



# Newport 60+ Activity Center



# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Open Pool Monday-Friday, 8:30 A—5:00 P</p> <p>Ping Pong whenever the Multi-Purpose Room is available</p>	<p>Color Legend</p> <p>Lounge = Pink Wellness Center = Blue Education Room = Red Multi-Purpose Room = Green Pool Room = Black</p>	<p>1</p> <p>Beginning Drawing 9:00 A Arthritis Exercise 9:30 A Bingo 11:00 A Dominoes 11:30 A Lunch 12:00 P Beginning Line Dance 1:00 P Drawing with Colored Pencils 1:00 P Crafting with Cricut 2:00P Improvers Line Dance 2:00 P 101 Call Shot Pool 2:00 P Intermediate Line Dance 3:00 P Caregiver Support Group 3:00 P</p>	<p>2</p> <p>Watercolor 9:00 A Silver Sneakers Classic 10:00 A Chair Yoga 11:05 A Duplicate Bridge 12:30 P Tai Chi 1:00 P Watercolor 1:00 P Gentle Yoga 2:30 P</p>	<p>3</p> <p>Blood Pressure Clinic 9:00 A Arthritis Exercise 9:30 A Bingo 11:00 A Pinochle 11:00 A Dominoes 11:30 A Veteran's Appreciation Lunch 12:00 P Artist Exhibit Reception 12:00 P Strength &amp; Balance 1:00 P</p>	<p>4</p> <p>TRIP</p> 
<p>5</p> 	<p>6</p> <p>HIKE</p> <p>AmeriCorps Seniors Drop-in Q &amp; A 10:00 A</p> <p>Move with Mary 10:00 A Bingo 11:00 A Dance with Mary 11:00 A Party Bridge 11:00 A Private Rental 11:30 A Lunch 12:00 P Mah Jongg 1:00 P Social Ballroom Dancing 1:30 P 101 Call Shot Pool 2:00 P Open Music Jam 2:00 P</p>	<p>7</p> <p>Quilting Social 9:00 A Meditation 9:00 A Wii Bowling 9:30 A Silver Sneakers Classic 10:00 A Open Board Games 10:00 A The Memory Thread 10:30 A Chair Yoga 11:05 A Mah Jongg 101 1:00 P Scrabble 1:00 P Gentle Yoga 1:00 P Knitting 1:30 P Mad Hatter Tea Party 2:00 P Private Rental 3:30 P</p>	<p>8</p> <p>Beginning Drawing 9:00 A Arthritis Exercise 9:30 A Bingo 11:00 A Dominoes 11:30 A Lunch 12:00 P Beginning Line Dance 1:00 P Drawing with Colored Pencils 1:00 P Intermediate Guitar Lessons 2:00 P Improvers Line Dance 2:00 P 101 Call Shot Pool 2:00 P Intermediate Line Dance 3:00 P</p>	<p>9</p> <p>Watercolor 9:00 A Silver Sneakers Classic 10:00 A Jin Shin Jyutsu 11:00 A Chair Yoga 11:05 A Duplicate Bridge 12:30 P Tai Chi 1:00 P Watercolor 1:00 P Nail Clipping 1:00 P Gentle Yoga 2:30 P</p>	<p>10</p> <p>Arthritis Exercise 9:30 A Bingo 11:00 A Pinochle 11:00 A Dominoes 11:30 A Lunch 12:00 P Strength &amp; Balance 1:00 P</p> 	<p>11</p> 
<p>12</p> <p>Happy Mother's Day!</p> 	<p>13</p> <p>Move with Mary 10:00 A Peer Listening Sessions 10:30 A Bingo 11:00 A Dance with Mary 11:00 A Party Bridge 11:00 A Lunch 12:00 P Mah Jongg 1:00 P Computer 101 1:00 P 101 Call Shot Pool 2:00 P Social Ballroom Dancing 1:30 P Open Band Practice 2:00 P Peer Listening Sessions 3:00 P</p>	<p>14</p> <p>Quilting Social 9:00 A Meditation 9:00 A Wii Bowling 9:30 A Silver Sneakers Classic 10:00 A Open Board Games 10:00 A Nail Clipping 10:30 A Chair Yoga 11:05 A Senior Discussion Group 11:00 A Eating Well 11:30 A Scrabble 1:00 P Gentle Yoga 1:00 P Knitting 1:30 P</p>	<p>15</p> <p>Beginning Drawing 9:00 A Arthritis Exercise 9:30 A Bingo 11:00 A Dominoes 11:30 A May Birthday Lunch 12:00 P Beginning Line Dance 1:00 P Drawing with Colored Pencils 1:00 P Senior Assoc. Board Mtg 1:30 P Improvers Line Dance 2:00 P 101 Call Shot Pool 2:00 P Intermediate Line Dance 3:00 P Caregiver Support Group 3:00 P</p>	<p>16</p> <p>Watercolor 9:00 A Friends Comm. Mtg 9:30 A Silver Sneakers Classic 10:00 A Chair Yoga 11:05 A Duplicate Bridge 12:30 P Tai Chi 1:00 P Watercolor 1:00 P Gentle Yoga 2:30 P</p>	<p>17</p> <p>Arthritis Exercise 9:30 A Bingo 11:00 A Pinochle 11:00 A Dominoes 11:30 A Lunch 12:00 P Strength &amp; Balance 1:00 P</p> 	<p>18</p> <p>TRIP</p> 

