

Senior Moments

June 2017

Angie Amos 12
Melanie Ball 18
Delores Benedict 18
Patty Bessey 12
Garrett Campbell 29
Janis Carroll 07
Barbara Chrisman 06
Bob Christensen 23
June Clark 04
Sandra Davis 14
Pat Erkson 22
Mark Fancey 10
Nancy Godfrey 09
June Gardon 15
Calvin Hudspeth 20
Carol Infranca 11
Carol Jack 21
Erma Jesse 05
Geneen Keller 07
John Knight 23
Bill Krueger 21
Colleen Lemaire 18
Monica McDonald 01
Linda Morris 03
Patty Palm 19
Pat Pennock 22
Donna Pippin 09
Eldred Rathkey 30
LaVine Rathkey 17
Rebecca Strader 13
Marjorie Taray 21
Tim Teal 06
Chuck Tenney 24
Karen Waggoner 27
Marshall Wagner 01
Robert Whittle 01
Sharon K Woods 30

The Birthday Party is scheduled for June 30, 1:00 pm. The party is always the last Friday of each month.

Membership Due

Membership for the 2017-18 year is due July 1. Due to costs, the membership will go to \$20. That is an increase of \$5 for the year—\$1.67 a month. What a deal! An envelope is provided in your newsletter this month.



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

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

Monthly Potluck

Potluck is Friday, June 9. We will begin at 11:45 with the annual Friends general membership meeting. We need your input as we will be nominating new members to the board. If you are interested in being a member or know someone who might be good contact Sue or bring your nominations with you to the meeting.

Sonja Ely will be our guest speaking following the lunch. She will be sharing a short video of Polk County and talking about some of the history.

Pulled pork will be provided and cooked by Bob McKee. Bring a main dish, salad, dessert or? We ask you to please bring your table service to help make cleanup go faster.

History Workshop

Dr. Gary Huxford will continue his weekly class on "The Age of European Supremacy (1870-1945). The climax of European domination, a broad survey of political, cultural, imperial achievements that mark the high water mark of Europe. Then the disaster of two wears that bring that era to a close. This includes the rise of totalitarian powers (Germany, Soviet Union, Spain, Italy, etc.). Old maps will be used to help show some of the areas. Class will meet in the large multi-purpose room, giving enough space for everyone to attend.

Class meets every Thursday at 10:00 am and runs through June 29. All are welcome to attend this very intriguing class.

Watercolor Class

Anya Thaker, instructor for Watercolor, will offer another 8-week course. All levels including beginners are welcome.

Class will be held Thursdays at 10:30 at a cost of \$60. We ask that you please sign up now so we can make sure we have plenty.

Open Artist's Group

Sonja Ely, Drawing instructor, will be holding an open artist's group where you mingle with other artists, bringing your own supplies and projects. They meet Fridays, 10:00am now through the end of August. It's a fun group doing their own work.

The Savvy Caregiver Series

A 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.

The Workshop will be presented in partnership with NorthWest Senior and Disability Services.

Class size is limited. Please call Amy Crevola at 503-606-7620 or sign up in the office at the Center.

Community Breakfast June 3 8:30-11:30

Phone Numbers You May Have Trouble Locating

Utility Assistance (LIEAP): 503-588-9016

Ella Curran Food Bank: Patty Nevue 503-917-1681

Community Action: 503-623-8429

Marion/Polk Food Share: 503-581-3855

Polk Co. Housing: 503-623-8387

Food Stamp Program (SNAP): Register at Northwest Senior and Disability Services in Dallas.

Northwest Senior & Disability Services (Dallas):
503-831-0581

Local Gleaners: 503-838-6462

Legal Aid: 503-581-5265

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

211 Help Line: Give numbers for services

Statewide Abuse Reporting: 855-503-7233

H2O (Help & Hope to Others): 503-831-4736

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. He will be here the second and fourth Wednesday of June (14, 28) at 12:30.

