

Health & Wellness Classes in Yamhill 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

Savvy Caregiver Workshop

Northwest Senior & Disability Services – 300 SW Hill Rd S, McMinnville

Time: 10:00 am – 12:00 pm Days: Fridays Dates: Sept 14 – Oct 19

A 6 week program that provides strategies, skills and group support for caregivers caring for a family member with Alzheimer’s Disease and related dementias. This program is for *unpaid* caregivers who care for persons with Alzheimer’s or other dementias.

For more information and to register, call Julie at 503-435-3404

Welcome to Medicare

Place: Providence Newberg Medical Center – 1001 Providence Dr.

Time: 10:00 am – 11:30 am

Date: Tuesday, October 2

*To register, please call
503-304-3653*

Diabetes Prevention Program

Yamhill Community Care Wellness Center – 819 NE 3rd St, McMinnville

*For more information or to register,
contact Lily at 503-455-8048*

Programa de Prevención de Diabetes

Yamhill Community Care Wellness Center – 819 NE 3rd St, McMinnville

Por favor inscribese con Rubi 503-455-8044 lo más pronto posible

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Physical Activity

Tai Chi: Moving for Better Balance

Place: Sheridan Library
142 NW Yamhill St.
Time: 10:30 am – 11:30 am
Days: Every Tuesday

*For more information, call
503-843-3420*

Strong for Life 2.0

A FREE exercise program designed to improve strength and flexibility in adults 60 and older.

For class times and locations, or to register, contact Deana at

503-537-1471 or

deana.vandenhoeck@providence.org

Yoga

Place: Project ABLE-McMinnville
117 NE 5th St, Suite C
Time: 10:30 am
Days: Every Wednesday

*For more information, call
503-474-5509*

Get Moving with ABLE

Place: Project ABLE-McMinnville
117 NE 5th St, Suite C
Time: 12:00 pm
Days: Every Wednesday

*For more information, call
503-474-5509*

Groups

Parkinson's Support Group

Place: McMinnville Senior Center
2250 NE McDaniel Ln
Time: 1:00 pm
Dates: 1st Thursday of each month

*For more information, call Doug at
503-437-4690*

Caregivers Resources

Place: McMinnville Senior Center
2250 NE McDaniel Ln
Time: 1:00 pm – 2:30 pm
Dates: Every Tuesday

*For more information, call
503-435-0407*

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Groups (Cont.)

Alzheimer's & Dementia Support

Place: Friendsview Retirement
Community-Hess Creek Room
1301 Fulton St, Newberg

Time: 2:00 pm – 3:00 pm

Dates: 2nd and 4th Thursdays of each
month

*For more information, call
1-800-272-3900*

Caregivers' Support Group

Place: Hillside Terrace-Health Care
Center
400 NW Hillside Park Way
McMinnville

Time: 3:00 pm – 4:00 pm

Dates: 1st and 3rd Thursdays of each
month

*For more information, call Shanena
at 503-472-9534*

Caregiver Support Group

Place: Providence Newberg Medical
Center- Sherwood Conf Room
1001 Providence Dr, Newberg

Time: 1:30 pm – 3:00 pm

Dates: 2nd and 4th Thursdays of
each month

*For more information, call
503-537-1549*

Wellness Group

Place: Project ABLE-McMinnville
117 NE 5th St, Suite C

Time: 10:00 am – 12:00 pm

Days: Every Monday

*For more information, call
503-474-5509*

Living with Cancer Support

Place: H.R. Hoover Cancer Center
2700 SE Stratus Avenue
SE Entrance, McMinnville

Time: 2:30 pm – 4:00 pm

Days: 1st Wednesday of each month

*For more information, call
503-435-6590 ext. 8740*

Self-Esteem Classes

Place: Project ABLE-McMinnville
117 NE 5th St, Suite C

Time: 12:30 pm

Days: Every Monday

*For more information, call
503-474-5509*

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Groups (Cont.)

Trauma Healing & Recovery

Place: Project ABLE-McMinnville
117 NE 5th St, Suite C
Time: 10:30 am
Days: Every Friday
*For more information, call
503-474-5509*

Self-Forgiveness

Place: Provoking Hope
213 NE 10th St
McMinnville
Time: 10:30 am – 12:00 pm
Days: Every Tuesday
*For more information, call
503-895-0934*

Women's Co-dependency Group

Place: Provoking Hope
213 NE 10th St
McMinnville
Time: 4:00 pm – 5:00 pm
Days: Every Thursday
*For more information, call
503-895-0934*

Spanish Speaking Alcoholics

Anonymous

Place: Provoking Hope
213 NE 10th St
McMinnville
Time: 6:30 pm – 7:30 pm
Days: Every Tuesday
*For more information, call
503-895-0934*

Men's Co-dependency Group

Place: Provoking Hope
213 NE 10th St
McMinnville
Time: 10:00 am – 11:00 am
Days: Every Thursday
*For more information, call
503-895-0934*

Grief and Loss Support Group

Place: McMinnville Public Library
225 NW Adams St.
Time: 2:00 pm – 3:30 pm
Days: 1st and 3rd Mondays
*For more information, call
503-472-9685*