

September/October 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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Fall is a season of change; deciduous tree leaves will turn into beautiful displays and the cool air arrives. We look forward to seeing new and old friends gathering at the WLACC fireplace with a cup of coffee and good conversation. We have lots of fun bus trips planned: Hood River apple loop, Oktober Fest at Mt. Angel, a trip to Kalama Lodge with a drive through the Ridgefield Wildlife Refuge and pumpkin picking! Come enjoy some fall 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

We are thankful to have so many wonderful volunteers! This month we'd like to thank Jan who helps organize our library. Jan keeps the library books in line and stocked with popular authors. Thank you Jan!

Upcoming Events

lū'au

Friday, September 8th 4:30-6:30

Come enjoy an end of summer luau with Hawaiian food, entertainment and good company at the ACC! Cost is \$15.

Sign up at front desk

Mediterranean Eating and Lifestyle

Wednesday, September 20th at 1pm

Jacqueline Abbott presents

The Mediterranean Eating and Lifestyle

- what foods are included

-what the research says about its health benefits for you

-why it is not a diet

-how to make it delicious, affordable, time efficient and sustainable

A Will Is Not Enough with attorney at law, Benjamin Rasche

Thursday, October 26th at 1pm

Practical advice to safeguard your assets, healthcare wishes and much more.



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.

A special thank you from Tiffany

I'm not sure there has ever been a day that someone from our ACC community hasn't stopped me to ask how my dad was doing. Thank you for your thoughtful words, hugs and prayers for him and my mom as he battled Parkinsons these many years. Your outpouring of heartfelt love and support after his passing has been so comforting for me and my mom. She has many flowers and cards at her place as I write this that have lifted her spirits during this difficult time.

Thank you, ACC friends!
Much love, Tiffany (and Ruth)

*Frank's celebration of life service will be on September 9th. You can sign up to ride the ACC bus if you'd like to attend. Info is at the front desk.



Interested in giving back to the community?

The below details are from AARP Tax-Aide; a service we host at the ACC that many of our seniors in the community benefit from. If you are interested in volunteering for this program, please read below.

SEEKING VOLUNTEERS To Help Oregon taxpayers
AARP Foundation Tax-Aide Program now recruiting volunteers for
in-person and virtual Tax-Aide service

We will begin providing our free training for the 2023 tax season in November. All volunteers will be trained to be IRS certified. Volunteers come from a variety of backgrounds including teachers, bus drivers, CPA's, military, technology, and range from retirees to university students. You don't need to be a tax expert. All levels and types of experience are welcome.

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.

Bus Trips

Hood River Apple Loop - stops at the Gorge White House Fruit Stand & Hope Ranch Lavendar farm.

Thursday, September 7th

\$20 includes transportation

Depart the ACC at 10:30 am - return around 3:00 pm



Mt. Angel October Fest

Thursday, September 14th

\$15 includes transportations

Depart ACC at 10:45 am - return around 3:00 pm



Drive through Ridgefield Wildlife Refuge and enjoy lunch at Kalama Harbor Lodge

Thursday, October 12

\$15 includes transportation.

Depart ACC at 10:00 am - returns around 3:15 pm



Pumpkin picking at Frog Pond Farm then lunch at Norton's Family Cafe

Tuesday, October 24

\$20 includes transportation and entry to farm.

Depart ACC at 10:00 am - returns around 1:30 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. September fall wreath making, October pumpkin painting, November holiday theme paint by numbers and more. \$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

September & October

Main dish, salad bar, 2 sides & dessert

Sept 6	Carol's famous paprika chicken with mashed potatoes and green beans
Sept 13	Spaghetti and meatballs with garlic bread
Sept 20	Lemon caper chicken breast and oven roasted veggies
Sept 27	Grilled steak salad, pumpkin soup and cheesy bread
Oct 4	Chicken fried steak and eggs with breakfast potatoes and gravy
Oct 11	Enchilada pie with beans and Spanish rice
Oct 18	Pork chops, mashed potatoes and John Wayne corn
Oct 25	Halloween lunch - dress up if you dare! Grilled cheese with tomato soup and chips

