

Senior Moments

September 2017

September Birthdays

Kay Bates—05
Jean Berry 01
Jeri Brownell 27
Galen Bywater 25
Ron Carroll 25
Connie Cooper 10
Linda Dahm 19
Harriet Feder 04
Sherry Garter 24
Lynn Gossett 18
Gale Hemmen 22
Karen Hoffman 04
Freddena Huston 23
Mo Jaffer 20
Jill Johnson 03
Susanna Knight 13
CeC Koontz 01
Diane Kuust 21
Nancy Lodge 17
Michael Marsden 29
Mike Mills 22
Patricia Olson 01
Robert Quarterman 20
Evelyn Randall 28
Donna Robinson 04
Margee Romao 29
Lee Schlenker 01
Bonny Smith 25
Kathryn Stuwe 03
Daryl Wallace 02
Hank Weitz 15
Donita White 16
Margaret Wilson 01

HAPPY BIRTHDAY to all those having a birthday this month. The party is scheduled for 1:00 on Friday, September 29. If you see someone's name on here that you know, take a couple hours out of your day to invite them to come with you and celebrate. It is never fun to have a party alone and we always have so much fun. If you do not see your name on the list and you have a birthday contact the office.



Monmouth Senior Community Center
180 S. Warren St. Monmouth, OR 97361
(503) 838-5678
Monday-Friday 9a.m.-4p.m.

Monthly Potluck

Potluck is scheduled for Friday, September 8, 12:00. This is such a perfect time to socialize and get to know other members. Many friendships have been made around our lunch table. This month the Friends will be preparing hot dogs and buns for the main dish. Thanks to Kelly and Ann Cape who graciously provided so many, we will have enough to feed many, many people.

Special speaker this month is Christal Sperling. We have heard how important exercise is and she will be talking about strength training and how vital it is for the senior population.

Bring others with you, along with a main dish, salad or dessert.

Flu Shots Scheduled Diabetes Management

Our Flu Shot Clinic is scheduled for Friday, September 22 at 10:00 am here at the Center.

Rite Aid will be offering the clinic and will accept all insurances. If you need a place to get your shot this would be a great opportunity.

Line Dancing

Line Dancing is taking a few weeks break but will be in full swing Wednesday, September 20, 10:00 here at the Monmouth Senior Center.

We are getting a good size class. Cost is still only \$5 a week and what great exercise for the body and the brain plus the music is wonderful. Stop by and give it a try.

Northwest Senior and Disability Services will be offering a Diabetes Self-Management Class and looking to see if there is any interest.

This would be a six-week class that will share ways to bring your sugars under control, provide snacks and learn from others as well as a certified instructor.

There is also a longer program that is held over a year. This seems like a long time but is very rewarding when completed. We held one several years ago and saw people dropping weight, getting their numbers under control and feeling better.

We will start taking names so sign up.

Medicare and Open Enrollment

You are invited to a free Medicare and Open Enrollment presentation at the Monmouth Senior Center on Wednesday, September 13 from 12:00 to 1:30 pm. Registration is not required.

This presentation will

cover Medicare's Fall Open Enrollment for Medicare Advantage Part C and D prescription plans. It will also cover how Medicare works, supplemental insurance options, assistance for people with low income and resources, how the

Affordable Care Act improves Medicare, and how to prevent, detect and report Medicare waste, fraud and abuse.

The session will be led by a Certified SHIBA and SMP Counselor.

Breakfast is back — Saturday, Sept. 2

Phone Numbers You May Have Trouble Locating

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

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

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

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

New Items Donated

The Center recently received two specialty wheelchairs for someone who is looking.

The first one is an electric wheelchair with a good battery. It is for an average size person and works well.

The second chair is an invalid chair without a motor but high back with some extra features on it.

If you or someone you know could use one stop by, check it out, and take it home.

There are many other supplies available, including Depends. All are free to give away.

Classes at Senior Center

iPad

Mondays at 10:00 am or 12:30 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. We can answer questions and help explore how you can use your iPad more efficiently. New participants are encouraged to join at any time. Bring your iPad and/or iPhone and join us.

