



# West Linn Adult Community Center Newsletter

July / August 2025

## 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**

### This issue:

Bus Trips  
Page 3 & 4

Services  
Page 5

Lunch Menu  
Page 7

Fitness  
Page 9

Activities & Special  
Interest  
Page 10 & 11



# Celebrate Summer at the ACC

Hot diggity dog - it's time to celebrate summer with so many fun things happening! Come for our annual dog show - it's sure to be a tail wagging good time! The car show in August will be full of classics! Our bus will head to the mid Valley Lavendar Farm in Salem, the reopening of the Oregon Military Museum, to Ilani Casino and the Elephant Garlic Festival, the beach and the county fair! We also have a new fitness class, Chair Zumba! See our regular calendar for all the wonderful regular programs we have here Monday through Friday, 9-3. We look forward to enjoying summertime with you!



## Meet the Staff:

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

Tiffany & Nicole

## Volunteer Highlight



Loretta Schwartz

We are thankful to have so many wonderful volunteers! This month, we would like to recognize Loretta Schwartz who you may recognize from the front desk! Thank you for all you do at the Adult Community Center Loretta! We sure love having you!

# Bus Trips

Mid Valley Lavendar Farm

**Friday, July 11th**

\$15 includes transportation only

Lunch at The Original Roadhouse Grill

Depart ACC at 10:00 am and returns around 2:30 pm



Ilani Casino

**Thursday, July 17th**

\$20 includes transportation only

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

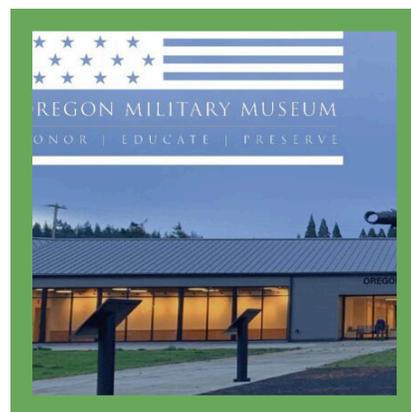
Oregon Military Museum

**Thursday, July 24th**

\$10 includes transportation only. Entry free - donations appreciated.

Lunch at Spaghetti Factory before tour.

Depart ACC at 11:30 am and returns around 3:30 pm

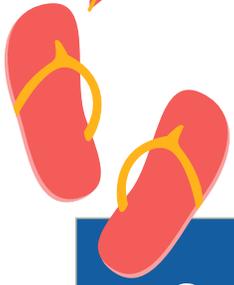


Sign up for bus trips at the WLACC front desk.

Payment is due at time of registration to reserve your spot.

Cancellations within less than 48 hours of trip departure are non-refundable.

# Bus Trips



Cannon Beach Trip  
**Thursday, August 7th**  
\$25 includes transportation only  
Depart ACC at 8:00 am and returns around 3:30 pm



27th Annual Elephant Garlic Festival  
**Friday, August 8th**  
\$15 includes transportation only. Entry is free.  
Depart ACC at 11:30 am and returns around 3:00 pm

Clackamas County Fair  
**Wednesday, August 13th**  
\$5 includes transportation only. Entry \$2 for seniors  
65-74 , 75 and older enter for free.  
Depart ACC at 9:45 am and returns around 2:45 pm



Sign up for bus trips at the WLACC front desk.  
Payment is due at time of registration to reserve your spot.  
Cancellations within less than 48 hours of trip departure are non-refundable.

## Foot Care with 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 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



