



North Marion Adult Center
stay active, stay social, stay independent



Welcome
2026

IMMANUEL LUTHERAN CHURCH
1036 EAST LINCOLN STREET
WOODBURN, OREGON 97071
503-981-1036

stay active, stay social, stay independent

Mondays 11:30am - 3:00pm
Wednesdays 10:30am - 3:00pm
Fridays 11:00am - 2:00pm

January
2026

SPECIAL EVENTS

MON 5th
11:30-12:30 Activity Hour
1:00-3:00 Card Bingo - Bring your quarters & \$1 bills
3:00-8:00 Charity Sit & Sew

7th



Birthday Cake provided by
Resi Hind at
McCully Realty

WED 7th
10:30-11:30 Chair Exercise Followed by Movement Exercises
Noon Lunch by Chef Phil - Community Meal Chef
Birthday Cake provided by Resi Hind
@McCully Realty

21st



Fall prevention starts with simple habits that support balance & confidence—clearing walkways, improving lighting, choosing supportive footwear, & staying active to keep muscles strong. Small changes like these can make a meaningful difference in staying safe & steady.

MON 12th
1:00-3:00 Prize Bingo - \$2 cards & great prizes!



Fridays 11:00am - 2:00pm

2nd Closed
9th Chair Exercise with Tami B & Beginners Crochet or Washcloth with Nancy
16th Tote-n-Tea with Karen Nelson
23rd Bunco
30th Massage Class with Lydia, Certified Masseuse & Free Massages - Signup Required at Center

WED 14th
10:30-11:30 Chair Exercises Followed by Movement Exercises
Noon Lunch by Andrew Nordby, Viking Properties
1:00-4:00 **New 3-Star BOM Quilts: Experienced Quilters**



MON 19th
11:30-12:30 Activity Hour
1:00-3:00 Card Bingo - Bring your quarters & \$1 bills.

WED 21st
10:30-11:30 Chair Exercises Followed by Movement Exercises
Noon Lunch & Learn - Fall Prevention - Guest Speaker
Provided by Country Meadows
1:00 **Crafting with Kelly**
1:00-4:00 **Sewing - HQ16-LongArm Class**



MON 26th
11:30-12:30 Activity Hour
1:00-3:00 Prize Bingo - \$2 cards & great prizes!
1:00-4:00 Building Fabric Kits - All for Charity

WED 28th
10:30-11:30 Chair Exercises Followed by Movement Exercise
Noon **SPUD BOWL 2026**
LUNCH PROVIDED BY EMERALD GARDENS
1:30-4:00 Sew Ditty Class \$5 Kit- Charity sew after class



Fully Loaded Potato Bar
Plus Dessert

Thursdays Charity Quilting
22nd 12pm-6pm - Zumi Long Arm Quilting



Special Notes

Free Lunch Wednesdays at 12:00pm

SPUD BOWL 2026

January 28th 12 Noon



Activities Include:

- Raffle Prize
- Table Trivia
- Bean Bag Toss
- & Much more fun



The Sewing Corner:

Classes for all levels from beginners to advanced
Signup in person and grab the latest sewing schedule for more details. Kits are \$5

Note: Starting new Block of the Month on January 14th 2026

All supplies & equipment provided with kits



Make a Difference! Volunteer with us!



nmacwoodburn.org



info@nmacwoodburn.org



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