



## ***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.



### ***Hours***

Monday - Friday  
9 am - 3 pm

### ***Location:***

1180 Rosemont Rd.  
West Linn, OR 97068

### ***Phone:***

503.557.4704

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*July/August  
Summer 2026*

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# SWEET SUMMERTIME

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What to look forward to this summer...

Bus trips to:

- Berry Picking and lunch
- McMinnville Farmers Market
- Beach Trip to Gearhart
- Hood River

Happy Hour with live music!

A pie cook off! Yum!

And so much fun with our regular programs at the ACC!



Enter your pie in our upcoming bake off July 7th!



## Staff

Tiffany Carlson,  
Recreation Coordinator II  
tcarlson@westlinnoregon.gov

Nicole Budden,  
Recreation Coordinator II  
nbudden@westlinnoregon.gov

What we like best about summer?

- "Boating and sunshine!" - Tiffany
- "Hot days, sweet fruit and refreshing cold drinks" - Nicole

## Celebrating our volunteers

In May we celebrated our volunteers here at The Adult Community Center.

Did you know the center only has two ½ time employees? That equals just one full time employee!

We are thankful for help with the front desk, lunches, our library, bus trips, our garden and so much more!

Together we make great things happen!



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# BUS TRIPS

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## Where will you go this summer?

The ACC has bus trips heading to:

- Berry Picking at Smith Berry Farm and lunch at South Store Cafe - Thursday, July 9<sup>th</sup>, cost is \$10, depart at 11:30 and return approx. 3:30
- McMinnville Farmers Market & shopping - Thursday, July 23<sup>rd</sup>, cost is \$10, depart 10:30 am and return approx. 2:30
- Hood River lunch and shopping- Thursday, August 13<sup>th</sup>, cost is \$20, depart 10:30 and return approx 4:00 pm
- Beach Trip to Gearhart - Thursday, August 27<sup>th</sup>, cost is \$20, depart 9:30 am and return approx. 4:30 pm

Come join others on these fun adventures!

Please note the cost of these bus trip includes transportation only.

Sign up and pay for trips at our front desk.

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## Foot Care with Doctor Gaia, ND

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 Protective Proceedings. 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



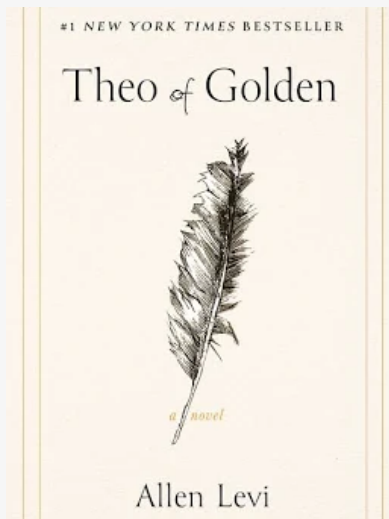
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# BOOK CLUB

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## Upcoming Reads:

Come join others who like to read and have good discussion. Every 2nd Wednesday of the month, 1:00 pm.

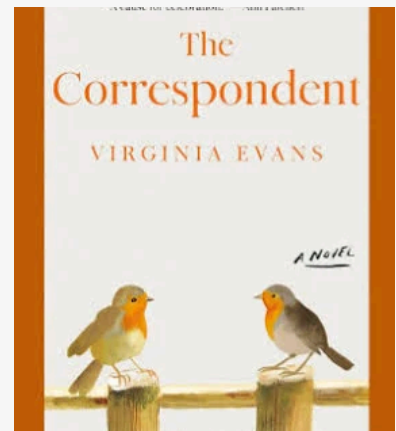


Wednesday, July 8th  
Theo of Golden  
By Allen Levi

The story follows an 86-year-old Portuguese stranger who arrives in the small Southern city of Golden. He begins a heartwarming campaign of anonymous generosity by purchasing local pencil portraits from a coffeehouse and returning them to the rightful subjects.

Wednesday, August 12th  
The Correspondent  
By Virginia Evans

Through letters to various recipients, Sybil Van Antwerp examines her life and confronts a painful past, learning to find forgiveness and move forward.