see other side

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 	20 Move with Mary 10:00 A Peer Listening Sessions 10:30 A Bingo 11:00 A Dance with Mary 11:00 A Party Bridge 11:00 A Lunch 12:00 P Mah Jongg 1:00 P Computer 101 1:00 P Social Ballroom Dancing 1:30 P 101 Call Shot Pool 2:00 P Open Music Jam 2:00 P Peer Listening Sessions 3:00 P	21 Quilting Social 9:00 A Meditation 9:00 A Wii Bowling 9:30 A Silver Sneakers Classic 10:00 A Open Board Games 10:00 A Chair Yoga 11:05 A Food Hero Recipe Taste 11:30 A Scrabble 1:00 P Job & Volunteer Fair 1:00 P Gentle Yoga 1:00 P Knitting 1:30 P	22 Beginning Drawing 9:00 A Arthritis Exercise 9:30 A Bingo 11:00 A Dominoes 11:30 A Lunch 12:00 P Beginning Line Dance 1:00 P Drawing with Colored Pencils 1:00 P Crafting with Cricut 2:00 P Improvers Line Dance 2:00 P 101 Call Shot Pool 2:00 P Intermediate Guitar Lessons 2:00 P Intermediate Line Dance 3:00 P	23 <b>HIKE</b> Watercolor 9:00 A Silver Sneakers Classic 10:00 A Chair Yoga 11:05 A Duplicate Bridge 12:30 P Tai Chi 1:00 P Watercolor 1:00 P Nail Clipping 1:00 P Gentle Yoga 2:30 P	24 Arthritis Exercise 9:30 A Bingo 11:00 A Pinochle 11:00 A Dominoes 11:30 A Lunch 12:00 P Strength & Balance 1:00 P	25 
26 	27 <b>CLOSED</b>  <b>MEMORIAL DAY</b>	28 Quilting Social 9:00 A Meditation 9:00 A Wii Bowling 9:30 A Silver Sneakers Classic 10:00 A Open Board Games 10:00 A Chair Yoga 11:05 A Scrabble 1:00 P Walk with Ease 2:00 P Gentle Yoga 1:00 P Knitting 1:30 P Tai Chi for Arthritis & Fall Prevention 3:00 P	29 Beginning Drawing 9:00 A Arthritis Exercise 9:30 A Bingo 11:00 A Dominoes 11:30 A Lunch 12:00 P Beginning Line Dance 1:00 P Drawing with Colored Pencils 1:00 P Improvers Line Dance 2:00 P 101 Call Shot Pool 2:00 P Intermediate Line Dance 3:00 P	30 Watercolor 9:00 A Silver Sneakers Classic 10:00 A Chair Yoga 11:05 A Duplicate Bridge 12:30 P Tai Chi 1:00 P Watercolor 1:00 P Gentle Yoga 2:30 P	31 Arthritis Exercise 9:30 A Bingo 11:00 A Pinochle 11:00 A Dominoes 11:30 A Lunch 12:00 P Strength & Balance 1:00 P Walk with Ease 2:00 P Tai Chi for Arthritis & Fall Prevention 3:00 P	
<b>Check Out These Classes/Activities</b> Crafting with Cricut, Wednesday, May 1 & May 22, 2:00 p.m. Veteran's Appreciation Lunch, Friday, May 3, 12:00 -1:00 p.m. Artist Exhibit Reception, Friday, May 3, 12:00-2:00 p.m. The Memory Thread Discussion Group, Tuesday, May 7, 10:30-11:30 a.m. Nail Clipping, Thursday, May 9 & May 23, 1:00-3:00 p.m.; Tuesday, May 14, 10:30 A-12:00 P Peer Services Listening Sessions, Monday, May 13 & May 20, 10:30 A-12:00 P, & 3:00-4:30 P Senior Discussion Group: Bitcoin, Tuesday, May 14, 11:30 a.m.-1:00 p.m. Eating Well, Tuesday, May 14, 11:30 a.m.-1:00 p.m. May Birthday Lunch Celebration, Wednesday, May 15, 12:00-1:00 p.m. Job & Volunteer Fair, Tuesday, May 21, 1:00-4:00 p.m. Food Hero Recipe Taste: Broccoli Cheddar Soup, Tuesday, May 21, 11:30 a.m.-1:00 p.m. Let's Get Moving! Hybrid Walk with Ease, Tuesday & Friday, May 28-July 26, 2:00-2:45 p.m. Tai Chi for Arthritis & Fall Prevention, Tuesday & Friday, May 28-July 26, 3:00 p.m.-3:45 p.m.			<b>TRIPS</b> Farm Fest & Plowing Competition, McMinnville, OR Saturday, May 4, 2024; 8:00 A-6:00 P Standard Fee: \$25; 60+ Members receive a \$5 discount  Rhododendron Festival, Florence, OR Saturday, May 18, 2024; 11:00 A-7:00 P Standard Fee: \$50; 60+ Members receive a \$5 discount  <b>HIKES</b> Whalen Island, Cloverdale, OR (EASY 1.5 mile, 40 ft. elevation gain) Monday, May 6, 2024; 10:00 A-3:00 P Standard fee: \$20; 60+ Members receive a \$5 discount  Beaver Creek Natural Area, Seal Rock, OR (MODERATE 2.9 miles, 400 ft. elevation gain) Thursday, May 23, 2024; 10:00 A-2:00 P Standard fee: \$10; 60+ Members receive a \$5 discount		Visit our website at <a href="http://www.newportoregon.gov/sc">www.newportoregon.gov/sc</a>  Newport 60+ Activity Center 20 SE 2nd St., Newport, OR 541-265-9617 Meal Site 541-574-0669  <b>CENTER HOURS</b> Monday—Friday 8:00 am to 5:00 pm	