

Senior Moments

March 2016

March Birthdays

Marly Brazziel 11
Ray Broderson 28
Pauline Brooks 13
Birdie Christensen 03
Rachel Dailey 20
Marilyn Fitzgerald 24
Eileen Getchell 13
Alice Guffey 16
Linda Gwyther 29
Elizabeth Harris 20
Lola Kafka 17
Betty Kline 29
Mike Lodge 07
Linda McBurney 16
Robert Merlet 30
Marianne Moore 09
Ed Pomeroy 10
Elsie Renc 15
Jay Lee Roberts 28
Beverley Shonholtz 06
Ruth Sonnenschein 13
Kathleen Wavra 21
Gary Whitaker 19
Leone Whittle 01
Monthly birthday party is scheduled for Friday, March 25 at 1:00 p.m. We want to thank Brookdale Monmouth for the delicious birthday cake they supply each month. Happy Birthday to those on the list this month. Plan on coming and celebrate. A drawing for a \$10 certificate from Bi-Mart for those with a birthday this month.



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

Craft Supply Sale

Do you have lots of craft supplies that you no longer need or use? Here is your opportunity to reduce the size of your stash and earn some money! The Friends of the Monmouth Senior Center is having a Craft Supply Sale on Saturday, March 19, 2016 from 10 a.m. to 4 p.m. The table rental is \$10 each with all fees going to support the Building Expansion fund. Please contact the Senior Center at 503-838-5678 to reserve a table now. You are not required to be a member of the Monmouth Senior Center to participate.

Walking Group Starts

“March With the Penguins”

Starting March 4, just like the penguins, join us in a walking challenge of a total of 70 miles! The weather is starting to get nicer, so walking around town and recording the number of miles you walk on the penguin chart is a great way to challenge yourself and get healthy too! Keep up your motivation and learn some helpful hints, along with getting to see how you compare to others. This will be a fun way to get healthy! Kaylee Hobbs will facilitate.

Potluck-March 11

For the next potluck on March 11 at noon Angie will be cooking chicken. Bring a main dish, salad, vegetable, dessert or ??? Our speaker will be Laurie Linn. After Laurie Linn's beautiful daughter was killed by a drunk driver, she began advocating for impaired driving prevention. She is passionate about making her community a safer place for all of us. Laurie started and manages the Polk County Victim Impact Panel and speaks throughout the state. She will share statistics, prevention efforts and how you can be a part.

Soup and Pie Sale—March 17

It's March and time for the semi-annual Soup and Pie Fundraiser to be held March 17 from 11:00 a.m. - 1:30 p.m. Soups include chicken noodle, vegetable beef, clam chowder,

salmon corn chowder and vegetarian. Suggested donation is \$3.00 for large bowl of soup and \$2.00 for a slice of pie. Lots of help will be needed to make pie, work the day before and

the day of the sale. If you would like to participate and make work lighter for others or make pie call the office at 503-838-5678. We also need volunteers to help call for pies.

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 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.**

AARP Tax Aid

Pete McDowell, Keith Heber and Esther Nabity will be back to file taxes for anyone needing it. Call for an appointment at 503-838-5678. This year we are devoting the back room for these days. Appointments are going quickly so call today and set yours up.

Sign Language

Wednesdays, 9:00 am with Sue Ritchie and Shanna Thomas. No charge.

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. She has changed the class in that all classes are considered advanced. Beginners are welcome. No charge.

Card Making with Liz

Denise prepares cards for this class that Liz Honse instructs and they do a great job. This month's class will meet March 14 at 10:00. Cost is \$4 and you make 2 cards. Sign up in the office.

Card Making with Denise

Denise Wallace's class is scheduled for Monday, March 21 at 4:30 pm. Sign up in the office and cost is still \$4 for 2 cards. Bring glue, scissors, ruler, pencil.

Lunch and a Movie

Thursday, March 10 "Spencers Mountain" Hendry Fonda and Maureen O'Hara. We will show the movie once the meal is over. You are encouraged to order a meal and join the group. Call—503-838-2084 by 11 on Tuesday. Suggested donation for lunch is \$3.00

Brain Builders—Kaylee Wed. 11:30

This is a fun way to exercise your brain with activities. Great way to help prevent dementia and improve your memory. She uses sudokos, word search, word scramble, spot the differences and more.

