



City of McMinnville

PARKS & RECREATION



Winter Fun Activities! (pg 3)



Thank you McMinnville!

We appreciate everything you do to make McMinnville a better place!

Over the last year, you have taken surveys, been a part of focus groups, voted, shown up for public meetings, attended programs and events – all about city services! Don't stop now!



Attend a City Council meeting held on the 2nd and 4th Tuesdays of each month at 7:00 pm in the McMinnville Civic Hall (or via Zoom)!

All City meetings, agendas, Council meeting videos, and events are posted on the calendar at mcminnvilleoregon.gov.

We've seen how deeply you care about your City! Stay involved by contacting your elected officials. Tell us how you feel or what's important to you by sending an email to your City Councilors at citycouncil@mcminnvilleoregon.gov

Sign up for the City of McMinnville newsletter by going to iheartmac.org – click on the 'Sign up for our newsletter' button and simply provide your email address!

Follow us on social media!
[@city_of_mcminnville](https://twitter.com/city_of_mcminnville)
[@macparksandrec](https://twitter.com/macparksandrec)
[@mcminnville_police](https://twitter.com/mcminnville_police)
[@mcmllibrary](https://twitter.com/mcmllibrary)

Most importantly! Spread the word! It makes us sad to hear folks say they "didn't know" about all the Parks and Recreation events and programming we offer!

Get out there and tell your friends (or a complete stranger) about all the exciting things we're doing!



mcminnvilleoregon.gov



Join us for your winter break entertainment!

All events are free unless otherwise stated
bit.ly/mcmwinterfun



KEY

AC = Aquatic Center
CC = Community Center
LIB = Public Library
SC = Senior Center

TUE	WED	THU	FRI	SAT
19 Kiddo Play Time 10-11a LIB Find the Gnomes more info below AC CC LIB due Jan 6 Indoor Track 9a-7:30p CC	20 Kiddo Play Time 10-11a LIB Elf Factory 3-6p CC Basketball 3-7p CC	21 Kiddo Play Time 10-11a LIB Donuts & Darts 10-11a SC Elf Factory 3-6p CC Pickleball 12-3p CC	22 Kiddo Play Time 10-11a LIB Elf Factory 9a-12p CC 3p-6p CC Family Swim \$ + Ornament Craft all day 12-1:30p AC Teen Gaming 6-8p LIB	23 Free Tiny Tots 9a-2:30p CC 
26 Kiddo Play Time 10-11a LIB Public Swim \$ 5:30-7p AC 	27 Kiddo Play Time 10-11a LIB Family Swim \$ 12-1:30p AC Pajama Storytime & Stuffed Sleepover 6:00p LIB	28 Kiddo Play Time 10-11a LIB Indoor Track 9a-7:30p CC Public Swim \$ 5:30-7p AC	29 Kiddo Play Time 10-11a LIB Family Swim \$ 12-1:30p AC LEGOs 2-3:30p LIB Teen Volleyball and Winter Wii 6-8 pm CC	30  Noon Year's Eve Party more info below 11a-12p CC New Year's Eve Swim \$ & photos with Gnome 12-3p AC
2 Kiddo Play Time 10-11a LIB Pickleball 12-3p CC Public Swim \$ 5:30-7p AC 	3 Family Storytimes 9:30a LIB 10:30a LIB Family Swim \$ 12-1:30p AC Bundle Up Bunco 2-4p SC Basketball 3-7p CC 	4 Kiddo Play Time 10-11a LIB Snowy Shuffleboard 2-4p SC Public Swim \$ 5:30-7p AC	5 Kiddo Play Time 10-11a LIB Family Swim \$ 12-1:30p AC LEGOs 2-3:30p LIB Music & Mocktails \$5 3-5p SC Teen Gaming 6-8p LIB	6 Free Tiny Tots 9a-2:30p CC Winter Obstacle Course & Snowball Fight 2:00-3:30p CC Find the Gnomes more info below Due by 5pm LIB

AQUATIC CENTER

Family Swim \$
An adult is required to be in the water with their children of any age.

Public Swim \$
Children aged 8 and under, and all non-swimming children, must have an adult in the water within arm's reach.

Admission
\$3.50 3yrs-8th grade
\$4.50 Seniors & HS
\$5.50 Adults.

SPECIALS

Find the Gnomes
Tues. Dec 19 - Sat. Jan 6
A family of gnomes is gathering in town but some got lost at the Aquatic Center, Community Center, Library, and Senior Center! Find the lost gnome in each building, write down their name, and turn in your sheet to the Library by Saturday, January 6 to be entered in a raffle to win a cute gnome decoration.



Elf Factory
Kids get to be busy elves and craft two gifts. Come to the session that works for your schedule. Projects are the same each day.

Two different projects for three age audiences:

- Preschool/Young Elem.
- Upper Elem
- Teen/Adults



Noon Year's Eve Party
Count down to the NOON year with us! We will have music, crafts and FUN! Dress up optional ✨

Ages 0-5 will be hosted in Tiny Tots with parents
Ages 6-10 will be hosted in the gym with parents



Sock Donation
Help provide socks to those in our homeless community. Bring new socks to any of our facilities during Winter Fun.



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Follow us

Follow @macparksandrec on:



Online Resources

Register online and get more information about activities.

Scan the code or enter:

bit.ly/MPRonline

Registration Dates

Swim Lessons.....	Nov 27 at 7pm
Community & Senior Center Activities.....	Nov 28 at 9am
Youth Spring Soccer.....	Dec 1-Feb 10
January Gymnastics & Dance	Dec 12 at 9am
February Gymnastics & Dance.....	Jan 23 at 9am
March Gymnastics & Dance.....	Feb 20 at 9am



Register online at bit.ly/MPRonline!

AQUATIC CENTER

138 NW Park Drive

aqoffice@mcminnvilleoregon.gov

(503)434-7309

FACILITY CLOSURES: Nov 23-24, Dec 25, Jan 1, Jan 15, Feb 9-10, Feb 19, Mar 23-24

COMMUNITY CENTER

600 NE Evans Street

parksusr@mcminnvilleoregon.gov

(503)434-7310

FACILITY CLOSURES: Nov 23-25, Dec 25-26, Jan 1, Jan 15, Feb 19

Facility Hours: M-Th 9:00a-7:30p; F/Sa 9:00a-3:00p

SENIOR CENTER

2250 NE McDaniel Lane

scoffice@mcminnvilleoregon.gov

(503)435-0407

FACILITY CLOSURES: Nov 23, Dec 25-Jan 1, 2024, Jan 15, Feb 19

Facility Hours: M-Th 9:00a-4:00p

SPORTS

600 NE Evans Street

steve.ganzer@mcminnvilleoregon.gov

(503)474-4930

PARKS

McMinnville has 18 parks located throughout our city and we welcome and encourage visitors to explore and enjoy their many amenities. Parks open one hour before sunrise and close one hour after sunset. Additional rules and reservation information can be found on our web page or by emailing parksusr@mcminnvilleoregon.gov or calling (503)434-7310.

PARK RESERVATIONS

For more info about park reservations visit

www.mcminnvilleoregon.gov/parksrec

Park reservation season is May 1-Oct 1; reservations will be accepted starting Monday, March 4th.

LIBRARY

225 NW Adams Street

libref@mcminnvilleoregon.gov

(503)435-5562

Facility Closures: Nov 23-24, Dec 24, Dec 31

Facility Hours: Tu-W 10a-7p, Th-F 10a-6p, Sa-Su 12p-5p

Policies & Information

REGISTRATION POLICIES

- Payment is required at time of registration.
- Enrollment is subject to space availability.
- Activities that do not meet minimum enrollment requirements may be cancelled.
- Information & fees are subject to change without notice.
- Make checks payable to the City of McMinnville.
- Returned checks and declined credit/debit card payments will be assessed a \$25 service charge.

RESIDENT FEE & NON-RESIDENT FEE

- To qualify for the resident fee, proof of city residency is required at time of registration.
- Because McMinnville Parks and Recreation classes and activities are partially supported by City of McMinnville property taxes, non-residents, those living outside of the McMinnville City limits, will be charged a slightly higher fee as indicated in activity descriptions.

REFUND POLICY

- A full refund will be issued for any class or activity cancelled by McMinnville Parks and Recreation.
- Unless otherwise stated, all other refund requests must be made in person or in writing at least one week prior to the first day of the class or activity. Refund fees apply.
- For all refunds credited to an individual's Parks and Recreation ActiveNet Account and for refunds credited back to a person's credit card account from which the original program fee was paid, a \$5 refund fee will be applied.
- For refunds by check, a \$10 refund fee applies. Refund checks will be mailed within 4 weeks of the request.
- Be advised that programs such as summer camps and memberships may have different refund policies as stated within the program description online.

PHOTOGRAPHY, RECORDING & LIABILITY RELEASE STATEMENTS

By enrolling in any activity or attending any event offered by McMinnville Parks and Recreation, the participant or their parent/guardian:

- Grants permission to use photographs and/or video taken during the course of participation in the activities in publications, news releases, online, and in any other communication used for any legitimate purpose by the City of McMinnville.
- Agrees to assume all risk of accident or injuries sustained from whatever cause in connection therewith and release the City of McMinnville and the McMinnville Parks and Recreation Department and their officers, agents, and employees from any and all liability for such accident or injury.

INCLUSION AND ACCESSIBILITY

Everyone is welcome to attend McMinnville programs and facilities regardless of ability, background, culture, religion, gender, or economic circumstances. Accommodation requests help people experiencing disabilities to get individualized help in accessing McMinnville Parks and Recreation activities. Visit bit.ly/mprinclusion to make an accommodations request or contact parksusr@mcminnvilleoregon.gov.

FINANCIAL ASSISTANCE

McMinnville Parks and Recreation Department understand the importance of recreation to an individual's and communities' well-being. Through our Financial Assistance Program, we strive to remove barriers to participation and ensure that more community members have access to recreation activities. For more information visit bit.ly/MPRfinancialassistance or email rachel.kaplan@mcminnvilleoregon.gov.

SPONSORSHIPS

McMinnville Parks and Recreation Department Sponsorship program is designed to market local businesses while making a positive impact on our community! Why should you partner with McMinnville Parks and Recreation?

- Parks and Recreation is at the core of our community.
- Each partnership is unique and our priorities are to provide a mutually beneficial opportunity and create win-win initiatives.
- Support local events.
- On-site and off-site exposure

For more information, contact Katie Noyd at katie.noyd@mcminnvilleoregon.gov, or visit bit.ly/macsponsorship.



HEALTH INSURANCE MEMBERSHIPS

McMinnville Parks and Recreation has partnered with Silver & Fit, Silver Sneakers™, and Renew Active to provide programs and membership to those who have the specified health insurance. For more information, contact a Parks and Recreation facility (contact info on pg 4).

