

# Senior Moments

January 2017

## January Birthdays

Jim Allgood 17  
Janet Barry 09  
Monte Belwood 20  
Babs Carraher 21  
Pat Czarnik 26  
Jacque Ford 27  
Evelyn Gooding 09  
Phyllis Harriman 15  
Susan Laesser 19  
Jackie McCormick 01  
Irene Moore 08  
Gwen Nicholson 30  
Gale Overholser 09  
Yvonne Pettit 31  
Lyman Smith 22  
Lora Szabo 12  
Lynn Thompson 01  
Lela Watson 30  
Sherry Hee 28

The monthly birthday party is for everyone, not just those celebrating another year. Fun begins at 1:00. A special thank you to Brookdale Monmouth for their continued support of our delicious birthday cake.

### **FREE Breakfast**

Central Lion's Club is sponsoring a **FREE Breakfast for all seniors in the community and their families on Sunday, January 1 from 8:30-10:30 am.**

This is an annual event and such a blessing to so many. Load the family up and have a free breakfast.



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

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

## **Open House Set**

Open House is set for Thursday, January 19, 11:00-2:00. There will be a ribbon cutting, refreshments and tours.

The fence has been removed and the trailer will go away in a couple days. That means we have added 8 more parking spaces!!!

The Ribbon Cutting will be held at 12:00 for those who may be working. The Monmouth-Independence Chamber will be helping us to get this done.

The final inspection has not been done but we can start placing things in our storage. This will make our multipurpose room so much larger. We hope all of you will take a few minutes to stop on the 19th and help us celebrate.

## **Contest Starts**

The Boards are holding a contest to name the five rooms—two new ones in the addition, the porch area, the backroom and the main gathering area. This way we can post what class will be held where and it will make it much easier to know where you are going.

A suggestion box is located on the round table in the foyer. All entries will be investigated and the top choices will be voted upon during the open house. Submit your entries before January 15.

We are asking that you please do not use peoples names for your entries. You are welcome to come by and check the rooms out to get ideas for your choices.

## **Potluck-Jan. 13**

Our next potluck is scheduled for Friday, January 13 at noon. Ham will be provided. Please bring a side dish, salad, dessert—your choice and your table service.

Michael Finlay, Program Manager for SMART, will be our guest speaker. Start Making A Reader Today is an opportunity for volunteers to inspire children to read. There is a site in Independence, Dallas and potential new site at WOU in teaching research center.

Potlucks are a great social time to get to know one another, find your way out of the way on a long winter day and even meet new friends. If you need a ride contact the Center at 503-838-5678.

## **Winter Wonderland Postponed**

Due to unforeseen circumstances the Winter Wonderland has been postponed until Thursday, January 5 from 1:00-3:00.

It seems to be working out well to have postponed as more people are com-

ing.

Food and gifts will be provided, please don't bring anything. This is a time to just have fun.

Tickets can still be purchased until December 30

at a cost of \$3.00 each. If you already have a ticket please confirm with us you are still planning on attending so we can keep count for food purposes. How often do we get to stop and celebrate with friends?

**FREE Breakfast Sunday, January 1, here!**

## 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: 503-838-1276

Marion/Polk Food Share: 503-581-3855

Food Stamp Program (SNAP): Register at Northwest Senior and Disability Services in Dallas.

Local Gleaners: 503-838-6462

National Medicare Helpline: 24 hours, 7 Days a week, English and Spanish 1-800-633-4227

Statewide Abuse Reporting: 855-503-7233

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

### Mealsite Changes

We are so excited to learn that Paul Reiter, former owner of the Pink House, has officially taken over the job of coordinator for the Monmouth Mealsite Program.

The mealsite is always looking for more volunteers to work in the kitchen or to deliver meals to homes.

If you are interested in ordering a meal you may call 503-838-2084.

The mealsite is so important to keep good nutrition in your diet. This is vital as we age. Think about ordering a meal and give it a try.

## 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. We can't say enough good things about this class. If you have an iPad, you need to attend. You will have fun and learn at the same time. No charge.

### Card Making with Liz

Liz prepares cards for this class and instructs the students on making them. This month's class will meet January 16 at 10:00. Cost is \$4 and you make 2 cards. Sign up in the office. Bring glue, scissors, ruler and pencil. Please sign up ahead.

### Card Making with Jen

Jen Teal Gasper teaches this class on Monday, January 23 at 4:30 pm. Sign up in the office and cost is still \$4 for 2 cards. Bring glue, scissors, ruler, pencil.

### American Sign Language

—Jen Teal is teaching the sign language class Tuesdays at 10:30 am. Newcomers are welcome to join. New session starts January 10. Handouts are given out each week and it will also stimulate your brain.

