

November/December 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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Ho ho ho!

Tis the season to be jolly!

We hope to see you during this holiday season! Santas helpers are busy getting ready for the holiday bazaar. You can come find unique and handmade gifts November 16 and 17th 9am-3pm. Sign up for a holiday bus trip to Ilani Casino and maybe win some holiday spending money! The bus will also head to Durant Vineyards for the Olio Nuovo celebration, PIR Winter Wonderland, and to Sleigh Bells to get you in the spirit!

We are thankful we get to spend time with you at the WLACC!

Tiffany & Nicole



Meet the Staff:

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

Volunteer Highlight

THANKFUL



Mike

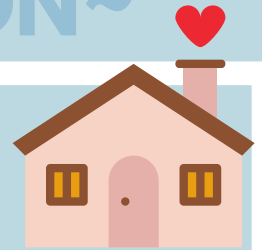


Jim

We are thankful to have so many wonderful volunteers! This month, we would like to recognize two of our newer volunteers Mike Maxwell and Jim Mitchell who you may recognize from greeting you at the front desk. We are so thankful to have you both here helping at the Adult Community Center!

~UPCOMING PRESENTATION~

Join Us



AGING WELL: 7 PILLARS OF LIVING YOUR BEST LIFE NOW!

Let's have a cozy conversation about Aging Well...

Aging is a privilege and an opportunity.

Lets have some tea and connect for a cozy conversation about how we can embrace aging and enjoy the journey! We will chat about our mindsets around aging, daily rituals and habits we can adopt to feel our best, how we can experience more joy in our moments and more.

Wednesday, November 13th at 1pm

RSVP at the front desk to reserve your spot.

(503) 557-4704

West Linn Adult Community Center

1180 Rosemont Rd. West Linn

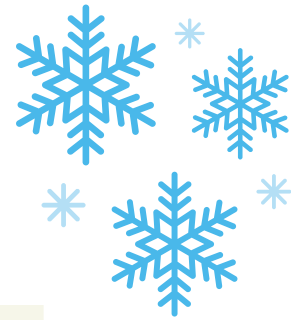


Hosted by Age Well Home & Lifestyle founder, Kelly Bradley Kelly is a Certified Aging In Place Specialist, Licensed OR Real Estate Broker and Llcensed OR Physical Therapist. She marries her backgrounds in physical therapy, interior design and health & life coaching with her expertise in real estate and Aging In Place to help people age well in their homes and lives.

She believes aging is a privilege and opportunity. It is her passion and joy to live her best life as she ages and to help others do the same!

KELLY BRADLEY

Bus Trips



Illani Casino

Thursday, November 14th

\$20 includes transportation

Depart ACC at 10:00 am - returns around 4:00 pm



Durant Vineyards Olio Nuovo Olive Celebration

Thursday, November 21st

\$15 includes transportation

Depart ACC at 11:00am - returns around 3:30pm

PIR Winter Wonderland
Thursday, December 5th

\$20 includes transportation and entry

Depart ACC at 6:00pm returns around 8:00pm

Spread cheer and wear your Santa or Elf hat



Visit Sleigh Bells in Sherwood & Lunch at Norton Cafe
Thursday, December 12th

\$15 includes transportation only

Depart ACC at 10:00am - 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.



Medical Equipment

The WLACC has medical equipment (typically walkers, crutches, canes, etc.) to loan out free of charge. Please call the front desk to see what is available. 503-557-4704

Foot Care with Nurse Gaia

The WLACC offers footcare with Nurse Gaia. Call the front desk to schedule an appointment today. Cost is \$40 and please bring two towels. Please note: cost will increase to \$45 beginning in January.



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.

November & December

Menu

November 6th	Cowboy spaghetti, black bean and corn salad, and Texas sheet cake
November 13th	Ham sandwich, salad and split pea soup
November 20th	Chicken broccoli stir fry, veggie soup and rice
November 27th	Open face turkey sandwich with squash soup
December 4th	Pasta bake with soup and garlic bread
December 11th	Holiday Lunch
December 18th	Grilled veggie sandwich, salad and tomatoe soup
December 25th	Closed for Christmas

Menu subject to change due to availability.

