jongg - Chinese 12:30 - Pinochle 1:00 - Movie Time
12 MONDAY 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	13 TUESDAY 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	14 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	15 THURSDAY 8:30-Zumba Gold 9:15-2:45-Foot Care by Appt. 10:00-Gentle Yoga 10:00-Quilting & Crocheting 10:00-Quilting for a Cause 10:00-Bus trip to Tualatin Greens-mini golf 11:30-Chair Yoga 1:00-Mexican Train 1:00-Caregiver's Support Group 1:00-Advance Care Planning class 1:30-Tai Chi	16 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 1:00- Movie Time
19 MONDAY 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	20 TUESDAY 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	21 WEDNESDAY 8:30- Walking Group 8:30-Move Well Yoga 10:00- Aerobics 12:00- LUNCH 12:30- Pinochle 1:00-Band Jam 3:30-Bus ride to Willamette Summer Street Market	22 THURSDAY 8:30-Zumba Gold 10:00-Gentle Yoga 10:00- Knitting & Crocheting 11:30-Chair Yoga 1:00-Mexican Train 1:30-Tai Chi	23 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 1:00- Movie Time
Closed for Memorial Day	27 TUESDAY 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	28 WEDNESDAY 8:30 - Walking Group 8:30 - Move Well Yoga 10:00 - Aerobics 12:00 - LUNCH 12:30 - Pinochle 1:00 - Band Jam	29 THURSDAY 8:30-Zumba Gold 10:00-Gentle Yoga 10:00- Knitting & Crocheting 11:30-Chair Yoga 1:00-Mexican Train 1:30-Tai Chi	30 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 1:00- Movie Time



MON	TUE	WED	THU	FRI
2 MONDAY 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	3 TUESDAY 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	4 WEDNESDAY 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	5 THURSDAY 8:30-Zumba Gold 9:00-2:00 -Taxes 9:15- 2:45-Foot Care by Appt 10:00-Photography class 1 10:00-Gentle Yoga 10:00- Knitting & Crocheting 10:00-Quilting for a Cause 11:30-Chair Yoga 1:00-Photography class 2 1:00-Mexican Train 1:30-Tai Chi	6 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 1:00- Movie Time
9 MONDAY 8:30- Walking Group 8:30- Zumba Gold 8:30- Move Well Yoga 10:00- Gigong 10:00- Aerobics 10:00- Hand and Foot 11:00- Coffee Time 12:00- Bridge	10 TUESDAY 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	11 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	12 THURSDAY 8:30-Zumba Gold 10:00-Gentle Yoga 10:00- Knitting & Crocheting 10:00-Quilting for a Cause 11:30-Chair Yoga 12:00-Bus trip to Portland Rose Garden 1:00-Mexican Train 1:00-Red Cross Ready class 1:30-Tai Chi	13 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 1:00- Movie Time
16 MONDAY 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	17 TUESDAY 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	18 WEDNESDAY 8:30- Walking Group 8:30-Move Well Yoga 10:00- Aerobics 12:00- LUNCH 12:30- Pinochle 1:00-Band Jam	19 THURSDAY Closed for Juneteenth	20 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 1:00- Movie Time
23 MONDAY 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	24 TUESDAY 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	25 WEDNESDAY 8:30- Walking Group 8:30-Move Well Yoga 10:00- Aerobics 12:00- LUNCH 12:30- Pinochle 1:00-Band Jam	26 THURSDAY 8:30-Zumba Gold 10:00-Gentle Yoga 10:00- Knitting & Crocheting 10:00-Quilting for a Cause 10:15-Bus trip to Portland Chinese Garden 11:30-Chair Yoga 1:00-Mexican Train	27 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 1:00- Movie Time
30 MONDAY 8:30 - Walking Group 8:30 - Zumba Gold 8:30 - Move Well Yoga 10:00 - Oigong 10:00 - Aerobics 10:00 - Hand and Foot 11:00 - Coffee Time 12:00 - Bridge				