

Senior Moments

August 2017

Gerry Blankenheim 31
Phyllis Bolman 23
KC Chovanec 19
Dorothy Conley 14
Eleanor Cowles 01
Dorothy Diaz 17
Sharon Gentry 30
Karon Gilmore 22
Kathleen Helbling 19
Sherry Hinkle 10
Millee Johnson 05
Royal Johnson 22
Sharon Jones 10
Mary Koliada 12
Sharon Larson 11
James Lyman 17
Nancy McCollum 04
Dianna McDiarmid 07
Robert Merlet 10
Alison Murray 06
Susan Ruston 07
Jerry Shinkle 29
Sandy Sparks 14
Jean Steeper 31
Kimberly Strong 28
Priscilla Tabler 30
Sue Teal 17
Charlotte Thomas 11
Joanne Timshel 27
Paula Travis 23
Cathy Watson 10
Ruth Williams 30

The monthly Birthday Party will be held on Friday, August 25, 1:00 here at the Center. We play a fun Bingo game using a deck of cards. Prizes are gift certificates to local businesses.

A special thank you to Sharon K Woods who works hard to collect these donations each month. When you win one please thank the business owner when you use your coupon. Cake and ice cream are served. It is always a lot of fun and usually lasts about 1 1/2 hours.

Monmouth Senior Community Center
180 S. Warren St. Monmouth, OR 97361
(503) 838-5678
Monday-Friday 9a.m.-4p.m.

Monthly Potluck

This is the time of year we think of all the delicious fruits and vegetables that are being grown in our area. Since we all seem to be eating lighter and enjoying the local produce we have decided to have salads, desserts and rolls for the potluck meal. No main dish will be provided by the Center.

We ask that you please remember to bring your table service along with a salad, dessert or rolls.

Al and Jane Oppliger will be here to share "Downtown Independence - 1945. What businesses existed and where were they located in downtown Independence in 1945? Who were the three new car

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Flu Shots Scheduled

Our Flu Shot Clinic is scheduled for Friday, September 22 at 10:00 am here at the Center.

Rite Aid will be offering the clinic and will accept all insurances. We will keep you posted as more information comes in.

Eclipse Program

Jon Brewster, local astronomer, did an outstanding job on the program we had in July. He has given some information telling the sequence of how things will happen and a map showing where the best place to view the totality is (Monmouth being one of the best). Copies are available at the Center. Glasses are available at the Monmouth Public Library.

4th of July Report

The 4th of July parade was a blast and the senior center float took 3rd place for most effort, along with Petals and Vines Floral Shop.

The free hot dog feed served around 200. It was great to see so many out on the hot day. There are still 1800 hot dogs in our freezer and we are talking about ways to use them up.

A special thank you to the promotional committee, headed by Marilyn Blankenheim, who did an outstanding job preparing the float and serving the food.

Bob and Stephanie McKee and Kathy Grudle spend time painting the float to make it really special. Thank you so much!

The Savvy Caregiver Series

We are asking those who plan on taking this series to sign up right away. We have heard of people planning on attending but they haven't signed up. Please contact Amy at 503-606-7620 to register or contact the office.

A free six-session workshop that offers real help to unpaid family caregivers taking care of loved ones with Alzheimer's or other forms of dementia will be held at Monmouth Senior Center Thursdays, August 10-September 14 from 10-

12. The program will give caregivers an understanding of dementia and changes in their loved one, tips on how to provide the best care, coping skills for the stages of dementia, facts about the progression of the disease, and more.

Center closed for Eclipse--August 21

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 North-
west Senior and Disability Services in Dallas.

Local Gleaners: 503-838-6462

National Medicare Helpline: 24 hours, 7 Days a
week, English and Spanish 1-800-633-4227

Statewide Abuse Reporting: 855-503-7233

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

Holocaust Program

The Holocaust Program with David Rosenfeld was very well attended on July 24 at the Center.

There were 93 in attendance and a special thank you goes to Beverley Shonholtz. Without her this program would have never happened.

Also, a special thank you to the Committee of women who provided the delicious refreshments and helped set up and clean up before and after the event.

The program will be on Utube soon. We'll keep you posted when.

Classes at Senior Center

iPad

Mondays at 10:00 am or 12:30. 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. We 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.

Card Making with Liz

Due to vacation schedule Liz will not be teaching her class this summer. She will resume September 11 at 10:00 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 on Mondays at 4:00 pm. Due to the Eclipse she will be cancelling for August but will resume September 18 with two cards, costing only \$4. Please sign up ahead of time.

