

Senior Moments

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

Memory Screening

Alzheimer Association will hold a Memory Screening at Monmouth Senior Center on Monday, January 20 from 9-12.

All appointments are strictly confidential and need to be made through Sue Teal. Appointments are for 20 minutes. This is a positive way to find out if you have something going on besides some everyday forgetfulness. Many people are encouraged to come out and find they are normal.

Conversational Spanish

Class is Mondays at 3:00 pm in the West Wing. Carman is asking if you would attend if the day were changed. Contact Sue and let her know what works.

Potluck—January 10

Babs Carraher will be our featured speaker at this month's potluck on Friday, January 10 at noon.

Due to the many questions Babs has been asked she will be giving a presentation on what goes into making an art doll sculpture. She has been making these sculptures

Scholarships Available

Monmouth Senior Center has scholarships for some of the trips, classes and events held. Each month we will let you know which ones are eligible.

You are not required to be a member to qualify and the scholarship will be up to two thirds of the cost. If you are interested contact Sue in the office to fill out an application. Everything is kept confidential and is there for you to use.

The money was raised through a travel program by Collette Tours that gave 10% to the Center for every trip taken. We hope to continually add to this fund and make it possible for others to attend.

for a number of years and will bring a variety of her creations with her.

Bring a main dish, salad or dessert and your table service. You are encouraged to bring others with you as this is a fun time to socialize with one another and meet new friends.

Lions Provides Free Breakfast January 1

Central Lion's Club is providing a free breakfast to all seniors and their families on January 1 from

8:30-10:30 here at the Senior Center. The breakfast provides some great extras so plan on attending.

January 2014

Inside this issue:

Brain Builders 2

Scholarships 2

Windows 8 3

Chronic Pain 4

Tax Help 5

Sidewalk Repair 6

Travel (colored)

January Birthdays

Bob Pierce 03

Hilda Ayres 12

Lenda Cossey 31

Tim Moynahan 10

Jeanine Peyton 24

Lora Szabo 12

Suzi Quintall 12

Jim Allgood 17

Babs Carraher 21

Pat Czarnik 26

Patty Dutcher 23

Jacque Ford 27

Birthday list continued on page 2. Party is scheduled for January 31 at 1:00 pm.

Alzheimer Support

An Alzheimer Support Group meets at the Monmouth Senior Center the first Monday of each month at 11 am. in the front area.

Jillian Smith, support facilitator, provides family members and loved ones an opportunity to learn from others, receive support for themselves and learn about the many aspects of Alzheimer's disease.

There is no need to sign up ahead. If you have any questions or need further information you may contact Jillian at 503-302-7379.

Great support for those who are taking care of someone.

Scholarships

Scholarships are available for a number of classes and trips beginning this month. Check them out and see if they just might work.

Down Memory Lane—with scholarship class is \$3.50.

Brain Builders—with scholarship class is \$3.50.

Painting Class—with scholarship class is \$10.

Drawing Class—with scholarship class is \$10.

Trip—"Menopause" on January 30—with scholarship trip is \$17.

Check with the office to apply. Limit 2 scholarships per person per year.

Low-Vision Support

The Low-Vision Support Group meets the last Wednesday, January 29 at 12:30 pm in the West Wing.

For January someone will be here to speak about Eye Health so be sure and plan on coming.

A special thank you to Gloria Moles for helping to keep this group organized.

Friends Membership

For those who have not paid their dues for 2013-14 this will be your last newsletter by mail. Contact the office right away to keep your name on the list. Dues are \$15. You can find the newsletter on www.ci.monmouth.or.us.

New Brain Builders Class

Tes Sensibaugh will be starting up a new Brain Builders class that will be held Thursdays at 9:00 am beginning January 9 in the West Wing.

Basics of this class is to keep your brain active and build new neurons. As we get older we are finding we aren't remembering as good as we used to. There is a way to help that.

No need to pre-register. Cost is \$10 and goes towards the WOU Foundation. This 9-week course will train you how to change your routine, to add some easy games and other things, and keep your brain active.

