

Senior Moments

Monmouth Senior Community Center
180 S. Warren St. Monmouth, OR 97361
503 838-5678 Hours: Monday-Friday 10-3



February 2014

Car Care Comes to Center

Frank Vanderburg, recently retired from WOU, will be at the Center every Tuesday from 10-12 (weather permitting) to give free car inspections to seniors. Beginning February 4 he will check oil, lights, tires, belts and hoses and advise you if service needs to be done. He will not do the service or provide any parts.

This service will help to keep your cars running better. Service stations don't offer this service any longer for free and so many older adults don't check them on a regular basis. It will be on a first come first serve basis. Frank will have a check off list as he goes through the car and then pass it on to you when completed. It will take about 20 minutes. Then it will be up to you to get the service needed. He will not be responsible for the car or what needs to be done. Stop by and get in line.

Potluck Feb. 14

Lorraine Brazier, new Speech-Language Pathologist at West Valley Hospital, will be sharing "Over the lips and past the gums: a presentation about the mechanics of the swallow" at the Friday, February 14 potluck. She will educate us about swallowing difficulties and the roll of the speech therapist.

Bring a main dish, salad, dessert and your table service. Lunch begins at noon and Lorraine will speak about 1:00. Special diet? Bring your own.

Free Tax Help Starts

Tax season is upon us and many of you have been waiting to sign up and get them done. We have many wonderful volunteers to help out this year and they are being trained now. Because of their generous time, we will be able to offer Saturdays, as well as Wednesday and Thursday afternoons, starting Feb. 15.

Appointments are necessary and can be made by coming to the office or calling 503-838-5678. They do not do returns for rentals, farms or businesses.

President's Day Center Closed

The Monmouth Senior Center will be closed on Monday, February 17 for President's Day celebra-

tion. We are sorry this will interrupt regular scheduled classes for some of you.

Inside this issue:

Chronic Pain	2
AARP Defensive Dr.	3
Misc.	4
See's Candy Sale	5
Windows 8	6
Painting/Drawing	6
Travel (colored)	

February Birthdays

Cecil Cary 14
LaVonne Daniels 07
Luella Ducey 10
Dorothy Garrett 25
Edith Keszler 08
Rosemarie Lieuallen 17
Marilyn McDougall 08
Alan Miller 28
Cecile Musselman 14
Bette Ziegler 14
Fay Baumgartner 06
Robert Baker 26
Arnold Jeschke 15
Patsy Tinkham 17
Arleane Walters 22
Sunny Anderson 15
Donald Barry 01

List and Birthday Party information continues on page 2.

“Living Healthy with Chronic Pain” Class

Living Health with Chronic Pain is a six-week workshop and teaches practical skills for living a healthy life with an ongoing health condition. Class is scheduled for Wednesdays beginning February 5 from 1:00-3:30 pm. You must sign up through the office for this class or call 503-838-5678. Due to a grant, the fee has been waived.

Two trained leaders will teach the workshop. It will build confidence for managing health, staying active and enjoying life.

Topics covered include managing symptoms, medication “how-to”, working with your healthcare team, setting weekly goals, effective problem-solving, better communication and learning how to des-

cribe your pain, how to relax, handling difficult emotions, tips for eating well and safe, easy exercises.

Participants can be people with chronic pain as well as different chronic conditions.

This series is being brought to you at no charge thanks to the sponsorship of NorthWest Senior and Disabilities and WVP Health Authority.

This unique six-weeks class is a good overall look at pain and how you live healthier with it. Class is scheduled for the large room to allow plenty of room for those taking the class.

Pass the word around to others you may know who could benefit from this class. Sometimes we think we know all the ways that will help, but this may open your eyes to new ways.

