

Living the Lifestyle

McMinnville Senior Center Newsletter

September 2016



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 of \$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, Hatha, Fun & Fit, Outdoor Strength & Movement or EDGU classes held at the McMinnville Senior Center as you wish or as it fits your needs and schedule.

Yoga Level 1 - 10:15-11:15a Tue

Recommended for those with injury or body movement limitations

Yoga Level 2 - 10:15-11:15a Mon

More challenging and continues to emphasize the fundamentals of yoga while presenting poses and sequencing

Yoga Level 3 - 10:15-11:15a Wed

Faster, poses are deeper, and you will achieve breakthroughs in your practice and self-awareness

PiYo (Pilates-Yoga) - 9-10a Tue

Fuse the movements and practices of Pilates and yoga for an all encompassing wellness experience

Hatha Yoga - 5:15-6:15p Wed

Focus on certain areas of the body like the shoulders, hips, back for improved mobility

Restorative Yoga - 6:45-7:45p Wed

Deep release and renew of muscles and joints

EDGU - 6:30-7:30p Tue

Evolutionary Spinal Maintenance practice that gently exercises the intervertebral disks to maintain cushioning and pliability

Fun & Fit - 11:30a-12:30p Mon

Increase strength, flexibility, balance and endurance

Outdoor Strength & Movement - 10-11a Thu

Gain strength, tone the body and burn calories using hand weights and body movement

BE WELL, BE FIT, BE HAPPY

Regular exercise can help older adults stay independent and prevent many health problems that come with age.

The Center for Disease Control Physical Activity Guidelines for Americans recommends two types of physical activity each week to improve health - aerobic and muscle-strengthening.

Experts recommend that older adults engage in:

- Moderate exercise for at least 30 minutes five days a week
- Muscle-strengthening activities for two or more days a week that work all major muscle groups

Statistics show that less than one-third of Americans aged 65+ meet this recommendation. However, there are many proven programs that can help keep seniors active and engaged.

Evidence-based physical activity programs have been proven to produce measurable health benefits for older adults. This fall, the Senior Center is offering two such programs thanks in large part to an ever evolving partnership with our local hospital, Willamette Valley Medical Center. Learn more about these programs in the Parks & Recreation Fall Program Guide.

Better Bones & Balance

- Developed by Oregon State University's Bone Research Laboratory
- Classes held at the Senior Center

Walk With Ease

- Developed by the Arthritis Foundation
- Classes held at the Community Center indoor track

For more information on either of these classes or any other programs please call the McMinnville Senior Center at (503) 435-0407.





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 10a Cranks Biking Group 10:15a Yoga Level 2 11:30a Fun & Fit 11:45a Lunch 1p Int. Bridge 1p Pinochle 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 10a Easy Riders Biking Group 10:15a Yoga Level 1 11a-1p Wortman Park Café 1p Poker 1p Senior Quilters 1p Caregiver Resources 4p Scrabble 6p-8p Introduction To Chess 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 4p Gin Rummy 5:15p Hatha Yoga 6:45p Restorative Yoga	9a-8p Wortman Park Art Gallery 9a-8p Library 9:30a Coffee Hour 10a Strength Training 10a Gourd Patch 10:30a Dimes & Dobbers Bingo 11a-1p Wortman Park Café 1p Bridge 6p Pinochle	9:30a-10:30a Zumba Gold	

Su	Mon	Tue	Wed	Thu	Fri	Sat
MONTHLY PROGRAMS & OPPORTUNITIES						
4	5	6	7	8	9	10
	CLOSED	9a AARP Smart Driver Class 11a-1p Wortman Park Café - Labor Day Celebration (chicken noodle soup and special patriotic dessert) 6:30p EDGU Class Begins	<u>Day Trip: Ziptastic Voyage</u> 9a AARP Smart Driver Class 11a Hearing Screenings & Hearing Aid Checks 11:45a Lunch 5:15p Hatha Yoga Begins 6:45p Restorative Yoga Begins	CLOSED 9a Gentle Movement Class Begins 11a-1p Wortman Park Café (clam chowder soup) Noon Understanding Grief Class 1p Parkinson's Support	CLOSED	3
11	12	13	14	15	16	17
	9a Better Bones & Balance AM Class Begins 9a Reiki 11:45a Lunch 12:45p Better Bones & Balance PM Class Begins 1:30p Foot Care Clinic 2p Alzheimer & Dementia Support	9:30a Internet Safety Class 10a Oil Painting Class 11a-1p Wortman Park Café (chicken and wild rice soup) 2p Easy Watercolor Class 6p Introduction To Chess Class Begins	9a Attorney Consultation 9:30a Smartphones & Tablets: Beginner Class Begins 10a Continuing Tai Chi Chuan Class Begins 10:30a Drum & Stick Making Class 11:15a Introductory Tai Chi Class Begins 11:45a Lunch	11a-1p Wortman Park Café (baked potato bar) Noon Blood Pressure Clinic 6:30p Living Clutter Free Class	10:30a Alzheimer's Café: Music Therapy	<u>Day Trip: Salmon Bake At Depoe Bay</u>
18	19	20	21	22	23	24
	9a Hypnosis & Guided Imagery 11:45a Lunch 1:30p Foot Care Clinic 2p Grief Support 6p Big 5 Camera Controls Class	9:30a Facebook Class 11a-1p Wortman Park Café (split pea soup) 6p <i>Valley Swing Dance Kick Off!</i>	Noon Egg Basket Making Class 11:45a Lunch	11a-1p Wortman Park Café – First Day of Autumn Celebration (special fall soup) 5:30p Beginning Quilting II Class Begins 6p Collette Travel Update		
25	26	27	28	29	30	
	11:45a Lunch 5:30p Making Friends With Your Camera Class Begins	9:30a Pinterest Class 11a-1p Wortman Park Café (lentil soup) 12:30p Knitted Felting Class 1p Focus on Fixed Income Discussion	9a Attorney Consultation 11:45a Lunch	11a-1p Wortman Park Café (beef barley soup)		

