

Senior Moments

October 2017

October Birthdays

Debbie Bach 02
Prentice Bates 28
Peggy DeSersa 02
Barbara Dimattio 23
Shirley Ediger 25
Sonja Ely 24
Dorothy Harrington 27
Ruth Ann Hiebert 07
Nancy Hier 14
Gini Jarvis 13
Sue Johns 20
Carol Kilgore 06
Bob Lamb 13
Don LeCouteur 04
Rose May 27
Jean McLain 21
Nancy Miller 28
Roy Miller 28
Terry Murphy 09
Mary Page 26
Gerald Pease 02
Jennifer Pennington 15
Betty Plude 23
Darrell Ross 16
Carolyn Stump 05
Marilyn Swearingen 23
Mary Trolan 04
Gary Tudor 10
Jeanne Twenge 31
Al Wagaman 12

The Birthday Party will be held Friday, October 27 at 1:00. We invite all those with birthdays to attend, as well as the others to help these celebrate. Who likes to celebrate their birthdays all by themselves.

AARP Driving

Our next AARP Defensive Driving Class is scheduled for Saturday, November 25, 9-4. Registration is required by contact the office or calling 503-838-5678.

Be sure and check with your insurance as it will save money.



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

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

Monthly Potluck

Our next potluck is scheduled for Friday, October 13 at noon.

Jack Bentley and Gale Hemmen will be here in costume talking about Ft. Stevens and U.S. Navy during the American Civil War. They will be bringing models of ships involved during that time. It is also very interesting about the connection with Ft. Stevens. If you can't attend the lunch you are welcome to come for the program about 12:45. The program will run about an hour.

Friends will be providing lasagna. Bring salads, bread, vegetables, desserts, or ?

Potlucks are always a fun time to socialize and have a good meal. Bring others with you.

Open Computer Lab

April Mathews is our new practicum from WOU for fall term. She is offering a "One Stop Tech Shop" Wednesdays from 1-3 pm here at the Center.

She teaches computer class for Chemeketa Community College and really knows what she is doing.

She can answer questions about social media (facebook, twitter, etc.), windows and internet. She can also help with laptops, tablets, those new phones, flash drive or other gear. She is skilled in Microsoft Office that includes Word, PowerPoint, Excel, Publisher and Access. And don't forget those Kindles. Bring your device and meet at the Center on Wednesdays.

Soup & Pie Sale

Our fall Soup & Pie Sale is scheduled for Thursday, October 19 from 11:00-1:30. Soups include Veg. Beef, Chicken Noodle, Salmon Chowder, Clam Chowder, and Split Pea. Cost is \$3.50 for a bowl of soup and \$2.50 for a slice of pie.

We have our soup makers but will need lots of pies. Please contact the Center if you will make some pies. Keep in mind they cannot be cream pies (Health Dept. rules).

We also need lots of workers the day before setting up and the day of the sale serving soup, cutting pies, serving coffee, cleanup, etc. Please sign up in the office—we need you!

Medicare and Open Enrollment — October 6

You are invited to a free Medicare and Open Enrollment presentation at the Monmouth Senior Center on Friday, October 6 at 10:15 am here at the Center. Registration is not required.

This presentation will cover Medicare's Fall Open Enrollment for Medicare Advantage Part C and D prescription plans. It will also cover how Medicare works, supplemental insurance options, assistance for people with low income

and resources, how the Affordable Care Act improves Medicare, and how to prevent, detect and report Medicare waste, fraud and abuse. The session will be led by a Certified SHIBA and SMP Counselor.

Breakfast is back — Saturday, October 7

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: 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

Free Health Clinic

at Trinity

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

"Beyond The Pencil"

Drawing with other media, 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.

Sonja has scheduled this far enough in advance so you can plan ahead. We'll start a sign-up sheet in the office.

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 is back after a summer off. Her next class is October 9 at 10:00 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 on Monday, October 16 at 4:00 pm. 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.

Classes at Senior Center

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.

"One Stop Tech Shop"

Wednesdays from 1:00-3:00 pm with April Mathews. There is no limit to the things April can help with. Social Media, Windows, Internet, laptops, tablets, cell phones, flash drive, Microsoft Office, Kindles. Bring your device and check it out.

Friday Morning Drawing

Sonja Ely has started a new class on Fridays at 10:00. Be sure and stop by the Alsea room to see some of the great work being done by class participants. There is not a fee and participants will be exploring new drawing options. Fun, fun, fun.

