

Health & Wellness Classes in Marion County

September – October 2018



There may be a charge for some classes. Please call the contact person to pre-register as class schedules may change.

Health Classes and Events

Open House for the Diabetes Prevention Program

Do you have Pre-diabetes? Join us for an opportunity to learn more about these FREE programs, meet the instructors and have your questions answered!

- Friday, September 28th from 9-10 am at NorthWest Senior & Disability Services, 3410 Cherry Ave NE, Salem
- Monday, October 8th from 8-9 am at Center 50+, 2615 Portland Rd NE, Salem

For additional information or to register, contact Elaine at 503-967-1834 or health.promotion@nswds.org

Diabetes Prevention Program

Place: NorthWest Senior & Disability Services – Salem Office
3410 Cherry Ave NE, Salem
Time: 9:00 am – 10:00 am
Days: Fridays
Dates: September 28 – August 2019
Register with Elaine at 503-967-1834

Diabetes Prevention Program

Place: Center 50+
2615 Portland Rd NE, Salem
Time: 8:00 am – 9:00 am
Days: Mondays
Dates: October 8 – September 2019
Register with Elaine at 503-967-1834

Living Well with Diabetes

Place: Salem Clinic Main Office
2020 Capitol St NE, Salem
Time: 2:30 pm – 5:00 pm
Days: Fridays
Dates: September 28 – November 2
To register, please call Elaine at 503-967-1834

Thriving and Surviving Cancer

Place: CHEC Center, Salem Hospital
Blg. D-Support Group Room
939 Oak St SE, Salem
Time: 5:15 pm – 7:45 pm
Days: Thursdays
Dates: September 13 – October 18
To register, please call Elaine at 503-967-1834 or register at www.salemhealth.org

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Health Classes and Events (Cont.)

**Family Caregiver Seminar –
Alzheimer’s Basics and More!**

Place: Center 50+
2615 Portland Rd NE, Salem
Time: 2:00 pm – 4:00 pm
Date: Monday, September 24
*For more information or to register,
please call 503-588-6303*

September Lunch and Learn Series

Place: Silverton Senior Center –
115 Westfield St, Silverton
Time: 1:00 pm – 2:00 pm
Days: Friday
Dates: Every Friday in September
*For more information, call
503-873-3093*

Welcome to Medicare

Place: Center 50+
2615 Portland Dr. NE, Salem
Time: 1:00 pm – 2:00 pm
Date: Wednesday, October 3
To register, please call 503-304-3653

Welcome to Medicare

Place: Woodburn Senior Center
700 N. Cascade Dr., Woodburn
Time: 10:00 am – 12:00 pm
Date: Wednesday, October 10
To register, please call 503-304-3653

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Physical Activity

Tai Chi for Arthritis

Place: Salem Health Rehabilitation Center, Building M
755 Mission St. SE, Salem
Time: 12:30 pm – 1:30 pm
Days: Mondays & Wednesdays
Dates: September 10 – October 3
To register, call Stephen at 503-814-7980

Tai Chi for Arthritis

Place: Salem Health Rehabilitation Center, Building M
755 Mission St. SE, Salem
Time: 12:30 pm – 1:30 pm
Days: Mondays & Wednesdays
Dates: October 15 – November 7
To register, call Stephen at 503-814-7980

LIVESTRONG

Place: Salem Family YMCA
685 Court St NE, Salem
Time: 5:30 pm – 7:00 pm
Days: Mondays & Fridays
This FREE class starts September 17th
To register, call 503-399-2770

LIVESTRONG

Place: Salem Family YMCA
685 Court St NE, Salem
Time: 1:30 pm – 3:00 pm
Days: Mondays & Fridays
This FREE class starts October 1st
To register, call 503-399-2770

Pedaling for Parkinson's

Place: Salem Family YMCA
685 Court St NE, Salem
Time: 9:30 am – 10:30 am
Days: Mondays, Wednesdays & Fridays
8 week sessions-you can join anytime
To register, call 503-399-2770

Just Walk

Various locations and times within Salem and Keizer. *Please call 503-373-3760, email justwalksalem@gmail.com or visit www.justwalksalem.com*

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Physical Activity (Cont.)

