



# West Linn Adult Community Center Newsletter

September/October 2025

## CONNECT, SERVE, GROW.

The Center enriches the lives of those 50 and better in West Linn and surrounding areas by providing social, recreational, health and educational services and programs.

1180 Rosemont Road  
West Linn, OR 97068  
503-557-4704

Center Hours:  
Monday- Friday  
9am-3pm



CITY OF

# West Linn

### This issue:

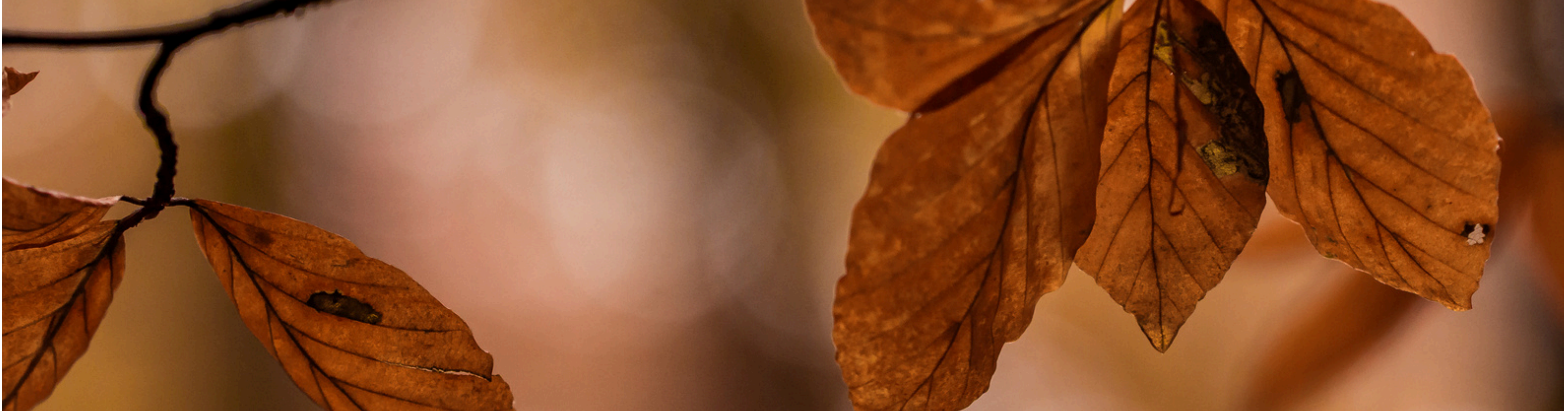
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Come cozy up this fall with a good book from the WLACC, sit by our fireplace or enjoy our coffee time and meet others! This fall our bus will head to Mt. Angel October Festival, Museums in Oregon City to Lee Farms and shopping in Woodburn. Be sure to sign up at the front desk soon because spaces are limited.



Meet the Staff:

See our regular calendar for all the wonderful regular programs we have here Monday through Friday, 9-3. We look forward to enjoying fall with you!

Tiffany & Nicole

Tiffany Carlson,  
Recreation Coordinator  
[tcarlson@westlinnoregon.gov](mailto:tcarlson@westlinnoregon.gov)  
&  
Nicole Budden,  
Recreation Coordinator  
[nbudden@westlinnoregon.gov](mailto:nbudden@westlinnoregon.gov)

## Volunteer Highlight



Kathy Crisman

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



# Bus Trips



Mt. Angel Ocktoberfest

**Thursday, September 11th**

\$15 includes transportation only

Depart ACC at 10:45 am and returns around 3:00 pm

McLoughlin House & Museum of the Oregon Territory

**Friday, September 26th**

\$5 includes transportation only.

Lunch at The Stillhouse

Depart ACC at 10:00 am and returns around 3:00 pm



Shopping and lunch at Woodburn Outlets

**Thursday, October 2nd**

\$15 includes transportation only

Lunch on your own at the mall

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

Lee Farm

**Thursday, October 23rd**

\$5 includes transportation only

Lunch at Brix Tavern

Depart ACC at 10:00 am return 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 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





