

# Health & Wellness Classes in Yamhill 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: Sheridan Library  
142 NW Yamhill St.  
Time: 10:30 am – 11:30 am  
Days: Every Tuesday  
Contact: 503-843-3420

#### **Yoga: Get Moving with ABE**

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

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

Place: West Valley Community  
Campus-  
266 SE Washington St.  
Willamina, OR 97396  
Time: 10:00 am – 11:00 am  
Days: Wednesdays and Fridays  
Dates: March 28 – June 13  
Contact: Elaine at 503-967-1834  
*New students welcome at any time!*

#### **Strong for Life 2.0**

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

#### **Leisure Biking for Older Adults**

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

### Health Classes and Events

#### **Hearing Screenings & Hearing Aid Checks**

Place: McMinnville Senior Center  
2250 NE McDaniel Ln  
Time: 11:00 am – 12:00 pm  
Days: 1<sup>st</sup> Wednesday of each month  
Contact: 503-435-0407

#### **Good Life with Diabetes**

Place: Project ABE-McMinnville  
117 NE 5<sup>th</sup> St, Suite C  
Time: 11:30 am  
Date: Tuesday, March 20  
Contact: 503-474-5509

# Health & Wellness Classes in Yamhill 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.

### Groups

#### **Caregivers Resources**

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

#### **Trauma Healing & Recovery**

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

#### **Caregivers' Support Group**

Place: Hillside Terrace-Health Care Center  
400 NW Hillside Park Way  
McMinnville  
Time: 3:00 pm – 4:00 pm  
Dates: 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of each month  
Contact: Shanena at 503-472-9534

#### **Parkinson's Support Group**

Place: McMinnville Senior Center  
2250 NE McDaniel Ln  
Time: 1:00 pm  
Dates: 1<sup>st</sup> Thursday of each month  
Contact: Doug at 503-437-4690

#### **Caregiver Support Group**

Place: Providence Newberg Medical Center- Sherwood Conf Room  
1001 Providence Dr, Newberg  
Time: 1:30 pm – 3:00 pm  
Dates: 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of each month  
Contact: 503-537-1549

#### **Wellness Group**

Place: Project ABLE-McMinnville  
117 NE 5<sup>th</sup> St, Suite C  
Time: 10:00 am – 12:00 pm  
Days: Every Monday  
Contact: 503-474-5509

# Health & Wellness Classes in Yamhill 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.

### **Alzheimer's & Dementia Support**

Place: Friendsview Retirement  
Community-Hess Creek Room  
1301 Fulton St, Newberg  
Time: 2:00 pm – 3:00 pm  
Dates: 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of each  
month  
Contact: 1-800-272-3900

### **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: 1<sup>st</sup> Wednesday of each month  
Contact: 503-435-6590 ext. 8740

### **Alzheimer's Café-Music Therapy**

Place: McMinnville Senior Center  
2250 NE McDaniel Ln  
Time: 3:00 pm  
Dates: 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of  
each month  
Contact: 503-435-0407