

North Marion Adult Center

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

JUNE 2024

Mondays

3rd

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

10th

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

17th

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

24th

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



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

Come join us at the Center!

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

Visit us at: nmadultcenter.org

Wednesdays

5th

10:30 am **Chair Exercise** with Ann
11:15 am **Movement Exercise** with Ann
12:00 pm **Lunch provided by Silver Creek Senior Living**
Birthday Celebration - Cake Provided by Resi @ McCully Realty

12th

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
12:30 pm **Sew Easy - Block of the Month - Cost: \$5 per kit**
12:30 pm **Craft 101 - Make a Jewelry Box with Pat - Cost: \$5**

19th

10:30 am **Chair Exercise** with Ann
11:15 am **Movement Exercise** with Ann
12:00 pm **Lunch & Learn - Lunch will provided by Country Meadows Village and joining us is Julie Greer from Visiting Angels to discuss how social connections can reduce the risk of isolation in seniors and improve their quality of life.**

26th

10:30 am **Chair Exercise** with Ann
11:15 am **Movement Exercise** with Ann
12:00 pm **Lunch** provided 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**
