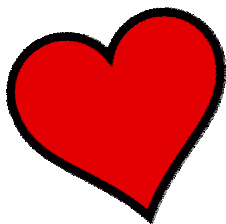


February 2018

Senior Moments

February Birthdays



2/1 Donald Barry
2/3 Sylvia Young
2/5 Sandy Hoefling
2/7 LaVonne Daniels
2/8 Edith Keszler
2/8 Marilyn McDougall
2/13 Nannette Willis
2/15 Donna Black
2/15 Arnold Jeschke
2/17 Rosemarie Lieuallen
2/19 Dori Brodersen
2/19 Bonnie Ross
2/19 Joan Thiessen
2/20 Dorothy Hardy
2/21 Dan Unruh
2/22 Arleane Walters
2/22 Carl West
2/25 Dorothy Garrett
2/26 Joe Hall
2/27 Oddie Jerome Jr.
2/28 Alan Miller
2/28 Elizabeth Ward

Monmouth Senior Community Center
180 S. Warren St. Monmouth, OR 97361
(503) 838-5678
Monday-Friday 9a.m.-3p.m.

Trash or Treasure

Do you have anything lying around your house that someone else could use? Love to thrift shop? Could you use a little extra spending money? Are you a bargain hunter? We are hoping to have lots of fun things for sale here at the Senior Center.

Come join us for Trash or Treasure!

Saturday, February 24th from 10:00am to 3:00pm

Tables are available for \$10. There are plenty of spots to sell available, so call and reserve a table today.

New Diabetes Classes Offered

Beginning on Wednesday, February 21st, Northwest Senior and Disability Services will be offering a six-week class called Living Well with Diabetes. The class will meet every Wednesday at 1 to 2:30pm until March 28th. Refreshments will be provided during this time. This class is a great opportunity to learn evidence-based information on how to manage this disease well. It is a great class for people living with diabetes, caregivers, or people wanting to learn more.

Beginning on Wednesday, April 4th we will start a very exciting, evidence-based class called Diabetes Prevention. This class is designed for people who do NOT currently have diabetes, but meet a certain criteria of risk factors including those who are pre-diabetic. This is a *one year* program that will meet weekly at first and move to a bi-weekly then monthly schedule. Please call or come by the Senior Center Office for more information or to sign up!

Come celebrate your friends at The Birthday Party on February 23rd at 1:00pm.

Community Breakfast

The Monmouth Senior Center regular monthly breakfast will be on the 3rd of February. We hope to see you there!

Same great breakfast with pancakes, scrambled eggs, sausage, biscuits and gravy, orange juice and coffee for the same great price of \$6.00.

Spread a Little LOVE this month!

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 North-west 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

Classes at the Senior Center

Card Making with Liz

Liz's next class is Monday, February 12 at 11:00am with two new cards for you to make. All supplies are provided for \$4. Please bring glue, scissors, ruler and pencil and sign up ahead of time.

Card Making with Jen *New Time*

Jen Teal teaches this class on Monday, February 19 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.

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.

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.

Beyond the Pencil

Drawing with other mediums, charcoal, watercolor pencil, and more. Learn more about your choices and try various media before deciding what you want to invest in. Sonja Ely will be the instructor of this class. Cost of in-class supplies are \$10 per person. Class began January 12 and goes to February 23. Time is Fridays from 10:00-11:30. Sign-up in the office.

Drawing for Fun

Continue same as above class after it finishes.

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.

Oil Painting for Beginners

Lois Ann Smith is teaching this class and will focus on the basic techniques of painting and will have all members following the instructor through the same painting start to finish. It will begin on February 7th and will continue every Wednesday from 1 to 3pm until the painting is finished. All supplies are provided by instructor and the one-time cost is \$20.00. There are only 10 spots available, so sign up as soon as you can for this exciting opportunity!

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!

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.

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

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

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.

Bingo: Several games available at monthly events such as ice cream socials and birthday parties. Join us!

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

Toenail Clipping: Next clinic is scheduled for Thursday, February 22 by appt. Cost is \$20. Call or stop by the center for more information.

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 February 9th. Bring a friend and join us for a wonderful meal.

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

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.

Tai Chi: *New Day*

Tai Chi will be on Wednesdays until further notice. The class is led by John Price at 3:00pm. This class is very popular and focuses on Moving and Balance.

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.

Hiking Group:

The Hiking Group is continuing to meet on Thursdays at 1:00 pm at the Monmouth Senior 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.

Living Well with

Diabetes:

This class is a great way to learn an evidence-based curriculum for how to manage this disease. This is a 6 week class that will meet every Wednesday from 1:00pm to 3:30pm from February 21 to March 28.

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

If you have any suggestions for any classes or gatherings you would like to see, please talk with Barbara Hogan.

