

Senior Moments

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

November 2013

Turkey for Potluck November 8

Friends Board has agreed to provide the turkey for the monthly potluck on Friday, November 8, 12:00 p.m. We are asking those attending to bring festive food to go along with this tasty meat. Bring a salad, main dish (potatoes, gravy, sweet potatoes, etc) or a dessert and your table service.

A special program with Lisa Wallig from ODOT will be here to talk about the "At Risk Program" for seniors. Lisa will share what happens when someone reports your driving and how to report someone you don't feel should be driving any longer. There will be a question/answer time following her presentation.

Holiday Bazaar

A Holiday Bazaar will be held during the December 7 Breakfast. If you are interested in renting a table, check with the office or talk with Babs.

Upgrade Your Health

Misha Peel, from Polk County Health Dept., will be instructing a free class the 2nd Thursday of each month at 1:00 on different topics to help give a better quality of life through nutrition.

The class this month will cover nutrition labels, added sugars and products, how to overcome cravings and health affects of sugar.

Due to illness this class was not held in October. Next class is scheduled for November 14 at 1:00 pm.

Please sign up for this class.

Expansion Meeting

A special meeting with Mark Fancey and Architect Jane Honebeck will be held in the main room at Monmouth Senior Center to talk about the Advisory, Friends Board and Plan Review Committee decision to move forward with the plan which only includes the the previous plans for the West Wing and a storage on the southwest side.

This will make it affordable, give us three new classrooms and bathrooms.

iPad Classes on Mondays

Lynn Thompson continues to find new materials to teach every Monday at the iPad class. There is no charge for the class and same class is at 10:00 or 1:00. She uses a TV and iTV for easier viewing.

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November Birthdays

Due to the Thanksgiving Holiday there will not be a Birthday Party in November. We will be celebrating with December Birthdays when we celebrate Christmas and New Year's.

Teri Heitzman 07
Joann Acker 29
Frank Alexander 03
Elizabeth Beatty 29
Jim Fessler 18
Laura Fessler 19
Tom Galli 03
Bruce Gordon 19
Carmon Mortimer 29
Wayne Tabler 11
Ruth Versteeg 30
Phil King 14
Harriett Savage 02
Lois Sieber 21
Cheryl Watson 13
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Soup and Pie Sale Report

We must start by saying thank you to all the valuable members who made this fundraiser so successful. Donations continue to come in, but as of October 18 the tally was \$1,700.15. This must be our record!

Thank you to those who made soup, pie, made phone calls, purchased items, worked, set up, torn down, cleaned up, put out signs, took flyers around town, made signs, took money and even those who came to eat and support the event.

All money that comes in from this event goes towards the Friends General Fund. Expenses are around \$100 so that leaves a tidy sum for the bank.

We are grateful for the continued support from our members and community when we hold an event like this.

If you would be interested in helping with an event, have ideas for events or help at the senior center in any way, contact the office and talk with Babs or Sue. Our volunteers are the best anywhere on earth!

Free Hatha Yoga Exercise

A free Yoga exercise class is held Monday through Friday at 7:30 am using the Hatha Yoga with a tape by Jon-Kabat-Zinn, Ph.D.

Individuals meet in a quiet environment for this gentle, full body, meditative exercise for strengthening, stretching and relaxation.

Please bring your exercise mat for the floor exercises and wear comfortable clothing.

This class is open to anyone who can benefit from doing these mild exercises.

Special Thank You

A special thank you to Larry Sykes at Mungo Signs for making our new Breakfast signs.

They are a real attention grabber and he gave them free of charge. Thank you Larry!

Megan Seifried New Practicum

Megan Seifried is currently a junior in college at WOU. She is 20 years old and born and raised in Hawaii, so this is only the beginning of her third year of living in Oregon. She is majoring in Psychology and Gerontology and hoping that once she graduates she can get into graduate school and further her education and someday work with depressed and troubled seniors, maybe as a social worker or therapist. She is still deciding what path to take. Megan decided she wanted to work with seniors because she admires how much knowledge and experience they have-they truly are survivors and everyone has their own specific story that has made them who they are.

