

# Health & Wellness Classes in Marion County

## February – March 2019



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

#### **Thriving and Surviving Cancer**

Place: Salem Hospital – Building B  
665 Winter St SE - Room G  
Basement level

(3/7 & 4/4 – Room E)

Time: 1:00 pm – 3:30 pm

Days: Thursdays

Dates: February 21 – April 4

*To register, please call Elaine at  
503-967-1834 or  
healthpromotion@nwsds.org*

#### **Living Well With Diabetes**

Place: Salem Clinic – Main Office  
2020 Capitol St NE - Salem

Time: 9:00 am – 11:30 am

Days: Tuesdays

Dates: March 5 – April 9

*To register, please call Elaine at  
503-967-1834 or  
healthpromotion@nwsds.org*

#### **Mobile Dental Van**

Providing free dental services to  
those who qualify

Place: Silverton Senior Center  
115 Westfield St

Time: 9:00 am – 3:00 pm

Date: Thursday, February 28th

*Applications available at the Senior  
Center's Front Desk.*

*Applications due by Feb 25<sup>th</sup> and  
applicants that are accepted will be  
notified with an appointment time.*

*Call 503-873-3093 for more  
information*

#### **Advanced Directives: KEY Conversations Workshop**

Place: Keizer Senior Center  
930 Plymouth Dr NE- Keizer

Time: 9:00 am – 11:00 am

Date: Thursday, February 21st

*To register, call  
503-814-2432 or register online at  
salemhealth.org/CHEC*

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### Health Classes and Events (continued)

#### **Freedom From Smoking**

Place: Salem Hospital  
Community Health Ed Center  
939 Oak St SE- Salem  
Time: 10:00 am – 12:00 pm  
Day: Thursday  
Dates: February 7<sup>th</sup> – March 21st  
*To register, call  
503-814-2432 or register online at  
salemhealth.org/CHEC*

#### **Advanced Directives: KEY Conversations Workshop**

Place: South Salem Senior Center  
6450 Fairway Ave SE- Salem  
Time: 1:00 pm – 3:00 pm  
Date: Wednesday, March 13th  
*To register, call  
503-814-2432 or register online at  
salemhealth.org/CHEC*

#### **Brain Agility On The Go**

Place: Keizer Senior Center  
930 Plymouth Dr NE - Keizer  
Time: 10:00 am – 11:00 am  
Date: Thursday, March 7<sup>th</sup>  
*To register, call  
503-814-2432 or register online at  
salemhealth.org/CHEC*

#### **Brain Agility Series**

Place: Capitol Manor  
1955 Dallas Hwy NW - Salem  
Time: 10:00 am – 11:00 am  
Day: Thursdays  
Dates: March 21st – May 2nd  
*To register, call  
503-814-2432 or register online at  
salemhealth.org/CHEC*

#### **Welcome To Medicare**

Place: Salem Hospital  
Community Health Ed Center  
939 Oak St SE – Building D  
Classroom 1 (1<sup>st</sup> floor)  
Time: 1:00 pm – 2:30 pm  
Date: Thursday, March 21st  
*For more information, call  
503-814-2432*

#### **Welcome To Medicare**

Place: Salem Hospital  
Community Health Ed Center  
939 Oak St SE – Building D  
Classroom 1 (1<sup>st</sup> floor)  
Time: 1:00 pm – 2:30 pm  
Date: Thursday, February 21st  
*For more information, call  
503-814-2432*

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### Physical Activity

#### **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*

#### **Tai Chi: Moving for Better Balance**

Place: Salem Health Rehab Center  
755 Mission St SE – Building M  
Salem

Time: 12:30 pm – 1:30 pm  
Days: Mondays & Wednesdays

*For more information, call Stephen at  
503-814-7980*

#### **Just Walk**

Various locations and times within  
Salem, Keizer and Jefferson. *Please  
call 503-373-3760, email*

*[justwalksalem@gmail.com](mailto:justwalksalem@gmail.com) or visit  
[www.justwalksalem.com](http://www.justwalksalem.com)*

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### Physical Activity (Continued)

#### **Rock Steady Boxing for Parkinson's**

Place: Zanshin Martial Arts  
1127 Broadway St NE, Salem  
Time: 3:00 pm – 4:30 pm  
Days: Mondays & Wednesdays  
*For more information or to register,  
call Kate at 503-930-9493*

#### **LIVESTRONG**

Place: Salem Family YMCA  
685 Court St NE, Salem  
Time: 1:30 pm – 3:00 pm  
Days: Mondays & Fridays  
This 12 week program begins regularly. Free for all participants.  
*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*

#### **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*

#### **Yoga Basics**

Place: Salem Health  
Community Health Ed Center  
939 Oak St SE – Building D  
Times: 8 -8:45 am & 12 -12:45 pm  
Days: Tuesdays & Thursdays  
*For more information, call  
503-814-2432 or email  
Salemhealth.org/chec*

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### Physical Activity (continued)

#### Chair Yoga

Place: Salem Health  
Community Health Ed Center  
939 Oak St SE – Building D  
Time: 1:00 pm – 1:45 pm  
Days: Tuesdays & Thursdays  
*For more information, call  
503-814-2432 or email  
Salemhealth.org/chec*

#### Moderate Flow Yoga

Place: Salem Health  
Community Health Ed Center  
939 Oak St SE – Building D  
Time: 5:15 pm– 6:15 pm  
Days: Tuesdays & Thursdays  
*For more information, call  
503-814-2432 or email  
Salemhealth.org/chec*

