

LEBANON SENIOR CENTER

Focused on those 50 years and older, and those with disabilities, in the community of Lebanon

APRIL 2019 — Open Monday-Friday, 8:00 am to 4:00 pm

Mind Matters: Managing Expectations

Thursday, April 11th 9:00-10:30am

Helen Beaman, Older Adult Behavioral Health Specialist/Mental Health Services Coordinator for Linn and Benton County, delves into how our expectations affect our emotions and overall wellbeing, how to detect symptoms of needing a life change, and how to change the ways you think and perceive so you can manage expectations in a more reasonable and healthy manner.

Please sign up in the office or by calling 541-258-4919. Snacks provided. **Attend six Mind Matters sessions during the year and be entered in a drawing for prizes!**

Garden Club: Garden Tool Care

Friday, April 5th, 10:00-11:00am

Larry Steele, Linn County Master Gardener, will be demonstrating how to sharpen and care for garden tools to ensure they are helpers in the garden instead of hindrances. Everyone welcome!

Open Raised Bed Plots—If you are interested in using one of the raised bed garden plots at the Senior Center, please join us at our Garden Club meeting to speak with Rebecca. We only have a few, so first come first dibs.

Bingocize!



Thursdays 2:00-3:00pm

Students from the local medical school are hosting this new program at the Senior Center. It combines the fun and competitiveness of BINGO with an opportunity to move, turning exercise into play. Come check it out and maybe win a prize!

Community Connections: Hearing Loss Support Group of Linn & Benton County

Thursday, April 18th 1:00-2:00pm

John Hood Fysh will present at what this group offers to our community, share some resources, and looking to identify any interest in restarting a support group meeting here. If you have interest in hearing health and want to have a support group offered in Lebanon, join us.

Lebanon Biz Expo

April 9th, 10:00am-6:00pm
at The River Center



Businesses and organizations from around Lebanon will be under one roof. There will be a raffle for giveaways! **Stop by and see us while you're there!**



International Bites: Hungary

Monday, April 29th 2:30-3:30pm

We continue to travel the world of flavor as we explore dishes from Hungary. Rebecca will demonstrate cooking Chicken Paprikash. **Please sign up** at the Senior Center office or by calling 541-258-4919, if you would like to attend. We welcome suggestions for cuisine we could explore or maybe you might like to share a dish from your ethnic background (talk to Rebecca if you would).

Pardon our Dust & Fumes

Monday, April 15th through Friday, April 26th our office area will be receiving some updates. Our building will remain open and programs continue throughout construction. **For your safety, please give workers their space and be respectful of any space closures.** Your patience is greatly appreciated!

If you have concerns about health issues that could be aggravated by dust or paint odor, please give our office a call prior to visiting, 541-258-4919. Only a handful of days will be effected.



**POTLUCK:
Brunch for Lunch
Thursday, April 18th
at Noon**

Join us for our monthly potluck! A little breakfast, a little lunch...we are having BRUNCH! Prepare your favorite dish to share or swing by the store and pick something up. If you don't want to mess with bringing a dish, drop a donation by the office and we'll pick up extra. We will have a homemade Spring hat/bonnet contest with prizes at potluck!

Our gratitude to The Oaks, Brookdale and Willamette Manor for co-sponsoring this event.

Crafternoon: DIY Spring Bonnet/Hat

Tuesday, April 16th, 2:00-3:30pm

Tammy will be sharing how to make a themed hat. Learn how to turn a paper plate and bowl, a brown paper sack, cardboard, or newspaper into a base for a fun hat. Bring items to decorate your hat (rumor has someone might be doing a coffee theme and someone else baseball!). Try your hand at traditional fake flowers or let your personal interests shine. Be part of the hat contest at potluck this month!

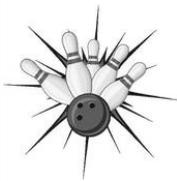


Sign-up is required, 541-258-4919.

Wii Bowling Tournament

Wednesday, April 10th 11:30am - 3:30pm

New bowlers always welcome! We can help you get on a team (teams of four). Mennonite Village has challenged us once again. This tournament will be at the Lebanon Senior Center. Lunch provided for participants.



It is Volunteer Appreciation Month, so please thank our volunteers for making it possible to have all the programs we do!



Internet 101

**Tuesday, April 9th
2:00-3:00pm**

Ryan Matteson will be sharing the best practices for a fun and safe experience while using the internet on any device. Topics will include how to use and the differences between search engines, how to know if a site is secure, how to protect your identity, and more useful tips and information. Free. **Please sign up in the office, 541-258-4919.**



“Guide to Birding in North America” Series

Mondays March 4th through May 20th 1:00-2:00pm

ALL PRESENTATIONS ARE ON VIDEO

The hobby of bird watching may not be new to you, but join us as we learn from National Geographic to better understand the world from the bird's eye view.

By attending at least six of the sessions, you will have a chance to sign up for an outing to test your new skills and knowledge.

Sessions in April will cover variations in plumage, birding by ear, migration, raptors, and water birds.



Celebrate May Day

**Wednesday, May 1st
1:00-2:30pm**



You are invited to take part in our celebration of Spring! After a cold winter, celebrating blooming flowers and warmer weather is worth doing. Dancing, flower craft, music...come check out what the Spring sprites might be stirring up.

If weather permits we will take our celebration outside. If not, we will honor nature from inside the auditorium.

Linn County Extension Service
Family & Community Education Presentation
“Go Green for Spring”

Thursday, April 25th 10:00am-12:00pm

Kale, swiss chard, collards, spinach, bok choy and more! Greens liven up the plate and provide great nutrients for our mind and body. Join Master Food Preserver volunteers Eileen and Vicki to learn some tasty ways to incorporate these into your diet.

Sign up by calling 541-967-3871.



ICE CREAM BIRTHDAY SOCIAL Wednesday, April 3rd, at 12:20 pm

Come join us the 1st Wednesday of the month to celebrate birthdays!

Starts right after the noon meal.

Chair Music & Movement

Mondays, 11:00am-12:00pm

Chair dance doesn't quite describe this fun group. You can work up a sweat in this seated class! **It's FREE!** No matter your fitness level, this is a fun and friendly way to get moving. **If you prefer, you can exercise standing.** Various types of music and dance styles explored through the use of assorted videos.

Tai Chi

Tuesdays, 11:00am-11:45am

Video based, low-impact exercise program great for improving balance & flexibility. Standing and seated portions allow you to exercise at your level.

Chair Chi

Thursdays, 11:00am-11:40am

Rebecca teaches from the seated position or you may choose to stand. The movements are fun to follow and helps with balance and flexibility.

Step-Up (Indoor Walking)

Fridays, 10:00-10:30am

Looking for an exercise class to help get the cardio pumping? Come give this video based, indoor walking program a shot. This can be done seated or standing. Simple movements and out of the weather...what other excuses can we eliminate?

Qi Gong with Beverly

Fridays 11:45am-12:45pm

Come try a **free** Qi Gong class! Qi Gong is the practice of our physical movements, breathing, and use of intentional mind (meditation) which increases the amount of Qi (energy) we receive. The class lasts anywhere from 50 minutes to an hour.



Intro to Drawing Class

**Friday, April 5th and 19th
11:00-11:45am**

This free art class is offered bi-monthly. Bring a sketch pad and number 2 pencil with you to class. *Rebecca is filling in for Pat on the 5th.* Please sign up in the office or call 541-258-4919. Maximum of 12 participants.

Color Wonders

Friday, April 19th 11:00-11:45am

Use our supplies or bring your own for a time of de-stressing. We will be sharing space with the drawing class.

SOGO ADVENTURES

Join our Seniors on the Go (SoGo) group for \$20 for one year. Participate in our fun, weekly activities. Call 541-258-4919 for more information or come by the office to join.

APRIL

~ Wed. **April 3rd**, 10-11:30am Parachute games or walk (weather dictates)

~ Wed. **April 10th**, 10-11:30am Wii Games

~ Wed. **April 17th**, 10-11:00am FoosHockey

~ Wed. **April 24th** 10-11:30am Wiffle Ball

BUNCO!



Monday, April 22nd from 2:00-4:00pm



Feeling lucky? This easy to learn dice game is a fun way to spend an afternoon. Bring \$2 to play, which goes to prize pots.

Engage Your Brain

**Friday, April 26th
11:00-11:50am**



Rebecca will lead you through some different brain boosting exercises and share a video about boosting brain function. It is easier than you think to keep an alert mind!

Living Consciously

Fridays 1:00 – 3:30 pm

Your thoughts, feelings and actions contribute to your health and sense of well-being. Our discussion focuses on practical ways to increase your positive energy, mindfulness and to live with an open heart.

Questions should be directed to Virginia Cloyd, facilitator, at 541-570-8587.



Need a ride?

Call Dial-A-Bus at 541-258-4920.

Service provided within Lebanon city limits.

On-going Classes/Groups

Book Lovers

Love books? Join us on **Thursday, April 25th at 1:00pm** as we celebrate national Poetry Month! This month's discussion will be highlighting this very diverse genre of writing. Whether you love haiku, prose, or lyric...bring your favorite poem, book of poetry, or poet to share. Of course, you are welcome to bring a book or two of any genre that you would like to tell others about.

Secret Pals

We will be gathering **Friday, April 12th, from 10:00-11:30am**. This month's theme is a mug exchange. Feel free to put something in the mug (new or gently used). Dottie and Linda M. are bringing snacks.

Card Making

Most supplies are provided by the instructor at no charge. Come make several beautiful cards **Monday, April 8th 12:30-3:30pm!** Call the Center for the few things you need to bring & sign up by Friday before, 541-258-4919.

Dulcimer

Mondays & Fridays 9:00am for beginners/10:00am for advanced. A love of music is the only requirement. Come learn to play. Other instruments are welcome to join in and play along too!

Knit & Crochet Group

Tuesdays, 9:00-11:00am. Bring your own project to work on while chatting with a group of talented crafters. You are welcome to come meet us!

Craft Groups

Wednesdays 9:00am-12:00pm **Wood Carving**

Thursdays 1:00-4:00pm **Painting Enthusiasts** - Bring your supplies and fellowship while painting.

Open Wii Play-Bowling & more

By popular demand, we have the Wii and TV hooked up in the library, ongoing. Come check it out!

Game Room

Pool, Snooker, Shuffleboard, & Magnetic Darts
Monday-Friday 8am to 4pm, 25¢ per game



Games-- Open to everyone!

Cribbage — Monday 1:00-4:00pm

Pinochle — Wednesday 1:00-4:00pm

Bingo — Wednesday 1:00-3:00pm 25 cents a card

RumiKub — Often a group playing after lunch

Ping Pong — Ask at the front desk.

Tech Time—Free Help

Monthly appointments for **Apple** products (iphone, ipad, Macbook, etc), and other tech devices are scheduled once a month. If you have questions, we will try to help. Call 541-258-4919 to schedule.



