

Senior Moments

April 2017

April Birthdays

Donna Ainsworth 11
Rod Bach 30
Marilyn Blankenheim 4
Melody Bywater 21
Carol Cavasher 03
Charles Crose 08
Nora Drahn 05
Bob Harris 23
Dianna Hewett 29
Marilyn Husser 20
Jean Jeschke 23
Victoria Kruljac 22
Elaine LaFond 25
Stan Little 02
Norma Ogan 09
Wilbert Peron 08
Sue Salvo 07
Jon Schonblom 19
Rick Sedgwick 03
Gladys Shell 09
Linda Sherman 08
Dwight Triplett 27
Michael Ward 15

We'll be celebrating birthdays at the Friday, April 28 party. We play Bingo with playing cards. Prizes are gift certificates to local businesses and with those attending with birthdays, your name is put in a basket and the winner receives a \$10 gift certificate.

Want to attend but don't have a birthday? No worries — what would a birthday party be if you didn't have others to celebrate with. All are encouraged to attend and plan on having a fun time. Party begins at 1:00 pm. Cake and ice cream are provided.

Are you a cake baker? We're looking for someone who would be willing to bake and decorate a birthday cake.



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

Monday-Friday 9a.m.-4p.m.

Potluck — April 14

Stephanie Oswald will be here to give a power point and talk about Long Term Ombudsman and Medicare Fraud.

Potluck begins at noon on Friday, April 14. Ham will be provided. Please bring your place setting and friends with you.

The program will talk about how Medicare fraud goes on in our country, how to detect and report it, and fraud errors and abuse.

Stephanie had a program with few in attendance a couple months ago with a very small attendance. We are invited her back as this is a very important subject to learn more about.

The program will start about 1:00.

Crochet Class

Sonja Ely will be instructing an all skill level Crochet class beginning April 7 and be held Fridays from 1:00-2:30 pm for four weeks.

Maybe you already know how to do the basic stitches but would like to learn some new ones. If so, this is the class for you.

Projects will be scarves and headbands. Some of the work produced will be given to local non-profits for fundraising or as gifts to children.

We ask that you please sign up ahead and bring a skein of regular yarn and at least two crochet hooks, preferably at least an H, J, or K.

Sonja is also our drawing instructor.

Silent Auction

The Silent Auction going on now is full of Easter baskets and a variety of other items. Be sure and stop by and place your bids. The auction is done following the potluck on April 14.

A Mother's Day auction will begin the week of April 17. Judy has some great donated items for this one. Stop by and check it out and see what you find. Just a reminder that if you have an item you are interested in keep an eye on the bid so you won't miss out.

Last month's auction raised \$256. Thanks to all of you who placed bids. We are so thankful to Judy for all she does to keep this auction going and to those who bring us the nice items. All proceeds go to Building.

Victorian Tea — April 21 "Let's Go Places"

It is Victorian Tea Time at Monmouth Senior Center. The event is slated for Friday, April 21 with two seatings — 12:00 and 2:30. Tickets are \$10 and will go on sale Saturday, April 1 at the Community Breakfast.

You can call the Center and we will reserve tickets for you, but they must be paid for that week or they will go back out for sale. There is no limit to how many you may purchase. Last year we sold out in 3 days so don't hesitate.

Style Show is "Let's Go Places". We will need lots of workers during this event. There is a sign up sheet on the board in the office. Cleanup crew is also needed to relieve those who work so hard throughout the day.

Community Breakfast April 1

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 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.**

Karaoke Starts Dates Change

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 1:00-4:00. Come early and get your name on the list.

Please note the starting date has changed due to a conflicting schedule.

He has thousands of songs to choose from and the only thing you need is a love of music and singing. You are also welcome to come and enjoy the music.

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. Mid-March the new 60" TV was installed and is working beautifully. We still need to get it mounted but for now it's on a table. Very relaxed group. If you have an iPad you need this class.

Card Making with Liz

Liz prepares cards for this class and instructs the students on making them. This month's class will meet April 10 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 teaches this class on Monday, April 17 at 4:30 pm. Sign up in the office and cost is still \$4 for 2 cards. Bring glue, scissors, ruler, pencil.

American Sign Language—Jen Teal is teaching the sign language class Tuesdays at **10:15 am**. Newcomers are welcome to join. Handouts are given out each week and it is a class that will stimulate your brain. This is a nice class and there's always room for more. No need to sign up.