RENEW ACTIVE

Jump-start your quest for better health, body and mind. Staying active is not only good for your body, it's also good for your mind. Renew Active® is a fitness program designed for both, with the goal of helping Medicare members reach fitness goals and stimulate their brains. The program is available with select UnitedHealthcare Medicare Advantage plans and includes a membership at a participating fitness location at no extra cost and online exercises and activities to support brain health.

SILVER&FIT

Silver&Fit is designed specifically to help older adults achieve better health through regular exercise and health education. Silver&Fit provides eligible members with no-cost or low cost fitness memberships through arrangements with certain health plans. Silver&Fit is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated. Visit Silver&Fit at SilverandFit.com for more information. Silver&Fit is a federally registered trademark of American Specialty Health Incorporated.

SILVER SNEAKERS™

The SilverSneakers™ Fitness program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles.

- SilverSneakers™ fitness membership benefits:
- Your membership is available to you at little or no cost through your health plan.
- Regular participation in SilverSneakers™ can help you build muscular strength, improve joint mobility and increase cardiovascular endurance, leading to improved health and greater independence.



Adaptive Recreation

For more info, visit bit.ly/macadaptive

MCMINNVILLE ADAPTIVE COMMUNITY

Join us for food, fun, and family activities with others in the adaptive community! RSVP by calling (503) 434-7310 or emailing parksusr@mcminnvilleoregon.gov.

Ages: All Ages

Instructor: Parks and Rec Staff and Volunteers

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Dec 15	F	5:30p-6:45p	FREE
Mar 15	F	5:30p-6:45p	FREE

SENSORY FRIENDLY SWIM FOR CHILDREN

This swim has been designed to create a welcoming environment while maintaining safety for children with light and noise sensitivity. An adult is required in the water with all children. Everyone is welcome. A quiet space is available if you need to take a break. Financial assistance is available for this program; see page 5 for more information.

DAYS	TIME	FEE
SMALL POOL		
1st & 3rd Saturdays	3:30p-4:30p	Drop-In/Member

ADAPTIVE SWIM FOR ADULTS

This swim has been designed to create a welcoming environment for adults who experience a wide variety of disabilities that make it challenging to enjoy the pool. An adult assistant may be required in the water with the participant. Financial assistance is available for this program; see page 5 for more information.

DAYS	TIME	FEE
SMALL POOL		
1st & 3rd Mondays	1:00p-2:00p	Drop-In/Member

ADAPTIVE BASKETBALL

Youth basketball players can work on individual skills in this 5-week class. Players will work with coaches on dribbling, passing, shooting, and fitness through activities, drills, and games. For youth with disabilities or who need a more adaptive environment.

Ages: 7-18

Instructor: Staff and volunteers

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Jan 7-Feb 4	Su	3:15p-4:30p	\$40/50

CRAFT GROUP AT THE MAKERSPACE

Make a craft project or explore your creative side! People of all abilities are welcome!

Ages: All Ages

Instructor: MVA Staff

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Ongoing	Tu	1:00p-2:30p	FREE
*No class on Dec 26			

DANCIN', MOVIN', & GROOVIN'

Listen to music, try some new dance moves, and have fun with your friends. People of all abilities are welcome!

Ages: All Ages

Instructor: MVA Staff

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Ongoing	W	2:00p-3:00p	FREE



SWIMSUIT DONATIONS

We are accepting gently used swimsuits to help make the pool more accessible for everyone. You can drop suits off at the Aquatic Center, Community Center, or Senior Center during regular business hours.

Aquatics

We welcome all bodies at the pool. To protect the pool equipment and for swimmer safety, please use swimwear that is clean and lightweight. If you don't have access to swimwear, give us a call and we'll see if we can help.

AQUATIC CENTER DAY PASS:

ONE FEE. ANY PROGRAM OR CLASS. UNLIMITED SAME DAY ADMISSION.

High School admission requires a valid student ID to use the Fitness Center or Hot Tub. The Fitness Center is not available with Child Admission. A Hand Stamp, available at the front counter, is required for re-admission.

Infant (under 3 yrs.)	FREE
Child (3 yrs-8th Grade)	\$3.50
Senior (62+) & HS Student	\$4.50
Adults (18+)	\$5.50

DISCOUNT DAY PASS: 10 ADMISSIONS

Child (3 yrs-8th Grade)	\$30.00
Senior (62+) & HS Student	\$40.00
Adults (18+)	\$50.00

AQUATIC CENTER MEMBERSHIPS:

ANY PROGRAM OR CLASS. UNLIMITED RE-ADMISSION. SIGNIFICANT DISCOUNT BASED ON USAGE.

Membership provides a generous discount on Swimming Lessons, Pro Shop and Pool Rentals. No joining fees. Renewal Discounts Available. The Fitness Center is not available with Child Membership. Inquire at the MAC for additional Terms & Conditions.

SINGLE	3 MONTHS
Child (3 yrs-8th Grade)	\$55
Senior (62+) & HS Student	\$75
Adult (18+)	\$90
Non-Residents	+\$10

FAMILY	3 MONTHS
2 or more	\$135
Senior	\$110
Non-Residents	+\$15

* Family shall be defined as the immediate "parent-child" family unit, including only the parent(s) or legal guardian(s), and their children by birth, marriage, or adoption that live together in the same household. No more than two adults per household. Adult residency must be demonstrated by presenting a current Oregon Driver's License or other official State of Oregon identification.

FITNESS CENTER

The fitness center offers a wide variety of machines, free weights, and cardiovascular equipment. There are no attendants on duty, but orientations are available upon request. High School use with valid student ID.

DATES	DAYS	TIME	FEE
FITNESS CENTER			
Ongoing	MWF	5:45a-8:00p	Drop-In/Member
Ongoing	TT	5:45a-7:00p	Drop-In/Member
Ongoing	Sa	10:00a-3:00p	Drop-In/Member

WATER FITNESS CLASSES

PURCHASE A MEMBERSHIP AND ATTEND FITNESS CLASSES WITH NO ADDITIONAL FEE!

INDEPENDENT EXERCISE

Exercise on your own, or with friends!

DATES	DAYS	TIME	FEE
SMALL POOL			
Ongoing	*M-F	5:45a-8:00a	Drop-In/Member
Ongoing	**MWF	12:00p-1:00p	Drop-In/Member
Ongoing	**TT	11:00a-1:00p	Drop-In/Member

*shares pool with Lap Swim

**shares pool with Family Swim

ROCK N ROLL (ARTHRITIS CLASS)

"We Will, We Will, Rock You!" Gentle exercise in a soothing and physically supportive environment. Perfect for individuals with mild to moderate arthritis. Small pool temperature kept at 85-86 degrees.

DATES	DAYS	TIME	FEE
SMALL POOL			
Ongoing	MWF	11:00a-11:45a	Drop-In/Member

MORNING MOVERS

Go at your own pace while moving through the pool strengthening and toning all major muscle groups. Light hand weights & resistance equipment are available but not required. Great class, even for the non-swimmers!

DATES	DAYS	TIME	FEE
SMALL POOL			
Ongoing	MWF	8:00a-8:45a	Drop-In/Member

DROP-IN WATER POLO

Check our website this winter for upcoming days & times:
bit.ly/macaquatics



HEALTH INSURANCE

(Renew Active, Silver&Fit, and Silver Sneakers™)



Fitness memberships include all drop-in programs such as public, family and lap swims; hot tub, fitness center and classes.

Check out more fitness classes on pages 22-24.

SPLASH & STRETCH

Work out the kinks and get ready for your day! An engaging, and social, low resistance workout. Instructor is in the water with participants. A portion of the pool is available for Independent Exercisers.

DATES	DAYS	TIME	FEE
SMALL POOL			
Ongoing	TT	8:00a-8:45a	Drop-In/Member

MAKIN' WAVES

A fun aerobic workout, in deep water, with the use of a flotation belt and hand buoys.

DATES	DAYS	TIME	FEE
BIG POOL			
Ongoing	TT	8:00a-8:45a	Drop-In/Member

FAMILY SWIM

What better way to spend some fun quality time together than at the pool? An adult is required to be in the water with their children of any age.

DATES	DAYS	TIME	FEE
SMALL POOL			
Ongoing	*MWF	12:00p-1:00p	Drop-In/Member
Ongoing	*TT	11:00a-1:00p	Drop-In/Member
Ongoing	**MWF	5:30p-6:30p	Drop-In/Member
Ongoing	**Sa	11:00a-12:00p	Drop-In/Member

*shares pool with Independent Exercise

**Families can stay free of charge for the Public Swim session immediately following Family Swim.

LIFEGUARD CERTIFICATION

Get Lifeguard Certified now!

Prerequisites:

- 15 years of age or older
- Swim 300 yards continuously: crawlstroke, breaststroke or a mix of the two.
- Tread water 2 minutes without using hands
- Swim a timed event

Contact 503-434-7309
or bit.ly/macaquatics





PUBLIC SWIM

Take a break and have some fun at the pool! Children aged 8 and under, and all non-swimming children, must have an adult in the water within arm's reach. Must pass swim test to enter the deep-water end of the big pool, including use of rope swing and diving board.

DATES	DAYS	TIME	FEE
BIG & SMALL POOLS			
Ongoing	MWF	6:30p-8:00p	Drop-In/Member
Ongoing	Sa	12:00p-3:00p	Drop-In/Member

SENSORY FRIENDLY SWIM FOR CHILDREN

This swim has been designed to create a welcoming environment while maintaining safety for children with light and noise sensitivity. An adult is required in the water with all children. Everyone is welcome. A quiet space is available if you need to take a break. Financial assistance is available for this program; see page 5 for more information.

DAYS	TIME	FEE
SMALL POOL		
1st & 3rd Saturdays	3:30p-4:30p	Drop-In/Member

ADAPTIVE SWIM FOR ADULTS

This swim has been designed to create a welcoming environment for adults who experience a wide variety of disabilities that make it challenging to enjoy the pool. An adult assistant may be required in the water with the participant. Financial assistance is available for this program; see page 5 for more information.

DAYS	TIME	FEE
SMALL POOL		
1st & 3rd Mondays	1:00p-2:00p	Drop-In/Member

BARRACUDAS (MASTERS WORKOUT)

The Barracudas is an informal group of adults who swim together to increase fitness, strength, and endurance. The Aquatic Center provides self-guided workout sets for your convenience.

DATES	DAYS	TIME	FEE
BIG POOL			
Ongoing	TT	5:45a-7:00a	Drop-In/Member
<i>*Stay for Lap Swim at 7:00a</i>			
Ongoing	Sa	10:00a-11:00a	Drop-In/Member
<i>*Stay for Lap Swim until Noon</i>			

LAP SWIM

Swimming is one of the most popular recreational activities available. The Aquatic Center is a comfortable place for every size, shape, and fitness level. Independent exercise lane available.

