

NORTH MARION ADULT CENTER

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

SEPTEMBER 2024

MONDAYS

2nd

We will be closed in observance of Labor Day

There will be a Sew & Glow class from 1:00-7:00 pm

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

12:00 pm Sew Buddy, prior sign-up in sewing room - Cost \$5

4:00 pm Sew Buddy, prior sign-up in sewing room - Cost \$5

9th

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 Charity Sew & Glow

16th

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 Long Arm sign-up Cost: \$5

23rd

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

Sew & Glow Member Party

30th

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

10:30 am Chair Exercise with Ann

11:15 am Movement Exercise with Ann

12:00 pm Lunch provided by The Periogi Place & Hungry Lion
Birthday Celebration - Cake Provided by Resi @ McCully Realty

12:30 pm Craft 101 - Card Bingo

Teacher Planning Day—No sewing class

4th

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 - Card Bingo

1-4 pm L's Sew Ditty Class Cost: \$5

11th

10:30 am Chair Exercise with Ann

11:15 am Movement Exercise with Ann

12:00 pm Lunch & Learn - Country Meadows Village will be providing lunch.
Would you like to share your experiences with younger family members? Consider writing your memoirs! Join us as Resi Hind shares her insights from a memoir writing group and explore your interest in starting one at the NMAC.

12:30 pm Craft 101 - Card Bingo

1-4 pm BOM Finishing Class

18th

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

12:30 pm Painting with Alberto Cost: \$5.

1-4 pm L's Sew Ditty Class Cost: \$5

25th