American Sign Language—Jen Teal is teaching the Sign Language class Tuesdays at **10:15 am**. Newcomers are welcome to join. Jen will be on vacation August 8th and 15th. Amazing how much you can use this in life!

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, Internet, Etc.

John Kumley will start working with the Center to offer a class on Wednesdays at 11:00 am beginning August 2. You need to sign up ahead and cost is \$10 each week. He will also offer a Workshop the 2nd and 4th Tuesday where you can bring your laptops and he will help fix easy problems for \$10.

Friday Morning Drawing

Sonja Ely is taking the month of August off but will begin a new class on Fridays at 10:00 beginning September 8. Be sure and stop by the Alsea room to see some of the great work being done by class participants. There is not a fee and participants will be exploring new drawing options. Fun, fun, fun.

Watercolor Class—

Anya Thaker, Watercolor instructor, will be offering another class starting the later part of August. Class is \$60 for the 8-week class and hope to start around August 21. Sign up now.

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, Aug. 24 by appt. Cost is \$20.

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

Music Jam: Second Wednesday (Aug. 9) 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.

Update on Expansion

Sherry Hee recently completed some statistics and we want to show you how the expansion has impacted the usage of the center.

Those signing in for the first six months of this year increased by 800 participants.

The hours of participation has increase by 5,000 hours for the first six months. This basically means more people are attending and staying for more activities.

Scrabble For Fun

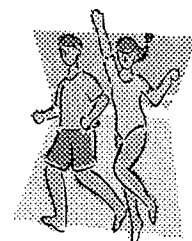
Scrabble is a game that has been fun for many years and also keeps your brain active. Plan on coming on **Tuesdays at 1:00.** Note the time change. Room for more!

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.

New Health Class

The Center is looking to offer a Diabetes Prevention Program at the Center that runs for one year. Others have had great results. Interested? Contact Sue.



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 continue Tai Chi on Mondays with John Price every Monday at 3:00 in August. We need to be able to show 10 dedicated so starting coming to class to keep it going. If we can show this, we can hopefully go back to 2 times a week.

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 9:30.**

More Fun Things To Do at the Center

"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.

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.

Free Car Wash

Melo Carrillo and others will be offering a free end of the summer car wash for anyone needing the service. It will be held on Wednesday, August 30, 10-2. You need to sign up ahead. A list will be on the sign up board in the office.

Furnishings Progress

We are all enjoying the blinds on the new windows and shelves in the storage room. The Committee will be putting up mirrors this week in the bathrooms so you can once again see those great looking faces.

The next items to be purchased are tables for the Alsea, Willamette and Columbia rooms. We are also looking to replace the orange chairs in the Willamette room with some stacking chairs. The exercise class has been helping to find the best chair possible. These items have been selected and now need to be approved for purchase.

The Furnishings Committee, headed by Jeanne Deane, are doing an outstanding job doing the research to find the best items that work for our Center.

They are also looking at a cupboard for under the sink in the Willamette Room. They have a couple ideas and the best part is there will not be a cost.

Women's Breakfast

Women meet at the Senior Center and leave at 8:55 for breakfast.

The group meets the first Wednesday of each month—next one is scheduled for Aug. 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

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.

Monmouth
Senior Center

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

www.ci.monmouth.or.us

FACEBOOK

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

Hymn Sing

Candi and Kevin Hughes are taking a summer break and will not be offering the Hymn Sing until September. They do such a great job and will be missed but excited they will be back after a short break.

Music Jam

The monthly Music Jam will continue throughout the summer. It is held the second Wednesday of each month at 6:30 pm.

Thank you to those who support this Jam. Great music. Next on is set for August 9.

Have a great August!! Stay cool.

Coffee and Conversation

Coffee and Conversation will change in August, due to the closure for the Eclipse. 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, August 28, 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.

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, Aug. 19 at 5:00 for dinner and 6:30 for games.

Meet at the Center for carpooling.

Potluck Speakers—Al and Jane Oppliger

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AARP Defensive Driving Class

The next AARP class is scheduled for Saturday, August 12, 9-4.

We ask you please sign up through the office or call 503-838-5678 to register.

dealers and who were the three Elmer's? (No, not restaurants). Al Oppliger, then aged 13, moved to Independence with his parents in June, 1945. World War II was still being waged. Both of his parents had been working at Kaiser Shipyards in Portland since 1942 and had been able to accumulate some family savings. Al, too, was able to contribute from earnings off of his two "Oregon Journal" newspaper routes. These funds enabled the family to open their Western Auto Associate Store on the corner of Main and C Streets in downtown Independence on June 8, 1945.

