



November/December 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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## From Nicole and Tiffany

We hope you will join us for some of the festivities we have planned for the holiday season here at the WLACC.

Our holiday bazaar is back with more than 40 vendors! Come and shop from unique, handcrafted artists. Lots of gift items, as well as food and drinks will be available for purchase. The WL Lion burgers are being served again! Saturday, November 18th and Sunday, 19th, 9am-3pm both days.

Bus trips will include a trip to enjoy the lights at the Grotto and the Christmas ships on the Willamette.

Toys for Tots will have donation boxes here through December 15th. Please bring a new, unwrapped toy for a child in need.

Come enjoy some winter fun at the Adult Community Center!

Tiffany & Nicole



### Meet the Staff:

Tiffany Carlson,  
Recreation Coordinator  
tcarlson@westlinnoregon.gov  
&

Nicole Budden,  
Recreation Coordinator  
nbudden@westlinnoregon.gov

## Volunteer Highlight

Julie Hoover has been helping at WLACC for more than 10 years. We love her creativity and willingness to greet everyone with a smile. Julie's favorite job was working at Stafford Primary School Library. Thanks for helping and brightening peoples day at the front desk Julie! We are so lucky to have you!



# Upcoming Events

## Talent Show

**Wednesday, November 1st**

What's your talent? Come share it with us!

If you don't want to share, come watch!

Sign up at front desk



## Holiday Bazaar

**Saturday, November 18th and**

**Sunday, November 19th**

Come and shop unique and handcrafted art vendors. Lots of gift items, as well as food and drinks available for purchase.

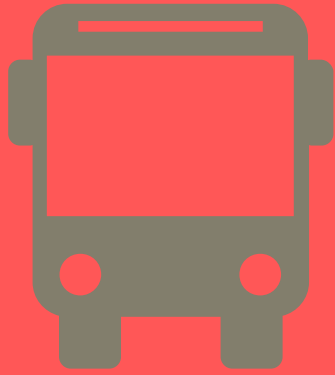


## Directory



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.



# Bus Trips



The Grotto and dinner at Old Country Kitchen  
**Thursday, December 7th**

\$15 includes transportation only, entry fee is approx. \$10  
Depart ACC at 3:45 pm - return around 8:00 pm

Christmas ships on Willamette and dinner at  
The Old Spaghetti Factory

**Thursday, December 14th**

\$10 includes transportation.

Depart ACC at 5:30pm and returns around 8:00 pm



**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 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.



**NEW**



## Craft Time

Feeling crafty? Simple and seasonal craft making - sign up at front desk. November holiday theme will be a paint by numbers. December we will create holiday cone center pieces \$20 per class includes supplies. See Nicole for details.



# Lunch is Served

Plated lunch is served on Wednesdays at Noon,  
please sign up in advance at the front desk. Cost: \$8.00

November & December

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

|         |   |
|---------|---|
| Nov. 1  | Danny's homemade pizza                                      |
| Nov. 8  | Pork schnitzel, braised red cabbage and German potato salad |
| Nov. 15 | Steak salad and Hungarian mushroom soup with cheesy bread   |
| Nov. 22 | Thanksgiving brunch for lunch with corn beef hash           |
| Nov. 29 | Grilled chicken, scalloped potatoes and corn                |
| Dec. 6  | Bolognese pasta and garlic bread                            |
| Dec. 13 | Brunch for lunch  |
| Dec. 20 | Holiday lunch - turkey, ham mashed potatoes with gravy      |

# New! Caregiver Support Group

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.

# Parkinsons Support Group

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.