Learning the Internet — Free

Tim Taylor will be instructing this class Monday from 9:00-10:00 am. Classes include set up an internet connection, different internet browsers, intro to search engines, intro to Wikipedia, and shopping on line. A syllabus for each week is on the board in the office. You are welcome to join one or all.

Microsoft Windows Syllabus—Free

This can include Windows 7, Windows 8 and Windows 10. Class will cover security, installing programs, using common programs, troubleshooting, Windows 10 and computer games. Tim Taylor will also be instructing this class on Thursdays from 9:00-10:00 am.

Tablets—Pat Erkison will help those needing to know more. One on one so call for an appointment at 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. 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 25 Cost is \$20. Make appt.

Music Jam: Second Wednesday (Feb. 10) 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. All are welcome

Hand & Foot: Mondays at 10:00.

Cribbage: Mondays at 10:00 am.

Tax Aid: Thursdays and Saturdays starting February 4. For all ages.

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:

Sandy Diehm and Jackie McCormick instruct this Monday, Wednesday, Friday class at 9:00am. Class is free and participants sit on chairs. A therapist recently stated he couldn't do anymore for them because these exercises were perfect!

Hiking:

Linda McBurney and Mary Jane Faulkner are ready to get the hiking group going. Meet at the senior center at 1:00 on Thursdays. The group will carpool. If you would like to know the destination or need further information contact Linda at (503)779-7532 or Mary Jane at (503)838-3540.

Tap Dancing

Instructor Kaylee teaches beginner class every Wednesday at 10:00 am. You can begin at any time.

Line Dancing

Sandy Keen has been instructing Line Dancing for 25 years and teaches several places in the valley. We are thrilled to have her at our center. Class is scheduled for Wednesdays

at 1:00. Cost is \$5 per lesson. She will provide step sheets to take home and eventually will send the music home too. Beginners always welcome.

Tai Chi –Moving for Better Balance

At last we have been able to set up a Tai Chi class at the Center on Mondays and Wednesdays from 3-4 beginning January 4th and running through March 23. You can start at any time. Free to all.

Walking Group

Kaylee Hobbs will be the facilitator for this group that will meet Fridays at 10:00 a.m. (except potluck day).

The first destination the group will clock their miles as they "March With The Penguins". Plan on joining.

Computer Classes

Tim Taylor, major in Computer Science at WOU is doing an outstanding job teaching internet (Mondays, 9 am) and Windows 8 and 10 (Thursdays, 9 am).

If you have a computer question Tim is also available to help. Contact the office or attend his class.

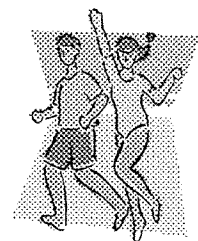
Calling Tree

The Calling Tree is a free service the Center offers to check on you and make sure you are set for the day. Contact the office to give your information so you can get started.

Silent Auction

Judy Vincent has cleaned the closet and found some treasures to put into a surprise Silent Auction that is going on now. Last day to bid is Friday, March 11, at the monthly potluck.

All proceeds from the auction goes to the Building Fund. Stop by and check it out.



More Fun Things To Do at the Center

Karaoke Held 1st & 3rd Thursdays

Those attending Karaoke are having a BLAST! Sing, dance, sing-a-long, or just enjoy the music. Next dates are March 3 12:30-3:30 and March 17 3:00-5:30. Note the change in time for March 17. This is due to our Soup and Pie Sale. We put out a money jar for Cecil—he does such a great job. Join the fun!!!

American Sign Language Class

Sue Ritchie and Shanna Thomas are both very knowledgeable about ASL and willing to teach a 6-week beginner class on Wednesdays, from 9:00-10:00 through March 16. Come learn some basic ASL signs, the alphabet and basic sentence structure. This class will be a good foundation for further learning. If the class goes well we may be able to continue it. No charge

Advisory Board Report from Pat

The Advisory Board met on January 26. Mark Fancey reported that the bids on the building expansion were in and that they were all high. The city will be contacting the lowest bidder to see where cuts can be made.

Darren Silbernagel reported that the four committees from the Monmouth Engaged project are now in place and will be proceeding. The council also approved increasing various traffic fees.