Fitness Class with Zumba in Spanish and English

Place: Nellie Muir Elementary School
1800 W Hayes St, Woodburn

Time: 6:30 pm – 7:30 pm

Days: Fridays

*For more information, call
503-983-3072 or 503-421-9090*

Fitness Class with Zumba in Spanish and English

Place: Woodburn Public Library
280 Garfield St, Woodburn

Time: 5:30 pm – 6:30 pm

Days: Wednesdays

*For more information, call
503-983-3072 or 503-421-9090*

Tai Chi: Moving for Better Balance

Place: Santiam Senior Center
41818 Kingston Jordan Rd
Stayton

Time: 10:15 am – 11:15 am

Days: Wednesdays & Fridays

*For more information, call Wendy at
503-769-8517*

Tai Chi: Moving for Better Balance

Place: Woodburn Senior Center
700 N Cascade Dr., Woodburn

Time: 10:00 am – 11:00 am

Days: Mondays

*For more information, call Connie at
503-989-9927*

Beginning Tai Chi

Place: Woodburn Senior Center
700 N Cascade Dr., Woodburn

Time: 11:00 am – 12:00 pm

Days: Mondays

*For more information, call Connie at
503-989-9927*

Enhance Fitness

Place: Salem Family YMCA
685 Court St NE, Salem

Time: 10:30 am – 11:30 am

Days: Mondays, Wednesdays &
Fridays

16 week sessions-you can join
anytime

To register, call 503-399-2770

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Groups

Free Legal Friday

Place: Alzheimer's Network, 2673
12th St SE, Salem
Time: 9:00 am – 12:00 pm
Dates: 4th Friday of each month

*For more information, call
503-364-8100*

Stroke Support Group

Place: First Church of the Nazarene
1550 Market St NE, Salem
Time: 12:45 pm – 3:00 pm
Dates: 2nd Friday of each month

*For more information, call Scott at
503-838-6868*

Diabetes Support

Place: First Presbyterian Church
770 Chemeketa St NE-Salem
Time: 7:00 pm
Dates: 4th Thursday of each month

*For more information, call
503-585-1335*

Thriving and Surviving Cancer Support Group

Place: Salem Hospital-Building D
1st floor Support Group Room
939 Oak St SE, Salem
Time: 5:30 pm -7:00 pm
Dates: 2nd Wed of each month

*For more information, please call
Elaine at 503-967-1834*

Depression and Bipolar Support Group

Place: Salem Hospital, Building B
Room B 1-2
665 Winter St SE, Salem
Time: 6:30 pm – 8:30 pm
Days: 1st Wednesday of each month

*For more information, call Marta at
503-588-8242*

Parkinson's Support Group

Place: Trinity Covenant Church
5020 Liberty Rd S, Salem
Time: 2:00 pm
Dates: 2nd Tuesday of each month

*For more information, call Jim at 503-
364-8520 or Jean at 503-364-3084*

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Groups (Cont.)

South Salem Caregiver Connection

Place: Terrace Lake Park Clubhouse
2120 Robbins Ln SE, Salem
Time: 2:00 pm – 3:30 pm
Days: Wednesdays
Dates: 4th Wednesday of each month
*For more information, call Amy at
503-606-7620*

Stayton Caregiver Connection

Place: Stayton Public Library
Meeting Room
515 N 1st Ave, Stayton
Time: 1:00 pm – 2:30 pm
Days: Wednesdays
Dates: 2nd Wed of each month
*For more information, call Julie at
503-304-3432*

Silverton Caregiver Connection

Place: Legacy Silverton Medical
Center - Room G (2nd floor)
342 Fairview St, Silverton
Time: 2:00 pm – 3:30 pm
Days: Tuesdays
Dates: 1st Tuesday of each month
*For more information, call Suzy at
503-304-3429*

Parenting Second Time Around

Place: Northwest Senior & Disability
Upstairs Conference Room
3410 Cherry Ave. NE, Salem
Time: 10:30 am – 12:30 am
Dates: 2nd Monday of each month
*For more information, call Suzy at
503-304-3429*

Mended Hearts

Place: Community Health Education
Center-Building D (1st floor)
939 Oak St SE, Salem
Time: 2:00 pm – 3:30 pm
Dates: 1st Monday of each month
*For more information, call Julie at
503-814-1720*

North Salem Caregiver Connection

Place: Northwest Senior & Disability
Services
3410 Cherry Ave. NE, Salem
Time: 1:00 pm – 3:00 pm
Days: Tuesdays
Dates: 3rd Tuesday of each month
*For more information, call Julie at
503-304-3432*

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Groups (Cont.)

Care Connections for Dementia

Topics

Place: Heartwood Place Memory
Care
N Boones Ferry Rd, Woodburn
Time: 2:00 pm – 3:30 pm
Days: Tuesdays
Dates: 3rd Tuesday of each month
To register, call 503-980-9990

Living with Alzheimer's: For Caregivers-Middle Stage

Place: West Valley Hospital
Time: 1:00 pm – 2:30 pm
Dates: 3rd Tuesday of each month
*For more information, call
1-800-272-3900*