Megan is easy to get along with and not a close-minded person, so she can get along with pretty much anyone as long as they are willing to get along with her. She is detailed orientated and very creative. Watch for her class in Dec.

November Birthdays con't

Helen Marie Bush 28	Micki Cullen 15
Dorothy Davies 29	Amalie Doke 03
Cheryl Gallagher 19	George Taray 15
Judi West 10	

We would like to thank Heron Pointe for providing our Birthday cake each month for our party. They work hard to make sure we have just what we like. Remember-no party for November. We'll really celebrate Dec. 27.

Memory Screening

The Alzheimer Association will provide a Memory Screening at the Monmouth Senior Center on November 5 from 9:00-11:00 am. Sign up for a private screening through Sue.

There is still room for more to attend so sign up today.

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—211

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 Ser-
vices in Dallas.

Local Gleaners—503-838-6462

National Medicare Helpline—24 hours, 7

Days a week, English and Spanish

1-800-633-4227

Ice Cream Social/Bingo

The next Ice Cream Social/White Elephant Bingo is scheduled for November 22 at 1:00. Regence Blue Cross provides the ice cream and toppings. Bring a wrapped white elephant gift with you, as we use them for Bingo prizes.

Women's Night Out

Women, don't forget the Women's Night Out at 5:00 pm for dinner and 6:30 pm for

Women's Night Out

games. This is a great alternative to staying home alone one Saturday evening a month.

They also meet for breakfast the first Wednesday of the month.

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

Center will be closed Nov. 11 (Veteran's Day) and Nov. 28, 29 (Thanks.)

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.

Christmas Earring Class

Kay Bates is back for her annual Christmas Earring Class on Monday, December 2, 1:00 pm. She will provide 3 samples on the signup board. Signup and payment of \$9.50 must be paid by November 20 to allow for ordering.

These earrings will make a great gift for someone or wear them all season long.

Travel Signup Changes

Be sure and check out the details on the new changes when signing up for trips

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.

Computer Help

Mike Ross has agreed to help those in need on Fridays, November 8 and 22 from 12:30-3:00.

If you need him to work on your machine at home, please let us know ahead as we need to find a second person to go with him. You must sign up by Wednesday of that week to give Mike time to prepare.

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.

Low-Vision Support

Gloria Moles has someone from Access Technology coming to the November 27 Low-Vision Support Group at 12:30 pm.

This group is doing a wonderful job to help those looking for ways to improve their lives when dealing with low-vision.

Invite others to attend.

Christmas Ornaments

December 4 there will be a class making 2 Christmas ornaments and a cute card.

Megan Seifried will instruct a bottle-top snowman, star ornament and Christmas lights card.

There is not a charge for this class and we are asking participants to make a few extra to take to the local Rehab Center and lift the spirits of others.

Please sign up in the office so we can know how many supplies to purchase. Deadline to sign up is Nov. 27

Estate Planning

John Hasbrook, local attorney and instructor at WOU, will present a free program on Estate Planning on Friday, November 15, 1:00 pm.

This free presentation will cover wills, trusts, and Power of Attorney. All of these topics can be very confusing and John can help you understand what you should do.

There will be a time to answer questions. We are asking that you please sign up so there will be enough materials for everyone attending.

Scrabble Moves

Scrabble has changed to Wednesdays at 1:00 pm. This seems to be a better time for those interested.

Photographic Memories (Perfect Christmas Gift)

Megan Seifried, Practicum Student, is offering a class to help with organizing pictures in several different ways. Photos can be on a computer, iPad, camera, tablet or phone. Pictures on cameras can be transferred to your laptop. This can make a great Christmas present for your family or even just help you keep up with your organization of your pictures. Classes will take place Monday, November 11th and 18th from 1-3 pm. Sign up by Nov. 8.

Please bring your photos, laptops, iPads, cameras or phones to the class. CD's will be provided if you want them to be transferred from your device. A laptop will also be provided if you have pictures you would like to be transferred to a CD as a gift.

