

March 2018

Senior Moments

March Birthdays

3/01 Janice Nuttall
3/01 Hubert Paul
3/01 Leone Whittle
3/02 Shirley Moorhouse
3/03 Birdie Christensen
3/03 Jan Weitz
3/06 Beverley Shonholtz
3/07 Mike Lodge
3/07 Alison Thiessen
3/09 Marianne Moore
3/13 Pauline Brooks
3/13 Ruth Sonnenschein
3/13 Sharon Vannette
3/15 Elsie Renc
3/16 Linda McBurney
3/19 Gary Whitaker
3/20 Geraldine Grassmyer
3/21 Kathleen Wavra
3/23 Joan Dyett
3/28 Ray Brodersen
3/28 Betty Kline
3/28 Jay Lee Roberts
3/29 Linda Gwyther
3/30 Claudette Merlet
3/31 Allen Hall
3/31 Judy Maule

Come celebrate your friends at The Birthday Party on March 23rd at 1:00pm! All members with a birthday that attend will be entered to win a prize!

Community Breakfast

The Monmouth Senior Center regular monthly breakfast will be on the 3rd of February. We hope to see you there!

Same great breakfast with pancakes, scrambled eggs, sausage, biscuits and gravy, orange juice and coffee for the same great price of \$6.00.



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

Monday-Friday 9a.m.-3p.m.

Soup and Pie

Come down and join us for a fantastic lunch of Soup and Pie! We will be serving between 11:00am and 1:30pm all of your favorite treats!

Volunteers are needed to help with the event and there will be a sign up sheet in the Senior Center entryway.

THANK YOU

To all of the volunteers at the Monmouth Senior Center! It is so impressive to see how people step up to make this a fun, thriving and robust senior and community center! Without the support of our student and senior volunteers, we would not be able to reach as many people or provide as many exciting opportunities for friendship, learning, travel, and growing!

Pancake Brunch

There will be a pancake brunch on Saturday March 10th from 9 to 11am hosted by the WOU Psychology Club! The cost is \$5.00 and the money raised will help the students in the club attend the Western Psychology Conference and will also go towards a fun Senior Prom Sock Hop event in the Spring at the Senior Center that will be held by both the Psychology and Gerontology Clubs. Join us for a great brunch with great company!

Don't Forget:

Living Well with Diabetes Class

Beginning on Wednesday, February 28th, Northwest Senior and Disability Services will be offering a six-week class called Living Well with Diabetes. The class will meet every Wednesday at 1 to 2:30pm until April 4th. Refreshments will be provided during this time. This class is a great opportunity to learn evidence-based information on how to manage this disease well. It is a great class for people living with diabetes, caregivers, or people wanting to learn more.

Diabetes Prevention Class starts April 11th

May the Luck of the Irish be with you!

Phone Numbers for Helpful Resources

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

Polk County Resource Center: 503-623-9664

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

Marion/Polk Food Share: 503-581-3855

Food Stamp Program (SNAP): Register at North-west Senior and Disability Services in Dallas.

NW Senior & Disability Services: 503-831-0581

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

Veterans Crisis Line: 1-800-273-8255

Classes at the Senior Center

Card Making with Liz

Liz's class is the second Monday of the month at 11:00am 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 the third Monday of the month at **11:00am**. All supplies are provided for this class where participants will make two cards for a new cost of **\$5**. Bring glue, scissors, ruler and pencil and sign up now.

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 a new language is very brain healthy.

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.

Drawing for Fun

Drawing with pencils and learning various techniques to improve your skills or learn a new one! Sonja Ely will be the instructor of this class. Cost is free and the class meets Fridays from 10:00-11:30. Sign-up in the office.

iPad

Mondays at 10:00 am or 12:00 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. She 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.

Oil Painting for Beginners *NEW*

Lois Ann Smith is teaching this interesting class and will focus on the basic techniques of painting and will have all members following the instructor through the same painting start to finish for a nominal fee for supplies. It will begin on March 7th and will continue every Wednesday from 1 to 3pm until the painting is finished. There are only 10 spots available, so sign up as soon as you can for this exciting opportunity!

Did you know?