February Birthday List

Continued from page 1:

Dorie Brodersen 19

Lorna Huddleston 19

Lew Pennock 17

Pat Pennock 17

Shone Stagg 08

Dan Unruh 21

The monthly Birthday Party is scheduled for Friday, February 28, 1:00 pm in the Main room. We'll be playing some bingo using a deck of cards, have cake and ice cream and give away a \$10 gift certificate to Bi-mart to someone having a birthday. Cake is provided by Heron Pointe. We hope you'll all come and help celebrate these birthdays because its no fun celebrating alone!

Saturday Breakfast-Feb. 1

The first Saturday Breakfast is February 1 from 8:30-10:30 am. We would like to continue to thank Independence Health and Rehab for the generous donations that allow this breakfast to make a good profit for the Building Fund each month.

Charlie Denton, local volunteer, recently took over the breakfast and will be handling calling, ordering and be in charge the morning of the breakfast. We want to thank Nellie Jenkins for handling the breakfast these past months and will miss her and the fine job she did.

Suggested donation is still \$6 for adults and \$3 for those under 12. Menu includes pancakes, biscuits and gravy, scrambled eggs, sausage, orange juice and coffee.

Phone Numbers You May Have Trouble Locating

Utility Assistance (LIEAP)—503-588-9016

Need help with payment

Community Action—503-623-8429

Polk Co. Housing—503-623-8387

Northwest Senior & Disability Services

503-831-0581 (Dallas)

Legal Aid—503-581-5265

211 Help Line-Give numbers for services

H2O (Help & Hope To Others) 503-831-4736

Ella Curren 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

Women's Night Out

All senior women are welcome to attend the monthly Women's Night Out on Saturday, February 15.

Meet at the senior center at 5:30 to carpool to a local restaurant and then meet back at the Center around 6:30 to play games and fellowship. If you do not want to meet for dinner you are welcome to come at 6:30 to enjoy the rest of the evening.

AARP Defensive Driving

The AARP Defensive Driving has a new program and a new price. Cost is \$15 for AARP members and \$20 for non members. Next class at the Center is scheduled for Saturday, February 22, 9-4. Bring a lunch. Call 503-838-5678 to get your name on the list.

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

Next Food Pick-up for Green Bag Project is February 8. (838-4028)

Mealsite At Center

NorthWest Senior and Disability Services provides meals to seniors 62 and older every weekday at 11:30.

A menu is provided at the Center and you must contact Nancy at 503-838-2084 to order your meals. Meals need to be ordered two days in advance by noon to reserve your meal.

The more that States spend on home-delivered meals under the Older American Act, the fewer number of low-care residents they have in nursing homes, according to the newly published Brown University report.

Mobile Health Screening

Central Lions Club will bring the Mobile Health Screening Unit to the Monmouth Senior Center parking lot in March.

Items checked include blood pressure, eye chart exam, glaucoma check, diabetes blood check (if you fast) and hearing.

The free service is an outstanding way for people to see if they need further help. Lions club helps with eye exams, glasses and hearing aids for those who qualify.

Date will be posted in the March calendar.

Beginning Bridge

If you are interested in learning to play bridge, need a refresher course or just want to play—Fridays at 9:00 am. Contact the office to find out further details.

Pictures in Office

The bulletin board in the office was recently filled with wonderful pictures. Stop by and see if you are in one!

Pies Purchased

The Gerontology Club from WOU purchased pies during the holidays and passed out 15 to make a difference in some older adults lives. Thank you WOU students.

Creative Writing Class

This class meets every Friday at 10:00 am and reads stories they have written. The class listens, critiques them, and enjoys one another's stories. If you are interested in joining them, stop by and sit in. But watch out, it is addictive. This is also a perfect class for those wanting to write their life story. The possibilities are endless!

Low-Vision Support

The next Low-Vision support group is scheduled for Wednesday, February 25 at 12:30 pm. Please keep in mind this class is to support each other as well as learn from outside sources.

iPad Class Changes

During the holidays, seniors purchased iPads and this causes a change to the classes offered by Lynn Thompson on Mondays for awhile.

These ongoing classes have broken into two levels. The 10:00 class will focus on more advanced users for now and the 1:00 class is for beginners until they feel more comfortable with their iPads.

