

Senior Moments

April 2016

April Birthdays

Donna Ainsworth 11
Carol Cavasher 03
Charlie Crose 08
Nora Drahn 05
Bob Harris 23
Dianna Hewett 29
Jean Jeschke 23
Victoria Kruljac 22
Elaine LaFond 25
Nancy Ogan 09
Wilbert Peron 08
Sue Selvo 07
Rick Sedgwick 03
Gladys Shell 09
Linda Beth Sherman 8
Rod Bach 30
Stan Little 02

We hope we haven't missed anyone on our Birthday list. If you aren't listed and had a Birthday in April let Sue or office staff know so we can change it. You all are important to us and we never intentionally miss anyone.

A special thank you to Brookdale Monmouth for their continued support of the party with a large festive cake.

Friends of the Center provide the ice cream.

We would also like to thank Sharon K. Woods for collecting gift certificates for Bingo prizes. Join us if you haven't. We always have fun.



Monmouth Senior Community Center
180 S. Warren St. Monmouth, OR 97361

(503) 838-5678

Monday-Friday 9a.m.-4p.m.

Big Sale-April 9 Monthly Breakfast Pottery Class

Trash or Treasure is scheduled for April 9, 10:00 a.m.-4:00 p.m. here at the Center. It's time to clean out those closets and rent a six-foot table for \$10 and sell items. All money goes to the renter of the tables.

The Friends will be selling lunch for \$5 and includes Polish or hot dog, chili, chips, drink and dessert.

Donations are being accepted for the Friends table. Contact Angie at 503-838-6462 to donate.

We need help in the kitchen, setting up and taking down tables. See Sue or Angie if you want to help

Independence Health and Rehab Center continues to donate many of the items we use for our Community Breakfast each month. Proceeds are still going to the Building Fund.

Next Breakfast is Saturday, April 2, 8:30-11:00. Suggested donation is still only \$6 and \$3 for under 12.

Volunteers are always needed so if you are looking for something to do call us at the Center.

Elinor Maroney will be instructing a 7-week pottery class on Tuesdays, April 5-May 17 from 3:00-5:00 pm. Cost is \$68 and needs to be paid prior to the class so we know you are committed.

No artistic talent is needed. This is a once in a lifetime class as Elinor is very experienced and talented in her trade. So stop in and get paid up as 10 are required to hold the class. A \$20 scholarship is available if you qualify, so check with Sue in the office. Elinor will make it fun and do the firing on your items.

Victorian Tea — April 22

It is time again for the Victorian Tea and planning has already begun. We will have a few more tables this year to help accommodate those we had to turn away last year.

Tickets go on sale April 1. If you call to reserve they must be paid for in 3 days, no exceptions. Seating are 12:00 and 2:30. Sold out in 2 days last year. Cost is \$7.50 for the Friday, April

22 Tea. The style show, "Look What I Found In My Closet" will feature our Yoga class and a few surprises. If you want to help decorate or work the day of the tea contact Sue.

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: 503-838-1276

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

Free Health Clinic

at Trinity

**Lutheran. For
more information
call 503-990-8772
or 503-831-0551.**

iPad

Mondays at 10:00 am and 12:30 pm.

Lynn Thompson instructs this fun class that teaches you all the ways around your iPad. She has changed the class in that all classes are considered advanced. Beginners are welcome. No charge.

Card Making with Liz

Denise prepares cards for this class that Liz Honse instructs and they do a great job. This month's class will meet April 11 at 10:00. Cost is \$4 and you make 2 cards. Sign up in the office.

Card Making with Denise

Denise Wallace's class is scheduled for Monday, April 18 at 4:30 pm. Sign up in the office and cost is still \$4 for 2 cards. Bring glue, scissors, ruler, pencil.

Lunch and a Movie

Thursday, April 14 "Forever Young" with Mel Gibson and Jamie Lee Curtis. We will show the movie at 12:00 for those who want to come later. You are encouraged to order a meal and join the group. Call—503-838-2084 by 11 on Tuesday. Suggested donation for lunch is \$3.00.

Classes at Senior Center

Brain Builders—Kaylee Wed. 11:30

This is a fun way to exercise your brain with activities. New brain neurons can be made when you learn new things that are not already stored in your memory bank and can help with dementia and improve your memory. Participants must let Kaylee know when they are showing up. This is very important and only fair to Kaylee. Classes will be the first and third Wednesday.

