



West Linn Adult Community Center Newsletter

November/December 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

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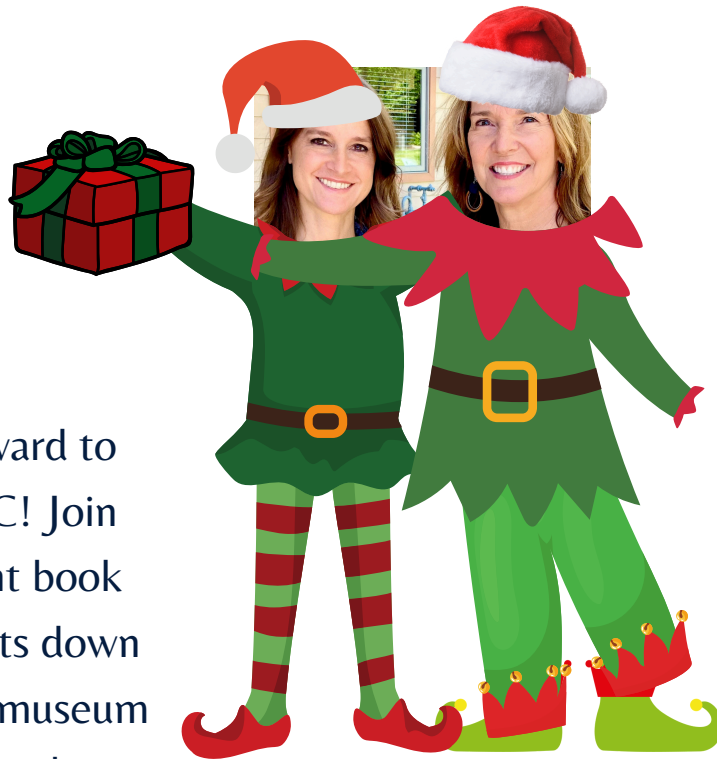


'Tis the **HOLIDAY** *Season*

The holidays are here! We are looking forward to lots of fun gatherings and cheer at the ACC! Join the book club with a holiday white elephant book swap, ride the bus on a tour of holiday lights down Peacock Lane or to the aviation and space museum and many other fun excursions! Together we have more fun!

We look forward to celebrating with you!

Tiffany & Nicole



Volunteer Highlight



Tom Domann

T H A N K F U L

We are thankful to have so many wonderful volunteers! This month, we would like to recognize Tom Domann who you may recognize from driving the ACC bus! Thank you for all you do at the Adult Community Center Tom! We sure love having you!

Bus Trips



Evergreen Aviation & Space Museum

Thursday, November 13th

\$30 includes transportation and museum entrance

Lunch at Wildwood Cafe

Depart ACC at 10:00 am (11am tour) and returns around 2:30pm



Historic City Hall

Thursday, November 20th

\$5 includes transportation only.

Lunch at Oregon City McMinnamins

Depart ACC at 9:30 am and returns around 1:00 pm



Holiday Lights Bus Tour of Peacock Lane

Thursday, December 18th

\$15 includes transportation only

*Please note no food destination for this trip

Depart ACC at 6:00pm and returns around 8:00 pm

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

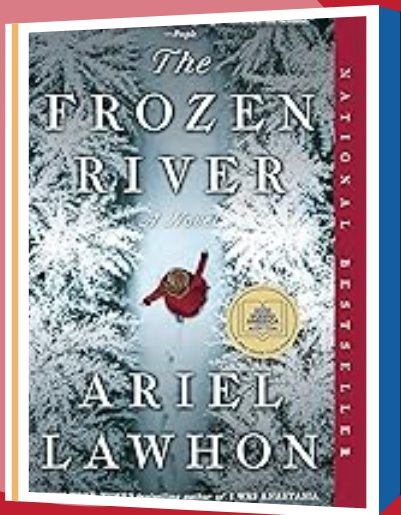
Come join others for a cup of coffee and some comradery at the WLACC. Gather with old friends and meet some new ones.