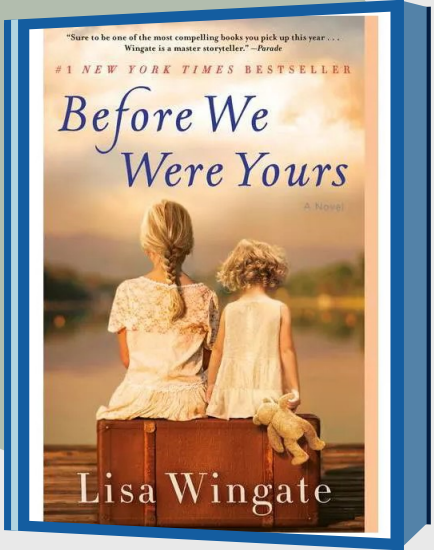
# Table Tennis for Parkinsons

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

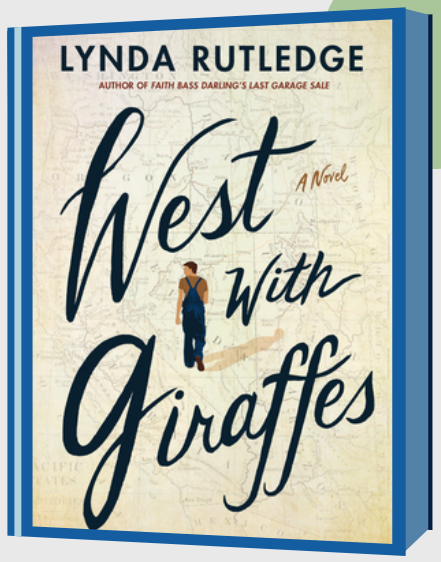
**WEDNESDAY, NOVEMBER 8TH, 1:00PM**  
**BEFORE WE WERE YOURS**  
**BY LISA WINGATE**



Based on a real life scandal where the director of a Memphis based organization kid napped and sold poor children to wealthy families all over the country.

**WEDNESDAY, DECEMBER 13TH, 1:00PM**  
**WEST WITH GIRAFFES**  
**BY LYNDA RUTLEDGE**

A true story of two giraffes who made headlines and won the hearts of Depression Era Americans in 1938.



# Special Events and Out on the Town



Hood River bus trip



Frank Yerden's memorial service



Halloween lunch fun



Wreath making craft



# 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. 11/3-1/2. Full term \$105 IC, \$115 OC for 2x a week. \$55 IC, \$65 OC for 1x a week. \$10 drop in per class.

## **Chair Yoga: Thursdays, 1:30-2:30pm**

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. (mtg only 11/9, 16, 30, & 12/14, 21) \$30 IC, \$40 OC 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. 11/7-12/19. Full term \$33 IC, \$43 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. 11/17-12/21. Full term \$40 IC, \$50 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. 11/1-12/13. Full term \$72 IC, \$82 OC or \$10 drop-in fee per class. Mondays only \$36 IC, \$46 OC; Wednesdays only \$36 IC, \$46 OC

## **Qigong classes: Mondays 10:00am- 12:00pm (Wednesdays class to return in January)**

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. Mondays, \$60 IC, \$70 OC. \$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. Term currently in session but opening again in January. \$90 IC, \$100 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. 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.

\*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.

Craft Time: Seasonal crafts - holiday paint by numbers Monday 11/20/23 @ 1:00-2:30. Holiday table decoration 12/4/23 @ 1:00-2:30. Cost \$20 per craft.

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 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, 1:00pm

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

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.

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.

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

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.



# Caregiver Support Group

Every 3rd Thursday 1:30-2:30pm at the WLACC

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-

Anne Moore is a retired educator, hospital/hospice chaplain, and Episcopal Priest. She serves as a Spiritual Director/Companion centering on life transitions, dream work and creativity. She has enjoyed Qigong classes with Lyn for eight years.

Lyn Ruffner teaches Qigong, Yoga and enjoys visiting with the Parkinsons Support Group facilitated by Tiffany Carlson.

**\*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 your hour.**

Contact Tiffany Carlson at [tcarlson@westlinnoregon.gov](mailto:tcarlson@westlinnoregon.gov) for questions or more information





*Just in time for  
the holidays!*

# CHAIR YOGA

**THURSDAYS @ 1:30 PM**

**NOV. 9, 16, 30, DEC. 14, 21**

**\$30 IC, \$40 OC OR \$10 DROP IN**

**(IC-IN CITY OF WEST LINN, OC--OUT OF CITY)**



The WLACC will be offering a trial Chair Yoga class designed for active seniors, people recovering from an injury or surgery, those using walkers or wheelchairs and those with other disabilities.