Tablets—Pat Erkson will help those needing to know more. One on one so call for an appointment at the office.

American Sign Language—Jen Teal and Shanna Thomas will be teaching this fun class. It is amazing how fun signing is to learn and can benefit others. Class will be held on Wednesdays at 9:00 am. Free

Pinwheel Class—Crystal will be teaching this class on Thursday, April 28, 1:00 pm. What a way to decorate for spring. Decorate your home, put in your yard, use as decorations for that special party. Uses are endless and sizes vary from small to 12". Class is free. Please sign up ahead.

AARP Tax Aid

Pete McDowell and Esther Nability are back to prepare taxes for anyone needing it. Call for an appointment at 503-838-5678. This year we are devoting the back room for these days. There are still a few appointments available for April so class soon. If you have a question about taxes they have completed you must come in when they are here on Thursday or Saturday. Last date for taxes is April 9.

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. To make sure there are enough players 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.

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

Music Jam: Second Wednesday (April 13) of every month at 6:30pm. Musicians bring their in-

struments and make beautiful music together while others come to listen and sing, stomp their feet, or even dance. All are welcome

Hand & Foot: Mondays at 10:00.

Cribbage: Mondays at 10:00 am.

Tax Aid: Thursdays and Saturdays until April 9. Call to make appt.

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.

Stretch Exercise:

Sandy Diehm and Jackie McCormick 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 may start at any time.

Hiking:

Linda McBurney and Mary Jane Faulkner are ready to get the hiking group going. Meet at the senior center at 1:00 on Thursdays. The group will carpool. If you would like to know the destination or need further information contact Linda at (503)779-7532 or Mary Jane at (503)838-3540.

Tap Dancing

Instructor Kaylee teaches beginner class every Wednesday at 10:00 am. You can begin at any time.

Line Dancing

Sandy Keen has been instructing Line Dancing for 25 years and teaches several places in the valley. We are thrilled to have her at our center. Class is scheduled for Wednesdays

at 1:00. Cost is \$5 per lesson. She will provide step sheets to take home and eventually will send the music home too. Beginners always welcome.

Tai Chi –Moving for Better Balance

Class is changing this term. Roberta is offering another session but cost will be \$36 for six weeks, twice a week. We must have 10 people committed to attending before the new session, with payment made, by first class on April 18. Scholarship to help with class is available for those who qualify.

Walking Group

Kaylee Hobbs will be the facilitator for this group that meets Fridays at 10:00 a.m. (except potluck day).

Personal Computer

Class

Tim Taylor, majoring in Computer Science at WOU, teaches desktops, laptops and windows 7-10 and anything in between. He is exceptional and if you have difficulty in any way with your computer he is your man.

Class times are **Mondays and Fridays at 9:00 am.**

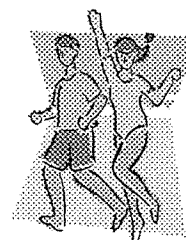
Silent Auction

Judy Vincent has cleaned the closet and has new items in the Silent Auction. Stop by and check them out. Last time to bid on the items is Friday, April 8, following the potluck.

All proceeds for the auction goes to the Building Fund.

Last month the auction made \$485. There are still items to be picked up so please lighten our load and pay for your items and take them home. Keep items coming and Judy will keep the auction going.

Thank you Judy for doing such a great job.



More Fun Things To Do at the Center

Karaoke Held 1st & 3rd Thursdays

Those attending Karaoke are having a BLAST! Sing, dance, sing-a-long, or just enjoy the music. Next dates are April 7 12:30-3:30 and April 21 12:30-3:30. We put out a money jar for Cecil—he does such a great job. He has 1500 songs so come find a favorite or come enjoy the music or dance. Cecil loves to dance with you

American Sign Language Class

Jen Teal Gasper and Shanna Thomas are both very knowledgeable about ASL and willing to teach a 6-week beginner class on Wednesdays, from 9:00-10:00 through April 6-May 11. Come learn some basic ASL signs, the alphabet and basic sentence structure. This class will be a good foundation for further learning. If the class goes well we may be able to continue it. No charge

Advisory Board Report from Pat

The Advisory Board met on February 23. Since there was no quorum no business could be conducted, which was a good thing since there was no pressing business to be conducted.