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## 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.



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# 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 take your leftovers home. If using a to-go box from the kitchen, we ask for \$1.00 donation.



July 1st - Green Salad, Chicken Enchiladas and dessert

July 8th - Berry balsamic chicken salad and brownie sundae

July 15th - Green Salad, Meatloaf with mashed potatoes and  
Chocolate pudding

July 22nd - Green Salad, Stuffed Peppers and Ice Cream Sundae

July 29th - Cucumber Tomato Salad, Chicken Meatballs with Feta  
and Cherry Dump Cake

August 5th - Cole Slaw, Chicken Enchiladas and Banana Pudding

August 12th - Ceasar Salad, Spaghetti and Meatballs and Jello Cake

August 19<sup>th</sup> - Green Salad, Teriyaki Chicken with grilled Pineapple  
and Ambrosia

August 26<sup>th</sup> - Green Salad, Chicken and Broccoli Stir Fry  
and Brownie Sundae

Payment is due at time of registration to reserve your spot.  
Cancellations in less than 48 hours of lunch are non-refundable.

# WHAT FUN WE HAVE TOGETHER

Join crafting Monday - July 6 & 20 – and August 3 & 17-- at 1pm



## THANK YOU SPONSORS!

Thank you to the following local business for supporting events at the West Linn Adult Community Center:

Family Resource Home Care - Summer dance sponsor  
Nature's Pet - Dog Show



# HEALTH & FITNESS ACTIVITIES

## Chair Zumba: Mondays 12:30-1:30pm

Zumba Gold Chair is a seated workout designed for those with limited mobility, balance issues, or anyone who wants a fun, seated exercise session. Students will get a great core, arm, leg and brain workout without any standing movements. Seated Chair Zumba offers all of the fun and energy of Zumba while in a chair. The class will improve cardiovascular health, boost your mood and increase your flexibility. The class will include a Yoga cooldown allowing students to enjoy a lively workout and leave invigorated and relaxed at the same time. Minimum 8. Taught by Zumba Gold instructor, Lyndalea Ruffner. 7/6-8/31. (No class 8/10) Full term \$48 Res, \$58 Non Res or \$10 drop in fee per class.

## 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. Full term 7/6-9/3. (No class 8/6 & 8/10) Full term \$96 Res, \$106 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. 7/7-8/28. Full term \$105 Res, \$115 Non Res for 2x a week. \$55 Res, \$65 Non Res 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. 7/14-9/8. 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. 7/9-9/3 (No class 8/6). \$48 Res, \$58 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. 7/7-9/1 (No class 8/11). 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. 7/10-9/4. Full term \$75 Res, \$85 Non Res or \$10 drop-in fee per class.

## Qigong: 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. 7/6-8/31. (No class 8/10) 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. 7/8-8/31 (No class 7/1 & 7/6). Full term \$96 Res, \$106 Non Res. \$10 drop in.

## T'ai Chi (Taiji) Beginner: Thursdays, 1:30-2:45pm (returning in the fall)

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. Full term \$120 Res, \$130 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

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## Classes/Presentations/Special activities

Travel discussion on Chile and France presented by Consuelo Miranda. 1pm Wednesday, July 22.

## 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.

Open Crafting: Mondays - July 6th & 20th and August 3<sup>rd</sup> & 17th @ 1:00pm  
Bring your own supplies or use items we have collected.

Wood Carving: Tuesdays at 9am. Bring a project and enjoy other's company carving.

## 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; 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 @ 10:30-12:00pm  
Pinochle (advanced): Wednesdays @ 1:00-3:00pm 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 4 for footcare, attorney appointments, transportation and more!

# CREATIVE/SPECIAL INTEREST ACTIVITIES (CONTINUED)

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## 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 Gerri Todd.

Grief Support Group: Every 2<sup>nd</sup> & 4<sup>th</sup> Friday of the month 1-2:30. Explore and express your grief in a safe and supportive group. Learn how to develop a support system, exchange practical information, talk about your experiences, hear from others how they are dealing with their grief and talk through obstacles and find ways to cope.

