

West Linn Adult Community Center Newsletter

January/February 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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Cheers to the New Year!

2025 is the Chinese year of the Wood Snake which represents a unique combination of wisdom, intuition and growth.

This aligns with our goals for this year of keeping a learning, growing and serving mindset here at the West Linn Adult Community Center. We look forward to spending the year with you!
Tiffany & Nicole



Meet the Staff:

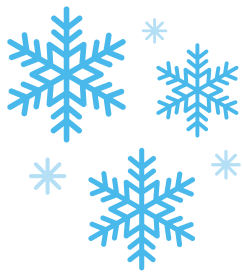
Tiffany Carlson,
Recreation Coordinator
tcarlson@westlinnoregon.gov
&
Nicole Budden,
Recreation Coordinator
nbudden@westlinnoregon.gov

Volunteer Highlight



Barbara Handley

We are thankful to have so many wonderful volunteers! This month, we would like to recognize Barbara Handley who you may recognize from greeting you at the front desk where she has helped for more than a decade!
Thank you for all you do Barbara!



Bus Trips

Rose City Dog Show and lunch at Red Robin
Thursday, January 16th

\$15 includes transportation

Depart ACC at 9:30 am and returns around 2:00pm



PDX Historic Society - Experience Oregon
Thursday, January 23rd

\$24 includes transportation and entry to Hist. Soc.
then lunch at The Buffalo Gap on your own
Depart ACC at 10:00am - returns around 2:00pm

DB Desserts

Thursday, February 13th

Treat yourself to a sweet treat!

\$12 includes transportation

Depart ACC at 2:00pm returns around 4:00pm



Voodoo Donuts then visit to Milwaukie Floral
Optional food cart lunch and craft
Thursday, February 20th

\$10 includes transportation

Depart ACC at 9:15am - returns around 1:30pm

Sign up for bus trips at the WLACC front desk.

Payment is due at time of registration to reserve your spot.

Cancellations within less than 48 hours of trip departure are non-refundable.



Medical Equipment

The WLACC has medical equipment (typically walkers, crutches, canes, etc.) to loan out free of charge. Please call the front desk to see what is available. 503-557-4704

Foot Care with Nurse Gaia

The WLACC offers footcare with Nurse Gaia. Call the front desk to schedule an appointment today. Cost is \$45 and 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

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 bring your leftovers home. If using a to-go box from the kitchen, we ask for \$1 donation.



January

&

FEBRUARY



Menu

January 1st	Closed
January 8th	Brunch for Lunch
January 15th	Pasta Bake
January 22nd	Sloppy Joes's With Tater Tots
January 29th	Potato Soup with Ham Sandwich
February 5th	Cabbage Roll Soup with Sandwiches
February 12th	Beef Stroganoff with Noodles
February 19th	Chicken Tray Bake with Veggies
February 26th	Tomato Soup with Grilled Cheese Sandwich

Menu subject to change due to availability.

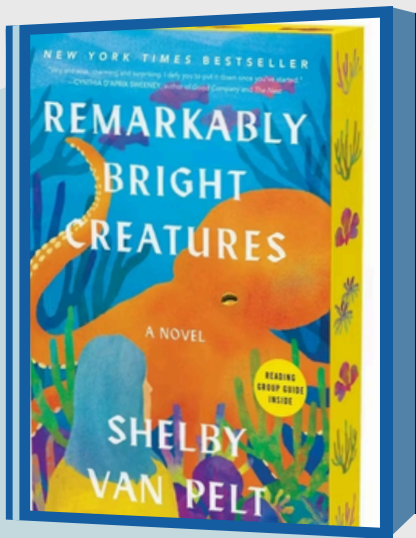
COFFEE SOCIAL TIME

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

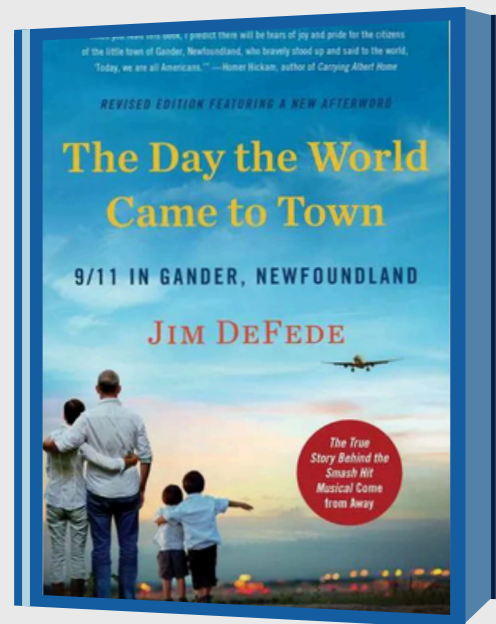


WEDNESDAY, JANUARY 8TH, 1:00PM
REMARKABLY BRIGHT CREATURES
BY SHELBY VAN PELT

Remarkably Bright Creatures is an exploration of friendship, reckoning, and hope, tracing a widow's unlikely connection with a giant Pacific octopus. This story is a beautiful examination of how loneliness can be transformed, cracked open, with the slightest touch from another living thing. A New York Times Best Seller.

