

SENIOR CALENDAR

February 2020



YOU ARE INVITED.

CLASS AND ACTIVITY SCHEDULE - Winter 2020 (SUBJECT TO CHANGE)

541-296-4788 | www.midcolumbiaseniorcenter.com | updated 1.28.20

Exercise/Movement		
Chair Yoga	Tuesdays and Thursdays 9:30 - 10:30 AM	\$3 per day
Strength Chair Yoga	Every Wed and Fri 9:15 - 10:30 AM	\$3 per day
Strong Woman	Tuesdays and Thursdays 2:00 - 3:00 PM	\$2 per day
Table Tennis	Tuesdays and Thursdays 3:00 PM	Free
Tai Chi	Tuesday 1:00 PM	\$2 per day
Education		
AARP Smart Driver Course	Every 3rd Monday and Tuesday 8:45 AM - 12:00 PM	\$20/\$15
Lunch with TED TALKS	Mondays 12:00 PM	Free
Let's Talk	Fridays 11:00 AM	Free
Medicare Counseling (SHIBA)	By Appointment - Contact the Front Desk	Free
Creative and Performing Arts		
Quilters	Mondays 10:00 AM - 3:00 PM	Free
Needle Nutz (Stitching/Knitting)	Every Wednesday 10:00 AM 12:00 PM	Free
Technology		
Computer/Tablet Help Lab	By Appointment	\$2
Cards		
Pinochle (Thurs)	Thursdays 1:00 - 3:30 PM	Donation
Pinochle (Fri)	Every Friday 6:00 - 9:00 PM	\$6 per night
Mahjong	Every Friday 1:00-4:00 PM	\$1
Dominoes	Tuesdays 1:00	Free
Bunco	3rd Tuesday 1:00 - 3:00 PM	\$3
Poker	Mondays 6:00 PM	\$1
Health		
Chair Massage	1st Fridays (By appointment)	\$20
Entertainment		
Bingo	Thursday & Saturday Nights 6:00 PM	\$10 minimum

February Events at the Center

(Mid-Columbia Senior Center)

MEAL-A-MONTH RAFFLE

Wouldn't you like to have a free dinner every month at some of The Dalles' finest eating establishments? The Center's Meal-a-Month Raffle will give you that opportunity. You have 3 chances to win twelve \$25 gift certificates from our local restaurants.

Raffle tickets are only \$10 apiece or 3 tickets for \$25. You can purchase raffle tickets at the Senior Center or before the drawing on February 7th. Call 541-296-4788 for more information

DRINKS, APPETIZERS AND RAFFLE DRAWING

The raffle drawing will be held on Friday, February 7th at 6:00. Drinks and appetizers will be provided thanks to a donation by NW Natural. Enjoy food and drinks, purchase your raffle tickets and see if you are one of the three winners.

THE MORE YOU KNOW...

SPONSORS:

February Events at the Center (Mid-Columbia Senior Center)

AARP FOUNDATION TAX AIDE
Free Tax help available through AARP Foundation for Low to moderate income persons or families of all ages.

Tax Aide starts this year at the Center on Saturday, February 1st and will continue through April 11th. The hours are once again 2:00 - 6:00 on Fridays and 9:00 - 1:00 on Saturdays. It is "first come first serve" so don't be surprised by the lines. Make sure you bring all your supporting documentation and a photo ID.

ART APPRECIATION AT THE CENTER WITH KERRY COBB
EXQUISITE BEAUTY: THE PAINTINGS OF MARK ROTHKO

ROTHKO February, Tuesday 25th 1:00
A prominent figure among the New York School painters of the 1940s & 50s, Mark Rothko moved through many artistic styles until reaching his signature 1950s motif of soft, rectangular forms floating on a stained field of color. Heavily influenced by mythology and philosophy, he was insistent that his art was filled with content and brimming with ideas

SMART DRIVER CLASS

with CarFit Instructor: Richard Frost
February 17th and 18th
8:45 - 12:05 each day
Cost \$20.00; \$15.00 for AARP Members
The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. And you may benefit from a discount on your auto insurance premium upon completing the course. And more importantly you will learn something new along the way.
Call the Center 51-298-4788 or visit www.midcolumbiaseniorcenter.com for more information.

the CENTER
Enriching the community by sharing and caring
THE MID-COLUMBIA COMMUNITY SENIOR CENTER IS A CENTER FOR ALL!
Come join the fun at the center. All ages are welcome!

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MOVEMENT . CREATIVE ARTS . EDUCATION .
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www.AndersonsTributeCenter.com

Nightingale Care Homes

- Licensed adult foster home with 3 locations in The Dalles
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- For more info contact Carlie Withrow, RN at 503-956-2443

NightingaleCareHomes.org

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Focus on the Important Things
Let us handle the rest

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SENIOR CALENDAR IS PUBLISHED MONTHLY. CALL 541.296.2141 TO ADVERTISE.