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. There is also a Parkinson's social hour every 4<sup>th</sup> Thursday of the month at 1PM. An informal time to gather, connect and get to know each other better.

Alzheimer's Support Group: 1<sup>st</sup> and 3<sup>rd</sup> Thursday at 10am. 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.



## UPCOMING RED CROSS BLOOD DRIVES

Interested in giving blood?

The Red Cross will be at the Adult Community Center

July 7<sup>th</sup>: West Linn Adult Center-12:30pm to 5:30pm  
August 19<sup>th</sup>: West Linn Adult Center-12:30pm to 5:30pm

Sign up with the Red Cross

1-800-RED CROSS | 1-800-733-2767 | [redcrossblood.org](http://redcrossblood.org) | Download the Blood Donor App



# WOOD CARVING

**BRING YOUR WOOD PROJECTS  
AND JOIN OTHERS**

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Tuesdays at 9:00





# FIND HEALING IN TOGETHERNESS

Grief is a personal journey, but  
you don't have to walk it alone.

## Grief Support Group

Explore and express your grief in a safe and supportive group. Learn how to develop a support system, exchange practical information, talk about your experiences, hear from others how they are dealing with their grief, talk through obstacles and ways to cope.

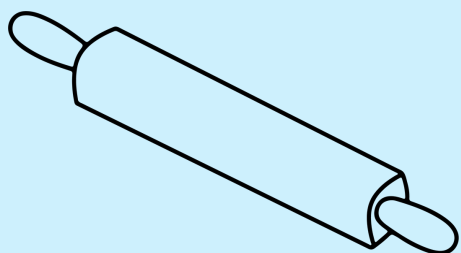
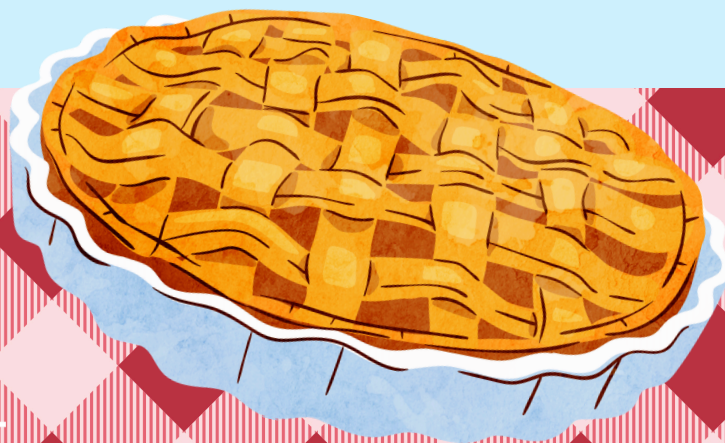
Facilitated by Michael Maxwell

Michael Maxwell is a retired MA mental health therapist who has worked with families dealing with Post Traumatic Stress Disorder and grief loss for over 40 years. He has extensive experience facilitating groups and the impact of aging on individuals and families. He is interested in community advocacy and support for those experiencing loss and transition.



**2nd & 4th Fridays of the month from 1-2:30**

City of  
**West  
Linn**  
PARKS & RECREATION

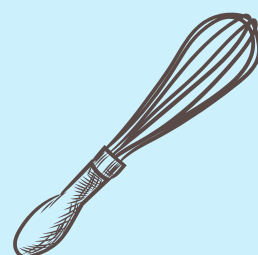


# PIE CONTEST

**Show off your best pie recipe!**

Enter your pie, and/or come sample and vote for  
the West Linn ACC's Best Pie!

**TUESDAY, JULY 7<sup>TH</sup> 11AM**



Sign up at the front desk to enter your pie!

