



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	* Denotes Drop-in Activity					1 9-10am Zumba* 10:15-11:15 Veterans Yoga
2	3 8:30am-4:30pm Billiards* 9am JPC Walking Group 9:45-10:45am Gentle Yoga: Session 1 11:15am-12:15pm SilverSneakers Classic 1-3pm Life Stories	4 8:30am-4:30pm Billiards* 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch	5 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-1:55pm Wu 9 Tai Chi 1-4:30pm Cards & Games*	6 8am-5:30pm Day Trip: Oregon Coast Railroad 8:30am-4:30pm Billiards* 11am-12pm Bingo* 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 6:30-7:30pm Zumba*	7 8:30am-4:30pm Billiards* 9-10am Nordic Walking: Session 1 10-11am SilverSneakers Classic 7-9pm Line Dance	8
9	10 8:30am-4:30pm Billiards* 9am JPC Walking Group 9:45-10:45am Gentle Yoga: Session 1 11:15am-12:15pm SilverSneakers Classic 1-1:55pm Wu 9 Tai Chi 1-3pm Life Stories 2:15-3:15pm Yang 24 Tai Chi: Part 1	11 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 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 11am-2pm Day Trip: Radio Room 12:30-3pm American Mah Jongg* 1-1:55pm Wu 9 Tai Chi 1-4:30pm Cards & Games* 2:15-3:15pm Yang 24 Tai Chi: Part 1	13 8:30am-4:30pm Billiards* 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 6:30-7:30pm Zumba*	14 8:30am-4:30pm Billiards* 9-10am Nordic Walking: Session 1 10-11am SilverSneakers Classic 11:30am-12:30pm Yellow Fever's Impact on the History of the United States 7-9pm Line Dance	15 9-10am Zumba* 10:15-11:15 Veterans Yoga
16	17 8:30am-4:30pm Billiards* 9am JPC Walking Group 9:45-10:45am Gentle Yoga: Session 1 11:15am-12:15pm SilverSneakers Classic 1-1:55pm Wu 9 Tai Chi 1-3pm Life Stories 2:15-3:15pm Yang 24 Tai Chi: Part 1	18 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm Lunch & Learn: Understanding Alzheimer's and Dementia 12-1pm MOWP Congregate Lunch	19 <b>CLOSED</b>	20 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: Forgetfulness: Where Did I leave my Glasses? 6:30-7:30pm Zumba*	21 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 6:30-8pm: New Horizons Big Band Concert in the Park 7-9pm Line Dance	22 9-10am Zumba* 10:15-11:15 Veterans Yoga
23	24 8:30am-4:30pm Billiards* 9am JPC Walking Group 9:45-10:45am Gentle Yoga: Session 1 11:15am-12:15pm SilverSneakers Classic 1-1:55pm Wu 9 Tai Chi 1-3pm Life Stories 2:15-3:15pm Yang 24 Tai Chi: Part 1	25 8am-4pm Day Trip: SUP Lessons 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	26 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-1:55pm Wu 9 Tai Chi 1-4:30pm Cards & Games* 2-3pm JPC Book Club 2:15-3:15pm Yang 24 Tai Chi: Part 1	27 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*	28 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 7-9pm Line Dance	29 9-10am Zumba* 10:15-11:15 Veterans Yoga



