

Senior Moments

May 2018



Community Breakfast

The Monmouth Senior Center regular monthly breakfast will be on the 5th of May. We hope to see you there for the 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

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

All Newsletters, Calendars, and Menus are available online at: www.ci.monmouth.or.us



Mother's Day Bingo!

Don't miss this great time playing bingo on MAY 9TH from 12:30 until the prizes run out! There will be amazing prizes, light refreshments, great company, and best of all no charge! We can't wait to see you there!

Spring Fling

"Senior" Prom

On May 26th from 11am—2pm the students from WOU's Gerontology and Psychology Clubs will be hosting an awesome "Senior" Prom! Sit down in a 50's style diner for lunch, then dance the afternoon away! Prizes will be awarded for best 50's or Prom outfits and we might even vote for a Prom King & Queen!

Come have some fun!



May Birthdays

- 5/1 Stephanie DePascal
- 5/1 Alma Murphy
- 5/2 Jane Landes
- 5/4 Charmaine Schonblom
- 5/5 Carol White
- 5/6 Rita Iverson
- 5/7 Mina Bellah
- 5/7 Carol Busby
- 5/7 Marylin Wallis
- 5/8 Jeanne Deane
- 5/10 Sue Engebritson
- 5/11 Wanda Kenyon
- 5/11 Peter McDowell
- 5/12 Roger Berndt
- 5/13 Mary Jane Faulkner
- 5/15 David Moellenbrendt
- 5/16 Carolyn McMillan
- 5/16 Harold Pippin
- 5/16 Jerry Winegar
- 5/18 Bertha Bartel
- 5/18 Ann Bonds
- 5/18 Terry Brazell
- 5/18 Sharon Hall
- 5/18 Judy Vincent
- 5/20 Gloria Moles
- 5/22 Kathy Grudle
- 5/23 Stephanie McKee
- 5/26 Delight Hamar
- 5/28 Janie Martin
- 5/29 Delen Sacco
- 5/31 Rhonda Diaz

Come celebrate your friends at The Birthday Party on May 25th at 1:00pm! All members with a May birthday that attend will be entered to win a prize!

Enjoy those May flowers!

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.

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

Ponytail Cards: This card game is played on Tuesdays at

1:00.

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

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

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.

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.

Bingo: Several games available at monthly events such as ice cream social (3rd Fridays) and birthday parties (Last Fridays).

NOTE: If you are planning to play bingo at the monthly Ice Cream Social/White Elephant Bingo, we ask that you please bring a white elephant gift so that we have enough prizes for all those participating. This can be a fun, funny, or re-gifted item from around your house! Wrap something up and join the fun! Also, you do not need to play bingo to enjoy the company and the

Life-Long Learning Classes

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

*****ends 4/27, will resume after summer*****

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.

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 \$5. 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.

Technology Help

Jacoby, our Gerontology Practicum Student will be here every Thursday from 10am—3pm to help you with anything you'd like to learn, fix, or set up. He can assist with phones, smart TVs, audio systems, laptops, and PCs. He can also assist with learning the basic functions things like email, Facebook, ordering online, etc. As needed he can also be available for house calls for things less portable.

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.

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.

Knitting Class *NEW*

Pat Ohlsen is offering this class for beginners. If you've never knit before or haven't in a long time, this is a great class to learn or re-learn. THIS CLASS IS FOR MEN, TOO, it is good for arthritic hands. You will learn 2 basic stitches and follow a written pattern to make a sampler scarf. Classes begin on May 17th and will run approx. one month. Class will meet every Thursday at 10am for 2 hours. Possibilities for meeting more often as needed. Please bring one pair of size 9 or 10 needles. You should also bring a pen/pencil and paper to track your counting. Instructor will supply yarn on first come first serve basis, or you may bring your own 4ply yarn (Red Heart is good). Cost is \$5 which will all go to the scholarship fund. Scholarships are available if you need one. Sign up in the office.

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!**

Don't forget! We are still offering lunches at the Senior Center every Tuesday and Thursday at 11:30am. Call Meals on Wheels at 503-838- to make your meal reservations 2 days in advance. Donation of \$3.00 is suggested but not required. Hope you can join us!

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

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.

Hiking Group:***NEW TIME***

For the warmer months the Hiking Group will be meeting at 9:30am 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.

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.

NEW* Adaptive*Physical Activity:**

This class is now full. If you are interested in some 1-on-1 coaching in the future, please contact Barbara.

