

West Linn Adult Community Center Newsletter

May/June 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

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Summertime fun at the ACC!

We look forward to enjoying summertime fun with you! Come shop for Mother's Day goodies at our mini bazaar on May 5th. Cheers wine month in May with a bus trip to a local Festive Hill winery, visit the Lake Oswego Arts Festival, take a tour of the McLean house and garden, and/or a guided tour to learn Willamette Falls Drive.

Tiffany and Nicole



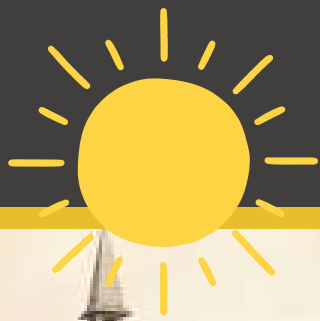
Meet the Staff:

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 Vic Stene for all he does in the ACC kitchen! He is our dishwasher extraordinaire! Thank you for all you do to help make the Adult Community Center a wonderful place to have lunch! We sure appreciate you!



Bus Trips



History of Willamette Wednesday, May 6th

\$15 includes transportation only. Lunch at food carts.
Depart ACC at 11:00 am and returns around 1:30pm

Festive Hill Winery Happy Hour Thursday, May 21

\$5 includes transportation only.
Depart ACC at 3:00 pm and returns around 5:00 pm



Lake Oswego Festival of the Arts Friday, June 26th

\$5 includes transportation only
Depart ACC at 11am and returns around 2 pm

McLean House and Garden Tour Thursday, June 18th

\$5 includes transportation only.
Depart ACC at 11am and returns around 1:30pm



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



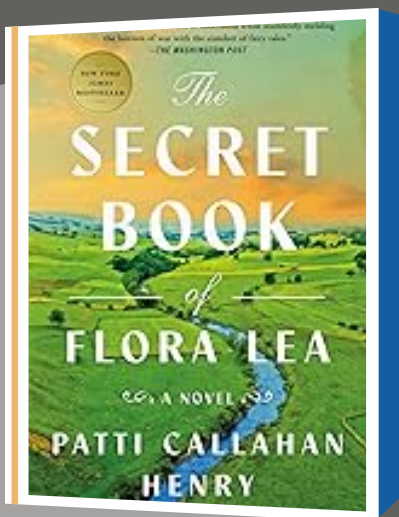
COFFEE SOCIAL TIME

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



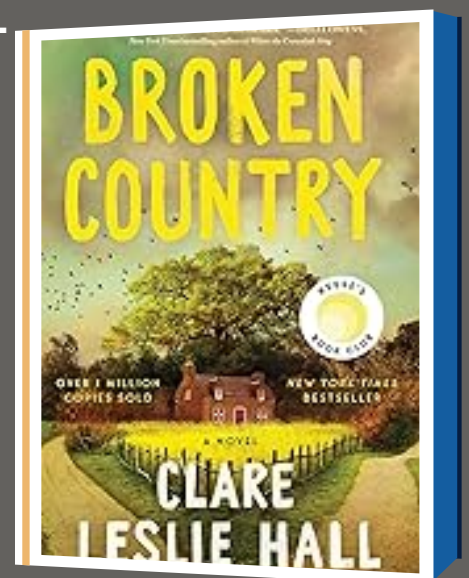
WEDNESDAY, MAY 13TH, 1:00PM
THE SECRET BOOK OF FLORA LEA
BY PATTI CALLAHAN HENRY

In the war-torn London of 1939, fourteen-year-old Hazel and five-year-old Flora are evacuated to a rural village to escape the horrors of the Second World War. Hazel fills their days with walks and games to distract her young sister, including one that she creates for her sister and her sister alone—a fairy tale about a magical land, a secret place they can escape to that is all their own... until the unthinkable happens and Flora suddenly vanishes.

WEDNESDAY, JUNE 10TH, 1:00PM
BROKEN COUNTRY
BY CLARE LESLIE HALL

A sweeping love story with the pace and twists of a thriller.