It's Movie Time ON Our Big Screen!!

Free popcorn! Beverages are 50 cents!

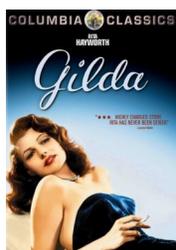


Friday, April 5th, 1:00pm:

Green Book

2018 PG-13 2hr. 10mins.

When Tony Lip, a bouncer from an Italian-American neighborhood in the Bronx, is hired to drive Dr. Don Shirley, a world-class Black pianist, on a concert tour from Manhattan to the Deep South, they must rely on "The Green Book" to guide them to the few establishments that were then safe for African-Americans. Confronted with racism, danger as well as unexpected humanity and humor—they are forced to set aside differences to survive and thrive on the journey of a lifetime.



Friday, April 12th, 1:00pm:

Gilda

1946 NR 1hr. 50 mins.

Curvy bombshell Rita Hayworth "Puts the Blame on Mame" in this South American thriller that became her biggest hit and forever linked the stunning actress to the specter of her most popular character. Hayworth, Glenn Ford and George Macready comprise the three sides of a steamy love triangle that threatens to destroy Macready's thriving casino and wreck all of their lives.



Friday, April 19th 1:00pm:

Aquaman

2018 PG-13 2 hr. 23 mins.

An action-packed adventure that spans the vast, visually breathtaking underwater world of the seven seas, "Aquaman" reveals the origin story of half-human, half-Atlantean Arthur Curry and takes him on the journey of his lifetime—one that will not only force him to face who he really is, but to discover if he is worthy of who he was born to be...a king.



Friday, April 26th 1:00pm:

The Stray

2017 PG 1 hr. 28 mins.

The Davis clan is on the verge of falling apart: Dad Mitch is a workaholic, leaving mom Michelle to bring up three kids largely by herself. But everything changes when a heroic stray dog adopts the family.



April 2019



Walking Group
Monday, Wednesday,
Friday, 9:00-10:00am
 Lebanon High School Track
 or River Center

Meals on Wheels
Dine-In Lunch Program
Monday-Friday, 11:45am
 60 yrs. +
 Suggested \$3.50 donation
 Order 4 days in advance for
 a choice
 Call 541-451-1139 for more
 information

Friends of the
Library
 Book Sale
 Saturday, April 27th
 9:00am-2:00pm

LBCC Courses at SC
Contact LBCC
*for availability & fees for
 the following courses*
at 541-259-5801
 Spring term began April 1st

Bones & Balance
 Mon/Wed/Fri 8am
 T/TH 5:15pm

Tai Chi
 Mon/Wed 10am & 11am

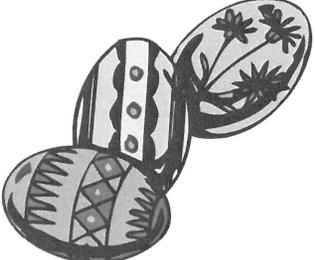
Line Dancing
 Tuesdays 1:30pm

AARP Safe Driving
 May 2nd 9:00am-3:30-pm

Mon	Tue	Wed	Thu	Fri
1 9-10:50 Dulcimers 11-12 Chair Music & Movement 1-2 L&L: Birding 1-4 Cribbage	2 9-11 Knit/Crochet 10-11 Tuesday Topics 11-11:45 Tai Chi 12-1:30 Volunteer Meeting 1:30-3 Caregiver Support Group	3 9-12 Wood Carving 10-11:30 SoGo 12:20 Bday Ice Cream Social 1-3 Bingo 1-4 Pinochle 6-7 Cancer Support Nutrition Class	4 11-11:45 Chair Chi 1-4 Painters 2-3 Bingocize	5 9-10:50 Dulcimers 10-10:30 Step-Up/Walking 10-11 Garden Tool Care 11-11:45 Drawing 11:45-12:45 Qi Gong 1-4 Living Consciously 1 Movie: Green Book
8 9-10:50 Dulcimers 11-12 Chair Music & Movement 12:30-3:30 Card Crafters 1-2 L&L: Birding 1-4 Cribbage	9 9-11 Knit/Crochet 10-6 Biz Expo at River Center 11-11:45 Tai Chi 2-3 Internet 101	10 9-12 Wood Carving 10-11:30 SoGo 11:30-3 Wii Bowling Tournament 1-3 Bingo 1-4 Pinochle	11 9-10:30 Mind Matters Managing Expectations 11-11:45 Chair Chi 1-4 Painters 2-3 Bingocize	12 9-10:50 Dulcimers 10-10:30 Step-Up/Walking 10-11:30 Secret Pals 11:45-12:45 Qi Gong 1-4 Living Consciously 1 Movie: Gilda
15 9-10:50 Dulcimers 10-11 Vol. App. 11-12 Chair Music & Movement 1-2 L&L: Birding 1-4 Cribbage	16 9-11 Knit/Crochet 11-11:45 Tai chi 1:30-3 Caregiver Support Group 2-3:30 Crafternoon- DIY Bonnet/Hat	17 9-12 Wood Carving 10-11 SoGo 1-3 Bingo 1-4 Pinochle	18 11-11:45 Chair Chi 12 Potluck: Brunch 1-4 Painters 1-2 Connections- Hearing Support 2-3 Bingocize 4-5:30 Parkinson's Support Group	19 9-10:50 Dulcimers 10-11 Step-Up 11-11:45 Drawing/Color Wonders 11:45-12:45 Qi Gong 1-4 Living Consciously 1:00 Movie: Aquaman
22 9-10:50 Dulcimers 11-12 Chair Music & Movement 1-2 L&L: Birding 1-4 Cribbage 2-4 Bunco	23 8:30-5 Casino Trip 9-11 Knit/Crochet 11-11:45 Tai Chi	24 9-12 Wood Carving 10-11:30 SoGo 1-3 Bingo 1-4 Pinochle 2-4 Tech Time	25 10-12 Ext. Services "Go Green for Spring" 11-11:40 Chair Chi 1-2:30 Book Club-Poetry 1-4 Painters 2-3 Bingocize	26 9-10:50 Dulcimers 10-11 Step-Up 11-11:45 Brain Fitness 11:45-12:45 Qi Gong 1-4 Living Consciously 1 Movie: The Stray
29 9-10:50 Dulcimers 11-12 Chair Music & Movement 1-2 L&L: Birding 1-4 Cribbage 2:30-3:30 Int'l Bites-Hungary	30 9-11 Knit/Crochet 11-11:45 Tai chi	Special Event: Saturday, April 20th 2-4 OSU Pharmacy Students Cyber Senior Outreach		

Coming in May....

- ◆ May Day 5/1
- ◆ Mind Matters 5/2
- ◆ Garden Sale Hop 5/3
- ◆ Senior Safety, Saturday 5/11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Chicken & Penne Pasta or Teriyaki Pork w/Brn Rice</u> Herbed Carrots Pickled Beets Whole Wheat Roll Pineapple <p style="text-align: right;">1</p>	<u>Beef Spanish Rice Bake or King Ranch Chicken Bake</u> Green Beans Spinach Romaine Salad Multigrain Roll Seasonal Fresh Fruit <p style="text-align: right;">2</p>	<u>Hearty Chicken Stew or Macaroni & Cheese</u> Capri Blend Vegetables Apple Cranberry Coleslaw Whole Wheat Roll Lemon Bar <p style="text-align: right;">3</p>	<u>Asian Chicken Mini Salad or Ham/Cheese Mini Salad</u> over Spinach Romaine Corn Chowder Whole Wheat Roll Peaches <p style="text-align: right;">4</p>	<u>Chicken Pastina or Southwest Omelet Bake</u> Mixed Vegetables Romaine Iceberg Salad Multigrain Roll Butterscotch Bar <p style="text-align: right;">5</p>
<u>Lemon Herb Chicken or Beef Country Fried Steak w/Country Gravy</u> Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Orange <p style="text-align: right;">8</p>	<u>Shaved Trky Half Sndwch or Meatloaf Sandwich Half</u> on Wheat Bread Lettuce / Dijonnaise Sauce Six Bean Soup Broccoli Raisin Salad Pineapple <p style="text-align: right;">9</p>	<u>Chkn Chop Suey/Brn Rice or Pasta Primavera</u> Chuckwagon Corn Tossed Salad Sunflower Seed Roll Ice Cream Cup <p style="text-align: right;">10</p>	<u>Beef Sloppy Joe or Kielbasa Sausage w/Skraut</u> On a Bun Yellow Mustard Baked Beans Creamy Coleslaw Hermit Bar <p style="text-align: right;">11</p>	<u>Garden Chkn Mini Salad or Chickpea Salad</u> Over Spinach Romaine Popeye Potato Soup Rye Bran Roll Spiced Peaches <p style="text-align: right;">12</p>
<u>Chicken Chile Relleno Bake or Beef & Cabbage Bake</u> California Blend Vegetables Garden Vegetable Salad White Dinner Roll Vanilla Pudding <p style="text-align: right;">15</p>	<u>Chicken w/Scallopini Sauce or Meatloaf w/Creole Sauce</u> Delmonico Potatoes Carrots Oatmeal Bread Bread Pudding w/Raisins <p style="text-align: right;">16</p>	<u>Tuna Salad Half Sandwich or Chkn Salad Half Sndwch</u> on Wheat Bread Chicken Noodle Soup Marinated Broccoli Salad Golden Fruit Cup <p style="text-align: right;">17</p>	<p style="text-align: center;"><u>Easter Special</u></p> <u>Chicken/Paprika Cream Sc or Roast Pork w/Gravy</u> Red Potatoes Normandy Blend Vegetables Herb Bread Chocolate Chip Bar <p style="text-align: right;">18</p>	<p style="text-align: center;"><u>Easter Special</u></p> <u>Roasted Turkey w/Gravy or Breaded Fish w/Tartar Sc</u> Sr Cream & Chive Potatoes Green Peas & Onions Wheat Bread Poke'n Pour Cake <p style="text-align: right;">19</p>
<u>Chicken Divan w/Brn Rice or Spaghetti w/Meat Sauce</u> Green Beans Spinach Romaine Salad Squash Roll Peach Crisp <p style="text-align: right;">22</p>	<p style="text-align: center;"><u>Brunch Lunch</u></p> <u>Cheese Omelet w/Spanish Sc or Pork Sausage Gravy</u> Scandinavian Blend Vegt Garden Vegt Salad Biscuit Caramel Apple Pudding <p style="text-align: right;">23</p>	<u>Golden Turkey Mini Salad or Chicken Curry Salad</u> Over Spinach Romaine Lentil Soup Whole Wheat Roll Pears <p style="text-align: right;">24</p>	<u>Beef Stew or Vegetable Spinach Lasagna</u> Glazed Carrots Romaine Iceberg Salad French Roll Snickerdoodle Bar <p style="text-align: right;">25</p>	<u>Herbed Chkn Patty w/Gvy or Hmstyle Pork Patty/Gvy</u> Whipped Potatoes Broccoli Seven Grain Bread Zucchini Brownie <p style="text-align: right;">26</p>
<u>Baked Beef Rigatoni or Scalloped Potatoes/Tky Ham</u> Green Beans Creamy Coleslaw Whole Wheat Roll Apple Crisp <p style="text-align: right;">29</p>	<u>Chicken Lo Mein or Spinach Cheese Strata</u> Broccoli Garden Vegetable Salad Cracked Wheat Roll Seasonal Fresh Fruit <p style="text-align: right;">30</p>	<p style="text-align: center;">Suggested Donation: \$3.50 per meal</p> <p style="text-align: center;">1% Milk served with all meals</p> <p style="text-align: center;">-----</p> <p style="text-align: center;"><i>WE ACCEPT THE OREGON TRAIL CARD</i></p>		<p style="text-align: center;">OREGON CASCADES WEST MEALS ON WHEELS</p> <p style="text-align: center;">APRIL 2019</p>

SERVICES & SUPPORT GROUPS

AARP Driver Safety: For dates and times contact LBCC at 541-259-5801

Aging and Disability Resource Connection: Services can help with Medicaid, food stamps, in-home services, housing and other advocacies. 541-967-8630 Ext. 109 or 800-638-0510 Ext. 804

Cancer Support Group: 2nd Monday of each month, 7-8:30pm at Lebanon Community Hospital. 541-768-2171, Anita Earl, LCSW.

