

# Senior Moments



Monmouth Senior Community Center  
180 S. Warren St.  
Monmouth, OR 97361  
(503) 838-5678

Office Hours: Monday-Friday 9a.m.-3p.m.

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All Newsletters, Calendars, and Menus are  
available online at: [www.ci.monmouth.or.us](http://www.ci.monmouth.or.us)

## Victorian Tea

Our annual Victorian Tea will be held on April 26th with seating at 12:00pm and 2:30pm. Tickets are \$10 and will be available for purchase starting April 1st. Please join us for a beautiful afternoon of refreshments and entertainment.

### \*Sign Up for these NEW Classes!\*

**Long-Term Care Ombudsman Presentation—April 17th—11:00am:**

*If you have ever considered how you can be an advocate for the seniors in your community, consider attending this event to learn more about how to get involved as a volunteer and signed-up for their upcoming training in May.*

**Effective Communication Strategies—April 24th—12:00pm:**

*This free class is presented by the Alzheimer's Association and is all about the tips and tricks for making talking to and caring for a person with dementia easier for both of you.*

**ODOT Public Information Open House—April 23rd—6:00pm:**

*This free event will be available to all members of the community to learn more about the ODOT project in our area. Please come and bring any questions you may have.*

“The flowers of late winter and early spring occupy places in our hearts well out of proportion to their size.” - Gertrude S. Wister

## Regular Activities

**Cribbage:** Mondays at 10:00.

**Hand & Foot:** Mondays at 10:00.

**New Horizons Orchestra:** Every Monday at 6:30pm. All ages and abilities welcome! Call Paul at 503-838-4884 for info.

**Ponytail Cards:** Tuesdays at 1:00pm.

**Scrabble:** Call the Center if you'd like to join the group as the meeting location has moved to member's homes. Tuesdays @ 1pm.

**Wii Bowling:** Tuesdays and Thursdays at 9:00 am. The team competes with Dallas Retirement once a month.

**Pinochle:** Tuesdays and Thursdays at 12:00 p.m.

**Bridge:** Tuesdays at 12:30. The group plays intermediate

Party Bridge and welcomes more. Call the office if you want to play so they have a count.

**Coin Club:** Polk County Coin Club Meets the Third Tuesday of the month. Doors open at 6:15pm, meeting starts at 7pm. Call John at 503-362-9123 for more information.

**Music Jam:** Second Wednesday of every month at 6:30pm. Musicians bring their instruments and make beautiful music together while others come to listen and sing, stomp their feet, or even dance. Others are welcome to bring their instruments.

**Toenail Clipping:** Availability on the Fourth Thursday of the month by appt. Cost is \$20. Call or stop by the center for more info.

**Meals on Wheels Lunch:** Tues-

days and Thursdays at 11:30. Call Meals on Wheels at 503-838-2084 to reserve your meals at least 2 days in advance. Suggested donation of \$3.00.

**Women's Breakfast:** Women meet at the Senior Center and leave at 8:55am for breakfast. The group meets the first Wednesday of each month at the Starduster Café.

**Bingo:** Several games available at monthly events such as ice cream social (3rd Fridays) and birthday parties (Last Fridays).

**NOTE: If you are planning to play bingo at the monthly Ice Cream Social/White Elephant Bingo, please remember to bring a prize to win a prize! Thank you!**

## April Birthdays!

- 4/1 Flora Oates
- 4/3 Rick Sedgwick
- 4/4 Marilyn Blankenheim
- 4/4 Molly Kinyon
- 4/5 Norah Drahm
- 4/7 Sue Salvo
- 4/8 Wilbert Peron
- 4/8 Linda Sherman
- 4/9 Norma Ogan
- 4/9 Gladys Shell
- 4/10 Sue Bauman
- 4/10 Juandeane Skidmore
- 4/11 Donna Ainsworth
- 4/12 Christine Savage
- 4/15 Michael Ward
- 4/19 Jon Schonblom
- 4/20 Marilyn Husser
- 4/21 Melody Bywater
- 4/21 David Stump
- 4/22 Victoria Kruljac
- 4/25 Elaine LaFond
- 4/29 Dianna Hewett
- 4/30 Rod Bach

## Regular Events

**Potluck** is scheduled for the second Friday of every month at 12pm. This month we will have a guest speaker from the Long-Term Care Ombudsman Office to chat about volunteer opportunities and upcoming trainings.

**Birthday Party in the month of April will be on the 3rd Friday of the month at 1pm!** Then it will return to its usual last Friday of the month at 1:00pm. Make sure to wish your friends a happy birthday this month!

*If you are interested in learning more about the new local non-profit Thoughts & Gifts Project, which remembers and celebrates seniors and kids on their birthdays, please call Barbara in the office or Jean Love at 971-600-5026*

**Community Breakfast** will be on March 2nd from 8:30-10:30.

**Coffee and Conversation** is scheduled for the Third Monday of every month at 10:15 am. The Women's Auxiliary #1776 support this time with donuts. We encourage veterans to come and share with other veterans. Talk old stories and enjoy some coffee and a donut. Tell your friends to join you!

