

Senior Moments

April 2018



Victorian Tea

The time has come for our wonderful Victorian Tea and Fashion Show! We will have a few extra seats available this year and will begin selling tickets for \$10 on 4/2.

Please join us for either the 12:00pm seating or the 2:30pm. This will be a great opportunity to enjoy some delicious handmade treats, sip some tea, and enjoy the company of your friends and neighbors. Help support the Senior Center for a fun-filled afternoon complete a clever fashion show and your chance to win one of two fantastic prizes! We can't wait to see you there!

Tickets (on sale 4/2): \$10.00

Victorian Tea: 4/20/18 at 12:00pm and 2:30pm

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

All Newsletters, Calendars, and Menus are available online at: www.ci.monmouth.or.us

April Birthdays

4/2 Stan Little
4/3 Rick Sedgwick
4/4 Marilyn Blankenheim
4/5 Norah Drahn
4/6 Jackie Forman
4/7 Karen Headley
4/7 Sue Salvo
4/8 Charlie Crose
4/8 Linda Beth Sherman
4/9 Norma Ogden
4/15 Michael Ward
4/19 Jon Schonblom
4/20 Marilyn Husser
4/21 David Stump
4/22 Victoria Kruljac
4/23 Jean Jeschke
4/25 Elaine LaFond
4/27 Dwight Triplett
4/29 Dianna Hewett
4/30 Rod Bach

Committee Members & Volunteers Needed

If you would love to help us keep the events you love running smoothly or you have new ideas to share, PLEASE come join one of our committees or volunteer with us! We are always looking for new helping hands and new talents! Call us at the Center to learn more!

Diabetes Prevention Program

Beginning on Wednesday, April 11, Northwest Senior and Disability Services will be offering a 16+ week class called Diabetes Prevention Program. The class will meet every Wednesday from 1 to 2:00pm. Refreshments will be provided during this time. This class is a great opportunity to learn Centers for Disease Control & Prevention, evidence-based information on how to make a change for your life! You will learn proven techniques for changing your lifestyle to prevent Type 2 Diabetes. Groups meet for 16 weekly sessions and six month-

Community Breakfast

The Monmouth Senior Center regular monthly breakfast will be on the 7th of April. We hope to see you there for the same great breakfast with pancakes, scrambled eggs, sausage, biscuits and gravy, orange juice and coffee for the same great price of \$6.00.

Come celebrate your friends at The Birthday Party on April 27th at 1:00pm! All members with an April birthday that attend will be entered to win a prize!

April Showers Bring May Flowers!

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 Northwest 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 class is the second Monday of the month 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

Jen Teal teaches this class the third Monday of the month 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.

Drawing for Fun

*****ends 4/27, will resume after summer*****

Drawing with pencils and learning various techniques to improve your skills or learn a new one! Sonja Ely will be the instructor of this class. Cost is free and the class meets Fridays from 10:00-11:30.

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 *NEW*

Lois Ann Smith is teaching this interesting 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 for a nominal fee for supplies. We would like this class to continue every Wednesday from 1 to 3pm until the painting is finished. 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: Clinic is scheduled for the 4th Thursday of the month 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 April 13th. Bring a friend and join us for a wonderful meal.

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

Well, it's time to say all good things must come to an end. So this is the last Silent Auction that I will run. The last few years have been great. I want to thank everyone for their donations, especially my Wii Bowling team for all their great help. It was greatly appreciated.

-Judy

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: *Mondays*

Tai Chi is now back to it's regularly scheduled Monday. 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 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.

NEW Diabetes Prevention:

This class is a great way to learn an evidence-based curriculum for how to prevent diabetes. This is a 16 week class that will meet every Wednesday from 1:00pm to 2:00pm starting April 11. Please sign up today to secure a seat and make a commitment to your health!

NEW Adaptive Physical Activity:

Starting Thursday, April 12th at 12:15 this class of 6 WOU students will begin a 9-week session of personalized exercise. Whether you want to focus on strength, balance, flexibility, or even a specific part of the body, these students and their instructor will assist you with meeting your goals no matter your physical ability. Sign up today!

Potluck

The next potluck is scheduled for Friday, April 13th, at 12:00. We will have baked chicken legs and thighs along a short presentation by Lucinda from the Monmouth Public Library about their digital service called Library2Go. Join us and bring a dish that reminds you of spring!

DO YOU LOVE MUSIC?

