

Senior Moments

July 2017

Sylvia Alva 15
Roy Bostrom 31
Dorothy Caldwell 05
Kelly Cape 02
Evelyn Cary 27
Ron Comstock 14
Mildred Cummings 01
Mitch Daniels 24
Darrell Doke 20
Bob Drzewiczewski 15
Ruth Firestone 21
Kathi Foisie 08
Bill Jobe 31
Prue Kaye 05
Kathy Kramer 31
Jack Latty 20
Linda Marshall 10
Stan May 26
Gary McBurney 24
Jackie McDonald 01
Bob McManaman 20
Fred Morgan 17
Diane Ostrom 18
Buell Phillips 10
Betty Rogerson 31
Peggy Sheldon 16
Sue Stevens 25
Susan Whitaker 14
Dennis Woitte

Birthday Party is set for Friday, July 28, 1:00 pm. Cake and ice cream are provided and we'll be playing Bingo with a deck of cards. Prizes are gift cards to local businesses. Remember, even if you don't have a birthday, come and help others celebrate there's.

Holocaust Program

Don't forget to attend the program on the Holocaust July 24th at 12:00 noon.

All faiths and ages are welcome.

Light refreshments will be served. Check out page 4 for full de-



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

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

Monthly Potluck

Next potluck is scheduled for Friday, July 14, 12:00 noon. Please remember to bring your table service as it saves from purchasing the paper plates.

The program is Gail Saxowsky from the Free Clinic. Health Care Costs continues to be on the rise and some have no insurance at all. She will be sharing stories and information. Maybe you don't need the help but would like to support the clinic or know of someone who does not have the coverage.

Mexican Pasta is the main dish. Please bring salads, vegetables, rolls, desserts or a favorite dish.

Lunch will start at noon and the program will follow.

Flu Shots Scheduled

Our Flu Shot Clinic is scheduled for Friday, September 22 at 10:00 am here at the Center.

Rite Aid will be offering the clinic and will accept all insurances. We will keep you posted as more information comes in.

Eclipse Program

Jon Brewster, local astronomer, will be at the Monmouth Senior Center on Tuesday, July 11, 6:00 p.m. to present a program about the upcoming eclipse. He will be sharing history, what to expect and how to stay safe.

City of Monmouth has some glasses they will be giving out during the July 4th to protect your eyes. Stop by and pick one up.

4th of July

We're making 4th of July a pretty big deal here at the Center as we celebrate Independence Day.

The day will start with the parade at noon. Our float is almost decorated.

Following the parade from 2-4 pm the Friends are providing FREE hot dogs and cool drink at the Center for all ages in the community. No age limit. We will also provide free tours of the expansion for those who are still wanting to see it.

We could use some extra help getting ready with all the hot dogs so if you are available stop by the office and talk with Sue or Stephanie McKee. Just a reminder no breakfast in July or Aug.

The Savvy Caregiver Series

A free six-session workshop that offers real help to unpaid family caregivers taking care of loved ones with Alzheimer's or other forms of dementia will be held at Monmouth Senior Center Thursdays, August 10-September 14 from 10-

12.

The program will give caregivers an understanding of dementia and changes in their loved one, tips on how to provide the best care, coping skills for the stages of dementia,

facts about the progression of the disease, and more.

The Workshop will be presented in partnership with NorthWest Senior and Disability Services.

Class size is limited.

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 North-west 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.**

Karaoke Singing

Cecile is back with his professional machine and over 15,000 songs to sing to. He also likes to dance with the ladies so maybe you want to attend so you can enjoy the music and get a chance to dance with Cecile.

Attendance has been down and we are asking those who love to sing to attend so we can get this going again.

We have talked about having a pot-luck in conjunction with it and maybe change the time.

Thoughts???

Classes at Senior Center

iPad

Mondays at 10:00 am and 12:30 pm. Lynn Thompson instructs this fun class that teaches you all the ways around your iPad. Mid-March the new 60" TV was installed and is working beautifully. We still need to get it mounted but for now it's on a table. Very relaxed group. If you have an iPad you need this class.

Card Making with Liz

Due to vacation schedule Liz will not be teaching her class this summer. She will resume in September.

Card Making with Jen

Jen Teal teaches this class on Monday, July 17, **4:00 pm. Note the time change.** Sign up in the office and cost is still \$4 for 2 cards. Bring glue, scissors, ruler, pencil. This class is good for beginners as well as advance. If you haven't attended one try it, you'll like it.

American Sign Language—Jen Teal is teaching the sign language class Tuesdays at **10:15 am.** Newcomers are welcome to join. Handouts are given out each week and it is a class that will stimulate your brain and teach you a new language you can use with others. There is not a charge of this class and you can join at any time.

