

Senior Moments

December 2016

December Birthdays

Mea Allen 27
Terry Bernard 31
Meg Berndt 12
Sharon Boyd 02
Carol Burns 09
Shirley Bursell 19
Everett Case 09
Margaret Goodwin 16
George Hamar 30
Ruth Hart 21
Jack Hinkle 22
Jerry Hoffman 04
Marjorie Horst 07
Ted Hunt 23
Pat Jaffer 09
Ken Laesser 07
Carol Lewis 05
Gene Lund 25
Cecil Maginn 19
Donna Michaelson 2
Diane Munkers 15
Pat Ohlsen 04
Ron Rose 30
Sandi Rose 03
Paul Sieber 01
Charles Tate 10
Maggie Triplett 01
Beverly Walker 24
Jan Warden 22
Robert Weizbacker 7

Birthday Party is sponsored by Brookdale Monmouth, our local retirement, residential home in town. The party is scheduled for Friday, December 30. We will be celebrating November and December Birthdays. In addition, we will bring in the New Year and Celebrate Christmas. The Party will begin at 12:00 (this is a change).



Open House Set

Our project is coming to an end and we are ready to celebrate with an Open House on Thursday, January 19, 11:00-2:00.

We hope to have the keys by December 6 if everything stays on schedule.

Please bear with us as we decide what will be needed for these areas. We don't want to jump too fast and purchase items and then decide we don't really need them.

Many of you have stopped by with a donation to help with furnishings. This is great as we will need window coverings, shelving, large screen TV, folding chairs, etc. If you would like to make a donation please be specific so we know where the money will go.

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

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

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 by December 20.

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/Meeting

The December potluck will feature "The Maculeles". This group performs with their yukeleas and will lead a Christmas sing-a-long following the meal on December 9. Ham is provided.

There will be a **General Meeting before the potluck at 11:30** to give input on items needed for the expansion. Please attend and give us your input! This is your project and we want your help.

We will start eating following the meeting. There are items that will need to be purchased right away so we need this meeting.

Be sure and submit your entries for naming the 5 rooms. You are welcome to as many entries as you want.

It's Party Time At Monmouth Senior Center

A "Winter Wonderland" celebration is scheduled for Tuesday, December 20, 1:00-3:00 at the senior center. Tickets are on sale now for just \$3.00 and available now in the office. They are limited so don't wait to purchase them.

The celebration will include finger foods, desserts, music, sing-a-long and lots of fun.

Plans are to provide a wrapped white elephant gift

for each person attending. We are still collecting donations for this. If you have some items that would make a great gift bring them by the office. We have some great gifts. Tickets are not limited to members, all are welcome.

Monthly Breakfast is Back!! December 3

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.

Paul will bring a few changes to the program and we will keep you posted as to what they are. If you have a chance, stop by and welcome him.

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.

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 December 12 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 will be teaching Denise Wallace's class scheduled for Monday, December 19 at 4:30 pm. Sign up in the office and cost is still \$4 for 2 cards. Bring glue, scissors, ruler, pencil.

Conversational Spanish

—Carmen Pachuca is taking a break and regrouping. If you are interested please let us know by signing up. Maybe a different day would be the trick!

American Sign Language

—Jen Teal is teaching the sign language class Tuesdays at 10:30 am. Newcomers are welcome to join. There will not be a class the day after Christmas or the day after New Year's Day.

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

Tim Taylor will be off the month of December and start again Jan. 10 and be held Tuesdays and Thursdays at 9:00.

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.

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, Dec. 22 by appt. Cost is \$20.

Music Jam: Second Wednesday (Dec. 14) 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.

Health & Fitness Classes

Yoga:

Hatha Yoga Exercises using a tape by Jon-Kabat-Zinn, Ph.D. The gentle, full body, meditative exercises are for strengthening, stretching, and relaxation. An exercise mat is required for the floor exercises and a chair may be used to help get up and down. The group meets every weekday at 7:30 a.m. at the Center. Class is free and open to all.

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: Linda McBurney and Mary Jane Faulkner do a great job keeping the hiking group moving. Meet at the senior center at 1:00 pm on Thursdays. The group will carpool. If you would like to know the destination or need further information, contact Linda at (503)779-7532 or Mary Jane at (503)838-3540.

Line Dancing

Sandy Keen is taking a break during the month of December. Next class will start January 11 and will be held Wednesdays 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.