The Friends also reported on the financing for the building expansion. They also approved on refurbishing and/or replacing the Senior Center sound system.

The Promotion Committee is looking at signage to advertise our various events. They also want to identify the building better.

The Board approved returning to loaning medical equipment again after suspending the practice last June. It felt that all issues have been resolved. If you or anyone you know needs medical equipment, don't hesitate to give us a call. We might just be able to help.

The Board spent time looking at past goals and objectives and seeing what we had accomplished. Here are a few things: established scholarship and PR (Promotional) Committees, increase membership, increased awareness of the center, established a cleanup committee and cleanup guidelines, just to name a few.

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 March 2.

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

Monmouth Mealsite

The Monmouth Mealsite has been struggling to stay afloat and we need your help. Menus are available at the Center or on line at www.ci.monmouth.or.us. Plan on ordering your meals two days in advance and try them out. It is a good nutritional meal and can make a difference in your overall health.

Monmouth
Senior Center

We're on the Web!

**Monmouth City Web
Page**

www.ci.monmouth.or.us

FACEBOOK

www.facebook.com/

Monmouth.seniorcenter

We also did some brainstorming on some ideas for some goals and for February we will be refining these ideas into goals. If you have ideas, we would love to hear from you. Our meetings are always open and we welcome your participation. We also have 2 Board positions and committee positions that need to be filled. **REMEMBER THIS IS YOUR SENIOR CENTER.**

Pat Ohlsen, President

Living With Alzheimer's Mid-Stage—March 28

Living With Alzheimer's Mid-Stage, is a comprehensive class about the disease. It is an overview of the Alzheimer's journey, as well as some care giving and communication tips for people who have Alzheimer's, and some information about what to expect in the late-stage. The class takes about 3 hours to teach (including a short break). We can take 20-30 participants. The class is considered an education program and is done free of charge, and professionals are able to receive Continuing Education Credits from attending them. Please sign up so we make sure there is room for everyone.

Pottery For Seniors—Elinor Maroney

Dues Due in June

Elinor Maroney will be instructing a seven week pottery class on Tuesdays, April 5-May 17 from 3:00-5:00 pm that will introduce you to several methods of hand building, pinching, coiling and rolling slabs of clay to turn out bowls, cups, vases and other original forms. She spoke at our potluck several months ago. Elinor says she wants to have fun and make finished items that are a pleasure to handle and use. No artistic talent or prior experience required. Cost is \$68 for the 7-week class and needs to be paid prior to the class. A scholarship for \$20 is available if you qualify. Check with Sue to fill out the form. Sign up is in the office.

There are some members paying their dues in January because they think it's our fiscal year. If you paid your dues last year in July you do not pay again until after June 30. This helps keep our books straight.

Low Vision Help

Saturday, April 9, 2016, OSHU's Casey Eye Institute is sponsoring the Macular Degeneration and Low Vision Expo at the Doubletree Hotel-Lloyd Center in Portland. This all-day program will feature the latest information on macular degeneration and managing vision loss; sessions to help with activities of daily living; and hands-on exhibits of low vision aids, assistive technologies and community resources.

Just a reminder: the senior center has a machine that will enlarge to help you be able to read your book, newspaper, or even work on crafts, etc. There is not a charge to use it and if you would like to borrow it, that can be arranged. This is a great tool for those with low vision so check it out today. It has a TV screen with it.

Greeting Cards

The Center is collecting greeting cards for local troops. They can be purchased, ones you get in the mail or home made. If you make them homemade please leave blank on the inside and no religious or pop-ups.

From The Desk of Jack — Friends Board

March is here and Spring time is upon us. We have had our share of rain. It can stop now!

Relative to the expansion, meetings are still in progress. We are attempting to match what we have and what is needed. There is a lot more to this project than meets the eye. But never fear. It will get here.

On a personal note, I will be leaving the Friends Board as a member and as President at the end of June. It has been a great experience and I have enjoyed every moment working with Sue, the Board and every member here. If anyone is interested in joining this board, please talk to anyone on the board or to Sue.

Remember, pancake Saturday, the 5th and Soup and Pie on St. Patrick's Day, the 17th. We will have Green Chicken Soup and Clam Chowder.

TA, TA, for now.

