



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.



Pie Contest Winners!



Band Jam goes on tour!!

Hours

Monday - Friday
9 am - 3 pm

Location:

1180 Rosemont Rd.
West Linn, OR 97068

Phone:

503-557-4704

***September/October
Fall 2026***

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FALL

What to look forward to this fall...

Bus trips to:

- Leach Botanical Garden
- Octoberfest
- End of the Oregon Trail
- Greek Festival

Talent show fun and so much more with our regular programs at the ACC!



Staff

Tiffany Carlson,
Recreation Coordinator II
tcarlson@westlinnoregon.gov

Nicole Budden,
Recreation Coordinator II
nbudden@westlinnoregon.gov



Enter today for the upcoming
Talent Show on October 13th!

What we like best about fall?

- "The crisp air and cozy clothing"
-Tiffany
- "The beautiful leaves and people
gathering" - Nicole

Thank you Jon Bradford

Thank you to our volunteer bus driver, Jon Bradford, for making it possible for people to enjoy things happening in our beautiful state. He also drove for the Willamette Old Time Fair Parade! Thanks Jon!

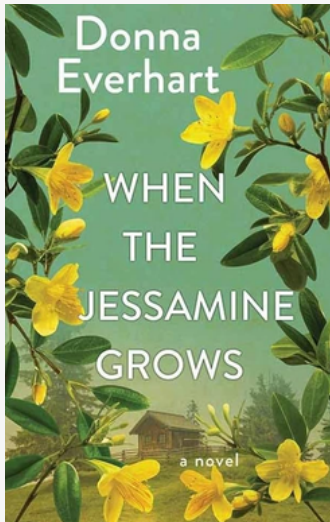
We appreciate all the help our volunteers provide with the front desk, lunches, our library, bus trips, our garden and so much more!

Together we make great things happen!



BOOK CLUB

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

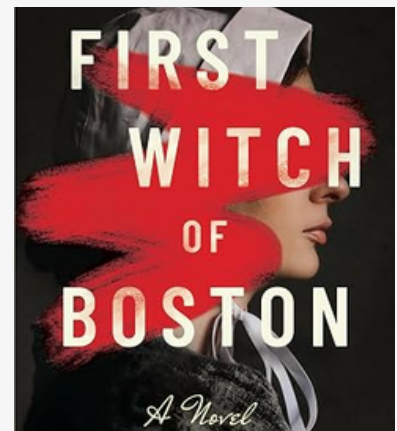


Wednesday, September 9th
Where the Jessamine Grows
By Donna Everhart

There is talk of war throughout North Carolina, though Joetta McBride pays it little heed. She and her husband, Ennis, have built a modest but happy life raising two sons on their small subsistence farm. They do not support the Confederacy's position on slavery, but Joetta believes this is not their fight. Her opinion is not favored by many, including Joetta's father-in-law, Rudean. A staunch Confederate supporter, he fills his grandsons' heads with stories about the glory of battle and the Southern cause until one night Henry runs off to join the war. At Joetta's insistence, Ennis leaves to find their son and bring him home.

Wednesday, October 14th
The First Witch of Boston
By Andrew Catalano

A gripping novel based on the true story of Margaret Jones, the first woman to be found guilty of witchcraft in seventeenth-century Massachusetts. A tender, intimate portrait of a marriage and a bold defense of an independent woman ahead of her time.



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.



BUS TRIPS

Where will you go this fall?

The ACC has bus trips heading to:

- Leach Botanical Garden - Thursday, September 10th
Depart at 10:30 am and return approx. 1:30 pm.
Cost \$10 includes transportation.
Admission is \$15 to the garden. Lunch at Zed Food Hall.
- Octoberfest - Thursday September 17th
Depart at 10:45am and return approx. 3:00pm.
Cost \$10 includes transportation only. \$10 at gate to enter.
- End of the Oregon Trail - Monday September 21st
Depart at 10:00 am and return approx. 1:30.
Cost \$5 includes transportation. Free entry day. Lunch at Coasters Crossing.
- Greek Festival - Friday, October 2nd
Depart 10:00 am and return approx. 2:00pm.
Cost \$10 includes transportation only. Entry is \$5 at gate.

