

Health & Wellness Classes in Marion County

March – April 2018



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

Physical Activity

Tai Chi: Moving for Better Balance

Place: Woodburn Senior Center
700 N Cascade Dr., Woodburn
Time: 10:00 am – 11:00 am
Days: Mondays
Contact: 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
Contact: Connie at 503-989-9927

Just Walk

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

Rock Steady (for Parkinson's)

Place: Community Health Education Center- Building D
939 Oak St. SE, Salem
Classroom 1 (1st floor)
Time: 12:30 pm – 1:30 pm
Date: Wednesday, April 11
Contact: 503-814-2432

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
Contact: 503-983-3072/503-421-9090

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
Contact: 503-983-3072/503-421-9090

RISE Exercise Program: Cancer Exercise Program

Place: Community Health Education Center- Building D
939 Oak St. SE, Salem
Activity Room (2nd floor)
Time: 1:00 pm – 2:00 pm
Days: Mondays, Wednesdays, Fridays
Dates: April 16 – May 23
Contact: 503-814-2432

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Health Classes and Events

Diabetes Prevention Program

Place: Center 50 +
2615 Portland Rd NE, Salem
Time: 5:30 pm – 6:30 pm
Days: Thursdays
Dates: April 5, 2018 – March 2019
To register, please call 503-967-1834

The Best Friends Approach to Alzheimer's Care

Place: Center 50 +
2615 Portland Rd NE, Salem
Time: 2:00 pm – 4:00 pm
Days: Mondays
Dates: March 5 – March 19
Contact: 503-588-6303

Diabetes Prevention Program

Place: Silverton Senior Center
115 Westfield St, Silverton
Time: 10:00 am – 11:00 am
Days: Thursdays
Dates: April 5, 2018 – March 2019
Contact: Elaine at 503-967-1834

Life Line Screening Appointments

Place: Silverton Senior Center
115 Westfield St, Silverton
Time: 9:00 am – 4:00 pm
Date: Thursday, March 29
Contact: 503-873-3093

Welcome to Medicare

Place: Salem Hospital-CHEC
939 Oak Street SE, Building D
Time: 1:00 pm – 2:30 pm
Date: Tuesday, March 27
Contact: 503-814-2432

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
Contact: 503-364-8100

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Brain Agility on the Go

Place: Community Health Education
Center- Building D
939 Oak St. SE, Salem
Classroom D21 (2nd floor)
Time: 5:00 pm – 6:30 pm
Date: Thursday, March 1
Contact: 503-814-2432

Lower Sodium: Reducing Salt in a Salty World

Place: Community Health Education
Center- Building D
939 Oak St. SE, Salem
Wellness Kitchen
Time: 10:00 am
Date: Thursday, March 8
Contact: 503-814-2432

Healthy Back

Place: Community Health Education
Center- Building D
939 Oak St. SE, Salem
Time: 6:00 pm – 7:00 pm
Date: Thursday, March 29
Contact: 503-814-2432

Question, Persuade, & Refer Suicide Prevention

Place: Community Health Education
Center- Building D
939 Oak St. SE, Salem
Classroom 2 (1st floor)
Time: 10:00 am – 12:00 pm
Date: Saturday, March 17
Contact: 503-814-2432

Advanced Directives Workshop

Place: Community Health Education
Center- Building D
939 Oak St. SE, Salem
Classroom 1 (1st floor)
Time: 12:00 pm – 2:00 pm
Date: Thursday, April 12
Contact: 503-814-2432

The Savvy Caregiver

Place: Center 50+
2615 Portland Rd NE, Salem
Time: 10:00 am – 12:00 pm
Days: Tuesdays
Dates: April 24 – May 29
Contact: 503-588-6320

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Groups

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

Contact: Suzy at 503-304-3429 or
Julie at 503-304-3432

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

Contact: 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

Contact: 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: 3rd Monday of each month

Contact: 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: 3rd Tuesday of each month

Contact: Julie at 503-304-3432

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

Contact: Julie at 503-814-1720

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Understanding Alzheimer's disease: Family Caregiver Seminar

Place: Center 50+
2615 Portland Rd NE, Salem
Time: 2:00 pm – 4:00 pm
Dates: 4th Monday of each month
Contact: 503-588-6303

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
Contact: 1-800-272-3900

Dementia Support Group

Place: Heartwood Place Memory
Care-
N Boones Ferry Rd, Woodburn
Time: 2:00 pm – 3:30 pm
Days: Thursdays
Dates: 3rd Thursday of each month
Contact: 503-980-9990

Stroke Support Group

Place: Salem Hospital-Building D
939 Oak Street
Time: 1:00 pm – 3:30 pm
Dates: 2nd Friday of each month
Contact: Scott at 503-838-6868

Parkinson's Support Group

Place: Trinity Covenant Church
5020 Liberty Rd S, Salem
Time: 2:00 pm
Dates: 2nd Tuesday of each month
Contact: Jim at 503-364-8520 or
Jean at 503-364-3084

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
Contact: 503-814-2432

Diabetes Support

Place: First Presbyterian Church
770 Chemeketa St NE-Salem
Time: 7:00 pm
Dates: 4th Thursday of each month
Contact: 503-585-1335

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
Contact: Marta at 503-588-8242