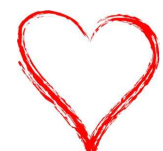


Potluck

The next potluck is scheduled for Friday, February 9th, at 12:00.

The Friends have decided to have a meatloaf this month!

Join us and bring your favorite dish made with everyone's favorite ingredient: LOVE!



More Things To Do at the Center

“Seniors Helping Seniors”

The Advisory Board has been working on a program that would connect seniors needing help to seniors providing the need. When a need arises they would contact the person in charge (Sharon K Woods) and she would check out local agencies who might be able to fill the need. If there is no agency who can help we would have a list of people who would be willing to help others and go to that list and see if we can get the need met through them.

This would all be highly confidential. We are asking volunteers who would be willing to be on the list to help others to contact the Center. Maybe it might be to help someone who needs a prescription filled, car broke down, emergency situation, the list is endless. When called upon, when a need arises, it may take several to help.

We live in a world where needs are great and more and more are living on less. We know some people would help if they knew how. We are trying to connect the two and help along the way. 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.

If you are willing to volunteer to help seniors with rides, small fix-it projects, or any other ways, please call and chat with Barbara Hogan about how to become a volunteer with our Seniors Helping Seniors program or to learn about other volunteer opportunities at the Senior Center. Lend your talents to a place you love! We'd love to have you!

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, February 17th

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

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 January 3rd.

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



Check us out on the
WEB!

www.ci.monmouth.or.us

OR

www.facebook.com/monmouth.seniorcenter

Hymn Sing

Candi and Kevin Hughes are back on board with the monthly Hymn Sing. It is scheduled for January 18th at 6:30. Hymn books are provided. Participants are invited to pick the songs.

Music Jam

The monthly Music Jam is scheduled for Wednesday, January 10 at 6:30 pm.

Thank you to those who support this Jam. This is good ol' stompin' music that is sure to lift your spirits or join in! Come check it out!

AARP Free Tax Aide

Pete McDowell and his volunteers will be helping the community with their tax preparation starting in February of 2018.

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

Monmouth Caregivers Resources – NEW

NorthWest Senior and Disability Services and Monmouth Senior Center will start a 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 first Monday of each month from 2:00-3:30 pm at the Senior Center on 180 S. Warren St. For more information contact Julie Mendez at 503-304-3432.

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. \$25 monthly

Women's Night Out

This month the women are meeting on Saturday, January 20 at 5:00 for dinner and 6:30 for games. Meet at the Center for carpooling. For questions contact the Center.

Al Wagaman

We will have an informal gathering to remember one of our members, Al Wagaman. The family will not be having a formal service. If you would like to join us to celebrate his life, please come to the Senior Center on Tuesday, February 13th from 10—12. We will have refreshments and a chance to meet others who loved Al.

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. There are so many new items to see in the new year!

Would you be willing to assist some Gerontology students at Western Oregon University in gathering data for research projects. We will have a sign-up sheet in the office if you would be willing to have one of the students interview you. We also have some interest in starting a class about writing/documenting your life story for you or your families benefit. Some sign up if you are interested in partnering with these great students. Call Barbara if you have further questions (503) 838-5678.

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 Monday, February 26th, 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.

Let's Do Lunch!

NorthWest Senior and Disability Services has opened up for a bilingual, Spanish and English, dining center serving anyone age 60 years and older. Lunch will continue to be served every Tuesday and Thursday at 11:30am, where seniors will have the opportunity to choose from an array of nutritious entrees and participate in activities. Advanced reservations are requested and a donation of \$3.00 per meal is suggested but not required.

Meals on Wheels is also available to homebound seniors living in Monmouth and Independence. Seniors who need assistance in any of the following: transportation, driving, mobility, walking, shopping, preparing food, or have problems chewing or eating may be eligible for meal delivery.

Volunteers are needed to provide help with activities, serving, packaging, and delivering meals.

For more information or to make a reservation please contact:

Silvia Camacho, Nutrition Site Coordinator

503-838-2084

180 South Warren Street

Monmouth, OR 97361

Meal Times: Tuesdays and Thursdays at 11:30am

Knitting Group Meets

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. Several will also teach knitting if needed.

Verna Bauscher has been contacting everyone on the list.

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. Start the new year with a word of encouragement to our soldiers!

If you have any suggestions for classes you would like to see or if you are interested in leading a class or group, please contact Barbara or the front desk volunteers at the Senior Center:
503-838-5678.



...on the road again

Winter is upon us and January and

February are usually bad weather months and trips don't usually go. The Travel Committee is working on a couple new lunch trips for February! We will be posting on the bulletin board and on our Facebook page, so stay tuned! If you have any suggestions for places you would like to go or would like to be on the Travel Committee please contact the Senior Center Office.