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.

Computers—Windows, Internet, Etc.

John Kumley will start working with the Center to offer a class on Wednesdays at 11:00 am beginning August 2. You need to sign up ahead and cost is \$10 each week. He will also offer a Workshop the 2nd and 4th Tuesday where you can bring your laptops and he will help fix easy problems for \$10.

Friday Morning Open Artist's Group

Sonja Ely will be holding an open artist's group where you mingle with other artists. Bring your own projects and supplies. Will be held Fridays, 10:00 am May-August.

Watercolor Class—Starts June 8

Anya Thaker, instructor for an 8-week Watercolor Course. All levels including beginners welcome. Class will be held Thursdays at 10:30 and be held until July 27 at a cost of \$60. Please begin signing up now to make sure we have enough for the class. Anya does an excellent job with instruction. Please sign up in the office.

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, July 20 by appt. Cost is \$20.

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

Music Jam: Second Wednesday (July 12) 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 will start the fun dancing class January 11. Class is scheduled for every Wednesday from 10:00-12:00. 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 every Monday at 3:00 in June. We need to be able to show 10 dedicated so starting coming to class to keep it going. If we can show this, we can hopefully go back to 2 times a week.

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 starting up again now that the weather is improving. 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. The group car-pools. **Thursdays at 9:30.**

New Health Class

"Thriving and Surviving Cancer -There is a new six-week workshop that helps you find support, build confidence in your ability to manage your health, and maintain an active and fulfilling life.

This Stanford class will be held at Salem Hospital on Wednesday evenings. If you are interested contact Livinia Goto at lavinia.goto@nwsds.org Or 503-304-3408. If you would like one at our Center contact Sue.

Scrabble For Fun

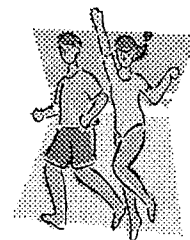
Scrabble is a game that has been fun for many years and also keeps your brain active. Plan on coming on **Tuesdays at 1:00.** Note the time change.

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.

New Health Class

The Center is looking to offer a Diabetes Prevention Program at the Center that runs for one year. Others have had great results. Interested? Contact Sue.



Holocaust Program July 24

David Rosenfeld, a first generation immigrant of German-Jewish parents, will relate his and his family's experiences during and since World War II. His father fled Germany by himself at 16, after incredible hardships and loss of his family. His mother went from Germany to Italy, lost both her parents, and came to the USA on journey documented in the book (and subsequent move), Haven. Their stories parallel many of European Jews who were forced to emigrate in search of freedom and opportunity. In spite of their tragic and traumatic childhood, Eric and Eva Rosenfeld raised a wonderful family of four children and seven grandchildren.

David has visited Germany multiple times, and will share some personal observations about their current attitudes and perspectives. Of particular note was an installation, attended by David and his daughter, of five Stolpersteine, commemorative brass plaques, in front of the house where his father lives until fleeing the country.

It has been over 7 decades since the holocaust, so very few first-hand accounts are still possible. It is an important responsibility of the next generation to carry their stories forward, so that the world does not forget.

Program is scheduled for Monday, July 24, 12:00 noon. Light refreshments will be served.

Drawing For Fun

Sonja Ely, Instructor, will be starting a new class for September for any skill level. You will learn new things, expand what you already know and mostly just have fun drawing and being with other artists. No charge for the class but supplies needed include #2 pencils, pink pearl eraser, sketch book, ruler, and scissors.

Class will be held for 10 weeks and held Fridays, 10:00 am to 11:30 am September 8th through November 10.

We are asking that you start signing up and include your phone number. Her Open Artist's Group continues through August.

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 July 5.

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

Medical Equipment

Medical Equipment is available to give away for those who need it. We have a very large supply of Depends on hand. If you have a need, check us out before you buy as we have many generous people who have donated items. All is free—just sign a liability waiver and it becomes yours to keep.

Be sure and stop by at the Open House on July 4 from 2-4 for free hot dogs and tours.

Monmouth
Senior Center

We're on the Web!

Monmouth City Web
Page

www.ci.monmouth.or.us

FACEBOOK

www.facebook.com/

Monmouth Senior Center

Hymn Sing

Candi and Kevin Hughes are taking a summer break and will not be offering the Hymn Sing until September. They do such a great job and will be missed but excited they will be back after a short break.

Music Jam

The monthly Music Jam will continue throughout the summer. It is held the second Wednesday of each month at 6:30 pm.

Thank you to those who support this Jam. For those who have never been, check it out. Great music.

Happy Independence Day!