January Birthday List Continues

Phyllis Harriman 15	Emily Kirkham 17
Susan Laesser 19	Frank Murphy 23
Betty Lauderback 30	Gale Overholser 09
Irene Morris Moore 08	Gwen Nicholson 30
Yvonne Pettit 31	Ann Sickles 26
Lyman Smith 22	Clara Spradling 11
Marilyn Stovall 02	Lynn Thompson 01

The Birthday Party starts at 1:00 on Friday, January 31. We play a word game, card bingo and have cake and ice cream. Gift card drawing for those who attend having a birthday that month. Heron Pointe provides cake.

Windows 8 Class

Gary Spillane will be offering a Windows 8 class in February that is sure to help all those frustrated seniors who purchased a new laptop and discovered it wasn't the same as before.

We are asking individuals to please sign up and write any specific questions next to your name. Otherwise it will just be a general class where everyone will start from scratch.

You will need to bring your laptops as there are none at the Center with Windows 8. We'll post the day as soon as we know.

Tablet, iPad, Smartphone

Students from WOU will be here in January to help seniors with all their new electronic devices. We are asking individuals who want to help to sign up and next to your name let us know how you need help. Then we will match a student with each senior and help understand how they work.

If you have an iPad and just getting started and want to join the Monday class, get your name on the list so you have an email account set up, obtain an Apple ID and password and go online and search.

Happy New Year! Don't forget Breakfast!

White House Birthday Cards

Official birthday cards for individuals 80+ years (and anniversary cards 50+ years) signed by the President are available by contacting your local Congressman's office with your request or sent to: WHITE HOUSE GREETING OFFICE, 1600 Pennsylvania Ave., Room 39, Washington, DC 20500-0039 or Fax to (202)395-1232. Include the following

with your request:

U.S. citizenship, advance notice of at least six weeks and include address, how to address greeting and date of birthday or anniversary, name and phone.

The Monmouth Senior Center will be closed on Wednesday, January 1 except for the breakfast.

Check to see if you qualify for a Scholarship.

Tai Chi Class

Winter term for Chemeketa will offer a Tai Chi class on Fridays from 9-10:30 am by Nancy Arner-Hulett at Volunteer Hall, next door to the senior center.

Class will be held January 17, 24, February 7, 14, 21, 18, March 7 and 14. Cost is \$45 for the 8-day class. You need to register through Chemeketa at 503-623-5567.

Down Memory Lane

Sandra Scott will begin a new 4-week class "Down Memory Lane" at 9:30 am. Class is \$10 but for those applying for the scholarship it will be \$3.50.

Dates are Tuesdays, January 7, 21 and February 4 and 18. Class is growing and Sandra does a wonderful job to give ideas for writing your story.

Stretch Exercise

Monday, Wednesday, Friday at 9:00 am is the stretch exercise class. Class is free and very beneficial to the body.

Some participants use small pound weights with some of the exercises and the class warms up by throwing a large ball to each other.

These exercises help with balance, memory, strengthening and get you moving for the day.

No need to sign up ahead. This on going class is open to anyone wanting to feel better.

Chronic Pain

"Living With Chronic Pain" class is scheduled to begin February 5 and be held for six weeks from 1-3:30.

Cost for the course is free thanks to a grant that covers the \$20 fee.

There are many reasons to have pain—arthritis, fibromyalgia, and other chronic conditions. This course will instruct you on what you can do to have a better quality of life. It will include some exercise instruction and an overall way to move better. Book for the course is free. Signup.

Yoga

The group meets every weekday at 7:30 am at the Center for Hatha Yoga Exercise 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 getting up and down. Class is free and open to all.

Food Bank Donations

The Center continues to collect food for the Ella Curran Food Bank each month. Your donations are appreciated.

AARP Defensive Driving Class

The next AARP Defensive Driving Class is scheduled for Saturday, February 22 from 9-4 pm. Lunch time is limited so you are asked to bring your lunch. Pre-registration is required and may be done by calling the Center at 503-838-5678.

Each individual taking the class will receive a discount on their car insurance. Contact your agent to see what this class will do for you.