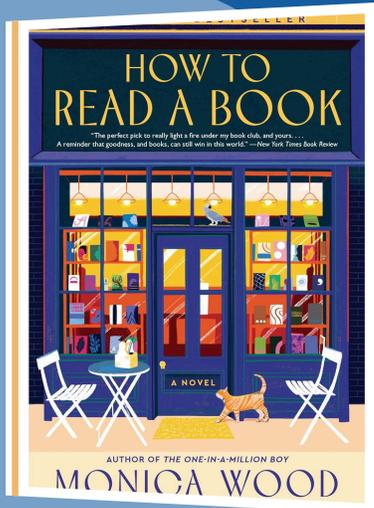
# COFFEE SOCIAL TIME

**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, JULY 9TH, 1:00PM**

**HOW TO READ A BOOK**

**BY MONICA WOOD**

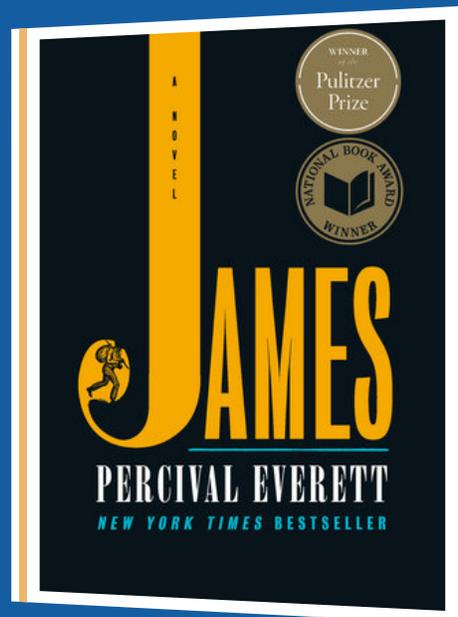
This is a book about redemption, forgiveness, and starting over. While not obvious at first, it is also about complex family dynamics. Harriet is a retired English teacher who leads a book club in a women's prison near Portland, Maine. Imagine the most buttoned-up woman among felons, and you have this very unique group of women.

**WEDNESDAY, AUGUST 13TH , 1:00PM**

**JAMES**

**BY PERCIVAL EVERETT**

A brilliant, action-packed reimagining of Adventures of Huckleberry Finn, both harrowing and darkly humorous, told from the enslaved Jim's point of view.



# 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 donation.

July & AUGUST

## Menu

July 2nd	Hamburger/fries
July 9th	BBQ Chicken
July 16th	Veggie Pasta
July 23rd	Sloppy Joe's/Potatoe Salad
July 30th	Broccoli Chicken Bake
August 6th	Tuna Sandwich/Tator Tots/3 Bean Salad
August 13th	Brunch
August 20th	Taco Salad
August 27th	Sausage Tortellini Soup

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

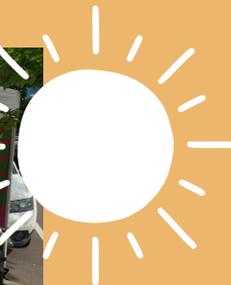


# What Fun We Have Together!

## Bus Trips



Historic Willamette Wednesday Market



Rose Garden



## Getting crafty for 4<sup>th</sup> of July!



Come join the fun at open craft time!

# Health & Fitness Activities

---

## **Chair Zumba NEW!: 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. 7/7-8/25,. 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. 7/7-8/28. 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. 6/17-8/15 (No class 7/4) Full term \$105 res, \$115 non res for 2x a week. \$55 res, \$65 no nres for 1x a week. \$10 drop in per class.

## **Strength and Balance-beginner; Tuesdays 10:00-11:00am**

Total body workout of aerobic strength and flexibility in a chair using hand weights and resistance bands. Modifications for everyone. Taught by Jacquelyn Rodgers--Certified Pilates, Senior Fitness Specialist and Certified NASM Trainer. 6/17-8/5. 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. 7/10-8/28. \$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. 7/8-8/26. 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. 7/11-8/29. Full term \$75 res, \$85 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. 7/7-8/25. 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. 7/7-8/27. Full term \$96 res, \$106 non res. \$10 drop in.

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

## **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

# 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.

Open Crafting: Mondays - July 14, July 28, August 11, and August 25 @ 1:00pm  
Bring your own supplies or use items we have collected.

## Music

Band Jam: Wednesdays, 1:00-3:00pm. Bring your own instrument or come and sing along. Free to join or call Liz at 503-936-3415 with questions.

Uke Jam; Tuesdays, 1:00-2:00pm. Bring your own ukulele and come ready for fun. No charge.

## Writing, Reading and Discussion Groups

Writing group: Honoring Your Memories: Tuesdays @ 10:00am-12:00pm  
Topics vary. It may be fiction or based on your own personal life experience. Writing about the past can be especially important for the future generations.

Book club: Every 2nd Wednesday of the month, 1:00 pm. Titles and descriptions listed inside this newsletter.

