

Senior Moments

February 2016

February Birthdays

Sunny Anderson 15th
Robert Baker 26th
Fay Baumgartner 6th
Moellen Berndt—10th
Donna Black 15th
Charles Brazciel 23rd
Dori Brodersen 19th
Cecil Cary 14th
LaVonne Daniels 7th
Sandy Gallagher 4th
Dorothy Garrett 25th
Darrell Gilbert 10th
Oddie Jerome Jr. 27th
Arnold Jeschke 15th
Edith Keszler 8th
Rose Lieuallen 17th
Marilyn McDougall 8th
Alan Miller 28th
Lew Pennock 17th
Mary Rapp 6th
Bonnie Ross 19th
Patsy Tinkham 17th
Dan Unruh 21st
Arlene Walters 22nd
Nan Willis 13th
Brookdale Monmouth, our local retirement home, provides the delicious cake each month. We play card bingo, have some socializing and eat cake and ice cream. Bring someone with you if you would like and join the party. No need to have a birthday—celebrate with the ones who are. Feb. 26, 1:00.



Monmouth Senior Community Center
180 S. Warren St. Monmouth, OR 97361

(503) 838-5678

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

Potluck-Meatloaf New Classes Medical Supplies

Michael VanDyke and James Lyman will be our speakers for the February Potluck. They are rock-hounders who will be sharing some of their finds, how to get started and even take us on local digs if we have individuals interested. It is amazing the beautiful rocks they find or order from other countries. They have so much knowledge to help those who might want to find out a rock isn't just a rock.

Ruth Williams will be making meatloaf. Bring a salad, side dish or dessert and table service. Meal starts at 12:00.

Check out the newsletter for new classes offered next month. We have great volunteers who are knowledgeable about the subjects and willing to help you learn.

Classes include 3 hr. Alzheimer Class, American Sign Language, Brain Builders, Jewelry, Microsoft Windows 8 or 10, Learning Your Way Around the Internet (beginner to advanced), Adult Coloring, Android Tablet (by appt.), Beginner Quilt Making, Lifestyle Management and training for the new Defibrillator that was purchased.

Thanks to the City of Monmouth we are now loaning out medical equipment again. We will be a clearing house for the supplies. You will sign a waiver and the item becomes yours. If you wish to re-donate the item we will gladly take it back. Please understand the item now becomes yours.

Kathy Powers has graciously agreed to see items are clean and in good working order so we know what you pick up will be as good as possible. Spread the word to others so we can start helping those in need.

Collecting For Our Local Troops

Last month Pam Burkhalter spoke at our potluck about ways we can help support our local troops. Pedee Women's Club send individual boxes each month to individuals that

are connected locally so they know they are receiving them. They also would like to send greeting cards so the troops have them available to mail back to family. There is a list on

the collection box at the Center of the supplies they use. Look for the red, white and blue box. We will also provide lists to take with you for your convenience. Collect Sunday comics too.

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 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.**

Cans and Bottles

Marilyn Swearingen has been faithful to turn in our cans and bottles over the years and we would like to thank her for her dedication to the Building Fund.

AARP Tax Aid

Pete McDowell and Esther Naby will be back to file taxes for anyone needing it. Call for an appointment at 503-838-5678. This year we are devoting the back room on Saturdays and Thursdays.

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. She has changed the class in that all classes are considered advanced. Beginners are welcome. No charge.

Card Making with Liz

Denise prepares cards for this class that Liz Honse instructs and they do a great job. This month's class will meet Feb. 8 at 10:00. Cost is \$4 and you make 2 cards. Sign up in the office.

Card Making with Denise

Denise Wallace's class is scheduled for Monday, Feb. 22 at 4:30 pm. Sign up in the office and cost is still \$4 for 2 cards. Bring glue, scissors, ruler, pencil.

Lunch and a Movie

Thursday, "Bucket List", 11:30

Following the meal site lunch, a movie will be shown in the main room at 12:00. We encourage you to order a meal and join the group. Call—503-838-2084 by 11 on Tuesday. You do not need to eat to attend the movie. Movie starts at 12:00.

Brain Builders—Kaylee Wed. 11:30

This is a fun way to exercise your brain with activities. Great way to help prevent dementia and improve your memory. She uses sudokos, word search, word scramble, spot the differences and more.

