

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.**

MUSIC WITH MARGARET

Come join our friend Margaret as she plays familiar tunes while you sing along to the music that moves you!

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.**

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 House Across the Lake* by Riley Sager. 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. **All are welcome!**

VIPN

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.**

COFFEE WITH FRIENDS

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

HOUSE PLANT EXCHANGE APRIL 24

1:00 p.m.–3:00 p.m. Bring in your house plants to exchange clippings with fellow plant enthusiasts. No dead plants. The person who brings in the most unique plant wins a prize!

CHEHALEM SENIOR CENTER

APRIL 2024 INFO GUIDE



AARP TAXES END APRIL 9

BINGO MONDAYS! EVERY SECOND & FOURTH MONDAY

HOUSE PLANT EXCHANGE APRIL 24

Bring in your house plants to exchange clippings with fellow plant enthusiasts.

APRIL IS VOLUNTEER APPRECIATION MONTH

A huge thank you to all of our wonderful volunteers!

SENIOR TRIPS RETURNING MAY 22

More information coming soon.

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.

HOSPICE Q&A APRIL 2

With Kora from Forest Park Healthcare at Home.

STRENGTH & BALANCE CLASS APRIL 15

How do I maintain my strength and balance? Fitness specialist, Susie Stellflug will speak on the best way to train your body at any age.

CHEHALEM SENIOR CENTER

APRIL 2024



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<p>1</p>  <p>Walking Group Join email/phone list for times and locations</p> <p>Dominoes 10:00 a.m.</p>	<p>2</p>  <p>Crafty Ladies & Gents 9:00 a.m.</p> <p>Pool Cues 9:00 a.m.–12:00 p.m.</p> <p>Foot Clinic (Appointment only) 9:00 a.m.–2:00 p.m.</p> <p>Hospice Q&A with Kora from Forest Park Healthcare at Home 12:00 p.m.</p> <p>Music with Margaret 12:00 p.m.</p> <p>AARP Taxes (Appointment only) 9:00 am–3:00 pm</p>	<p>3</p>  <p>Pinochle 10:00 a.m.</p>	<p>4</p>  <p>Coffee with friends 9:00 a.m.</p> <p>Exercise Band Class With GFU Nursing Students 10:30 a.m.</p> <p>China Painters 10:00 a.m.</p> <p>Mahjong 10:30 a.m.</p> <p>Tai Chi 1:30 p.m.</p>	<p>5</p> <p>Pool Cues 9:00 a.m.</p> <p>Hand & Foot Card Game 10:00 a.m.</p> <p>Line Dancing 11:00 a.m.</p> <p>Elderberry Jam Choir 1:00 p.m.</p>
<p>8</p>  <p>Walking Group Join email/phone list for times and locations</p> <p>Dominoes 10:00 a.m.</p> <p>BINGO STARTS: 1:00 p.m.</p>	<p>9</p>  <p>Crafty Ladies & Gents 9:00 a.m.</p> <p>Pool Cues 9:00 a.m.–12:00 p.m.</p> <p>Foot Clinic (Appointment only) 9:00 a.m.–2:00 p.m.</p> <p>Music with Margaret 12:00 p.m.</p> <p>AARP Taxes (Appointment only) 9:00 am–3:00 pm</p>	<p>10</p>  <p>Pinochle 10:00 a.m.</p> <p>VOLUNTEER APPRECIATION DAY CELEBRATION</p> <p>THANK YOU!</p>	<p>11</p>  <p>Coffee with friends 9:00 a.m.</p> <p>Exercise Band Class With GFU Nursing Students 10:30 a.m.</p> <p>China Painters 10:00 a.m.</p> <p>Mahjong 10:30 a.m.</p> <p>Tai Chi 1:30 p.m.</p>	<p>12</p> <p>Pool Cues 9:00 a.m.</p> <p>Hand & Foot Card Game 10:00 a.m.</p> <p>Line Dancing 11:00 a.m.</p> <p>Elderberry Jam Choir 1:00 p.m.</p>
<p>15</p>  <p>Walking Group Join email/phone list for times and locations</p> <p>Dominoes 10:00 a.m.</p> <p>EXERCISE CLASS Strength & Balance 12:00 p.m.</p>	<p>16</p>  <p>Crafty Ladies & Gents 9:00 a.m.</p> <p>Pool Cues 9:00 a.m.–12:00 p.m.</p> <p>Foot Clinic (Appointment only) 9:00 a.m.–2:00 p.m.</p> <p>Music with Margaret 12:00 p.m.</p>	<p>17</p>  <p>Pinochle 10:00 a.m.</p> <p>Senior Book Club 1:00 p.m.–2:00 p.m. Book: The House Across the Lake by Riley Sager</p> 	<p>18</p>  <p>Coffee with friends 9:00 a.m.</p> <p>China Painters 10:00 a.m.</p> <p>VIPN: 10:00 a.m.</p> <p>Mahjong 10:30 a.m.</p> <p>Tai Chi 1:30 p.m.</p>	<p>19</p> <p>Pool Cues 9:00 a.m.</p> <p>Hand & Foot Card Game 10:00 a.m.</p> <p>Line Dancing 11:00 a.m.</p> <p>Elderberry Jam Choir 1:00 p.m.</p>
<p>22</p>  <p>Walking Group Join email/phone list for times and locations</p> <p>Dominoes 10:00 a.m.</p> <p>BINGO STARTS: 1:00 p.m.</p>	<p>23</p>  <p>Crafty Ladies & Gents 9:00 a.m.</p> <p>Pool Cues 9:00 a.m.–12:00 p.m.</p> <p>Foot Clinic (Appointment only) 9:00 a.m.–2:00 p.m.</p> <p>Music with Margaret 12:00 p.m.</p>	<p>24</p>  <p>Pinochle 10:00 a.m.</p> <p>Computer Skills 1:00 p.m.</p> <p>HOUSE PLANT EXCHANGE 1–3 PM</p> 	<p>25</p>  <p>Coffee with friends 9:00 a.m.</p> <p>China Painters 10:00 a.m.</p> <p>Mahjong 10:30 a.m.</p> <p>Tai Chi 1:30 p.m.</p>	<p>26</p> <p>Pool Cues 9:00 a.m.</p> <p>Hand & Foot Card Game 10:00 a.m.</p> <p>Line Dancing 11:00 a.m.</p> <p>Elderberry Jam Choir 1:00 p.m.</p>
<p>29</p>  <p>Walking Group Join email/phone list for times and locations</p> <p>Dominoes 10:00 a.m.</p>	<p>30</p>  <p>Crafty Ladies & Gents 9:00 a.m.</p> <p>Pool Cues 9:00 a.m.–12:00 p.m.</p> <p>Foot Clinic (Appointment only) 9:00 a.m.–2:00 p.m.</p> <p>Music with Margaret 12:00 p.m.</p>	<p>HOURS OF OPERATION</p> <p>M–F: 9:00 a.m.–3:00 p.m. Phone: 503-537-9404 Location 101 W Foothills Dr, Newberg, OR 97132</p> <p>IN-PERSON LUNCH</p> <p>Mon/Tu/Wed/Th 11:15 a.m.</p> <p>Registration required</p> 		