



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2	3 8:30am-4:30pm Billiards* 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch	4 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 2pm Food for Life: Power Foods for the Brain	5 8:30am-4:30pm Billiards* 11am-12pm Bingo* 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 1-2pm Building Strong Bones: Nutrition Basics 6:30-7:30pm Zumba*	6 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 7-9pm Line Dance	7 9-10am Zumba*
8 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga Session 1 11:15am-12:15pm SilverSneakers Classic 1-1:55pm Wu 24 Tai Chi: Part 1 2:15-3:15pm Yang 24 Tai Chi: Part 2	9 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch	10 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 1-4:30pm Cards & Games* 1-1:55pm Wu 24 Tai Chi: Part 1 2:15-3:15pm Yang 24 Tai Chi: Part 2	11 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 1-1:55pm Wu 24 Tai Chi: Part 1 2:15-3:15pm Yang 24 Tai Chi: Part 2	12 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 6:30-7:30pm Zumba*	13 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 11:30am-12:30pm Earthwise Crew: Costa Rica—A Model for Conservation 7-9pm Line Dance	14 9-10am Zumba* 10:15-11:15 Veterans Yoga*
15 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga Session 1 11:15am-12:15pm SilverSneakers Classic 1-1:55pm Wu 24 Tai Chi: Part 1 2:15-3:15pm Yang 24 Tai Chi: Part 2	16 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 12-1pm Lunch & Learn: Medicare Advertising	17 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 12-1pm Lunch & Learn: Medicare Advertising	18 8:30am-4:30pm Billiards* 9:30am-2:30pm Day Trip: Birding at Ridgefield National Wildlife Refuge 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 1-1:55pm Wu 24 Tai Chi: Part 1 2:15-3:15pm Yang 24 Tai Chi: Part 2	19 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 2-3:30pm Convos on Aging: Living Solo as a Senior 6:30-7:30pm Zumba*	20 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 7-9pm Line Dance	21 9-10am Zumba* 10:15-11:15 Veterans Yoga*
22 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga Session 1 11:15am-12:15pm SilverSneakers Classic 1-1:55pm Wu 24 Tai Chi: Part 1 2:15-3:15pm Yang 24 Tai Chi: Part 2	23 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 1-1:30pm Balance Workshop with Paul Kane, Summit Physical Therapy 1:30-3pm Balance Tests	24 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 1-1:30pm Balance Workshop with Paul Kane, Summit Physical Therapy 1:30-3pm Balance Tests	25 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 1-1:55pm Wu 24 Tai Chi: Part 1 2-3pm JPC Book Club 2:15-3:15pm Yang 24 Tai Chi: Part 2 4:30-8:30pm Day Trip: Amaterra	26 8:30am-4:30pm Billiards* 8:45am-4pm AARP Driver Safety 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 6:30-7:30pm Zumba*	27 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 7-9pm Line Dance	28 9-10am Zumba* 10:15-11:15 Veterans Yoga*
29 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga Session 1 11:15am-12:15pm SilverSneakers Classic 1-1:55pm Wu 24 Tai Chi: Part 1 2:15-3:15pm Yang 24 Tai Chi: Part 2	30					* Denotes Drop-in Activity