Caregiver Support Group: 1st and 3rd Tuesday of each month, 1:30-3pm at the Lebanon SC. Call Benton Hospice at 541-757-9616 for more info.

Cancer Wellness Group "Food for Living": This group is sponsored by Samaritan Health Services and meets the 1st Wednesday of the month from 5:30-7:00pm at the Lebanon Senior Center. To register, call 541-451-7392.

Dental Services: Emergency Dental Voucher Program may be able to help with other issues, 541-451-1035.

Facility/Room Rentals: The Lebanon Senior Center has rooms available for meetings, weddings, anniversaries, etc. Kitchen use is available also. For info contact the Senior Center—541-258-4919.

Fix-It-Brigade: Help with safety related minor home repairs (no plumbing or electrical). Call 541-258-4919 for information. **Volunteers Needed!**

Grief Support Groups: Lebanon Community Hospital, Conference Room A. 2nd Tuesday of the month 4:30pm; 4th Tuesday 2:00pm. 541-812-4547

Hearing Support Group: Last Wednesday of each month at 6:30pm at Albany General Hospital Reimer Bldg. No meetings in July & December. For more information call John 541-220-8541.

Housing Subsidy: Linn/Benton Housing Authority 541-926-4497

Legal Assistance: To make a free consultation with an attorney, call the Lebanon Senior Center at 541-258-4919. Limited Topics (Wills, Power of Attorney, Trusts, etc.).

Low Income Energy Assistance: Linn County 541-926-7163 (Accepts collect calls)

Medical Equipment Loans/Rentals/Sales: Love INC (Linn) 541-924-5683, Love INC(Benton) 541-757-8111, Samaritan Medical Equipment 541-451-6364, Turning Leaf 541-570-1868.

Multiple Sclerosis Support Group: Last Saturday of each month from 10:00 am-12:00pm at Lebanon Hospital, Conf Rm 3, Contact Lynn at lebanonmssupportgroup@hotmail.com

Parkinson's Support Group: 3rd Thursday of each month from 4:00-5:30pm at the Lebanon Senior Center.

Samaritan Health: For info on an ongoing six week series on Living Well with Chronic Health Conditions and Living Well with Chronic Pain, call 541-768-6811.

Senior Meals/Meals-on-Wheels: Services the Lebanon/Scio area, Monday-Friday. For info or volunteering, call 541-451-1139 (site manager). To start receiving MOW call 1-800-638-0510.

Senior Support Services:

Financial Management Program: For assistance managing personal finances or to volunteer to assist individuals, Call Diana Hancock at 541-812-2597.

Medicare Insurance Assistance - Senior Health Insurance Benefits Assistance (SHIBA) helps with understanding Medicare and providing impartial information for supplemental insurance, including drug coverage. Call 541-812-0849 for information.

Volunteer Placement - Retired Senior Volunteer Program (RSVP) will help you put your skills and talents to good use by volunteering in one of many nonprofit organizations. (541) 812-0849

Social Security's Supplemental Security Income (SSI): Social Security Administration 1-800-772-1213

Supplemental Nutrition Program (SNAP): Formerly Food Stamps: DHS self sufficiency, Lebanon 541-259-5860

Tax Assistance: Trained volunteers fill out and e-file simple tax returns for seniors & low income. February 1st - April 15th. Call 541-258-4919, starting Jan. 20th.

Utility Drop Boxes: Bring the following bills into the Lebanon Senior Center and save postage: Republic Services, Comcast, NW Natural Gas, Lebanon City Water/Sewer & Pacific Power. City Water and PP&L pick-up every day at 8am; others on Tuesday and Friday at 8 am.

Vision Support Group: Third Wednesday of every month at the First Christian Church, 432 Ferry St., Albany. For more info call 541-928-5008.

Volunteer Caregivers: Call to schedule a ride to your out-of-town doctor's appointment. Dependent upon driver availability. Office hours M-TH 9-1; F 8-10 am, 541-928-2173.



Foot Care: Need help taking care of toe nail trimming/general foot care. Nurses come to the Senior Center monthly. Call 541-258-4919 for more info or to make an appointment.

If you would like an annual subscription to our newsletter, fill in the needed information below and return it along with your \$5 subscription fee to the Lebanon Senior Center.
The expiration date will appear on the mailing label.

Name _____ New Subscriber
Address _____ Renewal
City, State, Zip _____ Amount _____
Phone # _____ Cash Check



LEBANON SENIOR CENTER ADVISORY BOARD

Next Advisory Council Meeting: Wednesday, April 17th, at 10:00am

Mac McNulty; Angie Kutsch-The Oaks; Henry Chambers;
Marlene Flyer; Sherry Liest; Joan Voss; Bonnie Stalker

NOTE: All newsletter inserts are paid advertisements. The City of Lebanon, Lebanon Senior Center, and employees do not endorse any information obtained from advertisers.



OREGON
Lebanon
Senior Center

80 Tangent Street
Lebanon, OR 97355

541-258-4919

FAX 541-258-4956

RETURN SERVICE REQUESTED

LEBANON SENIOR CENTER

Focused on those 50 years and older, and those with disabilities, in the community of Lebanon

MAY 2019—Open Monday-Friday, 8:00 am to 4:00 pm (Closed Memorial Day May 27th)

National Older Americans Month

May celebrates all those who have “been there and done that.” We want to hear your stories and involve you in embracing the National Council on Aging theme “Connect, Create, Contribute.” Throughout the month we’ll focus on each target.

Connect

Join us for storytelling circles. Share or listen to other’s experience on these topics:

Monday, May 6th 2:00-3:00pm Work Work Work

Wednesday, May 8th 10:00-11:00am Military Life

Thursday, May 9th 10:00-11:00am Pastimes....no screens required

Create

How do you sum up life so far? What does your highlight reel look like? **Monday, May 13th 2:30-4:00pm** come share your life on one 12X12 scrapbook page that will be hung in the hallway. We want to celebrate the diversity of life experience among our seniors (we want to show you off). Create and bring a timeline of special moments in your life, as well as a couple photos, to create this special project. Please **sign-up in the office**. Materials provided.

Contribute

Sharing your time and skills with our community can be a very enriching and empowering activity for people of any age. We have an opportunity to help the Strawberry Festival Committee get a few last minute tasks done before our community celebrates. Sign up to help on **Wednesday, May 29th from 1:00-3:30pm**. There might even be a sweet reward in it for your good deed.

Live and Thrive with Exercise

Wednesday, May 29th 10-11:30am



No matter your age or ability level, there are ways to move to take you from feeling like you are surviving to thriving. Come learn about the Senior Center’s growing number of *FREE* exercise opportunities from some of the group facilitators. Stick around and join the Seniors on the Go group play **beach ball volleyball**. Learn how you can play seated, standing or modified play. If exercise is fun, you will find laughter is part of the cardio!

A seated exercise guide will be given to the first 50 people.

Photo Contest

May is National Photography Month. We are calling all seniors (50 years+) to submit a photograph you have taken. Entries will be hung in the hall, with permission, and voted on by peers. Winner will receive a gift certificate to a local restaurant. Photos will be returned.

- ◆ Drop off an 8.5X11 photograph May 1st-15th
- ◆ Photos will be displayed for voting May 16th-31st
- ◆ Votes tallied and winner notified May 31st at noon

Personal Safety Seminar

Saturday, May 11th 10:00-11:30am

*Presented by Gracie Jiu-Jitsu
in the Senior Center Auditorium*

Develop peace of mind and increase your awareness of security for yourself and those you love. Open to men and women.



Great opportunity to involve your family in an important topic for everyone. For more

information, please contact the Senior Center at 541-258-4919.

STRAWBERRY PARADE

Want to join Senior Center, LINX (Dial-a-Bus) and Meals on Wheels staff for the parade Saturday June 1st? Do you have some creative ideas of how we might exemplify the festival theme of Strawberry Adventure in a way that celebrates seniors? Come sign up and brainstorm ideas, **May 2nd at 1:00pm**.

POTLUCK: The Cats Away **Thursday, May 16th at noon**

Join us for our monthly potluck! Our usual hostess will be away so what will the volunteers be up to? They have been asked to keep it simple and not to use the ovens. Hmmm...what will they do. Prepare your favorite dish to share or swing by the store and pick something up. If you don't want to mess with bringing a dish, drop a donation by the office and we'll pick up extra. Make sure to thank the amazing volunteers!



Our gratitude to The Oaks and Brookdale for co-sponsoring this event.

Mind Matters: Summer Sun and Fun **Thursday, May 2nd 9:00-10:30am**

Helen Beaman, Older Adult Behavioral Health Specialist/Mental Health Services Coordinator for Linn and Benton County, explores the various ways our bodies change as we age, in relation to tolerating the heat that summer brings. First, we'll cover the signs and symptoms of dehydration and heat stress so you know what to look for while you're out enjoying your summer. Then we'll outline the many ways you can stay comfortable and safe during the wonderful season of sunshine! Please sign up in the office or by calling 541-258-4919. Snacks provided. **Attend six Mind Matters sessions during the year and be entered in a drawing for prizes!**

“Guide to Birding in North America” Series **Mondays through May 20th 1:00-2:00pm**

ALL PRESENTATIONS ARE ON VIDEO

The hobby of bird watching may not be new to you, but join us as we learn from National Geographic to better understand the world from the bird's eye view.



Celebrate May Day **Wednesday, May 1st** **1:00-2:30pm**



You are invited to take part in our celebration of Spring! After a cold winter, celebrating blooming flowers and warmer weather is worth doing. Walk the park or dance around the May Pole, flower crown craft, poem/music...come check out what the Spring sprites might be stirring up.