If you are not sure where you belong you can come into either class and talk with Lynn. If you prefer to continue attending the session you now attend, please feel free to do so. Just know the afternoon class will focus on basics. Thank you Lynn for doing a terrific job!

Ice Cream Social

Kay Annis and Regence continue to sponsor our monthly Ice Cream Social. This month it will be held on Friday, February 21 at 1:00.

A White Elephant Bingo is played during the social and we ask that each individual attending bring a wrapped white elephant gift to use for prizes. The more prizes the more games we can play. For those that need a little help—a white elephant gift is something you have around your house that is in good condition that you would want to receive as a gift. Can even be something new. Key is it is nice enough to give away.

Wii Bowlers Report

The team is at it again. They won the trophy in January and continue to love playing. As we all know, it is not the trophy that counts but the fun of playing with others. Congratulations team!

Silent Auction

The last auction brought in \$151.29. Thank you to everyone who bid. Everyone picked up their items and we felt it was successful, especially since Christmas so close.

Judy Vincent has taken over the Silent Auction duties and is planning another one to start in March so watch for it in the main room of the Center. Easter is in April so I am pretty sure we will see items for Easter giving.

Thank you Judy for your hard work.

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Soup and Pie

Our next Soup and Pie fundraiser is set for March 20 from 11-1:30. We are in need of volunteers to make the vegetable beef soup and pies. This year all pie MUST be fruit. No cream pies or eggs and milk. If you would be willing to call members for pies, workers at the luncheon, or set-up the day before, there will be a sign up sheet near the kitchen door on the bulletin board. Please take time to sign up as it saves time so we don't need to call .

Music Jam

The monthly Music Jam is scheduled for Wednesday, January 8, 6:30 pm. There is outstanding musicians who share their music and others come to listen and enjoy their talents. Come join them and even bring your instrument if you play one.

Bingo

Bingo is held the second and fourth Wednesday at 10:15 am in the Main Room. Summer Duvall does an excellent job. Prizes are provided so bring yourself and have fun.

Toenail Clipping

Kathleen Helbling is taking appointments for toenail clipping for February 27 . It is necessary to make an appointment so contact the Center at 503-838-5678 to schedule one.

Cost is \$20 and you will need to bring your own towel. Call to-day so she can fit you in.

Blood Pressure Checks

Ann Cape has agreed to check blood pressures at 11:30 am before Potluck on Friday, February 14 and the 4th Monday at 10:15 am following Stretch Exercise. No need to sign up ahead and there is no charge.

**Thank you to our volunteers
who make a difference!**

*Emeritus Membership
Drive. Contact Sue
Mason at 503-551-2459.*

Hiking Group

Hiking group goes out on Thursdays at 1:00 pm. With the winter weather there will be times they won't be going. Contact Mary Jane Faulker at 503-838-3540 the morning of the hike to make sure they are going or for more information.

Techie Time

Students are scheduled to come Monday and Thursday mornings and anytime Fridays by appointment only to help with laptops, smartphones, iPads or tablets.

This is wonderful service to our members and we hope you will call for an appointment right away. Times fill up quickly.

Card Making Class

Denise Wallace will hold her regular Card Making class on Monday, February 10 at 10:00 am. Cost is \$4 and includes all materials. Please bring your tape gun, glue sticks, scissors and pencil. It is important to sign up ahead so there is enough packets for everyone.

See's Candies Benefit Building Fund

The Center has been approached by the Lion's Club to join them in selling See's Candies to make money for the Building Fund. For this month it is late but if you want to purchase a box, it must be ordered no later than the end of Breakfast on Feb. 1. Look for Easter sale too!

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We're on the Web!

Monmouth City Web Page
www.ci.monmouth.or.us

Monmouth Senior Community Center

New Classes

Figurative Drawing—Wednesdays, 10-12 starting February 12 (no last Wednesday class). If you are thinking of something interesting, indoors and need to buy just a few materials, this is the class you should take!