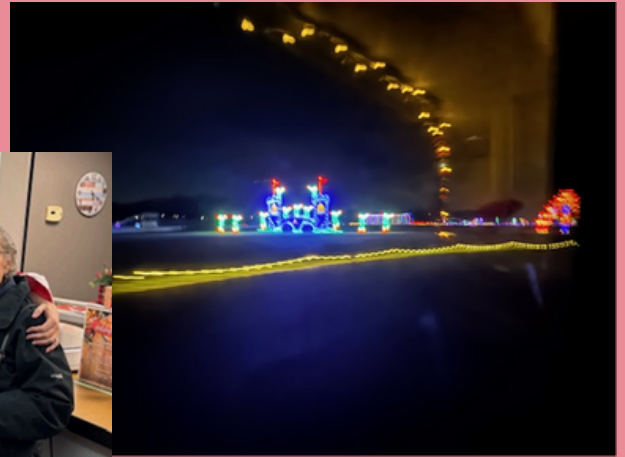
WEDNESDAY, FEBRUARY 12TH, 1:00PM
THE DAY THE WORLD CAME TO TOWN

This book is about the small town of Gander, Newfoundland and Labrador, Canada in the wake of the September 11 attacks. The book recounts the acts of kindness and generosity that the stranded travelers who came from different countries and cultures.



Oh What Fun December Was!

Bus Trip to PIR lights with a hot cocoa send off by Santa and Ms. Claus



Holiday lunch with a visit from students from Rosemont Ridge Choir



Health & Fitness Activities

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. 1/6-2/27. (No class 1/20 & 2/17) Full term \$84 Res, \$94 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. 2/11-4/4 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. 2/18-4/8. 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. 1/9-2/27. \$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. 1/7-2/27 . 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. 1/10-2/28. 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. 1/6-2/24 (no class on 1/20 & 2/17). 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. 1/6-2/26. (No class 1/20 & 2/17). Full term \$84 res, \$94 non res. \$10 drop in.

Tai Chi (Taiji) Beginning: Thursdays, 1:30-2:30pm

Improve your balance! Increase your vitality. Strengthen your immune system! Stimulate your brain! Achieve strength and flexibility. Alleviate anxiety and depression. Relieve chronic pain and inflammation. Playing Taiji can offer all of this and more! This class will introduce you to the ancient Chinese 24-Movement Yang-Style Form. The movements are performed in a continuous sequence at slow speed—appropriate and beneficial for any age or physical shape. Min 6 Max 12. Taught by S.V. Miller. 1/16-3/20. Full term \$95 res, \$105 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: Monday January 27th, @ 1:00pm; Monday, February 10th @1:00pm; Monday, February 24th @1:00. 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; "mele o nā kūpuna" - 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
Texas Hold 'Em: Fridays @ 12:00pm (\$5.00 buy-in)
Mah Jongg: Fridays @ 12:00pm
Mexican Train: Thursdays @ 1:00

Services

See page 5 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 Lyn Ruffner. If your loved one is mobile and comfortable traveling, they are welcome to join us at the center. They will be attended in another area by Lyn during that hour.

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. Begins April 1st. 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.

~Sharing a message from AARP Tax-Aide~

SEEKING VOLUNTEERS TO HELP OREGON TAXPAYERS
AARP Foundation Tax-Aide Program now recruiting volunteers for
in-person and virtual Tax-Aide service

Looking for a volunteering opportunity where you can make a big impact? The AARP Tax-Aide program is looking for people interested in helping low to moderate income people with free tax preparation. Because of the complexity of the U.S. tax code, many taxpayers overpay their taxes or turn to paid tax services they cannot afford. Some may forgo filing their taxes and miss out on the credits and deductions they've earned because they are unable to pay for assistance. Tax-Aide volunteers can help by providing necessary services in communities where there is the greatest need.

Signup to Volunteer

To learn about our volunteer opportunities, visit aarpfoundation.org/taxaide. If you would like to register to be contacted for more information or training, go to our volunteer application: aarpfoundation.org/taxaidevolunteer or call 1-888-227-7669.

