



# Central Douglas County Family YMCA

1151 Stewart Parkway, Roseburg, OR 97471

www.ymcaofdouglascounty.org

## Active Adults activities at a glance

DATE	TRIP NAME	DEPARTS RETURNS	Member	Community Member	DESCRIPTION	2/16/10
2/22	In the Mood	Departs: 4:00 pm Returns: TBA	\$66	\$76	A big band theatrical revue. Featuring the music of Glen Miller, Frank Sinatra and others	
2/26	Heritage Days	Departs: 10:30 am Returns: 9:30 pm	\$26	\$36	University of Oregon tour. Coburg's Heritage Days.	
3/10	Adult Luncheon	11:30 - 1:00 pm	\$4	\$6	Great place to meet new friends and visit. Great food and entertainment.	
3/12	Virgil's Family Reunion	Departs: 6:15 pm Returns: 10:00 pm	\$40	\$50	Dinner Theatre at the Grand Victorian in Myrtle Creek. Dinner and a show.	
3/16	Murder Mystery Lunch - Salem	Departs: 10:30 am Returns: TBA	\$58	\$68	Lunch on the Willamette Queen Sternwheeler. Tour the Historic Deepwood Estates.	
3/18	Evergreen Aviation	Departs: 8:00 am Returns: 8:30 pm	\$64	\$74	Home to the Spruce Goose. More than 150 historic aircraft, spacecraft & exhibits.	
3/23	Cats	Departs: 2:30 pm Returns: Late	\$86	\$96	Keller Auditorium Best musical by Andrew Lloyd Webber. No host dinner extra food cost \$8 - \$12.	
3/24	Whitehorse Coffee & Tea - Lunch	Departs: 11:30 am Returns: 2:30 pm	\$8	\$10	No host lunch at Whitehorse Coffee and Tea Company in Sutherlin.	
3/29	"Cabaret" Hult Center	Departs: 4:00 pm Returns: 11:00 pm	\$58	\$68	Winner of 12 Tony Awards including best musical and best revival. 1930's Berlin Cabaret.	
4/15 & 16	Mt. Hood Silcox Hut	Departs: 8:00 am Returns: TBA	\$168	\$178	Silcox Hut located on Mt. Hood. Snow cat to lodge overnighiter. Dorm style sleeping.	
4/12	WHODUNIT The Musical	Departs: 4:00 pm Returns: TBA	\$41.50	\$51.50	Oregon Cabaret Theatre Ashland. A tuneful romp that's part mystery, part drawing room farce and all musical comedy.	
4/14	Adult Luncheon	11:30 - 1:00 pm	\$4	\$6	Great place to meet new friends and visit. Great food and entertainment.	
4/17-27 11 days	San Diego	Departs: TBA Returns: TBA	\$860	\$960	11 day adventure. Monterey Bay, Hearst Castle, Santa Barbara, Hollywood, San Diego, Coronado, Palm Springs and Yosemite. Price includes all hotels - Breakfast and two dinners	
4/28	Hunt Family Fiddlers	Departs: 4:00 pm Returns: TBA	\$46	\$56	An award winning family of Irish step dancers and fiddlers that marvel the world.	
4/30	Light House Bakery Cafe lunch	Departs: 11:30 am Returns: 2:00 pm	\$8	\$10	Great country lunch made with wood-fired brick oven. Old Fashioned made bread.	
5/4	Rain - A Beatles Tribute	Departs: 3:45pm Returns: 11:00 pm	\$69.50	\$79.50	Rain covers the Fab four through a fusion of historical footage and hilarious TV commercials from the 1960's.	
5/21 & 22	Klamath Falls Overnighter	Departs: 8:00 am Returns: Late Sat	\$182	\$197	Klamath Falls Overnighter. Harry & Davids. Historic town, boat trip on Klamath lake. Ross Ragland Theater for "Sons of Joaquin" Visit the Famous Hole-in-the-Ground crater.	
5/26	Cirque Dreams Illumination	Departs: 2:30 pm Returns: Late	\$81	\$91	Balance beyond belief. International world class acrobats, athletes and musicians.	
5/31-6/6	New York on a shoestring	Departs: TBA Returns: TBA	\$2,300	\$2,500	Call Gloria Johnson @ 541-440-3944 for packets and more information. See flyer on Active Adult Bulletin Board.	
6/17	Lion King	Departs: 2:30 pm Returns: Late	\$102	\$112	Keller Auditorium, Portland. Marvel at the breathtaking spectacle of animals brought to life.	

# Active Adult Programs, Classes and Clubs

Program	Dates	Days/Time	Member	Community Member	DESCRIPTION
<b>February</b>					
Ticket-A-Tasket Let's Weave a Basket	February 23 & 25	Tuesday/Thursday 3:00 - 4:30	\$40	\$60	Come make a 7' melon basket with jute. Guaranteed to get your creative juices flowing.
Bunco	February 24	Wednesday 12:00 - 3:00 pm	\$2	\$4	Rousing dice game. Bring snack. Do not need to know how to play.
Wii Bowling	February 24 - April 7	Wednesday 10:30 - 12:30 pm	Free	\$12	Fun for everyone. Sign up as a team or as an individual.
Salsa Dancing	February 26 - March 12	Friday 7:00 - 9:00 pm	\$10 sign up	\$25 w/Partner	Turn up the fun and join in on a Latin-infused Salsa dance class.
<b>March</b>					
Horsemanship for Beginners Level I	March 4 - 18 and March 30 - April 27	Thursdays 6:00 - 7:00 pm Tuesday 6:00 - 7:00 pm	\$60	\$75	Get your child ready for 4-H, Pony Club or Horsemanship. 7 week course with graduation and certificate of completion
Pickleball Clinic	March 15	Monday 9:30 - 11:30 am	\$5	\$15	Come learn how to play this exciting game. No experience needed. No equipment needed.
Ticket-A-Tasket Let's Weave a Basket	March 29	Monday 2:00 - 5:00 pm	\$40	\$60	Come make a 7' melon basket with jute. Guaranteed to get your creative juices flowing.
<b>April</b>					
Bicycling 101	April 5 - 28	Mon/Wed 10:00 - 11:30 am	Free	\$25	Must Pre-Register. Rediscover the joy of bicycling as a lifelong wellness activity. Learn basic bicycle care tips and how to ride safely and comfortably.  We'll ride together for fun, fellowship and fitness. Bring your own bike. Instructor: Marty Fink
Dog Obedience	April 11 - May 16	Sundays 12:30 - 2:00 pm 2:30 - 4:00 pm 4:30 - 6:00 pm	\$130	\$140	The goal is to enhance owner's relationships with their dogs through teaching owners to clearly communicate commands and desired behaviors as well as "tuning in" to their dog's responses.
Traveling on a shoestring	May 20	Thursday 6:00 - 9:00 pm	\$10	\$20	Traveling on a shoestring by Gloria Johnson.

## **Be sure to check out the following Healthy Lifestyles classes:**

**Zumba 101** - Great for beginners and active adults. Latin dance music will get you moving in a latin dance groove. Mon/Wed 11:20 - 12:20 pm Multi-Purpose Room

**Group Exercise 101** - Learn the basics of group exercise from step, stability ball and body conditioning. Mon/Wed 4:30 - 5:30 pm Multi-Purpose Room