



# OCTOBER 2024

## MONDAYS

7th

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  
12:30-7:00 pm Sewing - Cleaning & Set Up

14th

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  
12:30-7:00 pm Sewing - Cleaning & Set Up

21th

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

28th

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

**CHARITY SEWING on Thursdays**  
24th & 31st  
Long Arm from 12:30 - 6:00 pm



Immanuel Lutheran Church  
1036 East Lincoln Street  
Woodburn, Oregon 97071  
Phone: 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](http://nmadultcenter.org)

## WEDNESDAYS

2nd

10:30 am Chair Exercise with Ann  
11:15 am Movement Exercise with Ann  
12:00 pm Lunch provided by Fusion Chinese Restaurant  
Birthday Celebration - Cake Provided by Resi @ McCully Realty  
1:00 pm Craft 101 - Card Bingo  
1:00-8:00 pm No Class - Long Arm Set Up

9th

10:30 am Chair Exercise with Ann  
11:15 am Movement Exercise with Ann  
12:00 pm Lunch & Learn - Lunch will be provided by Andrew Nordby of Viking Properties and joining us is Diane Upton from the League of Womens Voters to help people register to vote, as well as provide information and updates about voting the 2024 election.  
1:00 pm Craft 101 - Card Bingo  
1:00-8:00 pm No Class - Long Arm Set Up

16th

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 and joining us will be Destinee Schuster with Patient Support Services USA to provide an update on important changes to Medicare 2025.  
1:00 pm Crafting 101 - Glass Art by Carol & Donna Cost: \$5  
1:00-4:00 pm Sewing - Quilt Happy BOM Finishing

23rd

10:30 am Chair Exercise with Ann  
11:15 am Movement Exercise with Ann  
12:00 pm Lunch provided by Cascade Park Retirement Center  
1:00 pm Craft 101 - Card Bingo  
1-4 pm Sewing - L's Sew Ditty Zippy Clip Bag Cost: \$5

30th

10:30 am Chair Exercise with Ann  
11:15 am Movement Exercise with Ann  
12:00 pm Join us for lunch and a Halloween Party sponsored by NMAC volunteers! Costumes optional; prizes for the best ones!  
1:00 pm Craft 101 - Painting with Alberto Cost: \$5  
1:00-4:00 pm Sewing - Long Arm Watch & Learn