

June 2015

Senior Moments

June Birthdays

Angie Amos 12
Jan Carroll 12
Barb Chrisman 06
Bob Christensen 23
Sandra Davis 14
Shelby Duckett 07
June Gordon 15
Carol Infranca 11
Marie Kristiansen 15
Bill Krueger 21
Dorothy Lucas 22
Monica McDonald 01
Mary McGuire 13
Donna Pippin 09
Marjorie Taray 21
Tim Teal 06
Karen Waggoner 27
Sharon Winegar 06
John Knight 23
Joan Peet 14
Eldred Rathkey 30
LaVine Rathkey 17
Chuck Tenney 24
Norine Weiland 08
June Clark 04
Nettie Cooper 02
Nellie Jenkins 17
Bob Whittle 01
Delores Benedict 18
Mij Bradley 14
Linda Morris 03
Patty Palm 19
Dale Smith 17
Colleen Lemaire 18
Pat Pennock 22
Sharon K Woods 30
Birthday Party sponsored by Brookdale Monmouth (formerly Heron Pointe) and set for June 26, 1:00 pm.

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

Potluck-June 12 Tap Dancing

Scott McClure, City Manager, will be sharing with the group and give time for asking questions.

Following his talk, Amy Ringering and Tabitha Nida, both graduates from WOU who worked for Senior Services, will be sharing information about the services and adult protective services.

We are featuring "salads" this month so bring your favorite, along with your table service.

This is a great time to join together, have lunch, and gather some information that can be useful.

Kaylee Hobbs, tap dancer for years and years, is offering a tap dancing class for any beginning level. Learn to tap dance to fun music that you enjoy with the help of the backs of chairs for barre support. You will start off with some basic tap moves that focus on coordination, control and rhythm. Tap helps strengthen your feet, ankles and thighs and can also help retain mobility and improve balance.

Class will be held Wednesdays, 10:30 beginning June 10. Bring tap shoes.

FREE BINGO

Karen Gilmore holds BINGO the second Wednesday of each month and does an outstanding job collecting prizes from local businesses. First Call In Home Care sponsors the BINGO with prizes and refreshments.

Next BINGO is scheduled for Wednesday, June 10 at 1:00 pm. In honor of Father's Day all men attending will have their name put in a drawing for a surprise gift certificate.

How to Maintain or Even Improve Memory Ability

Join Dr. Rob Winningham, WOU Professor and Chair of Behavioral Sciences, and his GERO 320 students on June 2nd, 2-4 pm at WOU for a presentation and cognitive stimula-

tion session. After Dr. Winningham discusses the latest research on brain health, participants can exercise their brains using targeted activities. Attendees will also be given

packets of cognitively stimulating materials they can take home.

If you need a free parking pass and map, contact the Center.

Phone Numbers You May Have Trouble Locating

Utility Assistance (LIEAP): 503-588-9016

Community Action: 503-623-8429

Polk Co. Housing: 503-623-8337

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.**

Medical Equipment

Thanks to many, many families who donate equipment the Center has items to loan out. Items include walkers, wheelchairs, raised toilet seats, bath and shower chairs and a variety of other equipment. We just received 8 boxes of depends. The Center has many sizes-never been opened. There is no charge. Check with the Center to see if we have what you need.

Regular Classes

Meditation

Pete Hume is teaching this Mayo Clinic Program on Wednesdays at 3:00 pm. The class is simple mindfulness based training that is a stress reducer, good cognitive exercise and #1 treatment for PTSD. Cost is \$10 for the month of June.

Craft Class w/ Craft Warehouse:

Beverly will be back Thursday, June 18 at 2:00 for a project that will be just in time for the July 4th festivities. The class will be decorating hand towels that are beige and participants will hand sew festive 4th of July material on the towels. Cost is \$10 and all supplies are provided. You need to sign up and pay by June 12 so Bev will have time to wash the towels.

iPad:

Mondays at 10:00 am regular class, 1:00pm beginner class. 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. There will no longer be a beginner class. No charge. Tablet, Computers One-On-One, Phones Diana is here for most of the summer so stop by with your electronic device and get some help.

Card Making with Liz

The second Monday of each month (June 8) at 10:00 am Liz Honse teaches a card making class. Cost is \$4 for two cards that you will complete in class. Please bring scissors, ruler, and glue with you.

Card Making with Denise

Denise Wallace meets the third Monday of each month (June 15) at 4:30 pm and teach how to make special cards that will be perfect for giving. Cost is \$4 for the two completed cards. Fun way to spend the early evening and some great fellowship. Please bring scissors, ruler and glue with you. Sign up ahead of time.

