



North Marion Adult Center  
stay active, stay social, stay independent

# AUGUST 2025

IMMANUEL LUTHERAN CHURCH  
1036 EAST LINCOLN STREET  
WOODBURN, OREGON 97071

971-208-5024



NATIONAL WELLNESS  
MONTH

stay active, stay social, stay independent

August 27<sup>th</sup> 2025  
located at North Marion Adult  
Center from 12:00pm to 3:00pm



North Marion Adult Center

## SPECIAL EVENTS



<b>MON</b> 4 <sup>th</sup>	10:30am 11:30-12:30 11:30-12:30 1:00-3:00	Gentle Stretch & Exercise with Shelly Activity Hour with Kathy Learn Spanish with Terri Card Bingo - Bring your dimes & quarters
<b>WED</b> 6 <sup>th</sup>	10:30/11:15 12:00pm 1:00pm	Chair/Movement Exercises with Ann Lunch by Phil, Chef -Community Meal Root beer floats for dessert Birthday Cake provided by Resi @McCully Realty Crafting with Kelly \$3 Cost
<b>MON</b> 11 <sup>th</sup>	10:30/11:15 11:30-12:30 11:30-12:30 1:00-3:00	Gentle Stretch & Exercises with Shelly Activity Hour with Kathy Learn Spanish with Terri Prize Bingo - \$2 cards & great prizes!
<b>WED</b> 13 <sup>th</sup>	10:30/11:15 12:00pm 1:00-4:00	Chair/Movement Exercises with Ann Lunch by Andrew Nordby, Viking Properties Finish BOM Quilt Tops- Bring 2yds fabric or \$14 Kits
<b>MON</b> 18 <sup>th</sup>	10:30am 11:30-12:30 11:30-12:30 1:00-3:00	Gentle Stretch & Exercise with Shelly Activity Hour with Kathy Learn Spanish with Terri Card Bingo - Bring your dimes & quarters
<b>WED</b> 20 <sup>th</sup>	10:30/11:15 12:00pm 1:00pm	Chair/Movement Exercises with Ann Lunch & Learn with Matthew Wojcik - Independent Insurance Agent from Molalla Lunch provided by Country Meadows Village Crafting with Kelly \$3 Cost
<b>MON</b> 25 <sup>th</sup>	10:30am 11:30-12:30 11:30-12:30 1:00-3:00	Gentle Stretch & Exercise with Shelly Activity Hour with Kathy Learn Spanish with Terri Prize Bingo - \$2 cards & great prizes!
<b>WED</b> 27 <sup>th</sup>	10:30/11:15 12:00-3:00 2:00-4:00	Chair/Movement Exercises with Ann <b>Aloha, Hawaiian Luau</b> Signup Sheet available at the NMAC \$10 paid in Advance "Sew Cute" with Lori (Hawaiian eyeglasses case \$5 Kits)

6 <sup>th</sup>	Birthday Cake provided by Resi at McCully Realty
20 <sup>th</sup>	Lunch & Learn: Join Matthew Wojcik, Will be speaking on Medicare insurance options and qualifications for subsidies or extra help and answer questions.
27 <sup>th</sup>	<b>Aloha, Hawaiian Luau</b> Dig out your Hawaiian clothes & party with us. Enjoy lots of games Food provided by TBnamed then finish it up with a special Mea'ono
	<b>Dance to Live Hawaiian Music</b> Signup in Advance - \$10 Cost Dress in Hawaiian Attire
14 <sup>th</sup> & 28 <sup>th</sup>	<b>Thursdays Charity Quilting</b> 12:00 - 6:30pm Quilting with ZUMI long arm

Save the date

FRIENDS OF THE LIBRARY

September 17<sup>th</sup>, 2025

Lunch & Learn Special Guest Speaker  
Woodburn Public Library

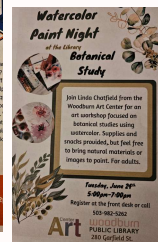
Special Notes

Please visit our website for Updates in the scheduling and more information.

The Sewing Corner:



A Warm Welcome to Lori at Sew & Glow for a quick, easy & FUN item in her "Sew Cute" classes  
All supplies & equipment provided with kits



NorthMarionAdultCenter.org



NorthMarionAdultCenter@gmail.com



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