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Social Security Presentation

The Monmouth Senior Center will be hosting a presentation on Social Security benefits right after the breakfast, Saturday, November 2 at 11:00 am. John Stensland of Safe Harbor Financial Planning will be covering individual benefits, spousal benefits and social security maximization. Registration is not required and the presentation is free and open to all. John is a registered representative offering securities and advisory services through Cetera Advisor Networks LLC, Member FINRA/SPIC. Cetera is under separate ownership from any other named entity.

Keep in mind this presentation is not to sell but to give vital information to those looking at retirement and need to find the best options that are available.

Breakfast is held from 8:30-10:30 for a donation of \$6 for adults and \$3 for under 12. Meal includes pancakes, scrambled eggs, sausage, biscuits and gravy, orange juice and coffee. Breakfast items are donated to the Center by Independence Health and Rehab Center.

The Senior Center will be closed for Thanksgiving and day after.

Brazilian Embroidery

Carol Giesbrecht will be instructing a class on Brazilian Embroidery at the Center on Monday, November 11 at 1:00 pm. Cost for the kit is \$10 plus a class fee of \$5. Please sign up ahead in the office.

This sounds like a very unique embroidery and will be a rare opportunity to learn how to do it. Pre-registration is required.

A new six-weeks Drawing Class drawing figures will begin December 4 and be held Wednesdays from 10-12.

History Class With Dr. Huxford

Dr. Gary Huxford has agreed to another 10-week history class that will be held on Tuesdays at 12:30 pm. Please note the time change. This term will be "The Age of the Democratic Revolutions". He will cover patterns and ingredients of unrest, American Revolution, Constitution, French Revolution around the late 1700's and 1800's.

If you missed the first few you can still join the class. We apologize for the time mix up and hope it didn't cause any major problems.

Free Exercise Classes

A Stretch Exercise class is available at the senior center on Mondays, Wednesdays and Fridays at 9:00 am.

Kathleen Wavra instructs the free class using music and chairs. Exercise keeps your muscles and joints moving and helps with arthritis, balance and other problems you may experience.

***AARP Defensive Driving
Class scheduled for
November 16.***

Scholarships Available

The Monmouth Senior Center Advisory Board recently formed a Committee to assist senior citizens by providing assistance with the costs associated with attending Senior Center sponsored classes.

If you are a senior citizen and need help to pay for an event sponsored by the Senior Center, you may apply for a scholarship from the Coordinator's office.

Members of Friends of the Monmouth Senior Center who are current in their dues will be given first priority in consideration for a scholarship. Applicants will be expected to contribute at least 30%. Applications are available at the office.

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We're on the Web!

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

Monmouth Senior Community Center

Thank You

The family of Elsie Hinds wants to thank each one of you for adding so much enjoyment to their mother's retirement years. "She planned her whole week around what she could do at the Center. Each one of you were very special to her and you made her feel special about herself too. Thank you so much!"

Most sincerely Elsie's children: Millee, Marie, Miriam, Marla and Tim.

Denise Wallace Offers Classes

Denise Wallace will be teaching her regular second Monday Card Making class on November 11. We realize this is a holiday but will open for this class. Cost is \$4 for the two cards and all supplies for the cards are provided. Bring your tape runner, scissors, ruler and pencil.

Denise will be teaching a class the following Monday, November 18 at 10:00 making a 2014 Calendar that will make a beautiful gift for that special person. Cost is \$4.

We are asking you to sign up ahead for these classes so Denise has time to prepare.

Nancy Holds Card Class

Nancy Hanson will instruct her class on Thursday, November 21 at 1:00. Cards are already posted on the signup board. Cost is \$4 and you need to sign up by Nov. 18.

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.

Toenail Clipping Clinic

Kathleen Helbling will be at the Center on Thursday, November 21, to clip toenails. Cost is still only \$20. Please note that due to Thanksgiving, this will take place a week earlier. Appointments must be made in advance by contacting the office at 503-838-5678. Please remember to bring your towel.

Scrapbook Class

Connie Long has prepared a two-page layout with a Christmas Theme for a class scheduled for November 14 at 6:00 pm.