DATES	DAYS	TIME	FEE
BIG POOL			
Ongoing	MWF	5:45a-9:00a	Drop-In/Member
Ongoing	**TT	7:00a-9:00a	Drop-In/Member
Ongoing	M-F	11:00a-1:00p	Drop-In/Member
Ongoing	*Sa	10:00a-12:00p	Drop-In/Member
Ongoing	*MWF	5:30p-6:30p	Drop-In/Member
Ongoing	*TT	6:00p-7:00p	Drop-In/Member
<i>*Limited Lap Swim lanes available</i>			
<i>**Limited Lap Swim lanes available from 8:00-9:00a</i>			

DATES	DAYS	TIME	FEE
SMALL POOL			
Ongoing	*M-F	5:45a-7:30a	Drop-In/Member
<i>*shares pool with Independent Exercise</i>			

MCMINNVILLE SWIM CLUB

The McMinnville Swim Club is a year-round competitive swim team that trains at the McMinnville Aquatic Center. Our team is open to all youth who are interested and willing to learn how to become a competitive swimmer. If a swimmer can cross the pool without assistance, they are good enough to be on our team. We provide professional coaches who are educated and experienced in competitive swimming. Our coaches have established a safe, fun team atmosphere that is appropriate for swimmers of all skill levels and offers the opportunity to achieve at the very highest levels of competitive swimming. For more information, contact Andrew Jones, Club President, at president@mcminnvilleswimming.com or (871)237-3511. Visit us at: mcminnvilleswimming.com



KAYAKING-OPEN POOL

Bring your kayak and practice skills in our small pool. Water depth is 3'3" to 5'. Check in at the front office. Staging and entry with your boat is on the North side of the Aquatic Center.

DATES	DAYS	TIME	FEE
SMALL POOL			
Every 1st & 3rd	Sa	9:00a-10:30a	Drop-In/Member

LEARN TO SWIM PROGRAM

Our swim lessons are a safe and fun skill-based program. **Due to high demand for swim lessons, we ask that you limit your registrations to 3 sessions.**

Receive a 10% discount when you sign up for 2 or more sets of lessons or if you register 2 or more of your children. Financial Assistance may be available at bit.ly/MPRfinancialassistance.

SKILL LEVELS

Beginner Level classes are kept small to enhance skill development. Intermediate and Advanced class sizes grow as students become more independent and can benefit from the use of swimming drills to enhance their skills and increase strength/endurance.

Wiggles & Giggles

Recommended for parents and their children, 6 months to 4 years, who wish to orient and familiarize their youngsters to the pool and prepare for swim lessons. Swim diaper required if child is not toilet trained. This is now a drop-in program with no registration required.

Beginner Level (Minnows are 4-5 years old, Otters are 6 years of age and older)

This class focuses on beginning swimming skills such as submersion, front and back floating, kicking and arm strokes. An emphasis is placed on teaching the student to swim one length of the recreational pool in order to graduate to the Advanced Beginner Level (Stingrays). Children should be mature enough to be without a parent for 30 minutes. Class size averages 4 students per instructor depending on skill level. Four classes per session.

Advanced Beginner (Stingrays)

This class focuses on swimming skills such as crawl stroke with breathing and backstroke. An emphasis is placed on building strength and endurance to swim two lengths in the competition pool and graduate to the Intermediate & Advanced Level (Dolphins). Class size averages between 4-8 students per instructor. Four classes per session.

Intermediate & Advanced Level (Dolphins)

This affordable and fun program is designed to develop intermediate to advanced recreational swimming ability & water safety skills. All sessions include skill development, as well as strength and endurance building. Select sessions include personal water safety, boating safety, water polo, introduction to competitive swimming, and a fun relay meet. Students must be able to swim at least 25 yards of crawl stroke and 25 yards of backstroke. A screening test is required. Four, 45-minute classes per session.

EVENING LESSONS

Beg & Adv Beg Levels (Minnows, Otters & Stingrays)

DATES	DAYS	TIME	FEE
SMALL POOL			
Jan 9-Jan 18	TT	5:30p, 6:00p or 6:30p	\$40/\$30 Member
Jan 23-Feb 1	TT	5:30p, 6:00p or 6:30p	\$40/\$30 Member
Feb 13-Feb 22	TT	5:30p, 6:00p or 6:30p	\$40/\$30 Member
Feb 27-Mar 7	TT	5:30p, 6:00p or 6:30p	\$40/\$30 Member
Mar 12-Mar 21	TT	5:30p, 6:00p or 6:30p	\$40/\$30 Member

Intermediate & Advanced Level (Dolphins)

DATES	DAYS	TIME	FEE
BIG POOL			
Jan 9-Jan 18	TT	5:30p	\$40/\$30 Member
Jan 23-Feb 1	TT	5:30p	\$40/\$30 Member
Feb 13-Feb 22	TT	5:30p	\$40/\$30 Member
Feb 27-Mar 7	TT	5:30p	\$40/\$30 Member
Mar 12-Mar 21	TT	5:30p	\$40/\$30 Member

WIGGLES & GIGGLES (DROP-IN SATURDAYS)

Recommended for parents and their children, 6 months to 4 years, who wish to orient and familiarize their youngsters to the pool and prepare for swim lessons. Swim diaper required if child is not toilet trained. Stay for Family Swim at 11:00a with no additional charge. This is a drop-in program, no registration required.

DATES	DAYS	TIME	FEE
SMALL POOL			
Ongoing	Sa	10:30a-11:00a	\$8.00

PRIVATE & SEMI-PRIVATE LESSONS

Available for all ages and skill levels! **Contact the Aquatic Center for pricing and availability.**

- 30-minute Private Lesson
- 30-minute Semi-Private Lesson (max 2)

Art/STEM

MAC MAKERSPACE

The Mac Makerspace project is a collaboration between McMinnville Parks and Recreation and the McMinnville Public Library. The Makerspace is open to the community during scheduled hours for people to work on projects, create, and to share knowledge. Our goal is to foster a creative learning environment for all ages. Come and create cards, work on school art projects, or try out some new art supplies! Makerspace amenities include: Arts & Crafts (paints, fabrics, felt, glassware, origami, craft kits, and more); 3-D Building Supplies (LEGOs, K'Nex, Marble Run, and more), and arts and craft how to books. Makerspace is located at the Community Center. For more information, call 503-434-7310 or visit bit.ly/macmakerspace for the monthly schedule.

ART ON PORCELAIN: CHINA PAINTING

Students from beginner through advanced welcome. Instructor will assist new painters with patterns and enhance your talent. In 6 weeks you will have two finished masterpieces. **A supply fee of \$10 will be paid to the instructor in class that covers materials and firing of art work.**

Ages: 21+ yrs.

Instructor: Joy Williams

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
2nd / 4th	Tu	10:00a-2:00p	\$3 Drop-In

YOUTH PAINTING

Get creative and make a fun painting! Parents/guardians welcome to register and attend. **All supplies are included; pre-registration is encouraged.**

Ages: 7-16 yrs.

Instructor: Paint-Fun

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Dec 20	W	6:00p-7:30p	\$30/\$35
Jan 17	W	6:00p-7:30p	\$30/\$35
Feb 21	W	6:00p-7:30p	\$30/\$35
Mar 20	W	6:00p-7:30p	\$30/\$35

WINTER BREAK PAINTING CAMP

Stay busy over winter break and create something new! **All supplies are included; pre-registration is encouraged.**

Ages: 7-16 yrs.

Instructor: Paint-Fun

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Dec 27	W	1:00p-4:00p	\$40/\$48
Dec 28	Th	1:00p-4:00p	\$40/\$48

SIP-N-PAINT

Come enjoy some sparkling cider and create a colorful and whimsical 11x14 acrylic painting, with step-by-step instructions. No previous experience required. **All supplies included. Register in advance; space is limited.**

Ages: 21+ yrs.

Instructor: Cindy Allen, Inspirations Art

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Dec 20	W	2:00p-3:30p	\$25
Jan 17	W	2:00p-3:30p	\$25
Feb 21	W	2:00p-3:30p	\$25
Mar 20	W	2:00p-3:30p	\$25



GOURD ARTISTRY

Master Gourder, Reetsie Fuller and local artists will be on hand each week exchanging ideas and working together creating art out of gourds. No crabs, grumps or grouches allowed. We are here to have fun! All skill levels and experience welcome.

Ages: 21+ yrs.

Facilitators: Reetsie Fuller, Master Gourder /Cheryl Ray

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Ongoing	Th	10:00a-12:00p	\$3 Drop-In

WILLAMETTE WATERCOLOR GROUP

Share work and time with others who enjoy and share an interest in watercolor painting. Bring your own supplies. No specific instruction scheduled, but extensive volunteered opinions. Short critique period for those interested.

Ages: 21+ yrs.

Facilitator: Volunteer

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Ongoing	Tu	9:00a-12:00p	\$3 Drop-In



ART STUDIO PRACTICE INTRO SESSION

Join professional artist and teacher Isabelle Truchon as she shares her techniques and her love of employing charcoal, acrylic and watercolor media. Each session will result in an explorative and energizing creative practice with beautiful works you can be proud of. Wear comfortable clothing. All supplies are included. **Register in advance; space is limited.**

Ages: 16+ yrs.

Instructor: Isabelle Truchon

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Mar 6 - 20	W	9:30a-11:00a	\$55

BALLOON ART

Learn to make balloon animals, bouquets, giant flowers, interactive toys, decorations, and more...all from latex balloons. Students will take all of their creations home. Balloon twisting is an art form, a hobby, and can even become a source of income.

Ages: 12+ yrs.

Instructor: Susan Wain

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Mar 9	Sa	10:00a-12:30p	\$15/\$18

DRUMMING CIRCLE

Do you have a drum, hand drum, or African drum? Drumming is good for the soul, therapeutic, meditation, and fun! No experience needed. The instructor has a few extra drums to share in class; rattles, chimes, and wooden clappers also work.

Ages: 16+ yrs.

Instructor: Terry Filer

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Dec 7, 21	Th	1:00p-2:30p	\$1 Drop-In
Jan 11, 25	Th	1:00p-2:30p	\$1 Drop-In
Feb 8, 22	Th	1:00p-2:30p	\$1 Drop-In
Mar 14, 28	Th	1:00p-2:30p	\$1 Drop-In

THE ART OF THE JOURNAL: A MINDFULNESS PRACTICE

This class will inspire you to develop a mindfulness practice and keep a journal of your everyday life. We will look at different types of journals, draw and play with art supplies and gain confidence in our journaling practice. No experience needed. All supplies are included. **Register in advance; space is limited.**

Ages: 16+ yrs.