Learning the Internet — Free

Tim Taylor will be instructing this class Tuesdays from 9:00-10:00 am. Classes include set up an internet connection, different internet browsers, intro to search engines, intro to Wikipedia, and shopping on line. A syllabus for each week is on the board in the office. You are welcome to join one or all.

Microsoft Windows Syllabus—Free

This can include Windows 7, Windows 8 and Windows 10. Class will cover security, installing programs, using common programs, troubleshooting, Windows 10 and computer games. Tim Taylor will also be instructing this class on Thursdays from 9:00-10:00 am.

Tablets—Pat Erkison will help those needing to know more. One on one so call for an appointment at 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. 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, Feb 25 Cost is \$20. Make appt.

Music Jam: Second Wednesday (Feb. 10) 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. All are welcome

Hand & Foot: Mondays at 10:00.

Cribbage: Mondays at 10:00 am.

Tax Aid: Thursdays and Saturdays starting February 4. For all ages.

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 7:30am at the Center. Class is free and open to all.

Stretch Exercise:

Sandy Diehm and Jackie McCormick instruct this Monday, Wednesday, Friday class at 9:00am. Class is free and participants sit on chairs. A therapist recently stated he couldn't do anymore for them because these exercises were perfect!

Hiking:

We are taking a break right now due to the weather. Will start up again in March.

Pain Relief/Posture Improvement

New time with Zach Martin Tuesdays at 3:00 for a half hour starting in January. No fee for this class.

Tap Dancing

Instructor Kaylee teaches beginner class every Wednesday at 10:00 am.

Line Dancing

Sandy Keen has been instructing Line Dancing for 25 years and teaches several places in the valley. We are thrilled to have her at our center. Class is scheduled for Wednesdays

at 1:00. Cost is \$5 per lesson. She will provide step sheets to take home and eventually will send the music home too.

Tai Chi –Moving for Better Balance

At last we have been able to set up a Tai Chi class at the Center on Mondays and Wednesdays from 3-4 beginning January 4th and running through March 23. You can start at any time. Free to all.

Lifestyle Management

Mondays 12:00-2:30, Feb. 22-March 28. Learn from trained leaders with health conditions to manage symptoms and medication. Sign up through the office.

Computer Classes

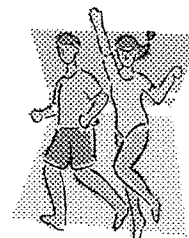
Tim Taylor, major in Computer Science at WOU, is excellent working with older adults when it comes to computers. He definitely knows his stuff and is here to help. No fee.

Calling Tree

If you would like a phone call each morning to make sure you are okay just contact the office and we'll put you on the list.

Silent Auction

Judy Vincent has been doing an outstanding job with the Silent Auction for the last 18 months and she has helped make around \$3,000 for the Building Fund. **She is going to have an auction starting February 16** using the items that were not put in baskets during this time. Stop by and place your bids.



More Fun Things To Do at the Center

Karaoke Held 1st & 3rd Thursdays

Those attending Karaoke are having a BLAST! Sing, dance, sing-a-long, or just enjoy the music. Next dates are February 4 and 18 from 12:00-3:30 pm. We put out a money jar for Cecil—he does such a great job. Join the fun!!!

American Sign Language Class

Sue Ritchie and Shanna Thomas are both very knowledgeable about ASL and willing to teach a 6-week beginner class on Wednesdays, February 10th from 9:00-10:00 through March 16. Come learn some basic ASL signs, the alphabet and basic sentence structure. This class will be a good foundation for further learning. If the class goes well we may be able to continue it. No charge and if you have never tried it you should. It is loads of fun and you learn too.

Advisory Board Report from Pat

The Advisory Board did not meet in December because of the Christmas Holidays so there is no report. We hope everyone had the merriest of Christmases. However, this is a good opportunity to talk about a couple things.

First of all, there are a couple of openings for new members on the Advisory Board. This is your chance to help guide the Senior Cen-

ter over the next few years. With our building expansion on the near horizon, this is an excellent opportunity for your input. We need your ideas. Being a board member is a 2 year commitment to a once-a-month meeting, usually one hour, and any other time you wish to commit after that. There is always something that can be done. If you wish to come visit us to see a meeting, our meetings are always open to visitors.