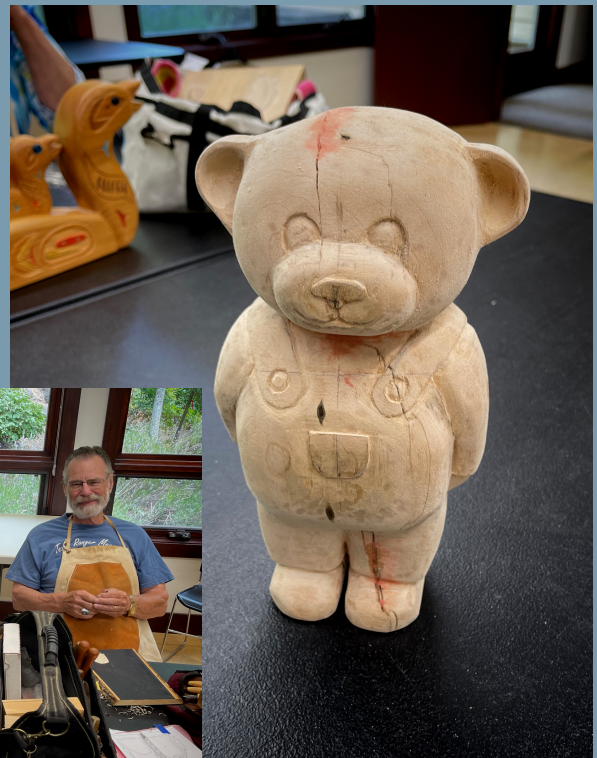
The benefits of Chair Yoga include: improved breathing, improved mobility, strength and flexibility, balance and overall quality of life. It further reduces stress, anxiety, pain, stiffness, PTSD and inflammation to name a few.

Taught by Lyndalea Ruffner, certified Yoga and Master Qigong Instructor.

Please visit [www.cowl.recdesk.com/Community/Home](http://www.cowl.recdesk.com/Community/Home) to register online or call (503) 557-4704 for any questions.



# Wood Carvers



Meets Mondays at 9:00



# Volunteer Highlights

**Thank you! Thank you! Thank you!**

We are so grateful to have so many volunteers that make the WLACC activities and daily functioning smooth and possible.



Special thanks to Justin Sato who recently **catered our Luau**.

Thank you for the **weekly fresh flowers** in dining room arranged by Judy Hutchison.



To our **bus drivers** that make our trips possible:  
Dan Ashland, Tom Domann, Steve Rice, and Justin Sato.

To our **kitchen crew**: Bridgitte Brosman, Carole Lukas and Maggie Magee.

To our **front desk** helpers: Sue Acord, Cathy Connor, Kathy Crisman, Jill Dachtler, Doug Dickston, Joan Hallinan, Barbara Handley, Reena Heijdeman, Julie Hoover, Judy Hutchinson, Shirley Jones, Michele Kurzenberger, Dave Pitzer, Tina Pohl, Lorretta Schwartz, Debbie Schwindt, Joy Stauffer, Rita Sherman, and Carlyn Sullivan.



To our **gardeners** Gisela Davisson and Gwen VanMeter who make the garden grow beautifully and abundantly!

To our **library** organizers: Jan Manley and Shirley Jones.

Dave Pitzer for organizing our **medical equipment**.

Warren Guest for **painting our lion** in the parking lot!

Attorney, Nicole Sakys from Edgel Law **for complimentary** legal consulting.



**Thank you all for all you do!**





City of West Linn Presents the




# Holiday Bazaar



*November 18-19  
9am-3pm*

Come and shop unique and handcrafted art vendors. Lots of gift items, as well as food and drinks available for purchase.



West Linn Adult Community Center

1180 Rosemont Rd.

West Linn, OR

503 557-4704

CITY OF  
**West  
Linn**

PARKS & RECREATION  
Adult Community Center



*West Linn 22nd Annual*

# HOLIDAY TREE LIGHTING & COMMUNITY CELEBRATION

Friday, December 1st  
6pm  
West Linn City Hall  
22500 Salamo Rd.







# West Linn's Annual Holiday Parade

## "Holiday in Whoville"

We won't let The Grinch rain on our parade! Dress your whoville best, and join us for the Annual Holiday Parade on Willamette Main Street!

**DEC 9TH**  
**TIME TBD**





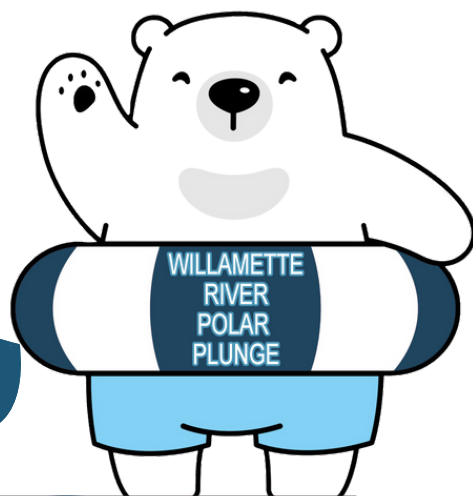
# POLAR PLUNGE

NEW YEARS DAY 2024

12-2PM (PLUNGE AT 1PM)

Bernert Landing Boat Ramp,  
Willamette Park

PLUNGE into the New Year with this cool community event! Enjoy a refreshing splash in the Willamette River and stick around for music, a warm fire, and sweet treats! Dress up in your icy best (optional) for our Costume Contest and win a prize!