## Games

CARD GAMES (no charge unless otherwise noted)  
Bridge: Mondays @ 12:00-3:00 pm (\$1 goes toward prizes)  
Hand & Foot: Mondays @ 10:00-12:00pm  
Pinochle: Tuesdays, Wednesdays and Fridays @ 12:30-3:00pm (Wed/Fri Pinochle advanced)  
Texas Hold 'Em: Fridays @ 12:00pm (\$5.00 buy-in)  
Mah Jongg: Fridays @ 12:00pm  
Mexican Train: Thursdays @ 1:00

## Services

See page 5 for footcare, attorney appointments, transportation and more!

# Creative/Special Interest Activities Continued

---

## Specific Populations

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.

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. 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 16th

August 20th

Sign up with the Red Cross

# WLACC 2ND ANNUAL DOG SHOW!

It will be a paw-some dog party where tails wag and smiles are seen all over.

TUESDAY, JULY 8TH  
11AM-12PM



PRIZES SPONSORED BY

**Nature's Pet**  
NUTRITION CENTER & WELLNESS SPA

Sign up at the WLACC front desk

JOIN US FOR A NEW CLASS!

# CHAIR ZUMBA

July 7<sup>th</sup>- August 25th

Mondays, 12:30-1:30pm

\$48 for 8 classes or \$10 drop in

Sign up online at [cowl.recdesk.com](http://cowl.recdesk.com) or  
contact Tiffany Carlson at the front desk,  
Tuesday-Thursday.  
[tcarlson@westlinnoregon.gov](mailto:tcarlson@westlinnoregon.gov)



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. Staying active while we age keeps our bodies strong and our minds sharp.

Give it a try and feel the difference. 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.



# BALANCE WORKSHOP

*Presented by FYZICAL Therapy & Balance Centers*

*Are you struggling with dizziness or balance issues? Want to improve your stability and reduce your risk of falls? Join us for a complimentary workshop focused on improving balance and preventing falls. Come learn about how to improve your balance and prevent future falls. Discover the components for balance control. Understand the common causes of dizziness and balance problems. Find out how to choose the right treatment for your balance/dizziness issue. See what successful balance & dizziness treatments look like.*



**This workshop is free of charge  
1:30 Wednesday, July 16<sup>th</sup>  
West Linn Adult Community Center**

**Sign up at the WLACC front desk**

CITY OF  
**West  
Linn**

PARKS & RECREATION  
Adult Community Center

# CLASSIC CAR SHOW

Timeless Beauty: Celebrating the Elegance of Classic Cars

Free for  
public



\$5  
hot dog  
lunch

TUESDAY  
AUGUST

12

11:00AM -  
2:00PM

WEST LINN ADULT  
COMMUNITY CENTER

1180 Rosemont Rd., West Linn, OR 97068

For more information contact [nbudden@westlinnoregon.gov](mailto:nbudden@westlinnoregon.gov)  
503.742.6068

Sponsored by



2025

WEST LINN



# 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 11-13

WILLAMETTE PARK FRI 6-10:30PM  
 1100 12TH ST. SAT 11AM-10:30PM  
 WEST LINN SUN 11AM-6PM



CITY OF  
**West Linn**  
 PARKS & RECREATION

### 2025 Sponsors



**TOYOTA**

Smile Linn  Dental  
Family Dental Care

**TRI MET** West Linn Tidings  
 How life moves®

WEST LNN PARKS & RECREATION PRESENTS

WEST LINN  
OLD TIME FAIR

# CAR SHOW



NOW ON  
**SUNDAY**   
JULY 13TH, 2025

**WILLAMETTE PARK**  
1100 12TH STREET  
WEST LINN, OR 97068

**REGISTRATION OPENS @ 9AM • \$20 ENTRY FEE**

**SHOW: 11AM - 2PM**

**MULTIPLE CATAGORIES WITH REAL JUDGING!  
AWARDS FOR 1<sup>ST</sup> & 2<sup>ND</sup> PLACE IN EACH CATAGORY!**

[WESTLINNCARSHOW@GMAIL.COM](mailto:WESTLINNCARSHOW@GMAIL.COM)

[WWW.WESTLINNOREGON.GOV/OLDTIMEFAIR](http://WWW.WESTLINNOREGON.GOV/OLDTIMEFAIR)



CITY OF  
**West  
Linn**  
PARKS & RECREATION

# MUSIC IN THE PARK

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

Thursday, July 24th

**JUKEBOX HEROS**



Thursday, July 31st

**JOHNNY LIMBO AND THE LUGNUTS**

Thursday, August 7th

**ROLL ON**



Thursday, August 14th

**BEAT DIVISION**

Thursday, August 21st

**BAND AFTER MIDNIGHT**



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.