You can find us online!

Monmouth City Web Page

www.ci.monmouth.or.us

Facebook

www.facebook.com/monmouth.seniorcenter

On our website you can access this newsletter, the monthly calendar, rental rates, a monthly menu for our Tuesday & Thursday Lunch, and so much more!

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.

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

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

Music Jam: Second Wednesday of every month at 6:30pm. Musicians bring their instruments and make beautiful music together while others come to listen and sing, stomp their

feet, or even dance. Others are welcome to bring their instruments.

Bingo: Several games available at monthly events such as ice cream socials and birthday parties. Join us!

Scrabble: There's always room for more on Tuesdays at 1:00pm.

Toenail Clipping: Clinic is scheduled for the 4th Thursday of the month by appt. Cost is \$20. Call or stop by the center for more information.

Silent Auction

Don't forget to check out the new auction items that have been donated by so many generous people.

Last day to bid on items will be at the potluck on March 9th. Bring a friend and join us for a wonderful meal.

If you won an item in February please contact the office to pay and take your items.

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.

Tai Chi: *Mondays*

Tai Chi is now back to it's regularly scheduled Monday. The class is led by John Price at 3:00pm. This class is very popular and focuses on Moving and Balance.

Line Dancing:

Sandy Keen Line Dancing 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.

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 Group:

The Hiking Group is continuing to meet on Thursdays at 1:00 pm at the 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.

Living Well with

Diabetes:

This class is a great way to learn an evidence-based curriculum for how to manage this disease. This is a 6 week class that will meet every Wednesday from 1:00pm to 3:30pm from February 28 to April 4. (We have delayed the original start date by one week.)

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

If you have any suggestions for any classes or gatherings you would like to see, please talk with Barbara Hogan.

Potluck



The next potluck is scheduled for Friday, March 9th, at 12:00. We will have turkey tetrazzini along with some music/presentation from the folks at the Folk Life Music Festival! Join us and bring a dish that has brought you some good luck!

More Things To Do at the Center

Committee Members and Volunteers Needed

Travel, Promotions, Hospitality, Potluck Helpers, Bus Fund, Cleanup/Storage, Events, Multi-Cultural, Seniors Helping Seniors, Friends Fundraisers...and more!

If you would love to help us keep the events you love running smoothly or you have new ideas to share, PLEASE come join one of our committees or volunteer with us! We are always looking for new helping hands and new talents! Call us at the Senior Center to learn more!
We are especially in need of a few extra front desk volunteers

If you are willing to volunteer to help seniors with rides, small fix-it projects, or any other ways, please call and chat with Barbara Hogan about how to become a volunteer with our Seniors Helping Seniors program or to learn about other volunteer opportunities at the Senior Center. Lend your talents to a place you love! We'd love to have you!

“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.

Women's Breakfast

Women meet at the Senior Center and leave at 8:55am for breakfast. The group meets the first Wednesday of each month—next one is scheduled for March 7th.

Coin Club

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

AARP Free Tax Aide

There are still a few slots available if you need to get your 2017 taxes done. Please call the Senior Center to make an appointment.



Check us out on the
WEB!

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

OR

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

Hymn Sing

Candi and Kevin Hughes are back on board with the monthly Hymn Sing. It is scheduled for Thursday March 15th at 6:30. Hymn books are provided. Participants are invited to pick the songs.

Music Jam

The monthly Music Jam is scheduled for Wednesday, March 14 at 6:30 pm.

Thank you to those who support this Jam. This is good ol' stompin' music that is sure to lift your spirits or join in! Come check it out!

Reach Out and Find New Friends at the Monmouth Senior Center!

Monmouth Caregivers Resource Group

NorthWest Senior and Disability Services and Monmouth Senior Center has an ongoing drop-in session for family caregivers and friends of older adults receiving care. The session will focus on helping the caregiver with resources as well as knowledge. No fees or obligations, just warmth, understanding, support and assistance.

This group will gather on the first Monday of each month from 2:00-3:30 pm at the Senior Center on 180 S. Warren St. For more information contact Julie Mendez at 503-304-3432.

