

May 2015

# Senior Moments

## May Birthdays

Jeanne Deane 08  
Mary Jane Faulkner 13  
Delight Hamar 26  
Jane Landes 02  
Iris Lee McFarland 01  
Gloria Moles 20  
Harold Pippin 16  
Helen Sacco 29  
Judy Vincent 18  
Marilyn Wallis 07  
Eugene O'Day 25  
Alma Murphy 01  
Judy Snyder 31  
Bonnie Shonholtz 08  
Jerry Winegar 16  
Maurine Auer 30  
Mina Bellah 07  
Martha Reuben 24  
Roger Berndt 12  
Ann Bonds 01  
Wanda Kenyon 11  
Brookdale Monmouth  
(formerly Heron Pointe)  
provides the delicious  
cake each month. We  
still play card bingo  
with a deck of cards  
and it is always fun.  
Help celebrate those  
having a birthday this  
month and attend. Just  
bring yourself and a  
friend or two.

**AARP Defensive  
Driving Class**  
Saturday, May 16, 9:00  
am-4:00 pm. Contact  
the Center's office to  
pre-register.



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

## Potluck-May 8

Our next potluck is set for  
Friday, May 8 at 12:00 pm.

The Theme for May is  
Mexican Food. The Friends  
will support the luncheon  
with enchiladas.

Speakers this month will  
be Larry and Margaret  
O'Conner who will share  
information about  
AmeriPlan that includes  
prescription, vision and  
chiropractic discounts.  
They will not be selling this  
plan-only information that  
may help you.

Bring a main dish, salad  
or dessert and your table  
service.

## Dr. Winningham-Brain Builders Conference-June 2

Dr. Rob Winningham re-  
cently shared the latest  
research on brain health  
and GERO 407 students  
followed by working with  
older adults using targeted  
activities to exercise their

## Chinese Class

Mei's Chinese Conversa-  
tion Lessons are back in  
May. Come learn how to  
speak Chinese while you  
make origami, calligraphy,  
and maybe even taste  
some Chinese food! Mei is  
an experienced teacher  
and she always plans inter-  
esting in-class activities for  
the students to socialize  
and have fun while learning  
the language.

Class is held Wednes-  
days, May 13-June 3, 1:00-  
2:30 pm at a cost of \$20.

Material needed is 1 Chi-  
nese calligraphy Brush(\$4-  
\$5 at WOU Bookstore).

Scholarships available.

## Waffle Fundraiser

The Center is co-  
sponsoring a fundraiser for  
WOU students going to  
Kenya for a Service Learn-  
ing Project this summer on  
Saturday, May 9th from  
8:30 am-11:00 am. and be  
held here at the Monmouth  
Senior Center.

WOU students will join  
up with students from  
Chichester College in Eng-  
land in Nakuru, Kenya  
working with children from  
families living in poverty,  
helping to refurbish their  
school building new class-  
rooms, windows, etc. Plan  
on attending this event.

who would like to attend.

Mark your calendars and  
stop by the office to pick up  
your pass and a map.

Brain health is vital—  
come and learn about it.

## Phone Numbers You May Have Trouble Locating

Utility Assistance (LIEAP): 503-588-9016

Community Action: 503-623-8429

Polk Co. Housing: 503-623-8337

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

Ella Curren Food Bank: 503-838-1276

Marion/Polk Food Share: 503-581-3855

Food Stamp Program (SNAP): Register at Northwest 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

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**Free Health Clinic  
 at Trinity  
 Lutheran. For  
 more information  
 call 503-990-8772  
 or 503-831-0551.**  
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### Medical Equipment

Thanks to many, many families who donate equipment the Center has items to loan out. Items include walkers, wheelchairs, raised toilet seats, bath and shower chairs and a variety of other equipment. We just received 8 boxes of depends. The Center has many sizes and never been opened. There is never charge. Check with the Center to see if we have what you need.

### Windows 8 Computer Class:

Pete Hume, Karmic Computers, will hold a six-week workshop that will be held Tuesdays at 10:00 a.m. beginning May 13. Please sign up in the office. Cost is \$10 and all proceeds will go into the Scholarship fund. We are planning on continuing this class, so check with the office to see if you can join.