St. Jack, President

Hymn Sing

Kevin and Candi Hughes will be here again in February for our monthly Hymn sing Thursday, March 17 at 6:30. The Hughes bring their two teenage children and Kevin plays the guitar. It is so much fun singing the old hymns.

Plan on joining us and bringing others with you.

Ice Cream Social

The next Ice Cream Social/White Elephant Bingo is scheduled for Friday, March 18, 1:00 pm.

Bring a wrapped white elephant gift to play Bingo with. Seems we all get items for Christmas we don't need.

Kay Annis will be here with all the ice cream and toppings! Free for all.

Monthly Breakfast

Don't forget to attend the monthly Community Breakfast where we serve pancakes, scrambled eggs, sausage, biscuits and gravy, orange juice and coffee for a suggested donation of \$6 for adults and \$3 for children under 12.

Saturday, March 5, 8:30-10:30 right here at the Monmouth Senior Center, 180 S. Warren St. Bring your family and friends.

Jewelry Class

We have planned Wednesday, March 2, 9 and 23 at 1:00 for those who would like to help put our 1,000's of beads to good use to make money for the Center. You are welcome to bring your own and work on a project. James will be here to teach a new way to wrap beads and rocks. For a small fee you can use the Center's beads, depending on what you make.

More Regular Classes (continued from page 2)

Conversational Spanish

Mondays 3:00 pm No fee
All levels welcomed. Carmen Pachuca encourages new people to join the group.

Creative Writing

Fridays 10:00 am Jane West facilitates this class where writers are beginners to advanced. No fee

Beginning Watercolor

Carmel Mulcahy is back for Tuesday Painting class at 11:30 am starting. There is no fee and individuals will need to provide their own supplies. The list is located in the office. Please sign up ahead. It's a relaxing, fun class. Everyone loves it, so give it a try.

Adult Coloring

Did you get an adult coloring book for Christmas? Would you like to get together with others who love coloring? It is a great stress reducer.

Sr. Center—Wed., March 23, 1:00 pm

Mon. Library—Thurs. March 3, 6:00 pm

Women's Night Out

Saturday, March 19
Dinner-meet at 5:00
Games-meet at 6:30

Breakfast

Wednesday, March 2, 8:55 am

History Class

Dr. Gary Huxford is back to teach history on Tuesdays at 9:00 am. This term he is speaking on the U.S. Constitution.

A copy of the Constitution is given to each participant. The class has been ongoing since February 9 but you can still join as every week is different and full of information. Average size class is running 25.

Quilt Class To Be Held in February

Arlene Kovash, from Pedee, offered a class last month on Beginner Quilting. She has agreed to continue as participants would like to make a quilt. She will be bringing samples and patterns.

When the class meets March 4 they will talk about

how often to meet so be sure and attend so you can give your input. Class meets on Fridays, 1-4 pm.

Cost is \$5.00 per lesson and you will pay Arlene each time you meet.

This is a perfect time to learn quilting and come and get started.

Lunch and Learn

Join Oregon author Maggie Stuckey for lunch and learn about a great way to bring neighbors together on Wednesday, March 16 at noon at Monmouth Public Library. Pre-registration is required and space is limited. Call or stop by the library to reserve a seat.

. . . on the road again

Free Trip for January goes to Al Wagaman. Al will have his choice of a day trip valued at \$25 which includes the cost of his meal. Congratulations Al. 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.

Drivers needed -- The Center has had several people come forward who are interested in driving our van for trips. We will be contacting them and welcoming them. They will be added to our Travel Committee and be trained. This will allow us to offer more trips from the senior center. We'll keep you posted.

A Trip to Remember – 4 nights/5 days, June 15-19 Cost: \$400

The first day will take us on the old Columbia Gorge scenic Hwy, stop at Bette's for lunch in Hood River, Columbia Gorge Discovery Center in The Dalles and then head north for Yakima where we will be staying for the night. The second day we will travel to Lake Chelan by way of Leavenworth and Cashmere, stopping at several places along the way, staying in Chelan that night. Day three we'll get up early and board the Lady on the Lake boat for a trip up the lake to Stehekin where we will take a bus tour of Rainbow Falls and back on the boat for the trip back to Chelan. After arriving back we will take a break and then head to Grand Coulee to see the Laser Light Show at Grand Coulee Dam. We stay all night here and day four we head over to Fife (by Tacoma) for the night. We are still working out details for this area before heading home on day 5. According to the therapist, Sue will be ready to drive this trip and her husband will accompany her if she needs a break. We will start taking names now and the trip will be limited to 10. If you are interested get your name on the list starting February 1, first come. You will not be obligated if you find out the expense is more than you can afford but will hold your place until you find out.