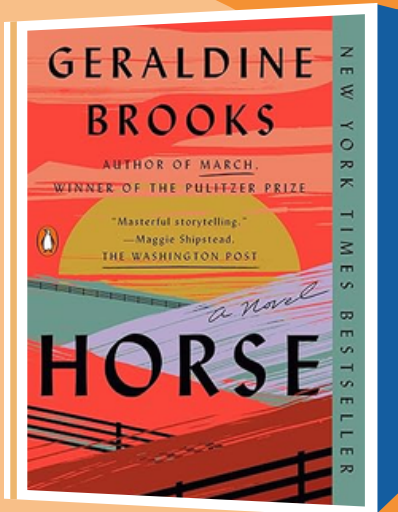
# COFFEE SOCIAL TIME

**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, SEPTEMBER 10TH, 1:00PM**

**HORSE**

**BY GERALDINE BROOKS**

An enslaved groom named Jarret and a bay foal forge a bond of understanding that will carry the horse to record-setting victories across the South. When the nation erupts in civil war, an itinerant young artist who has made his name on paintings of the racehorse takes up arms for the Union. On a perilous night, he reunites with the stallion and his groom, very far from the glamor of any racetrack.

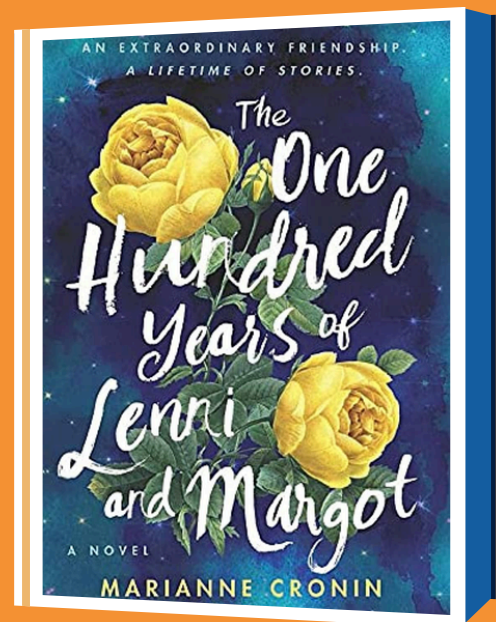
**WEDNESDAY, OCTOBER 8TH, 1:00PM**

**THE ONE HUNDRED YEARS OF LENNI**

**AND MARGOT**

**BY MARIANNE CRONIN**

Delightfully funny and bittersweet, heartbreaking yet ultimately uplifting, *The One Hundred Years of Lenni and Margot* reminds us of the preciousness of life as it considers the legacy we choose to leave, how we influence the lives of others even after we're gone, and the wonder of a friendship that transcends time.





# 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.

SEPTEMBER & October



## Menu

September 3rd	Caprese salad, meatball sub and fries
September 10th	Asian salad, Asian beef and rice
September 17th	Green salad and taco pasta
September 24th	Cucumber salad, broccoli cheese orzo with chicken
October 1st	Greek salad pastitsio
October 8th	Salad and chicken shawarma with rice
October 15th	Salad, "Italian penicillin soup" and grilled cheese sandwich
October 22nd	3 bean salad and hamburger pie
October 29th	Salad, carrot ginger soup and grilled ham & cheese sandwich

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!



Car show



Dog show



Crafting



## 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 - Summer dance sponsor

Nature's Pet - Dog show sponsor

Les Schwab - Car show sponsor

Valvoline - Car show sponsor

Rose Linn Vintage Place - Car show 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. 9/8-10/27. 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 9/8-10/30 (no class 10/16) \$96 Res, \$106 Non Res or \$10 drop-in fee per class.

## **Strength and Balance: Tuesdays & Fridays 8:30-9:30am**

Improve your strength and balance to conquer those everyday activities. Utilize small hand weights, a resistance band, a chair and standing exercises. Taught by Jacquelyn Rodgers—Certified Pilates, Senior Fitness Specialist and Certified NASM Trainer. 8/19-10/21 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. 8/19-10/7. 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. 9/4-10/30 (no class 10/16). \$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. 9/9-10/28 (no class 10/14). 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. 9/5-10/31 (no class 10/17). 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. 9/8-10/27. 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. 9/8-10/29. Full term \$96 res, \$106 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

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## 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 - Sept. 8th, Sept. 22nd, Oct. 13th, and Oct. 27th @ 1:00pm

Bring your own supplies or use items we have collected.

## Music

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

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

## Writing, Reading and Discussion Groups

Writing group: Honoring Your Memories: Tuesdays @ 10:00am-12:00pm

Topics vary. It may be fiction or based on your own personal life experience. Writing about the past can be especially important for the future generations.