Sahar Fattahi, the art instructor is offering her fourth drawing class at the Center. You will learn to choose your materials properly, start your drawing with basic structure and proportion, develop your drawing and finish your artwork with focusing on details. Cost is \$30 for the six-weeks.

Intro to Oil Painting—Wednesdays, 1-3 starting February 12 (no last Wednesday class). Sahar will be offering this class for six-weeks at a cost of \$30. During the classes you will practice the color wheel through a still life painting. You will create an artwork and at the same time learn about colors, their effect on each other, harmony and many lessons about principles of color. This class is for those interested in painting by both oil and acrylics.

Watercolor Class—Tuesdays, 1:00-3:00, cost of \$30 for the six-weeks class. Contact the office for further information.

Supply lists are available in the office. All classes will be held at the Center.

Eye Glasses Collected

Central Lions Club is collecting "useable eyeglasses", hearing aids and glass cases and can be dropped off at a collection box held at Monmouth Senior Center.

Windows 8 Class

Gary Spillane and other students from the Gerontology club will be offering a Windows 8 class for those older adults who have Windows 8 on a laptop computer or tablet. You will need to bring your device to work with and class is scheduled for Fridays from 9:00-10:30 am in Volunteer Hall (next door to the Senior Center).

Space is limited so sign up early. This is the answer to helping you with all that new technology that is suppose to be so easy. First class is scheduled to start on Friday, February 7.

Stretch Exercise

Stretch Exercise continues to be held at 9:00 am every Monday, Wednesday and Friday. Gerontology students from WOU are learning the ropes and offering a different twist on some of the exercises. We hope you will plan on attending and find out how helpful these exercises can be to you. No fee for the class.

Conversational Spanish

Carman Pachuca will still hold her class each Monday at 3:00 in the West Wing. This class is ideal for those wanting to talk the language and even if you just want to brush up on what you know. This is the perfect class for you. No charge.

...on the road again

Old School Café and Shops at the Farm Home near Corvallis.

Thursday, February 6, 11:00 am Cost: \$5.25

The first trip to the Café was absolutely wonderful. From the time we pulled up, went inside and saw the way they have restored the inside was worth the trip. The dining area has cloth tablecloths and napkins and very attractive. It was a great idea to have us preorder as our wait for lunch was very short. After we ate Cheri came in and gave the history of the facility and answered questions. Many of us would definitely go again. There are only a few spaces left so come in right away to sign up.

Bridgeport Village for shopping and lunch

Wednesday, February 19, 9:30 am Cost: \$7.75

The weather is not always the best this time of year and shopping is always in. We'll plan on leaving the Village by 3:00. If you want to see what shops are available you can go on their website. We can all meet for lunch. Sign up now.

Central High Musical "Willy Wonka and the Chocolate Factory"

Central High School's winter musical is almost here and they have a Senior Citizen's Night on the evening of February 5th at 6:30 pm. There is no cost for this night. If we have people sign up we can provide transportation with the van at no charge but we need to have at least 8.

Spring Coast Getaway – March 5-7 Newport, Oregon

Cost: Single with one king bed (\$176.28)

Double room with two queen beds (\$112.69) This cost is per person. We have a tour of the Coast Guard lined up, a stop at the OSU Marine Science Center, museums, time at Nye Beach, beautiful sights and walks on the beach. Our motel overlooks the ocean, just two blocks from the entrance to Nye Beach. All king beds are on the third floor and queens are on the second floor, you can see the beach from any room and there is an elevator so you don't have to rely on the stairs. We're staying at the Waves of Newport. Please come in and pay if you have already signed up. For those just signing up please pay when you get your name on the list.

. . . on the road again

Corban University Spring play “Anne of Green Gables

March 13 at 9:15 am. Cost is \$15.50 and includes transportation and ticket.

This is a morning matinee and we need to order tickets right away so come in and get your name on the list.

Free trip goes to Betty Lorence for February. Free trips are for up to \$25 for the trip and their meal. You are not required to take it the month you win.