Secondly, there are many groups that meet during the week and I hear a lot of chatter going on. I can't help but think that there are many ideas floating around about how to improve things, classes that could be held, group activities, etc. These are things that we need to know about. We have a reputation of being one of the best senior centers around. We need your input to keep that reputation up. Please

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 Feb. 3.

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

Monmouth Mealsite

The Monmouth Mealsite has been struggling to stay afloat and we need your help. Menus are available at the Center or on line at www.ci.monmouth.or.us. Plan on ordering your meals two days in advance and try them out. It is a good nutritional meal and can make a difference in your overall health.

Monmouth
Senior Center

We're on the Web!

**Monmouth City Web
Page**

www.ci.monmouth.or.us

FACEBOOK

www.facebook.com/

Monmouth.seniorcenter

Let Sue Teal or any of the office staff know of any of your ideas. Better yet, come to an Advisory Board meeting. We meet on the 4th Tuesday of the month at 1 pm at the Senior Center. Our meetings are always open and we welcome anyone.

See you there.

Pat Ohlsen

President

Senior Advisory Board

Living With Alzheimer's Mid-Stage—March 28

Living With Alzheimer's Mid-Stage, is a comprehensive class about the disease. It is an overview of the Alzheimer's journey, as well as some care giving and communication tips for people who have Alzheimer's, and some information about what to expect in the late-stage. The class takes about 3 hours to teach (including a short break). We can take 20-30 participants. The class is considered an education program and is done free of charge, and professionals are able to receive Continuing Education Credits from attending them. Please sign up so we make sure there is room for everyone.

50th Super Bowl Party — February 7

First-ever Super Bowl Party. This year marks the **50th Super Bowl**. It will be a special time and we plan to celebrate here. We will be watching the game and festivities on a big screen.

The Center will provide a taco bar. In addition, you will also need to bring a favorite snack/finger food. If you want a different beverage other than punch, you may bring your own non-alcoholic drink. This event is open to family and friends of high school age(14) and older. Activities will include a non monetary/gambling pool with prizes. Also pool for best commercial. **Sign up by February 1 to make sure we have enough food.**

Dues Due in June

There are some members paying their dues in January because they think it's our fiscal year. If you paid your dues last year in July you do not pay again until the next July. This helps keep our books straight.

Low Vision Help

Saturday, April 9, 2016, OSHU's Casey Eye Institute is sponsoring the Macular Degeneration and Low Vision Expo at the Doubletree Hotel-Lloyd Center in Portland. This all-day program will feature the latest information on macular degeneration and managing vision loss; sessions to help with activities of daily living; and hands-on exhibits of low vision aids, assistive technologies and community resources.

Just a reminder: the senior center has a machine that will enlarge to help you be able to read your book, newspaper, or even work on crafts, etc. There is not a charge to use it and if you would like to borrow it, that can be arranged. This is a great tool for those with low vision so check it out today. It has a TV screen with it.

Greeting Cards

The Center is collecting greeting cards for local troops. They can be purchased, ones you get in the mail or home made. If you make them homemade please leave blank on the inside and no religious or pop-ups.

From The Desk of Jack — Friends Board

It is early morning on the 22nd. And I have been reading the article on the Center expansion in the Itemizer Observer. Yes, it is true that the two bids that we received were in excess by over \$100,000. This was a shock to all of us. A meeting was held with the powers that be and the decision was made to whack off some of the excesses that could be wacked without taking any of the "hard items". Meetings were to be held with city staff, the designer and the bidders.

When the Itemizer printed the article on the 20th the information gleaned from these meetings was not as yet available. Hopefully, we can work these things out quickly. More to follow.

As you may have noticed, it has been raining a bit lately and does not appear to stop. So don't forget to have your umbrellas serviced to keep them in good repair!

Valentines Day is fast approaching and I plan on taking my better half out to a scrumptious dinner.

See you all on the 6th for breakfast. Ta, Ta for now, Sir Jack of Monmouth

Hymn Sing

Kevin and Candi Hughes will be here again in February for our monthly Hymn sing Thursday, Feb. 18 at 6:30. The Hughes bring their two teenage children and Kevin plays the guitar. It is so much fun singing the old hymns.