Instructor: Alanna Beckwith

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Jan 4 - 25	Th	1:30p-3:30p	\$30

SPICE UP YOUR LIFE

Have you ever wanted to try a new recipe, but didn't want to buy a new ingredient, because you weren't sure you'd use it again? Now you can try it before you buy it! Kits will be available upstairs near the Library of Things. Kits will include a featured spice, recipe suggestions and other information as needed. **Limited number of kits are available on the first Sunday of the month based on first come, first served.**

Ages: Teens and Adults

DATES	DAYS	TIME
MCMINNVILLE LIBRARY		
Jan 7	Su	12:00p-5:00p
Feb 4	Su	12:00p-5:00p
Mar 3	Su	12:00p-5:00p

FAUX CALIGRAPHY

Interested in learning a creative new skill or hobby? In this class you will learn faux calligraphy, how to apply the correct weight for different calligraphy letters, and create a final project! All supplies are included. **Register in advance; space is limited.**

Ages: 16+ yrs.

Instructor: Jeanna Parks

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Jan 12	F	1:00p-3:30p	\$30

A GUIDED AUTOBIOGRAPHY

Interested in telling your life story? Follow through a 4 week timeline to create a heartfelt, life-long literary masterpiece. **Register in advance; space is limited.**

Ages: 16+ yrs.

Instructor: Margo Bowman

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Jan 10 - 31	W	1:00p-3:00p	\$20

HOMEMADE CHICKEN POT PIE

Is there anything better than hot food on a cold day? Learn how to make the ultimate cozy comfort food for a chilly PNW winter day - from scratch! Learn to make homemade pie crust and an easily customizable pot pie filling. This class includes eating our meal together. **Register in advance; space is limited.**

Ages: 21+ yrs.

Instructor: Shannon Oddo

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Feb 7	W	3:30p-5:30p	\$30

GLUTEN-FREE COOKIES

Trouble with wheat flour? Gluten got you feeling no good? Learn how to make delicious gluten free cookies plus how to make your own all-purpose gluten free flour blend. Bring a container to take cookies home! **Register in advance; space is limited.**

Ages: 21+ yrs.

Instructor: Shannon Oddo

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Mar 23	Sa	1:00p-3:00p	\$30

YES, AND! IMPROVING YOUR LIFE WITH IMPROV COMEDY

Life is unscripted - so you're already an improviser whether or not you realize it. Improv comedy can help increase your confidence, think more creatively, and be a better human... it's also just ridiculously fun! Angela and Christopher have years of experience, training and performing at top improv clubs in Chicago, NYC, and Boston. Come join us to learn a brief history of the art form, become versed in the essentials of improv, and play different games. We will showcase examples along the way and the course will culminate in guided scene work. From the classroom to the boardroom, the FUNdamentals of improv will make everyday interactions more entertaining. No acting, improv, or comedy experience necessary! **Register in advance; space is limited.** Choose between the one full day option or the three day afternoon workshop; the content is the same for both.

Ages: 16+ yrs.

Instructors: Angela Manginelli & Christopher Knapp

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Feb 10	Sa	9:30a-6:00p	\$140
Mar 2-16	Sa	1:00p-4:00p	\$140



FINANCIAL ASSISTANCE PROGRAM

WILL PROVIDE A PORTION OF PROGRAM FEES



APPLY AT ANY PARKS AND RECREATION FACILITY OR ONLINE

FOR MCMINNVILLE RESIDENTS
(non-city residents can apply for swim lessons and youth sports)



Youth Scholarships for:

**SPORTS
SWIM LESSONS
SENSORY SWIMS
REC PROGRAMS**

Limited scholarships for Adults and Family programming

bit.ly/MPRfinancialassistance

Continuing Education

INTUITION MAGIC & MEDITATION

Come to a fun-filled workshop when you'll get the chance to 'say hello' to your natural intuitive abilities which you may have been ignoring all your life (perhaps believing it was just not your cup of tea?) Well...what would you say to discovering the flowers on the soles of your feet?"

Ages: 21+ yrs.

Instructor: Linda Keen

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Dec 5	Tu	1:00p – 2:00p	FREE

SMART DRIVER COURSE - AARP

A class designed to help sharpen driving skills, prevent crashes, and keep older drivers on the road longer and more safely. Completion of the course could result in a reduction of your insurance premium. **Participants must attend both days. Pre-registration is required by calling (503)435-0407.**

**Save \$5 with AARP Membership.*

Ages: 21+ yrs.

Instructor: AARP

DATES	DAYS	TIME	*FEE
MCMINNVILLE SENIOR CENTER			
Dec 4, 5	M/Tu	9:30a-12:45p	\$20*/ \$25
Jan 29, 30	M/Tu	12:15p-3:30p	\$20*/ \$25
Feb 26, 27	M/Tu	12:15p-3:30p	\$20*/ \$25
Mar 25, 26	M/Tu	12:15p-3:30p	\$20*/ \$25

PEARL HARBOR: A RECOLLECTION, 82 YRS LATER

Pearl Harbor, December 7, 1941. During this presentation, we will take a look back at the defining moment that shocked America and culminated in the United States being the most powerful nation at the end of World War II. Presenter Bill Hall is the son of a Pearl Harbor survivor. We will examine the defining moments and personalities that led up to the attack, as well as a re-examination of American lapses in leadership, preparedness and intelligence.

Ages: 16+ yrs.

Presenter: Bill Hall

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Dec 6	W	10:00a	FREE



HANDS ONLY CPR

In this non-certified class, you will learn a Lifesaving Technique by offering Hands-Only CPR to a person in need. You will also learn the importance of an AED (Automated External Defibrillator), when they are needed, and how to use one.

Ages: 21+ yrs.

Instructor: Nancy Law, McMinnville Fire / Life Safety Volunteer

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Jan 8	M	10:00a-11:30a	\$5
Mar 11	M	10:00a-11:30a	\$5

TED TALKS

Listen to Ted Talks from Susan Prinker, Dan Buettner, and Robert Waldinger all pertaining to Aging. Open discussion will follow each talk.

Ages: 21+ yrs.

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Jan 9	Tu	1:00p	FREE
Jan 16	Tu	1:00p	FREE
Jan 23	Tu	1:00p	FREE

PARKINSON'S 101

Parkinson's Disease (PD) is a chronic, neurodegenerative disease that can lead to a wide range of symptoms and challenges. If you have you recently been diagnosed with PD, or simply want to know more about this condition and what proactive steps one can take to manage it. This presentation will provide an overview, what the signs and symptoms are, and what treatment options and resources are available. We will also be discussing the importance of exercise along with some guidelines and strategies for managing symptoms.

Ages: All

Instructor: Parkinson's Resources of Oregon

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Jan 23	Tu	1:30p-2:30p	FREE

TAX HELP FOR YOUNG ADULTS

Learn to do your own taxes*! IRS-certified volunteer tax preparers will walk teens and emerging adults through the basics of filing taxes online. Use your own device or one of ours. Participants will learn how to create an account, fill out the online tax forms, and file electronically. **Registration required, spots are limited.** Call 503-435-5562 or email libref@mcminnvilleoregon.gov. *Simple taxes only (W-2s, no 1099s)
Ages: Teens and Adults (ages 14 -22)

DATES	DAYS	TIME	FEE
MCMINNVILLE LIBRARY, CARNEGIE ROOM			
Jan 30	Tu	6:00p-7:00p	FREE
Feb 20	Tu	6:00p-7:00p	FREE



PLANTING SEEDS FOR A SPRING GARDEN

Starting your own vegetable and flower seeds is a great way to beat the mid to late winter blues. You do not need expensive equipment or supplies. This demonstration/workshop will include information about the many different supplies and options available, how to use them, and the process for starting seeds. In the second part of the program you will learn how and then make both seed tapes and paper pots. Register in advance; space is limited.

Ages: All Instructor: OSU Master Gardener

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Feb 3	Sa	10:00a-11:30a	FREE

MUSIC HISTORY

Study Western European music as it developed from the Renaissance through contemporary trends. You will learn the characteristics of different periods of music including the Renaissance, Baroque, Classical, Romantic, Impressionist, Jazz, and Rock & Roll.

Ages: 13+ yrs. Instructor: Dana Libonati

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Feb 6-27	Tu	6:00p-7:15p	\$40/\$48

EVERGREEN AVIATION AND SPACE MUSEUM MONTHLY SERIES

MCMINNVILLE SENIOR CENTER

OSIRIS-REx: TO THE ASTEROID BENNU & BACK AGAIN

Bringing a Capsule of Pristine Material from the Surface
NASA's OSIRIS-REx (Origins, Spectral Interpretation, Resource Identification, Security - Regolith Explorer) is the first U.S. space mission to orbit a near Earth asteroid and return a sample from it safely to Earth. Analyzing the on board sample will help scientists understand the early solar system, as well as the hazards and resources of near-Earth space. How did the mission go and what have we learned from it so far?

Ages: 16+ yrs. Presenters: Donn Anderson & John Jennings

DATES	DAYS	TIME	FEE
Jan 9	T	10:00a	FREE

NASA'S AMAZING MISSION TO THE ASTEROID BELT

To Visit & Orbit the 2 Largest Protoplanets: Vesta and Ceres
NASA's innovative DAWN spacecraft studied the conditions and processes of the solar system's earliest epoch by investigating in detail two of the largest protoplanets in the Asteroid Belt still remaining intact since their formations: the giant asteroid Vesta and dwarf planet Ceres, two main asteroid belt worlds that followed very different evolutionary paths. DAWN became the first and only spacecraft to orbit two different deep space bodies on the same mission! Come see incredible photos of these two worlds, what it took to get there, and what we've learned!

Ages: 16+ yrs. Presenters: John Jennings & Donn Anderson

DATES	DAYS	TIME	FEE
Feb 13	T	10:00a	FREE

SPACEX'S GAME CHANGING STARSHIP

Elon Musk and SpaceX are continuing to innovate rocket development at a never before seen pace. Their Super Heavy booster rocket, with 33 state of the art Raptor engines, is the most powerful rocket ever built. The Starship second stage will take the largest payloads in history into Earth orbit, to the Moon, and beyond. Find out what makes this completely reusable 400 foot high rocket system SO exciting!

Ages: 16+ yrs. Presenters: Donn Anderson & John Jennings

DATES	DAYS	TIME	FEE
Mar 12	T	10:00a	FREE

I'M RETIRING: WHAT NEXT?

Retirement is one of life's major transitions. Making this transition successfully requires we make informed choices about finances, medical care and housing. Join us for this informative four-part series that looks at the options you have and how to choose those best for you: **Getting your Finances in Order; Medicare and Supplemental Health Insurance; Aging and Medical Care; and Housing: Looking at the Options.**

GETTING FINANCES IN ORDER

This session reviews financial planning for retirement, and money management during your retirement years.

