

Senior Moments

November 2016

November Birthdays

Joann Acker 29
Frank Alexander 03
Charles Alva 26
Ann Cape 26
Cynthia Corley 09
Amalie Doke 03
Jim Fessler 18
Laura Fessler 19
Pat Gallagher 27
Bruce Gordon 19
Teri Heitzman 07
Ned Kenney 23
Marvel Mosteller 12
Esther Nabity 08
Sheila Nelson 01
Lois Sieber 21
Wayne Tabler 11
George Taray 15
Edie
Vander Zanden 02
Ruth Versteeg 30
Cheryl Watson 13
Pam Welliver 12
Judi West 10
Michele Wooster 27

Due to the Thanksgiving Holiday, the senior center will not be holding a Birthday Party in November.

November birthdays will be celebrated at the Big, Big, Party on December 30. Set your calendar now for the date as it is always so much fun.

We celebrate November and December Birthdays, Christmas, and New Year's.

If you would like to help out contact the office and we'll get your name on the list.



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

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

November Potluck Open House Set Veteran's Day

Please take note—the potluck for November has been changed to the third Friday this month due to Veteran's Day, making it November 18, 12:00 p.m.

Turkey, mashed potatoes and gravy and cranberries are provided so plan on bringing a side dish, rolls, dessert, salad, or a favorite dish you make for the holiday.

John Brown and some of the S.A.L.T. team will be here to share what this team is about. Initials stand for Senior and Law Enforcement Together. They work with the Polk County Sheriff and handle tasks that give the sheriff's department time to do their work.

Bring others with you. The food is always good!

The expansion project is coming to a close and we'll soon be enjoying the new bathrooms, classrooms and storage.

An Open House is set for Thursday, January 19, from 11:00-2:00. This will give us plenty of time to prepare for the celebration.

If you haven't had time to see the work, drive by and it fits together so well you wouldn't even know it was an addition.

The column that has been in the way for 30 years has been removed and a new one placed 6 feet to the east so we can now enjoy the open space coming into the multipurpose room. We are so excited to have it gone! It was worth the wait.

Veteran's Day, November 11, we will be honoring veterans and their families by holding a free breakfast from 8:30-10:30 at the Volunteer Hall (next door to the senior center).

This official U.S. federal holiday marks the anniversary of the end of World War I and used to be called Armistice Day until June 1, 1954 when congress amended the bill from 1938.

Please pass the word to veterans and their families to attend this time when we honor them or their service to our country.

If you would like to be a part, contact Sue or someone in the office and we'll get your name down.

Holiday Bazaar — November 12

Friends of Monmouth Senior Center will hold a Holiday Bazaar on Saturday, November 12, 9:00-3:00.

There are still tables available for rent at \$15. You may reserve a table by

contacting the Center at 503-838-5678 or Phyllis Bolman at 503-931-1109 or email at rpbolman@msn.com.

Vendors can set up tables on Friday before between 2 pm and 4:30 pm or Satur-

day between 8:00 and 9:00. Doors will open at 9:00.

Forms are available in the office. Due to construction the bazaar will be held next door in Volunteer Hall.

No Breakfast is scheduled for November!!

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 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.**

Mealsite Changes

We are so excited to learn that Paul Reiter, former owner of the Pink House, has officially taken over the job of coordinator for the Monmouth Mealsite Program.

Paul will bring a few changes to the program and we will keep you posted as to what they are. If you have a chance, stop by and welcome him.

The mealsite is always looking for more volunteers to work in the kitchen or to deliver meals to homes.

If you are interested in ordering a meal you may call 503-838-2084.

Classes at Senior Center

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. We can't say enough good things about this class. If you have an iPad, you need to attend. You will have fun and learn at the same time. No charge.

Card Making with Liz

Liz prepares cards for this class and instructs the students on making them. This month's class will meet October 10 at 10:00. Cost is \$4 and you make 2 cards. Sign up in the office. Bring glue, scissors, ruler and pencil.

Card Making with Jen

Jen Teal Gasper will be teaching Denise Wallace's class scheduled for Monday, October 17 at 4:30 pm. Sign up in the office and cost is still \$4 for 2 cards. Bring glue, scissors, ruler, pencil.

Conversational Spanish—Carmen

Pachuca continues to hold this class to help those wanting to expand or begin learning Spanish. Class is held Mondays, 3:00 pm.

American Sign Language—Jen Teal Gasper has agreed to come back in the fall and hold another series of classes. Class is held Tuesdays at 10:30. No charge.

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. Starts again September 9.