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 7, 8, and 10

Tim Taylor teaches on Tuesdays and Thursdays at 9:00. Tim is excellent at instructing, knows his way around the computer and willing to help answer your questions. No charge for the hour class. Starts up again April 4.

Basic Drawing-Open Artist's

Sonja Ely will be holding an open artist's group where you mingle with other artists. Bring your own projects and supplies. Will be held May-August. Time and date to be announced in the next calendar.

Quilling Paper Craft-Monday, April 3

Kay Bates will be instructing this class using a quilling tool (each participant receives one) following Jen Teal's Basic Stamping Class. She has several easy cards you can make using the quilling. No charge. (11:30 am)

Beg. Stamping-Monday, April 3

See page 6 for full details. Class starts at 10:00 and cost is \$3.00.

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, April 27 by appt. Cost is \$20.

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

Music Jam: Second Wednesday (April 12) 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.

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.

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 10:30-12:00. 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 held Monday, and Wednesday from 3:00-4:00 pm. Due to a grant, there is not a cost for this class. We want to keep the numbers up so we can qualify for the next class. Join in.

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 1:00.

Taxes With AARP

Pete McDowell is in charge of the AARP Tax Aide again. Appointments are being taken now through April 13. 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. Appointments only—no drop-ins.

If you make an appt. and need to cancel, be sure and contact us.

New Games

American Mah Jong

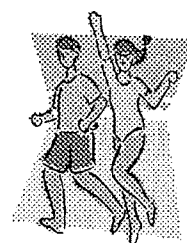
This is a one hour class where you will learn to play this fun game. It will take about four lessons to learn. Then the group will continue playing every week. Class will be held Wednesdays at 1:00.

Please sign up so we have a count.

Scrabble For Fun

We know there are many people who love scrabble and no one to play with. Here is your chance every Tuesday at 12:30 here at the senior center.

If you have a game bring it with you.



Movie for February

April 13, 11:30 am, Walt Disney "The Wild". This wild and witty comic adventure is a movie for the whole family. Bring your grandchildren along for this one but please remember they need to stay seated. Popcorn is free, as well as the movie. Due to budget cuts we will only have a couple more months of movies.

New Mailbox

Sue Teal now has a mailbox in the office. If you have something for her please leave it there instead of her desk—

"The Age of Champions"

Western Oregon University Gerontology Club will be here Friday, April 7, 1:30 pm to share an important film "The Age of Champions", provide snacks and interact with the older adults. Plan to attend. Ash Creek Christian School will be performing at 12:00 the same day at the Center. Plan on attending both fun times.

Photography Class

The next Photography Class with Barbara DiMattio is set for Wednesday, April 26, 1:30 pm. The class is meeting at the Kiosk at Baskett Slough Wildlife Refuge on Hwy 22. Then they are going to carpool to the bottom to be up and personal with the wildlife. Be sure and bring your cameras. If you need help finding where to go contact the office.

Bracelet Class

Kay Bates is offering a Bracelet class on Thursday, April 6, 10:30 am. This beautiful bracelet uses black and clear Swarovski crystals. All supplies will be provided by Kay and included in the cost of \$20. This is a great price and she 's not even charging for her time. You will also make matching earrings at no extra charge. The class will be limited to 6 so if you are planning on taking this class sign up right away.

Mother 's Day Bingo

In honor of Mother 's Day, Sharon Kay Woods has special prizes that will be extra special. Date is Wednesday, May 10, 1:00 p.m. We had snow and ice for her Christmas Bingo but that didn 't stop most of the people. Don 't let anything stop you for this Bingo. Refreshments will also be served.

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 April 5.

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.

New item in the medical equipment is BOOST drink to give away.

Monmouth Senior Center

We're on the Web!

Monmouth City Web Page

www.ci.monmouth.or.us

FACEBOOK

www.facebook.com/MonmouthSeniorCenter

Upcoming

Dr. Gary Huxford, history professor from Western, will be returning to the Center for some lectures. This will probably start up in May so be sure and check out your May calendar. Topic to TBA.

David Habor, recent retired from Western, will be offering a series of workshops on Health Promotion and Aging. His book is in its 7th edition and the information he shares is very down to earth and areas we can all use the help in.

May 6th Breakfast will include Historical Monmouth—tours with an app and lots of pictures. More details available next month.

Watercolor Class

Anya Thaker, instructor for a 9-week Watercolor Course at the Center, is a 35 year old, studied painting and education in Switzerland in the style of philosopher Rudolf Steiner, the method used in Waldorf schools. Her class will be held Thursdays, 10:30-12:00.