Ages: 21+ yrs.

Presenter: Kevin Chambers

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Jan 17	W	6:00p-7:00p	FREE

HEALTH INSURANCE - MEDICARE

This session reviews the basics of Medicare, supplemental insurance plans and their relationship to each other.

Ages: 21+ yrs. Presenter: Dianne McGill, SHIBA Coordinator

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Feb 21	W	6:00p-7:00p	FREE

RETIREMENT & AGING

This session looks at how you maintain good health in retirement and how you deal with significant health issues when they do arise.

Ages: 21+ yrs.

Presenter: Lola Maclean, FNP

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Mar 20	W	6:00p-7:00p	FREE

HOUSING: LOOKING AT ALL OF THE OPTIONS

During retirement most of us have to make some tough housing choices. Do you stay in present home, downsize to a smaller space or enter a retirement community? This session looks at making a housing choice that works best for you.

Ages: 21+ yrs.

Presenter: TBD

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Apr 17	W	6:00p-7:00p	FREE

Day Trips/Overnight Travel

The McMinnville Senior Center is offering 1-day excursions on a monthly basis. Call 503-435-0407 for a list of our upcoming trips.

COLLETTE TOURS

Would you like to visit New England in the Fall or Prague during the holidays? Join Collette for a visual presentation on the wonderful adventures we have planned for 2024. Info listed below.

COLORS OF NEW ENGLAND

Be charmed by the colors of New England from the heart of historic Boston to the farms, mountains, and coast of the North. Begin your journey in historic Boston. Explore Woodstock, Vermont, a quintessential New England village. Visit Ben & Jerry's Ice Cream Factory and sample some of its delicious creations. Watch apples transform into cider before your eyes at Cold Hollow Cider Mill. Learn about the maple sugaring industry of New England on a farm tour of the Rocks Estate. Relax as you cruise along Lake Winnepesaukee and admire the splendid views. Dig in at a traditional New England lobster dinner. Travel up the winding Auto Road to see the stunning views from the summit of Mount Washington. Marvel at Maine's dramatic coast and discover the seaside communities of Portland and Kennebunkport. This is New England at its finest.

EUROPEAN CHRISTMAS MARKET

Set out on a grand holiday adventure through the winter wonderland of the Imperial Cities of Central Europe – Prague, Vienna and Budapest. Tour the magnificent Prague Castle and explore its famous Christmas market at the Old Town Square. Travel via train to Dresden, Germany to experience the world's oldest Christmas market. In Vienna learn the secrets of confectionary at a candy workshop, delight in the Baroque marvels of the Schönbrunn Palace and indulge in dinner at the famous Marchfelderhof. Make strudel with Hungarian locals at a community-hosted dinner in the countryside. Visit Bratislava, Slovakia a historic gem. Tour gorgeous Budapest, and explore its outdoor markets aglow with lights, where stalls of crafts and delicacies abound. Along the way, immerse yourself in festive Christmas markets, experience cultural traditions, sample local cuisine, and glimpse this region's rich history.

Ages: 21+ yrs.

Presenter: Collette Travel

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Dec 12	Tu	1:00-2:30p	FREE

Events (by Date)

WORTMAN PARK ART GALLERY

Located within the McMinnville Senior Center, the Wortman Park Art Gallery is a space created to showcase the work of local artists, to encourage local artists with recognition and community support, and to provide an aesthetically pleasing and artistic environment for Center users and the general public. Interested artists should contact Erin Guinn at the McMinnville Senior Center (503)474-4965.

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Ongoing	M-Th	9:00a-4:00p	FREE

Featured Artists

Nov / Dec: Reetsie Fuller & Isabelle Truchon

Jan / Feb: TBD

Mar: Teen Art Show



WINTER READING CHALLENGE- ALL AGES

For kids (birth – 12 years), teens (13-18 years), and adults (19 – 110 years)! Winter is the perfect time to cozy up with a good book. Pick up a reading log from inside the library, or use Beanstack at maclibrary.beanstack.org. **The program runs Dec 15, 2023 – Jan 31, 2024.** Prizes vary by age and must be collected by Jan 31, 2023.

BUNCO

Join us for an afternoon of fun playing an easy-to-learn dice game where you laugh and scream BUNCO! Prizes will be given out the 1st Wednesday of every month.

Ages: 21+

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Dec 6	W	2:00p – 4:00p	FREE
Jan 3	W	2:00p – 4:00p	FREE
Feb 7	W	2:00p – 4:00p	FREE
Mar 6	W	2:00p – 4:00p	FREE

EVENTS CALENDAR

Mark your calendar for these events. Check out all City of McMinnville events online at <https://www.mcminnvilleoregon.gov/calendar>. Events details also included on the following pages.

Dec 1	Santa Claus is Coming to Town
Dec 6	Bunco
Dec 15.....	Winter Reading beings!
Dec 16.....	Read to a Dog
Dec 16.....	Holiday Concert
Jan 5	Music, Mingle & Mocktails
Jan 9	Storytime session begins!
Jan 9	Chilly Outside and Chili Inside
Jan 10.....	Book Discussion Group @ SC
Jan 11.....	Poetry Night
Jan 13.....	Bunco
Jan 13.....	Book Sale
Jan 13.....	Tween Hangout
Jan 19.....	Bingo Bash
Jan 20.....	Read to a Dog
Jan 20.....	Kid's Night Out
Jan 23.....	Social Awareness Book Group
Jan 30.....	Hearty Soup & Yummy Sandwiches
Feb 1	Heart to Heart Reading Program begins!
Feb 7	Bunco
Feb 8	Poetry Night
Feb 9.....	Music, Mingle & Mocktails
Feb 10	Tween Hangout
Feb 13	Let's Do Lunch
Feb 14	Book Discussion Group @ SC
Feb 17	Read to a Dog
Feb 18	Lunar New Year
Feb 23	Free Pancake Breakfast
Feb 24	Local Author Fair
Feb 27	Social Awareness Book Group
Mar 2	Kid's Night Out
Mar 5	Let's Get Baked...Again
Mar 8	Music, Mingle & Mocktails
Mar 9	Book Sale
Mar 9	Tween Hangout
Mar 13	Book Discussion Group @ SC
Mar 14	Poetry Night
Mar 15	Bingo Bash
Mar 16	Read to a Dog
Mar 19	Oregon Book Awards Author Talk
Mar 26	Social Awareness Book Group
Mar 26	Cheese, Cheese, and Yes, More Cheese

**Mark your calendars for Spring Break
Staycation activities—March 25-30**





SANTA CLAUS IS COMING TO TOWN

Come and meet Santa! Have your picture taken with the big man too! Then we will give you a great spread of appetizers, fruit, chips, dips and a wonderful selection of desserts! Eggnog, hot chocolate and hot cider too! **ALL FOR FREE!** You heard that right! **FREE!** Our gift to you for being such great members and patrons of the Senior Center. A 50/50 Raffle will be held. **Sign-up at the Friends' Kiosk by December 12, 2023.**

Ages: 21+yrs. Hosts: Friends of the McMinnville Senior Center

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Dec 15	F	Noon – 2:00p	FREE

READ TO A DOG

Kids learning to read and older are invited to spend ten minutes reading to a dog. Sign up in the library Children's Room, or call to reserve your spot (503) 435-5559. In partnership with therapy dogs from the Paws for Love Therapy Dogs non-profit.

Suggested Ages: 4-9 years Facilitator: Paws for Love

DATES	DAYS	TIME	FEE
MCMINNVILLE LIBRARY			
Dec 16	Sa	11:00a	FREE
Jan 20	Sa	11:00a	FREE
Feb 17	Sa	11:00a	FREE
Mar 16	Sa	11:00a	FREE

HOLIDAY CONCERT

The! Little Big Band is known as Yamhill County's Finest Swing and Jazz Variety Band. The group is comprised of 16 musicians that will play and entertain us during their holiday concert.

Ages: All

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Dec 16	Sa	12:00p	FREE

WINTER STORYTIMES

Winter session occurs January 9 – March 16. All storytimes are free and no registration is required. Come to the program that best suits your family! Older/younger siblings are always welcome.

Ages: birth – 6 yrs Instructor: Library Staff

AGE	DAYS	TIME	FEE
MCMINNVILLE LIBRARY, CARNEGIE ROOM			
Preschool	Tu	10:30a	FREE
Toddler	W	10:30a	FREE
Baby	Th	10:30a	FREE
Spanish-Bilingual	F	10:30a	FREE
Family	4th Sa	10:30a	FREE

CHILLY OUTSIDE AND CHILI INSIDE

Come join us for lunch! We'll have a steaming bowl of beef chili with sour cream, cheddar cheese and a big slice of hot cornbread and butter to warm your tummy! To cool things down, how about a bowl of ice cream with some select toppings to round everything out. Lunch begins at noon, and we will have a 50/50 Raffle too! **Sign-up and pre-pay at the Friends' Kiosk by January 8th.**

Ages: 21+yrs. Hosts: Friends of the McMinnville Senior Center

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Jan 9	Tu	12:00p-1:30p	\$5

BOOK DISCUSSION GROUPS

Love reading books and talking about them? The group is open to anyone wishing to attend. Simply read the book and show up for the discussion. Meetings occur on the second Wednesday of each month. Copies of the month's book selection are available at the Public Library circulation desk while supplies last. Email Diane.McMillen@mcminnvilleoregon.gov for more information.

Ages: 21+yrs

Facilitator: Diane McMillen

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Jan 10	W	2:00p	FREE
Feb 14	W	2:00p	FREE
Mar 13	W	2:00p	FREE

POETRY NIGHT

Join us at the McMinnville Public Library for a poetry reading by a featured published poet, followed by an open mic by the audience. Event will start at 6pm on the second Thursday of the month. Check the web calendar for details at bit.ly/mcmlibcal. Contact Courtney Terry at 503-435-5554.

Ages: 21+yrs

Facilitator: Courtney Terry

DATES	DAYS	TIME	FEE
MCMINNVILLE PUBLIC LIBRARY			
Jan 11	Th	6:00p	FREE
Feb 8	Th	6:00p	FREE
Mar 14	Th	6:00p	FREE

MUSIC, MINGLE & MOCKTAILS

It's time for Happy Hour! There will be live Music performed by local musicians, mingling and heavy hors d'oeuvres accompanied with signature mocktails. **Register in advance; space is limited.**

Ages: All

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Jan 5	F	3:00p-5:00p	\$5
Feb 9	F	3:00p-5:00p	\$5
Mar 8	F	3:00p-5:00p	\$5

LIBRARY BOOK SALE

Purchase books, CDs, and DVDs at a low price to support the Friends of the Library. Book donations are currently accepted on Tuesdays 12:30p-1:30p.