Come join others on these fun adventures!

Please note what is included in price of trips.

Sign up and pay for trips at our front desk.



Foot Care with Doctor Gaia, ND

The WLACC offers footcare with Doctor Gaia. Call the front desk to schedule an appointment today. Cost is \$45. Please bring two towels.



Complimentary Attorney Consultations



Attorney Consultations with Nicole Sakys from Edgel Law Group, specializing in Estate Planning, POA, Wills, Trusts and Protective Proceedings. Receive a one-time complimentary meeting offered every first Wednesday of the month. See front desk for sign up.

Meals on Wheels and Transportation

In partnership with the Oregon City Pioneer Center, meals on wheels is available to homebound seniors 60+. 503-722-3268.

For transportation options through the Pioneer Center, please call 971-347-7493.

For Transportation Reaching People (TRP) call 503- 655-8208



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Lunch is Served



Plated lunch is served on Wednesdays at Noon.
Please sign up in advance at the front desk. Cost: \$8.00



In an effort to keep costs down, please bring your own container if you want to take your leftovers home. If using a to-go box from the kitchen, we ask for \$1.00 donation.

September 2nd- Garden Salad, Cheeseburger Meatloaf, Mashed Potatoes and Gravy with Broccoli and Banana Pudding

September 9th- Caesar Salad, Chicken Almondine, Roasted Potatoes and Green Beans and Ice Cream Sundae

September 16th- Garden Salad, Maple Dijon Pork Tenderloin with Sweet Potatoes and Broccoli and Apple Crisp with Vanilla Ice Cream

September 23rd- Garden Salad, Chicken, Leek and Mushroom Stew Served over Rice and Blueberry Dump Cake

September 30th- Garden Salad, Classic Stuffed Bell Peppers and Rice Pudding

October 7th- Mexican Chopped Salad, Tamale Pie and Apple Spice Cake

October 14th- Garden Salad, BBQ Chicken with Succotash and Chocolate Pudding

October 21st- Caesar Salad, Ziti Sausage Bake and Brownie Sundae

October 28th- Garden Salad, Graveyard Chicken Enchilada and Pumpkin Spice Doughnuts With Vanilla Creme

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

Happy Hour



ACC bus entry in the Old Time Fair Parade



THANK YOU SPONSORS!

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

Family Resource Home Care - Fall Dance Sponsor
Rose Linn Care Center - Talent Show



HEALTH & FITNESS ACTIVITIES

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

Zumba Gold Chair is a seated workout designed for those with limited mobility, balance issues, or anyone who wants a fun, seated exercise session. Students will get a great core, arm, leg and brain workout without any standing movements. Seated Chair Zumba offers all of the fun and energy of Zumba while in a chair. The class will improve cardiovascular health, boost your mood and increase your flexibility. The class will include a Yoga cooldown allowing students to enjoy a lively workout and leave invigorated and relaxed at the same time. Minimum 8. Taught by Zumba Gold instructor, Lyndalea Ruffner. 9/14-11/2. 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 9/10-11/5. (No class 10/15) Full term \$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. 9/11-11/3. 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. 9/29-11/17. 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. 9/10-11/5 (No class 10/15). \$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. 9/15-11/3 (No class 10/13). Full term \$39 Res, \$49 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. 9/11-11/6 (No class 10/16). Full term \$75 Res, \$85 Non Res or \$10 drop-in fee per class.

HEALTH & FITNESS ACTIVITIES

CONTINUED

Qigong: Mondays 10:00am- 12:00pm

Qigong classes are taught by Master Qigong Teacher Lyndalea Ruffner. All classes include Qigong breathing, self-massage, immune boosting techniques, meditation, and skills to assist you in becoming your own best healer. 9/14-11/2. 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. 9/2-10/28 (No class 9/7, 9/14, 9/16). Full term \$84 Res, \$94 Non Res. \$10 drop in.

