

Senior Moments

November 2015

November Birthdays



Joann Acker 29
Frank Alexander 03
Charles Alva 26
Kerry Bogardus 03
Helen Marie Bush 28
Ann Cape 26
Cynthia Corley 09
Robert Coufal 05
Dorothy Davies 29
Amalie Doke 03
Jim Fessler 18
Laura Fessler 19
Pat Gallagher 27
Bruce Gordon 19
Teri Heitzman 07
Ned Kenney 23
Jane Lamb 21
Esther Nabity 08
Gary Seeder 01
Lois Sieber 21
Wayne Tabler 11
George Taray 15
Edie VanderZanden 02
Ruth Versteeg 30
Cheryl Watson 13
Pam Welliver 12
Judi West 10

Due to the Thanksgiving Holiday, our Birthday Party for November will be celebrated at the Big, Big, Party on December 31. The Big Party in December will celebrate November and December Birthdays, Christmas and New Year's.

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

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

Potluck—Turkey Dance Classes Holiday Bazaar

Thanksgiving is just around the corner and our potluck Friday, November 13, will feature turkey. Bring a side dish to go along with it and join us for the 12:00 meal.

Elinor Maroney will present a slide show of pictures taken in Nicaragua following the luncheon. She went to Nicaragua in January of 2014 with the 27th Annual Potters for Peace Brigade and stayed on for a year as a volunteer pottery consultant working with potters in mountain villages around the country. Bring a side dish, salad or dessert and table service.

Several new dance classes have come to the Center recently.

Kaylee, WOU student, teaches tap dancing every Wednesday at 10:00 am. She is very knowledgeable and loves to work with you. Check out the used clothing stores and purchase a pair of tap shoes. Class is free.

Sandy instructs a Line Dancing class for two hours on Wednesdays for \$5 a lesson at 12:30. She will provide step sheets to take home and eventually will send the music home.

Christmas is just around the corner and Monmouth Senior Center is holding its 10th annual Holiday Bazaar at the Center located at 180 S. Warren St.

Eleven tables have been reserved and four more are available at a charge of \$15 each. Stop by the office and pick up a reservation form.

There will also be a baked sale with proceeds going to Friends of Monmouth Senior Center. If you would like to donate baked items contact Sue Teal at the office or call 503-838-5678 and let them know details.

Free Breakfast on Veteran's Day — November 11

Monmouth Senior Center, Disabled American Veterans and the AmVets 1776 Ladies Auxiliary will sponsor a free breakfast for all Veterans, their families and our community.

It is a time for us to honor the veteran's of our country and we'd like to include the many community people who continue to support them. Breakfast will be on Wednesday, November 11,

8:30-10:30 at the Senior Center at 180. Warren St. A 100 yr. old German made doll will be on raffle that day with proceeds going to the Wounded Warrior Project.

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 Taxes

Upcoming tax season is upon us and volunteers are needed to help Pete and Esther provide free tax aide to all ages. On-line training begins in November. If you would be willing to help in any way contact Pete McDowell at 503-930-7636.

Potluck

If you would be interested in giving a blessing at our monthly potluck please see Sue.

Classes at Senior Center

Holiday Treats & Stories

Shannon, WOU student, is offering a time to gather and make fudge, toffee, eat her snack mix and share your favorite Christmas ornament or story. Cost is \$2.00 to help with ingredients and participants will take home the goodies. December 2-3pm.

iPad

Mondays at 10:00 am regular class, 1:00 pm beginner class. 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

The second Monday of each month (Nov. 9) at 10:00 am Liz Honse teaches a card making class. Cost is \$4 for two cards that you will complete in class. Please bring scissors, ruler, and glue with you.

Card Making with Denise

Denise Wallace meets the third Monday of each month (Nov. 16) at 4:30 pm and teach how to make special cards that will be perfect for giving. Cost is \$4 for the

two completed cards. Fun way to spend the early evening and some great fellowship. Please bring scissors, ruler and glue with you. Sign up ahead of time.

Knitted Scarf Class

Pat Ohlsen will teach the cable stitch and students will make a "Braided" Scarf. The scarf will be a great gift for giving. You must already know how to cast on, knit and pearl. Time is 2-4 pm. Cost is \$5.00 Dates for class are Nov. 2, 4 and 9 at 1:00.

Lunch and a Movie

Thursday, November 12, 11:30

Following the meal site lunch a movie will be shown in the main room. To get us in the holiday mood we are going to be showing Frank Capra's "It's A Wonderful Life". Order a meal by calling by noon on the Monday of that week 503-838-2084.

Brain Builders

Kaylee is planning on holding a Brain Builders class after the holidays. We will let you know day and time as soon as she has her new schedule for class. Start looking for further information.