We would like to welcome new board member Sharon Kay Woods to the Advisory Board. Sharon comes to us from Independence.

The Board is looking at updating our Mission Statement. We welcome your ideas. If you have any suggestions, or would like to assist, notify Sue Teal in the office as soon as possible.
Pat Ohlsen, President

SAFER Information

SAFER stands for Seniors with Animals: Focused Emergency Response. The goal of this program is to ensure seniors and their animals are able to safely evacuate homes in case of an emergency. This program hopes to educate seniors on how to prepare themselves and animals in the state of emergency. For more information about this program contact Kimber Townsend at townsenk@wou.edu.

The best way to be safe for yourself and your pets is to be prepared. Brochures are located at the senior center giving a full list for kits for seniors and kits for animals. Pets are part of the family, so if it isn't safe for you to stay behind then it wouldn't be safe for your pet either.

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 April 6.

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

Monmouth Mealsite

The Monmouth Mealsite has been struggling to stay afloat and we need your help. Menus are available at the Center or on line at www.ci.monmouth.or.us. Plan on ordering your meals two days in advance and try them out. Thank you to everyone who has been supportive and we see some improvement.

Monmouth
Senior Center

We're on the Web!
**Monmouth City Web
Page**

www.ci.monmouth.or.us

FACEBOOK

[www.facebook.com/
Monmouth.seniorcenter](http://www.facebook.com/Monmouth.seniorcenter)

Spring Fling May 24

Janie Martin, local Big Band singer will be performing live on stage for this event.

Tickets are \$5.00 and go on sale April 25.

Hors d' oeuvres and desserts will be served and we'll leave space for dancing.

Volunteers will be needed to help out with this event. Contact Elaine LaFond through the office to sign up.

Don't wait to buy your tickets

Monthly Potluck, April 8, 12:00 p.m.

The monthly potluck is April 8, 12:00 a.m. at the senior center. Pat Ohlsen will be cooking the ham provided by the Friends of Monmouth Senior Center. Bring a main dish, salad, dessert, rolls, vegetables or ?.

Michael Riedel, Medicare Sales and Marketing from Kaiser Permanente will be our speaker. Michael was a counselor with Veterans for 10 years and with Kaiser for 7 years. He is very knowledgeable about Medicare, veterans help and Kaiser. He is not here to sell anything. He'll be sharing valuable information and answer your questions. There will also be a short announcement about Brown Bag Series at WOU.

Pottery For Seniors—Elinor Maroney

Dues Due in June

Elinor Maroney will be instructing a seven week pottery class on Tuesdays, April 5-May 17 from 3:00-5:00 pm that will introduce you to several methods of hand building, pinching, coiling and rolling slabs of clay to turn out bowls, cups, vases and other original forms. She spoke at our potluck several months ago. Elinor says she wants to have fun and make finished items that are a pleasure to handle and use. No artistic talent or prior experience required. Cost is \$68 for the 7-week class and needs to be paid prior to the class. A scholarship for \$20 is available if you qualify. Check with Sue to fill out the form. Sign up is in the office.

There are some members paying their dues in January because they think it's our fiscal year. If you paid your dues last year in July you do not pay again until after June 30. This helps keep our books straight.

Supplies For Local Troops

Pedee Women's Club sends out boxes each month to troops whose names have been given to them by local families. Many items are sent regularly and any kind of food, hand & foot warmers and microwaveable food must be sealed and unopened. No Top Ramen please. Stop by the Center for a full list.

Items needed include deodorant, wet wipes, hair ties, conditioner, toothpaste, eye drops, Q-tips, nail clippers, Ziploc bags, flea collars, paperback books, sunglasses, magazines, bar soap, combs, razors, toothbrush, tweezers, lip balm, lotion, glass cleaner wipes, white socks, cards, Sunday funny papers, hand sanitizer, brushes, shampoo, shaving cream, floss, white wash cloths, nail files, feminine products, t-shirts, DVD's, and games, along with candy, gum, etc.

Adult Coloring

Everyone has a creative side and coloring can be a real stress reliever.

Colors and pictures are available or you may bring your own.

Third Wednesday of each month at 1:00.