Ages: All Ages

DATES	DAYS	TIME
MCMINNVILLE LIBRARY, CARNEGIE ROOM		
Jan 13	Sa	9:00a-1:00p
Mar 9	Sa	9:00a-1:00p

TWEEN HANGOUT

Tweens, grades 3rd-5th, can come hang out, play games, and socialize. Each month will have a different activity.

Ages: 3rd-5th grade *Instructor: Parks and Recreation Staff*

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Jan 13	Sa	1:30p-3:00p	\$2
Feb 10	Sa	1:30p-3:00p	\$2
Mar 9	Sa	1:30p-3:00p	\$2

BINGO BASH

It's that time again and because you want it so badly, it's time to Bingo! The buy-in is \$20 and that will get you three boards and 25 games of Bingo! Prizes are all cash and will range from \$5 to \$100! No need to bring your daubers but don't forget your lucky Bingo charms! We will also have a 50/50 raffle! Remember, all proceeds go to the Friends to help continue to make our Senior Center the best it can be! Water and snacks provided.

Ages: 21+yrs. *Hosts: Friends of the McMinnville Senior Center*

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Jan 19	F	1:00p - 4:00p	\$20
Mar 15	F	1:00p - 4:00p	\$20

KID'S NIGHT OUT

Our talented staff will keep your kids active and entertained at the Community Center. We will have games, activities, crafts, and movies. Pizza and drinks will be provided. **Pre-registration is required; discount for siblings.**

Ages: 5-10 yrs.

Instructor: Parks and Recreation Staff

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Jan 20	Sa	4:30p-8:00p	\$18/\$22
Mar 2	Sa	4:30p-8:00p	\$18/\$22

SOCIAL AWARENESS BOOK AND MOVIE DISCUSSION GROUP

Drop-in to participate in a discussion of a book or movie that explores social and cultural ideas and struggles. Book and movie titles announced 4-6 weeks prior to the discussion. Reading the book or watching the movie not required to participate in the discussion facilitated by a Licensed Clinical Social Worker. Program occurs on the fourth Tuesday of the month.

Ages: 21+

Facilitator: Gail Quenneville

DATES	DAYS	TIME	FEE
MCMINNVILLE LIBRARY, CARNEGIE ROOM			
Jan 23	Tu	6:00p	FREE
Feb 27	Tu	6:00p	FREE
Mar 26	Tu	6:00p	FREE

HEARTY SOUP & YUMMY SANDWICHES

What could be better on a cold, windy, rainy, snowy January day than a hot and hearty soup and sandwich that somebody else made for you? You'll get a bowl of beef barley soup and your choice of tuna salad sandwich or shaved turkey sandwich...and a cookie! Lunch begins at noon, and we will have a 50/50 Raffle too! **Sign-up and pre-pay at the Friends' Kiosk by January 29th.**

Ages: 21+yrs.

Hosts: Friends of the McMinnville Senior Center

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Jan 30	Tu	12:00p-1:30p	\$5





HEART TO HEART FAMILY READING PROGRAM

Snuggle up and read out loud as a family for the whole month of February (February 1 – 29) Collect the heart-shaped reading log from the children's room and start coloring in the squares for the time you spend reading together. Finishers receive prizes like hot chocolate, popcorn, and coupons for the library book sale. For more information: <https://bit.ly/maclibh2h>

LET'S DO LUNCH

Come in, sit down and have a big plate of lasagna, salad, garlic bread and a slice of pie! Good friends, good conversation and good food! What more does one need? Lunch begins at noon, and we will have a 50/50 Raffle too! **Sign-up and pre-pay at the Friends' Kiosk by January 12th.**

Ages: 21+yrs. Hosts: Friends of the McMinnville Senior Center

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Feb 13	Tu	12:00p-1:30p	\$5

LUNAR NEW YEAR

Celebrate and learn about Lunar New Year with the Asian Heritage Association and the City of McMinnville. Enjoy seeing Chinese Lion Dancers, arts & crafts, Asian food vendors, face painting, cultural presentations, and more! **Event is free but food and variety of items will be available for sale.**

Ages: All ages

DATE	DAY	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Feb 18	Su	11:00a-6:00p	FREE

FREE PANCAKE BREAKFAST!

You read that right! This event is free to all those who renew their FMSC memberships for 2024 and for incoming new members by January 31st. The Friends will serve you two pancakes, two strips of bacon, two turkey sausages and a big scoop of fluffy scrambled eggs. We will have regular and sugar free hot syrup available and a big glass of orange juice with coffee and tea as well. So, get those membership forms in! Service begins at 9:30, so set those alarm clocks! We will have a 50/50 raffle. **Sign-up at the Friends' Kiosk by February 20th.**

Ages: 21+yrs. Hosts: Friends of the McMinnville Senior Center

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Feb 23	F	9:30a-10:30a	FREE For Members or \$5

LOCAL AUTHOR FAIR

Readers will have the opportunity to explore new authors, talk with them, purchase their books, and have books signed! Local authors-- Apply to participate in this debut event! Registration is free. Email diane.mcmillen@mcminnvilleoregon.gov

Ages: 18+ years

DATE	DAY	TIME	FEE
MCMINNVILLE PUBLIC LIBRARY, FIREPLACE ROOM			
Feb 24	Sa	2:00p-4:00p	FREE

LET'S GET BAKED...AGAIN!

This was so much fun last year, we thought we'd do it again! You will get a big Russet potato with your choice of chili, cheese, chives, bacon, onions, sour cream and butter. We will have coleslaw as a side and a surprise dessert! Lunch begins at noon, and we will have a 50/50 Raffle too! **Sign-up and pre-pay at the Friends' Kiosk by March 4th.**

Ages: 21+yrs. Hosts: Friends of the McMinnville Senior Center

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Mar 5	Tu	12:00p-1:30p	\$5

OREGON BOOK AWARDS AUTHOR TALK

Enjoy this free author talk featuring two winners from this year's Oregon Book Awards. Sindya Bhanoo, author of *Seeking Fortune Elsewhere* (fiction winner) and Casey Parks, author of *Diary of a Misfit: A Memoir and a Mystery* (creative nonfiction winner) will be presenting.

Ages: Teens and Adults

DATE	DAY	TIME	FEE
LINFIELD NICHOLSON LIBRARY			
Mar 19	Tu	TBD	FREE

CHEESE, CHEESE AND YES, MORE CHEESE!

Who doesn't hanker for Macaroni and Cheese every once in a while, or even every day? On Tuesday March 26th we aim to please with a generous serving of mac and cheese laced with tasty smoked ham and a bread crumb crust. We will also have steamed broccoli (just to make you feel better about yourself) and cheesy cheddar biscuits! If you survive all that, you also get a chewy gooey brownie for dessert! Lunch begins at noon, and we will have a 50/50 Raffle too! **Sign-up and pre-pay at the Friends' Kiosk by March 25th.**

Ages: 21+yrs. Hosts: Friends of the McMinnville Senior Center

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Mar 26	Tu	12:00p-1:30p	\$5



WEEKLY CRAFTS & GAMES

Friends of the McMinnville Senior Center (FMSC) sponsored crafts & games meet every week (unless noted). Call the McMinnville Senior Center at (503) 435-0407 for specific game fees and rules.

GAME	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Woodcarvers	M	9:00a-11:00a	FREE
Cribbage (Int/Adv)	M	1:00p-3:30p	BUY IN
Crafting	M	2:00p-3:30p	FREE
Quilters	Tu	1:00p-3:30p	FREE
Mexican Train	Tu	1:00p-3:30p	BUY IN
Cribbage	W	1:00p-3:30p	BUY IN
Mah-Jongg	Th	9:30a-12:00p	BUY IN
Bingo	Th	1:00p-3:00p	BUY IN
Pinochle	Th	1:00p-3:00p	BUY IN


FRIDAY NIGHT OUT

FOR TEENS

Must be current Middle or High Schooler

Hosted by Parks and Rec and Library staff

Visit bit.ly/macteenevents for more details or call 503-434-7310.



EVENT	DATES/TIME/LOCATION	FEE
Gaming Night	Jan 5, 6:30-8:30pm, Lib	FREE
Swim Night	Jan 12, 8-9:30pm, AC	\$2
LEGO Night	Jan 19, 7:30-9pm, CC	\$2
Gaming Night*	Jan 26, 6:30-8:30pm, Lib	FREE
Bonus Swim*	Jan 26, 8-9pm, AC	\$2*
Gaming Night	Feb 2, 6:30-8:30pm, Lib	FREE
Racket Games	Feb 9, 7:30-9pm, CC	\$2
Swim Night	Feb 16, 8-9:30pm, AC	\$2
Gaming Night*	Feb 23, 6:30-8:30pm, Lib	FREE
Bonus Swim*	Feb 23, 8-9pm, AC	\$2*
Gaming Night	Mar 1, 6:30-8:30pm, Lib	FREE
Swim Night	Mar 8, 8-9:30pm, AC	\$2
Scavenger Hunt	Mar 15, 7:30-9pm, CC	\$2
Gaming Night*	Mar 22, 6:30-8:30pm, Lib	FREE
Bonus Swim*	Mar 22, 8-9pm, AC	\$2*

*If you attend Gaming Night at the Library, pick up a wristband to get into the Aquatic Center for FREE on the same night from 8:00-9:00pm. All other teens get in for \$2



AC: Aquatic Center, CC: Community Center,
LIB: Public Library

Fitness

ACTIVE LIVING YOGA

Active Living Yoga will unlock your body to move well on your mat and in your daily life. Integrates breathwork with gently dynamic stretching to create improved mobility. Incorporates intentional yoga poses designed to increase strength for balance and better posture. Perfect for those new to yoga and those looking for a progressive challenge in their practice.

Ages: 21+ yrs.

Instructor: Antigone Allena

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Ongoing	W	9:15a-10:15a	\$7 Drop-In

BALLROOM DANCING

Dance instructors, Janina & Harold Loder will be offering three different Ballroom Dance classes for beginners; Tango, Foxtrot and the Rhumba. Each class is designed with easy progression for you and your partner (required). **Register early; space is limited.** Janina and Harold are members of the International Round Dance Teachers Association with many years of dance and teaching experience.

TANGO

Tango is known to be fiery and dramatic. You and your partner will learn 4 dynamic dances complimented with sassy staccato rhythmic music.

Ages: 21+ yrs.

Facilitator: Janina & Harold Loder

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Jan 9 - 30	Tu	5:30p-6:30p	\$65 per person

FOXTROT

Foxtrot is smooth and elegant with gliding movements.

Ages: 21+ yrs.

Facilitator: Janina & Harold Loder

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Feb 6 - 27	Tu	5:30p-6:30p	\$65 per person

RHUMBA

Rhumba is considered to be the most beautiful Latin style of dances. There is a mixture of quick side steps and slow forward steps.

