

August Newsletter



Sunflowers are often seen as symbols of positivity, faith, loyalty, and admiration, largely due to their sunny appearance and heliotropic nature, meaning they turn their heads to follow the sun from east to west throughout the day. At night, they shift back to face east, ready to catch the first rays of the morning sun. However, mature sunflowers usually face east permanently.

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COME VISIT OUR BOOTH!



WHAT: COMMUNITY CONNECTION & KIDS FEST
WHERE: LEGION PARK, 1385 PARK AVE, WOODBURN
WHEN: AUGUST 3RD, 2024
TIME: 10:00 AM - 2:00 PM



SOMETHING FOR EVERYONE!

RUMMAGE SALE



**SATURDAY
AUGUST 17TH
9:00AM-3:00PM**

**IN THE PARKING LOT @
IMMANUEL LUTHERAN CHURCH
1036 EAST LINCOLN STREET**

Thank You!

. for your support .

Thank you to our July lunch sponsors, birthday sponsor, and Lydia Shevchuck for her informative presentation. Your support is greatly appreciated!

Andrew Nordby of:

**NMAC
VOLUNTEERS**



Immanuel Lutheran Church
1036 East Lincoln Street
Woodburn, Oregon 97071
Phone: 971-208-5024



nmadultcenter.org



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Immanuel Lutheran Church 1036 East Lincoln, Woodburn (entrance in the back)

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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 Class Sign Up Cost \$5

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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 cake provided by Resi of McCully Realty
12:30 pm Craft 101 - Card Bingo
1:00 pm 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
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 - lunch provided by Country Meadows and Ken Ramey from VQ Gunworks will speak on the safe and 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 by Cascade Park Retirement Center
12:30 pm Craft 101 - Card Bingo
12:00 pm Quilt Block of the Month - Last Class



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AUGUST WORD SEARCH

E S U M M E R O D S Q S U N S H I N E B
 S C E K D J V X P R K K R R I S B V V A
 Y A X A P U H I H A M M O C K E F B J R
 V R N J S L B M F G Q N I G C A L R R B
 K S T D F I O C C L O T L P M S I F D E
 A F W R C E D A W Y O N Q U G H P B O C
 Q O C I A A Q E D S F W E Q Q E - E K U
 J T V L M V S D Y V E P E C A L F A I E
 G N H W O M E T K L E B H R M L L C I R
 Q Q I H C H I L L E V N G N S A O H C J
 S T W B R E V N L E I Z T U S X P B E G
 U R Z R P A C Z G M S B X U X Q S S C H
 F S U N G L A S S E S U K L R S X B R X
 O U T D O O R S J H M A N U N E Q V E C
 P J V A C A T I O N T Y N B R E Y J A M
 X V W D K R N H A R V E S T L Q D Q M D
 P E K D Z L S Z X D W V V L M O F U K C
 K K K P S K A T E B O A R D Z R C I G H
 S L E M O N A D E L D E A H R N N K T R
 Z I U L R P I C N I C Q U G A R D E N O

SEASHELL
 GARDEN
 SUMMER
 SUNSHINE
 SKATEBOARD
 FLOWERS

PICNIC
 TRAVEL
 SANDCASTLE
 FLIP-FLOPS
 BEACH
 OUTDOORS

LEMONADE
 SWIMMING
 ICE CREAM
 ADVENTURE
 HARVEST
 SUNGLASSES

SEASIDE
 SUNBLOCK
 HAMMOCK
 VACATION
 BARBECUE



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