If weather permits we will take our celebration outside. If not, we will honor nature from inside the auditorium. Sign up by calling 541-967-3871.

Crafternoon: Patriotic Wood Project

Tuesday, May 14th, 2:30-4:00pm

We will walk you through how to make a red, white and blue wooden decorative piece.

Paint skill level required: beginner.



Materials will be provided; cost is \$3 (due at sign up). If you want to add a mount to hang it on a wall, you will need to provide your own. Sign up begins in the office May 1st.

Mobile Device Essentials

Tuesday, May 14th 1:00-2:00pm

Ryan Matteson will be sharing. This class can give you the skills you need to safely use any smart phone and tablet. Topics will include how to download and manage apps, personalizing your device and accessibility settings and more useful tips and information. Free.

Please sign up in the office, 541-258-4919.

AARP Safe Driving Class

Thursday, May 2nd, 9:00am-3:30pm

AARP

DRIVER SAFETY

Members \$15

Non-members \$20

To register call LBCC: 541-259-5801

New Water Treatment Plant Tour



Monday, May 6th, 9:00-10:00am

(A 2nd tour will open if first group fills)

You might have heard about this project in the news or through social media. Come tour the new facility serving the residents of Lebanon. Travelling on the bus is required for this tour, limited to 12 people.

Sign up with the Senior Center, 541-258-4919.

Plant Shopping Outing

Friday, May 3rd 9-10:50am

Interested in picking up some plants or vegetable starts and don't know where to go? Maybe you like hanging out with gardeners? We will be taking a bus to a couple local spots to check out their plant offerings. Seating is limited to the first 12 who sign-up, 541-258-4919.

(We also still have 3 raised bed garden spots available.)

International Bites: Mexico

Tuesday, May 7th 2:00-3:00pm

We continue to travel the world of flavor as we explore dishes from Mexico.

Please sign up at the Senior Center office or by calling 541-258-4919, if you would like to attend.





ICE CREAM BIRTHDAY SOCIAL Wednesday, May 1st, at 12:20 pm

Come join us the 1st Wednesday of the month to celebrate birthdays!

Starts right after the noon meal.

Chair Music & Movement

Mondays, 11:00am-12:00pm

Chair dance doesn't quite describe this fun group. You can work up a sweat in this seated class! **It's FREE!** No matter your fitness level, this is a fun and friendly way to get moving. **If you prefer, you can exercise standing.** Various types of music and dance styles explored through the use of assorted videos.

Tai Chi

Tuesdays, 11:00-11:40am

Video based, low-impact exercise program great for improving balance & flexibility. Standing and seated portions allow you to exercise at your level.

Chair Chi

Thursdays, 11:00-11:40am

Taught from the seated position (you may choose to stand). The movements are fun to follow and helps with balance and flexibility. **Videos 5/16 & 5/23.**

Step-Up (Indoor Walking)

Fridays, 10:00-10:30am

Looking for an exercise class to help get the cardio pumping? Come give this video based, indoor walking program a shot. This can be done seated or standing. Simple movements and out of the weather...what other excuses can we eliminate?

Qi Gong with Beverly

Fridays 11:45am-12:45pm

Come try a free Qi Gong class! Qi Gong is the practice of our physical movements, breathing, and use of intentional mind (meditation) which increases the amount of Qi (energy) we receive. The class lasts anywhere from 50 minutes to an hour.



Intro to Drawing Class

**Friday, May 3rd
11:00-11:45am**

This free art class will only have one session this month. Bring a sketch pad and #2 pencil with you to class. Please sign up in the office or call 541-258-4919.

Maximum of 12 participants.

Color Wonders

Friday, May 17th 11:00-11:50am

Use our supplies or bring your own for a time of de-stressing. Bring some color to the world!

SOGO ADVENTURES

Participate in our fun, weekly activities.

Call 541-258-4919 for more information on being a member or come by the office to join.

MAY

- ~ Wed. **May 1st**, 10-11:30am Bocce
- ~ Wed. **May 8th**, 12:30-3:30pm Mini-Golf in Albany. Bring \$10; sign up for bus.
- ~ Wed. **May 15th**, 10-11:30am Shuffleboard
- ~ Wed. **May 22nd** 10-11:30am Indoor Croquet
- ~ Wed. **May 29th** 10-11:30am Beach Ball Vball

BUNCO!



Tuesday, May 28th from 2:00-4:00pm



Feeling lucky? This easy to learn dice game is a fun way to spend an afternoon. Bring \$2 to play, which goes to prize pots.

Engage Your Brain

**Thursday, May 30th
10:00-10:45am**



Rebecca will lead you through some different brain boosting exercises and share a video about boosting brain function. It is easier than you think to keep an alert mind!

Living Consciously

Friday 1:00-3:30 pm (May 3rd & 17th)

We discuss practical ways to increase your positive energy, be mindful, and live with an open heart.

Fridays 1:00-3:30pm (May 10th & 31st)

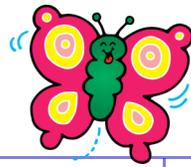
We discuss a system designed to help you discover your life's purpose. Details are on Gene Keys.com.

Questions should be directed to Virginia Cloyd, facilitator, at 541-570-8587.

Bingocize!

Thursdays 2:00-3:00pm (not meeting May 16th)

Students from the local medical school are hosting this new program at the Senior Center. It combines the fun and competitiveness of BINGO with an



MAY 2019



Walking Group
Monday, Wednesday,
Friday, 9:00-10:00am
 Lebanon High School Track
 or River Center

Meals on Wheels
Dine-In Lunch Program
Monday-Friday, 11:45am
 60 yrs. +
 Suggested \$3.50 donation
 Order 4 days in advance for
 a choice
 Call 541-451-1139 for more
 information

Friends of the
Library
 Book Sale
 Saturday, May 25th
 9:00am-2:00pm

LBCC Courses at SC
Contact LBCC
for availability & fees for
the following courses
at 541-259-5801
 Spring term began April 1st

Bones & Balance
 Mon/Wed/Fri 8am
 T/TH 5:15pm

Tai Chi
 Mon/Wed 10am & 11am

Line Dancing
 Tuesdays 1:30pm

AARP Safe Driving
 May 2nd 9:00am-3:30-pm

Mon	Tue	Wed	Thu	Fri
May Saturday Event... ♦ May 11th 10:00-11:30 Personal Safety Seminar Coming in June.... ♦ June 1st Strawberry Parade ♦ June 7th 3-5:00pm Beach Party (live music, games, BBQ)		1 9-12 Wood Carving 10-11:30 SoGo Bocce 12:20 Bday Ice Cream 1-2:30 May Day 1-3 Bingo 1-4 Pinochle	2 9-3:30 Safe Driving Class 9-10:30 Mind Matters 11-11:40 Chair Chi 1-4 Painters 1-2 Parade Brainstorm 2-3 Bingocize	3 9-11 Dulcimers 9-10:50 Garden Sale Bus 10-10:30 Step-Up 11-11:45 Drawing 11:45-12:45 Qi Gong 1-3:30 Living Consciously 1 Movie: Welcome to Marwen
6 9-11 Dulcimers 9-10 Water Plant Tour 11-12 Chair Music & Movement 1-2 L&L: Birding 1-4 Cribbage 2-3 StoryCircle: Work	7 9-11 Knit/Crochet 11-11:40 Tai Chi 12-12:30 Kids Dance Performance 1:30-3 Caregiver Support Group 2-3 Int'l Bites-Mexico	8 9-12 Wood Carving 10-11 StoryCircle: Military 12:30-3:30 SoGo Mini- Golf 1-3 Bingo 1-4 Pinochle	9 10-11 StoryCircle: Pastimes 11-11:40 Chair Chi 1-4 Painters 12-1:30 Vol. Meeting 2-3 Bingocize	10 9-11 Dulcimers 10-10:30 Step-Up 10-11:30 Secret Pals 11:45-12:45 Qi Gong 1-3:30 Living Consciously 1 Movie: Mary Poppins Returns
13 9-11 Dulcimers 11-12 Chair Music & Movement 12:30-2:30 Card Crafters 1-2 L&L: Birding 1-4 Cribbage 2:30-4 Scrapbook Life	14 9-11 Knit/Crochet 11-11:40 Tai chi 1-2 Mobile Device Essentials 2:30-4 Crafternoon: Patriotic Wood Project	15 9-12 Wood Carving 10-11:30 SoGo Shuffleboard 1-3 Bingo 1-4 Pinochle	16 11-11:40 Chair Chi 12 Potluck: No Cook 1-4 Painters 4-5:30 Parkinson's Support Group	17 9-11 Dulcimers 10-10:30 Step-Up 11-11:50 Color Wonders 11:45-12:45 Qi Gong 1-3:30 Living Consciously 1:00 Movie: Mom, the Babysitter Is Dead
20 9-11 Dulcimers 11-12 Chair Music & Movement 1-2 L&L: Birding 1-4 Cribbage	21 9-11 Knit/Crochet 11-11:40 Tai Chi 1:30-3 Caregiver Support Group	22 9-12 Wood Carving 10-11:30 SoGo Indoor Croquet 1-3 Bingo 1-4 Pinochle	23 11-11:40 Chair Chi 1-2:30 Book Club 1-4 Painters 2-3 Bingocize	24 9-11 Dulcimers 10-10:30 Step-Up 11:45-12:45 Qi Gong 1 Movie: The Pacifier
27 Closed Memorial Day	28 9-11 Knit/Crochet 11-11:40 Tai chi 2-4 Bunco	29 9-12 Wood Carving 10-11:30 Sr. Health/ Fitness Day 1-3 Bingo 1-4 Pinochle 1-3:30 Vol. Strawberry Festival Committee	30 10-10:45 Brain Fitness 11-11:40 Chair Chi 1-4 Painters 2-3 Bingocize	31 9-11 Dulcimers 10-10:30 Step-Up 11:45-12:45 Qi Gong 1-3:30 Living Consciously 1 Movie: Megan Leavey

