


# JULY *Senior Activity Center* 2010



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

WWW.NEWPORTSENIORCENTER.COM

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
	<h2>CELEBRATE INDEPENDENCE!</h2>			<b>1</b> TOPS 8:30 A Wii Fitness 9:00 A Aerobics @ Rec 9:30A Brain Teasers 10:30A German Conversation 10:30A Dupl. Bridge 1 - 5:30 P	<b>2</b> Arthritis Exercise 9:30 A Bingo 11:00 A Lunch - Noon Pinochle 1:00 P Duplicate Bridge 1:00 P	<b>3</b> OA 10:00 A Table Tennis 4:30 P 
<b>4</b> 	<b>5</b> Closed For July 4th Observance	<b>6</b> Foot Clinic 9AM-4PM Aerobics @ Rec 9:30A Wii Bowling 9:30 A Scrabble 10:30A Knitting Class 3:45 P OA 6:00 P	<b>7</b> 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 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	<b>8</b> TOPS 8:30 A Wii Fitness 9:00 A Aerobics @ Rec 9:30 A Brain Teasers 10:30A Dupl. Bridge 1 - 5:30 P Bunco 1:00 P	<b>9</b> Arthritis Exercise 9:30 A Bingo 11:00 A Lunch - Noon Pinochle 1:00 P Duplicate Bridge 1:00 P	<b>10</b> OA 10:00 A Amateur Radio 9:00 A Bridge 11:00 A Table Tennis 4:30 P 
<b>11</b>	<b>12</b> Pool 8:30 A Chair Yoga 9:30-10:00A Mahjong 10:00 A Bingo 11:00 A Lunch - Noon Hand & Foot 1:00P Tai Chi 3:45 P Sq Dance 7:30 P	<b>13</b> Aerobics @ Rec 9:30A Wii Bowling 9:30 A Scrabble 10:30A Poetry Reading 2:00P Knitting Class 3:45 P OA 6:00 P	<b>14</b> Arthritis Exercise 9:30 A LeClub Francais 10:00A 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	<b>15</b> TOPS 8:30 A w/Senior Fitness Test 10A Wii Fitness 9:00 A Aerobics @ Rec 9:30A Friends Mtg. 11:30 A Duplicate Bridge 1:00P Bunco 1:00 P 	<b>16</b> Arthritis Exercise 9:30 A Bingo 11:00 A Lunch - Noon Pinochle 1:00 P Duplicate Bridge 1:00 P	<b>17</b> OA 10:00 A Table Tennis 4:30 P 

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
18	19 Pool 8:30 A Mahjong 10:30 A Chair Yoga 9:30-10:00A Advisory Com. 10:30 A Quilters 10:30A Bingo 11:00 A Lunch - Noon Hand & Foot 1:00P Tai Chi 3:45 P Sq Dance 7:30 P	20 Wii Bowling 9:30 A Aerobics @ Rec 9:30A Scrabble 10:30A AARP 11:00 A - 1:30 P Knitting Class 3:45 P OA 6:00 P <i>SENIOR TRIP: Thyme Garden—Alea 9AM—5PM</i>	21 Arthritis Exercise 9:30 A Assn Mtg 10:30A Bingo 11:00 A Quilters 11:00 A - 3:00 P Lunch - Noon Book Club 1:00P 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	22 TOPS 8:30 A Wii Fitness 9:00 A Aerobics @ Rec 9:30 A Brain Teasers 10:30 A Duplicate Bridge 1:00P	23 Arthritis Exercise 9:30 A Bingo 11:00 A Lunch - Noon Pinochle 1:00 P Duplicate Bridge 1:00 P	24 OA 10:00 A Table Tennis 4:30 P
25 	26 Pool 8:30 A Chair Yoga 9:30-10:00A Mahjong 10:30 A Quilters 10:30A Bingo 11:00 A Lunch - Noon Hand & Foot 1:00P Tai Chi 3:45 P Sq Dance 7:30 P	27 Wii Bowling 9:30 A Aerobics @ Rec 9:30A Scrabble 10:30 A Karaoke 12:30 P Knitting Class 3:45 P OA 6:00 P	28 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	29 TOPS 8:30 A Wii Fitness 9:00 A Aerobics @ Rec 9:30 A Brain Teasers 10:30 A Duplicate Bridge 1:00P	30 Arthritis Exercise 9:30 A Bingo 11:00 A Lunch - Noon Pinochle 1:00 P Duplicate Bridge 1:00 P <i>SENIOR TRIP: Chinese Gardens - Portland Leaves 9AM</i>	31 OA 10:00 A Table Tennis 4:30 P <i>SENIOR TRIP: Chinese Gardens Returns 5 PM</i>

### NEWPORT SENIOR TRIPS

*Thyme Garden - Alea Tuesday, July 20th 9 am - 5pm \$60*

*Chinese Gardens - Portland Leave Friday July 30th @ 9 am Return Saturday July 31st @ 5 pm \$195*

### SENIOR CENTER NEW ACTIVITIES

*New: Poetry Readings; 2nd Tuesday Each Month @ 2:00PM*

*Try these FREE Healthy classes:*

*Chair Yoga, Mondays @ 9:30A, Arthritis Exercise Class, Wednesdays & Fridays @ 9:30A*

