

Plenty of clubs for local residents to get involved in

A few local clubs are aimed specifically at seniors. Of course, most local clubs accept members of all ages. So we follow with a list of a few popular clubs that may be of interest to seniors.

SENIOR CLUBS

- Active Older Adults group, YMCA, Sue Bars, 541-474-0001, sbars@grantspassymca.net
- Illinois Valley Senior Center, 520 E. River St., 541-592-6888
- Korean War Veterans — 541-474-5033, 541-659-1566 or Vernon Beck, 541-218-3770
- Rogue Area Senior Computer Assistance League (RASCALs), www.rascal.cc, 541-295-8016, 541-476-7311
- Relics Senior Softball League, 541-955-8098
- Retired Senior and Volunteer Program, 541-956-4472
- Senior Games group, YMCA, 541-474-0001

POPULAR CLUBS

- Caveman Camera Club, www.cavemancameraclub.com or 541-471-1509
- Dine and Discover Club, a supper club with speaker, 541-474-1051
- Grants Pass Dance Club, Judy Gent, 541-499-1405, jgent@uci.net
- Grants Pass Duplicate Bridge Club, 401 N.E. E St., Suite No. 3, 541-479-9436, 541-218-2942.
- Grants Pass Garden Club, grantspassgardenclub.org, 541-218-3453.
- Grants Pass Genealogy Society, Jan Franz, 541-474-1202, busybusyjan@gmail.com
- Grants Pass Pinochle Club, 401 N.E. E St., 541-476-0675
- Illinois Valley Garden Club, 541-287-2111
- Josephine County Historical Society, 512 S.W. Fifth St., 541-479-7827
- Middle Rogue Steelheaders, www.rogue-steelheaders.org
- National Association of Active and Retired Federal



Members of the Scandinavian Heritage Club (from left) Sandy James, Marsha Emerson, Garnet Rigby-Wharton, foreground, and Angie McGill all work in Emerson's garage on shields for their Viking ship parade float for last year's downtown holiday parade as McGill works on a banner to lead the way.

EDITH DECKER
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- Employees Grants Pass Chapter 261, 541-956-0206
- Rogue River Garden Club, 541-665-0440, 541-878-2852
- Rogue Valley Rose Society, Mike Zerwer, 541-955-5076
- Scandinavian Heritage Club, 541-476-6161
- MILITARY GROUPS**
- American Legions Post 28 and Auxiliary, 206 N.W. F

- St., 541-474-4600
- Fleet Reserve Association, Caveman Branch, Nick Peters, 541-660-6842
- VFW (Grants Pass), Dale Martenia, 541-441-1520
- VFW (Rogue River), Andy Prudhon, 541-761-6336 or Sherry Prudhon, 541-761-1379

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- Active Older Adults Monthly Day Trips to locations throughout Oregon and Lunch Excursions in the southern Oregon area. **Ride the Y Bus!**
- **FREE** Jog Your Memory sessions with puzzles and games to enhance memory
- **FREE** Knitting Group
- **FREE** Senior Game Days for fun and camaraderie (Dominoes, Cards, Board Games, etc.)
- **Y Membership includes:** Aquatic Fitness Classes, Lap Swimming, Weight Room & Cardio Room use, also Fitness Classes such as Tai Chi, Yoga, Pickleball, Badminton, Walking Group, Pilates, Low Impact Aerobics, Vitality Fitness (especially for those with arthritis), plus many more designed with active older adults in mind
- **Volunteer Opportunities** to create value with your time

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the Y YMCA

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