**Ice Cream Social & White Elephant Bingo** is every third Friday at 1:00pm. You don't have to play bingo to enjoy the company and ice cream, however we ask that if you would like to play you must bring a prize to win a prize! This is any "white elephant gift" that can be fun, funny, or re-gifted from around your house! See you there!

## Life-Long Learning Classes

### **Creative Writing**

Want to write a book, write your life story, poetry, plays, etc? This class, on Fridays at 10:00, is the perfect place. Everyone gets along and helps critique each other's work. You can begin at any time.

### **Card Making with Liz**

Every second Monday of the month at 10:30am. Cost is \$5 paid to instructor.

### **Card Making with Jen**

Every third Monday at 11am. Cost is \$5 paid to instructor.

### **Drawing for Fun**

Sonja Ely will be leading an ongoing art class every Friday from 10:00 to 11:30am beginning Jan 11—April or May. There is no fee, but you will need drawing pencils, ruler, & sketchbook. All skill levels welcome.

### **Sign Language**

Jen Teal is teaching the Sign Language class Tuesdays at **900am** for Beginners and **10:00am** for Advanced.

### **iPad & iPhone**

Mondays at 10:00 am or 12:00 pm. This is an interactive group setting, facilitated by Lynn Thompson, where participants work together to solve problems and discover informative ways to personalize your iPad. She can answer questions and help explore how you can use your iPad more efficiently. New participants are encouraged to join at any time.

### **Knitting Lessons \*NEW TIME\***

New meeting time from 1:00pm to 3:00pm every Thursday. If you've never knit before or haven't in a while and want to brush up, this is the class for you. This class is for Men also, and great for arthritic

hands. You will learn how to follow a basic pattern to combine the two basic stitches for a Sampler Scarf. For experienced knitters, there are many patterns to choose from and we could even start up a charity knitting group. If you prefer to bring your own supplies, call 503-930-6452 to learn what to bring. Cost \$10 to scholarship fund, \$5 if you bring your own supplies. Scholarships available if you need one. Sign up in the office.

## Health & Fitness Classes

### **Yoga:**

Hatha Yoga Exercises using a tape by Jon-Kabat-Zinn, Ph.D. The gentle, full body, meditative exercises are for strengthening, stretching, and relaxation. An exercise mat is required for the floor exercises and a chair may be used to help get up and down. The group meets **every** weekday at 7:30 a.m. at the Center. Class is free and open to all.

### **Hiking Group:**

Hiking Group will be returning to their usual 1:00pm time at the Center. Those wanting to participate can contact Linda McBurney at (503)779-7532 or Mary Jane Faulkner at (503)838-3540, each week to see where the hike will be.

### **Line Dancing:**

Sandy Keen Line Dancing class is a great way to get moving! We will continue on Thursdays at

9:30am. If you haven't line danced before you need to give it a try. It is great exercise and the music really gets your feet a-movin'. Sandy gives breaks and is very patient to those who are learning. Cost \$5.

### **Stretch Exercise:**

Jackie McCormick and others help instruct this Monday, Wednesday, Friday class at 9:00am. Class is free and participants sit on chairs, stretch, use weights and get a good overall workout. You can start at any time.

### **Tai Chi \*NEW TIME\*:**

Due to the popularity of this class, we will now be adding an additional day each week. It will now be offered Monday AND Wednesday. The class is led by John Price at **2:45pm**. This class is very popular and focuses on Moving and Balance.

### **Walking Club:**

Join Barbara Hogan, every Friday morning at 11:00am, we will meet at the Senior Center to do a 30-45 mi-

nute walk around downtown Monmouth, WOU, or residential areas near the Center.

### **\*NEW\* Effective Communication Strategies:**

Thursday, April 24th at 12:00pm. This FREE class will offer useful tips and tricks for communicating in a more successful way with people experiencing dementia. Come and learn.

If you are looking for effective ways to give back to your community or advocate for the senior population, please come talk to Barbara in the office. There are many volunteer opportunities available here at the Senior Center, but also throughout Polk County. Government and Non-Profit organizations all over are looking for help in providing their services to the amazing people in our community everyday. Please come in to learn about how you can join in!

The Senior Center is continuing to look for volunteers willing to step into helping in the kitchen for our monthly Community Breakfasts and Pot-lucks. If you would like to help, *even just on occasion*, please let us know. **We also have vacancies on both our Senior Advisory Board and Friends of the Monmouth Senior Center Board.** Call today to learn more.

#### **Cards For Soldiers**

If you would like to send holiday cards to recovering American soldiers, mail to I/C Walter Reed Army Medical Center, 6900 Georgia Ave. N.W., Washington, DC 20307-5001. Take a moment to send a word of encouragement to our soldiers!