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">OREGON CASCADES WEST MEALS ON WHEELS MAY 2019</p>	<p align="center">Suggested Donation: \$3.50 per meal</p> <p align="center">1% Milk served with all meals</p> <p align="center">----- <i>WE ACCEPT THE OREGON TRAIL CARD</i></p>	<p>Garden Chicken Mini Salad or <u>Chef Mini Salad</u> over Spinach Romaine Minestrone Soup Whole Wheat Dinner Roll Golden Fruit Cup</p> <p align="right">1</p>	<p align="center"><u>Cinco de Mayo Special</u> Beef Spanish Rice Bake or <u>Mexican Pasta Bake</u> Carrots Spinach Romaine Salad Seven Grain Roll Banana Chocolate Chip Bar₂</p> <p align="right">2</p>	<p align="center"><u>Cinco de Mayo Special</u> Chicken Fajita Bowl or <u>Beef Enchilada Bake</u> Tex-Mex Corn w/Tomatoes Carrot Pineapple Salad Cornbread Cinnamon Chocolate Pudding₃</p> <p align="right">3</p>
<p>Herb Chicken Patty w/Gvy or <u>Salisbury Patty w/Gravy</u> Whipped Potatoes Normandy Blend Vegetables Onion Bread Peanut Butter Bar</p> <p align="right">6</p>	<p>Trky Salad Sndwch Half or <u>Tuna Salad Sandwich Half</u> on Wheat Bread Chunky Tomato Rice Soup Marinated Zucchini Salad Spiced Peaches</p> <p align="right">7</p>	<p>BBQ Smokehouse Chop or <u>Broccoli Omelet Bake</u> Delmonico Potatoes Carrots Cracked Wheat Bread Fresh Orange</p> <p align="right">8</p>	<p>Rst Turkey w/Gravy or <u>Beef Patty w/Mshroom Gvy</u> Whipped Potatoes Mixed Vegetables Seven Grain Bread Chocolate Ice Cream Cup</p> <p align="right">9</p>	<p align="center"><u>Mother's Day Special</u> Chicken w/Supreme Sauce or <u>Ham w/Raisin Sauce</u> Whipped Sweet Potatoes Green Peas & Onions Multigrain Bread Cherry Crisp</p> <p align="right">10</p>
<p>White Bean Chicken Chili or <u>Lasagna Cheese Roll-Up w/Marinara Sauce</u> Green Beans Spinach Romaine Salad Whole Wheat Roll Banana Pudding</p> <p align="right">13</p>	<p>Swiss Style Patty w/Swiss Sc or <u>Breaded Fish w/Tartar Sc</u> Parslied Potatoes Broccoli Oatmeal Bread Pears</p> <p align="right">14</p>	<p>Chicken a la King or <u>Hmstyle Pork Patty w/Gvy</u> over Whipped Potatoes Country Trio Blend Vegt Cracked Wheat Roll Lime Whip</p> <p align="right">15</p>	<p>Shoyu Chicken or <u>Country Meatballs</u> Lyonnaise Potatoes Steamed Spinach Rye Oat Bread Apple Crisp</p> <p align="right">16</p>	<p>Garden Chkn Mini Salad or <u>Chickpea Mini Salad</u> over Spinach Romaine Corn Chowder Whole Wheat Dinner Roll Mandarin Oranges</p> <p align="right">17</p>
<p>Chicken Rice Bake or <u>Mac & Cheese Florentine</u> Broccoli Garden Vegetable Salad Whole Wheat Roll Cherry Whip</p> <p align="right">20</p>	<p>Swt/Sour Pork w/Brn Rice or <u>Spaghetti w/Meat Sauce</u> Green Beans Romaine Iceberg Salad Garlic Roll Frosted Chocolate Cake</p> <p align="right">21</p>	<p>Meatloaf w/Gravy or <u>Orange Glazed Chicken</u> Whipped Potatoes Herbed Carrots Oat Wheat Bread Lemon Blondie</p> <p align="right">22</p>	<p>Vegetable Spinach Lasagna or <u>Cowboy Campfire Stew</u> Mixed Vegetables Marinated Broccoli Salad French Roll Pineapple</p> <p align="right">23</p>	<p align="center"><u>Memorial Day Special</u> Herbed Chicken Sandwich or <u>Sloppy Joe</u> on a Bun Chuckwagon Corn Creamy Coleslaw Seasonal Fresh Fruit</p> <p align="right">24</p>
<p><u>Closed for the Holiday</u></p>  <p align="right">27</p>	<p align="center"><u>Memorial Day Special</u> BBQ Chicken Sandwich or <u>Kielbasa Sausage w/Kraut</u> on a Bun / Yellow Mustard Baked Beans Carrot Raisin Salad Zucchini Brownie</p> <p align="right">28</p>	<p>Turkey Pasta Salad or <u>Ham & Potato Salad</u> Spinach Romaine Salad Navy Bean Soup Whole Wheat Dinner Roll Spiced Apples</p> <p align="right">29</p>	<p>Chicken Alfredo Pasta Bake or <u>Cheese & Green Chile Bk</u> Dilled Carrots Spinach Romaine Salad Cornmeal Roll Butterscotch Pudding</p> <p align="right">30</p>	<p>Chkn/Lentil Santa Fe Bake or <u>Shepherd's Pie</u> Green Beans Cranberry Apple Coleslaw Potato Wheat Roll Peaches</p> <p align="right">31</p>

On-going Classes/Groups

Book Lovers

Come **Thursday, May 23rd, at 1:00pm** for a discussion on *Eleanor Oliphant Is Completely Fine*, a novel by Gail Honeyman. A book club kit has been borrowed from a library, so Karla Joy has books to share. If you are interested in reading the book and joining the discussion, contact the Senior Center office. The book is about Eleanor, an eccentric and regimented loner whose life beautifully unfolds after a chance encounter with a stranger. (You are welcome to bring any other book you would like to tell others about.)

Card Making

Make several beautiful cards **Monday, May 13th 12:30-2:30pm!** Most supplies are provided by the instructor at no charge. Call the Center for the few things you need to bring & sign up by the Friday before, 541-258-4919.

Secret Pals

We will be gathering **Friday, May 10th, from 10:00-11:30am**. Dorothy and Brenda are bringing snacks.

Dulcimer

Mondays & Fridays 9:00am for beginners/10:00am for advanced. A love of music is the only requirement. Come learn to play. Other instruments are welcome to join in and play along too!

Knit & Crochet Group

Tuesdays, 9:00-11:00am. Bring your own project to work on while chatting with a group of talented crafters. You are welcome to come meet us!

Craft Groups

Wednesdays 9:00am-12:00pm **Wood Carving**

Thursdays 1:00-4:00pm **Painting Enthusiasts** - Bring your supplies and fellowship while painting.

Open Wii Play-Bowling & more

By popular demand, we have the Wii and TV hooked up in the library, ongoing. Come check it out!

Game Room

Pool, Snooker, Shuffleboard, & Magnetic Darts
Monday-Friday 8am to 4pm, 25¢ per game



Games-- Open to everyone!

Cribbage — Monday 1:00-4:00pm

Pinochle — Wednesday 1:00-4:00pm

Bingo — Wednesday 1:00-3:00pm 25 cents a card

RumiKub — Often a group playing after lunch

Ping Pong — Ask at the front desk.

Tech Time—Free Help



Monthly appointments for **Apple** products (iphone, ipad, Macbook, etc), and other tech devices are scheduled once a month. If you have questions, we will try to help. Call 541-258-4919 to schedule.

It's Movie Time ON Our Big Screen!!

Free popcorn! Beverages are 50 cents!



Friday, May 3rd, 1:00pm:

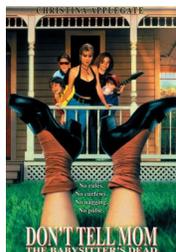
Welcome to Marwen

2018 PG-13 1hr. 56mins.
When a devastating attack leaves Mark Hogancamp shattered and without his memory, no one expected recovery. But by putting together pieces from his old and new life, Mark meticulously creates a wondrous fantasy world, where he draws strength to triumph in the real one. His astonishing art installation becomes a testament to the powerful women who support him on his journey.



Friday, May 10th, 1:00pm:
Mary Poppins Returns

2018 PG 2hr. 10mins.
The magic continues in Disney's classic as Mary Poppins helps the Banks family remember the joy of being a child. Together with her friend Jack the lamplighter, fun is brought back to the streets of London in a celebration that everything is possible... even the impossible.



Friday, May 17th 1:00pm:
Don't Tell Mom the Babysitter's Dead

1991 PG-13 1hr. 45mins.
When their mother leaves for a two-month vacation, five siblings are entrusted to an elderly baby sitter -- who drops dead her first night on the job. Rather than contact the authorities, the kids decide they can fend for themselves.



Friday, May 24th 1:00pm:
The Pacifier

2005 PG 1 hr. 36mins.
A Navy SEAL who ends up as a baby sitter for a crop of unruly kids is shocked to discover that it's the hardest job he's ever had. His mission? Protect the children of a scientist who was killed while working on a top-secret government project.



Friday, May 31st 1:00pm:
Megan Leavey

2017 PG-13 1 hr. 56mins.
U.S. Marine Megan Leavey and her bomb-sniffing dog build a bond of trust and loyalty that sees them through more than 100 missions during the Iraq War -- until an improvised explosive device injures them both.

SERVICES & SUPPORT GROUPS

AARP Driver Safety: For dates and times contact LBCC at 541-259-5801

Aging and Disability Resource Connection: Services can help with Medicaid, food stamps, in-home services, housing and other advocacies. 541-967-8630 Ext. 109 or 800-638-0510 Ext. 804

Cancer Support Group: 2nd Monday of each month, 7-8:30pm at Lebanon Community Hospital. 541-768-2171, Anita Earl, LCSW.

Caregiver Support Group: 1st and 3rd Tuesday of each month, 1:30-3pm at the Lebanon SC. Call Benton Hospice at 541-757-9616 for more info.

Cancer Wellness Group: This group is sponsored by Samaritan Health Services and meets the 1st Wednesday of the month from 5:30-7:00pm at the Lebanon Senior Center. To register, call 541-451-7392.

Dental Services: Emergency Dental Voucher Program may be able to help, 541-451-1035.

Facility/Room Rentals: The Lebanon Senior Center has rooms available for meetings, weddings, anniversaries, etc. Kitchen use is available also. For info contact the Senior Center—541-258-4919.

Fix-It-Brigade: Help with safety related minor home repairs (no plumbing or electrical). Call 541-258-4919 for information. **Volunteers Needed!**

Grief Support Groups: Lebanon Community Hospital, Conference Room A. 2nd Tuesday of the month 4:30pm; 4th Tuesday 2:00pm. 541-812-4547

Hearing Support Group: Last Wednesday of each month at 6:30pm at Albany General Hospital Reimer Bldg. No meetings in July & December. For more information call John 541-220-8541.

Housing Subsidy: Linn/Benton Housing Authority 541-926-4497

Legal Assistance: To make a free consultation with an attorney, call the Lebanon Senior Center at 541-258-4919. Limited Topics (Wills, Power of Attorney, Trusts, etc.).

Low Income Energy Assistance: Linn County 541-926-7163 (Accepts collect calls)

Medical Equipment Loans/Rentals/Sales: Love INC (Linn) 541-924-5683, Love INC(Benton) 541-757-8111, Samaritan Medical Equipment 541-451-6364, Turning Leaf 541-570-1868.

Multiple Sclerosis Support Group: Last Saturday of each month from 10:00 am-12:00pm at Lebanon Hospital, Conf Rm 3, Contact Lynn at lebanonmssupportgroup@hotmail.com

Parkinson's Support Group: 3rd Thursday of each month from 4:00-5:30pm at the Lebanon Senior Center.