BOOK CLUB UPCOMING READS

WEDNESDAY, NOVEMBER 12TH, 1:00PM

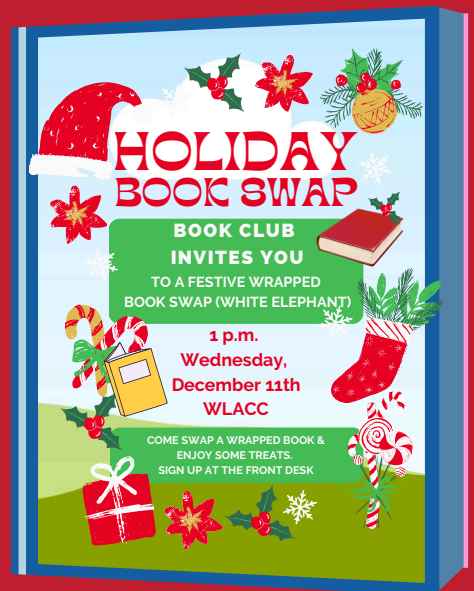
**THE FROZEN RIVER
BY ARIEL LAWHON**



When the Kennebec River freezes, entombing a man in the ice, Martha Ballard is summoned to examine the body and determine cause of death. As a midwife and healer, she is privy to much of what goes on behind closed doors in Hallowell. Her diary is a record of every birth and death, crime and debacle that unfolds in the close-knit community. Months earlier, Martha documented the details of an alleged rape committed by two of the town's most respected gentlemen—one of whom has now been found dead in the ice. But when a local physician undermines her conclusion, declaring the death to be an accident, Martha is forced to investigate the shocking murder on her own.

WEDNESDAY, DECEMBER 10TH, 1:00PM
WHITE ELEPHANT BOOK SWAP

All are welcome to participate in this fun holiday event! Swap a wrapped book and enjoy some treats. Sign up at the front desk.





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.

November & December

Menu

November 5th	Salad, Chicken Cobbler and Dessert
November 12th	Salad, Tomato Soup with Grilled Cheese Sandwich and Dessert
November 19th	Salad, Sauer Kraut- Pork Casserole and Dessert
November 26th	Salad, Pizza and Dessert
December 3rd	Salad, Pork Stew and Dessert
December 10th	Holiday Lunch
December 17th	Salad, Lasagna Casserole and Dessert

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!

*Talent Show! A great turnout
and so much talent!*

Chili Contest Winners!



We appreciate the support!

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

Family Resource Home Care - Fall dance sponsor & Veteran's Day 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. 11/3-12/15 (no class 11/17). Full term \$36 Res, \$46 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 11/3-12/18 (no class 11/13, 11/17, 11/27) \$66 Res, \$76 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. 10/21-12/16. 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. 10/21-12/16. 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. 11/6-12/18 (no class 11/13, 11/27). \$30 res, \$40 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. 11/4-12/15 (no class 11/11). Full term \$33 res, \$43 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. 11/7-12/19 (no class 11/14, 11/28). Full term \$45 res, \$55 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. 11/3-12/15 (no class 11/17). Full term \$55 res, \$65 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. 11/3-12/17. Full term \$84 res, \$94 non res. \$10 drop in.

Tai 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. 9/18-11/20. Full term \$118 res, \$128 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

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 - November 24th and December 8th @ 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

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
November 26th
December 17th

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
Adult Community Center

HOLIDAY **DANCE**



5
DEC

6-8 PM



\$10
COST



FEATURING MUSIC BY
DJ MIKE

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!

TO RSVP CALL 503-742-6068
NBUDDEN@WESTLINNOREGON.GOV

Treats
Sponsor:



WEST LINN ADULT COMMUNITY CENTER
1180 ROSEMONT RD
WEST LINN, OR 97068

An art presentation~

A DOCENT'S FAVORITES: PORTLAND ART MUSEUM



*With Lynn
Bliss, Ph.D.*



“A Docent’s Favorites: Portland Art Museum” This presentation will highlight the works of art that Lynn is especially attracted to. She was a docent at the Museum and has favorite works, that span time and location.