Every year the rules seem to change and keeping up with all of them is not always easy. This course will teach you the new rules and teach you ways to keep safe when driving. For questions or to register call 503-838-5678 or stop by the office.

Ice Cream Social/White Elephant Bingo

The next Ice Cream Social/White Elephant Bingo, sponsored by Regence, is scheduled for Friday, January 17, 1:00 pm.

Bring a white elephant wrapped gift to play Bingo and we'll have ice cream sundaes.

Hurieh Akbarzadeh from Iran will be here to share with us her story about where she is from and some of the customs in her former country.

No Saturday Breakfast

Since the Central Lions is providing Breakfast this month, there will not be a Community Breakfast on Saturday, Jan. 4.

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Monmouth Senior Community Center

Crafter's Cottage

Many people that come to the senior center don't know about the Crafter's Cottage in the West Wing. It has many, many homemade items for sale. It is a wonderful place to find baby items, jewelry, exceptionally nice pens and pencils crafted from unusual woods, aprons, potato bags, painting, blankets, greeting cards, etc. Stop by and check it out. If you are a crafter and would be interested in selling items check with the front desk. Crafter's keep 75% of the profit.

Music Jam

The monthly Music Jam is scheduled for Wednesday, January 8, 6:30 pm. There is outstanding musicians who share their music and others come to listen and enjoy their talents. Come join them and even bring your instrument if you play one.

Bingo

Bingo is held the second and fourth Wednesday at 10:15 am in the Main Room. Summer Duvall does an excellent job. Prizes are provided so bring yourself and have fun.

Toenail Clipping

Kathleen Helbling is taking appointments for toenail clipping on January 23. It is necessary to make an appointment so contact the Center at 503-838-5678 to schedule one.

Cost is \$20 and you will need to bring your own towel. Call today so she can fit you in.

Silent Auction

Thank you to Judy Vincent for holding our Christmas Silent Auction. We don't have a final count but it did very well.

There will be a break for a couple of months and then you will see another one. Items continue to come in and as long as there are items donated, we will hold them.

*AARP Defensive Driving
Class scheduled for
February 22*

Tax Help Needed

Tax time is upon us and we have offered the AARP Tax help free to anyone needing help.

To be able to offer this service we need at least one more person to come forward and help make this happen. You are not required to be a tax preparer as there will be training online and AARP provides the computers and printer.

Terri Gouedy-Gregory has agreed to help out and we are looking for one more. As of right now, we are looking at Wednesdays and Thursdays from 1-4 for tax preparation.

Contact Sue in the office or call 503-838-5678 for more info.

Card Making Class

Denise Wallace will hold her regular Card Making class on Monday, January 13 at 10:00 am. Cost is \$4 and includes all materials. Please bring your tape gun, glue sticks, scissors and pencil. It is important to sign up ahead so there is enough packets for everyone. Denise does an outstanding job and the class makes beautiful cards.

Cards For The Troops

The Center has been approached by a member that makes cards for US Troops and sends them overseas to see if members would be interested in helping. These are cards they would send to family members as they have no way to purchase them. We would like your feedback

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Intro to Oil Painting

Sahar Fattahi will instruct another 6-week class in oil painting on Wednesdays from 1-3 beginning January 15. Cost is \$30. Contact the office for a supply list.

Exercise Opportunities

The new year is here and many are thinking about wanting to get healthier. We have a number of opportunities to help with that. Yoga is held every weekday morning at 7:30, Stretch Exercise Monday, Wednesday and Friday at 9:00 and Tai Chi on Fridays. We also have a program "Upgrade Your Health" with Misha Peel through Polk County Health. Next month we will be starting "Living With Chronic Pain". So, as you see, there are different ways to get healthier and everything offered is free except Tai Chi.

We hope you will come and try a class or two. It is also a great time to get out of your home during these long winter months. If you have any questions contact Sue in the office at 503-838-5678 or stop by.

Service Learning Trip

Students to Share

Student leader, Taylor McLean and some of the students who went along to Haiti for a service learning project will be here at the potluck to share experiences and tell us about what is happening after such a long time.