CITY OF
**West
Linn**
PARKS & RECREATION

SAVE THE DATE
Kick off the new year

Happy Hour

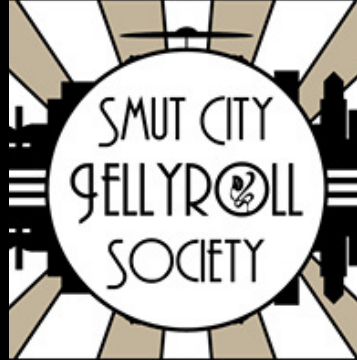
4:30 PM

to

6 PM

Friday, January 10

\$15



*Come enjoy 20s-40s
style live music of
Smut City Jellyroll
Society and light
appetizers!*

Sign up at the front desk



CORK WREATH CRAFT \$12



MONDAY, JANUARY 13TH
1:00PM

SIGN UP AT THE WLACC FRONT DESK





West Linn Adult
Community
Center



Join Us for a

RESOURCE FAIR

Tuesday, January 28th

11:30-2:00

Come learn about healthy aging, local senior living options, caregiving services, moving and downsizing and many other community resources and services for adults.

West Linn Adult Community Center
1180 Rosemont Rd.
West Linn, Oregon



Open Crafting

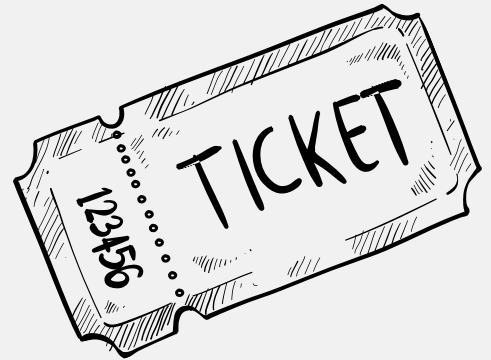
COME GET CREATIVE WITH OTHERS

1:00 MONDAY, JANUARY 27TH

1:00 MONDAY, FEBRUARY 10TH

1:00 MONDAY, FEBRUARY 24TH

Hemlock Room



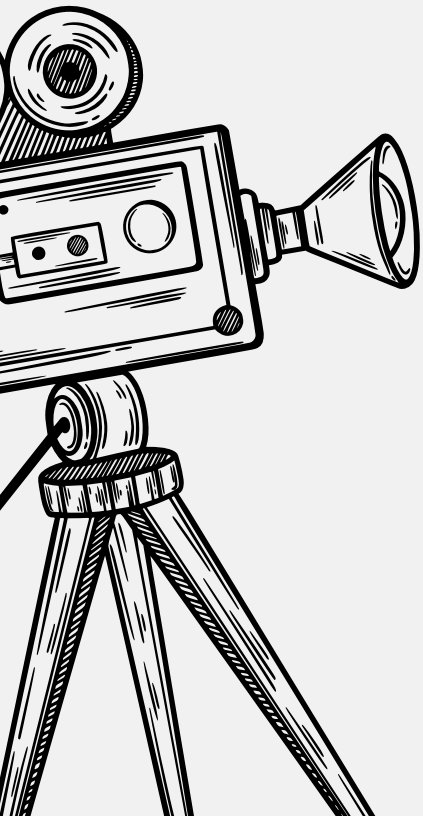
Movie Time

TUESDAYS

1:00

HEMLOCK ROOM AT
THE WEST LINN ADULT
COMMUNITY CENTER

No sign up.
Just check in at the front desk.