New! Caregiver Support Group

3rd Thursday of the month, 1:30-2:30pm (begins 9/21)
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

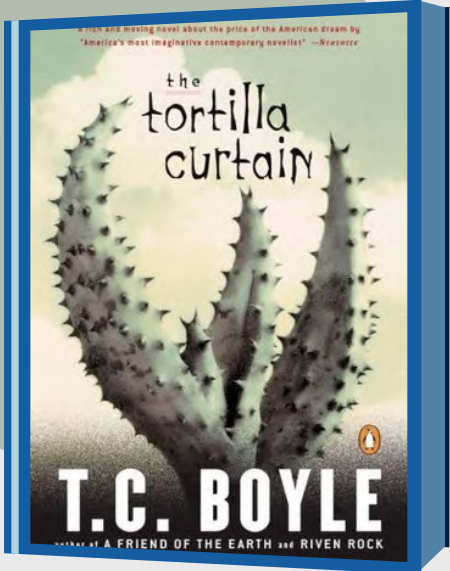
2nd Thursday of the month, 1:30-2:30pm
For you, a loved one or friend living with Parkinsons disease, join us for a support group to share, learn and connect with others navigating Parkinsons.

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

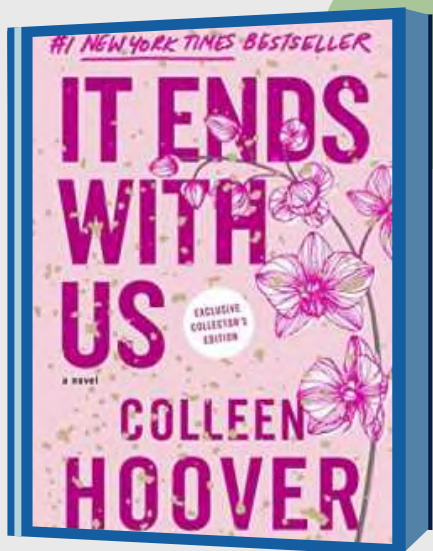


**WEDNESDAY, SEPTEMBER 13TH, 1:00PM -
TORTILLA CURTAIN
BY T. CORAGHESSAN BOYLE**

Los Angeles liberals Delaney and Kyra Mossbacher lead an ordered sushi-and-recycling existence while Mexican immigrants Candido and America Rincon cling to the American Dream. These four and their opposing worlds gradually intersect in what becomes a tragicomedy of error and misunderstanding.

**WEDNESDAY, OCTOBER 11TH, 1:00PM -
IT ENDS WITH US
BY COLLEEN HOOVER**

Lily is a hardworking business owner who falls for a gorgeous neurosurgeon, named Ryle. Ryle's aversion to relationships is disturbing. Thoughts of her first love, Atlas overwhelm her. When Atlas reappears, everything Lily has built with Ryle is threatened. An honest, evocative, and tender novel.



Fun Events and Out on the Town



Pictured on the left; mini golf bus trip

Pictured below on the right;
Salem Carousel bus trip



The Quilters delivered their beautiful quilts to Randall's Children's Hospital!



Health & Fitness Activities

Strength and Balance: Tuesdays & Fridays, 8:30-9:30am

Improve your strength and balance to conquer those everyday activities. Utilize small hand weights, a resistance band, a chair and standing exercises. Taught by Jacquelyn Rodgers--Certified Pilates, Senior Fitness Specialist and Certified NASM Trainer. 9/1-10/31. Full term \$105 IC, \$115 OC for 2x a week. \$55 IC, \$65 OC for 1x a week. \$10 drop in per class.

