

# Senior Moments

February 2017

## February Birthdays

Sunny Anderson 15  
Robert Baker 26  
Donald Barry 01  
Fay Baumgartner 06  
Ted Bennett 15  
Donna Black 15  
Charles Brazciel 23  
Dori Brodersen 19  
Cecil Cary 14  
LaVonne Daniels 07  
Sandy Gallaher 04  
Dorothy Garrett 25  
Darrell Gilbert 10  
Oddie Jerome Jr. 27  
Arnold Jeschke 15  
Edith Keszler 08  
Rosemarie  
Lieuellen 17  
Marilyn McDougall 8  
Alan Miller 28  
Lew Pennock 17  
Mary Rapp 06  
Bonnie Ross 19  
Mary Sellers 09  
Patsy Tinkham 17  
Dan Unruh 21  
Arleane Walters 22  
Nan Willis 13

The Birthday Party for this month is Friday, February 24, 1:00 pm. We play card bingo, a picture game, have cake and ice cream and lots of social time. This is a great way to meet new friends and have fun. Cake will be provided by the Friends Board. Anyone out there who decorates cakes that might want to help with our cakes? See Sue in the office.



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

## Potluck-Feb. 10

The monthly potluck this month will be held Friday, February 10, 12:00.

The meat will be provided by the Friends Board (not sure what at this point). Bring a main dish, salad, rolls, dessert, vegetable, etc.

Amy Crevola, NorthWest Senior and Disability Services, will be our guest speaker. There are many services available to the senior population and many aren't used because people just don't know what they are and how they work. Plan on attending to find out ways you can get some help when you need it.

We invite you to bring family or friends with you. There is always room.

See you there!

## Senior Law Program Monmouth, Wales

Stan Butterfield, P.C., Attorney at Law, will be at the Center on Thursday, February 23, 2:00 pm to talk about wills, basic estate planning, probate, guardianships, conservatorships, and trusts.

As Stan states, "He recommends that every adult have at least 3 documents to prepare for the end of life or things that severely limit their ability to manage their own life. These documents are a will, a durable power of attorney, and in Oregon, what is known as an advance health directive".

All ages are welcome to attend. Stan's specialty is senior law. Now is the time to take advantage of this process and set your mind at ease.

Al and Jane Opplinger, well know to our community will be at the Monmouth Senior Center to share their pictures and stories of a recent trip to Monmouth, Wales.

The mural that is painted next to the Center includes an Abby from Monmouth, Wales and they will also be sharing about this.

Date is Wednesday, February 8, 2:00 pm.

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Be sure and read your newsletter this month very carefully as we have many new things starting up and the way to keep them going is to attend.

Sign up for classes in the office.

## SOCK HOP — Friday, February 17

WOUPSA, Psychology Club from WOU, is putting on a "Party of the 50's" Sock Hop here at our Center on Friday, February 17, 12:00-2:00.

This is a **free** event and will include hamburgers,

hot dogs, chips and root beer floats, just like you used to get when you went to the local hangouts.

There will be lots of good music from the 40's-60's and we will be leaving room to dance.

Sign up in the office so we can have some kind of a head count to help us know how much food to buy.

There will not be an Ice Cream Social the month of February due to this event.

## 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: 503-838-1276

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.**

### Trash or Treasure Sale

Baked goods and dona-  
tions are need for this  
sale on Saturday, Feb-  
ruary 11, 10-4 here at  
the Center. Lunch will  
be served, as well as  
baked goods sold.

Tables are still available  
for rent—\$10 each to  
sell your items.

### Karaoke Starts

Cecil is back with his  
professional karaoke  
machine to give those  
who love to sing an  
opportunity to do just  
that. It will be held the  
second and fourth  
Wednesday from  
12:30-4:00 beginning  
March 8. Come early  
and get your name on  
the list.

## 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. We can't  
say enough good things about this class. If  
you have an iPad, you need to attend. You will  
have fun and learn at the same time. No  
charge.

### Card Making with Liz

Liz prepares cards for this class and instructs  
the students on making them. This month's  
class will meet Feb. 13 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 Gasper teaches this class on Mon-  
day, Feb. 20 at 4:30 pm. Sign up in the office  
and cost is still \$4 for 2 cards. Bring glue, scis-  
sors, ruler, pencil. This is a holiday but will  
still be held.

### American Sign Language—Jen Teal is

teaching the sign language class Tuesdays at  
10:30 am. Newcomers are welcome to join.  
New session starting now. Handouts are given  
out each week and it is a class that will stimu-  
late your brain.

### Cellphone Help—Mondays 1-3 pm.

### Creative Writing

Want to write a book, write your life story, po-  
etry, 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 Thurs-  
days at 9:00. Tim is excellent at instructing,  
knows his way around the computer and will-  
ing to help answer your questions. No charge  
for the hour class.