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, NOVEMBER --, 1:00PM

AGAIN AND AGAIN

BY JONATHAN EVISON

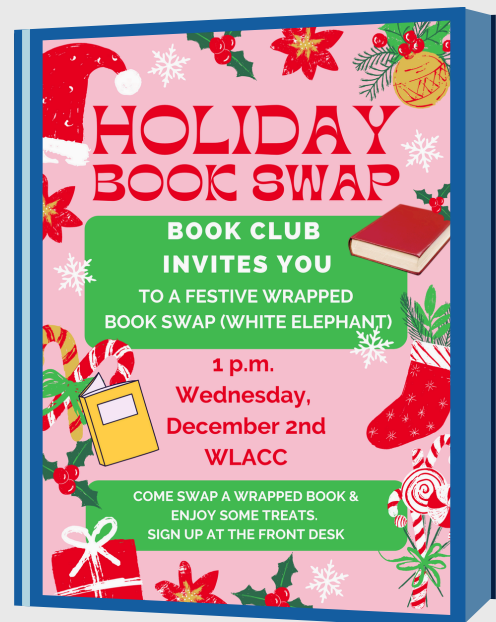


Geno is living out his final days in a nursing home, bored, curmudgeonly, and struggling to connect with his nursing assistant, Angel, whom he sees as being different from him in every way possible, and unable to understand him in any way. Perhaps no one really can, since he's been saying that he's not just Geno--in fact, he's lived many past lives, dating back one thousand years. And since that first life in Seville, Spain, he has been searching for the love of his life, whom he met then and only one other time since.

WEDNESDAY, DECEMBER 11TH, 1:00PM

WHITE ELEPHANT BOOK SWAP

All are welcome to participate in this fun holiday event! Swap a wrapped book and enjoy some treats. Sign up at the front desk.



Fun Events and Out on the Town

Chili Cook Off

Tasters!!!!

Winners!!!!



Art Museum



Sole Support walk for Parkinsons



Rock and Mineral Museum



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. 11/4-12/19. (No class 11/11, 11/14 & 11/28) Full term \$66 Res, \$76 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. 10/4-11/26. 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.

Intermediate Strength and Balance--formerly 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. 10/8-11/26. 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. 11/7-12/19. (No class 11/14 & 11/28). \$28 res, \$38 non res or \$10 drop in

Gentle Yoga: Tuesdays 8:30-9:30am & 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. 11/5-12/19 (no class 11/12, 11/14 & 11/28). Full term \$33 res, \$43 non res for Tuesdays only. \$60 res, \$70 non res or \$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. 11/8-12/20 (no class 11/15 & 11/29). Full term \$50 res, \$60 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. 11/4-12/16 (no class 11/11). Full term \$60 res, \$70 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. 11/4-12/4. No class 11/11. Full term \$48 res, \$58 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. 9/19-11/21. 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.

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.

Chorus: Mondays, 1:00 Come sing with others who like to sing!

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 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.

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.

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.

~Sharing a message from AARP Tax-Aide~

SEEKING VOLUNTEERS TO HELP OREGON TAXPAYERS
AARP Foundation Tax-Aide Program now recruiting volunteers for
in-person and virtual Tax-Aide service

Looking for a volunteering opportunity where you can make a big impact? The AARP Tax-Aide program is looking for people interested in helping low to moderate income people with free tax preparation. Because of the complexity of the U.S. tax code, many taxpayers overpay their taxes or turn to paid tax services they cannot afford. Some may forgo filing their taxes and miss out on the credits and deductions they've earned because they are unable to pay for assistance. Tax-Aide volunteers can help by providing necessary services in communities where there is the greatest need.

Signup to Volunteer

To learn about our volunteer opportunities, visit aarpfoundation.org/taxaide. If you would like to register to be contacted for more information or training, go to our volunteer application: aarpfoundation.org/taxaidevolunteer or call 1-888-227-7669.

