

# 60+ ACTIVITY CENTER



# August

updated 7/30  
**2025**






SUN	MON	TUE	WED	THU	FRI	SAT
<b>Color Legend</b> Lounge - Pink Rec Center - Blue Education Room - Red Multi-Purpose Room - Green Billiards Room - Black Wellness Center - Light Blue	<b>CENTER HOURS</b> Monday—Friday 8:00 am to 4:00 pm 	<b>CLASSES AND ACTIVITIES</b> The Memory Thread Discussion Group, Mon, Aug 11, 1:00-2:00pm Senior Discussion Group: Newport Native Americans, Tue, Aug 12, 11:30am-1pm Tai Chi for Arthritis & Fall Prevention (TCAFP), Weds, 11am-12pm, beginning Aug 13 Medicare 101, Fri, Aug 15, 1:30-3:30pm Safe Strides & Pedestrian Safety, Mon, Aug 18, 1-3pm Listen & Learn Lecture Series: Port of Newport, Tue, Aug 19, 11:30am-12:30pm Medicare Q & A Session, Wed, Aug 20, 1-2pm			<b>1</b> Arthritis Exercise 9:30 Bingo 11:00 Pinochle 11:00 Mexican Train 11:45 Lunch 12:00 Strength & Balance 1:00 Mah Jongg 2:00	<b>2 TRIP</b> Brownsville Antique Faire, Brownsville, OR \$20 or \$15 with Member Discount 
<b>3</b> Listen & Learn Lecture Series: Rock Doc, Tue, Aug 5, 11:30am-12:30pm 	<b>4</b> AmeriCorps Seniors Drop-In Q&A 10:00 Move w/Mary 10:00 Bingo 11, Lunch 12 Party Bridge 11:00 Dance w/Mary 11:15 Social Ballrm Dance 1:30 Cribbage 1:30 101 Call Shot Pool 2	<b>5 Quilting Social 9</b> Meditation 9:00 Wii Bowling 9:30 Chess 10:00 Silver Sneakers 10 Chair Yoga 11:15 Listen & Learn 11:30 Scrabble 1:00 Gentle Yoga 1:00 Strength & Balance 1 Knitting 1:30	<b>6</b> Beg Drawing 9:00 Bingo 11, Lunch 12 Mexican Train 11:45 Draw w/Colored Pencils 12:30 Easy Line Dance 1:00 Improvers Line Dance 2:00 101 Call Shot Pool 2:00 Int Line Dance 3:00	<b>7</b> Wii Bowling 9:30 Silver Sneakers 10:00 Chair Yoga 11:15 Duplicate Bridge 11:30 Tai Chi 1:00 Watercolor 1:00 Gentle Yoga 2:30	<b>8</b> Arthritis Exr 9:30 Blood Pressr CI 9:30 Jin Shin Self Help 10:30 Bingo 11, Lunch 12 Pinochle 11:00 Mexican Train 11:45 Strength & Balance 1:00 Mah Jongg 2:00	<b>9</b> Make sure you are signing in at the kiosks, even if you are coming for a class. Keeping track of numbers is important for reports to the City and, keeping our doors open and costs to members reasonable. Thanks!
<b>10</b> Join us for a hike at the Sitka Sedge State Natural Area, Wed, August 13! 	<b>11</b> Move w/Mary 10:00 Bingo 11, Lunch 12 Party Bridge 11:00 Dance w/Mary 11:15 Memory Thread 1:00 Social Ballroom Dance 1:30 Cribbage 1:30 101 Call Shot Pool 2	<b>12</b> Quilting Social 9 Meditation 9:00 Wii Bowling 9:30 Chess 10:00 Silver Sneakers 10 Chair Yoga 11:15 Sr Discuss Gr 11:30 Scrabble 1:00 Gentle Yoga 1:00 Strength & Balance 1 Knitting 1:30	<b>13 HIKE</b> Beg Drawing 9:00 Arthritis Exercise 9:30 TCAFP 11:00 Bingo 11:00, Lunch 12 Mexican Train 11:45 Walk With Ease 12:15 Draw w/Colored Pencils 12:30 Easy Line Dance 1:00 Improvers Line Dance 2 Intr Guitar Lesson 2:00 101 Call Shot Pool 2:00 Intr Line Dance 3:00	<b>14 TRIP</b> Wii Bowling 9:30 Mixed Media Art Class 9:30 Silver Sneakers 10 Chair Yoga 11:15 Duplicate Bridge 11:30 Tai Chi 1:00 Watercolor 1:00 Gentle Yoga 2:30	<b>15</b> Arthritis Exercise 9:30 Bingo 11:00 Pinochle 11:00 Mexican Train 11:45 Lunch 12:00 Strength & Balance 1:00 Medicare 101 1:30 Mah Jongg 2:00	<b>16</b> Join us on the Scandinavian Festival trip on August 14! 

