

JOIN US!



MONDAY

1:00 pm to 3:00 pm	Smartphones & Tablets Beginner	\$56 - 4 Week Class
10:00 am to 11:00 am	Native American Drumming Circle	\$3 Drop-In Fee Oct 12, Oct 26
10:00 am to 11:00 am	Medicine Wheel Workshop	\$35 - Oct 19

TUESDAY

9:45 am to 10:30 am	Strong & Fit	\$5 Drop-In Fee
11:00 am to 12:00 pm	Better Bones & Balance	\$20 - 4 Week Class

WEDNESDAY

9:00 am to 10:00 am	Continuing Tai Chi	\$48 - 4 Week Class
10:15 am to 10:45 am	Qigong	\$24 - 4 Week Class
11:00 am to 12:15 pm	Introductory Tai Chi	\$56 - 4 Week Class

THURSDAY

9:45 am to 10:30 am	Strong & Fit	\$5 Drop-In Fee
11:00 am to 1:00 pm	Gourd Artistry Group	\$3 Drop-In Fee
2:00 pm to 3:30 pm	Doodle & Sketch	\$3 Drop-In Fee

CALL (503)474-4965 FOR MORE INFORMATION

PROGRAMS BEGIN OCTOBER 5th UNLESS NOTED

ARRIVE A FEW MINUTES EARLY TO CHECK IN ALL PROGRAMS ARE HELD INSIDE

ALL PARTICIPANTS ARE REQUIRED TO WEAR A FACE COVERING