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

## Games

CARD GAMES (no charge unless otherwise noted)

Bridge: Mondays @ 12:00-3:00 pm (\$1 goes toward prizes)

Hand & Foot: Mondays @ 10:00-12:00pm

Pinochle: Tuesdays, Wednesdays and Fridays @ 12:30-3:00pm (Wed/Fri Pinochle advanced)

Texas Hold 'Em: Fridays @ 12:00pm (\$5.00 buy-in)

Mah Jongg: Fridays @ 12:00pm

Mexican Train: Thursdays @ 1:00

Puzzle time: Wednesdays @ 1:00

## 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.

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

September 2nd

September 10th

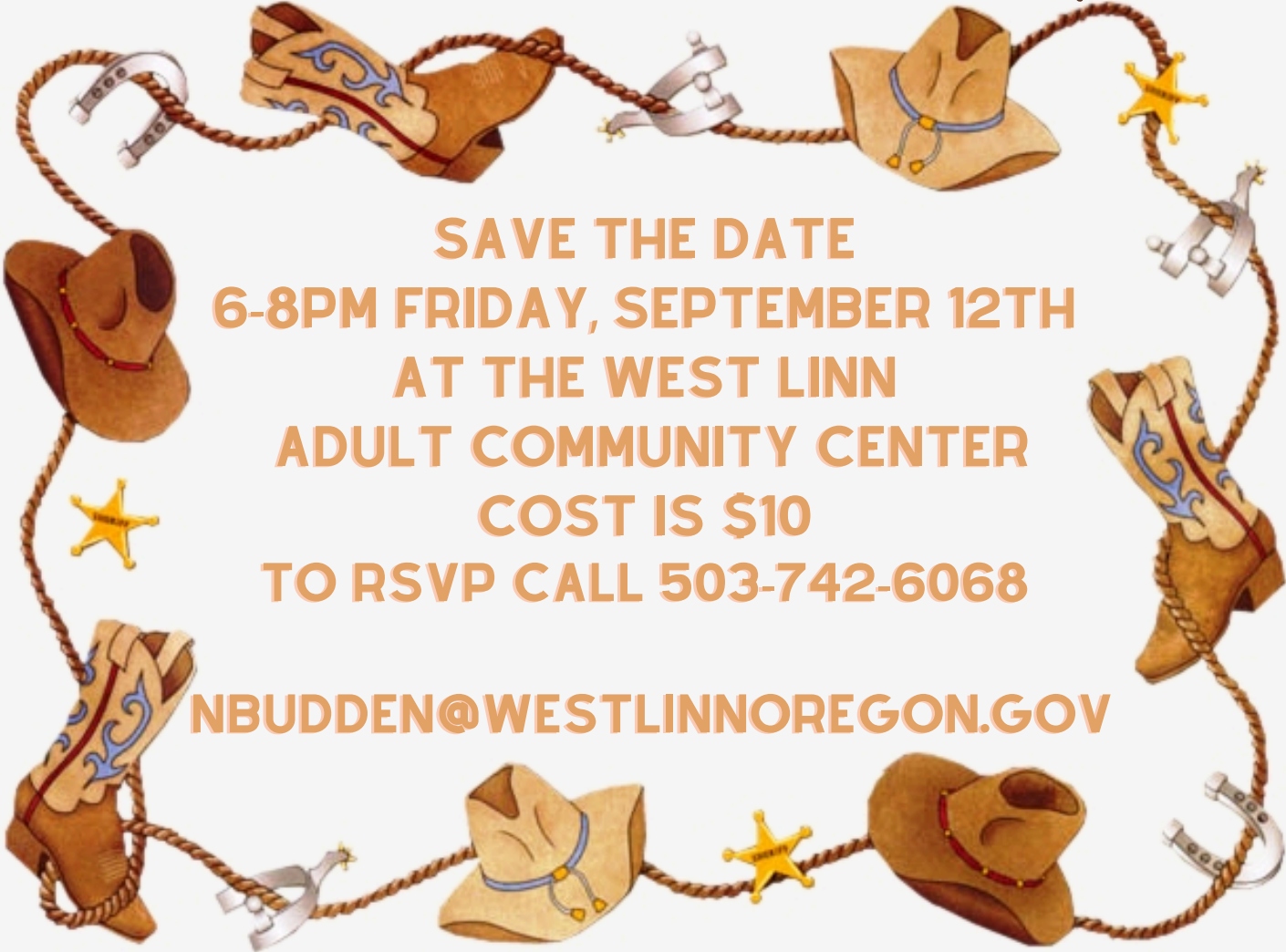
October 16th

Sign up with the Red Cross

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



# FALL DANCE



SAVE THE DATE  
6-8PM FRIDAY, SEPTEMBER 12TH  
AT THE WEST LINN  
ADULT COMMUNITY CENTER  
COST IS \$10  
TO RSVP CALL 503-742-6068