WLACC Celebration for

VETERANS



DAY



11.7.2024

**VETERANS ARE INVITED TO JOIN US FOR
A CELEBRATION WITH
COFFEE & COMRADERY**

**Thursday, November 7th
10:00 AM - Cedar Room**





CITY OF
**West
Linn**

PARKS & RECREATION

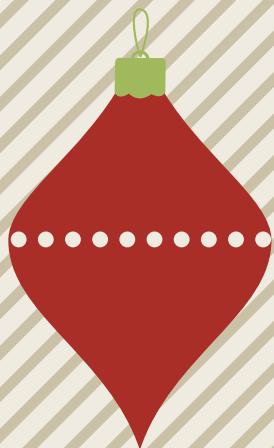


NOVEMBER

16-17

9AM - 3PM

**1180 ROSEMONT RD.
WEST LINN, OR**



ADULT COMMUNITY CENTER

**HOLIDAY
BAZAAR**

**COME SHOP FOR UNIQUE
AND HANDMADE GIFTS**



CITY OF
**West
Linn**

PARKS & RECREATION
Adult Community Center

HOLIDAY DANCE



6
DEC

6-8 PM



\$10
COST



FEATURING MUSIC BY DJ MIKE

THIS IS A SOCIAL EVENT WITH PARTICULAR CONSIDERATION TO THE ENJOYMENT OF INDIVIDUALS, TEEN-YOUNG ADULT, WITH PHYSICAL OR COGNITIVE DISABILITIES. FRIENDS AND FAMILY ARE ENCOURAGED TO ATTEND!

TO RSVP CALL 503-742-6068
NBUDDEN@WESTLINNOREGON.GOV



WEST LINN ADULT COMMUNITY CENTER
1180 ROSEMONT RD
WEST LINN, OR 97068

CITY OF
**West
Linn**
PARKS & RECREATION

SAVE THE DATE
Kick off the new year

Happy Hour

4:30 PM

to

6 PM

Friday, January 10

\$15



*Come enjoy 20s-40s
style live music of
Smut City Jellyroll
Society and light
appetizers!*

Sign up at the front desk



Talent Show

WEST LINN
ADULT
COMMUNITY
CENTER

**OH WHAT TALENT WE HAVE
AT THE WLACC!**



**THANKS TO OUR TALENTED PARTICIPANTS AND TO
BONAVENTURE OF MILWAUKIE FOR SPONSORING THIS EVENT!**

West Linn Parks & Recreation Annual

HOLIDAY TREE LIGHTING & COMMUNITY CELEBRATION

FRIDAY, DECEMBER 6TH
6-8PM WEST LINN CITY HALL
22500 SALAMO RD

- Photos with Santa
- Hot Cocoa & treats
- Music
- Character meet & greets!