T'ai Chi (Taiji) Beginner: 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. 9/17-11/19. 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

Classes/Presentations/Special activities

Using AI in Everyday Life - September 17th 1-2pm

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 - September 21st, October 5th & 19th @ 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 @ 10:00 am-12:00 pm

Pinochle (advanced): Wednesdays @ 1:00-3:00 pm and Fridays @ 12:30-3:00 pm

Texas Hold 'Em: Fridays @ 12:00 pm (\$5 buy-in)

Mah Jongg: Fridays @ 12:00 pm

Mexican Train: Thursdays @ 1:00 pm

Services

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

CREATIVE/SPECIAL INTEREST ACTIVITIES (CONTINUED)

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Specific Populations

Table Tennis for Parkinsons: Every Tuesday 1:00-2:30pm. If you or a loved one has Parkinsons, please join us for Table Tennis. No cost to play and is a great way to get exercise and meet new friends.

Support Groups

Caregiver Support Group: Every 3rd Thursday of the month 1-2:15pm. We welcome you as a current or past caregiver to a place of peace. Come to hear and tell stories, relax, renew and enjoy time with other caregivers.
Co-facilitated by Anne Moore and Gerri Todd.

Grief Support Group: Every 1st and 3rd Thursday of the month 1-2:30. Explore and express your grief in a safe and supportive group. Learn how to develop a support system, exchange practical information, talk about your experiences, hear from others how they are dealing with their grief and talk through obstacles and find ways to cope.

Parkinsons Support Group: Every 2nd Thursday of the month 1:00-2:30pm. For you, a loved one or friend living with Parkinsons disease, join us for a support group to share, learn and connect with others navigating Parkinsons. There is also a Parkinson's social hour every 4th Thursday of the month at 1PM. An informal time to gather, connect and get to know each other better.

Alzheimer's Support Group: 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.



UPCOMING RED CROSS BLOOD DRIVES

For the 2nd time in its history, the Red Cross has declared a national blood crisis. Blood donations have fallen to a 4-year summer low. If you can help, the Red Cross will be at the Adult Community Center

September 9th: West Linn Adult Center- 11:00 am - 4:30 pm

September 22nd: West Linn Adult Center- 12:30-5:30 pm

October 15th: West Linn Adult Center- 12:30-5:30 pm

Sign up with the American Red Cross

WOOD CARVING

**BRING YOUR WOOD PROJECTS
AND JOIN OTHERS**

Tuesdays at 9:00 am





FIND HEALING IN TOGETHERNESS

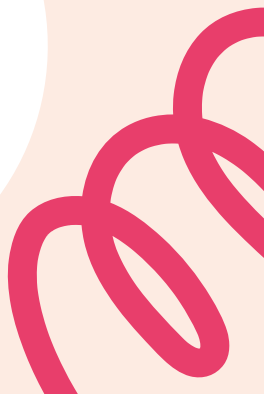
Grief is a personal journey, but
you don't have to walk it alone.

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.



1st and 3rd Thursdays of the month from 1-2:30 pm

17
SEPTEMBER
1-2PM

The West Linn Adult Community Center
1180 Rosemont Road

WEST LINN PUBLIC LIBRARY PRESENTS

USING AI IN EVERYDAY LIFE

ARTIFICIAL INTELLIGENCE IS ALREADY PART OF YOUR DAILY ROUTINE, OFTEN IN WAYS YOU MAY NOT EVEN NOTICE. IN THIS BEGINNER-FRIENDLY SESSION, WE'LL BUILD AWARENESS OF WHAT IS AI AND GENERATIVE AI, WHERE IT SHOWS UP IN YOUR DAILY LIFE, AND HOW YOU CAN USE IT IN SIMPLE, PRACTICAL WAYS. DISCOVER EASY TOOLS THAT CAN HELP WITH WRITING, ORGANIZING, LEARNING, AND MORE. NO TECHNICAL EXPERIENCE NEEDED, JUST BRING YOUR CURIOSITY! BRING A LAPTOP IF YOU HAVE ONE, BUT A TABLET OR SMARTPHONE WILL ALSO WORK.