[NBUDDEN@WESTLINNOREGON.GOV](mailto:NBUDDEN@WESTLINNOREGON.GOV)

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!

Treats kindly sponsored by:

⚡ **WLACC PRESENTS** ⚡

# CHILI COOK-OFF

9.16.2025 **BRING THE HEAT!** 12-1 PM

Do you have a delicious chili recipe  
you'd like to share? Or just enjoy chili?  
Sign up at the front desk.



# ARTFUL PRESENTATIONS

WITH LYNN BLISS, PH.D.

## Museum Series

**Thursday, September 4<sup>th</sup>, 1:00 pm**

“Secrets of A Museum” This presentation focuses on secrets of works of art in a museum. Five secrets are located in paintings, sculptures and installations. The works include a Roman sarcophagus and works by Picasso and Matisse. There is also an African symbol and a Chinese installation. Attendees will be fascinated by the museum’s secrets.

**Thursday, October 2<sup>nd</sup>, 1:00 pm**

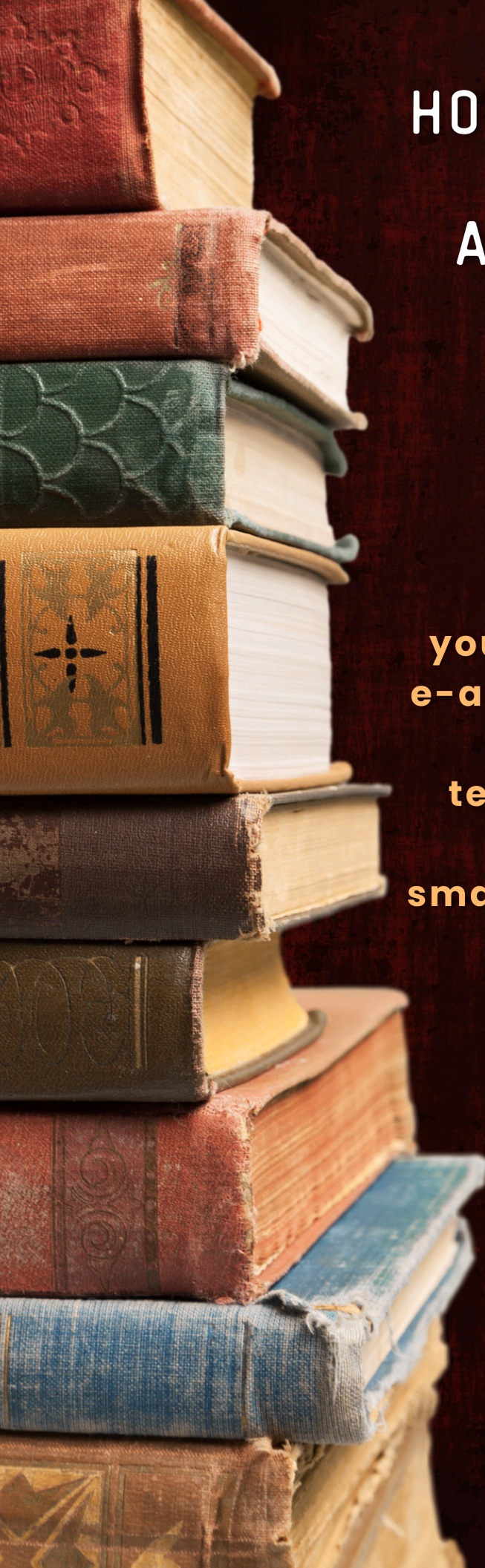
“Meet me at the Met” (Metropolitan Museum of Art: NYC). This presentation is based on the book, All the Beauty in the World by Patrick Bringley. He was a guard for nine years. In his fascinating book, he described works of art that enthralled him. I will show the works of art and will talk about them.

