

Senior Activity Center

September 2010

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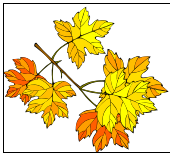
Phone: 265-9617

Meal Site: 574-0669

Newport, Oregon

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
			<p>1 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</p>	<p>2 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</p>	<p>3 Arthritis Exercise 9:30 A Bingo 11:00 A Lunch - Noon Pinochle 1:00 P Duplicate Bridge 1:00 P</p>	<p>4 OA 10:30 A Bridge 11:00 A</p> 
5	<p>6 SENIOR CENTER CLOSED L A B O R D A Y</p>	<p>7 Aerobics @ Rec 9:30 A Wii Bowling 9:30 A Scrabble 10:30 A Lunch & Learn Noon Knitting Class 3:45 P OA 6:00 P</p>	<p>8 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</p>	<p>9 TOPS 8:30 A Wii Fitness 9:00 A Aerobics @ Rec 9:30 A Brain Teasers 10:30 A Dupl. Bridge 1:00 P</p>	<p>10 Arthritis Exercise 9:30 A Bingo 11:00 A Lunch - Noon Pinochle 1:00 P Duplicate Bridge 1:00 P</p>	<p>11 OA 10:30 A</p>
12	<p>13 Chair Yoga 9:30 A Mahjong 10:00A Bingo 11:00 A Lunch - Noon Hand & Foot 1:00 P Tai Chi 3:45 P Sq Dance 7:30 P</p>	<p>14 Aerobics @ Rec 9:30 A Wii Bowling 9:30 A Scrabble 10:30 A Card Making 10:30 A Lunch & Learn Noon Art Classes 12:30 P Poetry Reading 2:00 P Knitting Class 3:45 P OA 6:00 P ASSOC. SENIOR BOAT TRIP YAQUINA RIVER 2:30 P</p>	<p>15 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</p>	<p>16 TOPS 8:30 A Aerobics @ Rec 9:30 A Wii Fitness 9:00 A Brain Teasers 10:30 A Friends Mtg. 11:30 A Dupl. Bridge 1:00 P Bunco 1:00 P</p>	<p>17 Arthritis Exercise 9:30 A Bingo 11:00 A Lunch - Noon Pinochle 1:00 P Duplicate Bridge 1:00 P</p>	<p>18 OA 10:30 A SENIOR TRIP: Octoberfest @ Mt. Angel</p> 

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Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
19	20 Advisory Com 10:30A Mahjong 10:00 A Bingo 11:00 A Lunch - Noon Hand & Foot 1:00 P Tai Chi 3:45 P Sq Dance 7:30 P	21 Wii Bowling 9:30 A Aerobics @ Rec 9:30 A Scrabble 10:30 A Card Making 10:30 A AARP 11:00A Lunch & Learn Noon Art Classes 12:30 P Knitting Class 3:45 P OA 6:00 P	22 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 SENIOR TRIP: Kayak Tour	23 TOPS 8:30 A Wii Fitness 9:00 A Aerobics @ Rec 9:30 A Brain Teasers 10:30 A Dupl. Bridge 1:00 P AUTUMN BEGINS	24 Arthritis Exercise 9:30 A Bingo 11:00 A Lunch - Noon Pinochle 1:00 P Duplicate Bridge 1:00 P	25 OA 10:30 A 
26 	27 Chair Yoga 9:30 A Mahjong 10:00 A Bingo 11:00 A Lunch - Noon Hand & Foot 1:00 P Tai Chi 3:45 P Sq Dance 7:30 P	28 Wii Bowling 9:30 A Aerobics @ Rec 9:30 A Free Bingo 10:30 Assoc Elections 11:30 A Scrabble 10:30 A Card Making 10:30 A Lunch & Learn Noon Karoake 12:30 P Art Classes 12:30P Knitting Class 3:45 P OA 6:00 P	29 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	30 TOPS 8:30 A Wii Fitness 9:00 A Aerobics @ Rec 9:30 A Brain Teasers 10:30 A Dupl. Bridge 1:00 P		

NEWPORT SENIOR TRIPS

Octoberfest @ Mt Angel, Saturday, Sept. 18 8:30 a.m. - 5:00 p.m. \$36
Kayak Tour @ Ona Beach, Wednesday, Sept. 22 8:30 a.m. - 5:00 p.m. \$43

SENIOR CENTER NEW ACTIVITIES

Lunch and Learn Noon on Tuesdays—Bring Your Own Sack Lunch

September 7 Dr R Smith, Eastern Religions

September 14 Dr R Smith, Western Religions

September 21 Stacey Mealer, Wills, Trusts, Estates

September 28 Cici Tratt, Emergency Preparedness