Samaritan Health: For info on an ongoing six week series on Living Well with Chronic Health Conditions and Living Well with Chronic Pain, call 541-768-6811.

Senior Meals/Meals-on-Wheels: Services the Lebanon/Scio area, Monday-Friday. For info or volunteering, call 541-451-1139 (site manager). To start receiving MOW call 1-800-638-0510.

Senior Support Services:

Financial Management Program: For assistance managing personal finances or to volunteer to assist individuals, Call Diana Hancock at 541-812-2597.

Medicare Insurance Assistance - Senior Health Insurance Benefits Assistance (SHIBA) helps with understanding Medicare and providing impartial information for supplemental insurance, including drug coverage. Call 541-812-0849 for information.

Volunteer Placement - Retired Senior Volunteer Program (RSVP) will help you put your skills and talents to good use by volunteering in one of many nonprofit organizations. 541-812-0849

Social Security's Supplemental Security Income (SSI): Social Security Administration 1-800-772-1213

Supplemental Nutrition Program (SNAP): Formerly Food Stamps: DHS self sufficiency, Lebanon 541-259-5860

Utility Drop Boxes: Bring the following bills into the Lebanon Senior Center and save postage: Republic Services, Comcast, NW Natural Gas, Lebanon City Water/Sewer & Pacific Power. City Water and PP&L pick-up every day at 8am; others on Tuesday and Friday at 8 am.

Vision Support Group: Third Wednesday of every month at the First Christian Church, 432 Ferry St., Albany. For more info call 541-928-5008.

Volunteer Caregivers: Call to schedule a ride to your out-of-town doctor's appointment. Dependent upon driver availability. Office hours M-TH 9-1; F 8-10 am, 541-928-2173.



Foot Care: Need help taking care of toe nail trimming/general foot care? Nurses come to the Senior Center monthly. Call 541-258-4919 for more info or to make an appointment.

If you would like an annual subscription to our newsletter, fill in the needed information below and return it along with your \$5 subscription fee to the Lebanon Senior Center.
The expiration date will appear on the mailing label.

Name _____ New Subscriber
Address _____ Renewal
City, State, Zip _____ Amount _____
Phone # _____ Cash Check



LEBANON SENIOR CENTER ADVISORY BOARD

Mac McNulty; Angie Kutsch-The Oaks; Henry Chambers;
Marlene Flyer; Sherry Liest; Joan Voss; Bonnie Stalker

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OREGON
Lebanon
Senior Center

80 Tangent Street
Lebanon, OR 97355

541-258-4919

FAX 541-258-4956

RETURN SERVICE REQUESTED

LEBANON SENIOR CENTER

Focused on those 50 years and older, and those with disabilities, in the community of Lebanon

JUNE 2019 — Open Monday-Friday, 8:00 am to 4:00 pm

The Lebanon Community Orchestra presents...

Folk Music from Around the World

A free concert for our community!

Co-hosted by the Lebanon Senior Center

Thursday, June 6th
7:30-8:30 pm

Arrangements including:

- Sakura (Japan)
- Carrick Fergus (Ireland)
- Tarantella (Italy)
- Rambling Sailor (Australia)
- and many more...

Cookies and refreshments available.
Donations will be accepted.

Longest Day Senior Walk

Friday, June 21st 9:00-11:00am

Starting at the Lebanon Senior Center, we will walk to local senior living communities, about a 3.6 mile loop. Our finish line will be back at the Lebanon Senior Center, where participants are invited to share in a cool treat.

Participants are encouraged to carry a sign with a positive aging or Alzheimer's support message. Walkers are invited to walk all or a portion of the route. A bus will be available to transport walkers between each location. Cheerleaders at the finish line are welcome, too!

Sign up to walk before June 10th to receive a t-shirt.

National Iced Tea Day

Monday, June 10th 2:00-3:00pm

Summer is a great time to kick back and enjoy a cool drink on a hot day. We will stir up several different ice tea flavors for you to sample.



Recycling Guidelines Update

Tuesday, June 11th
10:00-11:00am

Brian Rose, a Master Recycler for Linn & Benton County Extension Services, will present the how to's of recycling. There have been numerous changes to recycling programs. Get the latest info so you can do small things to help our planet and our communities.



Welcome Summer Beach Party

Friday, June 7th
3:00-5:00 pm

Area seniors 50 years and older are welcome to attend this engaging event.

Admission includes:

- ◆ Dinner of grilled burgers and sides
- ◆ Live music from Motor Scooter 7.0 (ready for a Beach Boys tune or two?)
- ◆ Photo op, beachball volleyball, and other fun!

\$3 advanced tickets on sale at the Senior Center office through June 5th; \$5 admission at the door.

Our thanks to The Oaks of Lebanon and Willamette Manor for co-sponsoring this event.

Bus service available to and from the event.
For more information call 541.258.4919.

POTLUCK: Progressive Lunch **Thursday, June 20th at 12:00-1:50pm**

This month we are mixing things up a little bit and taking potluck on the road! We will begin at the Senior Center, but then travel to The Oaks and Willamette Manor. Please sign-up **starting June 3rd, as there is limited seating on transporting buses.**

12:00-12:35 Senior Center for Appetizers and Salad
12:45-1:15 The Oaks for Pasta and Bread
1:25-1:50 Willamette Manor for Ice Cream Dessert

Our gratitude to The Oaks and Willamette Manor for co-sponsoring this event.

Armchair Travel: Yellowstone **Monday, June 3rd 1:00-2:00pm**

Have you been to Yellowstone or dreamed of going? A recent traveler will be sharing their experience and photos with us and you are welcome to share your as well. Our National Parks are truly a treasure.

50+ Bicycling **Tuesday, June 4th 3:00-4:00pm**

"It's like riding a bike." Whether you own and ride a bike regularly or haven't in a long time and are looking to start again, join us for a presentation from the Santiam Spokes bicycle club. Representatives will present on safety equipment, recommended bike friendly routes in our area, techniques to make your bike work for you, and personal tips and tricks like route tracking apps for smart phone users.

All are welcome to attend.

The Santiam Spokes will be giving a promotional code at their presentation to let attendees join their



Strawberry Century family bike ride for free, which will be happening the following weekend.

Crafternoon: Decoupage or **Positive Aging Sign**

Tuesday, June 18th, 1:00-3:00pm

Option 1: Bring a clipboard, hanger or other small container to decoupage. Cost is \$2 (due at sign up). The glue and some papers will be provided. You are welcome to bring your own decorative or tissue papers, old maps, cards, etc. **Please sign up with the office.**



Option 2: Create a positive aging/ being a senior sign to be carried during the Longest Day Walk. The walk will be held Friday, June 21st.

"Pet Therapy and Volunteering with Samaritan Evergreen Hospice"

Tuesday, June 25th 12:00-1:00pm

Anne Arquette and Karen McClain will present on volunteer opportunities through hospice and bring a K-9 friend along to share about Pet Therapy. Lunch is provided for those that are registered by June 18th. To register, stop by the office or call 541-258-4919.



Medicare Overview

Tuesday, June 11th
1:00-2:00pm

This class will give you the knowledge you need to select the correct Medicare plan for your needs. Ryan Matteson's presentation will include enrollment periods, how to enroll in Medicare, prescription drug plans, lots of optional coverages, and the new Medicare "What's Covered" app. **Please sign up in the office, 541-258-4919.**

Mind Matters: Sleep Hygiene & Aromatherapy for Wellness

Wednesday, June 19th 9:00-10:30am

Helen Beaman, Older Adult Behavioral Health Specialist/Mental Health Services Coordinator for Linn and Benton County, explores the ways that sleep changes as we age, and then looks at why getting good quality rest is so vital to our overall health and wellbeing. Next, we'll explore practical tips for improving your sleep and getting your snooze schedule back on track. We will conclude with a brief overview of how aromatherapy can be utilized for the optimization of sleep and wellness. Make-and-take aromatherapy cups available after the presentation.

Please sign up in the office or by calling 541-258-4919. Snacks provided. **Attend six Mind Matters sessions during the year and be entered in a drawing for prizes!**

International Bites: Potato Salad

Tuesday, June 25th 2:00-3:00pm

We continue to travel the world of flavor exploring several country's varying takes on potato salad. From the country of Lebanon to Germany and beyond, see what magic can befall this classic picnic or BBQ dish. **Please sign up** at the Senior Center office or by calling 541-258-4919, if you would like to attend.





ICE CREAM BIRTHDAY SOCIAL Wednesday, June 5th, at 12:20 pm

Come join us the 1st Wednesday of the month to celebrate birthdays!

Starts right after the noon meal.

Chair Music & Movement

Mondays, 11:00am-12:00pm

Chair dance doesn't quite describe this fun group. You can work up a sweat in this seated class! **It's FREE!** No matter your fitness level, this is a fun and friendly way to get moving. **If you prefer, you can exercise standing.** Various types of music and dance styles explored through the use of assorted videos.

Tai Chi

Tuesdays, 11:00-11:40am

Video based, low-impact exercise program great for improving balance & flexibility. Standing and seated portions allow you to exercise at your level.

Chair Chi

Thursdays, 11:00-11:40am

Taught from the seated position (you may choose to stand). The movements are fun to follow and helps with balance and flexibility.

Qi Gong with Beverly

Fridays 11:45am-12:45pm

Come try a **free** Qi Gong class! Qi Gong is the practice of our physical movements, breathing, and use of intentional mind (meditation) which increases the amount of Qi (energy) we receive. The class lasts anywhere from 50 minutes to an hour.

Bingocize!

Thursday, June 6th 2:00-3:00pm

Students from the local medical school are hosting this new program at the Senior Center. It combines the fun and competitiveness of BINGO with an opportunity to move, turning exercise into play.



Intro to Drawing Class

Friday, June 7th & 21st

11:00-11:45am

This free art class will start playing with watercolor pencils. Bring a sketch pad, watercolor pencils and a #2 pencil with you to class. Please sign up in the office or call 541-258-4919. Maximum of 12 participants.

Tech Time—Free Help

Monthly appointments for **Apple** products (iphone, ipad, Macbook, etc), and other tech devices are scheduled once a month. If you have questions, we will try to help. Call 541-258-4919 to schedule.

SENIORS ON THE GO

Participate in our fun, weekly activities.

Stop by the office or call 541-258-4919 for more information or to sign up for an activity.

~ Wed. **June 5th**, 10:00am-12:00pm Bus to walk at Talking Waters in Albany (\$2, 12 participants maximum)

~ Wed. **June 12th**, 10:00-11:30am Frisbee Golf

~ Wed. **June 19th** 1:00-3:00pm Scavenger Hunt around the Senior Center and outside

~ Wed. **June 26th** 10-11:30am Croquet

Color Wonders

Friday, June 28th 11:00-11:50am

Use our supplies or bring your own for a time of de-stressing. Bring some color to the world!

