

Senior Moments

May 2017

May Birthdays

Maurine Auer 30
Bertha Bartel 18
Mina Bellah 07
Roger Berndt 12
Ann Bonds 01
Carol Busby 07
Jeanne Deane 08
Stephanie DePascal 01
Rhonda Diaz 31
Sue Engebretson 10
Mary Jane Faulkner 13
Kathy Grudle 22
Delight Hamar 26
Wanda Kenyon 11
Jane Landes 02
Janie Martin 28
Peter McDowell 11
Pat McFarland 05
Stephanie McKee 23
David Moellenbrendt 15
Gloria Moles 20
Alma Murphy 01
Eugene O'Day 25
Harold Pippin 16
Helen Sacco 29
Charmaine
Schonblom 04
Judy Snyder 31
Judy Vincent 18
Carol White 05
Jerry Winegar 16

Let's celebrate!!! Look at all these birthdays in May. Cake and ice cream will be provided by the Friends Board and we'll be playing Card Bingo. This is always so much fun. Plan on attending to help these individuals who have another birthday.

New Bill Paying Option

You can now pay your City of Monmouth electric bill on line. Go to the City website—www.ci.monmouth.or.us and click on most popular section and online utility payment.



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

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

Monthly Potluck

Cinco de Mayo is May 5 and we are celebrating it on Friday, May 12, with Latin music and Mexican Food.

The Friends Board will provide a Taco Salad Bar and individuals attending will bring other side dishes to go along with it.

Music will be provided by the High School Jazz Band. They have been practicing and what fun it will be to hear them.

We encourage you to invite others to attend with you. Be sure and bring your table service, along with a main dish, salad or dessert.

Many have been telling us about the dishes they make and we can't wait to try them. If you can't take spicy bring something you can eat

Community Breakfast

During our regular Community Breakfast on May 6 the Historic Commission will be here to share a video, pictures and have several talking about the history of Monmouth. You will also learn how to put the app on your smart-phone so you can take a walking tour. They will be set up in the Willamette Room that is the new larger area that was recently added.

Breakfast is served from 8:30-10:30 and includes pancakes, scrambled eggs, sausage, biscuits and gravy, orange juice and coffee. Cost is \$6.00 for all you can eat.

A special thank you to Independence Health and Rehab for their support.

Armed Forces Day

In honor of Armed Forces Day, the Center will be holding a special time for veterans or those serving their country now to bring their stories and pictures from their military days. It may be you or other family members who served. All pictures and stories are welcome.

This will be held on Friday, May 19, 10:00 am.

Light refreshments will be served. If you have questions please contact the Monmouth Senior Center at 503-838-5678.

We ask that you please pass this on to others you may know. Keep in mind it could be about anyone you know that has served.

Dr. Gary Huxford—History Workshop

Dr. Gary Huxford, retired from Western Oregon University, will teach a ten week workshop at the Monmouth Senior Center Thursdays, 10:00 am beginning May 11.

"The Age of European

Supremacy (1870-1945)". The climax of European domination, a broad survey of political, cultural, imperial achievements that mark the high water mark of Europe. Then the disaster of two wars that bring that era to a close. This in-

cludes the rise of totalitarian powers (Germany, Soviet Union, Spain, Italy, etc.).

Old maps will be used to help show of the areas. Class will meet in the large multi-purpose room.

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.**

Karaoke Starts Dates Change

Cecil is back with his professional karaoke machine to give those who love to sing an opportunity to do just that. This month he will not be here on May 10 due to the Mother's Day Bingo but will be here on Wednesday, May 24, 12:30-4:00.

Please note the starting date has changed due to a conflicting schedule.

He has thousands of songs to choose from and the only thing you need is a love of music and singing. You are also welcome to come and enjoy the music.

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. Mid-March the new 60" TV was installed and is working beautifully. We still need to get it mounted but for now it's on a table. Very relaxed group. If you have an iPad you need this class.

Card Making with Liz

Liz prepares cards for this class and instructs the students on making them. This month's class will meet May 8 at 10:00. Cost is \$4 and you make 2 cards. Sign up in the office. Bring glue, scissors, ruler and pencil. Please sign up ahead.

Card Making with Jen

Jen Teal teaches this class on Monday, May 15 at 4:30 pm. Sign up in the office and cost is still \$4 for 2 cards. Bring glue, scissors, ruler, pencil.

American Sign Language—Jen Teal is teaching the sign language class Tuesdays at **10:15 am**. Newcomers are welcome to join. Handouts are given out each week and it is a class that will stimulate your brain. This is a nice class and there's always room for more. No need to sign up.

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—Windows 7, 8, and 10

Tim Taylor teaches on Tuesdays and Thursdays at 9:00. Tim is excellent at instructing, knows his way around the computer and willing to help answer your questions. No charge for the hour class. Starts up again April 4.