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SUN	MON	TUE	WED	THU	FRI	SAT
<div>17</div> <div>Coffee and Conversation with Jenni at 9:30 in the Lounge on Monday!</div> <div></div>	<div>18</div> <div>Coffee and Convo w/Jenni 9:30 Move w/Mary 10:00 Bingo 11, Lunch 12 Party Bridge 11:00 Dance w/Mary 11:15 Safe Strides &amp; Ped Safety 1:00 Social Ballroom Dance 1:30 Cribbage 1:30 101 Call Shot Pool 2</div>	<div>19</div> <div>Quilting Social 9:00 Meditation 9:00 Wii Bowling 9:30 Chess 10:00 Silver Sneakers 10 Chair Yoga 11:15 Listen &amp; Learn 11:30 Scrabble 1:00 Gentle Yoga 1:00 Strgth &amp; Balance 1 Knitting 1:30</div>	<div>20</div> <div>Beg Drawing 9:00 Arthritis Exercise 9:30 TCAFP 11:00 Bingo 11, Bday Lunch 12 Mexican Train 11:45 Walk With Ease 12:15 Drawing w/Colored Pencils 12:30 Medicare Q &amp; A Sess 1 Easy Line Dance 1:00 Improvers Line Dance 2 101 Call Shot Pool 2:00 Intr Line Dance 3:00</div>	<div>21</div> <div>Wii Bowling 9:30 Mixed Media Art Class 9:30 Silver Sneakers 10 Chair Yoga 11:15 Duplicate Bridge 11:30 Tai Chi 1:00 Watercolor 1:00 Gentle Yoga 2:30</div>	<div>22</div> <div>Arthritis Exercise 9:30 Blood Pressure Clinic 9:30 Bingo 11:00 Pinochle 11:00 Mexican Train 11:45 Lunch 12:00 Strength &amp; Balance 1:00 Mah Jongg 2:00</div>	<div>23</div> <div>Birthday Lunch on Wed the 20<sup>th</sup>! Make sure to RSVP by the 13<sup>th</sup></div> <div></div>
<div>24</div> <div>Join us on the Oregon State Fair trip on Thursday the 28th!</div> <div></div>	<div>25</div> <div>Move w/Mary 10:00 Bingo 11, Lunch 12 Party Bridge 11:00 Dance w/Mary 11:15 Social Ballroom Dancing 1:30 Cribbage 1:30 101 Call Shot Pool 2</div>	<div>26</div> <div>Quilting Social 9:00 Meditation 9:00 Wii Bowling 9:30 Chess 10:00 Silver Sneakers 10 Chair Yoga 11:15 Scrabble 1:00 Gentle Yoga 1:00 Strgth &amp; Balance 1 Knitting 1:30</div>	<div>27</div> <div>Beg Drawing 9:00 Arthritis Exercise 9:30 TCAFP 11:00 Bingo 11:00, Lunch 12 Mexican Train 11:45 Walk With Ease 12:15 Draw w/Color Pencils 12:30 Easy Line Dance 1:00 Intr Guitar Lesson 2:00 Improv Line Dance 2:00 101 Call Shot Pool 2:00 Intr Line Dance 3:00</div>	<div>28</div> <div>TRIP</div> <div>Wii Bowling 9:30 Mixed Media Art Class 9:30 Silver Sneakers 10 Chair Yoga 11:15 Dup Bridge 11:30 Tai Chi 1:00 Watercolor 1:00 Gentle Yoga 2:30</div>	<div>29</div> <div>HIKE</div> <div>Arthr Exercise 9:30 Blood Prs Clinic 9:30 Bingo 11, Lunch 12 Pinochle 11:00 Mexican Train 11:45 Strgth &amp; Bal 1:00 Mah Jongg 2:00</div>	<div>30</div> <div>Join us on the Trappist Abbey Guadalupe Loop Trail Hike in Lafayette OR on the 29th!</div> <div></div>
<div>31</div> <div> </div>	<div>TRIPS</div> <div>Brownsville Antique Faire, Brownsville, OR Saturday, August 2, 2025, 8:30am-5pm \$20 or \$15 w/Member Discount  Scandinavian Festival, Junction City, OR Thursday, August 14, 2025, 8:30am-5pm \$20 or \$15 w/Member Discount  Oregon State Fair, Salem, OR Thursday, August 28, 2025, 8:30am-5pm \$25 or \$20 w/Member Discount</div>		<div>HIKES</div> <div>Sitka Sedge State Natural Area, Cloverdale, OR Wednesday, August 13, 2025, 10am-4pm Cost for Members &amp; Non-Members—\$15  Trappist Abbey Guadalupe Loop Trail, Lafayette, OR Friday, August 29, 2025, 9am-4pm Cost for Members &amp; Non-Members—\$15</div>		<div>Visit our website at www.newportoregon.gov/sc Facebook /NewportSeniorActivityCenter/  Newport 60+ Activity Center 20 SE 2nd St., Newport, OR 541-265-9617 Meal Site 541-574-0669</div> <div>  </div>	