Card Making with Liz

Liz is back after a summer off. Her next class is September 11 at 10:00 with two new cards for you to make. All supplies are provided for \$4. Please bring glue, scissors, ruler and pencil and sign up ahead of time.

Card Making with Jen

Jen Teal teaches this class on Monday, September 18 at 4:00 pm. All supplies are provided for this class where participants will make two cards for a cost of \$4. Bring glue, scissors, ruler and pencil and sign up now.

American Sign Language—Jen Teal is teaching the Sign Language class Tuesdays at **10:15 am**. BEGINNER class is scheduled for the same day (Tuesday) but at **9:15**. They are a fun group and learning Sign Language helps your brain and is very useful.

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.

Computers — Lecture with John

John Kumley will give a lecture on Wednesday, September 13, 10:30 am. It will cover tips for buying a new computer and general rules for internet (do's and don'ts). With everything happening on the internet these days it is good to know what is really safe.

Friday Morning Drawing

Sonja Ely will begin a new class on Fridays at 10:00 beginning September 8. Be sure and stop by the Alsea room to see some of the great work being done by class participants. There is not a fee and participants will be exploring new drawing options. Fun, fun, fun.

Watercolor Class—

Anya Thaker Wilson, Watercolor instructor, will be offering another class starting September 21 and will be held on Thursdays, 10:30 am. Class is \$50 for the 6-week class. Start signing up now and please include your phone number. A list of supplies is on the sign up sheet in the office.

Regular Activities

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. Newcomers are always welcome.

Bridge: Tuesdays at 12:30. The group plays Party Bridge and looking for more. Skill level is intermediate. Call the

office if you want to play so they make sure there are enough that week.

Ponytail Cards: This card game is played on Tuesdays at 1:00.

Toenail Clipping: Next clinic is scheduled for Thursday, Sept. 28 by appt. Cost is \$20.

Cribbage: Mondays at 10:00. No need to let us know ahead.

Music Jam: Second Wednesday (Sept. 13) 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.

Hand & Foot: Mondays at 10:00. This group is growing.

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 week-day at 7:30 a.m. at the Center. Class is free and open to all.

Stretch Exercise:

Jackie McComick 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.

Line Dancing

Sandy Keen will start the fun dancing class Sept. 20. Class is scheduled for every Wednesday from 10:00-11:30. 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.

Tai Chi –Moving for Better Balance

NorthWest Senior and Disability Services will continue Tai Chi on Mondays with John Price every Monday at 3:00 in September. We need to be able to show 10 dedicated so start coming to class to keep it going. If we can show this, we can hopefully go back to 2 times a week.

Research shows that keeping active will help with memory, better movement, less chance of falls, social benefits, depression and so much more. We hope you will consider joining one of the classes that is making a difference for individuals as they age. It doesn't take much time and there are a variety of exercise classes.

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Hiking Group

The Hiking Group is continuing to meet on Thursdays at 9:30 am at the Monmouth Senior 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.

Silent Auction

Judy is back with her Silent Auction. It will be starting up the last week in August. Judy says to let everyone know there will be some Beavers and Ducks items, along with other great items.

Plan on stopping by and getting your bid in. Christmas is coming and you can start buying now.

Thank you to all who have been bringing items in for the auction. They are appreciated very much.

Scrabble For Fun

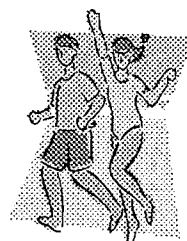
Scrabble is a game that has been fun for many years and also keeps your brain active. Plan on coming **Tuesdays at 1:00.** Note the time change. Room for more!

Tennis or Pickle ball?

Gerry Blankenheim is ready to teach or play tennis or pickle ball on Monday and Wednesday. Contact him at 503-930-0588 for times.

We have noticed the City of Dallas is putting in a new Pickle Ball court across from the Aquatic Center.

You should make a point to learn this sport. It is becoming very popular and great exercise.



More Fun Things To Do at the Center

"Seniors Helping Seniors"

The Advisory Board has been working on a program that would connect seniors needing help to seniors providing the need. When a need arises they would contact the person in charge (Sharon K Woods) and she would check out local agencies who might be able to fill the need. If there is no agency who can help we would have a list of people who would be willing to help others and go to that list and see if we can get the need met through them.

