



# West Linn Adult Community Center Newsletter

March/April 2026

## 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

Services  
Page 4

Lunch Menu  
Page 6

Fitness  
Page 8

Activities & Special  
Interest  
Page 9 & 10

# Hello Spring

## Spring is popping up!

Get ready for the return of warmer weather, longer days, and the nature's blooming flowers, baby animals, and birds singing. The official first day of spring is Friday, March 20<sup>th</sup>. Join us in the fun activities we have planned! Take a bus trip to shop and eat at Providore Fine Italian Foods, enjoy whale watching in Depot Bay, look for spring plants at Bauman Farm and enjoy high tea at Elka Bees.

We look forward to enjoying the spring season with you!

Tiffany and 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 would like to recognize Linda Ray, Charles Shifrin, Callie Schlippert, Maggie Magee, Donna Baker and the many others for their help with our lunch program! Thank you for all you do to help make the Adult Community Center a warm and welcoming place to be! We sure appreciate you!



# Bus Trips



## Shop and Eat at Providore Fine Foods Thursday, March 5th

\$15 includes transportation only.

Depart ACC at 11:30 am and returns around 1:30pm

## Depot Bay Whale Watching Center Thursday, March 19th

\$20 includes transportation only. Lunch at Tidal Raves

Depart ACC at 9:00 am and returns around 4:30 pm



## Bauman Farms and Lunch at Oswego Grill

Thursday, April 9th

\$15 includes transportation only

Depart ACC at 10am and returns around 2 pm



## High Tea at Elka Bees in Clackamas Thursday, April 23th

\$10 includes transportation only. Tea cost is \$45 per person plus gratuity.

Depart ACC at 12:30pm and returns around 2:30pm



## 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



# COFFEE SOCIAL TIME

**Mondays at 11:00**

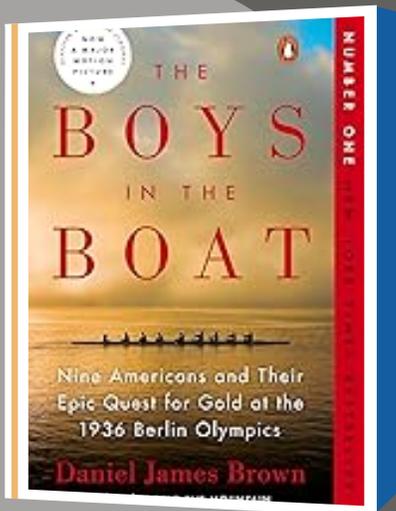
Come join others for a cup of coffee and some comradery at the WLACC. Gather with old friends and meet some new ones.



# BOOK CLUB UPCOMING READS

**WEDNESDAY, MARCH 11TH, 1:00PM**

**BOYS IN THE BOAT  
BY DANIEL JAMES**



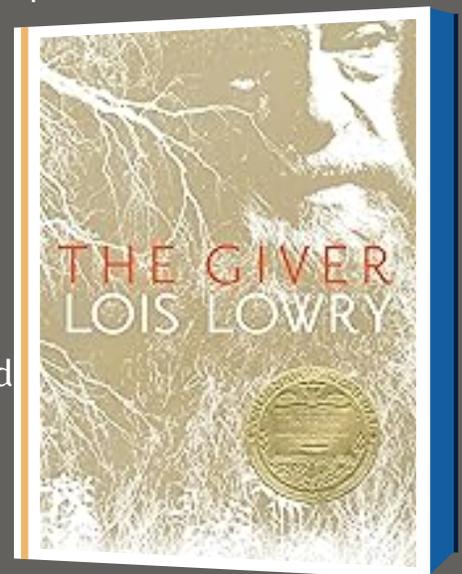
An improbable, intimate account of how nine working-class boys from the American West showed the world at the 1936 Olympics in Berlin what true grit really meant.

It was an unlikely quest from the start. With a team composed of the sons of loggers, shipyard workers, and farmers, the University of Washington's eight-oar crew team was never expected to defeat the elite teams of the East Coast and Great Britain, yet they did, going on to shock the world by defeating the German team rowing for Adolf Hitler. Brown has created an unforgettable portrait of an era, a celebration of a remarkable achievement, and a chronicle of one extraordinary young man's personal quest.