**The Bridge group is interesting in continuing their weekly game meeting on Tuesdays at 12:30pm. If you already know how to play Party Bridge, please contact us here at the Center. The group hopes to have at least 8 consistent players so they can continue to enjoy this great game! Join us!**

#### **SENIORS HELPING SENIORS**

The Seniors Helping Seniors program is still in need of volunteers who would like to help transport seniors who are unable to drive themselves to doctor/dentist appointments, grocery shopping, or events at the Senior Center. The program can also use volunteers with a professional background in plumbing, electric, landscaping, or just all-around helpers to fill different needs. To volunteer your help please contact the Senior Center 503-838-5678.

**“Spring work is going on with joyful enthusiasm.” - John Muir**



## Phone Numbers for Helpful Resources

Utility Assistance (LIEAP): 503-588-9016

Community Action: 503-623-8429

Polk Co. Housing: 503-623-8387

Northwest Senior & Disability Services (Dallas):  
503-831-0581

Legal Aid: 503-581-5265

211 Help Line: Give numbers for services

H2O (Help & Hope to Others): 503-831-4736

Polk County Resource Center: 503-623-9664

Free Clinic @ Trinity Lutheran: 503-990-8772 or  
503-831-0551

Ella Curran Food Bank: Patty Nevue 503-917-1681

Marion/Polk Food Share: 503-581-3855

Food Stamp Program (SNAP): Register at North-  
west Senior and Disability Services in Dallas.

Local Gleaners: 503-838-6462

National Medicare Helpline: 24 hours, 7 Days a  
week, English and Spanish 1-800-633-4227

Statewide Abuse Reporting: 855-503-7233

Veterans Crisis Line: 1-800-273-8255

Lions Sight & Hearing Assistance: 971-270-0203

### Bereavement Group

Kathy Grudle facilitates a group that meets every Tuesday from 10:30-12:00 at the Senior Center. "We all deal with different types of grief in our life" states Kathy. The goal is to give you an opportunity to share and process your grief and to connect with others. This will also be a time to help each other with coping skills and daily survival skills that you have found effective. Come and connect during a time to help each other find strength, courage and a new sense of purpose.

### Care & Caregiver Resources

Want to know more about long-term care options? How to stay health and safe in your home? Need support as a caregiver? Questions about Senior Services? Need direction? Stop by and meet with Amy Crevola, MSW. Amy is a clinical social worker with NWSDS who specializes in family caregiver support, dementia education, and long term care planning. Drop in for this free support time or contact Amy at 503-606-7620 or amy.crevola@nwsds.org

### Technology Help

Jacoby, our student volunteer, will continue to be available to help you with anything you'd like to learn, fix, or set up. He can assist with phones, smart TVs, audio systems, laptops, and PCs. He can also assist with learning the basic functions things like email, Facebook, ordering online, etc. As needed he can also be available for house calls for things less portable.

Call the Center or come see him in person on Tuesdays from 10:30 to 2:00

### Support your Local Crafters!

Come see what we have in stock at the Crafter's Cottage from 9 to 3 every day! We have a beautiful selection of homemade items that directly support local crafters and 25% of each sale goes to support our Senior Center! New items are added all the time, so head over to the Columbia Room and find a treasure!

## Board Reports

### SENIOR ADVISORY BOARD

The Advisory Board met on February 26, 2019.

The Board to time to redefine the mission of each committee it has established to better assign and meet goals made as a board.

There will be a New Member Meet & Greet on March 27th that 24 new members have been invited to.

The Travel Committee will be planning a variety of new spring trips and will enjoy a trip to see the play at CHS at the beginning of March.

WOU student, Jacob Nason, has been volunteering at the Center and has assisted with the reorganization of the medical supplies in the storage room. Everything can be accessed much more easily now.

The Board spent the majority of this meeting brainstorming short-term and long-term goals. These goals will be finalized and adopted at a later meeting and then assigned to people that will be responsible for helping them come to completion.

Our next meeting is March 26, 2019. All Advisory Board Meetings are open to the public. Feel free to attend them.

REMEMBER: In the Winter, we are we are a WARMING CENTER. Come on in.

Pat Ohlsen, Senior Advisory Board  
President

### FRIENDS OF THE MONMOUTH SENIOR CENTER

The Friends Board held their monthly meeting on March 7th. The Board welcomed two new members: Steve Milligan as Treasurer and Sonja Ely as Secretary. Gale Hemmen will now be responsible for Membership. We received eight new members in February. Trash to Treasure receipts totaled \$90.00 from tables, another \$74.80 in merchandise sales, and food sales did particularly well this time bringing in \$78.09. At the March Potluck, Barbara paid tribute to Stephanie & Bob McKee for their work on their volunteerism at the Center, as they prepare to leave our little community next month to be with their expecting daughter in Las Vegas. Volunteers are always needed to help with the breakfast, potluck, and many other events. The Friends Board thanks all of those who find the time to help with the events. You are what makes the Monmouth Senior Community so great! The next meeting will be held on April 4.

Bob McKee  
Friends Board Secretary

If you would like to add or update something in the newsletter, please make every effort to have it submitted to Barbara Hogan at the Monmouth Senior Center by the 20th of the month prior to the month you'd like it published. Thank you!

Submissions may also be emailed to [bhogan@ci.monmouth.or.us](mailto:bhogan@ci.monmouth.or.us)