### Basic Drawing 2 For Fun—February 3

Sonja Ely and her class are having so much  
fun they are continuing in February. Each ses-  
sion is 1 1/2 hours. There is not a fee but you  
need to bring supplies that include 2 or more  
#2 pencils, 1 pink pearl eraser, 12 in. ruler and  
optional 8 x 10 sketch book or drawing paper  
pad. Sign up now. Class is Fridays at 10:00.

### Quilling-Wednesdays-March 8

Kay Bates will be instructing this fun paper  
craft that is great for card making, framing or ?  
Please sign up in the office. Some tools will be  
available. Samples in the office. The class will  
begin with gift cards. Cost \$3.50 for supplies.

## 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. 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.

Toenail Clipping: Next clinic is scheduled for Thursday, Feb. 23 by appt. Cost is \$20.

Music Jam: Second Wednesday (Feb. 8) of every month at 6:30pm. Musicians bring their in-

struments 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. Join them and learn a new card game.

Cribbage: Mondays at 10:00 am. Newcomers are always welcome.

### Taxes With AARP

Pete McDowell will be in charge of the AARP Tax Aide again. Appointments are being taken now for February. This is a new program for AARP and appointments will require a longer appt. Be sure and bring all your information—we will let you know what that is when you make your appt. Once we get started, we'll take appts. for March. Appointments only-no drop-ins.

### Event Coming

#### Craft Supply Sale

All crafters have an excess of supplies and they keep adding up. We are giving them an opportunity to sale their unwanted items. Tables are \$10. Sale is set for **March 18.**

Start spreading the word to the many, many crafters out there who have supplies they no longer need or want. It is a fun day with visit with other people with the same interest and even find out other ways to sell your crafts. Sign up now!



## 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.

Hiking: Watch for a start-ing date.

### Line Dancing

Sandy Keen will start the fun dancing class January 11. Class is scheduled for every Wednesday from 10:30-12:00. 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 has scheduled a new 10-week class that will begin on January 9 and held Monday, and Wednesday from 3:00-4:00 pm. Due to a grant, there is not a cost for this class.

**Research** shows that keeping active will help with memory, better movement, less chance of falls, social benefits, depression and so much more.

### **New Exercise Class**

#### “Graceful Movement to Piano”

Eurythmy is called, “Visible Music”. This course is for beginners and all are welcome. In this course, we will do slow, methodical movements to piano music. Instructor Anya Thaker will hold this class Tuesdays at 9:00 am. Beginning Feb. 14. Anya suggests coming and see if it works for you before paying the \$35. There is no payment for the first 2 classes. We'll try for 3 months to see if there is interest.

## More Fun Things To Do at the Center

### Gluten Free Workshop

Barbara DiMattio will hold a round-robin on Wednesday, February 15 at 1:30 pm. She is very knowledgeable about the subject and eats gluten free herself. Please bring your questions and ideas of what you would like out of this workshop. Barbara taught this class at Center 50+ and was well attended. There are many places who could come and talk during these times and bring samples. Sign up ahead with your phone number so we can contact you and remind you of the meeting.

### Movie for February

February 9, "Max" — From the director of "Remember The Titans" and a producer of "Marley & Me" this movie is family-friendly that is warmhearted. Max is a military dog who makes a huge impact on a family where there is friendship as a mystery unravels that brings excitement and danger. Movie is rated PG and is 111 minutes long. You are welcome to bring others with you. No charge-bring your popcorn!

### Beginner Quilt Class February 8

Belva DuBose has instructed quilt classes for years in California and is offering a beginning class making a pillow with a quilt square. It 's a perfect way to start learning to quilt and it will be a small enough project to see if you are truly interested in going further. This is a 2-week class, 3 hours each, from 10:00 – 1:00. Since this will be over the lunch hour you are welcome to bring a lunch or snack. There is no fee and Belva will be providing the material and pattern.

Participants will need to bring sewing machine, scissor, ruler, and gray or cream thread. Belva will provide the material and pillow form. If you own a rotary cutter and mat and would like to bring it you are more than welcome but not necessary to purchase one. Please sign up in the office with your name and number.

### Lifestyle Management Class

Judy and David Sundquist will be leading a Lifestyle Management class starting March 8 from 12:00-2:30 pm for six weeks. This course is one of Stanford 's chronic disease self-management workshops that allows participants to find the support they need as well as practical ways to deal with pain, fatigue, and discover better nutrition and exercise choices but setting goals and making step by step plans to improve their health and their life. Start signing up now with name and phone number. Any adults are welcome to participate.