Watercolor Class—

Anya Thaker Wilson, Watercolor instructor, is offering another class starting September 21 and will be held on Thursdays, 10:30 am. Class is \$50 for the 6-week class. It's not too late to join. Anya will adjust the fee for classes you missed. A supply list is on the board or talk directly to Anya at the class.

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.

Toenail Clipping: Next clinic is scheduled for Thursday, Oct. 26 by appt. Cost is \$20.

Cribbage: Mondays at 10:00. No need to let us know ahead.

Music Jam: Second Wednesday (Oct. 11) 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.

Hand & Foot: Mondays at 10:00. This group is growing.

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 week-day 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.

Research shows that keeping active will help with memory, better movement, less chance of falls, social benefits, depression and so much more. We hope you will consider joining one of the classes that is making a difference for individuals as they age. It doesn't take much time and there are a variety of exercise classes.

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Hiking Group

The Hiking Group is continuing to meet on Thursdays at 9:30 am 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

Judy Vincent is back with her outstanding Silent Auctions and there is one going now that will end on Friday, October 13 (following the potluck) There is one table full of Beaver and Duck items, as well as a nice variety of items for the kitchen and around the home.

Thank you to Judy for the many hours she spends collecting and putting baskets together. Also a thank you to those of you who donate items.

Scrabble For Fun

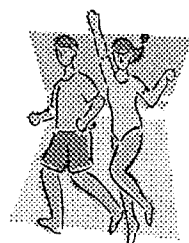
Scrabble is a game that has been fun for many years and also keeps your brain active. Plan on coming **Tuesdays at 1:00. Note the time change. Room for more!**

Tennis or Pickle ball?

Gerry Blankenheim is ready to teach or play tennis or pickle ball on Monday and Wednesday Contact him at 503-930-0588 for times.

We have noticed the City of Dallas is putting in a new Pickle Ball court across from the Aquatic Center.

You should make a point to learn this sport. It is becoming very popular and great exercise.



More Fun 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.

Beginners Acrylic Class

We are looking ahead to January when we will offer a Beginners Acrylic Class here at the Center. You will need to bring your own supplies for this two hour class. We will start taking names and phone numbers now as we will need 10 for a class.

Looking Ahead

Veteran 's Day Breakfast

Our free Veteran's Day Breakfast for all veterans or active military and their families will be held on Saturday, November 11, 8:30-10:30 here at the Center. We will be needing volunteers to service, clean up and set up the day before. If you would like to help contact the office.

Holiday Bazaar

The Center will hold its yearly Holiday Bazaar on Saturday, November 18. Full details will be available in the November “Senior Moments”. If you are interested in a table contact the office and we 'll get you signed up. Tables are \$15 each.

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 October 4.

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

Free Clinic Includes Hearing and Vision—October 7

Free clinic will be partnering with the Lion's Club and the Central Vision Clinic for hearing and vision screening. All persons are welcome if they have insurance or not. All ages are welcome. Hours are 8:00-12:00. Great time to get a brief check as a starter for hearing and vision issues. Glasses available through Lion's Club.

Monmouth
Senior Center

We're on the Web!

Monmouth City Web
Page

www.ci.monmouth.or.us

FACEBOOK

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

Hymn Sing

Candi and Kevin Hughes are back on board with the monthly Hymn Sing. It is scheduled for October 19 at 6:30. Hymn books are provided. Participants are invited to pick the songs.

Music Jam

The monthly Music Jam is scheduled for Wednesday, September 13 at 6:30 pm.

Thank you to those who support this Jam. We can't begin to tell you what great music this is. Plan on checking it out this month!

Reach Out and Find New Friends at Monmouth Senior Center!

Community Breakfast—Saturday, October 7, 8:30-10:30 am, \$6

Craft Supply Sale— October 21

Are you a crafter with too many supplies? Is it time to clean out your excess supplies to make room for new? Then this event is for you! Monmouth Senior Center will hold the sale at the Volunteer Hall (next door to the Monmouth Senior Center, 144 Warren St. S) October 21 from (9:00-3:00). Six foot tables are \$10 each.

The sale is a place to come and buy supplies. This sale is NOT for completed items! Examples of items to sell include tools, rocks, paper, scissors, stamps, beads, fabrics, yarn, threads and machines for working with many different crafts! Contact the office at 503-838-5678 or Phyllis Bolman at 503-751-0145 for a form.

Women's Night Out

This month the women are meeting on Saturday, October 21 at 5:00 for dinner and 6:30 for games.

Meet at the Center for carpooling. For questions contact the Center.

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. There is a \$25 monthly fee to help with music, etc.

