North Marion Adult Center

Immanuel Lutheran Church 1036 East Lincoln, Woodburn *(Entrance in back)*

May 2024 Events

Mondays

6th
10:30 am **Gentle Stretch & Exercise** with Shelly
1:00 pm **BINGO $2 Cards & Great Prizes**
3:00-7:00 pm **Charity Sewing**

13th
10:30 am **Gentle Stretch & Exercise** with Shelly
1:00 pm **BINGO $2 Cards & Great Prizes**
Sew & Glow Remote - Long Arm Class

20th
10:30 am **Gentle Stretch & Exercise** with Shelly
1:00 pm **BINGO $2 Cards & Great Prizes**
3:00-7:00 pm **Charity Sewing**

27th
In observance of Memorial Day the center will be closed as we honor and remember all those who have made sacrifices for our country.

NORTH MARION ADULT CENTER
Stay Active, Stay Social, Stay Independent

Immanuel Lutheran Church
1036 E Lincoln Street, Woodburn
971-208-5024

Come join us at the Center!

We are open on:
Mondays & Wednesday
10:30 am to 3:00 pm

Visit us at: nmadultcenter.org

Wednesdays

1st
10:30 am **Chair Exercise** with Ann
11:15 am **Movement Exercise** with Ann
12:00 pm **May Day Tea Party** provided by Norma "All Seats Filled"
12:30 pm **Crafting 101** - Make seashell wreath with Pat - Cost: $5

8th
10:30 am **Chair Exercise** with Ann
11:15 am **Movement Exercise** with Ann
12:00 pm **Lunch** provided by Andrew Nordby of Viking Properties NW
Birthday Cake provided by Resi from McCully Realty
12:30 pm **Sew Easy** - Block of the Month - Cost: $5 per kit

15th
10:30 am **Chair Exercise** with Ann
11:15 am **Movement Exercise** with Ann
12:00 pm **Lunch & Learn** - Rob Mill with CERT will talk about Fire Safety. He'll demonstrate how to shut off the gas meter & electrical panel in the case of a emergency. Lunch will provided by Country Meadows Village
12:30 pm **Craft 101** - Paint a Pot - Plant a pansy Cost: $5

22nd
10:30 am **Chair Exercise** with Ann
11:15 am **Movement Exercise** with Ann
12:00 pm **Lunch** provided by Stacy & Joel from Cascade Park Retirement
12:30 pm **Sew Easy** - Block of the Month - Cost: $5 per kit
12:30 pm **Crafting 101**- Painting with Alberto Cost: $5

29th
10:30 am **Chair Exercise** with Ann
11:15 am **Movement Exercise** with Ann
12:00 pm **Lunch** provided by Heartwood Place Memory Care
12:30 pm **Craft 101** - Make 4 Cards with Carol Cost: $5