

Living the Lifestyle

McMinnville Senior Center Newsletter

December 2015 - January 2016

Fit For You

"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.

Yoga Level 1	Tue	10:15-11:15am
Yoga Level 2	Mon	10:15-11:15am
Yoga Level 3	Wed	10:15-11:15am
Hatha Yoga	Wed	5:15-6:15pm
Restorative Yoga	Wed	6:30-7:30pm
PiYo (Pilates-Yoga)	Tue	9:00-10:00am
Fun & Fit	Mon	11:30am-12:30pm
Strength Training	Thu	10:00-11:00am
EDGU	Tue	6:30-7:30pm thru Dec 20
	Wed	4:00-5:00pm beg Jan 4

FACILITY HOURS

Mon - Thu 9 am - 8 pm
(503) 435-0407 Front Desk (503) 472-4214 Meal Site

A Year In Reflection

2016 brought a lot to the Senior Center worthy of reflection....

The opening of the Wortman Park Café kicked the year off in a big way. We saw close to 5,000 people in the first 10 months! But, of course, we couldn't have done it by ourselves. We owe gratitude to the Friends of the McMinnville Senior Center (FMSC) for their incredible generosity in helping us get the Café off the ground and going. FMSC purchased the refrigerated salad bar as well the new commercial size freezer and refrigerator.

We played host to four fabulous musicians in our Tunes on Tuesday music series that took place every Tuesday evening in October. The series was made possible thanks to a grant we received. With over 250 toe-tapping, clapping, singing, smiling guests in attendance I'd call that a success!

We welcomed Roxanne Hanneman and Barbara Curtis to our mighty staff. Hopefully you have had a chance to met them. They are terrific! And they have helped shoulder much of the responsibility of leading many of our day trips as well as overseeing the building during weekend and evening hours.

We have had the pleasure of partnering with many (too many to list here in fact) wonderful local businesses that have shown us unwavering support in every imaginable way.

We very much look forward to what's coming our way in 2017 and hope you are too!

Anne Lane
Senior Center Manager
(503) 474-4963
anne.lane@ci.mcminnville.or.us



Wortman Park Café

Help us celebrate our one year anniversary!

TUESDAY, JANUARY 3rd!

Location: McMinnville Senior Center

Days: Every Tuesday & Thursday

Times: 11:00am - 1:00pm Cost: \$5

DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ONGOING WEEKLY PROGRAMS						
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 6:30p Zumba Gold	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 4p Scrabble 6:30p EDGU	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 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 6p Pinochle	9:30a Zumba Gold 10a-3p Adult Care Program		





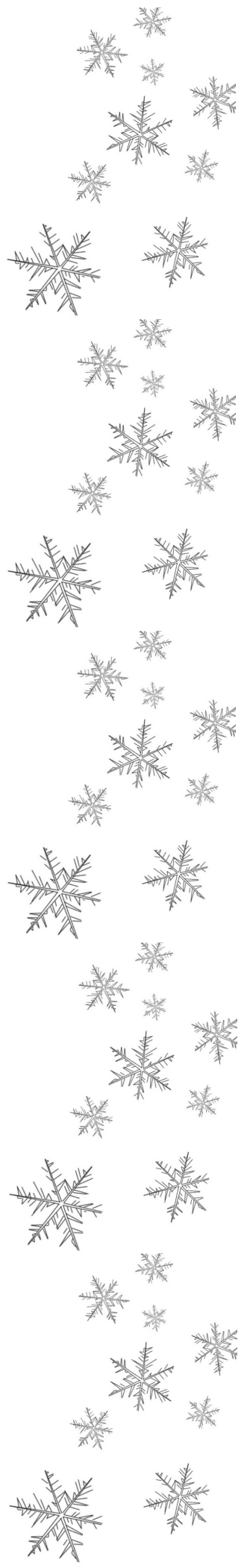
Sun	Mon	Tue	Wed	Thu	Fri	Sat
ONGOING WEEKLY PROGRAMS						
9a-8p Wortman Park Art Gallery 9a-8p Library 9a-11a Wood Carving 9a Acupuncture 9:30a Coffee Hour 10:15a Yoga Level 2 11:30a Fun & Fit 11:45a Lunch Noon Cranks Biking Group 1p Int. Bridge 1p Pinochle 1:30p Foot Care Clinic 5:30p Cribbage 5:30p Crazy Rummy 6:30p Zumba Gold	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 4p Scrabble 4p Zumba Gold	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 4p EDGU 5:15p Hatha Yoga 6:30p Restorative Yoga	9a-8p Wortman Park Art Gallery 9a-8p Library 9:30a Coffee Hour 9:30a Open Art 10a Strength Training 10:30a Dimes & Dobbers Bingo 11a-1p Wortman Park Café 1p Bridge 6p Pinochle	9a-8p Wortman Park Art Gallery 9a-8p Library 9:30a Coffee Hour 9:30a Open Art 10a Strength Training 10:30a Dimes & Dobbers Bingo 11a-1p Wortman Park Café 1p Bridge 6p Pinochle	9:30a Zumba Gold 10a-3p Adult Care Program	