### 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 7, 8, and 10

Tim Taylor starts again Jan. 10 and be held Tuesdays and Thursdays at 9:00. Tim is excellent at instructing, knows his way around the computer and willing to help answer your questions.

### Basic Drawing For Fun—January 6

Sonja Ely will be instructing a 4-week class having fun discovering simple ways to draw and express your creativity. Each session is 1 1/2 hours. There is not a fee but you need to bring supplies that include 2 or more #2 pencils, 1 pink pearl eraser, 12 in. ruler and optional 8 x 10 sketch book or drawing paper pad. Sign up now. Class is Fridays at 10:00.

### Looking for a class?

Stop by and talk with Sue. Our space has expanded and we are ready to offer more of what you are interested in.

## 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. To make sure there are enough players each week, contact the office and we will

refer you to the right person to get on that list.

Ponytail Cards: This card game is played on Tuesdays at 1:00.

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

Music Jam: Second Wednesday (Jan. 11) of every month at 6:30pm. Musicians bring their in-

struments 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. Join them and learn a new card game.

Cribbage: Mondays at 10:00 am. Newcomers are always welcome.

### Taxes With AARP

Pete McDowell will be in charge of the AARP Tax Aide again. Things have changed a bit this year and the process will be longer due to new software.

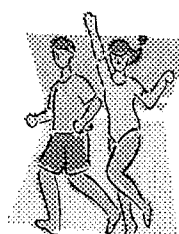
Taxes will be done on Monday, Thursday and some Saturdays. We will only be taking appointments for the month of February until the details are worked out. Call today to make your appt.

### Event Coming

#### Craft Supply Sale

All crafters have an excess of supplies and they keep adding up. We are giving them an opportunity to sale their unwanted items. Tables are \$10. Sale is set for **March 18.**

Start spreading the word to the many, many crafters out there who have supplies they no longer need or want. It is a fun day with visit with other people with the same interest and even find out other ways to sell your crafts. Sign up now!



## 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.

Hiking: Hiking has been postponed until spring. Stay in shape with one of our other exercise programs so you will be ready when the group starts again.

### Line Dancing

Sandy Keen will start the fun dancing class January 11. Class is scheduled for every Wednesday from 10:30-12:00. 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.

### Walk With Ease

An instructor can be available for this class if there is interest. Sign up if you are interested.

### Tai Chi –Moving for Better Balance

NorthWest Senior and Disability Services has scheduled a new 10-week class that will begin on January 9 and held Monday, Wednesday and Friday from 3:00-4:00 pm. Due to a grant, there is not a cost for this class.

\* \* \* \* \*

Research shows that keeping active will help with memory, better movement, less chance of falls, social benefits, depression and so much more. If you have been thinking about getting active this is a good place to get started. Exercise classes are free and fun. Exercise during the winter can be difficult. Make a decision today to come and give it a try.

## More Fun Things To Do at the Center

### Gluten Free Workshop

Barbara DiMattio will hold a round-robin on Wednesday, February 15 at 1:30 pm. She is very knowledgeable about the subject and eats gluten free herself. Please bring your questions and ideas of what you would like out of this workshop. Barbara taught this class at Center 50+ and was well attended. There are many places who could come and talk during these times and bring samples. Sign up ahead with your phone number so we can contact you and remind you of the meeting.

### Movies For January

January 12 — "The Story of Will Rogers — Will Rogers Jr. and Jane Wyman do an outstanding job with this show-biz biography about the "Poet Lariat" who never met a man he didn't like. Starts at 11:30.

January 26 — "The Glenn Miller Story" — James Stewart and June Allyson. Lots of big band music, delightful story and includes other musical giants. Starts at 11:30.

### Beginner Quilt Class February 8

Belva DuBose has instructed quilt classes for years in California and is offering a beginning class making a pillow with a quilt square. It 's a perfect way to start learning to quilt and it will be a small enough project to see if you are truly interested in going further.

This is a 2-week class, 3 hours each, from 10:00 – 1:00. Since this will be over the lunch hour you are welcome to bring a lunch or snack. There is no fee and Belva will be providing the material and pattern.

Participants will need to bring sewing machine, scissor, ruler, 14 " pillow form and gray or cream thread ). If you own a rotary cutter and mat and would like to bring it you are more than welcome but not necessary to purchase one. Please sign up in the office with your name and number.

### Lifestyle Management Class

Judy and David Sundquist will be leading a Lifestyle Management class starting March 8 from 12:00-2:30 pm for six weeks. This course is one of Stanford 's chronic disease self-management workshops that allows participants to find the support they need as well as practical ways to deal with pain, fatigue, and discover better nutrition and exercise choices but setting goals and making step by step plans to improve their health and their life. Start signing up now with name and phone number. Any adults are welcome to participate.

