

# Living the Lifestyle

McMinnville Senior Center Newsletter

April 2017



## Dear Sun....

Dear Sun,  
Where have you been? I've missed you. And from what I'm hearing many others are too. We've all been very patient, but we're starting to get a little tired of waiting on you to shine. Even the Weather Channel has says that we "might be the most miserable location" this winter in the United States. We've experienced landslides, avalanches, floods, hurricane force winds and even blizzards in our typically calm, mild state of Oregon. We've broken rainfall and snowfall records too. So please, we beg....come pay us a visit and stay for awhile, we miss you dearly!

Anne Lane  
Senior Center Manager  
(503) 474-4963  
[anne.lane@mcminnvilleoregon.gov](mailto:anne.lane@mcminnvilleoregon.gov)



## Spring Is Coming

Spring is coming —  
Soon to arrive.  
Fowls to their nests  
And bees to their hives.  
Birds serenading  
With their odes.  
Caterpillars.  
And loads of toads.  
  
Twirling butterflies.  
Flowers in bloom.  
The sun will return.  
Spring's coming soon.

Walterrean Salley





April



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>ONGOING WEEKLY PROGRAMS</b>						
	9a-8p Wortman Park Art Gallery 9a-8p Library 9a-11a Wood Carving 9a Acupuncture 9:30a Coffee Hour 10:15a Yoga Level 2 11:30a Fun & Fit 11:45a Lunch Noon Cranks Biking Group 1p Int. Bridge 1p Pinochle 1:30p Foot Care Clinic 5:30p Cribbage 5:30p Crazy Rummy	9a-8p Wortman Park Art Gallery 9a-8p Library 9a PiYo 9:30a Coffee Hour 9:30a Art On Porcelain: China Painting 10:15a Yoga Level 1 11a-1p Wortman Park Café Noon Easy Riders Biking Group 1p Poker 1p Senior Quilters 1p Caregiver Resources	9a-8p Wortman Park Art Gallery 9a-8p Library 9:30a Coffee Hour 10:15a Yoga Level 3 11:45a Lunch 1p Cribbage 1p Mexican Train 1p Crafting 3:45p EDGU 5:15p Hatha Yoga 6:30p Restorative Yoga	9a-8p Wortman Park Art Gallery 9a-8p Library 9:30a Coffee Hour 10a Strength Training 10:30a Dimes & Dobbers Bingo 11a-1p Wortman Park Café 1p Bridge 2p Bingo 6p Pinochle	9:30a Zumba Gold 10a-3p Adult Care Program	





# Classes & Programs

## FITNESS

### **Gentle Movement**

Instructor: Annette Clark Register by Apr 11  
Thu Apr 13-May 4 9-9:45am \$25

### **Better Bones & Balance**

Instructor: Annette Clark \$40 (\$8 drop in)  
Mon & Wed Apr 17-May 10  
AM Class 9-10am PM Class 12:45-1:45pm

### **Tai Ji Quan: Moving For Better Balance**

Instructor: Yaikyae Aguiar Register by Apr 3  
Wed Apr 5-May 10 \$36 2:30-3:30pm

### **"FITNESS PASS" PROGRAM**

A 10-pack pass is \$60 and a 5-pack pass is \$30. There will still be a single class drop-in fee is \$8 if you choose not to purchase a punch card. The "Fitness Pass" expires 60 days after purchase. The "Fitness Pass" will allow you to freely attend the Yoga (All Levels), PiYo, Restorative Yoga, Hatha, Fun & Fit, Strength Training, or EDGU classes held at the McMinnville Senior Center as you wish or as it fits your needs and schedule.

<b>Yoga Level 1</b>	Tue	10:15-11:15am
<b>Yoga Level 2</b>	Mon	10:15-11:15am
<b>Yoga Level 3</b>	Wed	10:15-11:15am
<b>Hatha Yoga</b>	Wed	5:15-6:15pm
<b>Restorative Yoga</b>	Wed	6:30-7:30pm
<b>PiYo (Pilates-Yoga)</b>	Tue	9:00-10:00am
<b>Fun &amp; Fit</b>	Mon	11:30am-12:30pm
<b>Strength Training</b>	Thu	10:00-11:00am
<b>EDGU</b>	Wed	3:45-4:45pm