From The Desk of Jack — Friends Board President

Well, another Soup and Pie day is now behind us as well as a Saturday Breakfast, St. Patrick's Day and Easter. I wish to thank all of the volunteers that helped to do the set up, donated pies, made donations, cooking, serving, tearing down, clean up and money takers. And, those working the desk each day. There is no way this Center could operate without the many hours put in by these wonderful members. If one looks up the word "GRATITUDE" in the dictionary, you would find pictures of all these people.

Ta, Ta for now— Jack

Spring is here and there are many things to do at the Center. Please take time to check out information about the Victorian Tea (April 22) and Spring Fling (May 24). Volunteers will be needed to make these events happen so look at your calendar and see if these dates would work to either volunteer or to attend. They will both be fun events and tickets will be going on sale soon. Tickets can be ordered over the phone but can only be held 3 days for payment.

Hymn Sing

Kevin and Candi Hughes will be here again for our monthly Hymn sing Thursday, April 21 at 6:30. The Hughes bring their two teenage children and Kevin plays the guitar. It is so much fun singing the old hymns.

This hour is incredibly fun with lots of music and laughter.

Ice Cream Social

The next Ice Cream Social/White Elephant Bingo is scheduled for Friday, April 15, 1:00 pm.

Bring a wrapped white elephant gift to play Bingo with.

Kay Annis will be here with all the ice cream and toppings! Free for all. A special thank you to Kay for all the goodies.

Monthly Breakfast

Don't forget to attend the monthly Community Breakfast where we serve pancakes, scrambled eggs, sausage, biscuits and gravy, orange juice and coffee for a suggested donation of \$6 for adults and \$3 for children under 12.

Saturday, April 2, 8:30-11:30 right here at the Monmouth Sr. Center.

Jewelry Class

We have planned Wednesday, April 6, 13 and 20 at 1:00 for those who would like to help put our 1,000's of beads to good use to make money for the Center. You are welcome to bring your own and work on a project. James will be here to teach a new way to wrap beads and rocks. For a small fee you can use the Center's beads, depending on what you make.

More Regular Classes (continued from page 2)

Conversational Spanish

Mondays 3:00 pm No fee
All levels welcomed. Carmen Pachuca encourages new people to join the group.

Creative Writing

Fridays 10:00 am Jane West facilitates this class where writers are beginners to advanced. No fee

Beginning Watercolor

Carmel Mulcahy is taking a break spring term but will be back for summer term for this popular Watercolor class held at the Center.

During the spring term we are leaving this space open for those who would like to paint with others without a teacher.

AARP Defensive Driving

The next AARP Defensive Driving class scheduled at Monmouth Senior Center is Saturday, May 14, 9:00 a.m.-4:00 p.m.

The office is taking names and phone numbers now. Cost is still only \$15 with an updated AARP card or \$20 for non-members.

Women's Night Out

Saturday, April 23
Dinner-meet at 5:00
Games-meet at 6:30

Breakfast

Wednesday, April 6, 8:55 am

Promotional Committee

A Promotional Committee is at work letting the community know we exist. Right now the committee is working on ways to promote the Center by having a booth and float in the July 4 Western Days.

Volunteers are needed to help get this project done. Contact Marilyn Blankenheim or Pat Ohlsen if you would be willing to help. We have the trailer. Signs can be made now.

Brown Bag Series at WOU – Aging Well-Aging With Others

Gerontology Department (WOU), Politics, Policy, and Administration Department (WOU); Human Resources and Monmouth Senior Center are sponsoring a Brown Bag Series: **Aging Well—Aging With Others** from 12:00-1:00. This four part series is open to campus and community

members who are interested in learning more about personal aging pathways and ways that aging concerns and processes may be enhanced in families.

Brown Bag #1: Negotiating the Adult Child and Older Parent Relationship as Parents
Age: Setting the Con-

text, April 27.

Brown Bag #2: Understanding Policy: Implications for Aging Adults, May 4.

Brown Bag #3: Health Promotion and Aging: Best Practices, May 11.

Brown Bag #4: Talking About End-of-Life Issues, May 25.

. . . on the road again

Free Trip for April goes to Moellen Berndt. Moellen will have her choice of a day trip valued at \$25 which includes the cost of his meal. Congratulations Moellen. 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.

Drivers – We have three new drivers we will be training very soon. Once they are trained we will be able to offer more trips so watch for them.