FREE!



TOYOTA

**November 2023 West Linn Adult Community Center – 503-557-4704**

|   |  |   |   |   |
|---|--|---|---|---|
|   |  | <p><b>1 WEDNESDAY</b><br/>             8:30- Walking Group<br/>             8:30- Move Well Yoga<br/>             10:00- Aerobics<br/>             10:00-Qigong<br/>             12:00: LUNCH<br/>             12:30- Pinochle<br/>             1:00-Band Jam<br/> <b>2:00-ACC Talent Show!</b></p> | <p><b>2 THURSDAY</b><br/>             10:00-Gentle Yoga and Strength<br/>             10:00- Knitting &amp; Crocheting<br/>             10:00- Quilting for a Cause<br/>             12:00- Marimba Ensemble<br/>             1:30-Tai Chi</p>  | <p><b>3 FRIDAY</b><br/>             8:30-Strength and Balance<br/>             8:30- Walking Group<br/>             10:00- Open Painting<br/>             10:00 – Gentle Yoga and Strength<br/>             10:00- Aerobics<br/>             12:00- Texas Hold ‘Em<br/>             12:00- Mah Jongg – Chinese<br/>             12:30- Pinochle</p>   |
| <p><b>6 MONDAY</b><br/>             8:30- Walking Group<br/>             8:30- Move Well Yoga<br/>             9:00- Wood Carving<br/>             10:00-Qigong<br/>             10:00- Aerobics<br/>             10:00- Hand and Foot<br/>             12:00- Bridge</p>   | <p><b>7 TUESDAY.</b><br/>             8:30-Strength and Balance<br/>             8:30-Gentle Yoga<br/>             9:00- Foot Care by Appt<br/>             10:00- Honoring Our Memo-<br/>             ries Writing<br/>             10:00- Gentle Yoga and<br/>             Strength<br/>             12:30- Pinochle<br/>             1:00 –Table Tennis for<br/>             Parkinsons<br/>             1:00-Uke Jam</p>   | <p><b>8 WEDNESDAY</b><br/>             8:30- Walking Group<br/>             8:30- Move Well Yoga<br/>             10:00- Aerobics<br/>             10:00-Qigong<br/>             12:00: LUNCH<br/>             12:30- Pinochle<br/>             1:00-Band Jam<br/>             1:00 Book Club</p>   | <p><b>9 THURSDAY</b><br/>             10:00-Gentle Yoga and Strength<br/>             10:00- Knitting &amp; Crocheting<br/>             11:45-Bus to Bingo<br/>             12:00- Marimba Ensemble<br/>             12:30-Tai Chi<br/>             1:30-Parkinson’s Support Group<br/>             1:30-Tai Chi<br/>             1:30-Chair Yoga</p> | <p><b>10 FRIDAY</b><br/> <b>Closed in honor of<br/>             Veteran’s Day</b></p>   |
| <p><b>13 MONDAY</b><br/>             8:30- Walking Group<br/>             8:30- Move Well Yoga<br/>             9:00- Wood Carving<br/>             10:00-Qigong<br/>             10:00- Aerobics<br/>             10:00- Hand and Foot<br/>             12:00- Bridge</p>  | <p><b>14 TUESDAY</b><br/>             8:30-Strength and Balance<br/>             8:30-Gentle Yoga<br/>             10:00- Honoring Our Memo-<br/>             ries Writing<br/>             10:00- Gentle Yoga and<br/>             Strength<br/>             12:30- Pinochle<br/>             1:00 –Table Tennis for<br/>             Parkinson’s<br/>             1:00-Uke Jam</p>   | <p><b>15 WEDNESDAY</b><br/>             8:30- Walking Group<br/>             8:30- Move Well Yoga<br/>             10:00- Aerobics<br/>             10:00- Qigong<br/>             12:00: LUNCH<br/>             12:30- Pinochle<br/>             