Cost for the class is \$3.00. If you are interested in taking this class please sign up ahead by Friday, November 8.

AARP Defensive Driving

Registration is being taken now for the next AARP Defensive Driving scheduled for Saturday, November 16 from 9:00 am-4:00 pm. Contact the office at 503-838-5678 to register. Plan on bringing a lunch as time given for lunch is only 1/2 hour.

Karaoke Day Changes

Karaoke Singing has changed to the first Thursday at 1:00 in the West Wing.

Down Memory Lane

A new class starts November 5 from 10-12 And will be held two weeks in November and two weeks in December. Check your calendar for dates. Sandra Scott instructs this writing class. Cost is \$10.

...on the road again

Christmas Showcase – Hallelujah, A Child Is Born Corban University

Saturday, December 7 12:45 pm

The University's bands, choirs, and orchestra will present traditional, contemporary and classical Christmas music. This year's concert will feature a portion of Handel's Messiah. We'll leave the Center at 12:45 pm. We will **not** be stopping for dinner afterwards. Cost is \$3.50.

Northwest Senior Theatre – “All Things Holiday”

November 21 – Alpenrose Dairy Opera House Cost: \$13.75

Those who have signed up need to pay right away as there is a waiting list and your spot is only saved if you pay when signing up. If you want to go and there is no room, put your name on the waiting list and we will go again on another day.

This year it is a musical variety show featuring Christmas songs, dancing, comedy and some surprises, too. This will be a fun afternoon and get you in the holiday mood. We will be planning on dinner following the performance and let the thick Portland traffic pass by. As the time gets closer, we will announce a new place for dinner. If we have more desiring to go, we will take a second trip on November 20.

Christmas Shopping at IKEA

Wednesday, November 13 Cost: \$9.50

The Christmas season isn't far off and we've had people asking for another shopping trip for the holidays. We are going to beat the Thanksgiving rush. Start signing up today.

Wildlife Refuge trip previously planned October 14 had to be cancelled due to the government shutdown. We will offer it again in the spring when wildlife is in abundance. Refund checks should be given out shortly.

New policy by Travel Committee – when the Travel Committee met in October it was decided to change the way we take signups for trips. All signup lists will be held at the front office. When you want to put your name on the list, let the person at the desk know and payment will need to be made at that time or your name will be put on a waiting list until payment is made. This is the only way we can figure it will work for people to pay when they signup. We hope this will not be a hardship for anyone, but we believe this will help keep it fair for everyone.

...on the road again

Free trip goes to Lee Schlenker. Congratulations Lee! This entitles Lee to a free day trip of his choice up to \$25, including his meal. When you become a paid member your name goes in the drawing for the year. Once your name is drawn for the year, it is not put back in until the next year. Friends of Monmouth Senior Center pay for the expense.

Free Thanksgiving Luncheon will be provided for all seniors in the community on Wednesday, November 27 at noon. The luncheon will be held at Central High School and the Center is offering a free ride for those wanting to go together. Please sign up ahead so we know if we need to provide a driver.

Model Train Open House – Corvallis Society of Model Engineers HO Scale Train Layout will be on display with new scenery and the trains will be running. Trip is scheduled for Sunday, December 8 at 1:00 pm. Cost is \$3.00 and transportation is being paid for by a member of the society. The Open House is located at Adair Village. If you can't go with the group and would like to go on your own, contact the Center for more times and dates for when the layout will be open for viewing.

“It's A Wonderful Life”-Albany Civic Theatre will be presenting this well known story and we found out that Patrick Moser will be part of the cast. A matinee will be held on Sunday afternoon, December 15 and we want to know if people are interested so we can purchase tickets. Please sign up by November 25 so we can reserve some great seats. Cost will be ticket price plus transportation. Sorry, we did not have that cost at press time. Check in the office for further details.

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

Thursday, December 12, 11:00 am Cost: \$5.25

We have heard some reports about the delicious lunch and fun little shops to check out at the Farm Home near Corvallis. They even use linen tablecloths and napkins. Lunches are reasonable and reports say they should go again.