This would all be highly confidential. We are asking volunteers who would be willing to be on the list to help others to contact the Center. Maybe it might be to help someone who needs a prescription filled, car broke down, emergency situation, the list is endless. When called upon when a need arises it may take several to help.

We live in a world where needs are great and more and more are living on less. We know some people would help if they knew how. We are trying to connect the two and help along the way. We are also looking for people to drive individuals to appts.

If you would like to be involved by helping someone please contact the office. Again, keep in mind this is all confidential and agencies in the area will be contacted first to see if there is a resource available.

Free Car Wash — Date Changed

Melo Carrillo and others will be offering a free end of the summer car wash for anyone needing the service. It will be held on **Saturday, September 9, 10:00-2:00** at Les Schwab in Independence. Please sign up in the office and include your phone number. It must be time to take off all that summer dirt and start fresh!

Furnishings Progress

Ten new card tables have been purchased. They are wood and light weight. This is very exciting for us as some of our old ones are heavy or wobbly. Progress, isn't it wonderful!

New stacking chairs for the exercise room are being ordered, as well as replacing some of our folding chairs. These will be very sturdy and hope they will work for everyone.

Mirrors have been installed except for the door mirror in the ladies room. A special thank you to Mike Mills and Harold Pippin who were involved in purchasing and placing them on the wall.

Our goal is to move the stacking chairs in the large room to the storage so we can once again have the full use of the room.

Women's Breakfast

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

The group meets the first Wednesday of each month—next one is scheduled for September 8.

Coin Club

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

Medical Equipment

Medical Equipment is available to give away for those who need it. We have a very large supply of Depends on hand. If you have a need, check us out before you buy as we have many generous people who have donated items. All is free—just sign a liability waiver and it becomes yours to keep.

Reach Out and Find New Friends at Monmouth Senior Center!

Monmouth
Senior Center

We're on the Web!

Monmouth City Web
Page

www.ci.monmouth.or.us

FACEBOOK

[www.facebook.com/
Monmouth Senior Center](http://www.facebook.com/MonmouthSeniorCenter)

Hymn Sing

Candi and Kevin Hughes are back on board with the monthly Hymn Sing. It is scheduled for September 21 at 6:30. Hymn books are provided. Participants are invited to pick the songs.

Music Jam

The monthly Music Jam is scheduled for Wednesday, September 13 at 6:30 pm.

Thank you to those who support this Jam. We can't begin to tell you what great music this is. Plan on checking it out this month!

The Eclipse was amazing. Share your stories with us at Coffee time.

Coffee and Conversation

Coffee and Conversation will be held Monday, September 18, 10:15. Kelly Cape and Women's Auxiliary have been supporting this time of coffee and donuts around a table where veteran's and other members talk and find friendship. Everyone in the building is welcome to sit down and visit and the donuts are a special treat. Jim Allgood has stepped up to the plate and willing to help out in Kelly's place and co-sponsor this monthly conversation time. Kelly was a big support to the veterans of our nation and will be missed greatly.

Women's Night Out

This month the women are meeting on Saturday, September 16 at 5:00 for dinner and 6:30 for games.

Meet at the Center for carpooling. For questions contact the Center.

New Horizon's Orchestra

The New Horizon's Orchestra has started meeting at the Center on Monday evenings at 6:30 pm. Individuals who used to play an instrument and want to start up again, wanting to learn, or just want to jam together are meeting. If you would like to know more, contact the office or Paul Doellinger at 503-838-4884. There is a \$25 monthly fee to help with music, etc.

Program — "Kick Sugar"

Glenda Sylsberry will be instructing a class to "Kick Sugar" on Thursday, October 26 at 10:30. It seems sugar is found in almost everything we eat these days and Glenda will be talking about how we can finally kick the sugar in our diets. Please sign up in the office to attend.

Soup and Pie Coming in October

Our next fall Soup and Pie Sale is scheduled for Thursday, October 19, 11:00-1:30. We will need lots of workers, pie makers, soup makers, clean up crew, setting up for this semi-annual fundraiser. Contact the office if you would like to help. We will have a sign up sheet near the kitchen for those wanting to participate.