Please reserve your seat at the WLACC front desk. Registration will be capped at 12 participants.
503-557-4704

CITY OF
West Linn
PARKS & RECREATION
Adult Community Center

WEST LINN ADULT COMMUNITY CENTER

TALENT SHOW

WHAT'S YOUR TALENT?
SHOW IT OFF AT THE SHOW!
SAVE THE DATE:

WRITINGS?

CLOWN?

TUESDAY

JUGGLE?

SING?

PAINT?

OCT 1PM
13TH

Treats kindly sponsored by:



CITY OF
**West
Linn**

PARKS & RECREATION

SIGN UP AT THE ACC FRONT DESK

BUS DRIVERS NEEDED

Volunteer drivers make our
trips possible

- ✓ Valid drivers license
- ✓ Pass a background check
- ✓ Comfortable driving a 14 passenger bus



Sign up to volunteer
at the ACC front desk

VETERANS CELEBRATION

**TUESDAY
NOVEMBER
10TH**



**COMMUNITY
APPRECIATION WITH
COFFEE & TREATS 10 AM**

**BUS DEPARTS 11:30 AM
12:45 PM LUNCH AT THE HIVE
RETURN APPROX
2 PM**



**~JOIN OTHER VETERANS AND VISIT
THE KOREAN VETERANS MEMORIAL
IN WILSONVILLE ~**

**COFFEE AND BAKED GOODS
PROVIDED AT DEPARTURE TIME
LUNCH AT THE HIVE**

**SIGN UP AT THE WEST LINN ADULT COMMUNITY CENTER
1180 ROSEMONT RD. WEST LINN**

503-557-4704

BUS LIMITED TO 14 PASSENGERS

Sponsored by:

**family
resource**
home care

FALL FEST

in the

FOREST



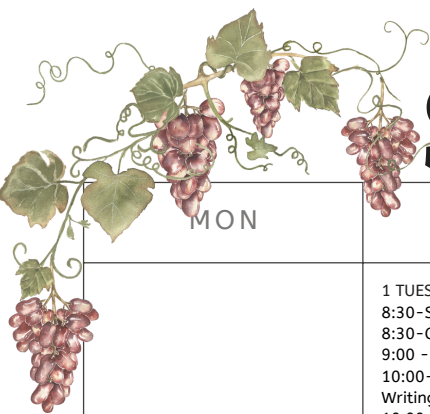
SAT, OCT 17

11AM-2PM

MARY S. YOUNG PARK

Put on your costume and stroll through the woods!

Free pumpkins, trick or treating & crafts, feast on autumn delights, join the scavenger hunt or enjoy tons of other spooky fun!



