

Health & Wellness Classes in Yamhill County

January 2018 – February 2018



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

Walk with Ease-Virtual Class

Time: 9:30 am-10:00 am
Days: Mondays and Wednesdays
Dates: January 8 – February 14
Contact: 541-572-5263
Register online at
<http://walk.oregonstate.edu>

Setting Goals

Place: Project ABLE-McMinnville
117 NE 5th St, Suite C
Time: 11:00 am – 12:00 pm
Date: Tuesday, January 2
Contact: 503-474-5509

Self-Care Basics

Place: Project ABLE - McMinnville
117 NE 5th St, Suite C
Time: 12:30 pm – 1:00 pm
Date: Tuesday, January 9
Contact: 503-474-5509

The Savvy Caregiver

Place: Friendsview Retirement
Community, Hess Creek Room
1301 Fulton, Newberg
Time: 9:00 am-11:00 am
Days: Wednesdays
Dates: January 10 – February 14
Contact: Julie at 503-435-3404

Get Moving with ABLE

Place: Project ABLE-McMinnville
117 NE 5th St, Suite C
Time: 12:00 pm – 1:00 pm
Days: Every Wed, starting Jan 10th
Contact: 503-474-5509

A Good Life with Diabetes

Place: Project ABLE-McMinnville
117 NE 5th St, Suite C
Time: 11:00 am – 12:00 pm
Date: Every 3rd Tues, starting Jan 16
Contact: 503-474-5509

Wellness Recovery Action Plan

Place: Project ABLE-McMinnville
117 NE 5th St, Suite C
Time: 10:00 am – 11:00 am
Date: Monday, January 22
Contact: 503-474-5509

Mindfulness Group

Place: Project ABLE-McMinnville
117 NE 5th St, Suite C
Time: 11:00 am – 12:00 pm
Date: Tuesday, January 23
Contact: 503-474-5509

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Living Well with Chronic Pain

Place: McMinnville Internal
Medicine – 254 Norton Ln
Time: 9:00 am – 11:30 am
Day: Wednesdays
Dates: January 24 - February 28
Contact: 503-472-9002

8 Dimensions of Wellness

Place: Project ABLE-McMinnville
117 NE 5th St, Suite C
Time: 10:00 am – 11:00 am
Date: Monday, January 29
Contact: 503-474-5509

Leisure Biking for Older Adults

Place: McMinnville Senior Center
2250 NE McDaniel Ln
Time: 9:30 am
Days: Every Monday
Contact: 503-435-0407

Self-Esteem Group

Place: Project ABLE-McMinnville
117 NE 5th St, Suite C
Time: 10:00 am
Days: Every Monday
Contact: 503-474-5509

Caregivers Resources

Place: McMinnville Senior Center
2250 NE McDaniel Ln
Time: 1:00 pm – 2:30 pm
Dates: Every Tuesday
Contact: 503-435-0407

Tai Chi

Place: Sheridan Library
142 NW Yamhill St.
Time: 10:30 am – 11:30 am
Days: Every Tuesday
Contact: 503-483-3420

Yoga

Place: Project ABLE-McMinnville
117 NE 5th St, Suite C
Time: 10:30 am
Days: Every Wednesday
Contact: 503-474-5509

Trauma Healing & Recovery

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

Strong for Life 2.0

Place: Various Locations
Enroll by calling Deana at
503-537-1471 or emailing
deana.vandenhoeck@providence.org

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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

Contact: 503-435-6590 ext. 8740

Hearing Screenings & Hearing Aid Checks

Place: McMinnville Senior Center
2250 NE McDaniel Ln

Time: 11:00 am – 12:00 pm

Days: 1st Wednesday of each month

Contact: 503-435-0407

Alzheimer's Café-Music Therapy

Place: McMinnville Senior Center
2250 NE McDaniel Ln

Time: 3:00 pm

Dates: 1st and 3rd Wednesday of
each month

Contact: 503-435-0407

Parkinson's Support Group

Place: McMinnville Senior Center
2250 NE McDaniel Ln

Time: 1:00 pm

Dates: 1st Thursday of each month

Contact: Doug at 503-437-4690

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

Contact: Shanena at 503-472-9534

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

Contact: 1-800-272-3900

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

Contact: 503-537-1549