CITY OF  
**West  
Linn**  
PARKS & RECREATION

Summer  
is here

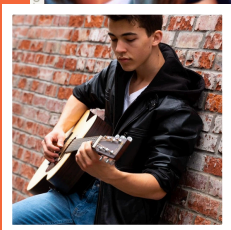
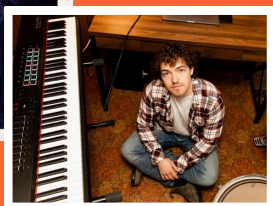


**HAPPY  
HOUR**

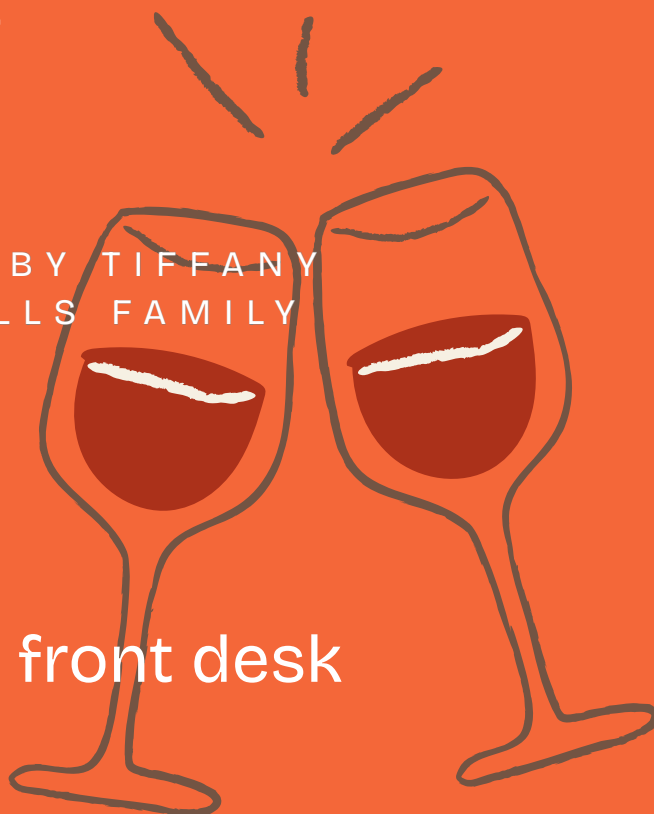
**FRIDAY, JULY 17<sup>TH</sup> 3-5PM**

Enjoy good company, music, light fare and beverages on the ACC patio.

WITH LIVE MUSIC BY TIFFANY CARLSON & THE WELLS FAMILY



Sign up at the ACC front desk



# The World at your Fingertips

FROM THE ANDES TO THE EIFFEL TOWER--A JOURNEY THROUGH CHILE AND FRANCE



Enjoy a travel discussion on Chile and France with presenter, Consuelo Miranda

## A little more about Consuelo~

Native of Chile, Consuelo arrived in Oregon in 1985. Since 2024 she has been a widow who finds joy in pets, gardening, cooking, reading, and meaningful conversations. She is the Founder of Accessible Travel Americas, LLC, a published writer, a former KBOO radio programmer (2 years and 8 months) hosting "Biography, Memoirs, Journal and More," and a Spanish teacher. Tiffany, feel free to reduce my profile if you wish.

WEDNESDAY,  
JULY 22ND,  
1PM



Reserve your spot at the ACC front desk

503 557-4704

1180 Rosemont Rd. West Linn



2026



# OLD TIME FAIR

*featuring:*

- ★ PARADE
- ★ CARNIVAL
- ★ VINTAGE CAR SHOW
- ★ WATER SKI SHOW
- ★ BEER GARDEN
- ★ FUN VENDORS
- ★ DELICIOUS FOOD BOOTHS
- ★ BINGO
- ★ PIE EATING CONTEST
- ★ MUTT & PET CONTEST
- ★ PJS TO PANCAKES RUN
- ★ & SO MUCH MORE!