**WEDNESDAY, APRIL 11TH, 1:00PM**

**THE GIVER  
BY LOIS LOWRY**

Life in the community where Jonas lives is idyllic. Designated birthmothers produce newchildren, who are assigned to appropriate family units. Citizens are assigned their partners and their jobs. No one thinks to ask questions. Everyone obeys. Everyone is the same. Except Jonas, who begins n to understand the dark, complex secrets behind his fragile community.



# 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.

March & April

Delicious lunches are being served every Wednesday. Thank you for your patience as we transition. Stay tuned for weekly menus, the lunch menu will return.

You can call or check in at the front desk weekly for the next Wednesday lunch if you wish.

(503) 557-4704

Thank you!!

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!



*Movie and lunch at The Stafford*



*Bus Trip to  
Dog Show*



## We appreciate the support!

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

Family Resource Home Care - Valentine dance sponsor



*Thank you for being an event sponsor!*

# Health & Fitness Activities

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## **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. 3/2-4/27. Full term \$54 Res, \$64 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 3/2-4/30. \$108 Res, \$118 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. 3/6-4/28. 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. 3/10-4/28. 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. 3/5-4/30. \$54 Res, \$64 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. 3/3-4/28. Full term \$50 Res, \$60 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. 3/6-4/24. 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. 3/2-4/27. Full term \$85 Res, \$95 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. 3/2-4/29 (No class 3/23 & 3/25). Full term \$96 Res, \$106 Non Res. \$10 drop in.

## **T'ai Chi (Taiji) Beginning: Thursdays, 1:30-2:45pm**

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. 1/15-3/19. 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

Alzheimer's Class Series- Please see page 12 for full page flyer on class descriptions, dates and times.

Artful Presentations- Please see page 13 for full page flyer on art presentation topics, dates and times.

## 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 - March 9<sup>th</sup> and 23<sup>rd</sup> & April 13<sup>th</sup> and 27<sup>th</sup> @ 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 (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.

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.

(Due to the MLK and President's Day Holiday, the 3<sup>rd</sup> Monday of the month meetings will move to the 4<sup>th</sup> Monday of the month for January and February.)

Also, please join us for informative classes regarding memory care. See page 12 for all the details.



## UPCOMING RED CROSS BLOOD DRIVES

Interested in giving blood?

The Red Cross will be at the Adult Community Center

March 25th

May 27th

Sign up with the Red Cross

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



## WEST LINN ADULT COMMUNITY CENTER CLASS SERIES

ADDRESS: 1180 ROSEMONT RD, WEST LINN, OR 97068

### **Communicating Effectively**

**March 26th, 2026 from 1-2:30pm**

### **Responding to Dementia- Related Behaviors**

**April 23rd, 2026 from 1-2:30pm**



Need help registering, or want to learn more about a class or support group?

Call our 24/7 **Helpline** at **800.272.3900** for immediate assistance

Visit our **Community Resource Finder** at [alz.org/CRF](https://alz.org/CRF) for a complete list of programs and events.

# ARTFUL PRESENTATIONS

AN ART SERIES WITH LYNN BLISS, PH.D.

**Wednesday, March 11<sup>th</sup>, 1:30 pm**

## **European Cave Art**

This presentation covers European cave art in three caves in France and Spain. The art was created 17,000 to 30,000 years ago. There are a variety of images and artistic styles. Animals, hands and fingers, and patterns predominate.