Classes & Programs

COMPUTER

Internet Safety

Register by Sept 12 Instructor: Breanna Weston
\$12 Tue Sept 13 9:30a-11:30a

Facebook

Register by Sept 19 Instructor: Breanna Weston
\$12 Tue Sept 20 9:30a-11:30a

Smartphones & Tablets: Beginner

Register by Sept 12 Instructor: Breanna Weston
\$48 Wed Sept 14-Oct 5 9:30a-11:30a

Pinterest

Register by Sept 26 Instructor: Breanna Weston
\$12 Tue Sept 27 9:30a-11:30a

ARTS

Easy Watercolor

Register by Sept 12 Instructor: Irilla Swanson
\$20 Tue Sept 13 2-4p

Gourd Patch

Instructor: Reetsie Fuller
\$3 Every Thu 10a-12:30p

Oil Painting

Register by Sept 12 Instructor: Irilla Swanson
\$20 Tue Sept 13 10a-Noon

Drum & Stick Making

Register by Sept 12 Instructor: Terry Filer
\$60 Wed Sept 14 10:30a-3:30p

Big 5 Camera Controls

Register by Sept 15 Instructor: Laura Lawn
\$20 Mon Sept 19 6p-8p

Egg Basket Making

Register by Sept 19 Instructor: Terry Filer
\$65 Wed Sept 21 Noon-3:30p

Beginning Quilting II

Register by Sept 15 Instructor: Kate McIntyre
\$67 Thu Sept 22-Nov 10 5:30p-8p

Making Friends With Your Camera

Register by Sept 22 Instructor: Laura Lawn
\$99 Mon Sept 26-Oct 24 5:30p-8p

Knitted Felting

Register by Sept 26 Instructor: Judith Bernards
\$25 Tue Sept 26 12:30p-3:30p

PERSONAL GROWTH

Focus On Fixed Income

Instructor: Kevin Gebhart
\$2 Tue Sept 27 1p

AARP Smart Driver Course

\$15 member of AARP \$20 non-member of AARP
Tue & Wed Sept 6-7 9a-Noon

Introduction To Chess

Begins Sept 13 Instructor: Adam Grey
\$2 Every Tue 6-8p

Understanding Grief

Instructor: Legacy Hospice
FREE! Thu Sept 8 Noon-2p

Living Clutter Free

Instructor: Patricia Angland
\$5 Thu Sept 15 6:30p-8p

Collette Travel Update

Instructor: Collette Vacations
FREE! Thu Sept 22 6p

HEALTH & FITNESS

Continuing Tai Chi Chuan

Instructor: Nancy Arner Hulett
\$78 Wed Sept 14-Oct 19 10-11:15a

Introductory Tai Chi

Instructor: Nancy Arner Hulett
\$78 Wed Sept 14-Oct 19 11:15a-12:30p

Better Bones & Balance

Instructor: Annette Clark, AC Well & Fitness
\$40 Mon & Wed Sept 12-Oct 5
Morning Class: 9-10a Afternoon Class: 12:45-1:45p

Gentle Movement

Register by Sept 6
Instructor: Annette Clark, AC Well & Fitness
\$25 Thu Sept 8-29 9-9:45a



Day Trips



Ziptastic Voyage

Zip on, zip liners and experience a dream come true on thrilling zip lines that include a 1,280 foot Super Zip as part of the soaring adventure through the forest. Truly an experience you won't forget as you move along the Panama bridge. Great views of Hagg Lake! We will stop for dinner after zipping through the trees at McMenamin's Grand Lodge.

Wednesday September 7 \$150
1:00pm-8:00pm

Salmon Bake At Depoe Bay

It only happens one day a year. Thousands of pounds of salmon fillets are cooked in a traditional technique used for generations by native coastal tribes at Depoe Bay's annual Indian-style Salmon Bake. Salmon fillets are placed on alder wood stakes, held in place with cedar strips, then positioned over the smoldering 80-foot fire line. Time has been allotted for shopping and browsing the shops of downtown Depoe Bay. Salmon meal included.

Saturday September 17 \$87 9:30am-4:00pm

Upcoming Day Trips

October 1 ~ Fall Kite Festival

October 14 ~ Go Nuts For Apples!

November 10 ~ National Geographic Live! On The Trail of Big Cats

November 21 ~ Historic Carousel Studio & Museum

December 13 ~ The Grotto Christmas Festival of Lights

Meals during day trips are on your own unless otherwise noted. All day trips will depart from and return to the McMinnville Senior Center. For more information or to register call (503)435-0407



Overnight Trips

Leavenworth In Lights

Adorned with holiday decorations and thousands of twinkling lights, this Bavarian village is like stepping into a fantasy. Located in the heart of Washington at the base of the snow covered Cascades, you will be awed by the spectacular scenery and inspired by its surrounding landscapes.

December 5 - 8 \$715 per person based on double occupancy

Shore Acres Christmas Holiday

Time will be spent at the Coos History Museum, a glass blowing studio, free time on the beach, and guided touring of Charleston, Cape Arago and Shore Acres. Shore Acres State Park decorates its beautiful grounds each year during the holidays with hundreds of thousands of lights.

December 7 - 9 \$658 per person based on double occupancy

Upcoming Overnight Trips

March ~ Palm Springs & Queen Mary

May ~ Islands of New England

September ~ Rediscover Cuba

November ~ Iceland's Magical Northern Lights

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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