McMinnville Senior Center (503) 435-0407

Meal Site (503) 472-4214

2250 NE McDaniel Lane

McMinnville, OR



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MONTHLY PROGRAMS & OPPORTUNITIES						
1	2 SENIOR CENTER & MEAL SITE CLOSED	3 9a AARP Smart Driver Class 11a-1p Wortman Park Café - 1 Year Anniversary Party!	4 9a AARP Smart Driver Class 10a Continuing Tai Chi Chuan Class Begins 11a Hearing Screenings & Hearing Aid Checks 11:15a Introductory Tai Chi Class Begins 11:45a Lunch	5 <u>Day Trip: Bread & Beef</u> 9a Gentle Movement Class Begins 11a-1p Wortman Park café 1p Parkinson's Support	6 10:30a Alzheimer's Café: Music Therapy	7
8	9 9a Better Bones & Balance AM Class Begins 11:45a Lunch 12:45p Better Bones & Balance PM Class Begins 2p Alzheimer & Dementia Support	10 9a Smartphones & Tablets: Beginner Class Begins 10a Oil Painting Class 11a-1p Wortman Park Café 2p Easy Watercolor Class	11 9a Attorney Consultation 9:30a Smartphones & Tablets: Intermediate Class Begins 10:30a Drum & Stick Making Class 11:45a Lunch 6p <i>Documentary Film Series: Fed Up</i>	12 9:30a Open Art Begins 11a-1p Wortman Park Café Noon Understanding & Grief: Information & Tools For Coping Class 5:30p Beginning Quilting II Class Begins	13	14
15	16 11:45a Lunch	17 11a-1p Wortman Park Café	18 11:45a Lunch	19 10a Writing Poetry Class Begins 11a-1p Wortman Park Café - Baked Potato Bar	20 10:30a Alzheimer's Café: Music Therapy	21 FMSC Pancake Breakfast 9:30a Drawing Forth: 3-D Collages Class
22	23 11:45a Lunch 6p Native American Flute Class Begins	24 11a-1p Wortman Park Café	25 9a Attorney Consultation 11:45a Lunch	26 11a-1p Wortman Park Café	27	28
29	30 11:45a Lunch	31 11a-1p Wortman Park Café 1p Outsmart The Scammers Class				

Classes & Programs

COMPUTER

Smartphones & Tablets: Beginner

Register by Jan 9 Instructor: Breanna Weston
Tue Jan 10-31 9:30-11:30a \$48

Smartphones & Tablets: Intermediate

Register by Jan 9 Instructor: Breanna Weston
Wed Jan 11-Feb 1 9:30-11:30a \$48

FITNESS

Gentle Movement

Instructor: Annette Clark
Thu Dec 1-22 \$18 Register by Nov 29
Thu Jan 5-26 \$25 Register by Jan 3

Better Bones & Balance

Instructor: Annette Clark \$40 (\$8 drop in)
Mon & Wed Jan 9-Feb 6 (NO CLASS JAN 16)
AM Class 9-10a PM Class 12:45-1:45p

Introductory Tai Chi

Instructor: Nancy Arner Hulett
Wed Jan 4-Feb 1 \$65 11:15a-12:30p

Continuing Tai Chi Chuan

Instructor: Nancy Arner Hulett
Wed Jan 4-Feb 1 \$65 10-11:15a



Book Sale (& Puzzles Too!)

Great prices on great books and puzzles! Don't miss it! We have A LOT of books and puzzles available. Hardback books will sell for \$1 each and paperbacks will sell for 25 cents each or 5 for \$1. Puzzles are 50 cents each. The sale will be held inside at the Senior Center and all proceeds will go to the Senior Center.

