

# CLUB DESCRIPTIONS

## DOMINOES

One, two, three, four...don't let the dominoes hit the floor! In this train-style dominoes game, participants try to play all their tiles, building domino chains from the center hub. **Drop-ins welcome.**

## FOOT CLINIC

Foot care by a licensed nail technician to include nail trimming, callus filing, fungus management, foot inspection, and lotion. Jill Zweetsloot offers this service and is licensed to care for diabetic and neuropathy clients. She requests that patrons soak their feet prior to their appointment and to please bring a towel. **\$30 per visit. For appointment, please call the Senior Center at 503.537.9404**

## CRAFTY LADIES & GENTS

Let's get crafty! Come join us for a morning of creativity, laughter, and love. In this activity, there's no limit to our imaginations, as we craft and create items that bring us joy. Bring your own projects to work on in the company of others or maybe learn something new. **Drop-ins welcome.**

## WALKING GROUP

Enjoy the walking trails in and around Newberg in the company of other senior walkers. **This group usually meets at 10:50 a.m. at the senior center parking lot. Please join their email/phone list for updates and destinations.**

## MAHJONG

Travel across the Pacific Ocean and explore the wonderful world of Mahjong. This 19th century Chinese tile game has risen in popularity across the world and can now be played in Newberg, Oregon every Thursday morning. **Drop-ins welcome.**

## LINE DANCING

Grab your boots and get ready to scoot! Join us for a fun form of exercise that will make you sweat as you follow along with other dancers in a line. **Partner not required, boots and hats optional!**

## COMPUTER SKILLS CLASS

In this class, facilitated by the Newberg Public Library, you'll learn the basics of how to operate your computer or tablet. **Drop-ins welcome.**

## HAND & FOOT CARD GAME

Come join us for a game of cards similar to canasta! **Drop-ins welcome.**

## NEW! BARRE FUSION WITH KIM

For the month of December, join this low impact class on Mondays and Wednesdays to help improve strength, flexibility, and posture! **Drop-ins welcome.**

## CHINA PAINTERS

Come join us in the ancient art of painting on porcelain! Following a brief history of China painting and its accomplished artists, participants will learn how to use China paints to add color and design to ceramics. Basic supplies are available for new participants. **Please call one week in advanced. \$10 supply donation for first class with a six week commitment.**

## TAI CHI

Tai Chi is a meditative form of gentle, flowing exercise that has its roots in Chinese tradition. **This group is geared toward more advanced practitioners but all are welcome.**

## POOL CUES

Take your cue from us! Join us every Friday morning for a few hours of fun and friendship at the pool table. We promise to have fun and fair games – so bring your hustle. This is a great group for new and skilled players alike. **Tournaments are held the last Friday of every month at 10 a.m. Drop-ins welcome.**

## BOOK CLUB

**Current book:** *Tomorrow, and Tomorrow, and Tomorrow* by Gabrielle Zevin. Every third Wednesday, join us to talk about the book of the month. **EBooks provided by the library on NOOKs that can be checked out from the Senior Center. Drop-ins welcome.**

## ELDERBERRY JAM CHOIR

Every Friday we gather to sing old favorites and hymns that bring joy to our hearts.

## VIPN (RETURNING JAN. 9)

VIP Newberg is a support group for people dealing with blindness, macular degeneration, and low vision issues. We gather together to share our stories, to share tips, and to learn what more we can be doing as blind people. Come join the time of fellowship and sharing together. **For more information email [VIPnewberg@gmail.com](mailto:VIPnewberg@gmail.com).**

## COFFEE WITH FRIENDS

Join your friends and make new ones at the Senior Center for coffee and conversation! **All are welcome!**

## TIE DYE FRIDAY

Every last Friday is Tie Dye Friday at the senior center! Come show off your best tie dye outfit when you visit us!

# CHEHALEM SENIOR CENTER

## DECEMBER 2024 INFO GUIDE



**BINGO MONDAYS!  
EVERY SECOND &  
FOURTH MONDAY  
STARTS AT 12:00 PM**



**VACCINATION CLINIC  
DECEMBER 13  
STARTING AT 11:30 AM**

**Come get your flu, COVID, shingles,  
tetanus, pneumonia, and/or \*RSV shot!**

*For older adults and their families*

*\*RSV for seniors only*

**IN-PERSON LUNCH  
SERVING LUNCH MONDAY THROUGH  
FRIDAY, STARTING AT 11:00 AM**

**Come Join your friends at Chehalem Senior Center  
every Monday through Friday for in-person lunch!  
Reserve your spot at the senior center front desk.**