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	8:30am-4:30pm Billiards* 9am JPC Walking Group 9:45-10:45am Gentle Yoga: Session 1 11:15am-12:15pm SilverSneakers Classic 1-1:55pm Wu 9 Tai Chi 1-3pm Life Stories 2:15-3:15pm Yang 24 Tai Chi: Part 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	8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 2:15-3:15pm Yang 24 Tai Chi: Part 1	<b>CLOSED</b>	8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 7-9pm Line Dance	9-10am Zumba* 10:15-11:15 Veterans Yoga
7	8	9	10	11	12	13
8:30am-4:30pm Billiards* 9am JPC Walking Group 11:15am-12:15pm SilverSneakers Classic 1-3pm Life Stories	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*	8:30am-4:30pm Billiards* 9:45am-4pm AARP Driver Safety 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 1:30-2:30pm Tropical Mocktail Mixology 7-9pm Line Dance	9-10am Zumba* 10:15-11:15 Veterans Yoga	
14	15	16	17	18	19	20
8:30am-4:30pm Billiards* 9am JPC Walking Group 9:45-10:45am Gentle Yoga: Session 2 11:15am-12:15pm SilverSneakers Classic 1-3pm Life Stories	8:30am-4:30pm Billiards* 11am-12pm Silver&Fit Signature Series Excel 12-1pm Lunch & Learn: Innovated Pain Relief Techniques 12-1pm MOWP Congregate Lunch	8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 11:30am-4:30pm Day Trip: Mississippi District 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games*	8:30am-4:30pm Billiards* 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 2-3:30pm Convo on Aging: Giving Up the Keys 6:30-7:30pm Zumba*	<b>NATIONAL BARBARA DAY!</b> 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 7-9pm Line Dance	9-10am Zumba* 10:15-11:15 Veterans Yoga	
21	22	23	24	25	26	27
7am-5pm Day Trip: Giant Dune Buggy Tour 8:30am-4:30pm Billiards* 9am JPC Walking Group 9:45-10:45am Gentle Yoga: Session 2 11:15am-12:15pm SilverSneakers Classic 1-1:55pm Wu 9 Tai Chi 2:15-3:15pm Yang 24 Tai Chi: Part 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	8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-1:55pm Wu 9 Tai Chi 1-4:30pm Cards & Games* 2:15-3:15pm Yang 24 Tai Chi: Part 1	8:30am-4:30pm Billiards* 9am-1pm Day Trip: Lan Su Chinese Garden 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 7-9pm Line Dance	9-10am Zumba* 10:15-11:15 Veterans Yoga	
28	29	30	31			
8:30am-4:30pm Billiards* 9am JPC Walking Group 9:45-10:45am Gentle Yoga: Session 2 11:15am-12:15pm SilverSneakers Classic 1-1:55pm Wu 9 Tai Chi 2:15-3:15pm Yang 24 Tai Chi: Part 1	8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 10:00am-2:30pm Day Trip: Willamette Jetboat Lunch Excursion 12-1pm MOWP Congregate Lunch	8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-1:55pm Wu 9 Tai Chi 1-4:30pm Cards & Games* 2-3pm JPC Book Club 2:15-3:15pm Yang 24 Tai Chi: Part 1				* Denotes Drop-in Activity



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4	5 8:30am-4:30pm Billiards* 9am JPC Walking Group 9:45-10:45am Gentle Yoga: Session 2 11:15am-12:15pm SilverSneakers Classic 1-1:55pm Wu 9 Tai Chi 2:15-3:15pm Yang 24 Tai Chi: Part 1	6 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 1-3pm Age Positive Card Making Workshop	7 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-1:55pm Wu 9 Tai Chi 1-4:30pm Cards & Games* 2:15-3:15pm Yang 24 Tai Chi: Part 1	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 Day Trip: Froyo at Eb & Bean 6:30-7:30pm Zumba* 7:30-8:30pm Bat Adventure in the Park	9 8:30am-4:30pm Billiards* 9-10am Nordic Walking: Session 2 10-11am SilverSneakers Classic 7-9pm Line Dance	10 9-10am Zumba* 10:15-11:15 Veterans Yoga
11 8am Overnight Trip: Caves, Canoes & Meteors	12 8:30am-4:30pm Billiards* 9am JPC Walking Group 9:45-10:45am Gentle Yoga: Session 2 11:15am-12:15pm SilverSneakers Classic 1-1:55pm Wu 9 Tai Chi 2:15-3:15pm Yang 24 Tai Chi: Part 1 4pm Caves, Canoes & Meteors Return	13 8:30am-4:30pm Billiards* 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	14 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-1:55pm Wu 9 Tai Chi 1-4:30pm Cards & Games* 2:15-3:15pm Yang 24 Tai Chi: Part 1	15 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 9:30am-3pm Day Trip: Oregon Zoo 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 2-3:30pm Convos on Aging: Talking to Your Doctor 6:30-7:30pm Zumba*	16 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-4:30pm Billiard Tournament 7-9pm Line Dance	17 NATIONAL MARILYN DAY! 9-10am Zumba* 10:15-11:15 Veterans Yoga
18	19 8:30am-4:30pm Billiards* 9am JPC Walking Group 11:15am-12:15pm SilverSneakers Classic 1-1:55pm Wu 9 Tai Chi 2:15-3:15pm Yang 24 Tai Chi: Part 1	20 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm Lunch & Learn: Reverse Mortgages 12-1pm MOWP Congregate Lunch	21 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-1:55pm Wu 9 Tai Chi 1-4:30pm Cards & Games* 2:15-3:15pm Yang 24 Tai Chi: Part 1 4-8pm Day Trip: Feral Plant-Based Restaurant	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 6:30-7:30pm Zumba*	23 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 7-9pm Line Dance	24 9-10am Zumba*
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