



# April 2024



### Meals on Wheels & Connections Cafe

Call 541-451-1139 for more information.

Suggested donation \$3.50. Order lunch 3 business days ahead to secure your meal choice.

Onsite dining begins at **11:45am.**

### Friends of the Library

Monthly Saturday Book Sale at the Senior Center

**Saturday, April 20th  
9-2:00pm**

Books on the shelves at the Senior Center library are available for purchase

**Monday– Friday from  
8:30am-3:30pm**

### LBCC Courses at SC

Contact LBCC

for availability & fees for Spring term courses held at the Senior Center.

Their registration number is 541-917-4840 or online at [linnbenton.edu/register](http://linnbenton.edu/register)

### Better Bones & Balance

Mon/Wed/Fri 8-8:50

#### Tai Chi

Mon/Wed 10:00am

#### Beg. Watercolor

Tuesdays 3-4:50pm

		Wed	Thu	Fri
<b>1</b> 9-10:50 Dulcimers 10-10:45 Social Circle 10-10:40 Tai Chi (video) 11-12 Bingocize 1-1:45 Strength & Flex 1-3 Dominoes 2-3 WWE IOOF	<b>2</b> 9-10 TJQMBB 9-11 Knit/Crochet 10-10:40 Easy Cardio 11-11:40 Get Centered 11-12:45 Mah Jong 1-3 Pinochle 1-4 Living Consciously	<b>3</b> 9-11:50 Wood Carvers 10-11 Social Games: Pictionary/Charades 11-1 Scrabble w/ Sharon 11-12:00 iPad ProCreate 1-1:45 Strength & Flex 1-3 Bingo	<b>4</b> 9-10 TJQMBB 10-10:45 Line Dance 11-11:40 Chair Chi 1-3 Cribbage 1-3:30 Painters 2-3 WWE Mark Slough	<b>5</b> 9-10:50 Dulcimers 10-10:45 Strength & Flex 10-12 Advance Mahjong 11-12 Bingocize 1 Movie: Elvis
<b>8</b> 9-10:50 Dulcimers 10:30-11:30 Pet Therapy Safehaven Animals 11-12 Bingocize 1-1:45 Strength & Flex 1-3 Dominoes 1-3 Cards w/ Barb 2-3 WWE IOOF	<b>9</b> 9-10 TJQMBB 9-11 Knit/Crochet 10-10:40 Easy Cardio 11-11:40 Get Centered 11-12:45 Mah Jong 1-3 Pinochle 1-4 Living Consciously 1-1:45 Cooking Demo 2-3 Curiosity Club	<b>10</b> 9-11:50 Wood Carvers 10-11 Social Games: Indoor Croquet 11-11:30 Volunteer Mtg 11-12:00 iPad Photos 12:20 Birthday Social 1-1:45 Strength & Flex 1-3 Bingo	<b>11</b> 9-10 TJQMBB 10-10:45 Line Dance 11-11:40 Chair Chi 1-3 Cribbage 1-3:30 Painters 1-2:30 Book Club 2-3 WWE Mark Slough	<b>12</b> 9-10:50 Dulcimers 10-10:45 Strength & Flex 10-11:30 Secret Pals 11-12 Bingocize 10-12 Advance Mahjong 1 Movie: Rescued by Ruby
<b>15</b> 9-10:50 Dulcimers 10-10:40 Tai Chi (video) 10-10:45 Coffee & Crosswords 11-12 Bingocize 1-1:45 Strength & Flex 1-3 Dominoes 2-3 WWE IOOF	<b>16</b> 9-11 Knit/Crochet 10-10:40 Easy Cardio 11-11:35 Get Centered 11-12:45 Mah Jong 12-1:30 Bowling (sign up) 1-3 Pinochle 1-4 Living Consciously	<b>17</b> 9-11:50 Wood Carvers 10-10:45 Social Games: Ring Toss/ Axe Throw 11-1 Scrabble w/ Sharon 11-12:00 iPad ProCreate 1-1:45 Strength & Flex 1-3 Bingo 3-3:50 Stress Awareness	<b>18</b> 10-10:45 Line Dance w/ Barb 1-3 Painters 1-3 Cribbage  <i>12-4:30 Biz Expo at the River Center</i>	<b>19</b> 9-10:50 Dulcimers 10-10:45 Strength & Flex (Video) 10-12 Advance Mahjong 11-12 Bingocize 1 Movie: Murder Mystery 1-2 Roaming Seniors
<b>22</b> 9-10:50 Dulcimers 10-10:40 Tai Chi (video) 10-10:45 Group Signing 11-12 Bingocize 1-1:45 Strength & Flex 1-3 Dominoes 1-3 Inner Wisdom 2-3 WWE IOOF 2-3 UNO	<b>23</b> 9-10 TJQMBB 9-11 Knit/Crochet 10-10:40 Easy Cardio 11-11:30 Get Centered 11-12:45 Mah Jong 1-3 Pinochle 1-4 Living Consciously 2-3 Tea (sign up by 4/19)	<b>24</b> 9-11:50 Wood Carvers 10-11 Social Games: Seated Kickball 11-12:00 iPad Photo Edit 1-1:45 Strength & Flex 1-3 Bingo	<b>25</b> 9-10 TJQMBB 10-10:45 Line Dance 11-11:40 Chair Chi 1-3 Painters 1-3 Cribbage 1-2:30 Book Club 2-3 WWE Mark Slough <i>* Volunteer Appreciation *</i>	<b>26</b> 9-10:50 Dulcimers 10-10:45 Strength & Flex 10-12 Advance Mahjong 11-12 Bingocize 1 Movie: Enola Holmes 2-3:30 Crafternoon– Mosaic (sign up by 4/19)
<b>29</b> 9-10:50 Dulcimers 10-10:40 Tai Chi (video) 11-12 Bingocize 1-1:45 Strength & Flex 1-3 Dominoes 2-3 WWE IOOF	<b>30</b> 9-10 TJQMBB 9-11 Knit/Crochet 10-10:40 Easy Cardio 11-11:40 Get Centered 11-12:45 Mah Jong 1-3 Pinochle 1-4 Living Consciously 2-3 Curiosity Club	<p><b>Square Dance Meets Tuesdays 1-3 Will not meet on the 23rd</b></p> <p><b>Line Dance Reviews Thursdays 11-11:30 Not on the 18th</b></p> <p><b>Saturday, April 13th 1-3:00pm Garden Club Class (sign up)</b></p>		
<div style="border: 2px solid black; padding: 5px; display: inline-block;"> <p><b>Save the date:</b> May 3rd medical students are planning to share a cultural themed art/craft project.</p> </div>				