**Wednesday, April 15<sup>th</sup>, 1:30pm**

## **Enter Laughing: Humor in Art**

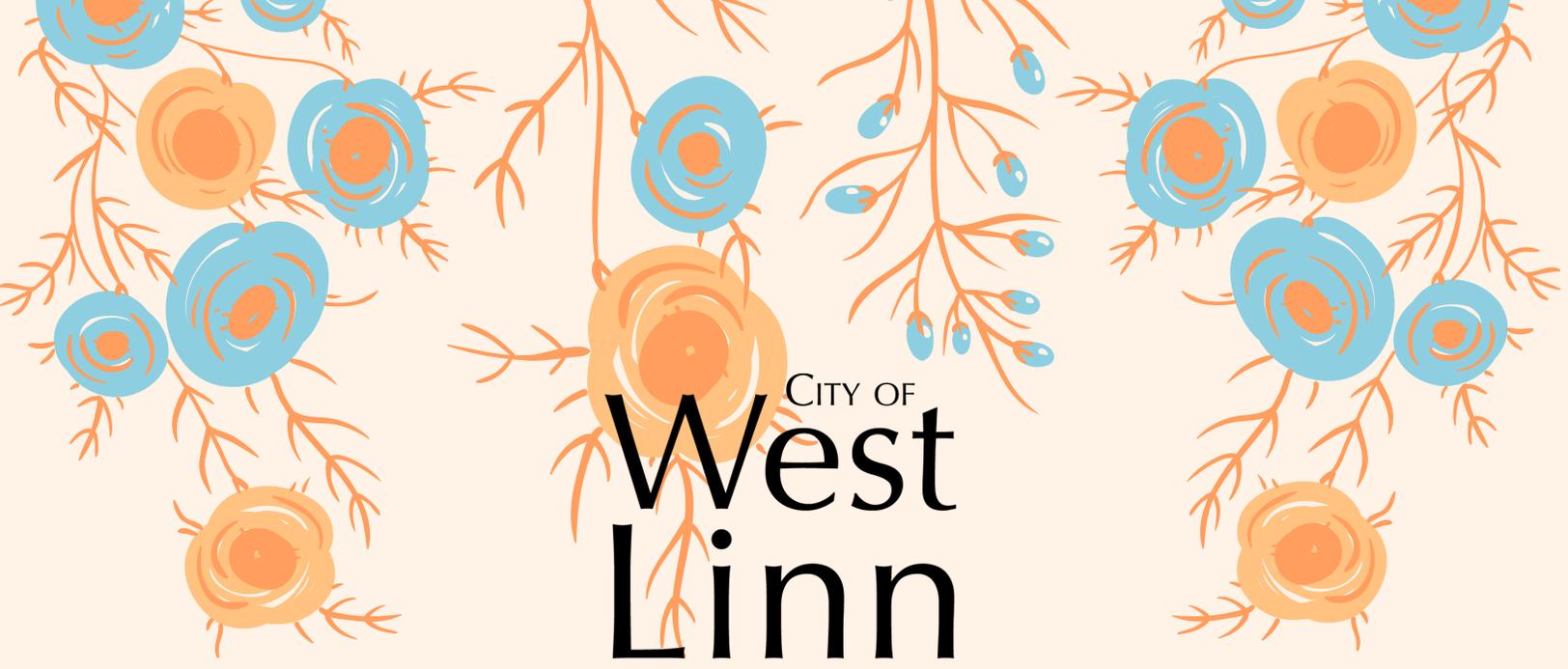
This presentation will offer images in art that will tickle your funny bone. We will explore animal images that are humorous. We will also see images of people and domestic scenes that will put you in stitches. We will also view just weird images, parodies and memes that are guaranteed to tickle your funny bones.

**Wednesday, May 20<sup>th</sup>, 1:30pm**

## **Pearls**

Pearls are a GIRL'S best friend!" This presentation will cover the symbolism and importance of pearls since antiquity. The themes of wealth, power, status, spirituality, adornment, love and beauty will be discussed. And, pearls are not just relevant for women. Come and learn all about this wonderful gemstone.