Coffee and Conversation

Coffee and Conversation continues to be held the third Monday of each month. Kelly Cape and Women's Auxiliary are supporting this time of coffee and donuts around a table where veteran's and other members talk and find friendship. Everyone in the building is welcome to sit down and visit and the donuts are a special treat. The next time the group meets is Monday, July 17, 10:15 a.m. Veterans are welcome to attend and talk with others that are attending. Fellowship is vital to all of us—plan to come and meet new people and enjoy the donuts and coffee.

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.

Women's Night Out

This month the women are meeting on Saturday, July 15 at 5:00 for dinner and 6:30 for games.

Meet at the Center for carpooling.

4th of July Float

The float has been refurbished and being decorated now for the parade on July 4th starting at noon. We would like to thank Bob and Stephanie McKee and Kathy Grudle for making the float look like new again. The Promo Committee has been decorating it just this past week. Volunteers are a wonderful addition to our Center. If you would like to get involved please contact Sue so we can get you involved. It is fun to work together.

Summertime —

Summer has finally arrived! The heat wave we experienced last week was something else. Keep in mind the doors are open and the air conditioning is on and we have cold water. Bring a game, work a puzzle, watch a movie. We want to help keep everyone as healthy as possible this summer so take advantage of the Center. We are here for you.

AARP Defensive Driving Class

The next class at Monmouth Senior Center is scheduled for Saturday, August 12, 9-4. Please contact the Center to register.

Check with your insurance to see how much it will save you.

No Breakfast in July or August — See you in September

Crafter's Cottage at Monmouth Senior Center

If you haven't been in our Crafter's Cottage lately or didn't know we had a shop, check it out. There are many beautiful handcrafted items, reasonably priced, and available for purchase anytime there is not a meeting or class in the Columbia Room. We always have greeting cards for \$.10 each.

Select items and pay for them at the desk. Vendors donate 25% of their sales to the Senior Center; so when shopping for lovely, practical gifts you are helping us raise money! Come shop soon!

Gayle Jolley Cooking Class

Gayle has assured me she will be back with her Cooking Class later this summer. She has a Practicum this summer and will fit us in. Watch in your next month's calendar for full details. We will be meeting together soon to work on dates, times and menu's.

Advisory Board Report — Pat Ohlsen

The Advisory Board met on May 23, 2017. Sue Teal announced there will be a class for Caregivers beginning in August.

Committee Reports:

Promotional-Hospitality—Announced the theme for our is “Celebrating Completion Of Phase 1”. The committee asked for Board approval to hold an Open House on July 4 at the center instead of having a booth in the park as in years past. It was approved to have the Open House On July 4th From 2-4PM. We will serve free hot dogs and drinks.

Furnishings Committee—The Board approved the purchase of blinds for the windows of the rooms in the new addition and shelves for the storage room. The blinds and the shelving have been put up. They look nice and things look more finished now. Thank you Furnishings Committee.

It was also discussed and approved that the Senior Community Center serve as a Cooling Center on hot days during the summer months and as a Warming Center during the winter months for those who need it. This is only during the hours we are open.

I would like to thank Stephanie McKee for her service on the Board. We are looking for a replacement so if you are interested contact Pat or Sue.

Pat Ohlsen, Senior Advisory Board President'

From the Desk of Jim Allgood, President

There's a change to the menu for July's potluck. Since we had plenty of food left from May's Mexican feed it was decided to make a Mexican Pasta dish. This will be the main course.

After the parade we will host an “Open House” from 2-4 pm handing out free hot dogs, ice tea, lemonade and coffee. Members will give guided tours to the recent expansion to members of MI Community.

Travel Committee has been working on some great trips for the next few months. See the colored page included in this newsletter for more details and get your name on the list.

Jim Allgood, President Friends Board

Director's Report

It has been another busy month at the Monmouth Senior Center. Many great things are happening throughout the summer. Be sure and ready your newsletter carefully so you won't miss anything. Free hot dogs & tours on July 4 from 2-4.

Trips have been scheduled for the next three months. We have several we haven't completed that will be added but have some interesting trips. If you have somewhere you would like to visit and don't see it, contact Sue and we can look at it.

The Advisory Board will be voting on a new Mission Statement for the Center. The Board voted on one earlier this year but decided to make it less complicated. We'll post it next month for all to read.

Lots of talk about my retiring!—My last day is scheduled for November 30.

Toenail Clipping

Kathleen Helbling continues to cut toenails each month at a cost of \$20. Please make an appointment by contacting the office.

For the month of July the day will change due to vacations. July 20 will be the next day. Please remember a towel and pay the day you come.

Silent Auction

Judy Vincent's Father's Day Auction brought in \$238 in June.