There will still be bingo at the birthday party but we'll start the party with hearing from the students. Party is January 31 at 1:00

Pharmacy Assistance

Barbara Richardson works with MedAssist in Polk County and can help anyone needing financial help with medicines. Forms are available in the office and Barbara is located in the local area to help you.

Friends Board Members

Friends of the Monmouth Senior Center have two openings on the Board. The only requirement is to be a member of the Friends and a willingness to help raise funds, be on a committee of your choice and be a support. Contact Sue or Jack Hinkle if you would like to help make a difference.

Looking Ahead in 2014

The Friends Board made some decisions on dates for some of our fundraisers for 2014. They include Trash or Treasure Sale April 12 and Jack Hinkle will provide and cook hot dogs and buns, Victorian Tea April 30 and Soup and Pie March 20. Some of the soup makers have retired this year so if you make soup and would like to step up for the March fundraiser contact Sue, Jack Hinkle or Angie Amos.

Sidewalk Repair Program

The Youth Learn and Construct program may be able to help homeowners who have broken sidewalks, minor home improvement projects like painting, siding, and dry rot repair.

Last year Independence formed a creative partnership to train local youth in construction while making repairs on these items listed above. The program partners with qualified, low-income homeowners who struggle to maintain the exterior of their homes.

Projects may include window repair, exterior scrape, caulk, and paint, minor siding and trim repair, landscaping, cleanup, brush removal, junk removal, board replacement in porches, stairs, or ramps and other necessary exterior home repairs.

To learn more or see if you qualify for the program please contact Michelle Lehr 503-364-6642 Ext. 114 or michelle@salemhabitat.org. United Way funded this program with \$50,000.

...on the road again

Free trip goes to Alice Guffey. Congratulations Alice! This entitles Alice to a free day trip of her choice up to \$25, including her 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.

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

Thursday, January 16, 11:00 am Cost: \$5.25

Due to bad weather this trip was postponed until January. There are several cancellations so if you want to, go check with the office right away. We will be contacting those who are signed up with a menu to get your order ahead. Please let us know if you wanted to go but the trip was full. This is an easy trip to take more than once.

Whale Watching on the Oregon Coast

Friday, January 24, 9:30 am Cost: \$11.50

December and January, a peak time of year to see whales migrating north to have their babies, is a perfect time for a ride to the Oregon Coast. The trip will include lunch in Depoe Bay, a stop at Boiler Bay and the Oregon State Parks Whale Watching Center. Trained volunteers will be available to help enjoy the fun and excitement of spotting whales. We are making arrangements for lunch at Tidal Raves overlooking the ocean. Lunch will be on your own.

Lawrence Gallery in Sheridan

Tuesday, January 21, 10:30 am Cost: \$5.25

The Gallery includes all original, nature based established northwest artists including painting, woodworking sculptures, glass and jewelry. Right now there is a special showing of Dali works that has its home in France. Lunch will follow at Spirit Mt. Casino.

Spring Getaway at the Oregon Coast

March 5-7 Cost: TBA

We are still in the planning stages for this trip. Plans are to stay near Nye Beach in Newport. We are looking into a tour of the Coast Guard, Newport Museum, Cape Foulweather, Hatfield Center and others. We will post the cost and information as soon as plans are completed. Check the board or call the office at 503-838-5678.

...on the road again

“Menopause” – National Tour! January 30 only. Cost \$51

Cost includes ticket, transportation and driver fee. If you have ever seen this play, it is a must to see again. It will be held at the Historic Elsinore Theatre in Salem. We already have reserved the tickets. Deadline to sign up is January 3. The winner of more than 40 Tony Awards this play is a musical and full of hilarious humor about women and the change. Sign up now. This is a Thursday evening and we will not be eating out on this trip. Contact the office to see if you are eligible for a scholarship for this trip. It would make it \$17 if you qualify.

Upgrade Your Health goes to Corvallis

Thursday, January 9, 10:00 am

Misha Peel, Polk County Health Department, will be taking a group to First Alternative Co-op that is all organic and works with local farmers. We will also be stopping for lunch and maybe make a surprise visit to another local favorite. Cost is \$5.00.