Ages: 21+ yrs.

Facilitator: Janina & Harold Loder

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Mar 5 - 26	Tu	5:30p-6:30p	\$65 per person

FITNESS PASS

Purchase a fitness pass and attend classes at both the Senior Center and Community Center. Classes included in the pass: Fun & Fit, Strong & Fit, Cardio & Fit, Active Living Yoga, Yoga, and INNERgystics.

FEE: 5 CLASSES/\$25 or 10 CLASSES/\$50



IF YOU HAVE SILVER & FIT, SILVER SNEAKERS, OR RENEW ACTIVE, YOU MAY BE ELIGIBLE TO ATTEND CERTAIN FITNESS CLASSES FOR FREE. LOOK FOR THE HEART ICON FOR ELIGIBLE ACTIVITIES ON PAGES 22-24.

CHECK OUT MORE AQUATIC FITNESS CLASSES ON PAGE 8.

BETTER BONES & BALANCE

This program is based on research from Oregon State University's Bone Research Laboratory. Classes are to gradually improve balance and strength to avoid falls, maintain independence and reduce the risk of osteoporosis-related fractures. Participants have experienced improved strength, balance, mobility, and reduced bone loss compared to non-exercising participants. We have options for AM and PM classes. **Space is limited; register early.**

Ages: 21+ yrs.

Instructor: Annette Clark

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Jan 3 - 31	M/W	10:15a-11:15a / 1:00p-2:00p	\$40
Feb 5 - 28	M/W	10:15a-11:15a / 1:00p-2:00p	\$35
Mar 4 - 27	M/W	10:15a-11:15a / 1:00p-2:00p	\$40

No Class Jan 15, Feb 19



BIKING GROUPS

Join us each week as we explore the endless opportunities that recreational bicycling has to offer. These rides will be easy to moderate around the local area. For more information regarding the Cranks / Easy Riders Bike Group and weekly bikes routes, contact Galen McBee at gmcbee1@gmail.com. **Call the Senior Center at 503-435-0407 to verify start time.**

CRANKS

Ages: 21+ yrs.

Facilitator: Galen McBee

DATES	DAYS	TIME	FEE
DISCOVERY MEADOWS PARK			
Ongoing	M	12:00p	FREE

EASY RIDERS

Ages: 21+ yrs.

Facilitator: Galen McBee

DATES	DAYS	TIME	FEE
DISCOVERY MEADOWS PARK			
Ongoing	Tu	12:00p	FREE

CARDIO & FIT

A spin off of the popular Strong & Fit class, Cardio & Fit offers more cardio and fun moves to upbeat music. Participate at your own pace. **All equipment is provided.**

Ages: 21+ yrs.

Instructor: CB Mason

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Ongoing	M	9:15a-10:00a	\$7 Drop-In
*No class Dec 18-Jan 1, Jan 15, Feb 19			

CHAIR YOGA

Chair yoga incorporates modified yoga poses, breathing exercises, and relaxation techniques to improve flexibility, strength, and overall well-being. By focusing on mindful movements and deep breathing chair yoga can help reduce stress, increase circulation, improve posture, and enhance mental clarity. It is suitable for people of all ages and fitness levels providing a convenient and beneficial way to reap the rewards of yoga from the comfort of a chair. It is fun and healthy. **Register in advance; space is limited.**

Ages: 21+ yrs.

Instructor: Isabelle Truchon

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Dec 7 - 21	Th	9:30a-10:30a	\$20
Feb 1 - 29	Th	9:30a-10:30a	\$30

CLOGGING

Clogging is an energetic form of dance which is a good workout to boot! We dance to many kinds of music including country, gospel, and pop. Prior dance experience is not required to participate. There will not be any formal instruction, just a lot of moving and having fun. Group does not meet the 1st Monday of every month.

Ages: 21+ yrs.

Instructor: Bonnie Mann, Barbara Egan

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Ongoing	M	10:30a - 12:30p	\$3 Drop-In
*No class Dec 25, Jan 15, Feb 19			

FUN & FIT

Increase strength, flexibility, balance and endurance in an energetic way by doing a variety of movements in a circuit training formation. Tools used include kettle bells, step, bosu, hurdles, stability ball, dumb bells, and resistance bands.

Ages: 21+ yrs.

Instructor: Annette Clark

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Ongoing	W	9:00a-10:00a	\$7 Drop-In
*No class Dec 27			

INNERGYSTICS

INNERgystics is a unique workout comprised of a series of focused simultaneous upper and lower body exercises that build lean muscle strength and sculpt the body using light weights. Music and breath help keep the focus on movements that optimize muscle burning and provide an effective aerobic workout. You will enjoy working out! Bring a mat, water, 3 lb weights, and wear sneakers.

Ages: 16+ yrs.

Instructor: Catherine Blosser

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Sept 23-Dec 16	Sa	10:00a-11:00a	\$7 Drop-In
*No class Nov 25, Dec 23, Dec 30, Mar 16-30			

JAZZERCISE

A combination of dance cardio and strength training to sculpt and tone your muscles in the ultimate full body workout. For questions or to register, contact Ashleylynnludwig@gmail.com. **Monthly membership available \$60.**

Ages: 12+ yrs.

Instructor: Ashley Bohanan

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Ongoing	TT	5:30p	\$15 Drop-In
Ongoing	Sa	9:00a	\$15 Drop-in
*Nov 23-25, Dec 26			

PARKINSON'S MOVEMENT

Join us each week in our exercise program designed to address issues and symptoms of Parkinson's Disease. This class includes work in stretching, strengthening, and balance. Time tested movements to improve physical ability. All equipment provided. A wonderful friendly group with plenty of interaction and humor! This class is headed up by longtime local trainer and therapeutic exercise specialist Bill Wilson, in conjunction with Parkinson's Resources of Oregon. Questions, call Parkinson's Resources of Oregon at (503) 594-0901.

Ages: 21+ yrs.

Instructor: Bill Wilson

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Ongoing	Th	11:00a-12:30p	Donation

SENIOR FITNESS

Meet new people and get a low-impact workout where you can move, stretch, and dance. Come join the fun!

Ages: 60+ yrs.

Instructor: Bonnie Jepson

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Ongoing	TT	9:30a-10:30a	FREE

* No class Nov 23, Dec 26

STRONG & FIT

This class is designed to increase flexibility, balance, coordination, agility, muscular strength and cardiovascular endurance. You will progress at your own pace using chairs, resistance bands, body weight and dumbbells. All equipment is provided.

Ages: 21+ yrs.

Instructor: Dina Aldred

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Ongoing	TT	9:45a-10:30a	\$7 Drop-In

* No class Nov 23, Dec 26



YOGA – STRETCH & BALANCE

Yoga stretch & balance is a class for all levels, no prior yoga experience is needed. This class includes a dynamic range of motion, breathing exercises to increase lung capacity and decrease tension, simple exercises to improve balance and standing strength, and stretching to improve flexibility.

Ages: 21+ yrs.

Instructor: Antigone Allena

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Ongoing	Tu	9:00a-10:00a	\$7 Drop-In

*No class Dec 26

YOGA

Enjoy a non-vigorous and relaxing practice. Discover intentional breathing and increased flexibility, develop proper pose alignment and start to rediscover your body.

Ages: 21+ yrs.

Instructor: Annette Clark

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Ongoing	M	9:00a-10:00a	\$7 Drop-In

*No class Dec 25, Jan 1, Jan 15, Feb 19

TAI CHI

For questions or to register, text Nancy at (503)540-7598 or email arner@peak.org. Payment will be made directly to the instructor on the first day of class.

CONTINUING TAI CHI CHUAN

This class is for experienced students who have assessed their commitment to the process and how the practice has enriched their lives. Each class will begin with 15 – 20 minutes of meditation. If desired, bring a yoga mat.

Ages: 18+ yrs.

Instructor: Nancy Arner

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Jan 3 – Feb 7	W	10:15a-11:15a	\$72
Feb 14 – Mar 20	W	10:15a-11:15a	\$72

INTRODUCTORY TAI CHI

Introductory Tai Chi will focus on basic skills in both intentional breathing and movement technique, initiating awareness of body alignment and gentle use of joints. Each class will begin with 15 – 20 minutes of meditation. If desired, bring a yoga mat.

Ages: 18+ yrs.

Instructor: Nancy Arner

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Jan 3 – Feb 7	W	11:30a-12:45p	\$84
Feb 14 – Mar 20	W	11:30a-12:45p	\$84

Personal Support/Health Services

CAREGIVER RESOURCES

We welcome all family or in-home caregivers of any adult spouse, partners, child, sibling, parent, friend, etc; whether in home or at a facility. We focus on helping the caregiver with resources, knowledge, and support.

Ages: 21+ yrs.

Facilitators: Jill Bates, Laurie Block

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
1st & 3rd	Tu	1:00p-2:30p	FREE

GRIEF SUPPORT

Brighton Hospice and the Yamhill County Older Adult Behavioral Health Specialist invite you to a grief support group that will provide you an open forum to share your experiences, give you an opportunity to talk, share stories, and help you learn ways to cope with your grief/loss with others who have experienced it.

Ages: 21+ yrs.

Facilitators: Brighton Hospice

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Dec 21	Th	2:00p-3:00p	FREE
Jan 18	Th	2:00p-3:00p	FREE
Feb 15	Th	2:00p-3:00p	FREE
Mar 21	Th	2:00p-3:00p	FREE

BLOOD PRESSURE CHECKS

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Ongoing	W	10:00a- 11:00a	FREE

SOCIAL NETWORKS / COFFEE HOUR

Ages: 21+ yrs.

Host: Hello Care

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Ongoing	Tu	10:00a-11:00a	FREE

Ages: 21+ yrs.

Host: Give a Little

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Ongoing	W	10:00a-11:00a	FREE

Sports/Movement

GYMNASTICS

Visit bit.ly/macgymnastics or call (503) 434-7310 for the Gymnastics Schedule. Interested in a Gymnastics Birthday Party for your kiddo ages 3-5? Visit our website or give us a call for more info.

Instructors: Jeanna, Emily, Abri, Grace, and Emma

Registration Dates: Tues, Dec 12; Tues, Jan 23; Tues, Feb 20; Tues, Mar 19. Registration starts at 9:00am.

PARENT-CHILD MOVEMENT: Get moving with your child, ages 1-3, in this exploratory based gymnastics class!

PRESCHOOL GYMNASTICS: This is a perfect introductory class for those interested in a new activity or progressing their gymnastics abilities. Ages 3-5.

PREP GYMNASTICS: This class is ideal for gymnasts transitioning from Preschool Gymnastics into Levels 1-3. This class will also help gymnasts (ages 6-7) who have never taken class or who have no gymnastics experience like forward roll, handstand, and cartwheel. Ages 5-7.