JANUARY

MON	TUE	WED	THU	FRI
		<p>1 WEDNESDAY</p> <p>Closed for the New Year Holiday</p>	<p>2 THURSDAY</p> <p>9:15- 2:45-Foot Care by Appt</p> <p>10:00- Knitting & Crocheting</p> <p>10:00-Quilting for a Cause</p> <p>1:00-Mexican Train</p>	<p>3 FRIDAY</p> <p>8:30-Strength and Balance</p> <p>8:30- Walking Group</p> <p>10:00- Open Painting</p> <p>10:00- Aerobics</p> <p>12:00- Texas Hold 'Em</p> <p>12:00-Mah Jongg-Chinese</p> <p>12:30- Pinochle</p>
<p>6 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's Support Group</p>	<p>7 TUESDAY</p> <p>8:30-Strength and Balance</p> <p>8:30-Gentle Yoga</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>1:00-Movie Time</p>	<p>8 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>12:00-Attorney by appt.</p> <p>12:30- Pinochle</p> <p>1:00-Band Jam</p> <p>1:00-Book Club</p>	<p>9 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-Parkinson's Support Group</p> <p>1:00-Mexican Train</p>	<p>10 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-Mah Jongg-Chinese</p> <p>12:30- Pinochle</p> <p>4:30-Happy Hour live music event</p>
<p>13 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-Craft Class</p>	<p>14 TUESDAY</p> <p>8:30-Strength and Balance</p> <p>8:30-Gentle Yoga</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>1:00-Movie Time</p>	<p>15 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>16 THURSDAY</p> <p>8:30-Zumba Gold</p> <p>9:15- 2:45-Foot Care by Appt</p> <p>9:30- Bus trip to Rose City Dog Show</p> <p>10:00- Knitting & Crocheting</p> <p>10:00-Quilting for a Cause</p> <p>10:00-Gentle Yoga</p> <p>11:30-Chair Yoga</p> <p>1:00-Mexican Train</p> <p>1:00-Caregiver Support Group</p> <p>1:30-Tai Chi</p>	<p>17 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-Mah Jongg-Chinese</p> <p>12:30- Pinochle</p>
<p>20 MONDAY</p> <p>Closed in honor of Martin Luther King, Jr. Day</p>	<p>21 TUESDAY</p> <p>8:30-Strength and Balance</p> <p>8:30-Gentle Yoga</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>1:00-Movie time</p>	<p>22 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>23 THURSDAY</p> <p>8:30-Zumba Gold</p> <p>10:00-Bus trip to PDX Historic Society</p> <p>10:00- Knitting & Crocheting</p> <p>10:00-Gentle Yoga</p> <p>11:30-Chair Yoga</p> <p>1:00-Mexican Train</p> <p>1:30-Tai Chi</p>	<p>24 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-Mah Jongg-Chinese</p> <p>12:30- Pinochle</p>
<p>27 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>11:30-2:00-Senior Resource Fair</p> <p>12:00- Bridge</p> <p>1:00 Open Crafting</p>	<p>28 TUESDAY</p> <p>8:30-Strength and Balance</p> <p>8:30-Gentle Yoga</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>1:00-Movie Time</p>	<p>29 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>30 THURSDAY</p> <p>8:30-Zumba Gold</p> <p>10:00- Knitting & Crocheting</p> <p>10:00-Gentle Yoga</p> <p>11:30-Chair Yoga</p> <p>1:00-Mexican Train</p> <p>1:00-Caregiver Support Group</p> <p>1:30-Tai Chi</p>	<p>31 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-Mah Jongg-Chinese</p> <p>12:30- Pinochle</p>

FEBRUARY

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<p>3 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-Alzheimer's Support Group</p>	<p>4 TUESDAY</p> <p>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 1:00-Movie Time</p>	<p>5 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>6 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 11:30-Chair Yoga 1:00-Mexican Train 1:00-Tai Chi</p>	<p>7 FRIDAY</p> <p>8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00 - Gentle Yoga and Strength 10:00- Aerobics 12:00- Texas Hold 'Em 12:00-Mah Jongg-Chinese 12:30- Pinochle</p>
<p>10 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 Crafting</p>	<p>11 TUESDAY</p> <p>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 1:00-Movie Time</p>	<p>12 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>13 THURSDAY</p> <p>8:30- Zumba Gold 10:00- Gentle Yoga 10:00- Knitting & Crocheting 11:30-Chair Yoga 1:00-Parkinson's Support Group 1:00-Mexican Train 1:00-Tai Chi 2:00-Bus trip to DB Desserts</p>	<p>14 FRIDAY</p> <p>8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00 - Gentle Yoga and Strength 10:00- Aerobics 12:00- Texas Hold 'Em 12:00-Mah Jongg-Chinese 12:30- Pinochle</p>
<p>17 MONDAY</p> <p>Closed for President's Day</p>	<p>18 TUESDAY</p> <p>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 1:00-Movie Time</p>	<p>19 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>20 THURSDAY</p> <p>8:30-Zumba Gold 9:15- 2:45-Foot Care by Appt 9:15-Bus trip to VooDoo donuts and Milwaukie Floral 10:00-Gentle Yoga 10:00-Quilting for a Cause 10:00- Knitting & Crocheting 11:30-Chair Yoga 1:00-Mexican Train 1:00-Tai Chi 1:00-Caregiver support group</p>	<p>21 FRIDAY</p> <p>8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00 - Gentle Yoga and Strength 10:00- Aerobics 12:00- Texas Hold 'Em 12:00-Mah Jongg-Chinese 12:30- Pinochle</p>
<p>24 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 Crafting</p>	<p>25 TUESDAY</p> <p>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 1:00-Movie Time</p>	<p>26 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>27 THURSDAY</p> <p>8:30- Zumba Gold 10:00- Gentle Yoga 10:00- Knitting & Crocheting 11:30-Chair Yoga 1:00-Mexican Train 1:00-Tai Chi</p>	<p>28 FRIDAY</p> <p>8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00 - Gentle Yoga and Strength 10:00- Aerobics 12:00- Texas Hold 'Em 12:00-Mah Jongg-Chinese 12:30- Pinochle</p>