### Women's Breakfast

Women meet at the Senior Center and leave at 8:55 for breakfast at the Valsetz Room at WOU.

The group meets the first Wednesday of each month—next one is scheduled for Jan. 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

### Weight Loss Support Group

Sherry Hee, former weight loss coach for Kaiser Permanente, is facilitating a weight loss support group at the Center Wednesdays at 3:00.. All are welcome and there is no charge. Following the holidays many are thinking about wanting to shed some pounds. Very friendly group and Sherry is a great facilitator.

Monmouth  
Senior Center

We're on the Web!

Monmouth City Web  
Page

[www.ci.monmouth.or.us](http://www.ci.monmouth.or.us)

FACEBOOK

[www.facebook.com/](http://www.facebook.com/)

Monmouth Senior Center

### Medical Equipment

One thing you may not know about the Center is we have medical equipment. We actually don't loan them. You sign a wavier that the items are now yours and it will be up to you if you want to donate them back to the Center or give them to someone else.

Items include walkers, wheelchairs, raised toilet seats, shower and bath chairs, Depends to give away, grabbers, canes, crutches, etc.

We do accept items and if we can't use them, we give them to Northwest Medical Teams up Portland Way.

## Trash or Treasure Sale — February 11

Each year the Center holds a Trash or Treasure Sale that allows individuals to rent tables to sell those unwanted items. Many do not have enough for a garage sale or are concerned about having people at their home, especially if they are alone. Tables are \$10 each and are 6 feet long. Call right away to reserve your tables as they will go quickly after the holidays. If you need to cancel for any reason please let us know as quickly as possible to allow others an opportunity.

We will need volunteers to work in the kitchen as we will be serving lunch, put tables away after the sale, and sell items given to the senior center table. Donations are being accepted for the senior center table after the holidays. We are asking no clothes be donated.

Sale will be held from 10:00 am–4:00 pm.

### 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, Jan. 4 at 5:00 for dinner and 6:30 for games.

Meet at the Center for carpooling.

### Supplies For Local Troops

Pedee Women's Club sends out boxes each month to troops whose names have been given to them by local families. Many items are sent regularly and any kind of food, hand & foot warmers and microwaveable food must be sealed and unopened. No Top Ramen please. Stop by the Center for a full list.

### Silent Auction — January

Items are still piled up in the back closet for silent auctions so Judy Vincent will continue to offer another this month. It will begin by January 13 and end at the potluck February 10. The Christmas auction brought in \$266 and will go towards the expansion needs.

So many wonderful people work very hard around the Center to make a difference. If you would like to be a part of that contact the office at 503-838-5678.

### Photography Starts

January 25th, 1:30 pm. First class will meet to find out levels, how often the group wants to meet, interests, etc. Barbara DiMattio will be the instructor. Sign up with your phone number.

## New Class on Successful Aging — First Class January 18

Meletina Taerbaum, Polk County's Older Adult Initiative will present a once a month class on "Successful Aging In A Changing World." This series will cover topics relating to aging, brain health, substance use and mental health. It will be held the 3rd Wednesday of the month at 9:00 am for 5 months.

Information for these classes were created by Portland State University and will be general knowledge. Each class is 1 1/2 hours. The first class will be held January 18 at 9:00 am. We are asking those wanting to participate to sign up so we can have a count and have enough materials.

### Coffee and Conversation

The third Monday of each month at 10:15 individuals come together and meet one another around coffee and donations, provided by Kelly and Ann Cape. Kelly is an advocate for veteran's and very helpful to help find help with benefits. The next time the group meets is Monday, January 23, 10:30 am. This is a perfect time for newcomers to come and meet some new friends.

## November Advisory Board Report

The Advisory Board met on November 29, 2016. The Advisory Board presented Mark Fancey with an inscribed ceremonial hammer in appreciation for his hard work and efforts in the success of the Senior Center expansion. The inscription reads as follows:

“Thank you for all your efforts toward making the building expansion a success, Monmouth Senior Center, November 2016.”

The hammer is going to be mounted on a plaque so it can be hung on a wall in Mark’s office. In case you didn’t notice, there was a picture of Mark on the front page of the Dec. 7, Itemizer holding the hammer with an accompanying article about him. Next time you see Mark, take time to thank him for the tremendous part he played in making the building expansion happen. Without him and his efforts, especially behind the scenes, it would not have been accomplished!! We are truly grateful.

The PROMOTIONAL Committee announced that there will be a quarterly tea for new members to orient them to the Senior Center and the activities offered here. The first tea will be February 22 at 11:30 am.