**These presentations are free of charge but please sign up at the front desk to reserve your seat.**



CITY OF  
**West  
Linn**

**PARKS & RECREATION**

**WLACC**

# May Mini Market

TUESDAY, MAY 5TH, 11-4PM

1180 ROSEMONT RD.

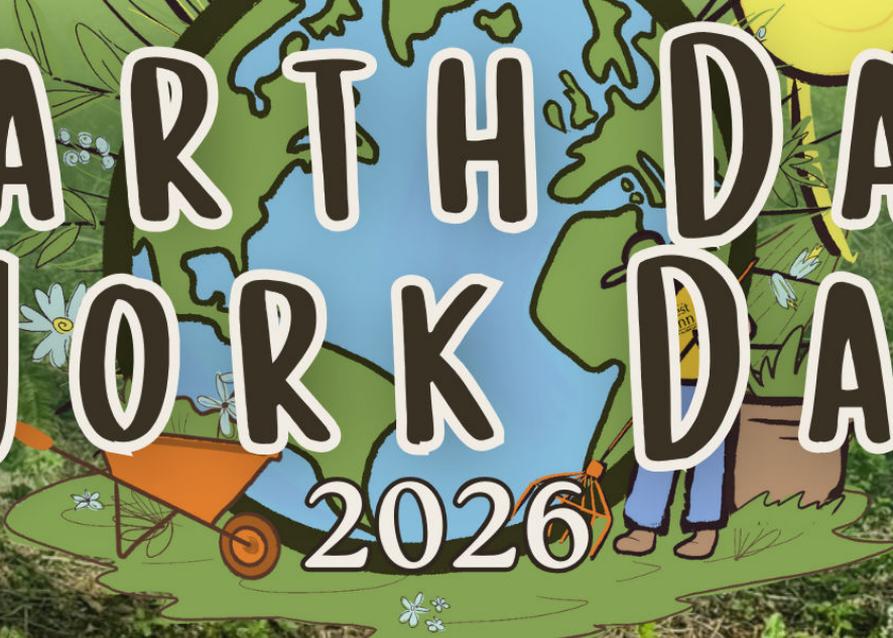
WEST LINN, OR 97068

Join us for a mini bazaar! Find gifts for  
Mother's day or treat yourself!

Baked Goods - Soaps - Jewelry  
- Nails - Flowers - Wine -  
Gifts and More!



# EARTH DAY WORK DAY 2026



**APRIL 25TH, 2026 | 9AM-12PM**  
**FIELDS BRIDGE PARK**

## PLANET VS. PLASTICS

Join us in restoring the park! Contribute to the environment by helping with tasks such as invasive plant removal, trail maintenance, and more. Lunch provided by the West Linn Lions.



REGISTER ONLINE: [SOLVEOREGON.ORG](https://solveoregon.org)

# MARCH

MON	TUE	WED	THU	FRI
<p>2 MONDAY</p> <p>8:30- Walking Group 8:30- Zumba Gold 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 11:00- Coffee Time 12:00- Bridge 1:00 - ALZ Caregiver Support Group</p>	<p>3 TUESDAY</p> <p>8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Strength &amp; Balance beginner 10:00- Gentle Yoga 12:30- Pinochle 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>4 WEDNESDAY</p> <p>8:30- Walking Group 8:30-Move Well Yoga 10:00- Aerobics 12:00- LUNCH 12:00-Attorney by appt 12:30- Pinochle 1:00-Band Jam</p>	<p>5 THURSDAY</p> <p>8:30-Zumba Gold 9:00-2:00 -Taxes 9:15- 2:45-Foot Care by Appt 10:00-Gentle Yoga 10:00- Knitting &amp; Crocheting 10:00-Quilting for a Cause <b>11:30-Bus trip to Providore Fine Foods</b> 11:30-Chair Yoga 1:00-Mexican Train 1:30-Tai Chi</p>	<p>6 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</p>
<p>9 MONDAY</p> <p>8:30- Walking Group 8:30- Zumba Gold 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 11:00- Coffee Time 12:00- Bridge 1:00-Open Craft</p>	<p>10 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>11 WEDNESDAY</p> <p>8:30- Walking Group 8:30-Move Well Yoga 10:00- Aerobics 12:00- LUNCH 12:30- Pinochle 1:00-Band Jam 1:00-Book club</p>	<p>12 THURSDAY</p> <p>8:30-Zumba Gold 9:00-2:00 -Taxes 10:00-Gentle Yoga 10:00- Knitting &amp; Crocheting 11:30-Chair Yoga 1:00-Mexican Train 1:00-Parkinson's Support Group 1:30-Tai Chi</p>	<p>13 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</p>
<p>16 MONDAY</p> <p>8:30- Walking Group 8:30- Zumba Gold 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 11:00- Coffee Time 12:00- Bridge <del>1:00 - ALZ Caregiver Support Group</del></p>	<p>17 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>18 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 12:30- Pinochle 1:00-Band Jam <b>1:30-Art Presentation-European Cave art</b></p>	<p>19 THURSDAY</p> <p>8:30-Zumba Gold 9:00-2:00 -Taxes <b>9:00-Bus trip to Depot Bay</b> 9:15- 2:45-Foot Care by Appt 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-Caregivers Support Group 1:30-Tai Chi</p>	<p>20 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</p>
<p>23 MONDAY</p> <p>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 1:00-Open Craft 1:00 - ALZ Caregiver Support Group</p>	<p>24 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>25 WEDNESDAY</p> <p>8:30- Walking Group <del>8:30- Move Well Yoga</del> 10:00- Aerobics 12:00- LUNCH 12:30- Pinochle 1:00-Band Jam</p>	<p>26 THURSDAY</p> <p>8:30-Zumba Gold 9:00-2:00 -Taxes 10:00-Gentle Yoga 10:00- Knitting &amp; Crocheting 11:30-Chair Yoga 1:00-Mexican Train <b>1:00-Memory Education class-Communicating Effectively</b> <del>1:30-Tai Chi</del></p>	<p>27 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</p>
<p>30 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</p>	<p>31 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>			