Computers

Tim Taylor is back with a Windows 7, 8 or 10 class Tuesdays and Thursdays at 9:00 am. Bring your laptops and plan on an hour of good information.

Basic Drawing For Fun—January

Sonja Ely will be instructing a 4-week class having fun discovering simple ways to draw and express your creativity. Each session is 1 1/2 hours. There is not a fee but you need to bring supplies that include 2 or more #2 pencils, 1 pink pearl eraser, 12 in. ruler and optional 8 x 10 sketch book or drawing paper pad. Sign up now. Class day to be announced.

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, Oct. 27 by appt. Cost is \$20.

Music Jam: Second Wednesday (Sept. 14) 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. Others are welcome to bring their instruments.

Hand & Foot: Mondays at 10:00. This group is growing. Join them and learn a new card game.

Cribbage: Mondays at 10:00 am. Newcomers are always welcome.

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:

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.

Hiking:

Linda McBurney and Mary Jane Faulkner are ready to get the hiking group going. Meet at the senior center at 1:00 pm 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.

Line Dancing

Sandy Keen starts Wednesday, October 5. Time has been changed to 10:30. There is a sign up sheet in the office. Fee of \$5 is charged per week. She will provide step sheets to take home and eventually will send the music home so you can practice. This class is a kick and gives great exercise too.

Tai Chi –Moving for Better Balance

This class has begun and growing. It is free and the benefits are worth the time you give. The class meets on Mondays and Wednesdays at 3:00. Chairs can be used during this hour long-class and you can stop by and check it out if you aren't sure. Give it a try!

Walk With Ease

We would like to get this class going again. We know there are many who want to walk, looking for a partner, learn about nutrition and how important it is to stretch, etc. This class could be just what you are looking for.

If you are interested sign up in the office or contact Sue in the office. Today is the day to start being more healthy, be-

Taxes With AARP

Pete McDowell will be in charge of the AARP Tax Aide again this year. He is looking for volunteers who are willing to give a day or two each week from February through half of April.

There will be training in January. Contact Pete at 503-930-7636 to volunteer. This is a very rewarding opportunity to help others.

Medicare and Open Enrollment

All seniors are invited to a free "Medicare and Open Enrollment" presentation with Craig Parker at the Monmouth Senior Center on Friday, November 4 at 10:00 am.

Registration is not required. The presentation will cover Medicare's Fall Open Enrollment for Medicare Advantage Part C and D prescription plans. Will also cover how Medicare works, supplemental insurance options, help for low income seniors, and others.

This will help with the confusion of insurance.



Gift Card Holder with Liz—November 7

Liz Honse will be instructing a class making a laced purse out of paper and a gift card holder to put inside. A perfect way to give a gift for any occasion. Class is Monday, November 7, 3:00 p.m. Cost is \$4.00. Please sign up ahead so Liz will have time to make up the kits. A sample is next to the sign up sheet.

Gingerbread Houses

Sharon Kay Woods is back for the third year providing the supplies for a gingerbread house making class on December 21 at 2:00 pm. Cost is \$2.50 and includes the graham crackers, icing and all the fun candies to decorate with. All proceeds from this class go to the scholarship fund. Grandchildren are welcome to attend with their grandparent. Class is limited. Sign up.

New Mission Statement

The Mission Statement Committee has been hard at work coming up with a new Mission Statement for Monmouth Senior Center that is shorter and more precise of what really goes on here.

The Monmouth Senior Advisory Board adopted this new mission statement at the October 25, 2016 board meeting.

The new statement reads:

Monmouth Senior Center strives to provide a welcoming and safe refuge that is nondiscriminatory, respectful of others, non-judgmental, with health and welfare, that is inclusive, following the Golden Rule, and building a sense of family and friendship with life long learning.

Garden Club Greens Sale

The Monmouth Garden Club 's Holiday Greens Sale will be on Nov. 30 and Dec. 1 from 10 am to 6 pm and on Dec. 2 from 9 am to 1 pm. It will be held at Central Baptist Church, 655 S. Pacific Ave. Fresh, made on site, door wreaths, table decorations and holiday cups will be available. Custom orders may be placed in advance by calling Margaret at 503-838-3995. Proceeds go to community beautification projects. Low prices with quality.

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 for Nov. 2.

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

Weight Loss Support Group

Sherry Hee, former weight loss coach for Kaiser Permanente, is facilitating a weight loss support group at the Center Wednesdays at 2:30. All are welcome and there is no charge. The holidays are coming and this could help you from gaining those extra pounds. Very friendly group and Sherry is a great facilitator.