### 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 Feb. 1.

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

FACEBOOK

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

Monmouth Senior Center

### Beginner's Knitting

Pat Ohlsen is offering a knitting class for beginners. If you have never knit before and wanted to learn, or haven't knitted for a long time and want to brush up on your basic skills this class is for you and men and women are both welcome. You will learn the two basic knit and purl stitches and how to follow a written pattern to combine these two basic stitches in a variety of simple patterns to make a sampler scarf.

Class begins February 9 and runs through March 2 from 10-12. Please bring a pair of size 9-11 needles and counter to track the rows. Cost is \$5 and yarn is provided. Sign up in the office.

## Professional Issues Class at WOU

Margaret Manoogian, Gerontology Professor at WOU, is inviting the older adults to a series of seminars that will be held at the university. Guest speakers will be helping out on this series. Listed below are topics, dates and speakers. Class is 12:00-1:00, classroom 130, MNB. Rides

"Aging and Social Support"—February 2-Marilyn Daily, Ex. Director from Center 50+

"Elder Abuse and Neglect"—February 16-Devery Hachenberg, NorthWest Senior and Disability

"Aging and Health"—February 23-TBA

"Health Care, Aging, and Affordable Care Act-March 2, Walter Dawson, DPhil

"Aging, Diversity and Access to Resources"--March 9, Dr. Magnoogian

### Women's Night Out

This month the women are meeting on Saturday, Feb. 18 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.

### Supplies For Local Troops

Pedee Women's Club sends out boxes each month to troops whose names have been given to them by local families. Many items are sent regularly and any kind of food, hand & foot warmers and microwaveable food must be sealed and unopened. No Top Ramen please. Stop by the Center for a full list.

### Silent Auction — ends February 10

Last day to place a bid on the silent auction is Friday, February 10, following the monthly potluck. If you have items you are bidding on be sure and attend so you can get that last bid in.

So many wonderful people work very hard around the Center to make a difference. If you would like to be a part of that contact the office at 503-838-5678.

### Photography Starts

Barbara DiMattio's next Photography class is scheduled for February 22 at 1:30.

Newcomers are welcome. There were around 10 in the class this month and room for more.

## New Class on Successful Aging — February 15

Meletina Taerbaum, Polk County's Older Adult Initiative will present another class on "Successful Aging In A Changing World." The next topic will be "What is Dementia"? It will be held the 3rd Wednesday, February 15, at 9:00 am.

Information for these classes were created by Portland State University and will be general knowledge. Each class is 1 1/2 hours. We are asking those wanting to participate to sign up so we can have a count and have enough materials.

### Coffee and Conversation—February 27

Due to President's Day holiday, the Coffee and Conversation will be moved to the 4th Monday at 10:00 am. This is a perfect time to get to know one another. Donuts are provided by Kelly and Ann Cape. Kelly is a veteran's advocate. He will be able to point you in the right direction to get some help if you are a widow or a veteran. This time is also for those wanting to just gather and have some good conversation. There is no charge and it begins at 10:00 am.

## Friends Board Report—Jim Allgood

Our Open House/Ribbon Cutting ceremony was a spectacular event. Even Mother Nature cooperated as the sun ended a streak of ugly weather. Sue Teal did an outstanding job masterminding this event. Around 200 people attended and it makes me proud to be a part of Monmouth-Independence community—they truly supported us. Boomer Senior newspaper had a great article on our expansion. A copy is available throughout our area so pick one up. Local news outlets, Itemizer and Boomer gave us outstanding coverage.

Starting next month things should return to normal. Our monthly Community Breakfast will be February 4 at the Center. Other key events include “Trash or Treasure, February 11, Soup and Pie, March 16 and Craft Supply Sale March 18.

Again, thank you to Mark Fancey, Monmouth City Council, Andy Medcalf Construction and outstanding members of Monmouth Senior Center. We all worked together as a great team and never gave up when things got dismal. You should all be proud of this moment. It’s really one of the highlights of my life to see 12 years of fundraising reaching reality!

James Allgood

### 9-Week Watercolor Course—Instructor Anya Thaker

We are still working out date and time for this class but it will begin in March so watch your next calendar. All levels including beginners welcome! A course for non-painters and paint lovers! We will do studies and then paint 2 contrasting nature scenes. Please sign up with your name and phone # so we will know who will attend.

Materials needed include Table easel, light wooden or plastic board to attach paper, 5 or more dishes, cups, glasses jars or containers for paint and water, a cloth, watercolor paper at least size 18”x24”, 1-3 thick brushes (size 16 or 18), larger than size 10 and test paper.

Cost of the course is \$60 and will be held once a week for 1 1/2 hours.

### Medicare Fraud

Stephanie Oswald, WOU student working with Senior Medicare Police will be here to present a program on Medicare Fraud on Wednesday, March 8 at 2:00 pm.

With errors and abuse 60 billion dollars are wasted each year. Abuse comes through many people.