# July 10-12

FRI ..... 5:00PM - 10:30PM  
 SAT ..... 11:00AM - 10:30PM  
 SUN ..... 11:00AM - 5:00PM

WILLAMETTE PARK 1100 12TH ST. WEST LINN



CITY OF  
**West Linn**  
 PARKS & RECREATION



[westlinnoregon.gov/oldtimefair](http://westlinnoregon.gov/oldtimefair)

Sponsored By



**TOYOTA**

# MUSIC IN THE PARK

TANNER CREEK PARK | THURSDAYS | 6:30-8:30PM

Thursday, July 23rd

**PETTY FEVER**

Tom Petty Tribute



Thursday, July 30th

**RADICAL REVOLUTION**

80's party hits

Thursday, August 6th

**WILD BOYS**

Duran Duran Tribute



Thursday, August 13th

**SLICKER**

Country

Thursday, August 20th

**5 GUYS NAMED MOE**

Horn-driven rock, soul, Motown, and dance hits



Join us for an unforgettable summer at Music in the Park Thursdays! Bring your friends, favorite chair, or picnic blanket to enjoy live music and community spirit. Savor delicious food and drinks from local vendors while you relax and make memories.



CITY OF  
**West Linn**  
PARKS & RECREATION

THANK YOU TO OUR SPONSORS



**TOYOTA**



West Linn Parks & Recreation

YOU DECIDE THIS YEARS MOVIES!