Tea Pot & Berry Basket Class

Liz Honse has made some adorable baskets and a teapot that will perfect for celebrating your favorite summer event. Come join the class on June 22, Monday, at 1:00 pm. For some crafting fun. The class will be making a 6" Tea Pot with box and embellishments and a Berry Box and a pretty flower for the basket. Words don't describe how pretty each of these are, so go take a look on Sue's desk. Cost is \$10 and covers all supplies except bottle of white glue and a bone folder. Please sign up in the office ahead of time.

Regular Activities

Wii Bowling: Tuesdays and Thursdays at 9:00am. There is a team that competes each month with Dallas Retirement Village and shares a trophy donated by Independence Health and Rehab who sponsors the team. Let us know if you would like to start playing and we will add another time for beginners.

Pinochle: Tuesdays and Thursdays at 12:00 p.m. Newcomers are always welcome. Just stop by and join the group.

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.

Cribbage: Mondays at 10:00am. Newcomers are encouraged to join.

Music Jam: Second Wednesday (June 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. All are welcome.

Health & Fitness Classes

Walk with Ease:

Relief from arthritis pain or just want to be active, this program through the Arthritis Foundation can teach you how to safely make physical activity part of your everyday life. This class offers support, information and tools to help you succeed. Tues. & Thurs. at 12:00. with Shauna.

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 7:30am at the Center. Class is free and open to all.

Tai Chi:

Come learn Tai Chi exercise with Colin, Wednesdays at 4:00pm. Tai Chi has been shown to help with core strength, balance, mental clarity, memory, stress, and overall well-being. All experience levels are welcome.

Stretch Exercise:

Sandy Diehm and Jackie McCormick instruct this Monday, Wednesday, Friday class at 9:00am. Class is free and participants sit on chairs.

Tennis

Check with the office for days and times.

Pickleball

June 15-Sept 25

Free lessons Mondays from 10-12

Open Play on Wed. and Fri. 10-12

Aquatic Center tennis courts in Dallas

For more info 503-803-8065.

Hiking:

Mary Jane Faulkner heads this group that meets Thursdays at 9:30 am to carpool to places.. Each week is a new destination. Call Mary Jane at 503-838-3540 for info.

Women's Night Out!

Women 55 and older meet Saturday, June 20, 5:00 pm to have dinner and play games. Meet at the Center to carpool at 5:00. Games 6:30.

Calling Tree

Did you know that Monmouth Senior Center has a Calling Tree? If you live alone and would like to be checked on each morning, contact the office and we'll put you on the list. We just ask that you fill out a paper giving us instructions on what to do if you do not answer.



Mealsite at Center

NorthWest Senior and Disability Services provides meals to seniors 62 and older every weekday at 11:30.

A menu is provided at the Center and you must contact Nancy at 503-838-2084 to order your meals. Meals need to be ordered two days in advance by noon to reserve your meal.

Meals on Wheels will deliver to you every weekday, providing frozen meals for weekends. A dining area is also provided for those who want to come out of their homes and socialize while having lunch.



We're on the Web!

Monmouth City Web Page

www.ci.monmouth.or.us

Breakfast

The monthly Community Breakfast Fundraiser is sponsored by Independence Health and Rehab facility located across from Central High School. They have graciously supplied most of the food items which helps to make more money for our Building Fund.

This month our breakfast is on Saturday, June 6 from 8:30-10:30am. Cost is still only \$6 for adults and \$3 for those under 12. Still the same tasty breakfast all you can eat!

Advisory Board Report from Pat

The Board met on April 28. Mark Fancey reported there are some foundations interested in our expansion project for the Senior Center and we are encouraged to proceed to the next steps in the application process. This is good news for all who have worked hard to get us this far and on behalf of the board I would like to thank all, past and present for their contributions. These contributions include monetary and time. There is still more work ahead, but this news is encouraging.

Howard Wilson, past president of the board, recently passed away. He was a great supporter of our Center and was directly responsible for the Director's office space. He will be missed.

If you noticed a change in the format of the Senior Moments Newsletter, we owe this recent and refreshing change to our two new WOU practicum students Kahea and Kara. Thank you girls.

We have two new Board Members—Sherry Hinkle and Marilyn Blankenheim. Sherry will be chairing the

Travel Committee. She has a background as a travel agent, so we should have some interesting travels ahead. Marilyn will be chairing the Promotional Committee. This is the former Publicity Committee which was re-named to better reflect its purpose.

Kahea, Kara and Nichole will all be graduating this term. They have been a big help to our members this year. Congratulations to all of you.

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 June 3.

Coin Club

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

Free Haircuts

Melissa Morel is a hairstylist who is a student at WOU in Gerontology. Call and set up an appointment for Thursday, June 25. She is a professional and does an excellent job. Those who have already had their cut have been bragging! All appointments are for the afternoon. What a great price!