Please note it will be held at regular times.

There are some who would prefer different music. We would say to come early and pick out your music.

He has thousands of songs to choose from and the only thing you need is a love of music and singing.

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 June 12 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, June 19, **4:00 pm. Note the time change.** 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. School is almost out and Tim Taylor will be graduating. We'll be looking for a great instructor to help you out.

Friday Morning Open Artist's Group

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 Fridays, 10:00 am May-August.

Watercolor Class—Starts June 8

Anya Thaker, instructor for an 8-week Watercolor Course. All levels including beginners welcome. Class will be held Thursdays at 10:30 and be held until July 27 at a cost of \$60. Please begin signing up now to make sure we have enough for the class. Anya does an excellent job with instruction. Please sign up in the office.

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, June 22 by appt. Cost is \$20.

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

Music Jam: Second Wednesday (June 14) 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 10:00-12:00. 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 every Monday at 3:00 in June. 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.**

New Health Class

"Thriving and Surviving Cancer -There is a new six-week workshop that helps you find support, build confidence in your ability to manage your health, and maintain an active and fulfilling life.

This Stanford class will be held at Salem Hospital on Wednesday evenings. If you are interested contact Livinia Goto at lavinia.goto@nwsds.org Or 503-304-3408. If you would like one at our Center contact Sue.

Scrabble For Fun

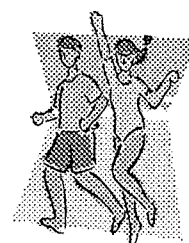
Scrabble is a game that has been fun for many years and also keeps your brain active. Plan on coming on **Tuesdays at 1:00. Note the time change.**

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.



Holocaust Program July 24

David Rosenfeld, a first generation immigrant of German-Jewish parents, will relate his and his family's experiences during and since World War II. His father fled Germany by himself at 16, after incredible hardships and loss of his family. His mother went from Germany to Italy, lost both her parents, and came to the USA on journey documented in the book (and subsequent move), Haven. Their stories parallel many of European Jews who were forced to emigrate in search of freedom and opportunity. In spite of their tragic and traumatic childhood, Eric and Eva Rosenfeld raised a wonderful family of four children and seven grandchildren.

David has visited Germany multiple times, and will share some personal observations about their current attitudes and perspectives. Of particular note was an installation, attended by David and his daughter, of five Stolpersteine, commemorative brass plaques, in front of the house where his father lives until fleeing the country.

It has been over 7 decades since the holocaust, so very few first-hand accounts are still possible. It is an important responsibility of the next generation to carry their stories forward, so that the world does not forget.

Program is scheduled for Monday, July 24, 12:00 noon.

Cooking With Chef Gayle Jolley

Gayle is back with two new cooking classes. They are listed below. Please notice the cost is \$8.00 to help cover costs. We ask that you please pay when you sign up. If you cannot attend your class, you may send a friend. Don't forget these classes include recipes and tasting.

"A Mediterranean Mood" Friday, June 2nd, 10:00 am. Recipes and Tasting include Pan-Roasted Chicken Breasts with Maple-Mustard Dill Sauce, make a grain salad in 4 easy steps with a multitude of variations with a surprise dessert.

"Men Make Meals!" Thursday, June 8th, 11:30 am. Recipes include White Fish Fillets with Citrus, Olives and Capers, Couscous with Herbs and Lemon, Sautéed Green Beans with Garlic and a Surprise Dessert.

P.S. Women are welcome!

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 June 7.

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.

Interested in a Rock Hounding Class with Field Trips? Contact Sue so we can start.

Monmouth
Senior Center

We're on the Web!

**Monmouth City Web
Page**

www.ci.monmouth.or.us

FACEBOOK

www.facebook.com/

Monmouth Senior Center

Young At Art

"Young At Art" painting will be done at the Monmouth Senior Center on Wednesday, June 21 from 10-12. This open class is a step by step with instructions for ages 8 and up.