Plan on joining us and bringing others with you.

Ice Cream Social

The next Ice Cream Social/White Elephant Bingo is scheduled for Friday, February 19, 1:00 pm.

Bring a wrapped white elephant gift to play Bingo with. Seems we all get items for Christmas we don't need.

Kay Annis will be here with all the ice cream and toppings! Free for all.

Pain Relief Class

At no cost to you, this class is designed to assist those with joint pain. The class will teach basic flexibility and strengthening exercises to improve their pain and overall quality of life. The class is taught standing, chair-assisted or sitting, Tuesdays, 3:00. Zack Martin, senior at WOU, is studying Exercise Science.

Jewelry Class

We have planned Wednesday, Feb. 10 and 17 at 1:00 for those who would like to help put our 1,000's of beads to good use to make money for the Center. You are welcome to bring your own and work on a project.

Next month we are having a special class to learn a new way to wrap beads and rocks.

More Regular Classes (continued from page 2)

Conversational Spanish

Mondays 3:00 pm No fee
All levels welcomed. Carmen Pachuca encourages new people to join the group.

Creative Writing

Fridays 10:00 am Jane West facilitates this class where writers are beginners to advanced. No fee

Beginning Watercolor

Carmel Mulcahy is back for Tuesday Painting class at 11:30 am starting. There is no fee and individuals will need to provide their own supplies. The list is located in the office. Please sign up ahead. It's a fun class and relaxed. Everyone loves it, so give it a try.

Adult Coloring

Did you get an adult coloring book for Christmas? Would you like to get together with others who love coloring? It is a great stress reducer.

Sr. Center—Wed., Feb. 24, 1

Mon. Library—Thurs. Feb. 4

6:00 pm

Women's Night Out

Saturday, Feb. 20

Dinner-meet at 5:00

Games-meet at 6:30

Breakfast

Wednesday, Feb. 3

Lifestyle Management

Put joy back into your life with this workshop so you can take charge of your life again. Living with extra weight, diabetes, high blood pressure, depression, heart disease, chronic pain, anxiety, or fibromyalgia? Get the support you need.

Set for Mondays Feb. 22-March 28, 12-2:30. No cost. Brochures in the office. Sign up.

AARP Defensive Driving

The next AARP Defensive Driving Class is scheduled at Monmouth Senior Center on Saturday, February 20, 9-4.

Registration is required and state law says insurance companies have to give you at least a 5% discount. Call 503-838-5678 to register.

Quilt Class To Be Held in February

Arlene Kovash, from Pedee, will offer a demo on quilting supplies, fabric (including choosing colors), and quilting techniques. You'll receive a handout of a block they can go home and try and come back the next week where they show what they've done, learn a little more, then get another

handout on another block.

This can be changed for participants if they want to actually do the sewing here and make a full quilt.

We are interested in what you want as a beginner. Class is Fridays, Feb. 19 and 26 from 1-4 pm.

. . . on the road again

Free Trip for January goes to Cecil Magnin. Cecil will have his choice of a day trip valued at \$25 which includes the cost of his meal. Congratulations Cecil. 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.

Drivers needed -- due to circumstances we are low in numbers for drivers, therefore we are putting out a request for volunteers to help drive. You need to be approved by the City of Monmouth and all expenses are covered. If you are interested please contact Sue in the office for more information. Best part is you don't have to acquire a CDL.

Planetarium-\$10 plus dinner at Olive Garden – Friday, 4:00 pm

We are trying something new this month. Dallas Senior Center has invited our group to join them on a trip to Chemeketa Community College Planetarium on Friday evening, February 26, 4:00 pm. The Dallas bus (easier to board) will pick our group up between 4:00 and 4:15 so please be here by 4:00. Cost is \$10 (\$5 for bus and \$5 for planetarium) plus your meal. Dinner will be at the Olive Garden. You will need to sign up right away and pay the \$5 for the bus. The other \$5 will be paid when you enter the planetarium. Meal is on your own. Cecil (Karaoke) will be driving.