Friday Morning Open Artist's Group

Sonja Ely will be holding an open artist's group where you mingle with other artists. Bring your own projects and supplies. Will be held Fridays, 10:00 am May-August.

Beg. Stamping-Monday, May 1

See page 6 for full details. Class starts at 10:00 and cost is \$3.00.

Watercolor Class—Starts June 8

Anya Thaker, instructor for an 8-week Watercolor Course. All levels including beginners welcome. Class will be held Thursdays at 10:30 and be held until July 27 at a cost of \$60. Please begin signing up now to make sure we have enough for the class.

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, May 25 by appt. Cost is \$20.

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

Music Jam: Second Wednesday (May 10) 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 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.

Line Dancing

Sandy Keen will start the fun dancing class January 11. Class is scheduled for every Wednesday from 10:00-12:00. 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 hold their last two classes this month (May 3 and 8) at 3:00. John has agreed to continue this class every Monday at 3:00 for now. We need to be able to show 10 dedicated so starting coming to class to keep it going.

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 starting up again now that the weather is improving. 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. The group car-pools. Thursdays at 1:00.

Plant Sale

Monmouth Garden Club will hold its annual Plant Sale on Saturday, May 6th, 9:00-2:00 at the Monmouth Library. Items will include perennials, bulbs, shrubs and herbs. Sedium Gardens for Mother's Day.

Proceeds go for funding Community Beautification projects. This year funding will include the replanting grounds of the Senior Center around the new construction area. Plan now to attend.

New Games

American Mah Jong

Many people have always wanted to learn this game using tiles. Stephanie is teaching this fascinating game on Wednesdays at 1:00.

Scrabble For Fun

Scrabble is a game that has been fun for many years and also keeps your brain active. Plan on coming on Tuesdays at 12:30 pm.

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.



Cooking For One With Gayle Jolley

Gayle Jolley, new practicum student from WOU, is the founder of *In Good Taste* in Portland's Pearl district, a cooking school, cookware store, wine gallery, bistro, gourmet food emporium and catering service. She is passionate about great food as a painter is of color. For over 35 years, she has artfully presented cooking classes on Italian, French, Greek, Spanish, Mexican, Tai and Indian cuisine. She has owned and managed her own catering service and served as catering director for the Heathman Hotel, Hotel Vintage Plaza and Pazzo Ristorante. With her cooking school, Gayle has created a rich menu of offerings.

She will teaching two classes this month at the Center. Cost is \$5.00 and needs to paid at the time you sign up.

May 9 "Re-Acquaint Yourself with Your Kitchen-Cooking for One" (recipes included) 11am-12:30pm—\$5.00 Menu-Marinated Salmon Seared in a Pepper Crust, Spring Asparagus Salad with Toasted Hazelnuts.

May 16 "The Complete Healthy Pantry-Put Your Pantry to Work to Create Quick and Delicious Meals"—Menu-Tuna Puttanesca Pasta with Tomatoes, Olives and Capers, Canyon Ranch Bean Salad with Sweet Peppers, Hearts of Palm and Fresh Spinach. The class includes a comprehensive shopping list to stock your pantry. Cost is \$5.00 and class is 11am-12:30pm here at the senior center.

If you are not able to attend your class, you may send a friend. Class size will be limited to the first 12 so don't wait to get your name on the list and pay your fee. Last day to sign up is May 4.

Photography Class

The next Photography Class with Barbara DiMattio is set for Wednesday, May 24 at 1:30 pm. The class is meeting at the new amphitheater in Monmouth City Park. Be sure and bring your cameras. If you need help finding where to go contact the office. You may park at the Center as it is only one block to the park. This will conclude the class.

Mother 's Day Bingo

In honor of Mother 's Day, Sharon Kay Woods has special prizes that will be extra special. Date is Wednesday, May 10, 1:00 p.m. We had snow and ice for her Christmas Bingo but that didn 't stop most of the people. Refreshments will also be served. Plan on lots of gifts, fun and food. See you there.

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 April 5.

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.

Interested in a Rock Hounding Class with Field Trips? Contact Sue so we can start.

Monmouth Senior Center

We're on the Web!

Monmouth City Web Page

www.ci.monmouth.or.us

FACEBOOK

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

Monmouth Senior Center

Upcoming

David Habor, recent retired from Western, will be offering a series of workshops on Health Promotion and Aging. His book is in its 7th edition and the information he shares is very down to earth and areas we can all use the help in.

Due to the time of year and busy summer schedules, we will not begin this series until early fall.

Topics covered include prophylaxis, Medicare Prevention, Medical Screenings, Nutrition, Complementary and Alternative Medicine, Mental Health just to name a few. We hope to have dates by the next newsletter.