### Stress Management:

Pete Hume instructs a class in stress management and will offer this class on Wednesdays at 3:00pm. This six-week workshop begins on May 13 and cost is \$10. All fees will be donated to the Scholarship Fund. Please sign up in the office.

### Craft Class w/ Craft Warehouse:

Wednesday, May 6, 1:00 will be our first class with Beverly from Craft Warehouse. Zentangle will be taught and cost is \$10 and includes beginner's book, pen and paper. This doodle art is fun, easy and can be used in a lot of ways. Pay when you sign up. Only 5 spaces left.

### iPad:

Mondays at 10:00 am regular class, 1:00pm beginner class. Lynn Thompson shares her knowledge of the iPad every Monday. There is no fee for this class

## Regular Classes

and if you are a beginner, please contact the office to see what you need to do before coming to class for the first time. Learn how to download those apps, maneuver your way around, and find out just what fun things you can do. There is no need to sign up from this class.

### Brain Builders:

Kaylee Hobbs and Kimberly Moore, from GERO 407 at WOU, is instructing this cognitive stimulation course on Wednesdays at 11:30 am in the West Wing. It is not too late to join the class. The instructors have the resources and knowledge to run this high quality class and it is true you can continue to change your brain and make it work better. Plan to attend and find out just how it works.

### Tablet, Computers One-On-One, Phones

Kahea, Kara and Dianna are here to help with your Tablets, iPhones, Smartphones and Computers. They are trying to get to everyone. Please call the office and give your name and phone number and they will call back to see how they can assist you. There is no fee for this service. They may not always be able to help but are quite knowledgeable. Don't be frustrated, call today! 503-838-5678

## Regular Activities

Wii Bowling: Tuesdays and Thursdays at 9:00am. There is a team that competes each month with Dallas Retirement Village and shares a trophy donated by Independence Health and Rehab who sponsors the team. Let us know if you would like to start playing and we will add another time for beginners.

Pinochle: Tuesdays and Thursdays at 12:00 p.m. Newcomers are always welcome. Just stop by and join the group.

Bridge: Tuesdays at 12:30. To make sure there are enough plays each week, contact the office and we will refer you to the right person to get on that list.

Ponytail Cards: This card game is played on

Tuesdays at 1:00.

Cribbage: Mondays at 10:00am. Newcomers are encouraged to join.

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. All are welcome.

## Health & Fitness Classes

### Walk with Ease:

Relief from arthritis pain or just want to be active, this program through the Arthritis Foundation can teach you how to safely make physical activity part of your everyday life. This class offers support, information and tools to help you succeed. Tues. & Thurs. at 12:00. with Shauna.

### 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 7:30am at the Center. Class is free and open to all.

### Tai Chi:

Come learn Tai Chi exercise with Colin, Wednesdays at 4:00pm. Tai Chi has been shown to help with core strength, balance, mental clarity, memory, stress, and overall well-being. All experience levels are welcome.

### Stretch Exercise:

Sandy Diehm and Jackie McCormick instruct this Monday, Wednesday, Friday class at 9:00am. Class is free and participants sit on chairs and

use small weights and a ball. We have comments from individuals that say it's hard to get moving with the arthritis but feel so much better when they leave. It is also a good social time and sometimes you even get big hugs!

### Hiking:

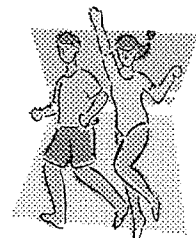
Mary Jane Faulkner heads this group that meets Thursdays at 1:00pm to carpool to places in the valley. Each week is a new destination. Place check with Mary Jane at 503-838-3540 each week to find out where the next hike will be or if plans have changed due to weather. Time may

## Women's Night Out!

Women 55 and older meet Saturday, May 23, 5:00 pm to have dinner and play games. Meet at the Center to carpool at 5:00. Games 6:30.

## Calling Tree

Did you know that Monmouth Senior Center has a Calling Tree? If you live alone and would like to be checked on each morning, contact the office and we'll put you on the list. We just ask that you fill out a paper giving us instructions on what to do if you do not answer.