A Trip to Remember – 4 nights/5 days, June 15-19 Cost: \$400

For those signed up you must pay no later than April 8 or we will start taking names off the waiting list.

The first day will take us on the old Columbia Gorge scenic Hwy, stop at Bette's for lunch in Hood River, Columbia Gorge Discovery Center in The Dalles and then head north for Yakima where we will be staying for the night. The second day we will travel to Lake Chelan by way of Leavenworth and Cashmere, stopping at several places along the way, staying in Chelan that night. Day three we'll get up early and board the Lady on the Lake boat for a trip up the lake to Stehekin where we will take a bus tour of Rainbow Falls and back on the boat for the trip back to Chelan. After arriving back we will take a break and then head to Grand Coulee to see the Laser Light Show at Grand Coulee Dam. We stay all night here and day four we head over to Fife (by Tacoma) for the night. We are still working out details for this area before heading home on day 5. It is a go for Sue to drive and her husband Tim will be the backup driver. We have added a stop on the way home from Fife. Cost will be an additional \$7 for a tour of Wolf Haven. We recently watched a video of it and I believe you will enjoy it.

Northwest Senior Theatre – May 19 – Cost: \$13.75

The Theatre is celebrating 25 years of quality entertainment. This year they are offering "The Silver Season Spring Gala – 2016". Broadway and Vaudeville songs, skits and dancing – all the things you love. We'll leave the Center at 11:30 am. We'll find a place for dinner. Cost covers your transportation and theatre. Dinner is on your own.

Scenic Jet Boat Trip on McKenzie River – April 16 -- Cost: \$72 – 11:30 am

The boat starts at Harrisburg, Oregon just south of Corvallis on Peoria Rd. It is 2 ½ hours long and refreshments will be served. It is suggested to layer your clothes as you never know what the weather might be. Safety is #1 with them. Wildlife to see includes black tail deer, otter, beaver, osprey, bear and the glorious bald eagle. View crops, plants and breathtaking sites. If it proves to be popular we'll offer more than one trip. We'll start at the top of the list from those who signed up. We will offer a second trip if needed.

...on the road again

Breakfast at Tommy's/Drive to Beaver – April 28 – Cost \$13.75 -- 9:00 am

Pat Czarnik will be driving this fun trip where we begin with a mid-morning breakfast at Tommy's Restaurant in McMinnville. It comes highly rated and everyone should find something they like. Then it is off to Beaver by way of Carlton and over the back way to Beaver. It should be a scenic adventure and Pat knows the way so you won't get lost. The road is crooked and gravel part way but sometimes those are the best to see the views. We will also plan on stopping on the way back Hwy 101 for some lunch or a snack.

Whale Watching/Lunch at Tidal Raves – May 12 – Cost \$11.75 9:00 am

We're off for a day at the beach to see if we can find any of those whales around. Our lunch stop will be in Depoe Bay at Tidal Raves and we'll also take time to stop at the Whale Viewing Center nearby. Then it's off to Newport with stops along the way for viewing. We'll hit the ice cream store on the way home by way of Hwy. 20 and Kings Valley. Lunch and ice cream is on your own.

Overnights through Oregon West Excursions

The Queen Mary & Catalina Island – May 23-May 27, 2016

Cost: \$1,738 per person double, \$2,161 Single

Catalina Island lies in the Pacific Ocean, 22 miles west of Los Angeles. The island combines natural beauty with a wide range of amenities and activities. With over fifty miles of shoreline, secluded coves, and dramatic views, this destination has earned a reputation as "the island of romance".

NE Oregon & Beyond – June 19-25, 2016

Cost: \$1,596 per person double, \$1,921 Single

Breathtaking beauty and diversity...An area steeped in history stretching from the foot of the Blue Mountains to the heights of the Willowa's to the feet of "The Guardian of the Valley".

Treasurers of the Northwest—Hurricane Ridge & The San Juan Islands

July 24-29, 2016 Costs: \$2,128 per person double, \$2,498 per person single

It's time to breathe the fresh, mile-high air on Hurricane Ridge, just south of Port Angeles, in the Olympic National Park. You'll feel you're on top of the world, and you actually are! The ruggedly carved mountain range contrasts with the soft fields of wild flowers in the subalpine meadows below. Cruise the pristine waters and narrow passageways aboard the Viking Star. View Orca whales, and other wildlife, on a 3 day cruise you'll never forget!