MUSIC  
in the  
Park

CITY OF  
**West  
Linn**  
PARKS & RECREATION

THANK YOU TO OUR SPONSORS



**TOYOTA**



# JULY

MON	TUE	WED	THU	FRI
	<p>1 TUESDAY</p> <p>8:30- Strength and Balance</p> <p>8:30- Gentle Yoga</p> <p>10:00- Honoring Our Memories Writing</p> <p>10:00- Gentle Yoga</p> <p>11:30- Strength &amp; Balance beginner</p> <p>12:30- Pinochle</p> <p>1:00- Uke Jam</p>	<p>2 WEDNESDAY</p> <p>8:30- Walking Group</p> <p><del>8:30- Move Well Yoga</del></p> <p>10:00- Aerobics</p> <p>12:00- LUNCH</p> <p><del>12:00- Attorney by appt</del></p> <p>12:30- Pinochle</p> <p>1:00- Band Jam</p>	<p>3 THURSDAY</p> <p><del>8:30- Zumba Gold</del></p> <p>9:15- 2:45- Foot Care by Appt.</p> <p><del>10:00- Gentle Yoga</del></p> <p>10:00- Knitting &amp; Crocheting</p> <p>10:00- Quilting for a Cause</p> <p><del>11:30- Chair Yoga</del></p> <p>1:00- Mexican Train</p> <p>1:30- Tai Chi</p>	<p>4 FRIDAY</p> <p style="text-align: center;">Closed for Independence Day</p>
<p>7 MONDAY</p> <p>8:30- Walking Group</p> <p>8:30- Zumba Gold</p> <p>8:30- Move Well Yoga</p> <p>10:00- Qigong</p> <p>10:00- Aerobics</p> <p>10:00- Hand and Foot</p> <p>11:00- Coffee Time</p> <p>12:00- Bridge</p> <p>12:30- Chair Zumba</p> <p>1:00- Alzheimer's Support Group</p>	<p>8 TUESDAY</p> <p>8:30- Strength and Balance</p> <p>8:30- Gentle Yoga</p> <p>10:00- Honoring Our Memories Writing</p> <p>10:00- Gentle Yoga</p> <p><b>11:00- Dog Show</b></p> <p>11:30- Strength &amp; Balance beginner</p> <p>12:30- Pinochle</p> <p>1:00 -Table Tennis for Parkinsons</p> <p>1:00- Uke Jam</p>	<p>9 WEDNESDAY</p> <p>8:30- Walking Group</p> <p>8:30- Move Well Yoga</p> <p>10:00- Aerobics</p> <p>Memories Writing</p> <p>12:30- Pinochle</p> <p>1:00- Band Jam</p> <p>1:00- Book club</p>	<p>10 THURSDAY</p> <p>8:30- Zumba Gold</p> <p>10:00- Gentle Yoga</p> <p>10:00- Knitting &amp; Crocheting</p> <p>11:30- Chair Yoga</p> <p>1:00- Mexican Train</p> <p>1:30- Tai Chi</p>	<p>11 FRIDAY</p> <p>8:30- Strength and Balance</p> <p>8:30- Walking Group</p> <p>10:00- Open Painting</p> <p>10:00- Gentle Yoga and Strength</p> <p>10:00- Aerobics</p> <p><b>10:00- Bus trip to Mid Valley Lavendar Farm</b></p> <p>12:00- Texas Hold 'Em</p> <p>12:00- Mah Jongg- Chinese</p> <p>12:30- Pinochle</p> <p>1:00- Movie Time</p>
<p>14 MONDAY</p> <p>8:30- Walking Group</p> <p>8:30- Zumba Gold</p> <p>8:30- Move Well Yoga</p> <p>10:00- Qigong</p> <p>10:00- Aerobics</p> <p>10:00- Hand and Foot</p> <p>11:00- Coffee Time</p> <p>12:00- Bridge</p> <p>12:30- Chair Zumba</p> <p>1:00- Open Craft</p>	<p>15 TUESDAY</p> <p>8:30- Strength and Balance</p> <p>8:30- Gentle Yoga</p> <p>10:00- Honoring Our Memories Writing</p> <p>10:00- Strength &amp; Balance beginner</p> <p>10:00- Gentle Yoga</p> <p>12:30- Pinochle</p> <p>1:00 -Table Tennis for Parkinsons</p> <p>1:00- Uke Jam</p>	<p>16 WEDNESDAY</p> <p>8:30- Walking Group</p> <p>8:30- Move Well Yoga</p> <p>10:00- Aerobics</p> <p>12:00- LUNCH</p> <p>12:30- Pinochle</p> <p>1:00- Band Jam</p> <p><b>1:30- Balance Workshop</b></p>	<p>17 THURSDAY</p> <p>8:30- Zumba Gold</p> <p>9:15- 2:45- Foot Care by Appt.