## Mealsite at Center

NorthWest Senior and Disability Services provides meals to seniors 62 and older every weekday at 11:30.

A menu is provided at the Center and you must contact Nancy at 503-838-2084 to order your meals. Meals need to be ordered two days in advance by noon to reserve your meal.

Meals on Wheels will deliver to you every weekday, providing frozen meals for weekends. A dining area is also provided for those who want to come out of their homes and socialize while having lunch.



## We're on the Web!

Monmouth City Web Page

[www.ci.monmouth.or.us](http://www.ci.monmouth.or.us)

## Garage Sale

Sat., May 9—7-5pm

Last month the Center held the Trash or Treasure and many, many items were left over. Bruce and June Gordon are going to hold a sale at their home at 813 Knox St. N in Monmouth with all proceeds going to the Senior Center.

## Breakfast

The monthly Community Breakfast Fundraiser is sponsored by Independence Health and Rehab facility located across from Central High School. They have graciously supplied most of the food items which helps to make more money for our Building Fund.

This month our breakfast is on Saturday, May 2 from 8:30-10:30am. Cost is still only \$6 for adults and \$3 for those under 12.

Still the same tasty breakfast all you can eat!

## International Students Grief 101

Friday, May 22, 10:15 am WOU International students will give cultural presentations for about an hour.

It is so interesting to hear the students share about their countries. This is part of their required community service hours.

There will be light refreshments. Plan on attending. It will be an educational experience for you.

Jan Dupont, LCSW Bereavement Counselor, will be at the Senior Center on Thursday, May 14, 9:00.

She will bring some materials about dealing with grief and work with the group on way to help cope with the grief and loss.

We ask you please pre-register by contacting the office.



## Women's Breakfast

Women meet at the Senior Center and leave at 8:55 for breakfast at the Valsetz Room at WOU.

The group meets the first Wednesday of each month—next one is scheduled May 6

## Coin Club

Polk County Coin Club meets the 3rd Tuesday of each month at the Center. The doors open at 6:15pm, meeting starting at 7:00pm. For further information about joining the club contact John at 503-362-9123

## Free Haircuts

Melissa Morel is a hairstylist who is a student at WOU in Gerontology. She would like to offer an afternoon each month to take appointments and give free haircuts. Call or stop by the office and get your name on the list.

## Dementia Support Group With Margaret Cleveland

Do you have a partner or spouse with memory loss? Or are you dealing with a parent who is going through dementia or Alzheimer's? Do you need someone to talk to? You are not alone. We have a great group for you! We get together once a week on Thursday mornings at 9:30am to share ideas and take a break from stressors of caring for others, We would like you to join us for a chance to see if this is a good fit for you. Please drop in. If you decide to join, the class has a small fee of a \$25 punch card good for 5 sessions. Scholarships are available to help with this cost.

## From the Desk of Jack

Jack lost his pen today and can't find it. He was last seen weeping openly because of the loss. Alzheimer strikes again. See you next month, Jack

### Tennis Anyone?

Gerry and Marilyn Blankenheim are offering to play or teach anyone interested in tennis this summer. Contact them for more details at 503-930-0588.

### Toenail Clipping

Kathleen Hebling continues to cut toenails for \$20 the fourth Tuesday of each month. Call to make an appointment. Please bring your clean towel.

## Crafter's Cottage

### Tap Dancing 101

Kaylee Hobbs has been tap dancing most of her life. She works with the Brain Builder class and will be around for the summer and is going to offer a Tap Dancing class starting June 13 at 10:30 am and held Wednesdays.

Crafter's Cottage is located in the West Wing and all items are handmade. If you are interested in selling contact the office. Friends of the Center keep 25%.

Jean Steeper and Doris Rabe are sisters who have been sewing together all of their lives. They find it fun, challenging, and exciting to take snippets of fabric and trim to create beautiful, useful household items and cozy, adorable baby items. You can always find a variety of these handmade-with-love items in our Crafter's Cottage.

Just a reminder to check out the lovely items made in the Crafter's Cottage. They make lovely gifts that you don't see every day.