Regular Activities

Wii Bowling: Tuesdays and Thursdays at 9:00am. There is a team that competes each month with Dallas Retirement Village and shares a trophy donated by Independence Health and Rehab who sponsors the team.

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: For November and December date for the clinic is the 3rd Thursday. \$20

Music Jam: Second Wednesday (Oct. 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. All are welcome

Hand & Foot: Mondays at 10:00.

Cribbage: Mondays at 10:00 am.

Health & Fitness Classes

Walk with Ease:

Hoping to get this started after Christmas.

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 7:30am 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.

Hiking:

Mary Jane Faulkner heads this group that meets Thursdays at 9:30 am to carpool to places. Each week is a new destination. Call Mary Jane at 503-838-3540 for info.

Pain Relief/Posture Improvement

This class that is designed to help relieve muscle pain or an aching back has changed to Wednesdays at 11:30. Zach Martin instructs this half hour class. No fee for this class.

Tap Dancing

Instructor Kaylee teaches beginner class every Wednesday at 10:30 am. If you have tapped in the past and want to refresh your steps you are also welcome. No fee

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 12:30 starting October 21. Cost is \$5 per lesson. She will provide step sheets to take home and eventually will send the music home too.

Tai Chi To Start Again

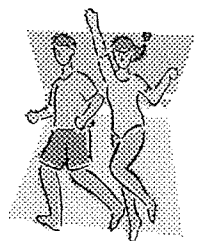
The Center has a new Tai Chi instructor that is trained and will begin the class soon. Right now we are working on dates so if you are interested in attending this free class please call or stop by and get your name and phone number on the list so we can contact you.

Holiday Closure

The Senior Center will be closed on Thursday and Friday, November 26 and 27. Thanksgiving is a time to reflect what we are thankful for. We are thankful for each one of you.

Calling Tree

Did you know that Monmouth Senior Center has a Calling Tree? If you live alone and would like to be checked on each morning, contact the office and we'll put you on the list. We just ask that you fill out a paper giving us instructions on what to do if you do not answer.



Mealsite at Center

NorthWest Senior and Disability Services provides meals to seniors 60 and older every Tuesday and Thursday. Contact Nancy at 503-838-2084 two days in advance by noon to reserve your meal. They can be home delivered.

Monmouth
Senior Center

Karaoke Comes To Center

Cecil will be here with all his professional equipment and 10,000 songs on November 5 and 19 at 12:30 for you to sing, dance or enjoy the music. We had a large group in October and what fun they had. Stop by and join them.

We're on the Web!

Monmouth City Web
Page

www.ci.monmouth.or.us

Breakfast

The monthly Community Breakfast Fundraiser is sponsored by Independence Health and Rehab facility located across from Central High School. They have graciously supplied most of the food items which helps to make more money for our Building Fund.

This month our breakfast is on Saturday, Nov. 7 from 8:30-10:30am. Cost is still only \$6 for adults and \$3 for those under 12.

Still the same all you can eat tasty breakfast!

Advisory Board Report from Pat

The Advisory Board met on September 22. Mark Fancey reported that the bidding process is beginning for the building expansion and the construction should begin some time in November. AT LAST!

Darin Silbernagel reported that the Historic Walking Tour is now on a Smart Phone App.

Flu Shots will be available October 26 & November 2. Check with the Senior Center office for details.

Meals-on-Wheels is now

having a variety of activities in addition to the meals. Lunch and a movie is scheduled for November 12 and Karaoke is November 5 and 19.

November 11 is Veteran's Day. A program to be held at the Senior Center is being planned to honor our Veterans. Come to celebrate and honor those who have given so much to preserve our liberty.

Pat Ohlsen, President
Senior Advisory Board

Holiday Crafts & Baking

We have some fun things planned for the holidays. Mark your calendars and stop by to sign up.

Nov. 18—Make a holiday ornament and candy sleigh at 1:00. Check board for samples. \$4 and bring candy

December 8—Calendar class that will make a great gift to share. Tuesday, 1:00 pm. \$4

December 6—Gingerbread house decorating \$2.50, 3:00 pm Class limited, sign up.

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 Nov. 4

Coin Club

Polk County Coin Club meets the 3rd Tuesday of each month at the Center. The doors open at 6:15pm, meeting starting at 7:00pm. For further information about joining the club contact John at 503-362-9123

Meet and Greet with WOU Class

Dr. Margaret Manoogian, WOU, will bring 6 students from her social ties and aging class to talk with seniors about where they get their social support, talk about friendship, etc. Tuesday, November 17, 12:30 at the Center. We need seniors willing to come and talk with them. Contact Sue if you can.