# MOVIES IN THE PARK

SUMMER 2026



CRITTER CHAOS  
TUESDAY, AUGUST 4



TENACIOUSLY AWESOME  
TUESDAY, AUGUST 11



MAIN CHARACTER ENERGY  
TUESDAY, AUGUST 18

TUESDAY NIGHTS AT  
**WILLAMETTE PARK**

MOVIES BEGIN AT DUSK (AROUND 8:45PM)  
CONCESSIONS AVAILABLE



**VOTE NOW!**

VOTING OPEN  
THROUGH MAY 31.  
WINNERS ANNOUNCED  
IN JUNE



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

# JULY

MON	TUE	WED	THU	FRI
		<p>1 WEDNESDAY                      8:30- Walking Group  <del>8:30- Move Well Yoga</del>                      10:00- Aerobics                      12:00- LUNCH                      12:00-Attorney by appt                      1:00- Pinochle                      1:00-Band Jam</p>	<p>2 THURSDAY                      8:30-Zumba Gold                      10:00-Gentle Yoga                      10:00- Alzheimer Support                      10:00- Knitting &amp; Crocheting                      11:30-Chair Yoga                      1:00-Mexican Train                      1:30-Tai Chi</p>	<p>3 FRIDAY  <b>ACC CLOSED for                      4<sup>th</sup> of July</b></p>
<p>6 MONDAY                      8:30- Walking Group                      8:30- Zumba Gold  <del>8:30- Move Well Yoga</del>                      10:00-Qigong                      10:00- Aerobics                      10:00- Hand and Foot                      11:00- Coffee Time                      12:00- Bridge                      12:30-Chair Zumba                      1:00-Open Craft</p>	<p>7 TUESDAY                      8:30-Strength and Balance                      8:30-Gentle Yoga                      9:00 - Wood Carving                      10:00- Honoring Our                      Memories Writing                      10:00- Gentle Yoga                      10:00-Strength &amp; Balance                      beginner  <b>11:00-Pie Bakeoff</b>                      1:00 -Table Tennis for                      Parkinsons                      1:00-Uke Jam</p>	<p>8 WEDNESDAY                      8:30- Walking Group                      8:30-Move Well Yoga                      10:00- Aerobics                      12:00- LUNCH                      12:00-Attorney by appt                      1:00- Pinochle                      1:00-Band Jam</p>	<p>9 THURSDAY                      8:30-Zumba Gold                      10:00-Gentle Yoga                      10:00- Knitting &amp; Crocheting                      11:30-Chair Yoga  <b>11:30- Bus trip to Smith                      Berry Farm</b>                      1:00-Mexican Train                      1:00-Parkinson's Support                      Group                      1:30-Tai Chi</p>	<p>10 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-Mahjong- Chinese                      12:30- Pinochle                      1:00 - Grief Support Group</p>
<p>13 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                      12:30-Chair Zumba</p>	<p>14 TUESDAY                      8:30-Strength and Balance                      8:30-Gentle Yoga                      9:00 - Wood Carving                      10:00- Honoring Our                      Memories Writing                      10:00-Strength &amp; Balance                      beginner                      10:00- Gentle Yoga                      1:00 -Table Tennis for                      Parkinsons                      1:00-Uke Jam</p>	<p>15 WEDNESDAY                      8:30- Walking Group                      8:30-Move Well Yoga                      9:15-2:45-Foot Care by                      Appt.                      10:00- Aerobics                      12:00- LUNCH                      1:00- Pinochle                      1:00-Band Jam                      1:00-Book club</p>	<p>16 THURSDAY                      8:30-Zumba Gold                      9:15-2:45-Foot Care by                      Appt.                      10:00-Gentle Yoga                      10:00- Alzheimer Support                      10:00- Knitting &amp; Crocheting                      10:00-Quilting for a Cause                      11:30-Chair Yoga                      1:00-Mexican Train                      1:00-Caregiver's Support                      Group                      1:30-Tai Chi</p>	<p>17 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-Mahjong- Chinese                      12:30- Pinochle  <b>3:00-Happy Hour social time                      with live music</b></p>
<p>20 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                      12:30-Chair Zumba                      1:00-Open Craft</p>	<p>21 TUESDAY                      8:30-Strength and Balance                      8:30-Gentle Yoga                      9:00 - Wood Carving                      10:00- Honoring Our                      Memories Writing                      10:00-Strength &amp; Balance                      beginner                      10:00- Gentle Yoga                      1:00 -Table Tennis for                      Parkinsons                      1:00-Uke Jam</p>	<p>22 WEDNESDAY                      8:30- Walking Group                      8:30-Move Well Yoga                      9:15-2:45-Foot Care by                      Appt.                      10:00- Aerobics                      12:00- LUNCH                      10:00- Pinochle                      1:00-Band Jam  <b>1:00-"The World at your                      Fingertips" travel talk-                      France and Chile</b></p>	<p>23 THURSDAY                      8:30-Zumba Gold                      10:00-Gentle Yoga                      10:00- Knitting &amp; Crocheting  <b>10:30-Bus trip to                      McMinnville Farmer's Market</b>                      11:30-Chair Yoga                      1:00-Mexican Train                      1:00-Parkinson's social hour                      1:30-Tai Chi</p>	<p>24 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-Mahjong- Chinese                      12:30- Pinochle                      1:00- Grief Support Group</p>
<p>27 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                      12:30-Chair Zumba</p>	<p>28 TUESDAY                      8:30-Strength and Balance                      8:30-Gentle Yoga                      9:00 - Wood Carving                      10:00- Honoring Our                      Memories Writing                      10:00-Strength &amp; Balance                      beginner                      10:00- Gentle Yoga                      1:00 -Table Tennis for                      Parkinsons                      1:00-Uke Jam</p>	<p>29 WEDNESDAY                      8:30- Walking Group                      8:30-Move Well Yoga                      10:00- Aerobics                      12:00- LUNCH                      1:00- Pinochle                      1:00-Band Jam</p>	<p>30 THURSDAY                      8:30-Zumba Gold                      10:00-Gentle Yoga                      10:00- Knitting &amp; Crocheting                      11:30-Chair Yoga                      1:00-Mexican Train                      1:30-Tai Chi</p>	<p>31 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-Mahjong- Chinese                      12:30- Pinochle</p>