Gentle Yoga: Tuesdays, 8:30-9:30am (new, additional class offered)

A comprehensive exercise class that combines elements of strength, flexibility, balance and flow. Taught by Yoga instructor, Lyndalea Ruffner. 9/12-10/31. Full term \$44 IC, \$54 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. 9/15-11/3. Full term \$75 IC, \$85 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. 9/11-10/30. Full term \$78 IC, \$88 OC or \$10 drop-in fee per class. Mondays only \$42 IC, \$52 OC; Wednesdays only \$36 IC, \$46 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. 9/11-11/1. 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.

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. 9/21-11/30. \$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. 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

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 including fall wreath making Monday 9/11/23 @ 1:30-2:30, pumpkin painting Monday 10/23/23 @ 1:30-2:30 and a holiday paint by numbers Monday 11/13/23 @ 1:30-2:30. 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. Begins 9/21. 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)

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.

FALL DANCE



**6-8PM FRIDAY, SEPTEMBER 22ND
AT THE WEST LINN
ADULT COMMUNITY CENTER
COST IS \$5
TO RSVP CALL 503-742-6068**

NBUDDEN@WESTLINNOREGON.GOV

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!

CITY OF
**West
Linn**

PARKS & RECREATION
WLACC

END OF SUMMER

Luaau

4:30-6:30PM

FRIDAY, SEPTEMBER 8TH

**INCLUDES HAWAIIAN FOOD AND
ENTERTAINMENT**

**\$15
SIGN UP AT
FRONT DESK**

PLEASE SIGN UP AT ACC FRONT DESK



Caregiver Support Group

Every 3rd Thursday beginning September 21st,
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 for questions or more information

The West Linn Adult Community Center invites you to join an attorney presentation


A WILL IS NOT ENOUGH WITH ATTORNEY AT LAW, BENJAMIN RASCHE


Many people do not realize that more is needed than just a simple will. In this presentation, you will receive practical advice on how to safeguard your assets and health care wishes during and after your lifetime. You will also acquire up to date knowledge about wills, living trusts, health care documents, issues regarding guardianship, conservatorship, and power of attorney. This presentation also gives information on how to avoid probate and what to do when family complications arise.

Thursday, October 26th at 1pm

Free to attend but please **RSVP** to reserve your seat. Call our front desk or email Tiffany at tcarlson@westlinnoregon.gov and let us know you'll be attending.



 503 557-4704

 1180 Rosemont Road,
West Linn



BOO PUMPKIN PATH

TICKETS


At the Door	\$5
Pre-Purchased	\$4
5 & Under	FREE

FRI & SAT OCTOBER 13 & 14
6:30PM - 8:30PM

MARY S. YOUNG PARK
19900 WILLAMETTE DRIVE, WEST LINN

Walk through the park on our beautifully lit trail and see spooky decorations, hear fun music and view over 200 pumpkins carved by local residents! Wear your costumes and collect treats along the way! Hotel Transylvania will be playing on the big screen under the trees as well!





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.



