

SEPTEMBER 2023

Take a
photo
with your
phone for
reference
later!

Mondays

4th

In observance of Labor Day we will be closed on Monday, September 4th

11th

10:30 am **Stretch & Balance** with Lydia
11:15 am **Flex & Stretch** with Lydia
1:00 pm **BINGO \$1 Cards & Great Prizes**
1:00-7:00 pm **Sew 'N Glow:** Charity Sewing

18th

10:30 am **Stretch & Balance** with Lydia
11:30 am **Flex & Stretch** with Lydia
1:00 pm **BINGO \$1 Cards & Great Prizes**
1:00-7:00 pm **Sew 'N Glow:** Charity Sewing

25th

10:30 am **Stretch & Balance** with Lydia
11:30 am **Flex & Stretch** with Lydia
1:00 pm **BINGO \$1 Cards & Great Prizes**
1:00-7:00 pm **Sew 'N Glow:** Charity Sewing

6th

13th

20th

27th

Wednesdays

10:30 am **Chair Exercise** with Ann
11:15 am **Movement Exercise** with Ann
12:00-4:00 pm **Sew Happy** - Simple Tote - Free project
12:00 pm **Lunch** Traditions Health Hospice
Birthday Cake provided by Resi at McCully Realty

10:30 am **Chair Exercise** with Ann
11:15 am **Movement Exercise** with Ann
12:00-4:00 pm **Sew Happy** - Simple Tote - Free project
12:00 pm **Lunch** provided by Dipped by Leti

10:30 am **Chair Exercise** with Ann
11:15 am **Movement Exercise** with Ann
12:00-4:00 pm **Sew Happy** - Simple Tote - Free project
12:00 pm **Lunch** provided by Country Meadows
Guest Speaker: Woodburn Police Department - Scam and Fraud Prevention

10:30 am **Chair Exercise** with Ann
11:15 am **Movement Exercise** with Ann
12:00-4:00 pm **Sew Happy** - Simple Tote - Free project
12:00 pm **Lunch** provided by Silver Creek Senior Living



Immanuel Lutheran Church
1036 E Lincoln, Woodburn
Phone: 971-208-5024

We are open on:
Mondays from 10:30 to 3:00 pm
Wednesdays from 10:30 to 1:00 pm

woodburncenter.org