## COMPUTER

### **Smartphones & Tablets: Beginner**

Instructor: Breanna Weston Register by Apr 3  
Tue Apr 4-25 9:30-11:30am \$48

### **Basic Document**

Instructor: Breanna Weston Register by Apr 3  
Wed Apr 5 9:30-11:30am \$12

### **Basic Spreadsheet**

Instructor: Breanna Weston Register by Apr 10  
Wed Apr 12 9:30-11:30am \$12

### **The Cloud**

Instructor: Breanna Weston Register by Apr 17  
Wed Apr 19 9:30-11:30am \$12

## ARTS

### **Easy Watercolor**

Instructor: Irilla Swanson 2-4pm \$20  
Tue Apr 11 Register by Apr 10

### **Jewelry Making**

Instructor: Jana Hess Register by Apr 10  
Tue Apr 11 6-8pm \$10

### **Native American Leather Pouch**

Instructor: Terry Filer Register by Apr 3  
Thu Apr 6 1-3pm \$45

### **Gourd Patch**

Thu Apr 6, 20 9:30am-1pm \$3

### **Art On Porcelain: China Painting**

Instructor: Joy Williams  
Every Tue 9:30am-2pm \$3

## PERSONAL GROWTH

### **Cakes: Stacked & Tiered Start To Finish**

Instructor: Bonnie Mann Register by Mar 30  
Tue Apr 4-18 5:30-7:30pm \$55

### **Tax-Free Investing**

Instructor: Kevin Gebhart Tue Apr 25 1p \$2

### **AARP Smart Driver Course**

Tue & Wed Mar 4-5 9am-Noon  
\$15 member of AARP \$20 non-member of AARP

### **Understanding Grief: Information & Tools For Coping**

Presenter: Legacy Hospice Thu Apr 13  
Noon FREE!

### **Nature's Gifts**

Instructor: Rachel Hayward Register by Mar 29  
Mon Apr 3 9-11am \$10



*April  
Fool's  
Day!*



## Documentary Film Series

### Poverty, Inc.

Summary: "I see multiple colonial governors," says Ghanaian software entrepreneur Herman Chinery-Hesse of the international development establishment in Africa. "We are held captive by the donor community." The West has positioned itself as the protagonist of development, giving rise to a vast multi-billion dollar poverty industry - the business of doing good has never been better. Yet, the results have been mixed, in some cases even catastrophic, and leaders in the developing world are growing increasingly vocal in calling for change. Drawing from over 200 interviews filmed in 20 countries, Poverty, Inc. unearths an uncomfortable side of charity we can no longer ignore. Register by March 10th.

Wednesday April 12 \$2 6:00pm



## Day Trips



### Che Malambo - Dance Of Argentina

From Argentina comes Che Malambo, with 14 unbelievably powerful men, who will introduce you to the zapateo, the fast-paced footwork inspired by the rhythm of galloping horses, and the drumming of traditional Argentine bombos and whirling boleadoras (throwing weapons of cords and stones). A stop for dinner will be made at Twigs prior to the performance.

Tuesday April 25 \$99  
3:45pm-10:30pm

Meals during day trips are on your own unless otherwise noted. All day trips will depart from and return to the McMinnville

Senior Center.

Space is limited.

For more information or to register call (503) 435-0407.

## UPCOMING Day Trips

### A Bloomin' Good Time

9:00am - 2:45pm Mon, May 22 \$68

### Historic Oregon City

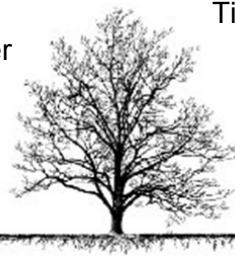
9:45am - 4:15pm Fri, June 23 \$79



## Wortman Park Café

Location:  
Senior Center  
Cost: \$5

Time: 11am - 1pm  
Days: Every  
Tue & Thu



**Thank you!** Please make check payable to: **McMinnville Senior Center** and mail this form and your check to McMinnville Senior Center, **2250 NE McDaniel Lane, McMinnville, OR 97128**

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Subscription Amount: \$ 10 Annually

Send my newsletter by email only

Donation Amount: \$ \_\_\_\_\_

*Thanks for helping us save on postage!*

Total Amount Enclosed: \$ \_\_\_\_\_

## FACILITY HOURS

Monday - Thursday 9:00 am - 8:00 pm

Front Desk (503) 435-0407

McMinnville Senior Center  
2250 NE McDaniel Lane  
McMinnville Or 97128

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**McMinnville Senior Center  
Newsletter**



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