With current day pictures and maps of the area, Al will relate what other businesses were operating and where they were located in "Independence, the Hop Center of the World" those 72 years ago.

No Breakfast in August — See you in September

Crafter's Cottage at Monmouth Senior Center

If you haven't been in our Crafter's Cottage lately or didn't know we had a shop, check it out. There are many beautiful handcrafted items, reasonably priced, and available for purchase anytime there is not a meeting or class in the Columbia Room. We always have greeting cards for \$.10 each.

Select items and pay for them at the desk. Vendors donate 25% of their sales to the Senior Center; so when shopping for lovely, practical gifts you are helping us raise money! Come shop soon!

Gayle Jolley Cooking Class

Gayle has assured me she will be back with her Cooking Class later this summer. She has a Practicum this summer and will fit us in. Watch in your next month's calendar for full details. We will be meeting together soon to work on dates, times and menu's. **STILL WORKING ON THIS!**

From the Desk of Jim Allgood, President of Friends

Friends of the Monmouth Senior Center conducted their first meeting (July 14) of a new calendar year. New members serving two year terms include Karon Gilmore and Rhonda Diaz. Board officers (2017-18) includes Jim Allgood, President, Jan Warden, Vice-President, Esther Nabity, Treasurer, Elaine LaFond, Interim Secretary. Thank you to Sharon Gentry and Darrell Gilbert for their many years of outstanding service to the Board.

Discussed at this meeting was formation of special Potluck Committee. This special committee is in addition to Friends Board responsibilities. The Friends will continue to: set the calendar, choosing the meat or main dish to be served, and purchase the meat and main dish ingredients. The new Potluck Committee would set up tables and chairs, cook and serve the meat or main dish, wash and dry the dishes, put tables and chairs away, sweep the floor and have a couple people in the parking lot to help carry food dishes for people from their cars into the Center. A committee of 10 should be sufficient for this function.

Some of action completed at this meeting involved money issues. Friends Board disapproved request for donation to cover cost of fingerfood at Holocaust program and several other financial requests met disapproval.

Larry Thornton, City of Monmouth Building Inspector, gave information on bids for construction of the deck. He gave total bid of \$6,800 for materials. This was open for discussion. Also discussed construction of new fence. He is willing to install the fence free of charge but not purchase items. This issue is tabled as it requires more discussion and research.

Fourth of July was a great success. Our float in Grand Parade brought home third place ribbon for "great effort." Of course, I thought our award should have been higher as the committee did an outstanding job. Ten seniors were on the float — lots of fun!

The "hot dog feed" was successful although we still have plenty left (about 1800). It was suggested to donate the frankfurters to the scouts and other organizations.

We will resume our monthly Breakfast Saturday, September 2, 8:30-10:30. Same low price (\$6 all you can eat for adults, \$3 for children under 12.

Advisory Board Report from President, Pat Ohlsen

The Advisory Board Adopted a Revised and improved Mission Statement over the one adopted in October of 2016.

But first, a little history, I had asked to look at the Mission statement in early 2016 which was adopted many years ago. I thought it would be a good thing to post near the entrance of the Center so it was visible. It was several paragraphs long, very convoluted, confusing and too long to post. It desperately needed updating. A seven-member committee from the Advisory Board along with the Director was formed to re-write it. In October 2016 a Mission Statement was arrived at and adopted. We based it on several universal concepts. However, it was later felt that the presentation needed adjusting, so the Committee met again to revise/update it, which the Board adopted at its June 27th meeting. This is its final form.

The Monmouth Senior Community Center: provides a welcoming and safe refuge that includes all people; promotes mutual respect and tolerance; and offers health, welfare, and life-long learning opportunities while building a sense of family and friendship.

More to come next month—looking at the concepts we built the statement around.

Toenail Clipping

Kathleen Helbling continues to cut toenails each month at a cost of \$20. Please make an appointment by contacting the office.

She will cutting toenails on August 3 and August 20 this month due to cancelling the July session. Contact the office at 503-838-5678.

Silent Auction

Judy Vincent is collecting donations of many items for the fall Silent Auction.

If you have an item you would like to donate contact the office and we'll see if we can use it. Thank you everyone who has been donating great items.

Membership Due

It's August and membership is due if you didn't pay last month. Cost is \$20 each. It's a great bargain for all the opportunities you have to stay healthy, have fun, travel, drink coffee and be with other's.