**VIPN  
RETURNING JANUARY 9**

**AARP SAFE DRIVER  
RETURNING JANUARY 20**

**AARP TAXES  
RETURNING FEBRUARY**



# CHEHALEM SENIOR CENTER

## DECEMBER 2024



M T W TH F

<p><b>2</b></p> <p> <b>Walking Group</b> Join email/phone list for times and locations</p> <p><b>Dominoes</b> 10:00 a.m.</p>	<p><b>3</b></p> <p> <b>Crafty Ladies &amp; Gents</b> 9:00 a.m.</p> <p><b>Pool Cues</b> 9:00 a.m.–12:00 p.m.</p> <p><b>Foot Clinic (Appointment only)</b> 9:00 a.m.–2:00 p.m.</p>	<p><b>4</b></p> <p> <b>Pinochle</b> 10:00 a.m.</p>	<p><b>5</b></p> <p> <b>Coffee with friends</b> 9:00 a.m.</p> <p><b>China Painters</b> 10:00 a.m.</p> <p><b>Mahjong</b> 10:30 a.m.</p> <p><b>Tai Chi</b> 1:30 p.m.</p>	<p><b>6</b></p> <p> <b>Pool Cues</b> 9:00 a.m.</p> <p><b>Hand &amp; Foot Card Game</b> 10:00 a.m.</p> <p><b>Line Dancing</b> 12:00 p.m.</p> <p><b>Elderberry Jam Choir Christmas Program</b> 1:00 p.m.</p>
<p><b>9</b></p> <p> <b>Walking Group</b> Join email/phone list for times and locations</p> <p><b>Dominoes</b> 10:00 a.m.</p> <p><b>NEW! Barre Fusion with Kim</b> 12:00 p.m.</p> <p><b>BINGO</b> STARTS: 12:00 p.m.</p>	<p><b>10</b></p> <p> <b>Crafty Ladies &amp; Gents</b> 9:00 a.m.</p> <p><b>Pool Cues</b> 9:00 a.m.–12:00 p.m.</p> <p><b>Foot Clinic (Appointment only)</b> 9:00 a.m.–2:00 p.m.</p>	<p><b>11</b></p> <p> <b>Pinochle</b> 10:00 a.m.</p> <p><b>NEW! Barre Fusion with Kim</b> 12:00 p.m.</p>	<p><b>12</b></p> <p> <b>Coffee with friends</b> 9:00 a.m.</p> <p><b>China Painters</b> 10:00 a.m.</p> <p><b>Mahjong</b> 10:30 a.m.</p> <p><b>Tai Chi</b> 1:30 p.m.</p>	<p><b>13</b></p> <p> <b>Pool Cues</b> 9:00 a.m.</p> <p><b>Hand &amp; Foot Card Game</b> 10:00 a.m.</p> <p><b>Elderberry Jam Choir</b> 1:00 p.m.</p> <p><b>VACCINATION CLINIC</b> 11:30 AM–2:30 PM</p>
<p><b>16</b></p> <p> <b>Walking Group</b> Join email/phone list for times and locations</p> <p><b>Dominoes</b> 10:00 a.m.</p> <p><b>NEW! Barre Fusion with Kim</b> 12:00 p.m.</p>	<p><b>17</b></p> <p> <b>Crafty Ladies &amp; Gents</b> 9:00 a.m.</p> <p><b>Pool Cues</b> 9:00 a.m.–12:00 p.m.</p> <p><b>Foot Clinic (Appointment only)</b> 9:00 a.m.–2:00 p.m.</p>	<p><b>18</b></p> <p> <b>Pinochle</b> 10:00 a.m.</p> <p><b>NEW! Barre Fusion with Kim</b> 12:00 p.m.</p> <p><b>Computer skills</b> 1:00 p.m.</p> <p><b>Senior Book Club</b> 1:00 p.m.–2:00 p.m. <i>Book: Tomorrow, and Tomorrow, and Tomorrow</i> by Gabrielle Zevin</p>	<p><b>19</b></p> <p> <b>Coffee with friends</b> 9:00 a.m.</p> <p><b>China Painters</b> 10:00 a.m.</p> <p><b>Mahjong</b> 10:30 a.m.</p> <p><b>Tai Chi</b> 1:30 p.m.</p>	<p><b>20</b></p> <p> <b>Pool Cues</b> 9:00 a.m.</p> <p><b>Hand &amp; Foot Card Game</b> 10:00 a.m.</p> <p><b>Elderberry Jam Choir</b> 1:00 p.m.</p>
<p><b>23</b></p> <p> <b>Walking Group</b> Join email/phone list for times and locations</p> <p><b>Dominoes</b> 10:00 a.m.</p> <p><b>NEW! Barre Fusion with Kim</b> 12:00 p.m.</p> <p><b>BINGO</b> STARTS: 12:00 p.m.</p>	<p><b>24</b></p> <p><b>CLOSED FOR CHRISTMAS</b></p> <p><b>MEALS ON WHEELS WILL STILL OPERATE ON DECEMBER 24</b></p>		<p><b>26</b></p> <p> <b>Coffee with friends</b> 9:00 a.m.</p> <p><b>China Painters</b> 10:00 a.m.</p> <p><b>Mahjong</b> 10:30 a.m.</p> <p><b>Tai Chi</b> 1:30 p.m.</p>	<p><b>27</b></p> <p> <b>Pool Cues</b> 9:00 a.m.</p> <p><b>Hand &amp; Foot Card Game</b> 10:00 a.m.</p> <p><b>Elderberry Jam Choir</b> 1:00 p.m.</p> <p><b>TIE DYE FRIDAY</b></p>
<p><b>30</b></p> <p> <b>Walking Group</b> Join email/phone list for times and locations</p> <p><b>Dominoes</b> 10:00 a.m.</p> <p><b>NEW! Barre Fusion with Kim</b> 12:00 p.m.</p>	<p><b>31</b></p> <p> <b>Crafty Ladies &amp; Gents</b> 9:00 a.m.</p> <p><b>Pool Cues</b> 9:00 a.m.–12:00 p.m.</p> <p><b>Foot Clinic (Appointment only)</b> 9:00 a.m.–2:00 p.m.</p> <p><b>NEW YEAR'S EVE</b></p>	<p><b>IN-PERSON LUNCH</b> MONDAY–FRIDAY 11:00 a.m. Registration required</p>		<p><b>HOURS OF OPERATION</b> MONDAY–FRIDAY: 9:00 a.m.–3:00 p.m. Phone: 503.537.9404 Location: 101 W Foothills Dr, Newberg, OR 97132</p>