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.

THURSDAY,
NOVEMBER
6TH, 1PM

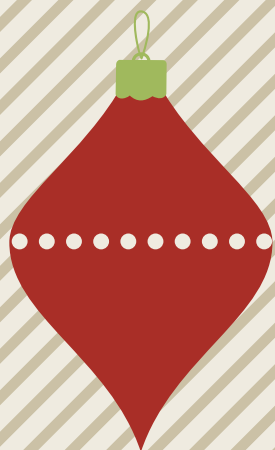
Sign up at the front desk to
reserve your seat
WLACC (503) 557-4704



NOVEMBER
15-16
9AM - 3PM

1180 ROSEMONT RD.
WEST LINN, OR

CITY OF
**West
Linn**
PARKS & RECREATION



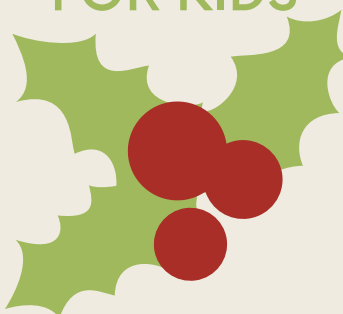
ADULT COMMUNITY CENTER

HOLIDAY BAZAAR

COME SHOP FOR UNIQUE AND HANDMADE GIFTS



FREE CRAFTS
FOR KIDS



Discover Your Path to Wellness



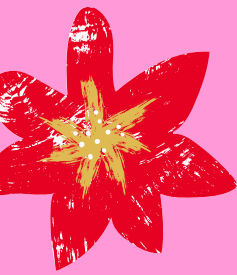
WEDNESDAY, DECEMBER 3RD, 1PM
THE WEST LINN ADULT COMMUNITY CENTER
1180 ROSEMONT RD. WEST LINN

Prepare for the New Year! Whether you're just starting your wellness journey or looking to deepen your approach, this presentation helps you explore practical tools, fresh perspectives and sustainable steps toward a healthier, more balanced life.

- The 6 Pillars of Health: Learn the core components of lifelong wellbeing.
- The Wellness Wheel: Evaluate key areas of your life and discover where to focus your energy.
- Create a Wellness Vision (Guided Exercise): Enhance the quality of your relationships through emotional openness and support.

This presentation is free to attend but please RSVP to reserve your seat. (503) 557-4704.

Presentation by Laura Karalevicius with avitalbeing.com



HOLIDAY BOOK SWAP

**BOOK CLUB
INVITES YOU
TO A FESTIVE WRAPPED
BOOK SWAP (WHITE ELEPHANT)**

**1 p.m.
Wednesday,
December 11th
WLACC**

**COME SWAP A WRAPPED BOOK &
ENJOY SOME TREATS.
SIGN UP AT THE FRONT DESK**

West Linn Parks & Recreation's Annual
HOLIDAY TREE LIGHTING & COMMUNITY CELEBRATION

FRI, DEC 5TH | 6-8PM
WEST LINN CITY HALL

- Photos with Santa
- Cocoa & sweet treats
- Carols
- Crafts

CITY OF
West Linn
PARKS & RECREATION



OREGON
HEALTHCARE.GOV



TOYOTA

WEST LINN PARKS & RECREATION ANNUAL

HOLIDAY PARADE



A JOLLY GINGERBREAD JAMBOREE



SATURDAY
DEC 13TH
5PM

HISTORIC WILLAMETTE
MAIN STREET



Lighting up the night, making spirits bright?

The Holiday Parade is a beloved tradition that unites the community in celebration, featuring illuminated floats and festive decorations. The event concludes with a special appearance by Santa, spreading joy to all ages.