</p> <p>10:00- Gentle Yoga</p> <p>10:00- Knitting &amp; Crocheting</p> <p>10:00- Quilting for a Cause</p> <p><b>10:00- Bus trip to Ilani Casino</b></p> <p>11:30- Chair Yoga</p> <p>1:00- Mexican Train</p> <p>1:00- Parkinson's Support Group</p>	<p>18 FRIDAY</p> <p>8:30- Strength and Balance</p> <p>8:30- Walking Group</p> <p>10:00- Open Painting</p> <p><del>10:00- Gentle Yoga and Strength</del></p> <p>10:00- Aerobics</p> <p>12:00- Texas Hold 'Em</p> <p>12:00- Mah Jongg- Chinese</p> <p>12:30- Pinochle</p> <p>1:00- Movie Time</p>
<p>21 MONDAY</p> <p>8:30- Walking Group</p> <p><del>8:30- Zumba Gold</del></p> <p>8:30- Move Well Yoga</p> <p><del>10:00- Qigong</del></p> <p>10:00- Aerobics</p> <p>10:00- Hand and Foot</p> <p>11:00- Coffee Time</p> <p>12:00- Bridge</p> <p><del>12:30- Chair Zumba</del></p> <p>1:00- Alzheimer's Support Group</p>	<p>22 TUESDAY</p> <p>8:30- Strength and Balance</p> <p><del>8:30- Gentle Yoga</del></p> <p>10:00- Honoring Our Memories Writing</p> <p>10:00- Strength &amp; Balance beginner</p> <p><del>10:00- Gentle Yoga</del></p> <p>12:30- Pinochle</p> <p>1:00 -Table Tennis for Parkinsons</p> <p>1:00- Uke Jam</p>	<p>23 WEDNESDAY</p> <p>8:30- Walking Group</p> <p>8:30- Move Well Yoga</p> <p>10:00- Aerobics</p> <p>12:00- LUNCH</p> <p>12:30- Pinochle</p> <p>1:00- Band Jam</p>	<p>24 THURSDAY</p> <p>8:30- Zumba Gold</p> <p>10:00- Gentle Yoga</p> <p>10:00- Knitting &amp; Crocheting</p> <p>11:30- Chair Yoga</p> <p><b>11:30- Bus trip to Oregon Military Museum</b></p> <p>1:00- Mexican Train</p> <p>1:00- Caregiver's Support Group</p> <p>1:30- Tai Chi</p>	<p>25 FRIDAY</p> <p>8:30- Strength and Balance</p> <p>8:30- Walking Group</p> <p>10:00- Open Painting</p> <p>10:00- Gentle Yoga and Strength</p> <p>10:00- Aerobics</p> <p>12:00- Texas Hold 'Em</p> <p>12:00- Mah Jongg- Chinese</p> <p>12:30- Pinochle</p> <p>1:00- Movie Time</p>
<p>28 MONDAY</p> <p>8:30- Walking Group</p> <p>8:30- Zumba Gold</p> <p>8:30- Move Well Yoga</p> <p>10:00- Qigong</p> <p>10:00- Aerobics</p> <p>10:00- Hand and Foot</p> <p>11:00- Coffee Time</p> <p>12:00- Bridge</p> <p>12:30- Chair Zumba</p> <p>1:00- Open Craft</p>	<p>29 TUESDAY</p> <p>8:30- Strength and Balance</p> <p>8:30- Gentle Yoga</p> <p>10:00- Honoring Our Memories Writing</p> <p>10:00- Strength &amp; Balance beginner</p> <p>10:00- Gentle Yoga</p> <p>12:30- Pinochle</p> <p>1:00 -Table Tennis for Parkinsons</p> <p>1:00- Uke Jam</p>	<p>30 WEDNESDAY</p> <p>8:30- Walking Group</p> <p>8:30- Move Well Yoga</p> <p>10:00- Aerobics</p> <p>12:00- LUNCH</p> <p>12:30- Pinochle</p> <p>1:00- Band Jam</p>	<p>31 THURSDAY</p> <p>8:30- Zumba Gold</p> <p>10:00- Gentle Yoga</p> <p>10:00- Knitting &amp; Crocheting</p> <p>11:30- Chair Yoga</p> <p>1:00- Mexican Train</p> <p>1:30- Tai Chi</p>	