Watercolor Class

Coffee and Conversation

Coffee and Conversation continues to be held the third Monday of each month. Kelly Cape and Women's Auxiliary are 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. The next time the group meets is Monday, May 15, 10:15 a.m. Veterans are welcome to attend and talk with others that are attending. Fellowship is vital to all of us—plan to come and meet new people and enjoy the donuts and coffee.

Women's Night Out

This month the women are meeting on Saturday, May 20 at 5:00 for dinner and 6:30 for games.

Meet at the Center for carpooling.

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.

4th of July Float

The 4th of July isn't far off and our float is in need of some sanding and painting. Are you tired of having nothing to do? Do you want to use your talent to help dress it up? We need volunteers to work on it now so we will have time to decorate it. Contact Sue if you could help with this project. We are also looking for some creative ideas for decorating.

AARP Defensive Driving Class

The next class at Monmouth Senior Center is scheduled for Saturday, May 13, 9-4. Please contact the Center to register.

Check with your insurance to see how much it will save you.

Hymn Sing

The Hughes are back on schedule for the Hymn Sing and we hope many of you will plan on attending this time of singing the old hymns. Many are not being sung in the churches and are missed. Jeanne Deane has taken over opening the door and a special thank you to her for this. Next one is scheduled for May 18.

Center Closed for Memorial Day—May 29

New Practicums and Easter Seals Worker

Sandy Hoefling and Gayle Jolley are the new practicum students from WOU for the spring term. Emily Brian is an intern from Chemeketa Community College and will also be here for the spring term. The students have shown themselves to be a real asset to our Center already. Sandy worked with the free medical clinic for 3 years and Gayle is the founder of *In Good Taste* in Portland's Pearl district. Check out the previous page to see the cooking classes she will be offering this month. Emily is here to gain experience working in an office and willing to help out wherever she can.

Tanya Roberts is our new Easter Seals worker who replaced Sherry Hee. As you may have noticed, Sherry still volunteers and keeps track of volunteer hours and sign-ins, as well as working with the Victorian Tea. Tanya is learning her way around the Center and we are thrilled to have her here.

Please make them all feel welcome and help them out when they aren't sure what to do.

Advisory Board Report — Pat Ohlsen

The Advisory Board met on March 28, 2017.

The Board is announcing that there will be an Armed Forces Day celebration this year on May 19 from 10:00am to noon. Come and hear and share your stories and pictures. Veterans from any war or service men and women now serving are welcome to do this. There will be an ice cream social afterwards at 1:00.

Sandy is one of our new practicum students and is working in the office. She worked at the Free Clinic for 3 years. Gayle is also a new practicum and is offering some especially good cooking classes you won't want to miss in May. Emily is also an intern coming from Chemeketa and is learning her way around an office. Please stop by, say hello and welcome her. **WELCOME BOARD LADIES!**

FYI: We will have a Bingo Game on Wednesday, May 10, 1:00 in honor of Mother's Day.

In-the-works: David Haber will present a four-week workshop on health and aging. In August there will be a presentation for caregivers of people with Alzheimer's and other dementia.

Community Items

Independence/Monmouth Clean-up and Beautification Day The annual clean-up day will be held on Saturday, May 20 from 9:00am to 2:00pm at the Riverview Park in Independence. Cost is \$10 for residents and \$12 for surround County. Elderly or disabled residents requiring assistance are asked to contact the Independence Police Dept. at 503-838-1214 or Shannon at Monmouth Public Works 503-838-2173 by May 19 to schedule pick-up assistance. For more details contact one of these numbers.

Note From Coordinator —Sue

We held our 11th annual Victorian Tea in May and it was especially nice due to the many, many volunteers we had participate.

Special thank you to our Yoga models, Tea Committee, WOU groups Women's Soccer Tea, Beta Delta Sorority, English Language Study Center, Gerontology Club and the many senior center volunteers.

This is one of our favorite events and without these volunteers it wouldn't have happened. Also would like to thank Petals and Vines for their donation of the beautiful flower cups we gave away, Liz Honse for making the adorable coffee boxes, Judy Vincent for the "Tea for Two" basket, and Kay Bates for her beautiful jewelry. So many to thank and so little space. The many, many hours it took was all worth it as the ladies came and raved about the great time they had!

Disney's Aladdin Jr.

Central High School brings next production: Disney's Aladdin Jr. — May 10-20.

The High School offers complementary tickets to Polk County residents over 65 each and every showing. These are general admission distributed at the box office-no reservations. If you would like reserved seats, advance purchase is advised. Poster is at the Center for more details.

Community Breakfast

Monthly Community breakfast will be held May 6, 8:30-10:30. Cost is still only \$6 donation, \$3 for under 12 for all you can eat.

Breakfast includes pancakes, scrambled eggs, biscuits and gravy, sausage, orange juice and coffee.