This will be acrylic paint is like a Bob Ross type painting. You will go home with a completed painting.

Cost is \$25 includes all supplies needed—paint, brushes, canvas.

We need 5 to hold the class and you need to pay when signing up. Please make checks to "Young At Art" and pay in the office. If you like it we'll offer it again.

Watercolor Class

Coffee and Conversation

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. The next time the group meets is Monday, June 19, 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.

Women's Night Out

This month the women are meeting on Saturday, June 17 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.

4th of July Float

The float is being refurbished this month in preparation for the July 4th parade. If you are interested in helping out contact the office and we'll get your name on the list to decorate and contact you when the float is done being painted. We will be holding an Open House on July 4th from 2pm-4pm at the Center and giving away hot dogs, lemonade and ice tea. If you would like to help set up, clean up or serve please sign up in the office.

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. Next one is scheduled for June 15.

AARP Defensive Driving Class

The next class at Monmouth Senior Center is scheduled for Saturday, August 12, 9-4. Please contact the Center to register.

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

No Breakfast in July — See you in August

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!

Tablecloths Missing

In April when we held our Victorian Tea some tablecloths and toppers were cleaned and placed on the counter to store away. When we went to get them they were gone. Sometimes items left there are for giving away. Not so with these. If you thought they were and took them home could you please return them. No questions asked.

Advisory Board Report — Pat Ohlsen

The Advisory Board met on March 28, 2017. Margaret Manoogian, professor and WOU in the Gerontology Department and Melissa Cannon, Assistant professor, met with the Advisory Board to begin working with us on bridging the gaps that exists in the multi-cultural areas of our two communities.

We are pleased to announce that the Monmouth Independence Community Foundation donated \$3,500 to the Senior Center. We owe them a BIG THANK YOU for their generosity. The donation is greatly appreciated and will be used for the things that are needed for the furnishings.

The Victorian Tea was a success. Thank you to the members from the Beta Delta Sorority, English Language Center and the Soccer Team from WOU who assisted.

Gary Huxford will lecture about World War I and World War II for ten weeks beginning on Thursday, May 11, 10:00 am each week.

Pat Ohlsen, Senior Advisory Board President'

From the Desk of Jim Allgood, President

Our June Community Breakfast is set for Saturday, June 3, 8:30-10:30 am with all your regular favorites. Speaking of breakfast, the regular scheduled breakfast for July is cancelled. Support your local SW Polk County Fire Department during the 4th of July festivities. There will not be a breakfast in August, as well. Look for us Labor Day weekend.

Friends Annual General Membership meeting is scheduled for Friday, June 9, beginning at 11:45. We will have a short meeting before we eat. Pulled pork is featured meat. If you have any ideas or concerns, please contact a Board Member, Sue or myself. There are some vacancies on the Board. If interested be sure and attend the meeting as we will be voting on new members.

Personal note: this month is one year anniversary since the accident and treated for stage 4 Melanoma Cancer. Thanks for your prayers and a great medical staff at Salem Hospital. The last check-up was great, all the readings are back to normal.

Note From Coordinator —Sue

To celebrate Armed Forces Day in May, the Center held a program where veterans came and shared their pictures and stories. We even had a World War II veteran who shared.

An Open House on the 4th of July will be held at the senior center from 2-4 pm. We'll be giving away hot dogs and providing some cold drinks. We will also give tours of the new addition for those who have never had an opportunity to see it.

Just a reminder we have a bike rack on the northwest side of the building for those of you who need it.

Vietnam veterans — the free Vietnam book will be available soon. Go to the website www.vietnam50gift.com and fill out the form. They will contact you when it is available for Oregon Vietnam vets.

Cooling Station

The Advisory Board approved the Center to be a cooling station this year when the temperature rises over 90 degrees.

