

# 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.**

## 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:** *The Love of My Life* by Rosie Walsh. 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

Returning in September.

## VIPN (RETURNING SEPT. 18)

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

## AUGUST 2024 INFO GUIDE



## BINGO MONDAYS! EVERY SECOND & FOURTH MONDAY

Starts at 1:00 p.m.

## IN-PERSON LUNCH

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

## SENIOR TRIP | AUG. 7 HISTORIC CAROUSEL & MUSEUM OF ALBANY

Join us on a trip to visit the Historic Carousel & Museum of Albany! Visit the front desk at the senior center or [cprdnewberg.org](http://cprdnewberg.org) for more information.

## SENIOR CENTER CLOSED | SEPT. 2

The senior center will be closed for Labor Day.



# CHEHALEM SENIOR CENTER

## AUGUST 2024



M

T

W

TH

F

### HOURS OF OPERATION

M-F: 9:00 a.m.-3:00 p.m.

Phone: 503.537.9404

Location: 101 W Foothills Dr, Newberg, OR 97132

### IN-PERSON LUNCH

Mon/Tu/Wed/Th

11:15 a.m.

Registration required



1



Coffee with friends  
9:00 a.m.

China Painters  
10:00 a.m.

Mahjong  
10:30 a.m.

Tai Chi  
1:30 p.m.

2

Pool Cues  
9:00 a.m.  
Hand & Foot Card Game  
10:00 a.m.  
Line Dancing  
11:00 a.m.

5



Walking Group  
Join email/phone list for times and locations

Dominoes  
10:00 a.m.



6



Crafty Ladies & Gents  
9:00 a.m.  
Pool Cues  
9:00 a.m.-12:00 p.m.  
Foot Clinic (Appointment only)  
9:00 a.m.-2:00 p.m.

7



Pinochle  
10:00 a.m.  
**SENIOR TRIP TO HISTORIC CAROUSEL & MUSEUM OF ALBANY**

8

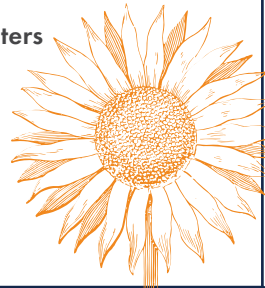


Coffee with friends  
9:00 a.m.

China Painters  
10:00 a.m.

Mahjong  
10:30 a.m.

Tai Chi  
1:30 p.m.



9

Pool Cues  
9:00 a.m.  
Hand & Foot Card Game  
10:00 a.m.  
Line Dancing  
11:00 a.m.

12



Walking Group  
Join email/phone list for times and locations

Dominoes  
10:00 a.m.

13

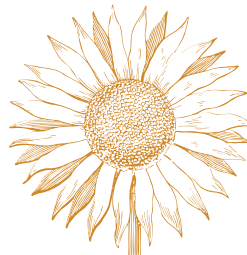


Crafty Ladies & Gents  
9:00 a.m.  
Pool Cues  
9:00 a.m.-12:00 p.m.  
Foot Clinic (Appointment only)  
9:00 a.m.-2:00 p.m.

14



Pinochle  
10:00 a.m.



15



Coffee with friends  
9:00 a.m.

China Painters  
10:00 a.m.

Mahjong  
10:30 a.m.

Tai Chi  
1:30 p.m.

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Pool Cues  
9:00 a.m.  
Hand & Foot Card Game  
10:00 a.m.  
Line Dancing  
11:00 a.m.

### BINGO

STARTS: 1:00 p.m.

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Walking Group  
Join email/phone list for times and locations

Dominoes  
10:00 a.m.



20



Crafty Ladies & Gents  
9:00 a.m.  
Pool Cues  
9:00 a.m.-12:00 p.m.  
Foot Clinic (Appointment only)  
9:00 a.m.-2:00 p.m.

AARP Driver Course  
12:15 p.m.-4:45 p.m.

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Pinochle  
10:00 a.m.  
AARP Driver Course  
12:15 p.m.-4:45 p.m.

Senior Book Club  
1:00 p.m.-2:00 p.m.  
Book: *The Love of My Life* by Rosie Walsh



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Coffee with friends  
9:00 a.m.

China Painters  
10:00 a.m.

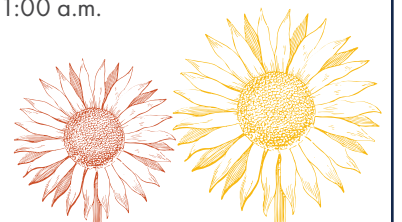
Mahjong  
10:30 a.m.

Tai Chi  
1:30 p.m.



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Pool Cues  
9:00 a.m.  
Hand & Foot Card Game  
10:00 a.m.  
Line Dancing  
11:00 a.m.



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Walking Group  
Join email/phone list for times and locations

Dominoes  
10:00 a.m.

27



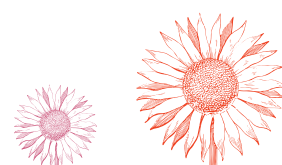
Crafty Ladies & Gents  
9:00 a.m.  
Pool Cues  
9:00 a.m.-12:00 p.m.  
Foot Clinic (Appointment only)  
9:00 a.m.-2:00 p.m.

28



Pinochle  
10:00 a.m.

Computer Skills  
1:00 p.m.



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Coffee with friends  
9:00 a.m.

China Painters  
10:00 a.m.

Mahjong  
10:30 a.m.

Tai Chi  
1:30 p.m.

30

Pool Cues  
9:00 a.m.  
Hand & Foot Card Game  
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11:00 a.m.

**TIE DYE FRIDAY**