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 1:30-3:30pm Wellness Initiative for Senior Education (WISE)	2 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 1-1:55pm Wu 24 Tai Chi: Part 1 2pm Food for Life: Kickstart Your Health 2:15-3:15pm Yang 24 Tai Chi: Part 2	3 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Bingo* 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 6:30-7:30pm Zumba*	4 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 7-8pm Parenting the Love & Logic Way 7-9pm Line Dance	5 9-10am Zumba* 10:15-11:15 Veterans Yoga*
6	7 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga Session 1 11:15am-12:15pm SilverSneakers Classic 1-1:55pm Wu 24 Tai Chi: Part 1 2:15-3:15pm Yang 24 Tai Chi: Part 2	8 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 1:30-3:30pm Wellness Initiative for Senior Education (WISE)	9 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 1-1:55pm Wu 24 Tai Chi: Part 1 2:15-3:15pm Yang 24 Tai Chi: Part 2	10 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 12:30-3:30pm Day Trip: Memory Den 6:30-7:30pm Zumba*	11 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 11:30am-12:30pm Earthwise Crew: Eat Smart, Waste Less 7-8pm Parenting the Love & Logic Way 7-9pm Line Dance	12 9-10am Zumba* 10:15-11:15 Veterans Yoga**
13	14 8:30am-4:30pm Billiards* 11:15am-12:15pm SilverSneakers Classic 1-1:55pm Wu 24 Tai Chi: Part 1 2:15-3:15pm Yang 24 Tai Chi: Part 2	15 9-10:30am AARP SDTek 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 12-1pm Lunch & Learn: Using Local Transit 1:30-3:30pm Wellness Initiative for Senior Education (WISE)	16 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 1-1:55pm Wu 24 Tai Chi: Part 1 2:15-3:15pm Yang 24 Tai Chi: Part 2	17 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 2-3:30pm Convos on Aging: Let's Talk about Healthy Aging 6:30-7:30pm Zumba*	18 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 7-8pm Parenting the Love & Logic Way 7-9pm Line Dance	19 9-10am Zumba* 10:15-11:15 Veterans Yoga*
20 PUMPKIN REGATTA	21 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga Session 2 11:15am-12:15pm SilverSneakers Classic 1-1:55pm Wu 24 Tai Chi: Part 1 2:15-3:15pm Yang 24 Tai Chi: Part 2	22 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 1:30-3:30pm Wellness Initiative for Senior Education (WISE)	23 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 1-1:55pm Wu 24 Tai Chi: Part 1 2:15-3:15pm Yang 24 Tai Chi: Part 2	24 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 6:30-7:30pm Zumba*	25 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 2-8pm Day Trip: Mt Hood Railroad - "Phantom of the Rails" 7-8pm Parenting the Love & Logic Way 7-9pm Line Dance	26 9-10am Zumba* 10:15-11:15 Veterans Yoga*
27	28 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga Session 2 11:15am-12:15pm SilverSneakers Classic 1-1:55pm Wu 24 Tai Chi: Part 1 2:15-3:15pm Yang 24 Tai Chi: Part 2	29 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 1:30-3:30pm Wellness Initiative for Senior Education (WISE)	30 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 1-1:55pm Wu 24 Tai Chi: Part 1 2-3pm JPC Book Club 2:15-3:15pm Yang 24 Tai Chi: Part 2	31 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 6:30-7:30pm Zumba*		* Denotes Drop-in Activity



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	* Denotes Drop-in Activity				1	2
3	4	5	6	7	8	9
	8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga Session 2 11:15am-12:15pm SilverSneakers Classic 1-1:55pm Wu 24 Tai Chi: Part 1 2:15-3:15pm Yang 24 Tai Chi: Part 2	8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 1:30-3:30pm Wellness Initiative for Senior Education (WISE)	8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 1-1:55pm Wu 24 Tai Chi: Part 1 2pm Food for Life: Diabetes Initiative 2:15-3:15pm Yang 24 Tai Chi: Part 2	8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 11am-12pm Bingo* 12-1pm MOWP Congregate Lunch 6:30-7:30pm Zumba*	8:30am-4:30pm Billiards* 9am-3pm Day Trip: Global Roller Derby Championships 10-11am SilverSneakers Classic 11:30am 10 Warning Signs of Alzheimer's 7-8pm Parenting the Love & Logic Way 7-9pm Line Dance	9-10am Zumba* 10:15-11:15 Veterans Yoga*
10	11	12	13	14	15	16
	CLOSED	8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch	8:30am-4:30pm Billiards* 9:15am-12pm Day Trip: The Original Goat Yoga 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 1-1:55pm Wu 24 Tai Chi: Part 1 2:15-3:15pm Yang 24 Tai Chi: Part 2	8:30am-4:30pm Billiards* 8:45am-4pm AARP Driver Safety 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 6:30-7:30pm Zumba*	8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-4:30pm Billiard Tournament 7-9pm Line Dance	9-10am Zumba* 10:15-11:15 Veterans Yoga*
17	18	19	20	21	22	23
	8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga Session 2 11:15am-12:15pm SilverSneakers Classic 1-1:55pm Wu 24 Tai Chi: Part 1 2:15-3:15pm Yang 24 Tai Chi: Part 2	8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 12-1pm Lunch & Learn: Dementia Conversations	8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 1-1:55pm Wu 24 Tai Chi: Part 1 2:15-3:15pm Yang 24 Tai Chi: Part 2	8:30am-4:30pm Billiards* 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 2-3:30pm Convos on Aging: Handling the Holidays 6:30-7:30pm Zumba*	8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 7-9pm Line Dance	9-10am Zumba* 10:15-11:15 Veterans Yoga*
24	25	26	27	28	29	30
	8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga Session 2 11:15am-12:15pm SilverSneakers Classic	8:30am-4:30pm Billiards* 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch	8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 2-3pm JPC Book Club	CLOSED	CLOSED	9-10am Zumba*