September 2023 West Linn Adult Community Center – 503-557-4704

				<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 10:00- Whist/Manipulation 12:00- Texas Hold ‘Em 12:00- Mah Jongg – Chinese 12:30- Pinochle</p>
<p>4 MONDAY Labor Day WLACC Closed</p>	<p>5 TUESDAY. 8:30-Strength and Balance 9:00- Foot Care by Appt 10:00- Honoring Our Memories Writing 10:00- Gentle Yoga and Strength 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 10:00-Qigong (not mtg today) 12:00: LUNCH 12:30- Pinochle 1:00-Band Jam</p>	<p>7 THURSDAY 10:00-Gentle Yoga and Strength (not mtg today) 10:00- Knitting & Crocheting 10:30-Bus trip to Hood River 12:15- Marimba Ensemble (not mtg today)</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 (not mtg today) 10:00- Whist/Manipulation 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese 12:30- Pinochle 4:30 Luau</p>
<p>11 MONDAY 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge 1:30 Fall Wreath Craft</p>	<p>12 TUESDAY 8:30-Strength and Balance 8:30-Gentle Yoga 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>13 WEDNESDAY 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 1:00 Book Club</p>	<p>14 THURSDAY 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 12:15- Marimba Ensemble 10:45- Bus trip to Mt. Angel October Fest 12:15- Marimba Ensemble 1:30-Parkinson’s Support Group</p>	<p>15 FRIDAY 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist/Manipulation 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- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge</p>	<p>19 TUESDAY. 8:30-Strength and Balance 8:30-Gentle Yoga 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>20 WEDNESDAY 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 1:00 Mediterranean Eating & Lifestyle</p>	<p>21 THURSDAY 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 12:15- Marimba Ensemble 1:30-Caregiver support group 12:15- Marimba Ensemble 1:30-Tai Chi</p>	<p>22 FRIDAY 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist/Manipulation 10:00 – Gentle Yoga and Strength 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese 12:30- Pinochle</p>
<p>25 MONDAY 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge</p>	<p>26 TUESDAY. 8:30-Strength and Balance 8:30-Gentle Yoga 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>27 WEDNESDAY 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>28 THURSDAY 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 12:15- Marimba Ensemble 12:15- Marimba Ensemble 1:30-Tai Chi</p>	<p>29 FRIDAY 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist/Manipulation 10:00 – Gentle Yoga and Strength 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese 12:30- Pinochle</p>

October 2023 West Linn Adult Community Center – 503-557-4704

<p>2 MONDAY 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge</p>	<p>3 TUESDAY. 8:30-Strength and Balance 8:30-Gentle Yoga 9:00- Foot Care by Appt 10:00- Honoring Our Memories Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>4 WEDNESDAY 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>5 THURSDAY 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 12:15- Marimba Ensemble 1:30-Tai Chi</p>	<p>6 FRIDAY 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/Manipulation 12:00- Texas Hold ‘Em 12:00- Mah Jongg – Chinese 12:30- Pinochle</p>
<p>9 MONDAY 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge</p>	<p>10 TUESDAY. 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>11 WEDNESDAY 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 1:00 Book Club</p>	<p>12 THURSDAY 10:00-Bus trip to Kalama Harbor 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 12:15- Marimba Ensemble 12:30-Tai Chi 1:30-Parkinson’s Support Group 1:30-Tai Chi</p>	<p>13 FRIDAY 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/Manipulation 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese 12:30- Pinochle</p>
<p>16 MONDAY 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge</p>	<p>17 TUESDAY 8:30-Strength and Balance 8:30-Gentle Yoga 9:00- Foot Care by Appt 10:00- Honoring Our Memories Writing 10:00-Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinson’s 1:00-Uke Jam</p>	<p>18 WEDNESDAY 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>19 THURSDAY 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 12:15- Marimba Ensemble 1:00-Caregiver Support Group 1:30-Tai Chi</p>	<p>20 FRIDAY 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist/Manipulation 10:00 – Gentle Yoga and Strength 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese 12:30- Pinochle</p>
<p>23 MONDAY 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge 1:30 Craft – Paint Pumpkin</p>	<p>24 TUESDAY. 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00- Gentle Yoga and Strength 10:00-Bus trip Frog Pond Farm 12:30- Pinochle 1:00 –Table Tennis for Parkinson’s 1:00-Uke Jam</p>	<p>25 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 12:00: Halloween LUNCH 12:30- Pinochle 1:00-Band Jam</p>	<p>26 THURSDAY 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 12:15- Marimba Ensemble 1:00 – Presentation, A Will Is Not Enough 1:30-Tai Chi</p>	<p>27 FRIDAY 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist/Manipulation 10:00 – Gentle Yoga and Strength 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese 12:30- Pinochle</p>
<p>30 MONDAY 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge</p>	<p>31 TUESDAY. 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinson’s 1:00-Uke Jam</p> <p style="text-align: center;">Happy Halloween!</p>			