# AUGUST

MON	TUE	WED	THU	FRI
<p>3 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 12:30- Chair Zumba 1:00- Open Craft</p>	<p>4 TUESDAY</p> <p>8:30- Strength and Balance 8:30- Gentle Yoga 9:00 - Wood Carving 10:00- Honoring Our Memories Writing 10:00- Strength &amp; Balance beginner 10:00- Gentle Yoga 1:00 -Table Tennis for Parkinsons 1:00- Uke Jam</p>	<p>5 WEDNESDAY</p> <p>8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00- LUNCH 12:00- Attorney by appt 1:00- Pinochle 1:00- Band Jam</p>	<p>6 THURSDAY</p> <p><del>8:30- Zumba Gold</del> <del>10:00- Gentle Yoga</del> 10:00- Knitting &amp; Crocheting 10:00- Quilting for a Cause 10:00 -Alzheimer's Support Group <del>11:30- Chair Yoga</del> 1:00- Mexican Train 1:30- Tai Chi</p>	<p>7 FRIDAY</p> <p>8:30- Strength and Balance 8:30- Walking Group 10:00- Open Painting <del>10:00- Gentle Yoga and Strength</del> 10:00- Aerobics 12:00- Texas Hold 'Em 12:00- Mahjong- Chinese 12:30- Pinochle</p>
<p>10 MONDAY</p> <p>8:30- Walking Group <del>8:30- Zumba Gold</del> 8:30- Move Well Yoga <del>10:00- Qigong</del> 10:00- Aerobics 10:00- Hand and Foot 11:00- Coffee Time 12:00- Bridge <del>12:30- Chair Zumba</del></p>	<p>11 TUESDAY</p> <p>8:30- Strength and Balance <del>8:30- Gentle Yoga</del> 9:00 - Wood Carving 10:00- Honoring Our Memories Writing 10:00- Strength &amp; Balance beginner <del>10:00- Gentle Yoga</del> 1:00 -Table Tennis for Parkinsons 1:00- Uke Jam</p>	<p>12 WEDNESDAY</p> <p>8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00- LUNCH 1:00- Pinochle 1:00- Band Jam 1:00- Book club</p>	<p>13 THURSDAY</p> <p>8:30- Zumba Gold 10:00- Gentle Yoga 10:00- Knitting &amp; Crocheting 10:00- Quilting for a Cause <b>10:30- Bus trip to Hood River</b> 11:30- Chair Yoga 1:00- Mexican Train 1:00- Parkinson's Support Group 1:30- Tai Chi</p>	<p>14 FRIDAY</p> <p>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- Mahjong- Chinese 12:30- Pinochle 1:00- Grief Support Group</p>
<p>17 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 12:30- Chair Zumba 1:00- Open Craft</p>	<p>18 TUESDAY</p> <p>8:30- Strength and Balance 8:30- Gentle Yoga 9:00 - Wood Carving 10:00- Honoring Our Memories Writing 10:00- Strength &amp; Balance beginner 10:00- Gentle Yoga 1:00 -Table Tennis for Parkinsons 1:00- Uke Jam</p>	<p>19 WEDNESDAY</p> <p>8:30- Walking Group 8:30- Move Well Yoga 9:15-2:45- Foot Care by Appt. 10:00- Aerobics 12:00- LUNCH 1:00- Pinochle 1:00- Band Jam</p>	<p>20 THURSDAY</p> <p>8:30- Zumba Gold 9:15- 2:45- Foot Care by Appt 10:00- Gentle Yoga 10:00- Knitting &amp; Crocheting 10:00- Quilting for a Cause 10:00 -Alzheimer's Support Group 11:30- Chair Yoga 1:00- Mexican Train 1:00- Caregiver's Support Group</p>	<p>21 FRIDAY</p> <p>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- Mahjong- Chinese 12:30- Pinochle</p>
<p>24 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 12:30- Chair Zumba</p>	<p>25 TUESDAY</p> <p>8:30- Strength and Balance 8:30- Gentle Yoga 9:00 - Wood Carving 10:00- Honoring Our Memories Writing 10:00- Strength &amp; Balance beginner 10:00- Gentle Yoga 1:00 -Table Tennis for Parkinsons 1:00- Uke Jam</p>	<p>26 WEDNESDAY</p> <p>8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00- LUNCH 1:00- Pinochle 1:00- Band Jam</p>	<p>27 THURSDAY</p> <p>8:30- Zumba Gold <b>9:30- Bus trip to Gearhart</b> 10:00- Gentle Yoga 10:00- Knitting &amp; Crocheting 10:00- Quilting for a Cause 11:30- Chair Yoga 1:00- Mexican Train 1:00- Parkinson's social hour</p>	<p>28 FRIDAY</p> <p>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- Mahjong- Chinese 12:30- Pinochle 1:00- Grief Support Group</p>
<p>31 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 12:30- Chair Zumba</p>				