Program — "Kick Sugar"

Free Equipment

Do you have low vision and would like to be able to read? A Magni Sight Explorer machine is available to give away. It has a 21-inch TV screen that sits on a table and you put your book or newspaper in it that enlarges the print. Contact the office if you would like it.

Glenda Sylsberry will be instructing a class to "Kick Sugar" on Thursday, October 26 at 10:30. It seems sugar is found in almost everything we eat these days and Glenda will be talking about how we can finally kick the sugar in our diets. Please sign up in the office to attend.

Diabetes Classes

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 and looking to see if there is any interest.

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.

Crafter's Cottage—Handmade items for sale every day.

Bereavement Group Starts

Kathy Grudle will facilitate 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. Please join the group starting on October 10.

Coffee and Conversation

The next Coffee and Conversation is scheduled for Monday, October 30, 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.

Advisory Board Report from President, Pat Ohlsen

The Advisory Board met on August 22. Our Advisory Board Member, Kelly Cape, passed away on August 13, 2017. His presence and contribution to the Advisory Board and to the various committees he served on will be missed. He faithfully served on the Mission Statement Committee as well as the Furnishings Committee most recently to name two of them. What many do not know, if it were not for Kelly, we would not have a float to enter into the Western Days Parade. He was instrumental in procuring it for the Center. He also was very active in AmVets and brought a variety of activities to the center, especially on Veteran's Day. He will be missed.

There will be a special meeting of the Advisory Board, Friends Board and open to all members on Thursday, October 12 at 2:00.

There has been some changes to the Meals-On-Wheels Program. They have increased their delivery from 25 to 58 meals twice a week plus frozen meals. This has allowed them to return to their storage space at the center.

Medicare and open enrollment is scheduled for October 6 at 10:15. A "Kick Sugar" Program is scheduled for October 26. This is not only for Diabetics, but for anyone who wants to lower their sugar intake. A good thing with the upcoming holiday season.

Jim Allgood, Friends Board President

Soup and Pie Sale will be Thursday, October 19 from 11:00-1:30. Due to rising food prices the Friends Board agreed for a slight price hike—Soup will be \$3.50 and pie \$2.50. It is wise to attend this event early as all the "good stuff" quickly disappears.

Meals are planned for upcoming Potlucks. In November it's turkey, December is ham, January is beef stew and February is Lasagna.

Fall is finally here. Time to enjoy the changing of the leaves and the crisp cool air. A perfect excuse to take a hike. The Hiking Group meets Thursdays at 9:30 am for a local hike.

The patio issue is still in the "hold status". No action will be taken until we hear the specifics for the bids.

Herb Class with Julia Leon

Julia Leon will be teaching a Herb class later during the winter. Start thinking about it now and sign up. We should have details in the November issue of Senior Moments.

Senior Center Bus Fund

Donations continue to come in for the new Bus Fund in memory of George Czarnik. The Friends are a non-profit organization and anyone wanting to donate to this fund can receive a receipt for tax purposes.

Christmas Boxes For Seniors

Traci Weston has contacted the Center to let seniors know there are food boxes for those wanting a box. Volunteers are needed to help make this happen. If you want a box or to volunteer contact her at 503-917-9181. If you would like to refer other seniors you are also welcome to contact Traci.

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.

Knitting Group

Meets Oct. 12

The Knitting Group will meet for the first time on Thursday, October 12, 10:00 am.

There are 12 in the group as of now and open to all who want to knit or learn to knit.

Verna Bauscher has been contacting everyone on the list.

Contact the office if you have questions. Bring your supplies.

"Health Promotion And Aging Workshop"

David Haber, recently retiring from WOU, will present a 4-week workshop focusing on life expectancy versus health expectancy, clinical preventive services, medicare prevention, medical screenings, importance of exercise, nutrition and complementary and alternative medicine.

We are looking at a possible date of November 10 and run two weeks in November, break for Thanksgiving holiday and then two weeks in December.

David has a book that is in its 7th edition titled "Health Promotion and Aging".

We'll start taking names and phone numbers at this time.

. . . on the road again

Free Trip for October goes to Karon Gilmore. She will have her choice of a day trip valued at \$25 which includes the cost of her meal. Congratulations Karon! 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 with one exception---trips planned beyond the present month would not need payment until the month the trip actually goes. This might be a hardship for some and we apologize for this but works the best for us. When we are ready to go on a trip and people cancel at the last minute it jeopardizes the whole trip. Refunds are not given the week of the trip unless we can find someone to take your place.