***NEW* Diabetes Prevention:**

Due to the ongoing and building nature of this class, we ask that if you are still interested in joining you let the office know right away so we can get you caught up and on board. This class will meet several times of the course of the year but is an outstanding, evidence-based approach to improving your health.

Tai Chi: *NEW TIME ADDED*

Due to the popularity of this class, we will now be adding an additional day each week. It will now be offered **Mondays AND Wednesdays.** The class is led by John Price at 3:00pm. This class is very popular and focuses on Moving and Balance.

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 May 11th. Bring a friend and join us for a wonderful meal.

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

Well, it's time to say all good things must come to an end. So this is the last Silent Auction that I will run. The last few years have been great. I want to thank everyone for their donations, especially my Wii Bowling team for all their great help. It was greatly appreciated.

-Judith

Potluck

The next potluck is scheduled for Friday, May 11th, at 12:00. We will be having a delicious tamale pie! Join us and bring a dish that reminds you of spring!

Monmouth Senior
Center

Check us out on the
WEB!

www.ci.monmouth.or.us

OR

www.facebook.com/monmouth.seniorcenter

Committee Members & Volunteers Needed

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

AARP Defensive Driving Class

This class is a fantastic chance to sharpen your driving skills and become a more confident driver. Taking this class can also reduce your insurance rate with some insurance providers. If you've never taken the class or if yours has expired, come join in!

When: Saturday, May 12th

Time: 9:00am to 4:00pm

Where: Monmouth Senior Center, 180 Warren St S., Monmouth, OR 97361

Cost \$15 for AARP/\$20 for AARP—Please call the senior center to register (503) 838-5678

New Horizon Orchestra Concert

Please join us at the Senior Center on Monday, May 21st from 6:30 to 7:30pm for an evening of beautiful music provided by our New Horizons Orchestra! This is a group of people who have picked up or continued playing instruments at any age! We hope you will come to join us to see all the hard work they put into perfecting their craft!

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

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 in the Columbia Room. There are so many new items to see every month!

New Horizon's Orchestra

The New Horizon's Orchestra is 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 fee to help with music, etc.

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

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 Northwest 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

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

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 the Third Monday of each month with the next meeting on Monday, May 21st, 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.

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. Take a moment to send a word of encouragement to our soldiers!

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 May 9th.

Women's Night Out

This month the women are meeting on Saturday, May 19th at 5:00 for dinner and 6:30 for games. Meet at the Center for car-pooling.

Monmouth Caregivers Resource Group

North West 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 second Monday of each month from 2:00-3:30pm at the Senior Center on 180 S. Warren St. For more information contact Amy Crevola at 503-304-3432.

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! Stop over to meet them!

Friends of the Monmouth Senior Center Board Update

The Friends Board met on April 5th at 11am. The Board has decided to create a Policies and Procedures Committee that will be chaired by Rhonda Diaz. This will create more consistency within the center on how to request funds, create events, etc. If you would like to be on this committee please contact Rhonda or Barbara. The board also discussed the need for updating the kitchen electric circuits and adjusting the door to the women's bathroom in the new expansion, making it easier to open and close.

We would like to give a big thank you to everyone who gave of their time, talents, and efforts at the Victorian Tea! Thank you to everyone who attended, we enjoyed having you with us for a lovely afternoon!

Senior Advisory Board Update

The Advisory Board met on March 27, 2018

The Advisory Board has established a new committee, an EVENTS COMMITTEE. Its purpose is to plan and coordinate not only our current events that happen at the center, but also plan and coordinate new and future events. If this sounds like something you may be interested in, please see Barbara Hogan. Sonya Ely is the Chair person from the Advisory Board.

The Director's Report included information that the Travel Committee is planning some future trips and that their meetings are always open for visitors and ideas. There is a trip to the beach being planned. The committee meets at the center on the first Wed of the month @ 10 am your input for trips is needed.

The Board spent the rest of the time putting the finishing touches on organizing the Deck and Bus Committees along with a description of their duties. They are due to have their first meetings before the month of April ends.

It is with much sadness that I must announce the resignation of Beverley Shonholtz from the Advisory Board. Beverley's spunk and wit brought liveliness to our meetings. Most importantly, though, her wisdom and insight helped to give us direction. We are going to miss you from our board. Our meetings are always open meetings, so we expect a visit from you from time-to-time.

Pat Ohlsen
Senior Advisory Board President

"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.