All levels including beginners welcome! A course for non-painters and paint lovers! Participants will do color studies and then paint 2 contrasting nature scenes. Materials you need to bring include table easel, light wooden or plastic board to attach paper, 5 or more dishes, or containers for paint and water, a cloth, watercolor paper, at least size 18"x24", test paper and 1-3 thick brushes (size 16 or 18), larger than size 10. WOU bookstore carries these things.

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, April 15 at 5:00 for dinner and 6:30 for games.

Meet at the Center for carpooling.

4th of July Float

The 4th of July isn't far off and our float is in need of some sanding and painting. Are you tired of having nothing to do? Do you want to use your talent to help dress it up? We need volunteers to work on it now so we will have time to decorate it. Contact Sue if you could help with this project. We are also looking for some creative ideas for decorating.

Hymn Sing

The Hughes are back on schedule for the Hymn Sing and we hope many of you will plan on attending this time of singing the old hymns. Many are not being sung in the churches and are missed. Jeanne Deane has taken over opening the door and a special thank you to her for this.

AARP Defensive Driving Class

The next class at Monmouth Senior Center is scheduled for Saturday, May 13, 9-4. Please contact the Center to register.

Check with your insurance to see how much it will save you.

Happy Easter

Coffee and Conversation—April 17

Coffee and Conversation continues to be held the third Monday of each month. 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.

Armed Forces Day Celebration

In honor of Armed Forces Day we are taking the Friday before, May 19, 10:00 am and inviting veterans to bring pictures and share stories of their days in the military. There are not many World War II veterans left and they have some great stories to tell. There is also the Korean, Vietnam, Gulf, Afghanistan, and Desert Storm wars. We hope many who served will bring their pictures to share with one another and talk about some of their experiences. Plan now to attend. If you have questions please contact Sue in the office or call 503-838-5678.

Friends Board Report—Jim Allgood

April seems like a quiet month although we do have the annual Victorian Tea. This festive event is scheduled for April 21 (Friday) for the seatings—12:00 and 2:30. Tickets will go on sale April 1.

Karaoke has started up again with Cecil spinning the tunes. This takes place 1:00-4:00 pm every second and fourth Wednesday. Come early to get your name on the list to perform. Who knows—you just might be a “hidden Neil Diamond.”

Appointments are still available for the AARP Tax Aide session but don't hesitate in making one as not many are left. Due to recent changes in the program you need to plan on spending a bit longer this year. Last date for appointments is April 10.

Spring has finally arrived and “good riddance” to this horrible winter. It has been the nastiest winter since 1958-59. Portland has experienced 120 days of soaking, cold rain since October. Let's hope the weather warms up so we can resume our trips. One of the trips-McKenzie River Highway (overnight for June 1-2.) is still scheduled for start getting your payments in. Cost is only \$84 with lodging accommodations at Harbick's County Inn. Another trip-Crater Lake is a question as our snow level is so large this year. It's a beautiful trip but considering the winter we had-don't be too surprised if this outing is cancelled. The next Travel Committee will be Wednesday, April 5 at 10:00. We are asking all drivers to attend and if anyone has some suggestions for a good trip, plan on attending.

February Advisory Board Report—Pat Ohlsen

Our first New Member Welcome gathering was held February 22. It was a nice event and information was given on how the Center functions, its historical ties with the City and the opportunities that are available for members to participate in. **WELCOME NEW MEMBERS!**

If you have not noticed already, there has been a donation of 50 new chairs, being used in the main area and are a tan color. The Advisory Board has established a Furnishings Committee to determine what is needed to complete the interior of the new expansion. There is still a need for members and commitment is 4-6 weeks. If you wish to serve, notify Sue Teal A.S.A.P. Time is running out.

Note From Coordinator —Sue

Sherry Hee has been gone almost a month and we knew she worked hard but is she ever missed. We are looking for more volunteers at the desk or maybe an extra to keep the coffee made, supplies out, greeting, etc. There is also openings on the Friends Board for this year. There is no limit to ways you could help without working at the desk. Please contact Sue or Erma if you would like to help. It could be a half or whole day once a month or more often. It's a great way to break up your day and feel needed. We love smiling faces!

There has been rumors that I am retiring soon. The way it looks now it will be the end of November or December so you aren't getting rid of me yet. This was a hard decision after 28 years but I can truly say it has been the best job ever. I will also be cutting my hours from 7 to 6 as of July 1. Changes aren't easy but sometimes they need to happen.