AARP Defensive Driving Class

The next AARP class is scheduled in November. We will post the date as soon as we know when.

We ask you please sign up through the office or call 503-838-5678 to register.

Crafter's Cottage at Monmouth Senior Center

If you haven't been in our Crafter's Cottage lately or didn't know we had a shop, check it out. There are many beautiful handcrafted items, reasonably priced, and available for purchase anytime there is not a meeting or class in the Columbia Room. We always have greeting cards for \$.10 each.

Select items and pay for them at the desk. Vendors donate 25% of their sales to the Senior Center; so when shopping for lovely, practical gifts you are helping us raise money! Come shop soon!

The Crafter's Cottage has many new gift items. New vendors have placed kitchen & linens, potholder sets, decorative tea towels, pillow cases, two types of tea cozies and some new hair items using beads. These items would make a perfect wedding or anniversary gifts. Looking for baby gifts? They are here. Store is open anytime it is not on the calendar for use.

Thank you to Jean Steeper for her faithfulness to the cottage.

Advisory Board Report from President, Pat Ohlsen

Last month we introduced the new Mission Statement for the Monmouth Senior Community Center and the history surrounding it. This month we will take a look at the concepts we built the mission statement around.

Let's take a look at the concepts we built the Mission statement around. We welcome everyone through our doors. We provide a place that is a safe refuge for all. Everyone has a right to feel safe when they come to the center. No one should feel discriminated against or be treated in a mean-spirited way, be bullied by others or gossiped about. There should be no backbiting. This is not tolerated. Even if you listen to gossip you are participating in disrespecting others. Gossip and running others down is a poison and cancer. Do your part by not listening to it, and tell the person to stop. If you don't, you are guilty of promoting an unsafe environment at the Senior Center.

We enjoy a reputation for being a safe place. Others have preferred to come to the Monmouth Center than other places because we are a friendly place and they feel safe here. We promote tolerance and mutual respect of each other. Remember: respect and tolerate others the way you, yourself want to be respected and tolerated.

We offer and promote programs and services that increase your health and welfare. These include Medical referral services, programs in nutrition, exercise, and social activities to increase your overall welfare.

In addition, with our partnership with Western Oregon, we have access to life-long learning opportunities. Additionally, various craft, cooking, nutrition, and computer classes are held.

Lastly we want to build a family atmosphere so that you feel comfortable in bringing your extended family here at anytime. We want you to consider this YOUR extended home; more of a community center for all to enjoy!!

From the Desk of Jim—Friends Board President

Our friend Kelly Cape recently passed away. His funeral with full military honors packed a huge crowd—the church had to open up the balcony. Yes, Kelly was that type of person. Always helping people, especially veterans and their depends. He ran the monthly Coffee and Conversation with AmVets Ladies Auxiliary with coffee and donuts. This program will continue. I will volunteer to co-sponsor this with the Auxiliary. It's essential to keep this going. Kelly was a "class act" and will solely be missed.

Another key member of our center passed—George Czarnik. He was a significant member of our Travel Committee. I really liked George. He collected travel information and other related materials, unlike anyone I know. He knew all the great touring spots. His unique "tongue in cheek" personality made him "one of a kind". He will also be missed.

Monthly Breakfast resumes September 2. After several months absence same great meal and same low prices. All you can eat \$6.00 for adults and \$3.00 for children under 12. Menu consists of scrambled eggs, sausage, biscuits and gravy, orange pancakes, coffee and tea.

Working on new Code of Conduct and redoing By-Laws for the Friends Board, lots of new changes will be incorporated current with the "times we live in" It's a fun project and nearly completed.

Jen Teal will offer several classes. Card Making is set for the third Monday at 4:00 and starts September 18. American Sign Language now has a beginner and intermediate on Tuesdays Check your calendar—9:15 beginners, 10:15 intermediate.

Toenail Clipping

Kathleen Helbling continues to cut toenails each month at a cost of \$20. Please make an appointment by contacting the office.

She will be cutting toenails on Sept. 28 this month. Contact the office at 503-838-5678 to make the appointment and please remember to bring your towel.