We're on the Web!
Monmouth City Web Page

www.ci.monmouth.or.us

FACEBOOK

[www.facebook.com/](http://www.facebook.com/Monmouthseniorcenter)

Monmouthseniorcenter

Medical Equipment

One thing you may not know about the Center is we have medical equipment. We actually don't loan them. You sign a wavier that the items are now yours and it will be up to you if you want to donate them back to the Center or give them to someone else.

Items include walkers, wheelchairs, raised toilet seats, shower and bath chairs, Depends to give away, grabbers, canes, crutches, etc.

We do accept items and if we can't use them, we give them to Northwest Medical Teams up Portland Way.

Silent Auctions Start Up Again

We are thrilled to have Judy Vincent back at work providing a big Silent Auction starting up by time the monthly potluck is held in November. She is making a variety of baskets including yard, baking, angel and who knows what else. Plan on stopping by and putting in your bids and see what you will get to take home. Bids will be taken until the end of the day at the December potluck.

At this time, we have plenty of items that have been donated. Thank you to each one who has graciously given to these auctions. All proceeds will go to the Building Fund. Be sure and thank Judy for her hard work on these auctions.

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.

Women's Night Out

This month the women are meeting on Saturday, Nov. 19 at 5:00 for dinner and 6:30 for games.

Meet at the Center for carpooling.

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. The Women's Club is raffling off a quilt for the Soldier's Fund. A picture of the quilt is on the Board.

Photography

Barbara is an exceptional photographer and has a lot of knowledge to share with others about how to take pictures, your camera, etc. She will be teaching at the beach so we want to schedule something before she leaves. Sign up if interested.

Christmas Bingo

Sharon Kay Woods has been working hard to get certificates and items from our local businesses, as well as a few from the outlying areas to give as prizes. There will be refreshments too. Come join us on December 14 at 1:00 pm for Bingo fun. There will also be door prizes. There is no charge for this Bingo so start inviting others.

Soup and Pie Report

The fall Soup and Pie event made \$1,732 and there are many, many people who made this happen. There will be a few small expenses but what a day we had. It was held in the Volunteer Hall next door to the Center and WOW do we love that facility. All the noise from the kitchen was gone and there was plenty of seating. Workers were in abundance and just as it was over and all the supplies needed to be taken back to the senior center we had students who volunteered their time to save us!

Winter Wonderland Event

The Friends of Monmouth Senior Center are planning an event to help celebrate the holidays. It is in the planning stages but we do know there will be caroling, gifts, food and who knows what else. This will be a grand way to have celebrate with others. It will be held December 20, 1:00-3:00 p.m.

If you have nice white elephant gifts to donate or would like to provide some food or help contact the office. Tickets will be sold for \$3.00 to help cover costs and can be purchased in the office.

Building Fund Needs Some Help

Completion of the expansion project is very close and we recently learned there could be an extra \$10,000 needed to cover final costs. The City Council graciously approved an added \$100,000 at its meeting in April, donating a total of \$200,000 for our much needed project. Now that the project is in its final stages we have learned it could be \$10,000 over budget.

Many items will need to be purchased after the work is completed and there is money needed to pay final expenses. We are asking our many members and community members if they will make one last generous donation to help make this happen. No donation is too small. We are making this last push after such a long hard journey the past 12 years. Donations may be made in the office and a tax deductible receipt given. The end of the year is almost here!

How can we say thanks for the dedication to this project?

From the Desk of Pat—President

The Advisory Board met on September 27.

Mark Fancey reported that the building expansion is only behind a week. Some of you may have been able to have taken a preview tour by now. It looks great!! Our new storage room is going to be a welcome addition.

Marilyn Blankenheim

Reported that the Promotional Committee has a number of plans in the works. Additional members are needed to help carry these plans forward. Many of these plans involve a one-time commitment.

Pat Ohlsen
President
Senior Advisory

Desk Volunteers

We have many new volunteers working at the desk and Sherry Hee, Volunteer Coordinator, and Sue Teal would like to hold a meeting for all desk volunteers to go over some new policies and procedures.

Date is Wednesday, November 9, 1:00 pm. Everyone is doing an outstanding job!

AARP Defensive Driving

The next AARP Defensive Driving class scheduled at Monmouth Senior Center is Saturday, November 19, 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. You are encouraged to sign up as class size is limited.

Bring a lunch and the coffee pot will be on.

No Ice Cream Social

The month of November is very different at the senior center due to Veterans Day and Thanks giving holiday.

Because of this, we will not be holding an Ice Cream Social the month of November. Potluck will be held instead. Join us.