**Thursday, November 6<sup>th</sup>, 1:00 pm**

“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.

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





# HOW TO ACCESS DIGITAL MOVIES, BOOKS AND AUDIOBOOKS—FOR FREE!

**FRIDAY, SEPTEMBER 19<sup>TH</sup>  
AT 10AM**

**Did you know you can access streaming movies for free with your library card? And ebooks and e-audiobooks too? Sara and Cheryl from the West Linn Library will teach you everything you need to know to get started. Bring your smartphone and/or tablet and your library card.**

**RESERVE YOUR SEAT AT THE  
ADULT COMMUNITY CENTER  
FRONT DESK.**

**1180 ROSEMONT RD.  
(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:**

**TUESDAY**

**OCT  
21ST 1PM**

WRITINGS?

CLOWN?

JUGGLE?

SING?

PAINT?

TREATS PROVIDED BY *America's Choice in Home Care*  
**VisitingAngels**  
LIVING ASSISTANCE SERVICES



**SIGN UP AT THE FRONT DESK**

CITY OF  
**West  
Linn**  
PARKS & RECREATION



# FALL FEST *in the* FOREST



**SAT, OCT 18**

**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!





CITY OF  
**West  
Linn**  
PARKS & RECREATION  
Adult Community Center



# VETERANS DAY

THURSDAY  
NOV  
**6TH**



**10AM  
-12PM**

# CELEBRATION

**~A GATHERING TIME, HONORING  
YOUR SERVICE TO OUR COUNTRY~**

**JOIN US FOR COFFEE, BAKED  
GOODS, MUSIC AND A TIME OF  
SHARING.**

**THE WEST LINN ADULT COMMUNITY CENTER  
1180 ROSEMONT RD. WEST LINN**


**(503) 557-4704**



# SEPTEMBER

MON	TUE	WED	THU	FRI
<b>1 Monday</b> <b>Closed for Labor Day</b>	<b>2 Tuesday</b> 8:30- Strength and Balance <del>8:30- Gentle Yoga</del> 10:00- Honoring Our Memories Writing <del>10:00- Gentle Yoga</del> 11:30- Strength & Balance beginner 12:30- Pinochle 1:00- Uke Jam	<b>3 WEDNESDAY</b> 8:30- Walking Group <del>8:30- Move Well Yoga</del> 10:00- Aerobics 12:00- LUNCH 12:00- Attorney by appt 12:30- Pinochle 1:00- Band Jam	<b>4 THURSDAY</b> 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 <b>1:00- Art Presentation, "Secrets of a Museum"</b> <del>4:30- Tai Chi</del>	<b>5 FRIDAY</b> 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
<b>8 MONDAY</b> 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	<b>9 TUESDAY</b> 8:30- Strength and Balance 8:30- Gentle Yoga 10:00- Honoring Our Memories Writing 10:00- Gentle Yoga 11:30- Strength & Balance beginner 12:30- Pinochle 1:00- Table Tennis for Parkinsons 1:00- Uke Jam	<b>10 WEDNESDAY</b> 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00- LUNCH 12:30- Pinochle 1:00- Book club	<b>11 THURSDAY</b> 8:30- Zumba Gold 10:00- Gentle Yoga 10:45- <b>Bus Trip to Oktoberfest</b> 11:30- Chair Yoga 1:00- Mexican Train 1:00- Parkinson's Support Group <del>4:30- Tai Chi</del>	<b>12 FRIDAY</b> 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
<b>15 MONDAY</b> 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	<b>16 TUESDAY</b> 8:30- Strength and Balance 8:30- Gentle Yoga 10:00- Honoring Our Memories Writing 10:00- Strength & Balance beginner 10:00- Gentle Yoga 12:00 <b>Chili Cookoff</b> 12:30- Pinochle 1:00- Table Tennis for Parkinsons 1:00- Uke Jam	<b>17 WEDNESDAY</b> 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00- LUNCH 12:30- Pinochle 1:00- Band Jam	<b>18 THURSDAY</b> 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	<b>19 FRIDAY</b> 8:30- Strength and Balance 8:30- Walking Group <b>10:00- How to Access Digital Media, presentation</b> 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
<b>22 MONDAY</b> 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	<b>23 TUESDAY</b> 8:30- Strength and Balance 8:30- Gentle Yoga 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	<b>24 WEDNESDAY</b> 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00- LUNCH 12:30- Pinochle 1:00- Band Jam	<b>25 THURSDAY</b> 8:30- Zumba Gold 10:00- Gentle Yoga 10:00- Knitting & Crocheting 11:30- Chair Yoga 1:00- Mexican Train 1:30- Tai Chi	<b>26 FRIDAY</b> 8:30- Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00- Gentle Yoga and Strength 10:00- Aerobics <b>10:00 Bus Trip - Museums</b> 12:00- Texas Hold 'Em 12:00- Mah Jongg- Chinese 12:30- Pinochle 1:00- Movie Time
<b>29 MONDAY</b> 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	<b>30 TUESDAY</b> 8:30- Strength and Balance 8:30- Gentle Yoga 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			