### BINGO

The monthly BINGO will be held...Karen Gilmore is doing a wonderful job at getting prizes from the community businesses.

There is no charge for playing and invite others to attend. We are averaging close to 20 and would like to see it even more.

"First Call" from Salem is sponsoring the BINGO each month by bringing some prizes and goodies.

It's a fun way to spend the afternoon. Give it a try!

## Advisory Board Report

Due to illnesses, vacations and other absences, and no pressing business, the board did not meet during the month of March.

However, there is an opportunity in the March winds and April rains. The Senior Advisory Board has been needing to establish a committee to handle our various publicity (for lack of a better term) needs. Since the Center is actively involved with the community we are currently looking for ways of expanding our role in the communities we serve. We need a core of people willing to come up with ideas, to expand on these and carry these ideas forward. It may involve communication with the media, involvement with community events, and other creative ideas to serve the communities of Monmouth and Independence. We need people who are willing to help out with these goals. This is your Senior Center without your involvement the Center couldn't function. Call the Senior Center at 503-838-5678 for further information.

## National Diabetes Prevention Program

A National Diabetes Prevention Program has just begun in the U.S. to help individuals who have been told by their physicians they are pre-diabetic.

This program is a commitment of one year. You will start with once a week for one hour for 16 weeks and then once a month until the year is

up. Diabetes can be prevented by taking steps of weight loss, nutrition and physical activities.

There are applications available through the Center's office. This will give you time to check with your doctor, take the application with you to an appointment and get signed up if this is for you.

This course usually costs \$469 but due to a grant the cost is only \$20 per person.

Class will be held at the Monmouth Senior Center Thursdays at 4:00 beginning September 10.

This program is for people at risk to get diabetes or told by their doctor they are pre-diabetic.

I am Kara Kelsey, I'm originally from Sheridan Oregon, and I am a student at Western Oregon University. I am majoring in Community Health Education and minoring in Human Biology. My plan is to go to nursing school at OHSU after I graduate.

### Fall Prevention Class

"Right At Home" will be holding a Fall Prevention Program on Friday, May 1, 10:15 am.

Ty Burlington will have information about ways to help you prevent falling. As

we all know, falls can mean the difference between a good quality of life and being home bound and not able to function as you used to.

This presentation will

only be about 15-30 minutes and will follow the regular Stretch Exercise on Friday.

Invite others to come and find out what easy steps they can take to stay well.

### Memorial Day

Monday, May 25 is Memorial Day and the Senior Center will be closed.

### Ice Cream Social/White Elephant Bingo

Kay Anis, Regence Blue Cross, Blue Shield, provides the ice cream and many toppings each month for the Ice Cream Social that is held Friday, May 15, 1:00 p.m.

White Elephant Bingo is also played during the afternoon social and we ask that

each participant bring a wrapped gift to give as a prize. This can be anything you have around your house that is nice enough to give to someone. Not an expensive item just clean and interesting.

Students help call the Bingo and we haven't fig-

ured out who has the most fun—students and older adults.

### Central Lions Club

The senior center collects glasses and hearing aids for the Central Lions Club. A box is located on the stage.

My name is Kahea Taniguchi and I'm 22 years old. I am a senior at Western Oregon University majoring in Community Health Education and minoring in Human Biology. I was born and raised in Hawaii and will be moving back home after graduation to get a Master's degree in Nursing.

## **...on the road again**

### **“Colorful Melodies” – Northwest Senior Theatre – May 21**

#### **\$13.75 plus dinner on the way home**

This delightful program includes music from Rodgers, Hammerstein and Berlin with dancing, comedy and songs with “Five Foot Two Eyes Of Blue”, “Green Green Grass of Home”, “Yellow Submarine”, “Red Red Robin” and many others. Held at the Alpenrose Dairy Theatre in Beaverton.