Kickball at The Oaks

Monday, June 10th 9:45-11:00am

Join our Lebanon Senior Center bus heading over to The Oaks at Lebanon for a fun time of play. They will be teaching us how to play their version of kickball.

This exercising game is adaptable for different abilities. Sign-up to reserve your seat on the bus and on the Lebanon Senior Center team! We have the pom poms to cheer you on!

Engage Your Brain

Monday, June 24th

11:00-11:45am



Rebecca will lead you through some different brain boosting exercises and share a video about boosting brain function. It is easier than you think to keep an alert mind!

Living Consciously

Friday 1:00-3:30 pm (June 7th & 21st)

We discuss practical ways to increase your positive energy, be mindful, and live with an open heart.

Friday 1:00-3:30pm (June 14th & 28th)

We discuss a system designed to help you discover your life's purpose. Details are on Gene Keys.com.

Questions should be directed to Virginia Cloyd, facilitator, at 541-570-8587.

On-going Classes/Groups

Book Lovers

Come **Thursday, June 27th, at 1:00pm** for a discussion on *Emma of Aurora* by Jane Kirkpatrick. (You are welcome to bring any other books by Jane Kirkpatrick or other authors that you would like to tell others about.)

Garden Club

Friday, June 7th, 10:00-11:00am. Join fellow gardening enthusiasts to chat about life in the garden. Two plots still available in our raised bed.

Card Making

Make several beautiful cards **Monday, June 10th 12:30-2:30pm!** Most supplies are provided by the instructor at no charge. Call the Center for the few things you need to bring & sign up by the Friday before, 541-258-4919.

Secret Pals

We will be gathering **Friday, June 14th, from 10:00-11:30am.** June is a flower theme.

Dulcimer

Mondays & Fridays 9:00am for beginners/10:00am for advanced. A love of music is the only requirement. Come learn to play. Other instruments are welcome to join in and play along too!

Knit & Crochet Group

Tuesdays, 9:00-11:00am. Bring your own project to work on while chatting with a group of talented crafters. You are welcome to come meet us!

Craft Groups

Wednesdays 9:00am-12:00pm **Wood Carving**

Thursdays 1:00-4:00pm **Painting Enthusiasts** - Bring your supplies and fellowship while painting.

Open Wii Play-Bowling & more

By popular demand, we have the Wii and TV hooked up in the library, ongoing. Come check it out!

Game Room

Pool, Snooker, Shuffleboard, & Magnetic Darts

Monday-Friday 8am to 4pm, 25¢ per game

Games-- Open to everyone!

Cribbage — Monday 1:00-4:00pm

Pinochle — Wednesday 1:00-4:00pm

Bingo— Wednesday 1:00-3:00pm 25 cents a card

RumiKub — Often a group playing after lunch

Ping Pong— Ask at the front desk.

BUNCO!

Monday, June 24th from 2:00-4:00pm

Feeling lucky? This easy to learn dice game is a fun way to spend an afternoon.

Bring \$2 to play, which goes to prize pots.

It's Movie Time ON Our Big Screen!!

Free popcorn! Beverages are 50 cents!

Friday, June 7th:

****No Movie****

Join us for our Beach Party!

See page 1 for more information.



Friday, June 14th, 1:00pm:
The Treasure of Sierra Madre

1948 NR 2hr. 6mins.

Wrapped in a classic tale of adventure, this Academy Award winner helmed by John Huston follows a trio of gold prospectors who set out to strike it rich and agree to split the take until paranoia and greed consumes one of them.

Delivering superb performances as the three miners are Humphrey Bogart, Tim Holt and Walter Huston, who copped a Best Supporting Actor Oscar while son John scored statuettes for his direction and screenplay.

Friday, June 21st 1:00pm:

A Dog's Way Home

2019 PG 1hr. 36mins.

Based on the beloved bestselling novel, *A Dog's Way Home* chronicles the heartwarming adventure of Bella, a devoted dog who embarks on an epic 400-mile journey home after she is separated from her beloved human.



Friday, June 28th 1:00pm:

First Man

2018 PG-13 2 hr. 21mins.

Director Damien Chazelle and star Ryan Gosling re-team for the riveting story behind the first manned mission to the moon, focusing on Neil Armstrong and the decade leading to the historic Apollo 11 flight. A visceral and intimate account told from Armstrong's perspective, based on the book by James R. Hansen, the film explores the triumphs and the cost—on Armstrong, his family, his colleagues and the nation itself—of one of the most dangerous missions in history.

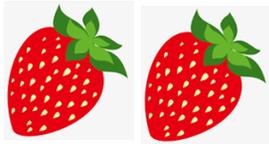


Need a ride?

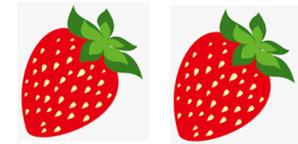


Call LINX at 541-258-4920.

Service provided within Lebanon city limits.



JUNE 2019



Walking Group
Monday, Wednesday,
Friday, 9:00-10:00am
 Lebanon High School Track
 or River Center

Meals on Wheels
Dine-In Lunch Program

Monday-Friday, 11:45am
 60 yrs. +
 Suggested \$3.50 donation
 Order 4 days in advance for
 a choice
 Call 541-451-1139 for more
 information

Friends of the
Library

Book Sale
 Saturday, June 22nd
 9:00am-2:00pm

LBCC Courses at SC
Contact LBCC

*for availability & fees for
 the following courses
 at 541-259-5801*
 Summer term begins 6/17

Bones & Balance

Mon/Wed/Fri 8am
 T/TH 5:15pm

Tai Chi

Mon/Wed 10am & 11am

Mon	Tue	Wed	Thu	Fri
				Saturday, June 1st STRAWBERRY PARADE 11am
3 9-11 Dulcimers 11-12 Chair Music & Movement 1-2 Armchair Travel: Yellowstone 1-4 Cribbage	4 9-11 Knit/Crochet 11-11:40 Tai Chi 12-1 Volunteer Mtg. 1:30-3 Caregiver Support Group 3-4 50+ Bicycling	5 9-12 Wood Carving 10-12 SoGo Talking Waters 12:20 Ice Cream Social 1-3 Bingo 1-4 Pinochle	6 11-11:40 Chair Chi 1-4 Painters 2-3 Bingocize 7:30-8:30 Community Orchestra Concert	7 9-11 Dulcimers 10-11 Garden Club 11-11:45 Intro to Drawing 11:45-12:45 Qi Gong 1-3:30 Living Consciously 3-5 Beach Party -Get a ticket!
10 9-11 Dulcimers 9:45-11 Kickball @ Oaks 11-12 Chair Music & Movement 12:30-3:30 Card Crafters 1-4 Cribbage 2-3 Ice Tea Tasting	11 9-11 Knit/Crochet 10-11 Recycling Presentation 11-11:40 Tai chi 1-2 Medicare Overview	12 9-12 Wood Carving 10-11:30 SoGo Disc Golf 1-3 Bingo 1-4 Pinochle	13 11-11:40 Chair Chi 1-4 Painters 4-5:30 Parkinson's Support Group	14 9-11 Dulcimers 10-11:30 Secret Pals 11:45-12:45 Qi Gong 1-3:30 Living Consciously 1 Movie: Treasure of Sierra Madre
17 9-11 Dulcimers 11-12 Chair Music & Movement 1-4 Cribbage	18 9-11 Knit/Crochet 11-11:40 Tai Chi 1-3 Crafternoon- Decoupage Art & Sign Making 1:30-3 Caregiver Support Group	19 9-10:30 Mind Matters- Sleep Hygiene 9-12 Wood Carving 1-3 SoGo Scavenger Hunt 1-3 Bingo 1-4 Pinochle	20 11-11:40 Chair Chi 12-2:30 Potluck: Progressive Lunch (see newsletter for locations) 1-4 Painters 4-5:30 Parkinson's Support Group	21 9-11 Dulcimers 9-11 Longest Day Walk 11-11:45 Intro to Drawing 11:45-12:45 Qi Gong 1-3:30 Living Consciously 1 Movie: Dog's Way Home
24 9-11 Dulcimers 10-10:45 Brain Fitness 11-12 Chair Music & Movement 1-4 Cribbage 2-4 Bunco	25 9-11 Knit/Crochet 11-11:40 Tai chi 12-1 knowledge Share- Hospice & Pet Therapy 2-3 Int'l Bites: Potato Salad Around the World	26 9-12 Wood Carving 10-11:30 SoGo Croquet 1-3 Bingo 1-4 Pinochle	27 11-11:40 Chair Chi 1-2:30 Book Club 1-4 Painters	28 9-11 Dulcimers 11-11:50 Color Wonders 11:45-12:45 Qi Gong 1-3:30 Living Consciously 1 Movie: First Man