Attention Drivers and Travel Committee Members –Due to Sue driving a trip to IKEA, there will not be a meeting in October. Please bring ideas to her for day trips around the holidays.

The Center still needs drivers for the 15-passenger van we use.

A CDL is not required to our van. We take 11 counting the driver and it is a regular van. All expenses for drivers are paid for. If you are interested contact Sue or go directly to the Monmouth Police Department and give them your license information. They do a background check and once cleared Sue will train you in how to give the TCL. We have quite a few trips between now and the end of the year and could use more drivers.

Thompson's Mills State Heritage Site – Monday, October 30 – Cost: \$7.50 – Leave 9:00 am

There are a few more spaces available on this trip. The Mill has been restored to working condition and is on the Calapooia River. It is a unique survivor of times past, chronicling 150 years of Oregon rural life and honoring the owners who adapted the mill to the changing world around it. It is the last water-powered mill in the state and its turbines can be seen in action on our guided tour. A water right that predates statehood produces the water flow that still runs the milling machines for demonstration. The main tour is ADA compliant. This mill is definitely worth seeing and to be able to watch it really work like it did years ago is amazing. It is located in Shedd, Oregon only a few miles from Tangent (east of Corvallis). Our tour is at 10:00 for anyone who wants to meet us there. Lunch will be following at Izzys in Corvallis on the way home.

Georgie's Beachside Grill – Friday, October 20 – Cost: \$15

If you have not eaten at "Georgie's" in Newport you are missing some great food and outstanding view. We will leave at 9:00 am and travel by way of Kings Valley and Hwy 20, bringing us right into Newport. If the weather is good we will plan on taking some time by the beach and maybe even stop for ice cream. We will come home by home of Lincoln City and if the whales are still in the area we'll stop at Boiler Bay State Park. This is a wonderful place to view the whales and enjoy the waves. There is still a little room on the van so sign up right away.

. . . on the road again

IKEA – October 4 -- \$12.50 – 9:00 am

We are planning ahead for all those IKEA lovers. Keep in mind there are also some great stores nearby. We will leave the area no later than 3:00 and lunch will be on your own. If there is room and you want to buy something that needs put together we have your answer. Susan Myers, daughter of Steph DePascal, is volunteering (no charge) to help anyone assemble their IKEA purchases if needed. She can be reached at 602-540-4653. Please be sure and check to make sure we have room for the purchases.

“Out to Lunch” – Turnaround Café -- November 2 – 10:00 am – Cost: \$7.00

This Thursday trip takes us to Turner, Oregon that is just east of Salem. The Café has local fare, rustic charm and hear it is super place to eat. Sign up and we'll check it out. Cost covers your transportation and driver's lunch.

Whale Watching – October 11 – 7:30 am – Cost: \$60.50

This trip is different than most Whale Watching trips. The group will ride in a Zodiac that is super safe (ex-Coast Guard Vessel), less chance of sea sickness and you seldom get wet. Captain Carrie Newell Professor Marine Biology and Gray Whale Researcher or her team of Marine Mammal Naturalist Captains will take us on a 1 ½ hour trip to find some of the 20 resident whales that Carrie even has named and been seeing for years. Carrie's research has been featured on Jean-Michel Cousteau's show Gray Whale Obstacle Course and OPB's Oregon Field Guide. We will meet Carrie and her team at the Museum in Depoe Bay for a Whale Watching Experience of a lifetime. The museum will be open while we are there. Please bring a coat, hat and gloves and possibly a rain coat. You must be signed up and paid by Monday, October 9 to go – no exceptions. They will contact us on October 10 to let us know what the weather will be like. Our whale watching ride leaves at 10:00 and we need to arrive a half hour early. You will need to act quick on this trip so come in right away and be sure and pay when you sign up. We need 10 people on this one to make the cost a little less.

You only need to pay for the trips in the month they are being taken.

Shore Acres Holiday Lights – November 28 & 29

Cost: 223 double, \$278 single per person

Deadline to sign up is October 13 and full payment is due at time of booking.

The trip features deluxe, restroom-equipped motorcoach and driver's gratuity, trip management with Bob Vinatieri of GroupActive, Admissions to Shore Acres State, Deluxe accommodations at The Mill Casino, Comprehensive travel protection plan. Meals are not included. Book with Monmouth Senior Center or call 503-838-5678. Full information is on the sign up board. Bob has revised the trip to Shore Acres to include a hot breakfast buffet and Coos Museum admission at no additional cost. A new brochure is on the Travel Signup Board.