Coffee and Conversation—Nov. 21 10:15

Each month a Coffee and Conversation is held at the senior center with donuts and people talking with one another. Kelly Cape is sponsoring the get-together with donuts each month. It begins at 10:15 and is a good way to visit with other veterans or to meet some of our members. FREE

Suicide Prevention

This class is called QPR training—question, persuade, and refer and takes two hours and taught in a format that is clear and concise.

People are trained in CPR and the Heimlich Maneuver and save lives every day. This training can be just as effective to save lives to suicide.

The two hour class is scheduled for

Wednesday, November 2, 10:00 am.

Contact the Center to sign up or for more information.

Class information is easy to understand and reinforced by a QPR booklet and card. You could save a life today.

Holidays are almost here and could be a critical time for helping others.

Hymn Sing-a-long

Kevin and Candi Hughes share their love and talent for the old hymns the third Thursday of each month at the Hymn Sing-a-long.

Many of you grew up singing these songs and what a great way to spend an hour, sing with others.

Next one is Nov. 17, 6:30 p.m.

. . . on the road again

Free Trip for November goes to Marilyn McDougall. She will have her choice of a day trip valued at \$25 which includes the cost of her meal. Congratulations Marilyn! 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. Most trips will not begin before 9:00 during the fall and winter to allow time to warm up a bit.

Attention Drivers and Travel Committee Members –The next Travel Committee meeting is Wednesday, November 2, 10:00 am. We will be discussing the overnight trips for spring and early summer.

NorthWest Senior Theatre – November 17 – Leave: 11:30 am -- \$13.75

“Jingle, Jingle, Jingle” is a musical variety show that includes The Christmas Song, Drummer Boy, A Song of Peace, Let's Have An Old Fashioned Christmas, Thank You Very Much and many more. It also includes dancing, skits and merriment. The show is held at the Alpenrose Dairy Opera House and we've been attending for years.

IKEA – November 29 – Leave: 9:00 am – Cost \$9.50

Our yearly Christmas shopping trip to IKEA is set and hope many of you will plan on going. Lunch will be at the store where they have a good variety of food and don't forget to bring home those meatballs and berries!

Christmas Tea – December 8 – Cost: \$30 – Leave at 11:00 am

Colleen Wilcox in McMinnville is at it again with her Christmas Tea. Treat yourself to a relaxing afternoon. Delight in a full four courses of a classic tea. Starting with fresh fruits of the season, warm baked scones with clotted cream & toppings. Assorted tea sandwiches, savorys and delicious sweet desserts.

Keizer Christmas Lights – December 19 – Cost: \$10 – Leave at 5:00 pm

The Christmas Lights in Keizer are always a fun way to celebrate the holidays. We will not be stopping for dinner so please plan accordingly. We will stop by dessert, coffee, hot cocoa or ? This will be on the way home and on your own.

Grotto – Christmas Festival of Lights – December 13 – Leave 4:00 p.m.

There was such a good response for this trip we have it all set to go. Due to the high volume of people we will see about scheduling a second trip so watch for the second date in the December newsletter.

Cost is \$23 and includes entrance to the Grotto. Rich Graham will be your driver and he knows the way so no getting lost! We are leaving at 4:00 so we have time to have dinner along the way and allow some time for the traffic to move out. So be sure and plan and this. We should be stopping about 5:00 for dinner. Restaurant will be announced. Please sign up on the waiting list so we will know if a second trip is needed.

Christmas Shopping in Downtown Portland – December 6 – 9:00 a.m.

Our first stop will take us to the OSHU Tram Parking where we will board the Trolley Street Car that will take us to downtown for a day of shopping. You will need to pay for your trip in November so we can get our tickets ordered and not have to be in a long line to purchase them. Please take note for those wanting to do other things beside shop in Portland this is also possible. The Portland Art Museum is a possibility or the Oregon Museum or ?. **Cost is \$15** and will cover your ticket fee for round trip.

McKenzie River Highway west of Eugene, Springfield and Blue River –

If you haven't been on this Hwy you should. The scenery is breathtaking. There are covered bridges, waterfalls, lakes, trees, hot springs and many other things to see and we're planning a trip next year that will be a one night stay at Bell Nap Springs and then make many stops along the Highway, coming back Hwy 20. We are also going to start taking names to see if they may some interest. We do understand cost and date will make a difference but we would like to see if someone wants to go.

Crater Lake –

We see there is definitely interest in making a trip to Crater Lake. Our travel committee will begin work on dates, what to see and costs. We hope to have final details the first of the year. We also just learned they have a new zip line??. We may even check out staying in the lodge which would make it even more fun. We will include the new trolley ride around the rim to see the lake from every angle. We will plan it before fire season this time so cancellations won't be necessary.