#### Gentle/Restorative Yoga

Place: Salem Health  
Community Health Ed Center  
939 Oak St SE – Building D  
Times: 9 - 9:45 am & 4:15 – 5 pm  
Days: Tuesdays & Thursdays  
*For more information, call  
503-814-2432 or email  
Salemhealth.org/chec*

#### Simple QiGong (set to music)

Place: Silverton Senior Center  
115 Westfield St – Silverton  
Time: 10:30 am  
Days: Wednesdays  
*For more information,  
[www.thenurturingpath.com](http://www.thenurturingpath.com)*

### Groups

#### Parkinson's Support Group

Place: Trinity Covenant Church  
5020 Liberty Rd S, Salem  
Time: 2:00 pm  
Dates: 2<sup>nd</sup> Tuesday of each month  
*For more information, call Jim at 503-  
364-8520 or Jean at 503-364-3084*

#### Diabetes Support

Place: First Presbyterian Church  
770 Chemeketa St NE-Salem  
Time: 7:00 pm  
Dates: 4<sup>th</sup> Thursday of each month  
*For more information, call  
503-585-1335*

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### Groups (continued)

#### **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: 1<sup>st</sup> Wednesday of each month  
*For more information, call Marta at  
503-588-8242*

#### **Stroke Support Group**

Place: First Church of the Nazarene  
1550 Market St NE, Salem  
Time: 12:45 pm – 3:00 pm  
Dates: 2<sup>nd</sup> Friday of each month  
*For more information, call Scott at  
503-838-6868*

#### **Grief Support Group**

Place: Silverton Senior Center  
115 Westfield St - Silverton  
Time: 2:00 pm – 3:15 pm  
Date: Thursday, February 27th  
*For more information, call  
503-873-3093*

#### **Thriving and Surviving Cancer Support Group**

Place: Salem Hospital-Building D  
1<sup>st</sup> floor Support Group Room  
939 Oak St SE, Salem  
Time: 5:30 pm -7:00 pm  
Dates: 2<sup>nd</sup> Wed of each month  
*For more information, please call  
Elaine at 503-967-1834*

#### **South Salem Caregiver Connection**

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

#### **Stayton Caregiver Connection**

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

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### Groups (continued)

#### **Free Legal Friday**

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

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

#### **Parenting Second Time Around**

Place: Northwest Senior & Disability  
Upstairs Conference Room  
3410 Cherry Ave. NE, Salem  
Time: 10:00 am – 12:00 pm  
Dates: 2<sup>nd</sup> Monday of each month

*For more information, call Suzy at  
503-304-3429*

#### **Silverton Caregiver Connection**

Place: Legacy Silverton Medical  
Center - Room G (2<sup>nd</sup> floor)  
342 Fairview St, Silverton  
Time: 2:00 pm – 3:30 pm  
Days: Tuesdays  
Dates: 1<sup>st</sup> Tuesday of each month

*For more information, call Suzy at  
503-304-3429*

#### **North Salem Caregiver Connection**

Place: Northwest Senior & Disability  
Services  
3410 Cherry Ave. NE, Salem  
Time: 1:00 pm – 3:00 pm  
Days: Tuesdays  
Dates: 3<sup>rd</sup> Tuesday of each month

*For more information, call Julie at  
503-304-3432*

#### **Mended Hearts-Cardiac Support**

Place: Community Health Education  
Center-Building D (1<sup>st</sup> floor)  
939 Oak St SE, Salem  
Time: 2:00 pm – 3:30 pm  
Dates: 1<sup>st</sup> Monday of each month

*For more information, call Julie at  
503-814-1720*

#### **Alzheimer's Network Support Group**

Place: Alzheimer's Network  
2673 12<sup>th</sup> St SE, Salem  
Time: 2:00 pm – 3:30 pm  
Days: Thursdays  
Dates: 3<sup>rd</sup> Thursday of each month

*For more information or to register,  
call 503-364-8100*

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### Groups (continued)

#### **Alzheimer's Support Group**

Place: The Woods at Willow Creek  
4398 Glencoe St NE, Salem  
Time: 5:30 pm – 6:30 pm  
Days: Tuesdays  
Dates: 2<sup>nd</sup> Tuesday of each month

*For more information or to register,  
call 503-364-8100*

#### **Alzheimer's Support Group**

Place: Brookstone Alzheimer's  
Special Care – 5881 Woodside  
Dr. SE, Salem  
Time: 2:00 pm – 3:30 pm  
Dates: 2<sup>nd</sup> Tuesday and 3<sup>rd</sup> Thursday  
of each month

*For more information or to register,  
call 503-364-8100*

#### **Alzheimer's Support Group**

Place: Maurice's Bistro  
390 SE Church St, Sublimity  
Time: 10:00 am – 11:00 am  
Days: Thursdays  
Dates: 1<sup>st</sup> Thursday of each month

*For more information or to register,  
call Denise at 503-769-3499 x1119*

#### **Alzheimer's Support Group**

Place: Emerald Pointe Senior Living  
1125 McGee Court, Keizer  
Time: 2:00 pm – 3:30 pm  
Days: Tuesdays  
Dates: Last Tuesday of each month

*For more information or to register,  
call 503-364-8100*

#### **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: 3<sup>rd</sup> Tuesday of each month

*For more information or to register,  
call 503-980-9990*