1:00-Band Jam</p>                                 | <p><b>16 THURSDAY</b><br/>             10:00- Gentle Yoga and Strength<br/>             10:00- Knitting &amp; Crocheting<br/>             10:00- Quilting for a Cause<br/>             12:00- Marimba Ensemble<br/>             1:00-Caregiver Support Group<br/>             1:30-Tai Chi<br/>             1:30-Chair Yoga</p>                       | <p><b>17 FRIDAY</b><br/>             8:30-Strength and Balance<br/>             8:30- Walking Group<br/>             10:00- Open Painting<br/>             10:00- Aerobics<br/>             10:00 – Gentle Yoga and<br/>             Strength<br/>             12:00- Texas Hold ‘Em<br/>             12:00- Mah Jongg - Chinese<br/>             12:30- Pinochle</p> <p><b>Holiday Bazaar on the<br/>             18<sup>th</sup> and 19<sup>th</sup>!</b></p> |
| <p><b>20 MONDAY</b><br/>             8:30- Walking Group<br/>             8:30- Move Well Yoga<br/>             9:00- Wood Carving<br/>             10:00-Qigong<br/>             10:00- Aerobics<br/>             10:00- Hand and Foot<br/>             12:00- Bridge<br/>             1:00-Craft time-Holiday Paint<br/>             by Numbers</p> | <p><b>21 TUESDAY.</b><br/>             8:30-Strength and Balance<br/>             8:30-Gentle Yoga<br/>             9:00- Foot Care by Appt<br/>             10:00- Honoring Our Memo-<br/>             ries Writing<br/>             10:00- Gentle Yoga and<br/>             Strength<br/>             12:30- Pinochle<br/>             1:00 –Table Tennis for<br/>             Parkinson’s<br/>             1:00-Uke Jam</p> | <p><b>22 WEDNESDAY</b><br/>             8:30- Walking Group<br/>             8:30- Move Well Yoga<br/>             10:00-Qigong<br/>             10:00- Aerobics<br/>             12:00:- LUNCH<br/>             12:30- Pinochle<br/>             1:00-Band Jam</p>                                 | <p><b>23 THURSDAY</b><br/> <b>Closed for the<br/>             Thanksgiving<br/>             Holiday</b></p>   | <p><b>24 FRIDAY</b><br/> <b>Closed for the<br/>             Thanksgiving<br/>             Holiday</b></p>   |
| <p><b>27 MONDAY</b><br/>             8:30- Walking Group<br/>             8:30- Move Well Yoga<br/>             9:00- Wood Carving<br/>             10:00-Qigong<br/>             10:00- Aerobics<br/>             10:00- Hand and Foot<br/>             12:00- Bridge</p>  | <p><b>28 TUESDAY.</b><br/>             8:30-Strength and Balance<br/>             8:30-Gentle Yoga<br/>             10:00- Honoring Our Memo-<br/>             ries Writing<br/>             10:00- Gentle Yoga and<br/>             Strength<br/>             12:30- Pinochle<br/>             1:00 –Table Tennis for<br/>             Parkinson’s<br/>             1:00-Uke Jam</p>  | <p><b>29 WEDNESDAY</b><br/>             8:30- Walking Group<br/>             8:30- Move Well Yoga<br/>             10:00-Qigong<br/>             10:00- Aerobics<br/>             12:00: -LUNCH<br/>             12:30- Pinochle<br/>             1:00-Band Jam</p>                                 | <p><b>30 THURSDAY</b><br/>             10:00- Gentle Yoga and Strength<br/>             10:00- Knitting &amp; Crocheting<br/>             12:00- Marimba Ensemble<br/>             1:30-Tai Chi<br/>             1:30-Chair Yoga</p>  |   |