Plan on attending this important meeting that will give you vital information to

### New Drawing Class

Sonja Ely will start a new class in March called “Open Studio Drawing” and be held on Fridays at 10:00 am.

The class will be open to all levels of drawing. Bring your projects and supplies.

Sonja will be available at each class to help those who need it.

Her “Drawing II” class will be every Friday in February and other’s are still welcome to attend. There is not a fee for her class.

### Donation Given

Cec Koontz announced that the Monmouth/Independence Community Fund gave \$3500 for furnishing of the expansion. Right now we are working to make sure WiFi is throughout the building, installing TV and setting up a cart for it. We will be able to purchase other items like shelving, chairs, tables, etc.

What an amazing community we live in!!

### Community Breakfast

We’re starting our monthly breakfast again starting February 4, 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 purchasing, stamp press, cleaning products, steps to build a card, embossing dry and wet, etc. First class is Monday, March 6. Sign up ahead.

### Tea Herbs Class

Julia Leon is teaching a class on herbs. She has several classes but planning just the first one to see if there is interest.

First class is Tuesday, February 14, 10:30-12:00 and will talk about basic teas, how you would use them, how to grow them and samples. Please sign up in the office.

## **. . . on the road again**

**Free Trip** for January goes to Jean McLain. She will have his choice of a day trip valued at \$25 which includes the cost of her meal. Congratulations Jean! 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 in January 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, February 1, 10:00 am. We will be discussing day trips so bring your ideas.

### **Shopping at Bridgeport Village – February 21, 9:30 am**

We have tried to take a shopping trip to Portland for several months now but due to circumstances haven't made it. So, we are going to try again. We are starting our signups now and will not be using our old signup sheet so make sure you come in and sign up—remember to pay when you sign up.

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

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

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 of April.

### **Crater Lake/Shady Cove –May 8-10, Cost \$231**

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.

### **Spring Getaway – Yachats on the Beach – March 6-8 – Cost \$176**

This getaway will take us to Yachats, Oregon where we'll be staying at the Adobe Resort. Our rooms are 2 queen beds per room on the first floor with an ocean view and private patio. They have a restaurant at the resort so we will have breakfast and maybe one dinner on the premises. We have allowed some extra mileage to spend one day around Bandon or Florence. We are going to extend sign up for a few more days. If you were wanting a single room we'll get that figured and call you. Sorry for the delay. Last date is February 3, no exceptions.

## **. . . on the road again**

### **La Tea Da, Tillamook, Oregon – March 2 Cost: \$40.00 – Leave: 9:15**

The Tea House in Tillamook is highly rated and loved by some of our members so we thought it was time to check it out. This is the full four courses of a classic High Tea. It begins with a bit of sorbet to cleanse the palate, and a pot of tea of your choosing. It is followed by three tiers of treats. First you will enjoy savories and sandwiches. Then its fresh-baked sweet and Tillamook cheese scones served with jam, lemon curd and Devonshire cream. Finish with a selection of dainty desserts. Doesn't this sound like a perfect thing to do on a wintery day? Cost covers high tea, transportation and driver's meal.

### **Newport – Chowder Bowl – March 14 – Leave: 9:00 am Cost: \$10.50**

Our trip for the day takes us to Chowder Bowl in Nye Beach for the best rated clam chowder on the Oregon's Coast. If the weather is good we will give you some time to take a leisure walk on the historic Nye Beach just 100 yards away. Following lunch we'll stop at the Mark Hatfield Marine Science Center right in Newport. We'll start our trip going to Lincoln City and down Hwy 101 to Newport and returning by Hwy 20 through Kings Valley. The new stretch of highway is now open and it will be interesting to see how it has changed. Cost covers transportation and driver's lunch.

### **Brownsville – February 15 – Leave 9:00 am – Cost: \$14.25**

This will be a fun day full of things to do. We'll start with the Linn County Museum. It was founded in 1962 and exhibits are displayed in original railroad depot and six Southern Pacific railroad cars. One boxcar is a 29 seat theater. Included in the museum is a fairly extensive Genealogy section and the covered wagon that carried the Drinkard family across the Oregon Trail in 1865. Then it is lunch at Randy's Main Street Coffee. Menu includes sandwiches, homemade soups, wraps, salads and specials. Price for lunch ranges from \$4-\$10. After lunch we will tour the historic Moyer House Museum. Beautiful mansion of the Moyer family. It was built in 1881 and is 3,000 sq. ft. It has two bedrooms, but has a front parlor, music room, ladies Parlor, dining room and large kitchen. All of it was designed with entertaining in mind. Ceilings and crown moldings on the ceilings, crown moldings, original paintings on the glass transoms and over the bay windows. The home has been restored to original glory after many years of hard work and fundraising. Cost covers everything but your lunch.