


# AUGUST

# Senior Activity Center 2010

Phone: 265-9617  
Meal Site: 574-0669  
Newport, Oregon

WWW.NEWPORTOREGON.GOV/SC

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
1	2 Chair Yoga 9:30 A Mahjong 10:30 A Bingo 11:00 A Lunch - Noon Hand & Foot 1:00 P Tai Chi 3:45 P	3 Aerobics @ Rec 9:30 A Wii Bowling 9:30 A Scrabble 10:00 A Knitting Class 3:45 P OA 6:00 P	4 Le Club Francais 10:00 A Arthritis Exercise 9:30 A Bingo 11:00 A Lunch Noon Pinochle 1:00 P Line Dance 1:30 P Tai Chi 3:45 P TOPS 4:30 P Duplicate Bridge 6:30 P	5 TOPS 8:30 A Wii Fitness 9:00 A Aerobics @ Rec 9:30 A Brain Teasers 10:30 A German Conversation 10:30 A Dupl. Bridge 1:00 P  SENIOR CENTER PICNIC 11am to 3pm	6 Arthritis Exercise 9:30 A Bingo 11:00 A Lunch - Noon Pinochle 1:00 P Duplicate Bridge 1:00 P	7 OA 10:00 A  
48	9 Chair Yoga 9:30 A Mahjong 10:30 A Bingo 11:00 A Lunch - Noon Hand & Foot 1:00 P Tai Chi 3:45 P	10 Aerobics @ Rec 9:30 A Wii Bowling 9:30 A Scrabble 10:30 A Poetry Reading 2:00 P Knitting Class 3:45 P OA 6:00 P	11 Le Club Francais 10:00 A Arthritis Exercise 9:30 A Water Wellness Seminar 10:00 A Bingo 11:00 A Lunch Noon Pinochle 1:00 P Line Dance 1:30 P Tai Chi 3:45 P TOPS 4:30 P Duplicate Bridge 6:30 P	12 TOPS 8:30 A Wii Fitness 9:00 A Aerobics @ Rec 9:30 A Brain Teasers 10:30 A Eyes on Us 11:00 A Dupl. Bridge 1:00 P	13 Arthritis Exercise 9:30 A Bingo 11:00 A Lunch - Noon Pinochle 1:00 P Duplicate Bridge 1:00 P  SENIOR CENTER TRIP SCANDINAVIAN FESTIVAL, JUNCTION CITY, 9am to 5pm Cost \$ 35.00	14 OA 10:00 A Amateur Radio 9:00 A Bridge 11:00 A  
15	16 Chair Yoga 9:30 A Advisory Com 10:30 A Mahjong 10:30 A Bingo 11:00 A Lunch - Noon Hand & Foot 1:00 P Tai Chi 3:45 P	17 Aerobics @ Rec 9:30 A Wii Bowling 9:30 A Scrabble 10:30 A AARP 11:00 A Knitting Class 3:45 P OA 6:00 P	18 Arthritis Exercise 9:30 A Assn. Mtg. 10:30 A Bingo 11:00 A Lunch - Noon Book Club 1:00 P Pinochle 1:00 P Line Dance 1:30 P Tai Chi 3:45 P TOPS 4:30 P Duplicate Bridge 6:30 P	19 TOPS 8:30 A Aerobics @ Rec 9:30 A Wii Fitness 9:00 A FREE SENIOR FITNESS TEST 10:30 A Brain Teasers 10:30 A Friends Mtg. 11:30 A Dupl. Bridge 1:00 P Bunco 1:00 P   <b>OVER</b> 	20 Arthritis Exercise 9:30 A Bingo 11:00 A Lunch - Noon Pinochle 1:00 P Duplicate Bridge 1:00 P	21 OA 10:00 A  

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
22	23 Chair Yoga 9:30 A Mahjong 10:30 A Bingo 11:00 A Lunch - Noon Hand & Foot 1:00 P Tai Chi 3:45 P	24 Foot Clinic 9:00 A Wii Bowling 9:30 A Aerobics @ Rec 9:30 A Scrabble 10:30 A Knitting Class 3:45 P OA 6:00 P	25 Le Club Fraçais 10:00 A Arthritis Exercise 9:30 A Bingo 11:00 A Lunch - Noon Pinochle 1:00 P Line Dance 1:30 P Tai Chi 3:45 P TOPS 4:30 P Duplicate Bridge 6:30 P	26 TOPS 8:30 A Wii Fitness 9:00 A Aerobics @ Rec 9:30 A Brain Teasers 10:30 A Dupl. Bridge 1:00 P	27 Arthritis Exercise 9:30 A Bingo 11:00 A Lunch - Noon Pinochle 1:00 P Duplicate Bridge 1:00 P	28 OA 10:00 A
29 	30 Chair Yoga 9:30 A Mahjong 10:30 A Bingo 11:00 A Lunch - Noon Hand & Foot 1:00 P Tai Chi 3:45 P	31 Wii Bowling 9:30 A Aerobics @ Rec 9:30 A Scrabble 10:30 A Knitting Class 3:45 P OA 6:00 P				

**SENIOR CENTER PICNIC—AUG 5TH 11AM TO 3PM BIG CREEK PARK**

**NEWPORT SENIOR TRIPS**

**SCANDINAVIAN FESTIVAL - JUNCTION CITY FRIDAY 8/13 9 AM-5PM \$35**

**SENIOR CENTER NEW ACTIVITIES**

***New: Poetry Readings 2nd Tuesday Each Month @ 2:00PM and Line Dance 1:30 PM on Wednesdays***

***Try these FREE Healthy classes:***

***Chair Yoga, Mondays @ 9:30A, Arthritis Exercise Class, Wednesdays & Fridays @ 9:30A***

***Tia Chi, Mondays & Wednesdays @ 3:45P***