There will not be an auction during the summer. Save your money and Judy has some nice items coming for the fall. Donations are always accepted.

Membership Due

It's July and membership is due. Cost is \$20 each. It's a great bargain for all the opportunities you have to stay healthy, have fun, travel, drink coffee and be with other's.

Knitting Group?

Three people have come forward who would like to be part of this group. We'll start soon and you can join at any time.

. . . on the road again

Free Trip for July is Dale Cannon. He will have his choice of a day trip valued at \$25 which includes the cost of his meal. Congratulations Dale! 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. 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 –The next Travel Committee meeting is Wednesday, July 5, 10:00 am. The Committee will continue to work on trips for fall and see if we want to offer any overnights.

Trips in June were Cracker Barrel, Dogs For The Blind and Bob's Red Mill. They were full and everyone seemed to have a good time. We have been asked for a repeat of Dogs For The Blind but for a graduation and tour. So we will work on that.

Rosse Posse Acres, Inc. – Monday, July 31 – 8:30 am – Cost \$19.00

This trip takes us to Molalla to have a tour of an Elk Ranch. The tour is very informative, educational and entertaining. Brenda, owner, explains how the ranch works and interesting facts about elk, talks about the antler growth, ivory teeth and other facts about elk. They bring the elk up close so you can take great pictures. We start by sitting in the barn and then go out to the pasture to view the elk. The walking trail is paved. There is also a petting zoo that includes fallow deer, wallaby and a Patagonian Cavy. There is also a gift shop where we end the tour. We'll be eating lunch in Woodburn.

Oregon Coast – Thursday, August 3 – 9:00 am – Cost \$14

It wouldn't be a summer without a fun trip to the coast. We will do a little whale watching near Depoe Bay, have lunch in Newport at Flashbacks Fountain Grill, stop at viewpoints along the way, take some time to get sand between your toes and travel the 20 Miracle Miles with breathtaking views. Trip does not cover your lunch. They have a large variety of salads, burgers—salmon, garden or turkey burgers too, sandwiches, shakes, seafood.

Portland Washington Park Zoo – Tuesday, September 19 – Cost: \$15 – 8:30

The Oregon Zoo is hosting its annual free day for seniors age 65 and older. Cost covers transportation and driver's lunch. Seniors can bring in a guest free. Senior Safari features animal talkers, a lunch special and free train and carousel rides.

Uwajimaya Asian Market – Wednesday, August 23 – Cost \$11 – 9:00 am

The Beaverton store brings the same selection of Asian products and commitment to freshness to the greater Portland area. They have a wide selection of Asian groceries, gifts, fresh seafood, meat and produce. They also have a Kinokuniya Bookstore (Japan's largest bookstore chain and Beard Papa's Cream Puffs. Lunch will be in the restaurant connected to the store.

. . . on the road again

Silver Creek Falls/Oregon Gardens – July 20 -- \$23.00 – 9:00 am

We're planning a great day full of the beauty of local Oregon. The day will start by traveling to Silver Creek Falls nestled in the foothills of Oregon's Cascade Mountains, less than an hour east of the Salem with 9,200 acres. We'll take some time to walk around the day use area and give time to walk one of the 10 falls near – 1 ½ to 2 hours, depending on the group. Keep in mind if you want to find a bench and enjoy the beauty of the trees and creek and not walk it will be fine with us. Then it's off to the Oregon Gardens for lunch at the Garden Café where they have soups, sandwiches, wraps, ice cream, specialty coffee drinks, homemade smoothies and breakfast sandwiches. The Café uses herbs and produce from the Garden to create specialty items whenever possible. Following lunch we will stroll through the gardens or take a tram tour for a 25-minute narrated tour of the Garden, stopping at six points throughout the Garden for you to get on or off, to explore on your own. This will save your feet. Each tram has 44 seats so we'll all fit. There is a Gift Shop and we are working on a tour of the Gordon House. The Frank Lloyd Wright Gordon House was designed in 1957 and moved to the Garden in 2002. It is the only Frank Lloyd Wright designed building in Oregon and the only one in the Pacific Northwest that is open to the public. Cost of trip includes transportation, and entrance to the Garden. Lunch is on your own. If you would like to tour the Gordon House it is an additional cost of \$10 that will be on your own.

Hobby Lobby – Friday, September 22 – Cost: \$7.00 – 9:30

We are off to the Heritage Mall to shop at the craft store Hobby Lobby. There are many other stores in the mall so pick the ones you want to shop at. We will have lunch at Red Robin across the parking lot. We will only be going to Albany that day so plan accordingly.

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 stores no later than 3:00 and lunch will be on your own.

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