CITY OF
West Linn
PARKS & RECREATION



OREGON
HEALTHCARE.GOV



TOYOTA

WEST LINN PARKS & RECREATION ANNUAL

HOLIDAY PARADE

ADVENTURE IN TOYLAND

SATURDAY
DECEMBER 14TH
5:00PM
HISTORIC WILLAMETTE
MAIN STREET

City of
West Linn

PARKS & RECREATION



**Parade
Entries
Wanted!**

WESTLINNOREGON.GOV/PARKSREC/HOLIDAY-PARADE



NOVEMBER

MON	TUE	WED	THU	FRI
<p>28</p> 	29	30	31	<p>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</p>
<p>4 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-Alzheimer's Support Group</p>	<p>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 12:30- Pinochle 1:00 - Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>6 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00- LUNCH 12:30- Pinochle 1:00-Band Jam</p>	<p>7 THURSDAY 8:30- Zumba Gold 9:15- 2:45-Foot Care by Appt 10:00-Gentle Yoga 10:00- Knitting & Crocheting 10:00 Veterans Coffee 11:30-Chair Yoga 1:00-Mexican Train 1:30-Tai Chi</p>	<p>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</p>
<p>11 MONDAY Closed in honor of Veteran's Day</p>	<p>12 TUESDAY 8:30- Strength and Balance 10:00- Honoring Our Memories Writing 10:00-Sit & Be Fit 10:00- Gentle Yoga 12:30- Pinochle 1:00 - Table Tennis for Parkinson's 1:00-Uke Jam</p>	<p>13 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</p>	<p>14 THURSDAY 8:30- Zumba Gold 10:00-Bus trip to Ilani Casino 10:00- Gentle Yoga 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 1:30-Tai Chi 1:00-Parkinson's Support Group 1:00-Mexican Train</p>	<p>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</p>
<p>18 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-Alzheimer's Support Group</p>	<p>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 12:30- Pinochle 1:00 - Table Tennis for Parkinson's 1:00-Uke Jam</p>	<p>20 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00-LUNCH 12:30- Pinochle 1:00-Band Jam</p>	<p>21 THURSDAY 9:15- 2:45-Foot Care by Appt 10:00- Knitting & Crocheting 11:00-Bus trip to Durant Vineyards, Olive celebration 1:00-Mexican Train 1:00-Caregiver Support Group 1:30-Tai Chi</p>	<p>22 FRIDAY 8:30- Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 12:00- Texas Hold 'Em 12:00- Mah Jongg - Chinese 12:30- Pinochle</p>
<p>25 MONDAY 8:30- Zumba Gold 8:30- Walking Group 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>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 12:30- Pinochle 1:00 - Table Tennis for Parkinson's 1:00-Uke Jam</p>	<p>27 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00-LUNCH 12:30- Pinochle 1:00-Band Jam</p>	<p>28 THURSDAY Closed for the Thanksgiving Holiday Happy Thanksgiving!</p>	<p>29 FRIDAY Closed for the Thanksgiving Holiday</p>

DECEMBER

MON	TUE	WED	THU	FRI
<p>2 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-Alzheimer's Support Group</p>	<p>3 TUESDAY</p> <p>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</p>	<p>4 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>5 THURSDAY</p> <p>8:30- Zumba Gold 9:15- 2:45-Foot Care by Appt 10:00-Gentle Yoga 10:00- Knitting & Crocheting 11:30-Chair Yoga 1:00-Mexican Train 6:00-Bus trip to PIR Winter Wonderland</p>	<p>6 FRIDAY</p> <p>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</p>
<p>9 MONDAY</p> <p>8:30- Zumba Gold 8:30- Walking Group 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>10 TUESDAY</p> <p>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</p>	<p>11 WEDNESDAY</p> <p>8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00-HOLIDAY LUNCH 12:30- Pinochle 1:00-Band Jam 1:00-Book Club gift exchange. Open to everyone!</p>	<p>12 THURSDAY</p> <p>8:30- Zumba Gold 10:00-Gentle Yoga 10:00- Knitting & Crocheting 10:00-Bus trip to Sleigh Bells and lunch at Norton's Cafe 11:30-Chair Yoga 1:00-Mexican Train</p>	<p>13 FRIDAY</p> <p>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</p>
<p>16 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-Alzheimer's Support Group</p>	<p>17 TUESDAY</p> <p>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</p>	<p>18 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>19 THURSDAY</p> <p>8:30- Zumba Gold 9:15- 2:45-Foot Care by Appt 10:00-Gentle Yoga 10:00- Knitting & Crocheting 11:30-Chair Yoga 1:00-Mexican Train</p>	<p>20 FRIDAY</p> <p>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</p>
<p>23 MONDAY</p> <p>Closed for the holidays</p>	<p>24 TUESDAY</p> <p>Closed for the holidays</p>	<p>25 WEDNESDAY</p> <p>HAPPY HOLIDAYS!</p>	<p>26 THURSDAY</p> <p>Closed for the holidays</p>	<p>27 FRIDAY</p> <p>Closed for the holidays</p>
<p>30 MONDAY</p> <p>Closed for the holidays</p>	<p>31 TUESDAY</p> <p>Closed for the holidays. Happy New Year!</p> <p>We look forward to seeing you on Thursday, January 2nd!</p>			