Beth and her husband Frank's happy marriage relies on the past staying buried. But when Beth's brother-in-law shoots a dog going after their sheep, Beth doesn't realize that the gunshot will alter the course of their lives. For the dog belonged to the man Beth loved as a teenager—the man who broke her heart years ago. As Beth is pulled back into his life, tensions around the village rise and dangerous secrets and jealousies from the past resurface, this time with deadly consequences.



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.

May and June

Delicious lunches are being served every Wednesday. Thank you for your patience as we transition to a new lunch program. 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!

Join open painting Fridays at 10am



We appreciate the support!

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

Volunteer Appreciation sponsors - The Springs Carmen Oaks & Caring For Family of Companies

Family Resource Home Care - Summer dance sponsor



Thank you for being an event sponsor!

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. 5/4-6/29. 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 5/4-6/25. \$90 Res, \$100 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. 5/8-6/30. 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. 5/19-7/7. 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. 5/7-6/25. \$42 Res, \$52 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. 5/5-6/30. 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. 5/1-6/26. Full term \$65 Res, \$75 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. 5/4-6/29. 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. 5/4-6/29 (No class 5/25). 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. 4/9-6/11 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

Classes/Presentations/Special activities

Speed Friending: May 7th, 1-3pm. See page 12 for details.

Educational Seminar: The Truth About Reverse Mortgages in 2026-May 21st at 1pm
Join local Reverse Mortgage Specialist Mandi Stephens for an educational seminar designed for homeowners age 55 and older. See page 14 for full flyer.

Artful Presentations- PEARLS! May 20th at 1:30pm. See page 11 for full flyer.

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 - Mayth and --rd & June --th and --th @ 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
Pinocle (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
Garbage(Trash), Golf and other card games: Fridays @ 1:00

Services

See page 4 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.

Grief Support Group: Every 2nd & 4th 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.

Alzheimer's Support Group: For May-1st and 3rd Monday of the month, 1:00-2:30pm. Beginning in June and beyond, every 1st and 3rd 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.

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
May 27th

June 10th - Olivia Enders Blood Drive
June 24th

Sign up with the Red Cross

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App



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 -
Gifts and More!





SPEED FRIENDING

HOSTED BY THE WEST LINN LIBRARY

MAY 7, 2026

**1:00 - 3:00 PM West Linn Adult Community Center
(Oak Room) 1180 Rosemont Rd. West Linn**

Are you looking to make new friends and expand your social circle? Look no further! Our program is designed to bring people together in a fun, low stress, and interactive way. There is no obligation to exchange contact information during this event, though it is encouraged with those who you've connected with.

**Registration is required.
Sign up at ACC Front Desk**

WOOD



CARVING

**BRING YOUR WOOD PROJECTS
AND JOIN OTHERS**

Tuesdays at 9:00





FIND HEALING IN TOGETHERNESS

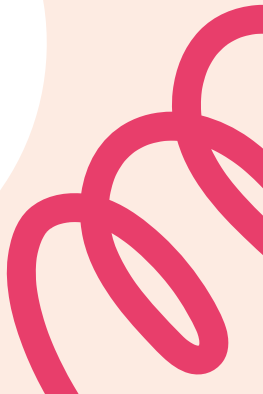
Grief is a personal journey, but you don't have to walk it alone.

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

ARTFUL PRESENTATIONS

THE LAST PRESENTATION IN HER ART SERIES WITH LYNN BLISS, PH.D.



Wednesday, May 20th, 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.



About the presenter-- Lynn Bliss, Ph.D. has been a docent at the Museum of Fine Arts Houston since 2010, the Holocaust Museum Houston since 2008, and the Rothko Chapel since 2015. She has conducted tours with school aged children and adults on a variety of topics. She is steeped in art history and the "art" of engaging an audience, irrespective of age.

Free Educational Seminar

The Truth About Reverse Mortgages in 2026

What Every Homeowner 55+ Should Know
Before Making a Decision.

