










Newport 60+ Activity Center

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open Pool Monday-Friday, 8:30 A—5:00 P</p> <p>Ping Pong whenever the Multi-Purpose Room is available</p>					<p>1 Blood Pressure Clinic 9:00 A Arthritis Exercise 9:30 A Photography—The Basics 10:00 A Bingo 11:00 A Pinochle 11:00 A Dominoes 11:30 A Lunch 12:00 P Tax Preparation Sessions 12:45 P Strength & Balance 1:00 P</p>	<p>2 TRIP Florence Home & Garden Show, 9:00 A—5:00 P</p> 
<p>3</p> <p>Color Legend</p> <p>Lounge = Pink Wellness Center = Blue Education Room = Red Multi-Purpose Room = Green Pool Room = Black</p>	<p>4 Tax Preparation Sessions 8:30 A Move with Mary 10:00 A AmeriCorps Seniors Drop-in Q & A 10:00 A Bingo 11:00 A Dance with Mary 11:00 A Party Bridge 11:00 A Lunch 12:00 P Mah Jongg 1:00 P Social Ballroom Dancing 1:30 P 101 Call Shot Pool 2:00 P Open Music Jam 2:00 P</p>	<p>5 Quilting Social 9:00 A Meditation 9:00 A Wii Bowling 9:30 A Silver Sneakers Classic 10:00 A Open Board Games 10:00 A Chair Yoga 11:05 A Walk with Ease 12:00 P Scrabble 1:00 P Gentle Yoga 1:00 P Tai Chi for Arthritis & Fall Prevention 1:15 P Knitting 1:30 VA Healthcare Enrollment 3:00 P</p>	<p>6 Tax Preparation Sessions 8:30 A Multi-Media Art Class 9:00 A Arthritis Exercise 9:30 A Bingo 11:00 A Dominoes 11:30 A Lunch 12:00 P Beginning Line Dance 1:00 P Drawing with Colored Pencils 1:00 P Improvers Line Dance 2:00 P Intermediate Line Dance 3:00 P Caregiver Support Group 3:00 P</p>	<p>7 Watercolor 101 9:00 A Walk with Ease 9:30 A Silver Sneakers Classic 10:00 A Tai Chi for Arthritis & Fall Prevention 10:45 A Chair Yoga 11:05 A Duplicate Bridge 12:30 P Tax Preparation Sessions 12:45 P Tai Chi 1:00 P Watercolor 201 1:00 P Gentle Yoga 2:30 P</p>	<p>8 Arthritis Exercise 9:30 A Photography—The Basics 10:00 A Bingo 11:00 A Pinochle 11:00 A Dominoes 11:30 A Lunch 12:00 P Tax Preparation Sessions 12:45 P Strength & Balance 1:00 P</p> 	<p>9</p>
<p>10</p> 	<p>11 Tax Preparation Sessions 8:30 A Move with Mary 10:00 A Bingo 11:00 A Dance with Mary 11:00 A Party Bridge 11:00 A Lunch 12:00 P Mah Jongg 1:00 P Computer 101 1:00 P 101 Call Shot Pool 2:00 P Social Ballroom Dancing 1:30 P</p>	<p>12 Wii Bowling Tournament 9:00 A Quilting Social 9:00 A Meditation 9:00 A Silver Sneakers Classic 10:00 A Open Board Games 10:00 A Sr Discussion Group 11:00 A Chair Yoga 11:05 A Scrabble 1:00 P Gentle Yoga 1:00 P Knitting 1:30 P Coffee with Sonia 2:00 P Easter Card Making 3:30 P</p>	<p>13 Tax Preparation Sessions 8:30 A Multi-Media Art Class 9:00 A Arthritis Exercise 9:30 A Jin Shin Jyutsu 11:00 A Bingo 11:00 A Dominoes 11:30 A Lunch 12:00 P Beginning Line Dance 1:00 P Drawing with Colored Pencils 1:00 P Improvers Line Dance 2:00 P Newport, OR: A 5B Year History 2:00 P Beginning Guitar Lessons 2:00 P Advanced Guitar Lessons 2:30 P Intermediate Line Dance 3:00 P</p>	<p>14 Watercolor 101 9:00 A Walk with Ease 9:30 A Silver Sneakers Classic 10:00 A Tai Chi for Arthritis & Fall Prevention 10:45 A Chair Yoga 11:05 A Duplicate Bridge 12:30 P Tax Preparation Sessions 12:45 P Tai Chi 1:00 P Watercolor 201 1:00 P Gentle Yoga 2:30 P</p>	<p>15 Arthritis Exercise 9:30 A Photography—The Basics 10:00 A Bingo 11:00 A Pinochle 11:00 A Dominoes 11:30 A Lunch 12:00 P Tax Preparation Sessions 12:45 P Strength & Balance 1:00 P Before End of Life 1:00 P</p> 	<p>16</p>