Changing Email

Many of you have MI-NET for your email. This is a problem for many of you and we have just the answer.

Our computer instructor has agreed to help out. He will not be teaching a class on this but will come to your home to help or meet you with your laptop. He works during the day but can help evenings and maybe weekends. Contact the Center for more info.

Community Breakfast

Monthly Community breakfast will be held April 1, 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 purchase, stamp press, cleaning products, steps to build a card, embossing dry and wet, etc. First class is Monday, April 3, 10:00. Sign up ahead.

Wanted:

Neighborhood Volunteers for the Mon-Indy Food Project.

The easiest volunteer job you'll ever have! Every other month, in 3 hours or less, you can help hundreds of families in your community feed their children.

For more information, please visit: monindy-foodproject.com or call 503-779-7532 today.

. . . on the road again

Free Trip for April goes to Margee Romao. She will have his choice of a day trip valued at \$25 which includes the cost of her meal. Congratulations Margee! 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 the last few months 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, April 5, 10:00 am. We will be discussing day trips so bring your ideas. If you are interested in helping plan our trips or be a driver please attend this meeting. We can always use more drivers. We use a 15 passenger van so a CDL license is not required.

Bob's Red Mill (Milwaukie), April 11 9:00 am Cost: \$9.00

We are scheduled for 75-minute tour of the mill. The tour consists of a video, hands-on grain display, old mill equipment and window tour that shows how the products are milled and packaged. Lunch will at the Whole Grain Store and Café a mile away. Bob's Red Mill products are for sale at the store and they have a nice variety for lunch. Products include gluten free, organic, non-GMO, Kosher and whole grain. Take note of the time. We have decided to leave soon to allow for any extra road traffic. Lunch will be on your own.

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 week in May.

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

With the unusually heavy snowfall this winter we have decided to postpone this trip until later in the year (hopefully in July if we can get reservations). We will be keeping everyone's names and will be contacting each one individually once we have a new date.

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.

. . . on the road again

Evergreen Aviation & Space Museum (McMinnville) April 27

9:00 am Cost: \$31.40 (not including lunch)

The museum has an extensive collection of military aircraft, artifacts and exhibits. Don't forget the Spruce Goose that is celebrating 70 years of Flight. The Tour is just over an hour and volunteers are veterans pilots. Spruce Goose has an elevator to view inside the giant plane. Cost includes entry to Aviation Museum, Space Museum and a movie. The movie is "Fighter Pilot-Operation Red Flag". The film follows Captain John "Otter" Stratton as he makes his way through the international training exercise for the air forces of allied countries. The event is held in the desert of Nevada. During Red Flag Captain Stratton sees how the crew makes this flight safe, watching his back and taking personal risks to cover his mistakes. We'll have lunch at the museum.

Newport – May 5 Leave: 9:00 am Cost: \$12.50

Burrow House, The Old Telephone Company, Lunch

The Burrows House (Lincoln County Historical Society Museum) is full of information about Newport and the surrounding area and will be our first stop. We will be going to Old Town for lunch where we will have several choices for restaurants. We recently heard of a new store/museum called The Old Telephone Company where we'll plan on stopping on our way home. The store is FULL of just about every phone made. Items are for sale if you so desire. It will be full of memories for all of us and should be fun to bring them back.

Santiam Restaurant – May 18 - \$5.50 plus lunch cost

The Santiam Restaurant is located at Linn-Benton Community College and is a fine dining restaurant and operated by students in the Culinary Arts Program. First year students train as wait staff while second year students prepare you the best meal. It is a full service a la carte restaurant and the menu changes daily. There is a 10% off for 60 and older.

Bird Watching with Lowell Springs – April 14 – 9:00 am – Cost \$3.00

Lowell Springs, retired from Western Oregon University, will be on board and fill us in on Baskett Slough and look at the Wildlife Refuge in a way you've never seen it before. The trip will include Perrydale and coming back Hwy 99. He will also be sharing about farmers, easements, and the impact these birds have on them.

Northwest Senior Theatre – May 18 – Cost: \$13.75 – Leave 11:30

The Spring Musical Variety Show is "The Winner Is..." and will feature many familiar academy award winning songs and all new dance numbers. All performers are seniors and what a delight it is to attend. We are still working on an early dinner spot. The meal is on your own.

Dogs For The Blind Tour – June 22

Tour of the campus in Boring, Oregon. More details to follow.