Knitting Group

The knitting group has five members and growing. If you would like to be a part contact Sue in the office and we'll direct you to the woman in charge.

Membership Due

For those who haven't paid their dues yet for 2017-18 — you will be receiving a reminder in your newsletter this month. We ask that you please take a few minutes to stop by or mail in your \$20 dues. You are important to us and we are thankful for your membership.

If you are mailing in your membership be sure and write on the check what it is for so we can put it into the right fund. Thank you.

. . . on the road again

Free Trip for August goes to Susan Ruston. She will have her choice of a day trip valued at \$25 which includes the cost of her meal. Congratulations Susan! For those who have won trips in the past and haven't used them yet it is not too late. We understand it may not work for the month you win the trip but you can take it another month. Contact Sue and let her know if you are a past winner if you see one you would like to take.

Reminder – Unless you are told otherwise, payment for trips must be paid for when you sign up. Please know that you only need to pay for a trip when it falls in the month you sign up. This might be a hardship for some and we apologize for this but works the best for us. When we are ready to go on a trip and people cancel at the last minute it jeopardizes the whole trip. Refunds are not given the week of the trip unless we can find someone to take your place.

Attention Drivers and Travel Committee Members –The next Travel Committee meeting is Wednesday, October 4, 10:00 am. The Committee will continue to work on trips for fall and see if we want to offer any overnights. We are still looking for drivers for trips. When you drive for the Center all expenses are covered. If you would like to become a driver just go to the Monmouth Police Dept. and give them your driver's license information. No CDL (commercial license) is required for our van. They will let us know if you are approved and then you become a member of the travel committee. With George Czarnik's passing last month a donation from George was given of \$10,000 towards a new bus fund. There was also about \$300 given by personal friends that will also go into this fund. If you would be interested in donating to this new Bus Fund contact Sue in the office or Pat Czarnik.

Portland Washington Park Zoo – Tuesday, September 19 – Cost: \$15 – 8:30

The Oregon Zoo is hosting its annual free day for seniors age 65 and older. Cost covers transportation and driver's lunch. Seniors can bring in a guest free. Senior Safari features animal talkers, a lunch special and free train and carousel rides. Still have room.

Thompson's Mills State Heritage Site – Monday, October 30 – Cost: \$7.50

The Mill has been restored to working condition and is on the Calapooia River. It is a unique survivor of times past, chronicling 150 years of Oregon rural life and honoring the owners who adapted the mill to the changing world around it. It is the last water-powered mill in the state and its turbines can be seen in action on guided tours. A water right that predates statehood produces the water flow that still runs the milling machines for demonstrations. The main tour is ADA compliant. This mill is definitely worth seeing and to be able to watch it really work like it did years ago is amazing.

Georgie's Beachside Grill – Friday, October 20 – Cost: \$15

We have had members asking about Georgie's in Newport for an "Out to Lunch" and we have scheduled one. The meal will be on your own. We will have a beautiful view of the ocean and we will hope to have a beautiful fall day. If not, the food will make up for it.

. . . on the road again

Hobby Lobby – Friday, September 22 – Cost: \$7.00 – 9:30

We are off to the Heritage Mall to shop at the craft store Hobby Lobby. There are many other stores in the mall so pick the ones you want to shop at. We will have lunch at Red Robin across the parking lot. We will only be going to Albany that day so plan accordingly. Still have room.

IKEA – October 4 -- \$12.50 – 9:00 am

We are planning ahead for all those IKEA lovers. Keep in mind there are also some great stores nearby. We will leave the stores no later than 3:00 and lunch will be on your own. Still have room.

You only need to pay for the trips in the month they are being taken.

Shore Acres Holiday Lights – November 28 & 29

Cost: 223 double, \$278 single per person

Deadline to sign up is October 13 and full payment is due at time of booking.

The trip features deluxe, restroom-equipped motorcoach and driver's gratuity, trip management with Bob Vinatieri of GroupActive, Admissions to Shore Acres State, Deluxe accommodations at The Mill Casino, Comprehensive travel protection plan. Meals are not included. Book with Monmouth Senior Center or call 503-838-5678. Full information is on the signup board.