Dementia Support Group With Margaret Cleveland

Do you have a partner or spouse with memory loss? Or are you dealing with a parent who is going through dementia or Alzheimer's? Do you need someone to talk to? You are not alone. We have a great group for you! We get together once a week on Thursday mornings at 9:30am to share ideas and take a break from stressors of caring for others, We would like you to join us for a chance to see if this is a good fit for you. Please drop in. If you decide to join, the class has a small fee of a \$25 punch card good for 5 sessions. Scholarships are available to help with this cost.

No Monthly Breakfast in July

The Friends of Monmouth Senior Center have decided to NOT hold the monthly Breakfast in July due to the holiday. You are encouraged to enjoy July 4th with your family and friends. The local Fire Department will be holding their yearly breakfast and we encourage you to support this worthy cause as you celebrate the birth of our great nation. Stop by the Senior Center booth in the Monmouth Park. If you would like to help sit in the booth contact Sue as we need volunteers.

Toenail Clipping

Kathleen Hebling continues to cut toenails for \$20 the fourth Tuesday of each month. Call to make an appointment. Please bring your clean towel.

Crafter's Cottage

Ice Cream Social/ White Elephant Bingo

Kay Annis, Regence, provides ice cream with all the toppings for our Ice Cream Social held June 19 at 1:00. Bring a wrapped gift for a Bingo prize-something you have to give away.

Crafter's Cottage is located in the West Wing and all items are handmade. If you are interested in selling contact the office. Friends of the Center keep 25%.

Blanche Pryor and Betty LaLack have made many useful kitchen and linen items, as well as afghans. You should come and see them. There are so many wonderful items.

Just a reminder to check out the lovely items made in the Crafter's Cottage. They make lovely gifts that you don't see every day. A special thank you to Jean Steeper for her hard work in keeping this store organized and seeing everyone gets paid.

From The Desk of Jack — Friends Board

I'm BAAACK. I found my pen. I was sitting on it all the time. I will have much to say in this month's letter so here it goes.

1. The Oregon Community Fund has elected to furnish the Center with a grant of \$30,000 with the contingency that the rest of the money needed will come from foundations.
2. Both Rusti Wheeler and Cecil Carey had to resign as Co-Treasurers. Rusti because of an "offer she couldn't refuse" and Cecil due to illness. Both did an excellent job while here and I/We will miss them. Best wishes to both.
3. Stepping from the wings is Esther Nabity who is filling the Treasurer position. Her background and expertise is in accounting. A hearty welcome from our Board.
4. Sadness for the Center in the passing of Howard Wilson, former President of the Board. He was part of the committee who started the Expansion Project. Sorry he won't be able to see it completed.
5. The Board is now working on the Budget for the next fiscal year and looking forward to additional grants being approved. Leaving no stone unturned, we appreciate all the help and prayers being sent forth from (con't on page 6)

National Diabetes Prevention Program

A National Diabetes Prevention Program has just been in the U.S. to help individuals who have been told by their physicians they are pre-diabetic.

This program is a commitment of one year. You will start with once a week for one hour for 16 weeks and then once a month until the year is

up. Diabetes can be prevented by taking steps of weight loss, nutrition and physical activities.

There are applications available through the Center's office. This will give you time to check with your doctor, take the application with you to an appointment and get signed up if this is for you.

This course usually costs \$469 but due to a grant the cost is only \$20 per person.

Class will be held at the Monmouth Senior Center Thursdays at 4:00 beginning September 10.

This program is for people at risk to get diabetes or told by their doctor they are pre-diabetic.

Travel Committee

It was decided at the last Travel Committee Meeting at trips that have at least 6 but less than 8 can still go if those participating are willing to split the cost of just the transportation. Usually this would only be a few dollars to make up the difference. This will keep us from having to cancel so many trips. We believe this is important for our travelers.

Victorian Tea Report

What a grand time everyone had at our 9th Annual Victorian Tea in April.

Some of our very own Yoga class women were the models for the Style Show and they did an out-

standing job.

Clothes were provided by 1st Hand Seconds in Albany. All proceeds from items sold go to Mercy House International, Inc. Extra tickets were added to ac-

commodate those wanting to attend.

It took 45 volunteers to make this event happen. Thank you to all who worked so hard. Check out the pictures in the office.

From Jack's Desk (continued from previous page)

Sue, The Boards and all of the Center members.

This is it for this month's letter from Jack. I will leave you with this thought —

Lord, Grant me the strength to accept the things I cannot change, the courage to change the things I can and the Friends to post

my bail when I snap.

Ta Ta For Now —

Jack

P.S. The annual Annual Business Meeting for all members has been postponed until July 10 following the potluck. Also — air conditioning is on!

July 3

Friday, July 3,

the Center will

be closed to

celebrate 4th of

July.

Chinese Class

Mei's Chinese Conversation Lessons will be held in June on Wednesdays at 2:00. Please note the time change for summer.

This fun class not only works with the language but also origami, calligraphy and maybe even some Chinese food.