Mon Dec 5th - Thu Dec 8th

ARTS

Easy Watercolor

Instructor: Irilla Swanson 2-4p \$20/class
Tue Dec 13 Register by Dec 12
Tue Jan 10 Register by Jan 9

Oil Painting

Instructor: Irilla Swanson 10a-Noon \$20/class
Tue Dec 13 Register by Dec 12
Tue Jan 10 Register by Jan 9

Fused Glass: Holiday Gifts

Instructor: Lynn Tanaka Register by Dec 1
Thu Dec 8 9:30a-12:30p \$30

Drum & Stick Making

Instructor: Terry Filer Register by Jan 9
Wed Jan 11 10:30a-3:30p \$60

Native American Flute

Instructor: Terry Filer Register by Jan 19
Mon & Tue Jan 23-24 6-8p \$65

Open Art

Every Thu Beginning Jan 12
9:30-11:30a \$2

Art On Porcelain: China Painting

Instructor: Joy Williams
Every Tue 9:30a-2p \$3

Beginning Quilting II

Register by Jan 9 Instructor: Kate McIntyre
Thu Jan 12-Feb 16 5:30-8pm \$67

PERSONAL GROWTH

Standing Guard: Protect What You've Worked For

Instructor: Kevin Gebhart Tue Dec 20 1p \$2

Outsmart The Scammers

Instructor: Kevin Gebhart Tue Jan 31 1p \$2

AARP Smart Driver Course

Tue & Wed Dec 6-7 9a-Noon
Tue & Wed Jan 3-4 9a-Noon
\$15 member of AARP \$20 non-member of AARP

Drawing Forth: 3-D Collages

Register by Jan 17
Instructor: Sue Larsen & Sharon Medicis Michaud
Sat Jan 21 9:30a-12:30p \$25

Writing Poetry

Instructor: Sandy Lizut Register by Jan 17
Thu Jan 19-Feb 2 10-11a \$10

Day Trips



The Grotto Christmas Festival Of Lights

Take part in the sights, sounds and sensations of the season at the largest Christmas choral festival in the world. Performances will take place by many of the region's finest school, church and civic choirs with a blend of traditional celebration and serene reflection. Enjoy a concert in The Grotto's 600-seat chapel, known for its cathedral quality acoustics. Outdoor caroling among the beautifully lit grounds, puppet shows and a live animal petting zoo are included. Holiday foods and beverages are also available, as is seasonal shopping, in The Grotto Gift Shop. We will stop for an early dinner at Laurelwood Public House & Brewery before visiting The Grotto.

Tuesday December 13 \$70 1:15pm-8:15pm

Bread & Beer

There's nothing better than the aroma of freshly-baked bread just out of the oven. That's why people living in Portland have been drawn to the corner of NE 11th and Flanders for the past 110 years. It's still the place to get a whiff of the fresh-from-the-oven smell – courtesy of Franz Bakery. Enjoy a guided tour of this aroma producing giant with time allotted to purchase a bit of that goodness at the Franz Bakery Outlet Store. Prior to the tour we will stop for lunch at Deschutes Brewery.

Thursday January 5 \$67 9:45am-4:00pm

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.

Overnight Tours

Palm Springs & The Queen Mary

Escape to warm and sunny southern California where your winter getaway includes two very different environments: the oceanside Long Beach and Catalina Island areas, and the beautiful desert-centered Palm Springs locale. The iconic and luxurious ambiance of the Queen Mary Hotel together with the relaxing atmosphere of the Palm Springs Hilton, are the perfect getaway home-away-from-home. Many adventures await you on this wonderful, sunny and warm trip to southern California.

For more information call Anne at (503) 474-4963. Register by January 4th. Trip Dates: March 4th - 12th



Islands Of New England

Spend eight days exploring New England's charms, from the cobblestone streets of Nantucket to a dry harvest cranberry bog. Step back in time at Plimoth Plantation to sample traditional recipes from that period, learn some Pilgrim etiquette and enjoy a Thanksgiving feast where you'll learn to "eat like a Pilgrim." In Provincetown, the choice is yours – set out on a whale watch cruise or embark on a scenic adventure through the iconic sand dunes of the Cape. Visit Boston and Providence, the Gilded Age mansions of Newport, the lively artist colony of Provincetown, and the beautiful islands of Martha's Vineyard and Nantucket. Complete your New England experience as you indulge in a traditional seafood and lobster feast. For more information call Anne at (503) 474-4963. Register by March 6th. Trip Dates: May 5th - 12th.



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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