











# Newport 60+ Activity Center October 2018

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
	<b>1</b> Open Pool Games 8:00 A S S Yoga 9:30 A Computer Assistance 10:30 A Zumba Gold 10:45 A Bingo 11:00 A Lunch Noon Tai Chi 12:00 P Mahjong 12:45 P Int. Line Dancing 1:30 P	<b>2</b> Open Pool Games 8:00 A SS Classic 9:30 A Wii Bowling 9:30 A Water Colors 10:00 A SS Cardio Fit 10:30 A Hatha Yoga 11:45 A Adaptive Tai Chi 1:00 P Colored Pencils 1:00 P Scrabble 1:30 P Line Dance 2:15 ***See Back Knitting 3:00 P Duplicate Bridge 5:30 P OA 5:30 P Writer's Lounge 6:45 P	<b>3</b> Open Pool Games 8:00 A Arthritis Exercise 9:30 A S S Circuit ELKS 10:00 A Beyond PT Open Gym 10:30 A French Club 10:30 A Bingo 11:00 A Lunch Noon Better Bones & Balance 12:30 P Dominoes 1:00 P Pinochle 1:00 P CIZE Dance Party 1:30 P Memoirs Writing 1:30 P Fun Functional Fitness 2:45P	<b>4</b> Open Pool Games 8:00 A TOPS 8:00 A S S Boom 9:00 A S S Classic 10:00 A Mind Games 11:00 A Mahjong 1:00 P Meditation 101 1:00 P Energy Assistance 2:00 P Adv. Line Dancing 2:15 P	<b>5</b> Open Pool Games 8:00 A Arthritis Exercise 9:30 A Blood Pressure Ck 10:00 A FLU CLINIC 10:00a-2:00p Movement/ Improvement 10:45 A Bingo 11:00 A Lunch Noon Better Bones & Balance 12:30 P Dominoes 1:00 P Pinochle 1:00 P Duplicate Bridge 1:15 P Fun Functional Fitness 2:45P	<b>6</b> Cribbage 10:00 A S S Circuit ELKS 10:00 A Zumba Gold 11:30 A Lighthouse Stroke Group 1:00 P Readers/Writers Group 1:00 P 
<b>7</b> 	<b>8</b> Open Pool Games 8:00 A S S Yoga 9:30 A Computer Assistance 10:30 A Zumba Gold 10:45 A Bingo 11:00 A Lunch Noon Tai Chi 12:00 P Mahjong 12:45 P Int. Line Dancing 1:30 P Senior Association Mtg 2:30 P Square Dance 6:15 P	<b>9</b> Open Pool Games 8:00 A SS Classic 9:30 A TRIP- Davis Pumpkin 9:30 A Wii Bowling 9:30 A Water Colors 10:00 A SS Cardio Fit 10:30 A Hatha Yoga 11:45 A Adaptive Tai Chi 1:00 P Colored Pencils 1:00 P Scrabble 1:30 P Line Dance 2:15 ***See Back Knitting 3:00 P Duplicate Bridge 5:30 P OA 5:30 P	<b>10</b> Open Pool Games 8:00 A Arthritis Exercise 9:30 A Computer Assistance 10:00 A S S Circuit ELKS 10:00 A Beyond PT Open Gym 10:30 A French Club 10:30 A Bingo 11:00 A Lunch