MAY 21ST

Time: 1:00 PM - 2:00PM

**West Linn Adult
Community Center**
1180 Rosemont Rd.
West Linn, 97068

To RSVP:

Call WLACC Front Desk
at (503) 557-4704
or stop in
between 9am-3pm



Presented by:
Mandi Stephens
Reverse Mortgage
Specialist
NMLS #666638

Seminar Highlights:

- What a reverse mortgage actually is
- Who it may be appropriate for — and who it may not
- Common myths and misconceptions
- How equity can be used strategically in retirement
- 2026 program updates and changes
- Real-life examples and scenarios

This presentation is for educational purposes only.
No sales presentation and no obligation.
Open Q&A session included.

 **C2
Financial**[®]
The Reverse Mortgage Experts

CITY OF
**West
Linn**

PARKS & RECREATION

Summer Dance

HAWAIIAN THEME

FRIDAY, JUNE 12TH

6-8 PM

COST \$10

PAY AT THE DOOR

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!

WEST LINN ADULT COMMUNITY CENTER

1180 ROSEMONT RD.

WEST LINN, OR 97068

RSVP TO NBUDDEN@WESTLINNOREGON.GOV

OR CALL 503.742.6068

TREATS SPONSORED BY:

**family
resource**
home care



CITY OF
**West
Linn**

PARKS & RECREATION
Adult Community Center

WLACC 3RD ANNUAL DOG SHOW!

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

TUESDAY, JUNE 30TH

11AM-12PM

AT THE WLACC

1180 ROSEMONT RD

PRIZES SPONSORED BY

Nature's Pet

NUTRITION CENTER & WELLNESS SPA

Please sign up at the ACC front desk to register your dog by Friday, June 12th. (503) 557-4704

We'd also appreciate an RSVP if attending.

MAY

MON	TUE	WED	THU	FRI
				<p>1 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-Mahjong- Chinese</p> <p>12:30- Pinochle</p>
<p>4 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>1:00- Alzheimer Support</p>	<p>5 TUESDAY</p> <p>8:30-Strength and Balance</p> <p>8:30-Gentle Yoga</p> <p>9:00 - Wood Carving</p> <p>10:00- Honoring Our Memories Writing</p> <p>10:00- Gentle Yoga</p> <p>11:00-4:00pm-Mini Market</p> <p>11:30-Strength & Balance beginner</p> <p>12:30- Pinochle</p> <p>1:00 -Table Tennis for Parkinsons</p> <p>1:00-Uke Jam</p>	<p>6 WEDNESDAY</p> <p>8:30- Walking Group</p> <p>8:30-Move Well Yoga</p> <p>10:00- Aerobics</p> <p>11:00 Bus History of Willamette</p> <p>12:00- LUNCH</p> <p>12:00-Attorney by appt</p> <p>12:30- Pinochle</p> <p>1:00-Band Jam</p>	<p>7 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 & Crocheting</p> <p>11:30-Chair Yoga</p> <p>1:00-Mexican Train</p> <p>1:00-Speed Friending</p> <p>1:30-Tai Chi</p>	<p>8 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-Mahjong- Chinese</p> <p>12:30- Pinochle</p> <p>1:00 - Grief Support Group</p>
<p>11 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>1:00-Open Craft</p>	<p>12 TUESDAY</p> <p>8:30-Strength and Balance</p> <p>8:30-Gentle Yoga</p> <p>9:00 - Wood Carving</p> <p>10:00- Honoring Our Memories Writing</p> <p>10:00-Strength & 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>13 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>1:00-Book club</p>	<p>14 THURSDAY</p> <p>8:30-Zumba Gold</p> <p>10:00-Gentle Yoga</p> <p>10:00- Knitting & Crocheting</p> <p>10:00-Quilting for a Cause</p> <p>11:30-Chair Yoga</p> <p>1:00-Mexican Train</p> <p>1:00-Parkinson's Support Group</p> <p>1:30-Tai Chi</p>	<p>15 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-Mahjong- Chinese</p> <p>12:30- Pinochle</p>
<p>18 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>1:00- Alzheimer Support</p>	<p>19 TUESDAY</p> <p>8:30-Strength and Balance</p> <p>8:30-Gentle Yoga</p> <p>9:00 - Wood Carving</p> <p>10:00- Honoring Our Memories Writing</p> <p>10:00-Strength & 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>20 WEDNESDAY</p> <p>8:30- Walking Group</p> <p>8:30-Move Well Yoga</p> <p>9:15-2:45-Foot Care by Appt.</p> <p>10:00- Aerobics</p> <p>12:00- LUNCH</p> <p>12:30- Pinochle</p> <p>1:00-Band Jam</p> <p>1:30-Art Presentation-Pearls</p>	<p>21 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 & Crocheting</p> <p>11:30-Chair Yoga</p> <p>1:00-Mexican Train</p> <p>1:00-Caregiver's Support Group</p> <p>1:00-Reverse Mortgage talk</p> <p>1:30-Tai Chi</p> <p>3:00 - Bus to Festive Hill Winery</p>	<p>22 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-Mahjong- Chinese</p> <p>12:30- Pinochle</p> <p>1:00- Grief Support Group</p>
<p>25 MONDAY</p> <p>Closed for Memorial Day</p>	<p>26 TUESDAY</p> <p>8:30-Strength and Balance</p> <p>8:30-Gentle Yoga</p> <p>9:00 - Wood Carving</p> <p>10:00- Honoring Our Memories Writing</p> <p>10:00-Strength & 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>27 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>28 THURSDAY</p> <p>8:30-Zumba Gold</p> <p>10:00-Gentle Yoga</p> <p>10:00- Knitting & Crocheting</p> <p>11:30-Chair Yoga</p> <p>1:00-Mexican Train</p> <p>1:30-Tai Chi</p>	<p>29 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-Mahjong- Chinese</p> <p>12:30- Pinochle</p>

