

January 2018

Senior Moments

January Birthdays

1/1 Jackie McCormick
1/1 Lynn Thompson
1/3 Roger Barber
1/8 Irene Morris Moore
1/9 Janet Barry
1/9 Dee Beaty
1/9 Evelyn Gooding
1/9 Gale Overholser
1/11 Phelps Shepard
1/12 Lora Szabo
1/15 Phyllis Harrisman
1/16 Helen Drakely
1/17 Jim Allgood
1/18 Ray Godfrey
1/19 Susan Laesser
1/19 Michaelena Monnier
1/20 Monte Belwood
1/21 Babs Carraher
1/21 Jim Morehouse
1/22 Lyman Smith
1/26 Pat Czarnik
1/27 Jacque Ford
1/28 Sherry Hee
1/28 Carrie Ingertson
1/28 Virginia Paul
1/30 Lela Watson
1/31 Yvonne Pettit



Monmouth Senior Community Center
180 S. Warren St. Monmouth, OR
97361

Happy New Year from all your friends at
Monmouth Senior Center!

Turning the Page

I want to take a moment to thank everyone I've encountered in the last few weeks for being so incredibly warm and welcoming to me as I've begun my new chapter as the Monmouth Senior Center Director. It is a blessing to be wrapped up in the genuine care that comes from a community like this and group of people that have become "chosen family" to each other. With the Center and this family turning a page in it's book, I am excited to become a part of it's growing story. Let's begin this new year with a renewed sense of community, common goals, and continuing to make the Senior Center a place that is welcoming to all who enter. Thanks to each and every one of you for making this place what it is and for joining me in our new chapter!

Sincerely, Barbara Hogan

New Year's Day Free Breakfast

Central's Lions Club is hosting a free New Year's Day Breakfast for seniors and their families on Monday, January 1 from 8:30-10:30 am here at Monmouth Senior Center. Please join us for this wonderful yearly event. Thank you Central Lions Club!

Come celebrate your friends at The Birthday Party on January 26th at 1:00pm.

Senior Breakfast

The Monmouth Senior Center regular monthly breakfast will start back up on February 3rd. 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.

Health Promotion and Aging Workshop

David Haber, retired WOU professor from Western Oregon University is scheduled for a 4-week series on Thursdays at 2:00 p.m.

This is a very informative class and well worth the time to take each of the four sessions as this will be a series that builds on itself. Attending each session will ensure a well-rounded education on all topics. *If you were unable to sign up for this workshop or you are not able to attend the majority of the sessions and are interested in taking the class in the future, we will be putting up a waitlist for another session to be scheduled in the Spring.*

The four sessions will occur on January 4th, 18th, 25th, and February 1st and will cover Medical Prevention, Movement & Sleep, Nutrition, Dietary Supplements, Mind-Body, and Mental Health. David's goal in this series is to share new knowledge and for you to make a positive behavior change in your life.

Workshop attendance is limited in order to promote discussion.

Join us on New Year's Day for Breakfast!

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

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

Veterans Crisis Line: 1-800-273-8255

*Free Health Clinic
at Trinity Lutheran.*

*For more
information call
503-990-8772 or
503-831-0551.*

Herbs Workshop

Julia Leon is interested in providing a workshop for individuals to get to know more about herbs. She's looking at a winter time class. Interested? Let us know and we'll get a class planned. Sign up today.

Classes at Senior Center

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.

Card Making with Liz

Liz's next class is Monday, January 8 at 10:00am 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, January 22 at **11:00am**. All supplies are provided for this class where participants will make two cards for a cost of \$4. Bring glue, scissors, ruler and pencil and sign up now.

American 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 Sign Language helps your brain and is very useful.

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 begins January 12 and goes to February 23. Time is Fridays from 10:00-11:30. Sign-up in the office.

Beginners Acrylic

Branislava Backer will be providing a beginners acrylic class in January. We will need 10 for the class. Cost is to be determined and will be two hours each week. Class participants will bring their supplies. A list will be provided. Sign up if interested.

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, January 25th by appt. Cost is \$20. Call or stop by the center for more information.

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 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.

Tai Chi –Moving for Better Balance

NorthWest Senior and Disability Services will continue Tai Chi on Mondays with John Price every Monday at 3:00. The Center is still working on adding Wednesdays to the class. We have quite a few coming and we are hoping this will show we need the extra day.

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

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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.



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 January 12. Bring a friend and join us for a wonderful meal.

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



Potluck

The next potluck is scheduled for Friday, January 12, at 12:00.

The Friends have decided to have a ham and scalloped potato dish.

Join us and bring your favorite lucky New Year dish or maybe even use the new year as a reason to try a new recipe!

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.

I wish to thank everyone who came to support the 2nd Christmas Bingo held this December. We had 52 and a half people who came to play! A very special shout out and thank you to Jean, Linda D., Angie M., and Melo for all their help. And also a big thank you to all the local merchants for their generous donations! -Sharon K Woods

The Basics: Memory Loss, Dementia, & Alzheimer’s Disease

Alzheimer’s Disease is not a normal part of aging. If you or someone you know is affected by Alzheimer’s disease or dementia, it’s time to learn the facts. This free program offered by the Alzheimer’s Association provides information on detection, causes, and risk factors, stages of the disease, treatment, and much more.

When: Thursday, January 18 2018

Time: 12:00pm to 1:00pm

Where: Independence Public Library, 175 Monmouth St., Independence

FREE—Please call 1-800-272-3900 to register. CEU’s are available.

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

Free Tax Aide

Pete McDowell and his volunteers will be helping the community with their tax preparation starting in February of 2018. Pete is looking for volunteers to work with him.

Please contact the Center for more info.



We're on the Web!
Monmouth City Web Page

www.ci.monmouth.or.us

FACEBOOK

[www.facebook.com/
 Monmouth SeniorCenter](http://www.facebook.com/MonmouthSeniorCenter)

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!

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.

The session will NOT be held in January due to the holiday and will resume in February. It will continue 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 Amy Crevola at 503-606-7620.

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.

Several people have asked for Sharon Boyd's recipe for Scalloped Sweet Potatoes & Apples that she brought to the last potluck. There are several printed copies available in the front foyer if you would like one. Let us know if you have any great recipes you'd like to share!

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!

Diabetes Classes—We need more for the class!

We are still taking names for these courses, so sign up now to let us know the interest. Northwest Senior and Disability Services will be offering a Diabetes Self-Management Class. Please sign up now so we can get one scheduled.

This would be a six-week class that will share ways to bring your sugars under control, provide snacks and learn from others as well as a certified instructor.

There is also a longer program that is held over a year.

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, January 15, 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 will be having a grand opening on January 2, 2018 of 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 will be working on trips and give you information as it is set. Keep your eyes open for sign up sheets in the new year. 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.