Skyline Fiber Mill (Salem)-Wednesday, Feb. 17-\$4.00 plus your lunch

We have a tour set up at a fiber mill located on 8 acres that sits 1,000 feet overlooking Mid-Willamette Valley. The family has had the mill since 2002. It is a sheep to shawl farm and the tour will include how they take the wool and scoured, dye, card, spin and make into yarn. They also have a store to shop in. Lunch will be Mangaire Restaurant (Italian) in Independence on Main Street. Several of our group age there recently and yum!!! They have a lunch menu that runs around \$7.50. Pat Czarnik will be driving this trip.

A Trip to Remember – 4 nights/5 days, June 15-19 (cost to be announced in Feb.)

The first day will take us on the old Columbia Gorge scenic Hwy, stop at Bette's for lunch in Hood River, Columbia Gorge Discovery Center in The Dalles and then head north for Yakima where we will be staying for the night. The second day we will travel to Lake Chelan by way of Leavenworth and Cashmere, stopping at several places along the way, staying in Chelan that night. Day three we'll get up early and board the Lady on the Lake boat for a trip up the lake to Stehekin where we will take a bus tour of Rainbow Falls and back on the boat for the trip back to Chelan. After arriving back we will take a break and then head to Grand Coulee to see the Laser Light Show at Grand Coulee Dam. We stay all night here and day four we head over to Fife (by Tacoma) for the night. We are still working out details for this area before heading home on day 5. According to the therapist, Sue will be ready to drive this trip and her husband will accompany her if she needs a break. We will start taking names now and the trip will be limited to 10. If you are interested get your name on the list starting February 1, first come. You will not be obligated if you find out the expense is more than you can afford but will hold your place until you find out.

...on the road again

Overnights through Oregon West Excursions

Absolutely Ashland... -- March 24-26, 2016

Cost: \$678 Per Person, double, \$794 single

We invite you to experience Ashland...the colors of the seasons, the taste of the cuisine, the comfort and personal feel of the town. Nestled at the convergence of the Cascade and Siskiyou Mountain ranges, Ashland offers year round cultural, culinary and outdoor opportunities for everyone.

The Queen Mary & Catalina Island – May 23-May 27, 2016

Cost: \$1,738 per person double, \$2,161 Single

Catalina Island lies in the Pacific Ocean, 22 miles west of Los Angeles. The island combines natural beauty with a wide range of amenities and activities. With over fifty miles of shoreline, secluded coves, and dramatic views, this destination has earned a reputation as “the island of romance”.

NE Oregon & Beyond – June 19-25, 2016

Cost: \$1,596 per person double, \$1,921 Single

Breathtaking beauty and diversity...An area steeped in history stretching from the foot of the Blue Mountains to the heights of the Wallowa’s to the feet of “The Guardian of the Valley”.

Treasurers of the Northwest—Hurricane Ridge & The San Juan Islands

July 24-29, 2016 Costs: \$2,128 per person double, \$2,498 per person single

It’s time to breathe the fresh, mile-high air on Hurricane Ridge, just south of Port Angeles, in the Olympic National Park. You’ll feel you’re on top of the world, and you actually are! The ruggedly carved mountain range contrasts with the soft fields of wild flowers in the subalpine meadows below. Cruise the pristine waters and narrow passageways aboard the Viking Star. View Orca whales, and other wildlife, on a 3 day cruise you’ll never forget!

Sedona & Moab—April 5th-10th, 2016

Cost: \$2,078 per person double, \$2,498 single

Welcome to Sedona Arizona, called the “Red Rock Country”. This picturesque city is surrounded by red-rock monoliths named Coffeepot, Cathedral and Thunder Mountain. Escape the chaos of life, kick back and relax in Sedona. Be sure and check out the flyer located on the board near the kitchen.

Washington, D.C.—April 21-April 27, 2016

Cost: \$3,188 per person double, \$4,018 single

A powerful place! Washington DC grew up along the banks of the Potomac River, in a central location chosen by George Washington, to satisfy Northern and Southern interests. Round trip motor coach transportation to/from PDX, personal services from your Oregon West Tour Director, roundtrip air to/from Washington DC, 6 nights lodging, 6 breakfasts, 1 lunch, 5 dinners, all attractions and all gratuities.

Contact the office if you are interested in any of these trips. Be sure and let OregonWest Excursions that you are from the Monmouth Senior Center when booking as the Center receives a percentage of the trip.