Noon Better Bones & Balance 12:30 P Dominoes /Pinochle 1:00 P CIZE Dance Party 1:30 P Memoirs Writing 1:30 P Fun Functional Fitness 2:45P	<b>11</b> Open Pool Games 8:00 A TOPS 8:00 A S S Boom 9:00 A S S Classic 10:00 A Mind Games 11:00 A Mahjong 1:00 P Meditation 101 1:00 P Adv. Line Dancing 2:15 P	<b>12</b> Open Pool Games 8:00 A Arthritis Exercise 9:30 A Blood Pressure Ck 10:00 A Movement/ Improvement 10:45 A Bingo 11:00 A Lunch Noon Better Bones & Balance 12:30 P Dominoes 1:00 P Pinochle 1:00 P Duplicate Bridge 1:15 P Fun Functional Fitness 2:45 P	<b>13</b> Bridge 10:00 A Cribbage 10:00 A SS Circuit ELKS 10:00 A Zumba Gold 11:30 A Writers/Readers Group 1:00 P Laughter Yoga 2:00 P 
<b>14</b> 	<b>15</b> Open Pool Games 8:00 A S S Yoga 9:30 A Alcohol Inks (2) 10:00 & 1:00 P Zumba Gold 10:45 A Bingo 11:00 A Lunch Noon Tai Chi 12:00 P Mahjong 12:45 P Book Club 1:00 P Int. Line Dancing 1:30 P Square Dance 6:15 P	<b>16</b> Open Pool Games 8:00 A TRIP-Salem Mall / Trader Joes 8:00 A SS Classic 9:30 A Wii Bowling 9:30 A Water Colors 10:00 A Hatha Yoga 11:45 A Adaptive Tai Chi 1:00 P Colored Pencils 1:00 P Scrabble 1:30 P Line Dance 2:15 ***See Back Knitting 3:00 P Duplicate Bridge 5:30 P OA 5:30 P Writer's Lounge 6:45 P	<b>17</b> Open Pool Games 8:00 A Arthritis Exercise 9:30 A Computer Assistance 10:00 A S S Circuit ELKS 10:00 A Beyond PT Open Gym 10:30 A French Club 10:30 A Bingo 11:00 A Lunch Noon Better Bones & Balance 12:30 P Dominoes 1:00 P Pinochle 1:00 P CIZE Dance Party 1:30 P Memoirs Writing 1:30 P Fun Functional Fitness 2:45 P	<b>18</b> Open Pool Games 8:00 A TOPS 8:00 A S S Boom 9:00 A Stacey Mealer 9:00 A S S Classic 10:00 A Friends 11:00 A Mind Games 11:00 A Bunco 1:00 P Mahjong 1:00 P Meditation 101 1:00 P Adv. Line Dancing 2:15 P	<b>19</b> Open Pool Games 8:00 A Arthritis Exercise 9:30 A Blood Pressure Ck 10:00 A Movement/Improvement 10:45 A Bingo 11:00 A Lunch Noon Better Bones & Balance 12:30 P Dominoes 1:00 P Pinochle 1:00 P Duplicate Bridge 1:15 P Fun Functional Fitness 2:45 P	<b>20</b> Cribbage 10:00 A SS Circuit 10:00 A Zumba Gold 11:30 A Death Café 1:00 P Writers/Readers Group 1:00 P Laughter Yoga 2:00 P FAST FORWARD BAND 3:30-5:30 P 