Dementia Support Group With Margaret Cleveland

Do you have a partner or spouse with memory loss? Or are you dealing with a parent who is going through dementia or Alzheimer's? Do you need someone to talk to? You are not alone. Margaret Cleveland meets on Thursday mornings at 9:30am to share ideas and help others who need to take a break from stress of caring for others. If you have any questions please call and talk with Margaret Cleveland who facilitates the group at 503-910-7796. If you decide to join, the class has a small fee of a \$25 punch card good for 5 sessions. Scholarships are available to help with this cost.

50th Super Bowl Party

Mark your calendars for our first-ever Super Bowl Party and come celebrate with us. This year marks the **50th Super Bowl**. It will be a special time and we plan to celebrate also. We will be watching the game and festivities on a big screen. The Center will provide the main food and a punch. In addition, you will also need to bring a favorite snack/finger food. If you want a different beverage other than punch you may bring your own non-alcoholic drink. This event is open to family and friends of high school age(14) and older. Activities will include a non monetary/gambling pool with prize. Also poll for best commercial.

Power chair

The Center has an individual who has a power chair to give away that was very expensive when purchased and is in excellent shape. Needs new battery.

Crafter's Cottage

Holidays are here! You may buy items in the Crafter's Cottage anytime there isn't a class or meeting in session. We now have Duck and Beaver items. Cookbooks are on clearance for \$3.00! See the numerous baby items, or hospitality, housewarming, and shower gifts as well.

For truly special gifts, there are Gordon Wavra's skillfully crafted pens and pencils; also look for pill and toothpick-holder key chains. Kay Bates features gorgeous jewelry and jeweled scarves. She also makes specialty items and repairs broken clasps or replaces them with magnetic clasps. The magnets are so helpful with arthritic hands when we want to wear a specific treasured piece of jewelry. If you have original, creative items, we are always looking for new vendors as space allows. Ask for a vendor contract at the front desk. Thanks for stopping in our Crafter's Cottage.

Medicare Part D

Please remember you need to have Medicare Part D Prescription coverage or you will be paying a penalty for the rest of your life when you start it. For more info contact 503-304-3653.

From The Desk of Jack — Friends Board

Now that the kids have just finished ringing your doorbells and chanting for candy, and daylight savings time is here, or next month, it is time to get down to some really good news.

First, it was a good Saturday breakfast.

Second, it was a great soup & pie day. But most important, the center has taken possession of an AED. That is the "zapper" for persons needing immediate assistance in case of a heart attack. The Polk County Fire Department will send Representatives to teach us how to use it. We will be making arrangements for some class time for those interested. Hopefully we will never need it, but if we do, it will be at our fingertips.

And, we will have a special time on Veterans Day with a breakfast and will also have some turkey on standby for our Thanksgiving luncheon.

Until then, Ta Ta and Toodles for now.

Jack

Hymn Sing-a-long Holiday BINGO Party Ice Cream Social

Kevin and Candi Hughes were here in September for the Hymn Sing-a-long and there were 13 in attendance. They will be back again on Thursday, November 19, 6:30 pm. Mark your calendars. Hymnals are provided.

Pat Ohlsen has agreed to lead the Christmas Carol sing in December.

BINGO will not be played this month due to Veteran's Day closure.

Karen has planned a fun party with 2 blackouts, more games, and more prizes.

December 9 at 1:00 is when the fun begins.

First Call from Salem supports the BINGO with treats and some prizes.

Ice Cream Social that usually includes a White Elephant Bingo is changing for the month of November.

Friday, November 20, members of district eight of the Oregon Old Time Fiddlers Assoc. will share their old time fiddle music with us at 1:00. They will be coming from up and down the valley to play their old time fiddle tunes.

Monmouth Garden Club Greens Sale

The annual Holiday Greens Sale will be held Dec. 2-4 at the Central Baptist Church, 655 S. Pacific Ave. (Hwy. 99) in Monmouth. Hours are 10 am to 6:30 pm Wed. and Thurs. and 10 am to noon on Friday. 503-838-3995

More Regular Classes (continued from page 2)

Conversational Spanish

Mondays 3:00 pm No fee
All levels welcomed. Carman 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

Intro to Acrylic Painting

Exciting new painting class with a fun instructor who will guide you into learning and creating a masterpiece. You will need your own supplies. For more info contact Bracka at 219-263-9463. Fee is \$12 per lesson. Class is scheduled for Wednesdays at 10:00 am.

Beginning Watercolor

Carmel Mulcahy will be instructing a Tuesday Painting class at 11:30 am that begun Oct. 6. There is no fee and individuals will need to provide their own supplies. The list is located in the office. Please sign up ahead. Learn the techniques and concepts of watercolor painting.

Coffee and Conversation—Veteran's Help

There was a misconception last month about the Coffee and Conversation that is held the third Monday of each month at 10:15. We invite everyone from the community to stop by and have a cup of coffee and a donut. There is a great variety and they are fresh and delicious.