JUNE

MON	TUE	WED	THU	FRI
<p>1 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>2 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 & Balance beginner 10:00- Gentle Yoga 12:30- Pinochle 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>3 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>4 THURSDAY</p> <p>8:30-Zumba Gold 9:15- 2:45-Foot Care by Appt 10:00-Gentle Yoga 10:00- Knitting & Crocheting 10:00-Quilting for a Cause 10:00 -Alzheimer's Support Group 11:30-Chair Yoga 1:00-Mexican Train 1:30-Tai Chi</p>	<p>5 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>8 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>9 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 & Balance beginner 10:00- Gentle Yoga 12:30- Pinochle 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>10 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>11 THURSDAY</p> <p>8:30-Zumba Gold 10:00-Gentle Yoga 10:00- Knitting & Crocheting 10:00-Quilting for a Cause 11:30-Chair Yoga 1:00-Mexican Train 1:00-Parkinson's Support Group 1:30-Tai Chi</p>	<p>12 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>15 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>16 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 & Balance beginner 10:00- Gentle Yoga 12:30- Pinochle 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>17 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</p>	<p>18 THURSDAY</p> <p>8:30-Zumba Gold 9:15- 2:45-Foot Care by Appt 10:00-Gentle Yoga 10:00- Knitting & Crocheting 10:00-Quilting for a Cause 10:00 -Alzheimer's Support Group 11:00 - Bus McLean House & Garden 11:30-Chair Yoga 1:00-Mexican Train 1:00-Caregiver's Support Group</p>	<p>19 FRIDAY</p> <p>Closed for Juneteenth</p>
<p>22 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>23 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 & Balance beginner 10:00- Gentle Yoga 12:30- Pinochle 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p>24 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>25 THURSDAY</p> <p>8:30-Zumba Gold 10:00-Gentle Yoga 10:00- Knitting & Crocheting 10:00-Quilting for a Cause 11:30-Chair Yoga 1:00-Mexican Train</p>	<p>26 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 11:00 Bus Lake Oswego Festival of the Arts 12:00- Texas Hold 'Em 12:00-Mahjong- Chinese 12:30- Pinochle 1:00- Grief Support Group</p>
<p>29 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>30 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 & Balance beginner 10:00- Gentle Yoga 11:00-Dog Show 12:30- Pinochle 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam</p>			