Beg. Stamping Class

Jen Teal will be teaching a beginner stamp class to teach the basics using daubers, masking, huffing, best prices to purchase, stamp press, cleaning products, steps to build a card, embossing dry and wet, etc. First Monday of each month. Next class is May 1.

Wanted:

Neighborhood Volunteers for the Mon-Indy Food Project.

The easiest volunteer job you'll ever have! Every other month, in 3 hours or less, you can help hundreds of families in your community feed their children.

For more information, please visit: monindy-foodproject.com or call 503-779-7532 today.

. . . on the road again

Free Trip for April goes to Diane Powell. She will have his choice of a day trip valued at \$25 which includes the cost of her meal. Congratulations Diane! 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. Our decision to not have trips the last few months certainly paid off as we all know it was quite a month with snow and ice.

Attention Drivers and Travel Committee Members –The next Travel Committee meeting is Wednesday, May 3, 10:00 am. We will be discussing day trips so bring your ideas. If you are interested in helping plan our trips or be a driver please attend this meeting. We can always use more drivers. We use a 15 passenger van so a CDL license is not required.

Bob's Red Mill (Milwaukie), 9:00 am Cost: \$9.00

This trip was cancelled due to lack of interest. We would like to offer it again at a later time so if you are interested write your name down and we'll call you when it is set up. You will not be obligated but it will give us a place to start. We are scheduled for 75-minute tour of the mill. The tour consists of a video, hands-on grain display, old mill equipment and window tour that shows how the products are milled and packaged. Lunch will at the Whole Grain Store and Café a mile away. Bob's Red Mill products are for sale at the store and they have a nice variety for lunch. Products include gluten free, organic, non-GMO, Kosher and whole grain. Take note of the time. We have decided to leave soon to allow for any extra road traffic. Lunch will be on your own.

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

Date: June 1-June 2, Cost: \$84

We will be paying the motel and finalizing this trip. If you have your name on the list please stop by the first couple weeks in May to pay the fee. We have secured Harbick's Country Inn for our overnight stay. We will find some great spots along the McKenzie River to see. The Inn is located just 8 miles from Belknap Springs. We will be giving time at the springs to spend some time in the water. Be sure and bring your suit along! There are so many scenic things to see on this trip including waterfalls, covered bridges, mountains, etc. You want to be sure and bring your camera. To make sure those who have signed up are serious we would like payment by the first week in May.

Crater Lake/Shady Cove – Cost \$231 We haven't set a new date-it's still snowing.

Our trip will take us along the Umpqua River (one of the most beautiful in the state). Lunch will be at Steamboat at the Inn. We will spend one day at Crater Lake, having lunch at the lodge and taking a tour of the Rim by an open bus. You haven't seen Crater Lake until you have gone around the entire lake! The cost will include everything except your meals and we are still working on fee for the National Park. Payment needs to be made no later than April 1 as we have a lot of people on the waiting list. If you are on the regular list make sure payment is made by then or we will start taking people on the waiting list. Who knows, we may need to take a second trip! Motel will be in Shady Cove and we'll travel a new road for many of us – Hwy 227. We'll also include a stop at the Natural Bridge where the Rogue River disappears in lava tubes and comes out further down river.

. . . on the road again

Newport – May 5 Leave: 9:00 am Cost: \$12.50

Burrow House, The Old Telephone Company, Lunch

The Burrows House (Lincoln County Historical Society Museum) is full of information about Newport and the surrounding area and will be our first stop. We will be going to Old Town for lunch where we will have several choices for restaurants. We recently heard of a new store/museum called The Old Telephone Company where we'll plan on stopping on our way home. The store is FULL of just about every phone made. Items are for sale if you so desire. It will be full of memories for all of us and should be fun to bring them back.

Santiam Restaurant – May 24 - \$5.50 plus lunch cost

The Santiam Restaurant is located at Linn-Benton Community College and is a fine dining restaurant and operated by students in the Culinary Arts Program. First year students train as wait staff while second year students prepare you the best meal. It is a full service a la carte restaurant and the menu changes daily. There is a 10% off for 60 and older. Please note the date change.

Northwest Senior Theatre – May 18 – Cost: \$13.75 – Leave 11:30

The Spring Musical Variety Show is "The Winner Is..." and will feature many familiar academy award winning songs and all new dance numbers. All performers are seniors and what a delight it is to attend. We are still working on an early dinner spot. The meal is on your own.

Dogs For The Blind Tour – June 22, \$14.00

Tour of the campus in Boring, Oregon. We will be eating at Toll House Inn in Boring. The tour is outstanding of the campus and so enlightening. The campus is run strictly on donations and there is no cost to those receiving a dog. It is worth the spending the day. The drive is beautiful, a new area for most, the restaurant even has its own baker and tour is great.