WESTLINNOREGON.GOV/PARKSREC/HOLIDAY-PARADE

CITY OF
West Linn
PARKS & RECREATION





WILLAMETTE RIVER POLAR PLUNGE



JANUARY 3RD, 2026 | 12PM
BERNERT LANDING BOAT RAMP,
WILLAMETTE PARK

PLUNGE into the New Year with this cool community event! Enjoy a refreshing splash in the Willamette River and stick around for music, a warm fire, and sweet treats!

CITY OF
West Linn
PARKS & RECREATION

Event is **FREE** but
registration is required.
Pre-register online:

westlinnoregon.gov/parksrec/willamette-river-plunge



TOYOTA



NOVEMBER

MON	TUE	WED	THU	FRI
3 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-Alzheimer's Support Group	4 TUESDAY 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00- Gentle Yoga 11:30-Strength & Balance beginner 1:00-Uke Jam	5 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 1:00-Puzzle time?? 7:30- Lakewood Theater Rehearsal	6 THURSDAY 8:30-Zumba Gold 9:15-2:45-Foot Care by Appt. 10:00-Veteran's Coffee time 10:00-Gentle Yoga 10:00- Knitting & Crocheting 10:00-Quilting for a Cause 11:30-Chair Yoga 1:00-Mexican Train 1:00- Art Presentation 1:30-Tai Chi	7 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-Mah Jongg- Chinese 12:30- Pinochle 1:00- Movie Time
10 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	11 TUESDAY Closed for Veteran's Day	12 WEDNESDAY 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	13 THURSDAY 8:30-Zumba Gold 9:45 Bus Trip - Aerospace Museum 10:00-Gentle Yoga 11:30-Chair Yoga 1:00-Mexican Train 1:00-Parkinson's Support Group 1:30-Tai Chi	14 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-Mah Jongg- Chinese 12:30- Pinochle 1:00- Movie Time Holiday Bazaar on the 15th & 16th, 9am-3pm
17 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-Alzheimer's Support Group	18 TUESDAY 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Strength & Balance beginner 10:00- Gentle Yoga 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam	19 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	20 THURSDAY 8:30-Zumba Gold 9:15-2:45-Foot Care by Appt. 9:30 - Bus Trip Historic City Hall 10:00-Gentle Yoga 10:00- Knitting & 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	21 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-Mah Jongg- Chinese 12:30- Pinochle 1:00- Movie Time
24 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	25 TUESDAY 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Strength & Balance beginner 10:00- Gentle Yoga 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam	26 WEDNESDAY 8:30- Walking Group 8:30-Move Well Yoga 10:00- Aerobics 12:00- LUNCH 1:00- Pinochle 1:00-Band Jam	27 THURSDAY Closed for the Thanksgiving Holiday 	28 FRIDAY Closed for the Thanksgiving Holiday
				

DECEMBER

MON	TUE	WED	THU	FRI
1 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-Alzheimer's Support Group	2 TUESDAY 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Strength & Balance beginner 10:00- Gentle Yoga 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam	3 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 1:00-Path to Wellness Presentation	4 THURSDAY 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 11:30-Chair Yoga 1:00-Mexican Train 1:30-Tai Chi	5 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-Mah Jongg- Chinese 12:30- Pinochle 1:00- Movie Time
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15 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-Alzheimer's Support Group	16 TUESDAY 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Strength & Balance beginner 10:00- Gentle Yoga 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam	17 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	18 THURSDAY 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 11:30-Chair Yoga 1:00-Mexican Train 1:00-Caregiver's Support Group 1:30-Tai Chi 6:00 Bus Trip- Peacock Lane	19 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-Mah Jongg- Chinese 12:30- Pinochle 1:00- Movie Time
22 MONDAY Closed for the Holidays	23 TUESDAY Closed for the Holidays	24 WEDNESDAY Closed for the Holidays 	25 THURSDAY Closed for the Holidays	26 FRIDAY Closed for the Holidays
29 MONDAY Closed for the Holidays	30 TUESDAY Closed for the Holidays	31 WEDNESDAY Closed for the Holidays		