Tai Chi –Moving for Better Balance

We are working with North-West Senior and Disability Services to start a new class. It should begin in January and be held Mondays and Wednesdays at 3:00. There is not a fee 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. Most of the exercise classes are free and fun. Exercise during the winter can be difficult. Make a decision today to come and give it a try and feel better and chase those winter blues away.

Taxes With AARP

Pete McDowell will be in charge of the AARP Tax Aide again this year. He is looking for volunteers who are willing to give a day or two each week from February through half of April.

There will be training in January. Contact Pete at 503-930-7636 to volunteer. This is a very rewarding opportunity to help others.

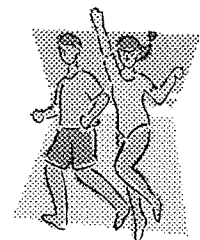
Events Coming

Trash or Treasure

This yearly event gives the community an opportunity to sell unwanted items. This is scheduled for **Saturday, February 11**. Tables are \$10 each and you can start signing up today.

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 sign up now.



Gingerbread Houses

Sharon Kay Woods is back for the third year providing the supplies for a gingerbread house making class on December 21 at 2:00 pm. Cost is \$2.50 and includes the graham crackers, icing and all the fun candies to decorate with. All proceeds from this class go to the scholarship fund. Grandchildren are welcome to attend with their grandparent. Class is limited. Sign up.

Gluten Free Workshop

We are taking names of individuals who would be interested in a Gluten Free Workshop to learn more about eating and cooking gluten free. There would be lots of samples, recipes, sharing and inviting different speakers to come in and talk. A sign up sheet is on the board to know if we have interest.

New Mission Statement

The Mission Statement Committee has been hard at work coming up with a new Mission Statement for Monmouth Senior Center that is shorter and more precise of what really goes on here.

The Monmouth Senior Advisory Board adopted this new mission statement at the October 25, 2016 board meeting.

The new statement reads:

Monmouth Senior Center strives to provide a welcoming and safe refuge that is nondiscriminatory, respectful of others, non-judgmental, with health and welfare, that is inclusive, following the Golden Rule, and building a sense of family and friendship with life long learning.

Garden Club Greens Sale

The Monmouth Garden Club 's Holiday Greens Sale will be on Nov. 30 and Dec. 1 from 10 am to 6 pm and on Dec. 2 from 9 am to 1 pm. It will be held at Central Baptist Church, 655 S. Pacific Ave. Fresh, made on site, door wreaths, table decorations and holiday cups will be available. Custom orders may be placed in advance by calling Margaret at 503-838-3995. Proceeds go to community beautification projects. Low prices with quality.

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 Dec. 7.

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 2:30. All are welcome and there is no charge. The holidays are coming and this could help you from gaining those extra pounds. Very friendly group and Sherry is a great facilitator.



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)

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.

Silent Auctions Start Up Again

We are thrilled to have Judy Vincent back at work providing a big Silent Auction starting up by time the monthly potluck is held in November. She is making a variety of baskets including yard, baking, angel and who knows what else. Plan on stopping by and putting in your bids and see what you will get to take home. Bids will be taken until the end of the day at the December potluck – December 9.

At this time, we have plenty of items that have been donated. Thank you to each one who has graciously given to these auctions. All proceeds will go to the Building Fund. Be sure and thank Judy for her hard work on these auctions.

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, Dec. 17 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. The Women's Club is raffling off a quilt for the Soldier's Fund. A picture of the quilt is on the Board.

Christmas Bingo

Sharon Kay Woods has been working hard to get certificates and items from our local businesses, as well as a few from the outlying areas to give as prizes. There will be refreshments too. Come join us on December 14 at 1:00 pm for Bingo fun. There will also be door prizes. There is no charge for this Bingo so start inviting others.

Photography

We are still taking names of those interested in some photography classes to learn about your camera and how to take good pictures. Barbara has many awards for her photography and wants to share it.

New Class on Successful Aging

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, December 19, 10:30 am. This is a perfect time for newcomers to come and meet some new friends.

October 25th Advisory Board Report

Mark Fancey reported that the building expansion is progressing nicely. A letter of thanks to Mark for all his efforts was read by the board and entered into the minutes. An edited version is included here.

