











Newport 60+ Activity Center

MARCH 2018

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
				1 TOPS 8:00 A AARP Tax Aide 9:00 A-2:00 P 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	2 Open Pool Games 8:00 A Arthritis Exercise 9:30 A Blood Pressure Ck 10:00 A Zumba Gold 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 Walk with Ease 2:00 P Breath & Balance 3:00 P	3 S S Circuit 10:00 A Cribbage 10:00 A Lighthouse Stroke Support Group 1:00 P Writers/Readers Group 1:00 P Walk with Ease 2:00 P 
4 	5 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 Walk with Ease 2:00 P Better Bones & Balance 5:30 P Square Dance 6:15 P	6 TRIP 10a-6p, \$10.00 AARP Tax Aide 9:00A-2:00P SS Classic 9:30 A Wii Bowling 9:30 A Watercolor Art 10:00 A SS CardioFit 10:30 A Hatha Yoga 11:45 A Adaptive Tai Chi 1:00 P Colored Pencil Art 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 Prevent T2 Diabetes 5:30 P	7 Open Pool Games 8:00 A AARP Driver Safety 9:30A-4:30P Arthritis Exercise 9:30 A French Club 10:30 A S S Circuit 10:45 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 Breath & Balance 3:00 P Qigong 5:30 P	8 TOPS 8:00 A AARP Tax Aide 9:00A-2:00P S S Boom 9:00 A S S Classic 10:00 A Mind Games 11:00 A Mirror Mosaic 12:30 P Mahjong 1:00 P Meditation 101 1:00 P Adv. Line Dancing 2:15 P	9 Open Pool Games 8:00 A Arthritis Exercise 9:30 A Blood Pressure Ck 10:00 A Zumba Gold 10:45 A Bingo 11:00 A Lunch Noon Better Bones & Balance 12:30 Dominoes 1:00 P Pinochle 1:00 P Duplicate Bridge 1:15 P Walk with Ease 2:00 P Breath & Balance 3:00 P	10 TRIP 9:30 A-2:00P S S Circuit 10:00 A Bridge 10:00 A Cribbage 10:00 A Writers/Readers Group 1:00 P Walk with Ease 2:00 P 
11 Daylight Saving Time Begins  Time to Spring Ahead	12 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 Walk with Ease 2:00 P SR Assoc Mtg 2:30 P Better Bones & Balance 5:30 P Square Dance 6:15 P	13 AARP Tax Aide 9:00A-2:00P SS Classic 9:30 A Wii Bowling Tournament 9:30A-1:00P Watercolor Art 10:00 A SS CardioFit 10:30 A Hatha Yoga 11:45 A Adaptive Tai Chi 1:00 P Colored Pencil Art 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 Social Security 6:00 P	14 Open Pool Games 8:00 A Arthritis Exercise 9:30 A French Club 10:30 A S S Circuit 10:45 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 Walk with Ease 2:00 P Breath & Balance 3:00 P Qigong 5:30 P	15 TRIP 4:30p-10:00p, \$13.00 TOPS 8:00 A AARP Tax Aide 9:00 A-2:00P S S Boom 9:00 A Stacey Mealer 9:30 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	16 Open Pool Games 8:00 A American Red Cross, Blood Drive, 8:30A-4:30P Arthritis Exercise 9:30 A Blood Pressure Ck 10:00 A Zumba Gold 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 Breath & Balance 3:00 P	17 S S Circuit 10:00 A Cribbage 10:00 A Writers/Readers Group 1:00 P Walk with Ease 2:00 P Happy St. Patricks Day! 

see other side

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
18 	19 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 Book Club 1:00 P Int. Line Dancing 1:30 P Walk with Ease 2:00 P Better Bones & Balance 5:30 P Square Dance 6:15 P	20 AARP Tax Aide 9:00 A-2:00P SS Classic 9:30 A Wii Bowling 9:30 A Watercolor Art 10:00 A SS CardioFit 10:30 A Hatha Yoga 11:45 A Adaptive Tai Chi 1:00 P Colored Pencil 1:00 P Problem Gambling 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 Prevent T2 Diabetes 5:30 P	21 Open Pool Games 8:00 A Arthritis Exercise 9:30 A French Club 10:30 A S S Circuit 10:45 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 Walk with Ease 2:00 P Breath & Balance 3:00 P Qigong 5:30 P	22 TOPS 8:00 A AARP Tax Aide 9:00A-2:00P 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	23 Open Pool Games 8:00 A Arthritis Exercise 9:30 A Blood Pressure Ck 10:00 A Zumba Gold 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 Breath & Balance 3:00 P	24 S S Circuit 10:00 A Cribbage 10:00 A S S Gathering 11:00 A Writers/Readers Group 1:00P Walk with Ease 2:00 P 
25 	26 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 Walk with Ease 2:00 P Advisory 2:30 P Better Bones & Balance 5:30 P Square Dance 6:15 P	27 TRIP 7:00a-6:00p, \$40.00 AARP Tax Aide 9:00A-2:00P SS Classic 9:30 A Wii Bowling 9:30 A Watercolor Art 10:00 A SS CardioFit 10:30 A Hatha Yoga 11:45 A Adaptive Tai Chi 1:00 P Colored Pencil 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	28 Open Pool Games 8:00 A Public Works Mtg 8:00 A Arthritis Exercise 9:30 A French Club 10:30 A S S Circuit 10:45 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 Walk with Ease 2:00 P Breath & Balance 3:00 P Qigong 5:30 P	29 TOPS 8:00 A AARP Tax Aide 9:00A-2:00P 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	30 Open Pool Games 8:00 A Arthritis Exercise 9:30 A Blood Pressure Ck 10:00 A Zumba Gold 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 Breath & Balance 3:00 P	31 S S Circuit 10:00 A Cribbage 10:00 A Writers/Readers Group 1:00P Walk with Ease 2:00 P 

EDUCATIONAL AARP Driver Safety 9:30am-4:30pm 03/07
 American Red Cross, Blood Drive 8:30am-4:30pm 03/16

EVENTS Wii Bowling Tournament 9:30am-1:00pm 03/13

TRIPS 3/06 Chinook Winds, Lincoln City, 10-6,\$10.00
 3/10 PAC Opera, Newport, 9:30-2:30. \$32.00
 3/15 Gleneden Dance, 4:30-10:00, \$13.00
 3/27 Maritime Museum, Astoria, 7-6, \$40.00

NEW CLASSES
 Walk with Ease at 2:00 pm

*** **TUESDAY LINE DANCE CLASSES**

Very Beginning 2:15 pm
 Beginning 2:30 pm
 Low / Intermediate 3:30 pm

Visit our website at
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-6:30p
 Thursday 8:30a-5:00p
 Friday 8:30a-5:00p
 Saturday 8:30a-5:00p