We have so many great opportunities to play an instrument, sing, dance, or appreciate the talents of others! Come join us for one of these regular (and brain-healthy) music events!



According to Johns Hopkins Medicine website:

“Research has shown that listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory.”

Monmouth
Senior Center

Check us out on the
WEB!

Www.ci.monmouth.or.us

OR

Www.facebook.com/monmouth.seniorcenter

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 fee to help with music, etc.

Hymn Sing

Candi and Kevin Hughes are leading the monthly Hymn Sing. It is scheduled for the third Thursday of the month. This upcoming session will meet on April 19th at 6:30pm. Hymn books are provided. Participants are invited to pick the songs.

Music Jam

The monthly Music Jam is scheduled for the second Wednesday of each month. The next one will be on April 11th at 6:30pm.

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

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 with those who are learning. Cost \$5.

What's Next?

Would you like to see something new? Let's have a dance, a karaoke club, concert, music performance from different countries, trips to musical theater performances, music history lessons, etc! What about creating a story of your life through the songs you've always enjoyed? *Come share what kind of music fun you'd like to see!*

A HUGE AND SINCERE THANK YOU TO EVERYONE THAT HELPED WITH OUR SOUP & PIE EVENT! WE HAD MANY AMAZING VOLUNTEERS, GENEROUS DONATIONS, AND LOTS OF PARTICIPANTS THAT LEFT HAPPY! WHAT TEAMWORK!

If you are willing to volunteer to help seniors with rides, cooking some meals, 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!

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

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 in the Columbia Room. There are so many new items to see every month!

AARP Free Tax Aide

There are still a few slots available if you need to get your 2017 taxes done. Please call the Senior Center to make an appointment.

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 John at 503-362-9123

Monmouth Caregivers Resource Group

NorthWest Senior and Disability Services and Monmouth Senior Center has an ongoing 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 second 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 503-304-3432.

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 the Third Monday of each month with the next meeting on Monday, April 16th, 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.

Women's Breakfast

Women meet at the Senior Center and leave at 8:55am for breakfast. The group meets the first Wednesday of each month—next one is scheduled for April 11th.

Women's Night Out

This month the women are meeting on Saturday, April 21st at 5:00 for dinner and 6:30 for games. Meet at the Center for car-pooling.

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. Send a word of encouragement to our soldiers!

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

Knitting Group

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. This is a great group of ladies that will be willing to share tips and tricks and great company while you work on projects together! Stop over to meet them!

Friends of the Monmouth Senior Center Board Update

The meeting began with an approval of the Minutes and Treasurer's Report from the previous month. The director gave report that there is to be a deck committee that will work with the local boy scout troop on the project. There was a discussion about replacing/fixing the PA system in the building and there will be an update with more information after we reach out to more sources. The Board discussed which of its members would represent the Friends Board on several different committees and individuals were selected or volunteered for these spots. Next, Steve Mosier spoke on the Eagle Scout project that would like to put see a deck built onto the senior center. The committee will assist with picking a deck design, work with the City to secure permits, and also look into possible grants, fundraising ideas to cover costs.

Soup and Pie was successful thanks to help from our many volunteers! We are now gearing up for the Victorian Tea on April 20th and in need of volunteers for this as well. Please sign up in the office if you are able to help set up, serve at one or both settings, or clean up afterwards. Thank you!

Senior Advisory Board Update

The meeting opened with the introduction of our guest, Suzanne Dufner, who is the new Community Development Director for the City of Monmouth. She was at the meeting to discuss some of the details of the Deck that is being proposed for the south side of the building for which the plans were drawn up about two years ago. We then discussed the formation of a Deck Committee. The membership of the committee consists representatives from the Advisory and Friends Boards, the Center's Director, a City representative, and a few members at large. We would welcome members who would like to serve on the Deck Committee. If you wish to serve in this capacity, please notify Barbara Hogan, our Director, or the receptionist.

The next item of business was the purchase of a new bus for our trips. There has been about \$12,000 donated as seed money so far.

It was decided to form a committee to search out our options. Again, the membership of the committee should be similar to that of the Deck Committee, plus people from the current Travel Committee. Please contact the office if you would like to be a part of this committee. Phyllis Harriman was in attendance representing the Friends Board and indicated she would follow up in recruiting for Friends representatives for both committees.

-Pat Ohlsen, President, Senior Advisory Board

"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.