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. \$25 monthly

Women's Night Out

This month the women are meeting on Saturday, March 17th at 5:00 for dinner and 6:30 for games. Meet at the Center for carpooling. For questions contact the Center.

Fabulous Felines

If you or someone you know could make room in your heart and home for two beautiful, healthy 4 year old tabby cats, please call Barbara at the Center. These cats are needing a new home due to a member moving away. They are indoor cats only and the owner would love for them to stay together. Larger/color pictures available upon request.



Crafter's Cottage—Handmade Items for Sale Every Day!

Don't forget to check out the lovely homemade items in our Crafter's Cottage right here at the Senior Center. There are so many new items to see in the new year!



Bereavement Group

Kathy Grudle facilitates a group that meets every Tuesday from 10:30-12:00 at the Senior Center. "We all deal with different types of grief in our life" states Kathy. The goal is to give you an opportunity to share and process your grief and to connect with others. This will also be a time to help each other with coping skills and daily survival skills that you have found effective. This is also a time to help each other find strength, courage and a new sense of purpose.

Coffee and Conversation

The next Coffee and Conversation is scheduled for Monday, March 19, 10:15 am. Jim Allgood and the Women's Auxiliary support this time with donuts. We encourage veterans to come and share with other veterans. Talk old stories and enjoy some coffee and a donut. Tell others so we can increase the numbers.

On The Road Again!



Monday-Friday: 9a.m-3p.m

For the month of March we will have three trips on the horizon. First we will be going as a group to the Central High School production of The Lion King! We have 10 front row center tickets and will sit together as a group, with a stop for Frozen Yogurt on the way home! Second, we will be going to beautiful Dayton, OR for lunch at Archie's and some shopping at the Lafayette Schoolhouse Antique Mall. Next we will take the bus to the Wooden Shoe Tulip Festival followed by a German lunch in Mt. Angel. We *will* do a second trip to the festival in April. This will allow travelers to EITHER get off the bus and walk around OR take a driving tour of the fields.

Saturday, March 10th—1:30pm—The Lion King @ Central High School—\$9.00
 (\$8.00 if you choose to meet us at CHS in your own vehicle)

Thursday, March 22nd—11:30am—Archie's & Antiques @ Dayton, OR—\$5.00

Monday, March 26th—8:30am—Wooden Shoe Tulip Festival @ Woodburn, OR—
\$11.00

The **Travel Committee** is always thinking up new trips to go on! We will be posting on the Senior Center bulletin board and on our Facebook page, so stay tuned! If you have any suggestions for places you would like to go or would like to be on the Travel Committee please contact the Senior Center Office.

Come See Us for Lunch Every Tuesday and Thursday!

NorthWest Senior and Disability Services has opened up for a bilingual, Spanish and English, dining center serving anyone age 60 years and older. Lunch will continue to be served every Tuesday and Thursday at 11:30am, where seniors will have the opportunity to choose from an array of nutritious entrees and participate in activities. Advanced reservations are requested and a donation of \$3.00 per meal is suggested but not required. Meals on Wheels is also available to homebound seniors living in Monmouth and Independence. Seniors who need assistance in any of the following: transportation, driving, mobility, walking, shopping, preparing food, or have problems chewing or eating may be eligible for meal delivery.

Volunteers are needed to provide help with activities, serving, packaging, and delivering meals.

For more information or to make a reservation please contact:

Silvia Camacho, Nutrition Site Coordinator
503-838-2084

180 South Warren Street
 Monmouth, OR 97361

Meal Times: Tuesdays and Thursdays at 11:30am

Knitting Group

The Knitting Group is meeting on Thursdays at 1:30.

Keep in mind this is like the old style quilting bee.

Bring your supplies and visit as you work on your projects. This is a great group of ladies that will be willing to share tips and tricks and great company while you work on projects together!

Cards For Soldiers

If you would like to send cards to recovering American soldiers, mail to I/C Walter Reed Army Medical Center, 6900 Georgia Ave. N.W., Washington, DC 20307-5001. Send a word of encouragement to our soldiers!

There was a single lost key on a keychain found in the parking lot.

Please contact Barbara at 503-838-5678 if you discover a key is missing.