Don't miss this opportunity. New class starts June 10. Cost is \$20 for 4 weeks.

Cribbage

Cribbage is played on Mondays at 10:00. This is continuing to grow and those who love to play are encouraged to join in. Please bring your board so we have enough for everyone to play. We are averaging 4-5 people right now.

. . . on the road again

Free Trip goes to Wayne Tabler for the month of June. Congratulations Wayne.

Wayne will have his choice of a day trip, including lunch up to \$25. Just a reminder for past winners. If you don't see a trip you would like to go on that month, you can use it for another month.

Rosse Posse Acres, Inc. (Elk Ranch in Molalla)

Trip date: June 30 Cost: \$14.50 plus lunch

We'll start our tour at 10:00 at the Elk Ranch in Molalla. The elk will still be growing their antlers that grow about an inch a day and will still be in velvet. It will also be calving time so there will be lots of young ones around. We have a private tour that is very informative, educational and entertaining. Lunch will be nearby following the tour. Sign up now and pay.

Sisters Outdoor Quilt Show

Saturday, July 11 Cost: \$39

This day trip is a GroupActive trip that will travel by motor coach. It will travel by way of Detroit Lake where you will be able to see the beauty of the pass and how low the lake has gotten over the spring run off. There have been a lot of changes to Sisters. They now have a by-pass through town if you prefer. The Quilt Show should be amazing and what a great place to check out local stores.

Crater Lake – September 14-16

3 days/2 nights Cost: \$186 for double room

All reservations are made except the train and we will need your information from those traveling to make arrangements. Cost includes two nights stay at Diamond Lake, Train, Transportation, Entrance Fee to Park and driver's expenses. All meals will be on your own. We are asking you to pay on between July 1 and July 10. We will let you know what information we will need for the train ride when you pay. Just a note that when we pay for the Entrance Fee to Crater Lake we pay by the vehicle not by the people so your senior pass will not work. The area will be beautiful that time of year and beautiful evenings along the lake. If you are on the list you must pay by the 10th of July or we will move on to the next name so put it on your calendar.

“Out to Lunch” – June 18, Thursday

Cost: \$5.50

Our “Out to Lunch” takes us to Albany near Heritage Mall. Novak's is a Hungarian Restaurant and we recently learned they have a new buffet. Cost for the trip does not cover your lunch. Buffet is \$12.00 and it comes highly recommended. The restaurant will be moving in August to a new location. Sign up and pay now.

Guide Dog Graduation – Saturday, September 12

Cost: \$14.00

We will be starting with lunch at Tollhouse Inn near Boring. Several ladies went last month to the graduation and lunch spot and said it was outstanding. The tour following the graduation is very inspirational.

Santiam Room – Linn Benton Culinary School in Albany

Thursday, June 4 Cost is \$5.50 plus your \$12 for the buffet lunch.

We'll leave the Center at 10:00. Please be here 15 minutes early to sign in. For those driving themselves you can meet the group at the school or follow the van. Lunch starts at 11:00.

...on the road again

Reminder – Unless you are told otherwise, payment for trips must be paid for when you sign up.

Overnights through Oregon West Excursions or GroupActive Brochures are in the Lobby

Alaska Cruise – Holland America Line – August 30-September 7

Cost: per person, double occupancy: outside cabin - \$1,578

Balcony cabin \$2,288 A full brochure is located at the Center. Rate includes roundtrip Amtrak Cascades serves to and from Seattle, transfers to and from Salem and Pier, fully escorted and more. Deposit due within 5 days of booking cabin, final payment by June 1.

Boise Basque Festival – July 29-August 2

Cost: \$1,298 per person-double, \$1,598 single

Experience a Celebration of Tradition...Basque Style

Time for Toronto – August 5-10

Cost: \$2,350 per person, double, \$2,763 per person, single

Kitsap Peninsula to Victoria, Whistler & Vancouver BC – July 19-24

Cost: \$1,779 per person, double \$2,209 single

Gorgeous Scenery, Fascinating History, Great Food & lots of fun.

South Dakota! September 3-8

Cost: \$2,078 per person, double \$2,478 single

The eerie landscapes of the Badlands, Sky-Piercing Granite Peaks & America's most famous mountain.

The Heart of Texas – San Antonio, Austin, & the Hill Country

October 21-26

Cost: \$1,938 per person, double \$2,338 single

The Cascade Loop Scenic Byway – September 19-23

Cost: \$1,124 per person, double \$1,454 single

A thrilling ride through the Heart of Washington State!

Theater & Wine – Ahh...Ashland – September 12-14

Cost: \$751 per person, double, \$924 single

Great Theatre, Great Food, Great Fun

Mackinac Island & The Great State of Michigan – August 23-29

Cost: \$2,350 per person, double, \$2,763 single

Come explore the World's longest freshwater coastline!