# AUGUST

MON	TUE	WED	THU	FRI
				<p>1 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-Mah Jongg- Chinese 12:30- Pinochle 1:00- Movie Time</p>
<p>4 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-Alzheimer's Support Group</p>	<p>5 TUESDAY</p> <p>8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Strength &amp; Balance beginner 10:00- Gentle Yoga 12:30- Pinochle 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>6 WEDNESDAY</p> <p>8:30- Walking Group 8:30-Move Well Yoga 10:00- Aerobics 12:00- LUNCH 12:00-Attorney by appt 12:30- Pinochle 1:00-Band Jam</p>	<p>7 THURSDAY</p> <p><b>8:00-Bus trip to Cannon Beach</b> 8:30-Zumba Gold 10:00-Gentle Yoga 10:00- Knitting &amp; Crocheting 10:00-Quilting for a Cause 11:30-Chair Yoga 1:00-Mexican Train 1:30-Tai Chi</p>	<p>8 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 <b>11:30-Bus trip to Elephant Garlic Festival</b> 12:00- Texas Hold 'Em 12:00-Mah Jongg- Chinese 12:30- Pinochle 1:00- Movie Time</p>
<p>11 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>12 TUESDAY</p> <p>8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Strength &amp; Balance beginner 10:00- Gentle Yoga <b>11:00-2:00-Car Show</b> 12:30- Pinochle 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>13 WEDNESDAY</p> <p>8:30- Walking Group 8:30-Move Well Yoga <b>9:45-Bus trip to Clackamas County Fair</b> 10:00- Aerobics 12:00- LUNCH 12:30- Pinochle 1:00-Band Jam 1:00-Book club</p>	<p>14 THURSDAY</p> <p>8:30-Zumba Gold 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 Support Group</p>	<p>15 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-Mah Jongg- Chinese 12:30- Pinochle 1:00- Movie Time</p>
<p>18 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-Alzheimer's Support Group</p>	<p>19 TUESDAY</p> <p>8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Strength &amp; Balance beginner 10:00- Gentle Yoga 12:30- Pinochle 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>20 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>21 THURSDAY</p> <p>8:30-Zumba Gold 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-Caregiver's Support Group</p>	<p>22 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-Mah Jongg- Chinese 12:30- Pinochle 1:00- Movie Time</p>
<p>25 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>26 TUESDAY</p> <p>8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Strength &amp; Balance beginner 10:00- Gentle Yoga 12:30- Pinochle 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>27 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>28 THURSDAY</p> <p>8:30-Zumba Gold 10:00-Gentle Yoga 10:00- Knitting &amp; Crocheting 10:00-Quilting for a Cause 11:30-Chair Yoga 1:00-Mexican Train</p>	<p>29 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-Mah Jongg- Chinese 12:30- Pinochle 1:00- Movie Time</p>