



North Marion Adult Center

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

AUGUST 2024

Mondays

5th

10:30 am Gentle Stretch & Exercise with Shelly
11:30-12:30 pm Activity Hour with Kathy
1:00 pm BINGO \$2 Cards & Great Prizes
1:00-7:00 pm Charity Sew & Glow

12th

10:30 am Gentle Stretch & Exercise with Shelly
11:30-12:30 pm Activity Hour with Kathy
1:00 pm BINGO \$2 Cards & Great Prizes
3:00-7:00 pm **NEW** Sew Buddy Sign Up Cost- \$5

19th

10:30 am Gentle Stretch & Exercise with Shelly
11:30-12:30 pm Activity Hour with Kathy
1:00 pm BINGO \$2 Cards & Great Prizes
1:00-7:00 pm Charity Sew & Glow

26th

10:30 am Gentle Stretch & Exercise with Shelly
11:30-12:30 pm Activity Hour with Kathy
1:00 pm BINGO \$2 Cards & Great Prizes
1:00-7:00 pm Remote Long Arm Sign Up Cost - \$5

COME VISIT US AT OUR BOOTH

Community Connection @ Legion Park

August 3rd 10 am - 2 pm

Come join us at the Center!

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

Visit us at: nmadultcenter.org



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

Wednesdays

7th

10:30 am Chair Exercise with Ann
11:15 am Movement Exercise with Ann
12:00 pm Lunch provided by Country Cottage Restaurant
Birthday Celebration - Cake Provided by Resi @ McCully Realty
12:30 pm Craft 101 - Card Bingo
1:00 pm Craft 101 - Quilt Block of the Month - Catch-up

14th

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 Craft 101 - Build a birdhouse - Cost \$5
1:00 pm Quilt Block of the Month- Borders - Cost: \$5

21st

10:30 am Chair Exercise with Ann
11:15 am Movement Exercise with Ann
12:00 pm Lunch & Learn - Country Meadows Village will provide lunch.
Joining us is Ken Ramey of VQ Gunworks to speak on the safe and legal storage, transfer or disposal of firearms.
12:30 pm Craft 101 - Alberto teaches us painting with beads - Cost \$5
1:00 pm Quilt Block of the Month- Catch-up

28th

10:30 am Chair Exercise with Ann
11:15 am Movement Exercise with Ann
12:00 pm Lunch provided from Cascade Park Retirement Center
12:30 pm Craft 101 - Card Bingo
1:00 pm Quilt Block of the Month - Last Class

**Discover hidden treasures at the NMAC Rummage Sale
August 17th from 9 am - 3 pm @ Immanuel Lutheran Church
Accepting donations of your bottles and cans at the sale
or through our non-profit account on the BottleDrop site.**