see other side

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
<b>21</b> 	<b>22</b> Open Pool Games 8:00 A S S Yoga 9:30 A Zumba Gold 10:45 A Bingo 11:00 A Lunch Noon Tai Chi 12:00 P Mahjong 12:45 P Int. Line Dancing 1:30 P Advisory 2:30 P Square Dance 6:15 P Social Security Seminal 6:00 P	<b>23</b> Open Pool Games 8:00 A SS Classic 9:30 A Wii Bowling 9:30 A Water Colors 10:00 A Hatha Yoga 11:45 A Adaptive Tai Chi 1:00 P Colored Pencils 1:00 P Scrabble 1:30 P Line Dance 2:15 ***See Below Knitting 3:00 P Duplicate Bridge 5:30 P OA 5:30 P	<b>24</b> Open Pool Games 8:00 A Arthritis Exercise 9:30 A Computer Assistance 10:00 A S S Circuit ELKS 10:00 A Beyond PT Open Gym 10:30 A French Club 10:30 A Bingo 11:00 A Lunch Noon Better Bones & Balance 12:30 P Dominoes 1:00 P Pinochle 1:00 P CIZE Dance Party 1:30 P Memoirs Writing 1:30 P Fun Functional Fitness 2:45P	<b>25</b> Open Pool Games 8:00 A TOPS 8:00 A S S Boom 9:00 A S S Classic 10:00 A Friends 11:00 A Mind Games 11:00 A Mahjong 1:00 P Meditation 101 1:00 P Wandering Reel Film Festival 2:00-3:30 P Adv. Line Dancing 2:15 P	<b>26</b> Open Pool Games 8:00 A Arthritis Exercise 9:30 A Blood Pressure Ck 10:00 A Movement/Improvement 10:45 A Bingo 11:00 A Lunch Noon Better Bones & Balance 12:30 P Dominoes 1:00 P Pinochle 1:00 P Duplicate Bridge 1:15 P Fun Functional Fitness 2:45P	<b>27</b> Cribbage 10:00 A S S Circuit ELKS 10:00 A Zumba Gold 11:30 A Writers/Readers Group 1:00P Laughter Yoga 2:00 P 
<b>28</b> 	<b>29</b> Open Pool Games 8:00 A S S Yoga 9:30 A Alcohol Inks (2) 10:00 & 1:00 P Zumba Gold 10:45 A Bingo 11:00 A Lunch Noon Tai Chi 12:00 P Mahjong 12:45 P Int. Line Dancing 1:30 P Square Dance 6:15 P	<b>30</b> Open Pool Games 8:00 A SS Classic 9:30 A Wii Bowling 9:30 A Hatha Yoga 11:45 A Adaptive Tai Chi 1:00 P <b>HALLOWEEN PARTY</b> 1:00-3:00 P Scrabble 1:30 P Line Dance 2:15 ***See Below Knitting 3:00 P Duplicate Bridge 5:30 P OA 5:30 P	<b>31</b> Open Pool Games 8:00 A Arthritis Exercise 9:30 A Computer Assistance 10:00 A French Club 10:30 A Beyond PT Open Gym 10:30 A Bingo 11:00 A Lunch Noon Better Bones & Balance 12:30 P Dominoes 1:00 P Pinochle 1:00 P CIZE Dance Party 1:30 P Memoirs Writing 1:30 P Fun Functional Fitness 2:45 P			

**NEW CLASSES**

**Computer Assistance**

Call for Appointments. 30 minutes sessions on Monday and Wednesday.

**Alcohol Inks**

4 classes: October 15 & 29, 10:00 and 1:00 PM

**Laughter Yoga**

Saturdays, October 13—November 3, 2:00—3:00 PM

\*\*\* **TUESDAY LINE DANCE CLASSES**

Very Beginning	2:15 PM
Beginning	2:30 PM
Advanced Beginning	3:00 PM

**TRIPS**

10/09, Tuesday, Davis Family Pumpkin Patch, Maze & HayRide, Corvallis, 9:30a-5:00p, \$15.00

10/16, Tuesday, Salem Downtown Mall & Trader Joes, 8:00a-5:00 p, \$15.00

**EVENTS**

10/04, Thursday, Energy Assistance Program with Julie Foust, 2:00-3:00 P

10/05, Lincoln County Public Health, Flu Immunization Clinic, 10:00A-2:00P

10/20, Saturday, Death Café, 1:00-3:00 P

10/20, Saturday, FAST FORWARD BAND, 3:30-5:50 P

10/22, Monday, Social Security Seminar with Duane Silvernagle, 6:00-7:30 P

10/25, Thursday, Wandering Reel Film Festival, 2:00-3:30 P

10/30, Tuesday, Halloween Party, 1:00-3:00 P

Visit our website at  
[www.newportoregon.gov/sc](http://www.newportoregon.gov/sc)

**Newport 60+ Activity Center**  
 20 SE 2nd St., Newport, OR.

**541-265-9617 Meal Site 541-574-0669**

**CENTER HOURS**

Monday	8:30a-8:30p
Tuesday	8:30a-9:00p
Wednesday	8:30a-5:00p
Thursday	8:30a-5:00p
Friday	8:30a-5:00p
Saturday	8:30a-5:00p