see other side

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 	18 Tax Preparation Sessions 8:30 A Move with Mary 10:00 A Bingo 11:00 A Dance with Mary 11:00 A Party Bridge 11:00 A Lunch 12:00 P Mah Jongg 1:00 P Computer 101 1:00 P Social Ballroom Dancing 1:30 P 101 Call Shot Pool 2:00 P Open Music Jam 2:00 P	19 TRIP Quilting Social 9:00 A Meditation 9:00 A Wii Bowling 9:30 A Silver Sneakers Classic 10:00 A Open Board Games 10:00 A Chair Yoga 11:05 A Food Hero Recipe Taste 11:30 A Walk with Ease 12:00 P Scrabble 1:00 P Gentle Yoga 1:00 P Tai Chi for Arthritis & Fall Prevention 1:15 P Knitting 1:30 P	20 Tax Preparation Sessions 8:30 A Multi-Media Art Class 9:00 A Arthritis Exercise 9:30 A Bingo 11:00 A Dominoes 11:30 A March Birthday Lunch 12:00 P Beginning Line Dance 1:00 P Sr. Assoc Board Mtg 1:30 P Drawing with Colored Pencils 1:00 P Improvers Line Dance 2:00 P Intermediate Line Dance 3:00 P Caregiver Support Group 3:00 P	21 Watercolor 101 9:00 A Walk with Ease 9:30 A Friends Comm. Mtg. 9:30 A Silver Sneakers Classic 10:00 A Tai Chi for Arthritis & Fall Prevention 10:45 A Chair Yoga 11:05 A Duplicate Bridge 12:30 P Tax Preparation Sessions 12:45 P Tai Chi 1:00 P Watercolor 201 1:00 P Gentle Yoga 2:30 P	22 Arthritis Exercise 9:30 A Photography—The Basics 10:00 A Bingo 11:00 A Pinochle 11:00 A Dominoes 11:30 A Lunch 12:00 P Tax Preparation Sessions 12:45 P Strength & Balance 1:00 P Before End of Life 1:00 P	23 
24/31 	25 Tax Preparation Sessions 8:30 A Move with Mary 10:00 A Bingo 11:00 A Dance with Mary 11:00 A Party Bridge 11:00 A Lunch 12:00 P Mah Jongg 1:00 P Computer 101 1:00 P Social Ballroom Dancing 1:30 P 101 Call Shot Pool 2:00 P Open Band Practice 2:00 P	26 Quilting Social 9:00 A Meditation 9:00 A Wii Bowling 9:30 A Silver Sneakers Classic 10:00 A Open Board Games 10:00 A Chair Yoga 11:05 A Walk with Ease 12:00 P Scrabble 1:00 P Gentle Yoga 1:00 P Tai Chi for Arthritis & Fall Prevention 1:15 P Knitting 1:30 P	27 Tax Preparation Sessions 8:30 A Arthritis Exercise 9:30 A Bingo 11:00 A Dominoes 11:30 A Lunch 12:00 P Beginning Line Dance 1:00 P Improvers Line Dance 2:00 P Beginning Guitar Lessons 2:00 P Advanced Guitar Lessons 2:30 P Intermediate Line Dance 3:00 P	28 Walk with Ease 9:30 A Silver Sneakers Classic 10:00 A Tai Chi for Arthritis & Fall Prevention 10:45 A Chair Yoga 11:05 A Duplicate Bridge 12:30 P Tax Preparation Sessions 12:45 P Tai Chi 1:00 P Art Workshop with Sherilyn 1:00 P Gentle Yoga 2:30 P	29 Arthritis Exercise 9:30 A Bingo 11:00 A Pinochle 11:00 A Dominoes 11:30 A Lunch 12:00 P Tax Preparation Sessions 12:45 P Strength & Balance 1:00 P	30 
Check Out These Classes/Activities Photography — The Basics, Friday, March 1-22, 10:00 a.m.-12:00 p.m. AmeriCorps Seniors Drop-in Q & A, 1st Monday of the month, 10:00-11:00 a.m., beginning March 4 101 Call Shot Pool — Beginning Monday, March 4, 2:00-4:00 p.m. VA Healthcare Enrollment Blitz, Tuesday, March 5, 3:00-5:00 p.m. Caregiver Support Group, 1st & 3rd Wednesdays beginning March 6, 3:00-4:30 p.m. Wii Bowling Tournament, Tuesday, March 12, 9:00 a.m.-1:00 p.m. Senior Discussion Group: Inflation, Tuesday, March 12, 11:30 a.m.-1:00 p.m. Newport, Oregon: A 5 Billion Year History, Wednesday, March 13, 2:00-3:30 p.m. Before the End of Life: The Road Map, Friday, March 15 & 22 1:00-3:00 p.m. Food Hero Recipe Taste: Mushroom Bulgur Pilaf, Tuesday, March 19, 11:30 a.m.-1:00 p.m. March Birthday Lunch Celebration, Wednesday, March 20, 12:00-1:00 p.m. Art Workshop with Sherilyn, Thursday, March 28-April 25th, 1:00-3:00 p.m.			TRIPS Florence Home & Garden Show, Florence, OR Saturday, March 2, 2024 9:00 A-5:00 P Standard Cost: \$20; 60+ Members receive a \$5 discount Tillamook Air Museum, Tillamook, OR Tuesday, March 19, 2024 8:00 A-5:00 P Standard Cost: \$30; 60+ Members receive a \$5 discount		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—Friday 8:30 am to 5:00 pm	