“As we near completion of the long-awaited Senior Center Building Expansion, on behalf of the Senior Advisory Board I would like to take this opportunity to express our thanks and gratitude for your hours of toil and work and all that you have done both visible and behind the scenes. You have been at work from some of its earlier beginnings and now to its completion. This has most likely taken both your work hours and your off-work hours. This process could not have always been easy or convenient for you. In fact, there had to have been snags...we are truly grateful. You reflect the friendship we have with the City of Monmouth and the City Council. Without this relationship, we would not be where we are today, nor would we have the reputation we have as one of the best Senior Centers in five cities.

The promotional committee has new plans for welcoming new members as we are increasing our membership. Which is a good thing.

Write this on your calendars: Our Open House for the building expansion celebration is: January 19, 2017 11 AM-2 PM.

Sue Teal announced that there are some new overnight trips that are being planned and many of the current trips are being filled up faster than before. The trips seem to be popular. So if you plan to do some trips get your name in early and don't wait, especially for the day trips.

Pat Ohlsen, President, Senior Advisory Board

From the Desk of Jim, President, Friends Board

This year has quickly gone by and what a pivotal year for us. Our Building Expansion is nearly completed as the senior center is looking great. Our open house has been set for Thursday, January 19 from 11AM-2PM. Local dignitaries and city officials will be on hand, as well as members of local media. Come celebrate with us—the 12 years of hard work in fundraising

Has come to a reality. Many, many accolades and thanks to City of Monmouth for their financial and moral support.

Christmas time is approaching, as our Travel Committee have planned outstanding Yule time trips. The Grotto Christmas outing, an annual Christmas Keizer lights

(bring some canned goods), Christmas Tea, and shopping in downtown Portland.

Merry Christmas and Happy New Year to you all. Our volunteers are priceless—they make the senior center function. Yes—indeed “Virginia” 2016 was a very good year.

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

December 16 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!

Christmas Project

The Christmas Project that helps out local families is collecting for the Christmas season.

The project will be in the old fire hall on Warren Street. Pam Owens is working with the project and you may contact her for more information or to donate. Workers are always need, as well. Food basket items are also needed.

. . . on the road again

Free Trip for December goes to Dorothy Caldwell. She will have her choice of a day trip valued at \$25 which includes the cost of her meal. Congratulations Dorothy! 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. Most trips will not begin before 9:00 during the fall and winter to allow time to warm up a bit.

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.

IKEA – November 29 – Leave: 9:00 am – Cost \$9.50

We'll be trying to get a second trip on this because so many signed up. Our yearly Christmas shopping trip to IKEA is set and hope many of you will plan on going. Lunch will be at the store where they have a good variety of food and don't forget to bring home those meatballs and berries!

Christmas Tea – December 8 – Cost: \$30 – Leave at 11:00 am

Colleen Wilcox in McMinnville is at it again with her Christmas Tea. Treat yourself to a relaxing afternoon. Delight in a full four courses of a classic tea. Starting with fresh fruits of the season, warm baked scones with clotted cream & toppings. Assorted tea sandwiches, savorys and delicious sweet desserts.

Keizer Christmas Lights – December 19 – Cost: \$5 – Leave at 5:00 pm

The Christmas Lights in Keizer are always a fun way to celebrate the holidays. We will not be stopping for dinner so please plan accordingly. We will stop by dessert, coffee, hot cocoa or ? This will be on the way home and on your own. We have changed this trip to \$5.00 and those who paid \$10 will receive a refund.

Grotto – Christmas Festival of Lights – December 13 – Leave 4:00 p.m.

There was such a good response for this trip we have it all set to go. Due to the high volume of people we will see about scheduling a second trip so watch for the second date in the December newsletter.

Cost is \$23 and includes entrance to the Grotto. Rich Graham will be your driver and he knows the way so no getting lost! We are leaving at 4:00 so we have time to have dinner along the way and allow some time for the traffic to move out. So be sure and plan and this. We should be stopping about 5:00 for dinner. Restaurant will be announced. Please sign up on the waiting list so we will know if a second trip is needed.

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

Our first stop will take us to the OSHU Tram Parking where we will board the Trolley Street Car that will take us to downtown for a day of shopping. You will need to pay for your trip in November so we can get our tickets ordered and not have to be in a long line to purchase them. Please take note for those wanting to do other things beside shop in Portland this is also possible. The Portland Art

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 15.

White Christmas Musical -- \$8.00 – December 1-3 & 7-10

Central High School is putting on the musical, "White Christmas" on the dates listed. Times are 7 pm and on Saturdays it is a matinee at 2:00. If you would like to go we'll have a sign up in the office and we can provide the van. It will probably be a sold out crowd so don't wait to get your tickets. We can help with that too.