### **Crater Lake in the Fall – September 14-16**

#### **Cost: \$186 for double room**

All reservations are made except the train and we will need information from those traveling to make arrangements. Cost includes two nights stay, Crater Lake Trolley, Train, Mileage, Entrance Fee to Park and driver expenses. For all we are doing this is a great price. We will start working on the itinerary. We'll be staying at Diamond Lake so those beautiful evenings can be spent enjoying the lake. Train fee is estimated as it changes daily. So, the sooner we get this trip filled the better. As of right now we only have two openings but no confirmations. Sign up right away and get your payment in so we can save some money for the train ticket.

### **Santiam Room – Linn Benton Culinary School in Albany**

#### **Thursday, June 4**

Tickets will be reserved on Friday, May 8 so come in and sign up right away. Cost is \$12 for tickets and transportation is \$5.50. This will be a French Banquet Buffet plated with 8-9 courses.

### **Alaska Cruise – Holland America Line – August 30-Sept. 7**

GroupActive is offering a CLASSIC cruise: Juneau, Sitka, Ketchikan, Victoria and Tracey Arm: Marine glacier viewing. Starting and ending in Seattle. Cost per person, double occupancy: outside cabin - \$1578, balcony cabin \$2288. Accessible, Single Occupancy, Inside and Signature Suites also available. Rate includes roundtrip Amtrak Cascades serves to and from Seattle, transfers to and from Salem and Pier, fully escorted and more. Deposit due within 5 days of booking cabin, final payment by June 1. Brochures available at the Center.

### **Boise Basque Festival – July 29-August 2**

Experience a Celebration of Tradition...Basque Style

\$1,298 per person-double, \$1,598 per person-single Brochures available at the Center.

### **Time for Toronto – August 5-10**

See where cultures meet, mix and innovate...explore the world's longest freshwater coastline! \$2,350 per person, double, \$2,763 per person, single. Brochures available at the Center.

**The motorcoach trips are through Oregon West Excursions or GroupActive tours. This works well because we do not a certain amount going from our Center. So keep this in mind when signing up. Have fun and let's travel!**

## **...on the road again**

**Free trip** goes to Marilyn Paulson for May. Congratulations Marilyn. She will have her choice of a free day trip up to \$25.

### **Tillamook Forestry Trip – Thursday, May 14, 8:30 – Cost: \$14**

Tillamook Forestry Center has an award-winning movie about the famous Burn, you can climb a fire tower, check out the museums displays about the forest, cross the Wilson River on the spectacular wooden bridge, explore the forest on a tree walk, or look for bald eagles. We are asking you bring a sack lunch.

### **Snake Dancer – Hells Canyon Weekend – May 29-31**

#### **Cost: \$639 double or \$739 single (travel is on a motor coach)**

Jet Boat through America's Deepest Canyon. Travel to Clarkston WA and spend a full day on the Snake River & Hells Canyon Scenic Area. Two nights lodging at Quality Inn of Clarkston. Brochures are available.

### **Rosse Posse Acres, Inc. – June 30 – Cost: \$14.50**

We'll start our tour at 10:00 at the Elk Ranch in Molalla. The elk will still be growing their antlers that grow about an inch a day and will still be in velvet. It will also be calving time so there will be lots of young ones around. We have a private tour that is very informative, educational and entertaining. Sign up early for this one as it should fill up quickly. Plan on lunch after.

### **Guide Dog Graduation/Tour in Boring –Cost \$14.00**

We will be starting with lunch on this trip. We are still working out details for Calamity Jane or Tollhouse Inn near Sandy. Graduation is at 1:30 and will follow with a tour of the facility.

### **Sisters Outdoor Quilt Show – Saturday, July 11, \$39**

Going by motor coach, full day at Sisters to view Quilt Show

### **Fly-Away Mystery Tour – June 17-22**

\$2,398 per person double, \$2,838 single – One of the largest cities in the U.S., first city to be lit by electricity, leader in ethnic diversity (a foodies paradise), High IQ's abound, walk across the bridge and still be on the same side of the river. Enjoy a very unique animal experience with a celebrity. Brochures available at Center.

### **Kitsap Peninsula to Victoria, Whistler & Vancouver BC – July 19-24**

Gorgeous Scenery, Fascinating History, Great Food & lots of fun.

\$1,779 per person, double \$2,209 single per person. Brochures available at Center.