For anyone attending that is a veteran, an advocate will be here to answer any questions you may have or just talk with other vets.

We had 13 attend in October and hoping more will come out and meet others.

For questions contact Sue in the office.

Monday Matinee

Just in time for the holidays the Monday Matinee Movie is scheduled for November 30 at 1:00 pm. Bing Crosby, Fred Astaire, Marjorie Reynolds, and Virginia Dale.

An Inn which is only open on holidays, a crooner and a hooper vie for the affections of a lovely lady.

Women's Night

Out

Saturday, Nov. 21

Dinner-meet at 5:00

Games-meet at 6:30

Soup and Pie Report

The semi-annual Soup and Pie Fundraiser was a huge success last month thanks to all those who made soup and pie, worked, and donated money. A final figure has not been tallied but we had only a small amount of soup left. Thank you!

. . . on the road again

Free Trip for November goes to Marilyn Wallis. Marilyn will have her choice of a day trip valued at \$25 which includes the cost of her meal. Congratulations Marilyn. For those who have won trips in the past and haven't used them yet it is not too late. We understand that it isn't possible to go always go the month you win or maybe there isn't a trip you would like to go on that 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.

Northwest Senior Theatre – “Silver Holiday Season” – November 19

Cost: \$13.75 Presenting audience favorites from past shows: White Christmas, Carol Of The Bells, Santa Baby, Sleigh Ride, Winter Wonderland and many others. Dancing, Comedy and Merriment. Jack Hinkle will be driving this festive trip and stopping on the way home for dinner at Buster's Barbeque. After leaving the Alpenrose Dairy Theatre traffic is horrendous so we let it go by, by enjoying a good dinner at Buster's Barbeque nearby. This show is always a great way to get into the holiday spirit so plan on signing up. Van leaves at 11:30 to allow for traffic and an opportunity for a good seat. There is still room so come in and sign up right away.

Free Central High School Thanksgiving Dinner – Wed., November 25

The students are doing it again! They have raised money to provide a delicious Thanksgiving meal the day before the holiday. It is totally free and what a lovely time we always have. Students entertain us and have drawings to give away some great prizes. We will provide the transportation for free or you can meet us there. Lunch starts at 12:00 so the van will leave at 11:30. We ask if you are planning on riding the van to be here by 11:15 and to sign up ahead so we are sure there are people wanting to go with us.

GroupActive – Bavarian Holiday Lights – December 6-8

Cost: \$627 – double, \$847 – single

This trip with GroupActive goes to Leavenworth, WA for a special two-night's holiday vacation. Trip features deluxe, Moffit Tour Motorcoach, fully hosted, deluxe accommodations at the Bavarian Lodge and includes all hotel taxes, Village Lighting Ceremony plus free-time for shopping & browsing, Marlin Handbell Choir Concert, Comprehensive travel insurance including a full refund due to illness, two lodge buffet breakfasts, and two dinners. All personal items and lunches, alcoholic beverages are on your own. **Deadline to sign up for this trip is November 6. If we get 6 persons from Dallas/Monmouth or Salem by this date they will pick up in Dallas. Contact the Center as quickly as possible.** A brochure with full details can be provided upon request.

Travel Committee –

The Travel Committee works very hard to find trips that our group would like to go on. We are asking YOU if there are some places you would like to see. We do have a couple new drivers and Sue' arm is healing nicely and hopes to be back driving after the first of the year. With that said, please think about where you would like to go and give us your suggestions. We are looking at some overnights this year to places we have never been and want to offer the Crater Lake again due to the disappointment this year with the fires.

...on the road again

Overnights through Oregon West Excursions

Mexico's Copper Canyon – February 9th-18th, 2016

Cost: Double \$2,368 per person double, \$2,748 single

The largest canyon complex in North America, a destination unlike any other! For those who love the unusual and seek adventure, the “Barranca del Cobre” is the answer. The mountain peaks are snow-capped in winter while the canyon bottom remains tropical.

Absolutely Ashland... -- March 24-26, 2016

Cost: \$678 Per Person, double, \$794 single

We invite you to experience Ashland...the colors of the seasons, the taste of the cuisine, the comfort and personal feel of the town. Nestled at the convergence of the Cascade and Siskiyou Mountain ranges, Ashland offers year round cultural, culinary and outdoor opportunities for everyone.

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. Round trip motor coach transportation to/from PDX, personal services from your Oregon West Tour Director, roundtrip air to/from Washington DC, 6 nights lodging, 6 breakfasts, 1 lunch, 5 dinners, all attractions and all gratuities.

Contact the office if you are interested in any of these trips. Be sure and let OregonWest Excursions that you are from the Monmouth Senior Center when booking as the Center receives a percentage of the trip.