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

|  |  |  |  |   |
|--|--|--|--|---|
|  |  |  |  | <b>1 FRIDAY</b><br>8:30-Strength and Balance<br>8:30- Walking Group<br>10:00- Open Painting<br>10:00 – Gentle Yoga and Strength<br>10:00- Aerobics<br>12:00- Texas Hold ‘Em<br>12:00- Mah Jongg – Chinese<br>12:30- Pinochle  |
| <b>4 MONDAY</b><br>8:30- Walking Group<br>8:30- Move Well Yoga<br>9:00- Wood Carving<br>10:00-Qigong<br>10:00- Aerobics<br>10:00- Hand and Foot<br>12:00- Bridge<br>1:00-Craft Time-Holiday Cone | <b>5 TUESDAY.</b><br>8:30-Strength and Balance<br>8:30-Gentle Yoga<br>9:00- Foot Care by Appt<br>10:00- Honoring Our Memories Writing<br>10:00- Gentle Yoga and Strength<br>12:30- Pinochle<br>1:00 –Table Tennis for Parkinsons<br>1:00-Uke Jam   | <b>6 WEDNESDAY</b><br>8:30- Walking Group<br>8:30- Move Well Yoga<br>10:00- Aerobics<br>10:00-Qigong<br>12:00: LUNCH<br>12:30- Pinochle<br>1:00-Band Jam<br>1:00 Book Club   | <b>7 THURSDAY</b><br>10:00-Gentle Yoga and Strength<br>10:00- Knitting & Crocheting<br>12:00- Marimba Ensemble<br>1:30-Tai Chi<br>3:45-Bus trip to the Grotto  | <b>8 FRIDAY</b><br>8:30-Strength and Balance<br>8:30- Walking Group<br>10:00- Open Painting<br>10:00- Aerobics<br>10:00 – Gentle Yoga and Strength<br>12:00- Texas Hold ‘Em<br>12:00- Mah Jongg - Chinese<br>12:30- Pinochle  |
| <b>11 MONDAY</b><br>8:30- Walking Group<br>8:30- Move Well Yoga<br>9:00- Wood Carving<br>10:00-Qigong<br>10:00- Aerobics<br>10:00- Hand and Foot<br>12:00- Bridge                                | <b>12 TUESDAY</b><br>8:30-Strength and Balance<br>8:30-Gentle Yoga<br>10:00- Honoring Our Memories Writing<br>10:00–Gentle Yoga and Strength<br>12:30- Pinochle<br>1:00 –Table Tennis for Parkinson’s<br>1:00-Uke Jam                              | <b>13 WEDNESDAY</b><br>8:30- Walking Group<br>8:30- Move Well Yoga<br>10:00- Aerobics<br>10:00- Qigong<br>12:00: LUNCH<br>12:30- Pinochle<br>1:00-Band Jam<br>1:00 Book Club | <b>14 THURSDAY</b><br>10:00- Gentle Yoga and Strength<br>10:00- Knitting & Crocheting<br>10:00- Quilting for a Cause<br>12:00- Marimba Ensemble<br>1:30-Parkinson’s Support Group<br>1:30-Chair Yoga<br>5:30-Bus trip to see the Christmas Ships | <b>15 FRIDAY</b><br>8:30-Strength and Balance<br>8:30- Walking Group<br>10:00- Open Painting<br>10:00- Aerobics<br>10:00 – Gentle Yoga and Strength<br>12:00- Texas Hold ‘Em<br>12:00- Mah Jongg - Chinese<br>12:30- Pinochle |
| <b>18 MONDAY</b><br>8:30- Walking Group<br>8:30- Move Well Yoga<br>9:00- Wood Carving<br>10:00-Qigong<br>10:00- Aerobics<br>10:00- Hand and Foot<br>12:00- Bridge                                | <b>19 TUESDAY.</b><br>8:30-Strength and Balance<br>8:30-Gentle Yoga<br>9:00- Foot Care by Appt<br>10:00- Honoring Our Memories Writing<br>10:00- Gentle Yoga and Strength<br>12:30- Pinochle<br>1:00 –Table Tennis for Parkinson’s<br>1:00-Uke Jam | <b>20 WEDNESDAY</b><br>8:30- Walking Group<br>8:30- Move Well Yoga<br>10:00-Qigong<br>10:00- Aerobics<br>12:00:- HOLIDAY LUNCH<br>12:30- Pinochle<br>1:00-Band Jam           | <b>21 THURSDAY</b><br>10:00- Gentle Yoga and Strength<br>10:00- Knitting & Crocheting<br>12:00- Marimba Ensemble<br>1:30-Caregiver Support Group<br>1:30-Chair Yoga  | <b>22 FRIDAY</b><br>8:30-Strength and Balance<br>8:30- Walking Group<br>10:00- Open Painting<br>10:00- Aerobics<br>10:00 – Gentle Yoga and Strength<br>12:00- Texas Hold ‘Em<br>12:00- Mah Jongg - Chinese<br>12:30- Pinochle |
| <b>25 MONDAY</b><br><br><p style="text-align: center;"><b>Closed for the Holidays through January 2<sup>nd</sup></b></p> <p style="text-align: center;"><b>Happy Holidays!!</b></p>              | <b>26 TUESDAY.</b>   | <b>27 WEDNESDAY</b><br><br>   | <b>28 THURSDAY</b>   | <b>29 FRIDAY</b>  |