Knitting Group?

Three people are setting the group up now. If you would like to join this group contact Sue in the office. More are welcome to knit together.

. . . on the road again

Free Trip for August goes to Helen Sacco. She will have her choice of a day trip valued at \$25 which includes the cost of her meal. Congratulations Dale! 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. Please know that you only need to pay for a trip when it falls in the month you sign up. This might be a hardship for some and we apologize for this but works the best for us. When we are ready to go on a trip and people cancel at the last minute it jeopardizes the whole trip. Refunds are not given the week of the trip unless we can find someone to take your place.

Attention Drivers and Travel Committee Members –The next Travel Committee meeting is Wednesday, August 2, 10:00 am. The Committee will continue to work on trips for fall and see if we want to offer any overnights.

George Czarnik who has been a faithful Travel Committee member so many, many years recently passed away. His passion was a new van for the Center that would be easier for travelers to load and unload. He also was a huge help in gathering materials for the area we wanted to travel to and even made videos from the TV to help with the decisions of where to go. Our condolences to his wife Pat. He will truly be missed.

Wildlife & Steamtrain – September 15-16 – Mt. Rainier, WA

Cost: \$365 double, \$429 single Full payment due at time of booking.

Book your reservation with South Salem Senior Center at 503-588-0748. Deadline to register is August 14.

Trip features deluxe, restroom-equipped motorcoach and driver's gratuity, admissions to NW Trek, Mt. Rainier Railroad and Logging Museum, accommodations at Prairie Hotel in Yelm, WA, Seafood dinner buffet at Red Wind Casino, BBQ lunch at Logging Museum and comprehensive travel protection plan and professionally managed.

Oregon Coast – Thursday, August 3 – 9:00 am – Cost \$14

It wouldn't be a summer without a fun trip to the coast. We will do a little whale watching near Depoe Bay, have lunch in Newport at Flashbacks Fountain Grill, stop at viewpoints along the way, take some time to get sand between your toes and travel the 20 Miracle Miles with breathtaking views. Trip does not cover your lunch. They have a large variety of salads, burgers—salmon, garden or turkey burgers too, sandwiches, shakes, seafood.

Portland Washington Park Zoo – Tuesday, September 19 – Cost: \$15 – 8:30

The Oregon Zoo is hosting its annual free day for seniors age 65 and older. Cost covers transportation and driver's lunch. Seniors can bring in a guest free. Senior Safari features animal talkers, a lunch special and free train and carousel rides. Still have room.

Uwajimaya Asian Market – Wednesday, August 23 – Cost \$11 – 9:00 am

The Beaverton store brings the same selection of Asian products and commitment to freshness to the greater Portland area. They have a wide selection of Asian groceries, gifts, fresh seafood, meat and produce. They also have a Kinokuniya Bookstore (Japan's largest bookstore chain and Beard Papa's Cream Puffs. Lunch will be in the restaurant connected to the store. Still have room.

. . . on the road again

The Silver Creek Falls trip –

Last month we held a trip that went to Silver Creek Falls and Oregon Gardens. Gaylen Bywater did a fabulous job driving and giving them plenty of time to see some of the falls, as well as the beauty at the Oregon Gardens. We are hearing some great reviews. Thank you Gaylen.

Hobby Lobby – Friday, September 22 – Cost: \$7.00 – 9:30

We are off to the Heritage Mall to shop at the craft store Hobby Lobby. There are many other stores in the mall so pick the ones you want to shop at. We will have lunch at Red Robin across the parking lot. We will only be going to Albany that day so plan accordingly. Still have room.

IKEA – October 4 -- \$12.50 – 9:00 am

We are planning ahead for all those IKEA lovers. Keep in mind there are also some great stores nearby. We will leave the stores no later than 3:00 and lunch will be on your own. Still have room.

You only need to pay for the trips in the month they are being taken.

Shore Acres Holiday Lights – November 28 & 29

Cost: 223 double, \$278 single per person

Deadline to sign up is October 13 and full payment is due at time of booking.

The trip features deluxe, restroom-equipped motorcoach and driver's gratuity, trip management with Bob Vinatieri of GroupActive, Admissions to Shore Acres State, Deluxe accommodations at The Mill Casino, Comprehensive travel protection plan. Meals are not included. Book with Monmouth Senior Center or call 503-838-5678. Full information is on the signup board.

The Travel Committee has more plans for the fall so be sure and check your newsletter next month.