Oregon Coast Military Museum – March 31, 9:00 am Cost: \$20

The Oregon Coast Military Museum is located in Florence, Oregon and opened July 4, 2015. The museum was built with local support and all money was raised right in Florence. The museum covers all branches of the military. They have done an outstanding job. Service men and women have given all kinds of military items and the displays are absolutely amazing. Someone even cut out bunks from a Navy destroyer that displays the pictures and writing on the canvas. Cost covers everything but your lunch. We will start by going Hwy 99W through Monroe, Veneta and Mapleton and we will travel up the coast and turn at Newport taking Hwy 20. The drive alone will be worth the trip. Sign up now and pay when you sign up. Pass the word to others who have been in the military.

Lunch with Hazel Bishop – March 21 – Cost \$3.00 11:30

Our friend Hazel who lived across from the senior center for years has moved to Farmington Square in Salem. We want her to know we still think of her and miss her so we are going to have lunch with her. Please sign up right away as we can only take so many.

...on the road again

Northwest Senior Theatre – May 19 – Cost: \$13.75

The Theatre is celebrating 25 years of quality entertainment. This year they are offering “The Silver Season Spring Gala – 2016”. Broadway and Vaudeville songs, skits and dancing – all the things you love. We’ll leave the Center at 11:30 am. We’ll find a place for dinner. Cost covers your transportation and theatre. Dinner is on your own.

Jet Boat Trip on McKenzie River – Cost: \$72

We offered this trip last fall but with the onset of winter we needed to postpone this one. We like to see the interest and we’ll get a date set. The boat starts at Harrisburg, Oregon just south of Corvallis on Peoria Rd. It is 2 ½ hours long and refreshments will be served. It is suggested to layer your clothes as you never know what the weather might be. Please sign up if you are interested. It would fall on a Saturday. Be sure and include your phone number and we’ll call with a date as soon as we have six. If it proves to be popular we’ll offer more than one trip.

Overnights through Oregon West Excursions

The Queen Mary & Catalina Island – May 23-May 27, 2016

Cost: \$1,738 per person double, \$2,161 Single

Catalina Island lies in the Pacific Ocean, 22 miles west of Los Angeles. The island combines natural beauty with a wide range of amenities and activities. With over fifty miles of shoreline, secluded coves, and dramatic views, this destination has earned a reputation as “the island of romance”.

NE Oregon & Beyond – June 19-25, 2016

Cost: \$1,596 per person double, \$1,921 Single

Breathtaking beauty and diversity...An area steeped in history stretching from the foot of the Blue Mountains to the heights of the Wallowa’s to the feet of “The Guardian of the Valley”.

Treasurers of the Northwest—Hurricane Ridge & The San Juan Islands

July 24-29, 2016 Costs: \$2,128 per person double, \$2,498 per person single

It’s time to breathe the fresh, mile-high air on Hurricane Ridge, just south of Port Angeles, in the Olympic National Park. You’ll feel you’re on top of the world, and you actually are! The ruggedly carved mountain range contrasts with the soft fields of wild flowers in the subalpine meadows below. Cruise the pristine waters and narrow passageways aboard the Viking Star. View Orca whales, and other wildlife, on a 3 day cruise you’ll never forget!

Sedona & Moab—April 5th-10th, 2016

Cost: \$2,078 per person double, \$2,498 single

Welcome to Sedona Arizona, called the “Red Rock Country”. This picturesque city is surrounded by red-rock monoliths named Coffeepot, Cathedral and Thunder Mountain. Escape the chaos of life, kick back and relax in Sedona. Be sure and check out the flyer located on the board near the kitchen.

Washington, D.C.—April 21-April 27, 2016

Cost: \$3,188 per person double, \$4,018 single

A powerful place! Washington DC grew up along the banks of the Potomac River, in a central location chosen by George Washington, to satisfy Northern and Southern interests.