# OCTOBER

MON	TUE	WED	THU	FRI
		<b>1 WEDNESDAY</b> 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	<b>2 THURSDAY</b> 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 10:30 <b>Bus Trip to Woodburn Outlets</b> 11:30-Chair Yoga 1:00-Mexican Train <b>1:00-Art Presentation, "Meet Me at the Met"</b> 1:30-Tai Chi	<b>3 FRIDAY</b> 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
<b>6 MONDAY</b> 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	<b>7 TUESDAY</b> 8:30-Strength and Balance 8:30-Gentle Yoga 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	<b>8 WEDNESDAY</b> 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	<b>9 THURSDAY</b> 8:30-Zumba Gold 10:00-Gentle Yoga 11:30-Chair Yoga 1:00-Mexican Train 1:00-Parkinson's Support Group 1:30-Tai Chi	<b>10 FRIDAY</b> 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
<b>13 MONDAY</b> 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	<b>14 TUESDAY</b> 8:30-Strength and Balance <del>8:30-Gentle Yoga</del> 10:00- Honoring Our Memories Writing 10:00-Strength & Balance beginner <del>10:00-Gentle Yoga</del> 12:30- Pinochle 1:00 -Table Tennis for Parkinsons 1:00-Uke Jam	<b>15 WEDNESDAY</b> 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>16 THURSDAY</b> <del>8:30-Zumba Gold</del> 9:15-2:45-Foot Care by Appt. <del>10:00-Gentle Yoga</del> 10:00- Knitting & Crocheting 10:00-Quilting for a Cause <del>11:30-Chair Yoga</del> 1:00-Mexican Train 1:00-Caregiver's Support Group 1:30-Tai Chi	<b>17 FRIDAY</b> 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting <del>10:00-Gentle Yoga and Strength</del> 10:00- Aerobics 12:00- Texas Hold 'Em 12:00-Mah Jongg- Chinese 12:30- Pinochle 1:00- Movie Time
<b>20 MONDAY</b> 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	<b>21 TUESDAY</b> 8:30-Strength and Balance 8:30-Gentle Yoga 10:00- Honoring Our Memories Writing 10:00-Strength & Balance beginner 10:00- Gentle Yoga 12:30- Pinochle 1:00 -Table Tennis for Parkinsons <del>1:00-Uke Jam</del> <b>1:00 Talent Show</b>	<b>22 WEDNESDAY</b> 8:30- Walking Group 8:30-Move Well Yoga 10:00- Aerobics 12:00- LUNCH 12:30- Pinochle 1:00-Band Jam	<b>23 THURSDAY</b> 8:30-Zumba Gold 10:00-Gentle Yoga 10:00- Knitting & Crocheting 10:00 - <b>Bus Trip to Lee Farm</b> 11:30-Chair Yoga 1:00-Mexican Train 1:30-Tai Chi	<b>24 FRIDAY</b> 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
<b>27 MONDAY</b> 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	<b>28 TUESDAY</b> 8:30-Strength and Balance 8:30-Gentle Yoga 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	<b>29 WEDNESDAY</b> 8:30- Walking Group 8:30-Move Well Yoga 10:00- Aerobics 12:00- LUNCH 12:30- Pinochle 1:00-Band Jam	<b>30 THURSDAY</b> 8:30-Zumba Gold 10:00-Gentle Yoga 10:00- Knitting & Crocheting 11:30-Chair Yoga 1:00-Mexican Train 1:30-Tai Chi	<b>31 FRIDAY HALLOWEEN</b> 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