# APRIL

MON	TUE	WED	THU	FRI
		<p>1 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>2 THURSDAY</p> <p>8:30-Zumba Gold 9:00-2:00 -Taxes 9:15- 2:45-Foot Care by Appt 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>3 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</p>
<p>6 MONDAY</p> <p>8:30- Walking Group 8:30- Zumba Gold 8:30- Move Well Yoga 10:00- Qigong 10:00- Aerobics 10:00- Hand and Foot 11:00- Coffee Time 12:00- Bridge 1:00-ALZ Caregiver Support Group</p>	<p>7 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>8 WEDNESDAY</p> <p>8:30- Walking Group 8:30-Move Well Yoga 10:00- Aerobics 12:00- LUNCH 12:30- Pinochle 1:00-Band Jam 1:00-Book club</p>	<p>9 THURSDAY</p> <p>8:30- Zumba Gold 9:00-2:00 -Taxes <b>10:00-Bus trip to Bauman Farms/Oswego Grill</b> 10:00-Gentle Yoga 10:00- Knitting &amp; Crocheting 11:30-Chair Yoga 1:00-Mexican Train 1:00-Parkinson's Support Group 1:30-Tai Chi</p>	<p>10 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</p>
<p>13 Monday</p> <p>8:30- Walking Group 8:30-Zumba Gold 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 11:00- Coffee Time 12:00- Bridge 1:00-Open Craft time</p>	<p>14 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>15 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 12:30- Pinochle 1:00-Band Jam <b>1:30-Art Presentation: Humor in Art</b></p>	<p>16 THURSDAY</p> <p>8:30-Zumba Gold 9:00-2:00 -Taxes 9:15- 2:45-Foot Care by Appt 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>17 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</p>
<p>20 Monday</p> <p>8:30- Walking Group 8:30- Zumba Gold 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 11:00- Coffee Time 12:00- Bridge 1:00-ALZ Caregiver Support Group</p>	<p>21 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>22 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>23 THURSDAY</p> <p>8:30-Zumba Gold 9:00-2:00 -Taxes 10:00-Gentle Yoga 10:00- Knitting &amp; Crocheting 11:30-Chair Yoga <b>12:30-Bus trip to Elka Bee's for High Tea</b> 1:00-Mexican Train 1:00-Caregivers Support Group <b>1:00-Memoery Education class- Responding to Dementia Behaviors</b> 1:30-Tai Chi</p>	<p>24 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</p>
<p>27 Monday</p> <p>8:30- Walking Group 8:30- Zumba Gold 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 11:00- Coffee Time 12:00- Bridge 1:00-Open Craft time</p>	<p>28 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>29 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>30 THURSDAY</p> <p>8:30-Zumba Gold 9:00-2:00 -Taxes 10:00-Gentle Yoga 10:00- Knitting &amp; Crocheting 11:30-Chair Yoga 1:00-Mexican Train 1:30-Tai Chi</p>	