Just a reminder, **GRAND OPENING OPEN HOUSE IS JANUARY 19, 2017, 11AM-2PM WITH RIBBON CUTTING AT 12:00.**

Pat Ohlsen, President, Senior Advisory Board

With the expansion of 2,565 sq. ft. we are planning new classes. If you have something you would like to learn contact Sue or someone in the office. We would also like to thank Andy Medcalf Construction for the excellent work they did to make sure the expansion was done well.

### From the Desk of Jim, President, Friends Board

Open House for Senior Center Expansion is scheduled for Thursday, Jan. 19 from 11 am to 2 pm. Local dignitaries and City officials will be on hand, as well as members of local media. Finger food and beverages will be provided.

January will start off with FREE breakfast, courtesy of Central Lions Club, 8:30-10:30 am at Monmouth Senior Center. Donations

will be gladly accepted. Unfortunately, due to inclement weather, we had a sparse turnout for General meeting. We accomplished some of our goals but wanted more participation from the group. The two most critical items needing attention-the floor and new blinds for the windows. Other items mentioned included new shelves, tables and folding chairs; couple solid tables for card players and special hand truck.

If you have any ideas contact Sue, Jim or Esther. We need to start soon on purchasing these items.

We are in urgent need for additional Friends Board members. Please contact Sue or Jim.

Jim Allgood  
Friends Board Pres.

### New Year’s Day Breakfast

Central Lion’s Club will be providing a FREE New Year’s Day Breakfast for all seniors and their families on Sunday, January 1, 2017 from 8:30 am-10:30 pm here at the Monmouth Senior Center. Donations will be accepted and plan on inviting others to come with you.

### Ice Cream Social

January 20 is the next Ice Cream/White Elephant Social. Be sure and bring a wrapped white elephant gift and we’ll have all the goodies for ice cream sundaes. Don’t forget we’ll be playing Bingo!

Some new focus’s for the Center is to hold lectures, using former professors from WOU and others in the community, cooking classes that teach new ways of cooking for those with special diets, and topics that will inform you about your body and ways to improve your health, to name a few. Watch for them in the coming months.

## **. . . on the road again**

**Free Trip** for January goes to Tom Gallagher. He will have his choice of a day trip valued at \$25 which includes the cost of her meal. Congratulations Tom! 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. You will notice there are no new day trips for January. Due to weather we cut back this month but watch in February as we will be setting some up.

**Attention Drivers and Travel Committee Members** –The next Travel Committee meeting is Wednesday, January 4, 10:00 am. We will be discussing the trips for spring.

### **Shopping in Downtown Portland – December 6 – 9:00 a.m. \$15**

We have not issued refunds on this trip as yet. We would like to know if you would still like to take this trip. If not Downtown Portland it could be Washington Square, IKEA, ??? If you were on the list please contact us and let us know what you would want to do. If we don't get response we will issue refunds.

### **McKenzie River Highway west of Eugene, Springfield and Blue River –**

**Date: June 1-June 2, Cost: \$84**

We have secured Harbick's Country Inn for our overnight stay. We will find some great spots along the McKenzie River to see. The Inn is located just 8 miles from Belknap Springs. We will be giving time at the springs to spend some time in the water. Be sure and bring your suit along! There are so many scenic things to see on this trip including waterfalls, covered bridges, mountains, etc. You want to be sure and bring your camera. To make sure those who have signed up are serious we would like payment by the first of April.

### **Crater Lake/Shady Cove –May 8-10, Cost \$231**

Our trip will take us along the Umpqua River (one of the most beautiful in the state). Lunch will be at Steamboat at the Inn. We will spend one day at Crater Lake, having lunch at the lodge and taking a tour of the Rim by an open bus. You haven't seen Crater Lake until you have gone around the entire lake! The cost will include everything except your meals and we are still working on fee for the National Park. Payment needs to be made no later than April 1 as we have a lot of people on the waiting list. If you are on the regular list make sure payment is made by then or we will start taking people on the waiting list. Who knows, we may need to take a second trip! Motel will be in Shady Cove and we'll travel a new road for many of us – Hwy 227. We'll also include a stop at the Natural Bridge where the Rogue River disappears in lava tubes and comes out further down river.

### **Spring Getaway – Yachats on the Beach – March 6-8 – Cost \$176**

This getaway will take us to Yachats, Oregon where we'll be staying at the Adobe Resort. Our rooms are 2 queen beds per room on the first floor with an ocean view and private patio. They have a restaurant at the resort so we will have breakfast and maybe one dinner on the premises. We have allowed some extra mileage to spend one day around Bandon or Florence. We are taking names now. Payment will need to be paid by January 30.