If you get too warm and without air conditioning know you are welcome to come to the Center for the day, have something cold to drink, bring your reading material, visit, play a movie on our big screen TV or play some games. We want to keep everyone safe.

Community Breakfast

Monthly Community breakfast will be held June 3 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.

Silent Auction

Judy Vincent raised \$373.13 for the Mother's Day Auction.

The Father's Day auction is set up and ready for your bids. The it is a regular fundraiser for the Friends. Thank you for supporting it with your bids.

Helpers Needed

The Center is looking for helpers to help with events.

We are also in need of a person willing to oversee the monthly breakfast.

Knitting Group?

We have some people interested in starting a knitting group.

Interested? Contact the office.

. . . on the road again

Free Trip for June is Rachel Dailey. She will have his choice of a day trip valued at \$25 which includes the cost of her meal. Congratulations Rachel! 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. Please understand the only reason we ask that you pay when you sign up is to keep it fair and to assure you are really interested. We have had problems in the past and sorry we need this policy to keep our travel program working well.

Attention Drivers and Travel Committee Members –The next Travel Committee meeting is Wednesday, June 14, 10:00 am. We have changed the date due to Sue being on a short vacation. Please bring your travel ideas for day trips so we can plan for the next few months.

Bob's Red Mill (Milwaukie), 9:00 am Cost: \$12 Tuesday, June 13

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 be 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 at the Mill Store/Café.

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

This trip has been cancelled due to lack of interest. For those who have paid already, your check should be here next week.

Crater Lake/Shady Cove – Cost \$231 The snow is still coming and so we haven't set a new date for this trip yet. We seem to have a lot of interest. As soon as we know the roads will be open we will set a new date and call those on the list.

Dogs For The Blind Tour – \$14.00

We have almost enough to go. We'll look at a date later in the summer and keep you posted. We'll take a tour of the campus in Boring, Oregon. We will be eating at Toll House Inn in Boring. The tour is outstanding of the campus and so enlightening. The campus is run strictly on donations and there is no cost to those receiving a dog. It is worth the spending the day. The drive is beautiful, a new area for most, the restaurant even has its own baker and tour is great.

Cracker Barrel – June 23 -- \$10 – Leave 9:30 am

Cracker Barrel has come to Oregon! We've planned a shopping trip to Bridgeport Village to check out the new store. If you don't know anything about the store they have food, candy, furniture, apparel, music, movies, toys, games, collections, and personal care. We hear the lunch is delicious and worth the trip. Sign up and we'll be on our way. And keep in mind there are many other stores to check out while you are there. Plans are to start for home at 2:30.

. . . on the road again

Silver Creek Falls/Oregon Gardens – July 20 -- \$23.00 – 9:00 am

We're planning a great day full of the beauty of local Oregon. The day will start by traveling to Silver Creek Falls nestled in the foothills of Oregon's Cascade Mountains, less than an hour east of the Salem with 9,200 acres. We'll take some time to walk around the day use area and give time to walk one of the 10 falls near – 1 ½ to 2 hours, depending on the group. Keep in mind if you want to find a bench and enjoy the beauty of the trees and creek and not walk it will be fine with us. Then it's off to the Oregon Gardens for lunch at the Garden Café where they have soups, sandwiches, wraps, ice cream, specialty coffee drinks, homemade smoothies and breakfast sandwiches. The Café uses herbs and produce from the Garden to create specialty items whenever possible. Following lunch we will stroll through the gardens or take a tram tour for a 25-minute narrated tour of the Garden, stopping at six points throughout the Garden for you to get on or off, to explore on your own. This will save your feet. Each tram has 44 seats so we'll all fit. There is a Gift Shop and we are working on a tour of the Gordon House. The Frank Lloyd Wright Gordon House was designed in 1957 and moved to the Garden in 2002. It is the only Frank Lloyd Wright designed building in Oregon and the only one in the Pacific Northwest that is open to the public. Cost of trip includes transportation, and entrance to the Garden. Lunch is on your own.