SEPTEMBER

MON	TUE	WED	THU	FRI
	1 TUESDAY 8:30-Strength and Balance 8:30-Gentle Yoga 9:00 - Wood Carving 10:00- Honoring Our Memories Writing 10:00- Gentle Yoga 10:00-Strength & Balance beginner 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam	2 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	3 THURSDAY 8:30-Zumba Gold 9:15-2:45-Foot Care by Appt. 10:00-Gentle Yoga 10:00- Alzheimer Support 10:00- Knitting & Crocheting 11:30-Chair Yoga 1:00-Mexican Train 1:00-Grief Group	4 FRIDAY 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00 - Gentle Yoga and Strength 10:00- Aerobics 12:00- Texas Hold 'Em 12:00-Mahjong- Chinese 12:30- Pinochle
7 MONDAY Closed for Labor Day	8 TUESDAY 8:30-Strength and Balance 8:30-Gentle Yoga 9:00 - Wood Carving 10:00- Honoring Our Memories Writing 10:00-Gentle Yoga 10:00-Strength & Balance beginner 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam	9 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-Book club	10 THURSDAY 8:30-Zumba Gold 10:00-Gentle Yoga 10:00- Knitting & Crocheting 10:30-Bus trip to Leach Botanical Garden 11:30-Chair Yoga 1:00-Mexican Train 1:00-Parkinson's Support Group	11 FRIDAY 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00 - Gentle Yoga and Strength 10:00- Aerobics 12:00- Texas Hold 'Em 12:00-Mahjong- Chinese 12:30- Pinochle
14 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	15 TUESDAY 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 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam	16 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	17 THURSDAY 8:30-Zumba Gold 9:15-2:45-Foot Care by Appt. 10:00-Gentle Yoga 10:00- Alzheimer Support 10:00- Knitting & Crocheting 10:00-Quilting for a Cause 10:45-Bus trip to Mt. Angel Oktoberfest 11:30-Chair Yoga 1:00-Mexican Train 1:00-Caregiver's Support Group 1:00-Grief Group 1:00-Al Educational Talk 1:30-Tai Chi	18 FRIDAY 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00 - Gentle Yoga and Strength 10:00- Aerobics 12:00- Texas Hold 'Em 12:00-Mahjong- Chinese 12:30- Pinochle
21 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 10:00-Bus trip to Oregon Trail Museum 11:00- Coffee Time 12:00- Bridge 12:30-Chair Zumba 1:00-Open Craft	22 TUESDAY 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 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam	23 WEDNESDAY 8:30- Walking Group 8:30-Move Well Yoga 10:00- Aerobics 12:00- LUNCH 10:00- Pinochle 1:00-Band Jam	24 THURSDAY 8:30-Zumba Gold 10:00-Gentle Yoga 10:00- Knitting & Crocheting 11:30-Chair Yoga 1:00-Mexican Train 1:00-Parkinson's social hour 1:30-Tai Chi	25 FRIDAY 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00 - Gentle Yoga and Strength 10:00- Aerobics 12:00- Texas Hold 'Em 12:00-Mahjong- Chinese 12:30- Pinochle
28 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	29 TUESDAY 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 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam	30 WEDNESDAY 8:30- Walking Group 8:30-Move Well Yoga 10:00- Aerobics 12:00- LUNCH 1:00- Pinochle 1:00-Band Jam		



OCTOBER

MON	TUE	WED	THU	FRI
			1 THURSDAY 8:30-Zumba Gold 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 1:00-Grief Group 1:30-Tai Chi	2 FRIDAY 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00 - Gentle Yoga and Strength 10:00- Aerobics 10:00-Bus trip to Greek Festival 12:00- Texas Hold 'Em 12:00-Mahjong- Chinese 12:30- Pinochle
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12 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	13 TUESDAY 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 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam 1:00-Talent Show	14 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	15 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 10:00 -Alzheimer's Support Group 11:30-Chair Yoga 1:00-Mexican Train 1:00-Parkinson's Support Group 1:00-Grief Group 1:30-Tai Chi	16 FRIDAY 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00-Gentle Yoga and Strength 10:00- Aerobics 12:00- Texas Hold 'Em 12:00-Mahjong- Chinese 12:30- Pinochle
19 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	20 TUESDAY 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 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam	21 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	22 THURSDAY 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 social hour 1:30-Tai Chi	23 FRIDAY 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00 - Gentle Yoga and Strength 10:00- Aerobics 12:00- Texas Hold 'Em 12:00-Mahjong- Chinese 12:30- Pinochle
26 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	27 TUESDAY 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 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam	28 WEDNESDAY 8:30- Walking Group 8:30-Move Well Yoga 10:00- Aerobics 12:00- LUNCH 1:00- Pinochle 1:00-Band Jam	29 THURSDAY 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 1:30-Tai Chi	30 FRIDAY 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00 - Gentle Yoga and Strength 10:00- Aerobics 12:00- Texas Hold 'Em 12:00-Mahjong- Chinese 12:30- Pinochle