LEVELS 1-3 GYMNASTICS: Through the use of tumbling aids, drills, and games, students will learn and continue to progress their skill work. Ages 6-10.

YOUTH GYMNASTICS: Mixed level class for students ages 10+. All levels of experience welcome.

INTERMEDIATE: Through the use of training aids and drills, students will revisit/continue to progress their skills. Instructor Approval Required.

ADVANCED TUMBLING: This advanced class is for students who have progressed to higher level of skill. Students must show a mastery of all beginning and intermediate tumbling skills. Instructor Approval Required.

ADAPTIVE GYMNASTICS: Through the use of training aids, this class will focus on balance, confidence, and fun in a safe environment! This class will require an accommodation request form to be filled out so class can be tailored to specific needs. Ages 6-16.



DANCE

Visit bit.ly/macgymnastics or call (503) 434-7310 for schedule.

Instructor: Emily

Registration Dates: Tues, Dec 12; Tues, Jan 23; Tues, Feb 20; Tues, Mar 19. Registration starts at 9:00am.

CREATIVE MOVEMENT DANCE: Learn basic ballet movement in a positive and fun environment. Technique is taught through creative dances and imagination. Ages 3-5.

ADAPTIVE RHYTHM AND MOVEMENT DANCE: This adaptive dance class will focus on balance, flexibility, musicality, body awareness, and rhythm in a fun, low stress environment. This class will require an accommodation request form to be filled out so class can be tailored to specific needs. Ages 6-16.



START SMART PARENT & CHILD BASKETBALL

This 6-week Parent & Child basketball class will teach children the basics skills of basketball including passing, shooting, dribbling, and running. Children will develop their skills in a fun environment.

Ages: 4-6 yrs.

Instructor: Parks and Recreation Staff

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Jan 22-Mar 4*	M	5:15p-6:00p	\$45/\$55

*No class Feb 19

COMMUNITY CENTER DROP-IN ACTIVITIES

Call (503)434-7310 for Drop-in basketball, track, pickleball, ping pong, futsal, and racquetball information, or check online at mcminnvilleoregon.gov/communitycenter



YOUTH SPORTS REGISTRATION INFO

LEAGUE	REGISTRATION OPENS / CLOSES
2024 Spring Soccer	Dec 1, 2023 / Feb 10, 2024
2024 Baseball/Softball	Mar 1 / April 24
2024 Fall Soccer	July 1 / Aug 14
2024-25 Basketball	Sept 3/ Oct 16

ADAPTIVE BASKETBALL

Youth basketball players can work on individual skills in this 5-week class. Players will work with coaches on dribbling, passing, shooting, and fitness through activities, drills, and games. For youth with disabilities or need a more adaptive environment.

Ages: 7-18

Instructor: Staff and volunteers

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Jan 7-Feb 4	Su	3:15p-4:30p	\$40/50

PADDLES, RACKETS, AND FUN!

In this 4-class series, we will explore 4 different sports (badminton, racquetball, ping pong, and pickleball). Kids will learn the basics of how to use a paddle/racquet and how to play each game using drills and fun game scenario play. All supplies provided and all skill levels welcome.

Ages: 8-12

Instructor: Parks & Rec Staff

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Feb 7-28	W	4:00p-5:00p	\$36/\$43

VOLLEYBALL SKILLS AND DRILLS

Practice your volleyball skills during this 4-week class! Improve your serving, passing, and defensive skills through games, activities, and drills. All skill levels welcome.

Ages: 3rd-5th grade

Instructor: Volunteer Coaches/Parks & Rec Staff

DATES	DAYS	TIME	FEE
WILLAMETTE ELEMENTARY SCHOOL			
Feb 14-Mar 20	W	5:45p-7:00p	\$45/\$55

START SMART PARENT & CHILD SOCCER

This 6-week Parent & Child soccer class will teach children the basics skills of soccer including kicking, trapping, dribbling, and running. Children will develop their skills in a fun environment. Registration opens Dec 1.

Ages: 3-5 yrs.

Instructor: Parks and Recreation Staff

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Apr 1-May 6	M	5:15p-6:00p	\$45/\$55
Apr 5-May 10	F	5:15p-6:00p	\$45/\$55
Apr 6-May 11	Sa	3:15p-4:00p	\$45/\$55

AREA YOUTH SPORTS

McMinnville Junior Baseball Organization:

macjbo.com

email: president@macjbo.com

McMinnville Mat Club (wrestling)

www.macmatclub.com 971-241-2525

McMinnville Soccer Club:

mcminnvillesoccerclub.com

email: mcminnvillesoccerclub@gmail.com

McMinnville Track Club:

mcminnvilletrackclub.com

email: presidentmactrack@gmail.com 971-237-5305

West Valley Rams Rugby Club (boys)

email: john.mead@solid-carbon.com 971-237-0338

Valley Panthers Rugby Club (girls)

valleypanthers.carrd.co

email: valleypanthersrugbyclub@gmail.com

YOUTH SOCCER K-6TH GRADE SPRING LEAGUES

Get ready to play! Practices scheduled by volunteer coaches. Those that played in the fall will be placed with their fall teams using the same jerseys, and new players will be added to teams with space or assigned to a new team. All games in this 8-game season will be played at Joe Dancer Park. Separate leagues by grade for boys and girls. Leagues may be combined depending on registration numbers. **Registration opens Dec 1, deadline Feb 10. Coaches' meeting will take place on Feb 28.**

Ages: K-6th grade Instructor: Volunteer Coaches/Parks & Rec Staff

DATES	DAYS	FEE
JOE DANCER PARK		
Mar 16-May 11	Weeknights/Saturdays	\$60/\$70

MARTIAL ARTS

Classes will help students develop confidence, mental focus, physical conditioning, and self-defense skills while working through basic stances, movement, kicks, punches, and techniques for the art of Kempo Karate.

Ages: Tiger Cubs-6-8 yrs., Junior Ninjas-9-12 yrs.

Instructor: Joanne Vatore

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Tiger Cubs			
Jan 8-Feb 14*	M/W	4:00p-4:45p	\$55/\$66
Mar 4-Apr 10	M/W	4:00p-4:45p	\$60/\$72
Junior Ninjas			
Jan 8-Feb 14*	M/W	5:00p-6:00p	\$69/\$83
Mar 4-Apr 10	M/W	5:00p-6:00p	\$75/\$90

*No class Jan 15

WOMEN'S SELF-DEFENSE WORKSHOP

Learn the basic concepts of personal protection, awareness development, and practical self-defense techniques for a variety of situations all in a safe environment. This workshop includes hands-on training to help develop the essential tools for self-defense. Participants should wear comfortable athletic clothing.

Ages: 12+ yrs.

Instructor: Joanne Vatore

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Feb 10	Sa	1:00p-2:30p	\$20/\$24

PICKLEBALL CLINICS

Learn the basics, practice your skills, and get ready to play some pickleball! Paddles available to use. Pre-registration is required.

Ages: 8+ yrs.

Instructor: Tim Gardner

CLASS	DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER				
Intermediate	Nov 22	W	6:00p-7:30p	\$15/\$18
Intermediate	Dec 13	W	6:00p-7:30p	\$15/\$18
Beginner	Jan 10	W	6:00p-7:30p	\$15/\$18
Drills	Jan 13	Sa	10:30a-12:00p	\$15/\$18
Intermediate	Jan 24	W	6:00p-7:30p	\$15/\$18
Beginner	Feb 7	W	6:00p-7:30p	\$15/\$18
Drills	Feb 17	Sa	10:30a-12:00p	\$15/\$18
Beginner	Mar 6	W	6:00p-7:30p	\$15/\$18
Drills	Mar 16	Sa	10:30a-12:00p	\$15/\$18
Intermediate	Mar 20	W	6:00p-7:30p	\$15/\$18

SHUFFLEBOARD

Drop-in for an afternoon of indoor shuffleboard fun. No experience is needed and all equipment is provided.

Ages: 21+ yrs.

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Ongoing	Th	11:00a-3:30p	\$1

SHUFFLEBOARD TOURNAMENT

Register in advance for this friendly competition.

Ages: 21+ yrs.

DATES	DAYS	TIME	FEE
MCMINNVILLE SENIOR CENTER			
Jan 25	Th	1:00p-4:00p	\$1
Feb 29	Th	1:00p-4:00p	\$1
Mar 28	Th	1:00p-4:00p	\$1



OVER 30 BASKETBALL

Drop-in pickup basketball games for players ages 30 and older.
Ages: 30+ yrs.

DATES	DAYS	TIME	FEE
MCMINNVILLE COMMUNITY CENTER			
Ongoing	TT	7:00p-8:30p	\$4 drop-in

ADULT CHURCH VOLLEYBALL

Local churches are encouraged to participate in our Friday night Church League Volleyball program. This is a recreational league with no referees. Roster forms and information sheets are available at the community or at bit.ly/mcminnvillesports. **Teams must submit a completed roster, minimum 6 players (at least 3 male and 3 female), with all fees by December 30 at the Community Center.** Games tentatively scheduled to begin on Friday, January 12, and end on March 22.

Ages: 18+

DATES	DAYS	FEE
WILLAMETTE ELEMENTARY SCHOOL		
Jan 12-Mar 22	F	\$150/team

DROP-IN ADULT VOLLEYBALL

Drop-in volleyball for all levels of play.

Ages: 18+ yrs.

DATES	DAYS	TIME	FEE
DUNIWAY MIDDLE SCHOOL B GYM			
Feb 18-Mar 31	Su	12:00p-2:30p	\$4 drop-in

ADULT COED VOLLEYBALL

Games are played on Monday and Wednesday evenings. Online registration, blank rosters and information sheets are available at bit.ly/mcminnvillesports. **Registration deadline is March 16. After March 16, teams will be added only if there is room.**

Ages: 18+

DATES	DAYS	FEE
DUNIWAY MIDDLE SCHOOL		
Apr 1-May 22	M/W	\$200/team

ADULT BASKETBALL

Teams will play 8 regular season games, plus a single elimination tournament at the end of the season. **Fees and completed rosters must be turned in to the Community Center by March 16.** Roster forms and information sheets are available at the community center beginning Feb 1st.

Ages: 18+

DATES	DAYS	FEE
DUNIWAY MIDDLE SCHOOL		
Apr 2-May 23	TT	\$720/team

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We appreciate all of the businesses and individuals who sponsor McMinnville Parks and Recreation programs!

Tiny Tots Indoor Playspace



Mon-Thurs 9:00a-6:30p
Fri-Sat 9:00a-2:30p
Ages 0-5

\$7 drop-in, Punch Card or Membership options

McMinnville Community Center
600 NE Evans St