



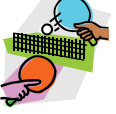





Senior Activity Center 2010

Phone: 265-9617
Meal Site: 574-0669
Newport, Oregon

WWW.NEWPORTSENIORCENTER.COM

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
						1 OA 10:00 A Table Tennis 4:30 P Bridge 11 AM MAY DAY
2 	3 Pool 8:30 A Chair Yoga 9:45-10:15A Mahjong 10:30 A Bingo 11:00 A Lunch - Noon Hand & Foot 1:15 P Tai Chi 3:45 P Sq Dance 7:30 P	4 Foot Clinic 9 AM -4 PM Computer Class 9:30 A Wii Bowling 9:30 A Scrabble 10:15 A Card Making 10:30 A Colored Pencil 12:30 P Water Colors 1:30 P Knitting Class 3:45 P OA 6:00 P MAY DAY LUNCHEON - 11:30 A	5 Le Club Francais 10:00 A Arthritis Exercise 9:30 A Bingo 11:00 A Quilters 11:00 A - 3:00 P Lunch - Noon Pinochle 1:00 P Line Dance 1:30 - 3:00 P Tai Chi 3:45 P TOPS 4:30 P Table Tennis 4:30 P Duplicate Bridge 6:30 P	6 TOPS 8:30 A Wii Fitness 9:00 A Computer Class 9:30 A Dupl. Bridge 1 - 5:30 P	7 Arthritis Exercise 9:30 A Bingo 11:00 A Lunch - Noon Pinochle 1:00 P Duplicate Bridge 1:00 P SENIOR TRIP: <i>Willamette Cruise/ Carousel - Salem 9 A-5PM</i>	8 OA 10:00 A Amateur Radio 9:00 A Bridge 11:00 A Table Tennis 4:30 P
9 HAPPY! MO DAY! Y!	10 Pool 8:30 A Mahjong 10:30 A Bingo 11:00 A Lunch - Noon Hand & Foot 1:15 P Tai Chi 3:45 P Sq Dance 7:30 P	11 Computer Class 9:30 A Wii Bowling 9:30 A Scrabble 10:15 A Card Making 10:30 A DIABETES SEMINAR 10:30-11:30A Colored Pencils 12:30 A Water Colors 1:30 P Knitting Class 3:45 P OA 6:00 P Senior Sounds 6:00 P	12 Le Club Francais 10:00A Arthritis Exercise 9:30 A Bingo 11:00 A Quilters 11:00A - 3:00P Lunch Noon Pinochle 1:00 P Book Club 1:00 P Line Dance 1:30 - 3:00 P Tai Chi 3:45 P TOPS 4:30 P Table Tennis 4:30 P Duplicate Bridge 6:30 P	13 TOPS 8:30 A Wii Fitness 9:00 A Computer Class 9:30 A Brain Teasers 10:30 A Type 2 Diabetic Cooking 10:30A Dupl. Bridge 1 - 5:30 P Bunco 1:00 P 	14 Arthritis Exercise 9:30 A Bingo 11:00 A Lunch - Noon Pinochle 1:00 P Duplicate Bridge 1:00 P	15 OA 10:00 A Table Tennis 4:30 P

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
16 	17 Pool 8:30 A Mahjong 10:30 A ADVISORY COM. 10:30 A Bingo 11:00 A Lunch - Noon Hand & Foot 1:15 P Tai Chi 3:45 P Sq Dance 7:30 P	18 Computer Class 9:30 A Wii Bowling 9:30 A Scrabble 10:15 A Card Making 10:30 A AARP 11:00 A - 1:30 P Colored Pencil 12:30 P Water Colors 1:30 P Knitting Class 3:45 P OA 6:00 P	19 Arthritis Exercise 9:30 A Assn Mtg. 10:30 A Bingo 11:00 A Quilters 11:00 A - 3:00 P Pinochle 1:00 P Lunch - Noon Book Club 1:00 P Line Dance 1:30 - 3:00 P Tai Chi 3:45 P TOPS 4:30 P Table Tennis 4:30 P Duplicate Bridge 6:30 P	20 TOPS 8:30 A Wii Fitness 9:00 A Computer Class 9:30 A Brain Teasers 10:30 Diabetic Cooking 10:30 A Friends Mtg. 11:30 A Duplicate Bridge 1:00P Bunco 1:00 P	21 Arthritis Exercise 9:30 A Bingo 11:00 A Lunch - Noon Pinochle 1:00 P Duplicate Bridge 1:00 P SENIOR TRIP: <i>Belknap Hot Springs - Springfield Leave 8:30 AM</i>	22 OA 10:00 A Table Tennis 4:30 P SENIOR TRIP: <i>Belknap Hot Springs Return 5 PM</i>
23 	24 Pool 8:30 A Mahjong 10:30 A Bingo 11:00 A Lunch - Noon Hand & Foot 1:15 P Tai Chi 3:45 P Sq Dance 7:30 P	25 Computer Class 9:30 A Wii Bowling 9:30 A SENIOR FITNESS TEST <i>9:30 - 11:30 A & 4:00 - 6:00 P</i> Scrabble 10:15 A Card Making 10:30 A Karaoke 12:30 P Colored Pencil 12:30 P Water Colors 1:30 P Knitting Class 3:45 P OA 6:00 P	26 Le Club Francais 10:00 A Arthritis Exercise 9:45 A Bingo 11:00 A Quilters 11:00 A - 3:00 P Lunch - Noon Pinochle 1:00 P Line Dance 1:30 - 3:00 P Tai Chi 3:45 P TOPS 4:30 P Table Tennis 4:30 P Duplicate Bridge 6:30 P	27 TOPS 8:30 A Wii Fitness 9:00 A Computer Class 9:30 A Brain Teasers 10:30 A Diabetic Cooking 10:30 A Duplicate Bridge 1:00P	28 Arthritis Exercise 9:30 A Bingo 11:00 A Lunch - Noon Pinochle 1:00 P Duplicate Bridge 1:00 P	29 OA 10:00 A Table Tennis 4:30 P 
30	31 MEMORIAL DAY - SENIOR CENTER CLOSED 		WALKING TEST AT RECREATION CENTER Wednesday, May 26 10:30 AM & 5:30 PM			

NEWPORT SENIOR TRIPS: Willamette Cruise/Carousel - Salem Friday, May 7 9 AM - 5 PM \$52
Belknap Hot springs - Springfield Friday/Sat. May 21 & 22 8:30 AM Sun. - Sat. 5 PM \$138
MAY DAY LUNCHEON - Tuesday, May 4th - 11:30 AM