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">OREGON CASCADES WEST MEALS ON WHEELS</p> <p style="text-align: center;">JUNE 2019</p>			<p style="text-align: center;">Suggested Donation: \$3.50 per meal</p> <p style="text-align: center;">1% Milk served with all meals</p> <hr style="width: 20%; margin: auto;"/> <p style="text-align: center;"><i>WE ACCEPT THE OREGON TRAIL CARD</i></p>	
<p>Turkey Rice Bake or <u>Chicken Pomodoro</u> Green Peas & Carrots Spinach Romaine Salad Herb Roll Pumpkin Bar</p> <p style="text-align: right;">3</p>	<p>Ground Beef Stew or <u>Macaroni & Cheese</u> Country Trio Blend Vegt Marinated Zucchini Salad Seven Grain Roll Gelatin Jewels w/Whip Top</p> <p style="text-align: right;">4</p>	<p>Shvd Turkey Sndwch Half or <u>Meatloaf Sandwich Half</u> on Wheat Bread Lentil Soup Carrot Coleslaw Golden Fruit Cup</p> <p style="text-align: right;">5</p>	<p>Beef & Black Bean Chili or <u>Chicken Tetrazzini</u> Steamed Spinach Tossed Salad Seven Grain Roll Peach Crisp</p> <p style="text-align: right;">6</p>	<p>Herbed Chicken Patty/Gvy- or <u>Liver & Onions</u> Whipped Potatoes Italian Blend Vegetables Cracked Wheat Bread Chocolate Pudding</p> <p style="text-align: right;">7</p>
<p>Waikiki Chicken or <u>Swedish Meatballs w/Sauce</u> Colcannon Potatoes Scandinavian Blend Vegt Wheat Bread Frosted Banana Cake</p> <p style="text-align: right;">10</p>	<p>Garden Chicken Mini Salad or <u>Chick Pea Mini Salad</u> over Spinach Romaine Cream of Broccoli Soup White Dinner Roll Spiced Peaches</p> <p style="text-align: right;">11</p>	<p>Swiss Style Patty w/Sauce or <u>Homestyle Trky Patty/Gvy</u> Chantilly Potatoes Broccoli Onion Bread Cherry Whip</p> <p style="text-align: right;">12</p>	<p>Chicken Patty Parmesan or <u>Meatloaf w/Gravy</u> Whipped Potatoes w/Gravy Capri Blend Vegetables Rye Wheat Bread Strawberry Ice Cream</p> <p style="text-align: right;">13</p>	<p style="text-align: center;"><u>Father's Day Special</u> Roast Turkey w/Gravy or <u>BBO Smokehouse Chop</u> Creamed Potatoes Succotash Squash Bread Frosted Spice Cake</p> <p style="text-align: right;">14</p>
<p>Chicken Lo Mein or <u>Beef Enchilada Bake</u> Green Beans w/Red Peppers Marinated Spring Vegt Salad Wheat Bread Rocky Road Pudding</p> <p style="text-align: right;">17</p>	<p>Lima Beans & Turkey Ham or <u>Chicken Spaghetti</u> Country Trio Blend Vegt Spinach Romaine Salad Cornmeal Roll Hermit Bar</p> <p style="text-align: right;">18</p>	<p>Breaded Beef Steak w/Gvy or <u>Brd Bkd Fish w/Tartar Sc</u> Delmonico Potatoes Mixed Vegetables Rye Wheat Bread Rhubarb Applesauce</p> <p style="text-align: right;">19</p>	<p><u>1st Day of Summer Special</u> Teriyaki Chicken Sandwich or <u>Sloppy Joe</u> on a Bun Carrots Brocc/Cflower/Craisin Salad Fresh Watermelon</p> <p style="text-align: right;">20</p>	<p>Turkey Salad Sndwch Half or <u>Egg Salad Sndwch Half</u> on Wheat Bread Vegetarian Vegetable Soup Marinated Zucchini Salad Pineapple</p> <p style="text-align: right;">21</p>
<p>Beef Mushroom Steak/Gvy or <u>Roast Turkey w/Gravy</u> Garlic Whipped Potatoes Carrots Dill Bread Zucchini Brownie</p> <p style="text-align: right;">24</p>	<p>Tuna Salad Sandwich Half or <u>Chkn Salad Sndwch Half</u> on Wheat Bread Chicken Pasta Soup Creamy Coleslaw Mandarin Oranges</p> <p style="text-align: right;">25</p>	<p>Turkey a la King or <u>Homestyle Pork Patty/Gvy</u> Whipped Potatoes w/Gravy Broccoli Rye Bran Roll Lime Square</p> <p style="text-align: right;">26</p>	<p>Swt/Sr Turkey w/Brn Rice or <u>Pasta Primavera</u> Green Peas Garden Vegetable Salad Multigrain Roll Bread Pudding</p> <p style="text-align: right;">27</p>	<p>Turkey Pasta Salad or <u>Chef Salad</u> over Spinach Romaine Sausage & Kale Soup Whole Wheat Dinner Roll Seasonal Melon Cup</p> <p style="text-align: right;">28</p>

SERVICES & SUPPORT GROUPS

AARP Driver Safety: For dates and times contact LBCC at 541-259-5801

Aging and Disability Resource Connection: Services can help with Medicaid, food stamps, in-home services, housing and other advocacies. 541-967-8630 Ext. 109 or 800-638-0510 Ext. 804

Cancer Support Group: 2nd Monday of each month, 7-8:30pm at Lebanon Community Hospital. 541-768-2171, Anita Earl, LCSW.

Caregiver Support Group: 1st and 3rd Tuesday of each month, 1:30-3pm at the Lebanon SC. Call Benton Hospice at 541-757-9616 for more info.

Cancer Wellness Group: This group is sponsored by Samaritan Health Services and meets the 1st Wednesday of the month from 5:30-7:00pm at the Lebanon Senior Center. To register, call 541-451-7392.

Dental Services: Emergency Dental Voucher Program may be able to help, 541-451-1035.

Facility/Room Rentals: The Lebanon Senior Center has rooms available for meetings, weddings, anniversaries, etc. Kitchen use is available also. For info contact the Senior Center—541-258-4919.

Fix-It-Brigade: Help with safety related minor home repairs (no plumbing or electrical). Call 541-258-4919 for information. **Volunteers Needed!**

Grief Support Groups: Lebanon Community Hospital, Conference Room A. 2nd Tuesday of the month 4:30pm; 4th Tuesday 2:00pm. 541-812-4547

Hearing Support Group: Last Wednesday of each month at 6:30pm at Albany General Hospital Reimer Bldg. No meetings in July & December. For more information call John 541-220-8541.

Housing Subsidy: Linn/Benton Housing Authority 541-926-4497

Legal Assistance: To make a free consultation with an attorney, call the Lebanon Senior Center at 541-258-4919. Limited Topics (Wills, Power of Attorney, Trusts, etc.).

Low Income Energy Assistance: Linn County 541-926-7163 (Accepts collect calls)

Medical Equipment Loans/Rentals/Sales: Love INC (Linn) 541-924-5683, Love INC(Benton) 541-757-8111, Samaritan Medical Equipment 541-451-6364, Turning Leaf 541-570-1868.

Multiple Sclerosis Support Group: Last Saturday of each month from 10:00 am-12:00pm at Lebanon Hospital, Conf Rm 3, Contact Lynn at lebanonmssupportgroup@hotmail.com

Parkinson's Support Group: 3rd Thursday of each month from 4:00-5:30pm at the Lebanon Senior Center.

Samaritan Health: For info on an ongoing six week series on Living Well with Chronic Health Conditions and Living Well with Chronic Pain, call 541-768-6811.

Senior Meals/Meals-on-Wheels: Services the Lebanon/Scio area, Monday-Friday. For info or volunteering, call 541-451-1139 (site manager). To start receiving MOW call 1-800-638-0510.

Senior Support Services:

Financial Management Program: For assistance managing personal finances or to volunteer to assist individuals, Call Diana Hancock at 541-812-2597.

Medicare Insurance Assistance - Senior Health Insurance Benefits Assistance (SHIBA) helps with understanding Medicare and providing impartial information for supplemental insurance, including drug coverage. Call 541-812-0849 for information.

Volunteer Placement - Retired Senior Volunteer Program (RSVP) will help you put your skills and talents to good use by volunteering in one of many nonprofit organizations. 541-812-0849

Social Security's Supplemental Security Income (SSI): Social Security Administration 1-800-772-1213

Supplemental Nutrition Program (SNAP): Formerly Food Stamps: DHS self sufficiency, Lebanon 541-259-5860

Utility Drop Boxes: Bring the following bills into the Lebanon Senior Center and save postage: Republic Services, Comcast, NW Natural Gas, Lebanon City Water/Sewer & Pacific Power. City Water and PP&L pick-up every day at 8am; others on Tuesday and Friday at 8 am.

Vision Support Group: Third Wednesday of every month at the First Christian Church, 432 Ferry St., Albany. For more info call 541-928-5008.

Volunteer Caregivers: Call to schedule a ride to your out-of-town doctor's appointment. Dependent upon driver availability. Office hours M-TH 9-1; F 8-10 am, 541-928-2173.



Foot Care: Need help taking care of toe nail trimming/general foot care? Nurses come to the Senior Center monthly. Call 541-258-4919 for more info or to make an appointment.

If you would like an annual subscription to our newsletter, fill in the needed information below and return it along with your \$5 subscription fee to the Lebanon Senior Center.
The expiration date will appear on the mailing label.

Name _____ New Subscriber
Address _____ Renewal
City, State, Zip _____ Amount _____
Phone # _____ Cash Check



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Mac McNulty; Angie Kutsch-The Oaks; Henry Chambers;
Marlene Flyer; Sherry Liest; Joan Voss; Bonnie Stalker

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OREGON
Lebanon
Senior Center

80 Tangent Street
Lebanon, OR 97355

541-258-4919

FAX 541-258-4956

RETURN SERVICE REQUESTED

LEBANON SENIOR CENTER

Focused on those 50 years and older, and those with disabilities, in the community of Lebanon

JULY 2019—Open Monday-Friday, 8:00 am to 4:00 pm

Mind Matters: KEEPING THE LIGHTS ON

Thursday, July 11th 9:00-10:30am

When people think about staying fit, they often forget about their brain. And yet, your brain plays a critical role in everything you do, such as thinking, feeling, remembering and sleeping.

Helen Beaman, Older Adult Behavioral Health Specialist/Mental Health Services Coordinator for Linn and Benton County, explores ways of keeping your brain active and engaged. This increases its vitality and builds a reserve of brain cells and connections. **We will also be creating a make and take involving aromatherapy.** Please sign up in the office or by calling 541-258-4919.

Snacks provided.

Attend six Mind Matters sessions during the year and be entered in a drawing for prizes!



The Lebanon Senior Center, Dial-A-Bus, and LINX will be closed Wednesday, July 4th.

Summertime Bingo Bash

Tuesday, July 16th
1:30-3:30pm

50 cents per card
(maximum of 8 cards)

All prizes will be cash or donated prizes (donations welcome).

Beverages provided.
Feel free to bring a snack to share.



“Fundamentals of Photography” Series

Tuesdays July 2nd through September 24th (except July 16th)
2:00-3:00pm



ALL PRESENTATIONS ARE ON VIDEO

Learn to “see” like a professional photographer and learn to take beautiful and inspiring photos. Video series is hosted by Joel Sartore, an award winning National Geographic photographer. Each session presents two 30-minute videos sharing tips and techniques aimed at improving your photography skills.

July 2nd: Making Great Pictures & Camera Equipment– What You Need

July 9th: Lenses and Focal Length and Shutter Speeds

July 23rd: Aperture and Depth of Field and Light I—Found or Ambient Light

July 30th: Light II— Color and Intensity and Light III— Introduced Light

August 6th: Composition I— Seeing Well and Composition II- Background and Perspective

NOON AT THE PLAZA



All performances take place at Strawberry Plaza and begin at noon on Fridays. The performance arts series is put on by the Lebanon Arts Commission. All concerts are free.

- July 5 – Wild Hog in the Woods
- July 12 – East Dream Chinese Dance
- July 19 - Crossing Delancey, Comedy Reader's Theatre show
- July 26 – Grand Jazz & Swing Band
- August 2 – Scramble James, Circus Arts Extraordinaire
- August 9 – Gideon Freudmann, Cellobop
- August 16 - Great Quirky Turkey Pageant Award Ceremony + Lisa James & Chelsea Sue Duo



POTLUCK: Hot Dogs on the Grill Thursday, July 18th at 12:00-1:30pm

This month we are firing up the grill and having a cookout. Bring your favorite dish to serve at a BBQ, you make it or pick something up at the store. You can always drop off a donation by the office and we will pick up extra.



Our gratitude to The Oaks, Meadowlark, and Willamette Manor for co-sponsoring this event.

(Rescheduled) Armchair Travel: Yellowstone

Tuesday, July 23rd 10:00-10:45am

Last month's presentation had to be postponed due to illness, so it is back on the schedule for July!

Have you been to Yellowstone or dreamed of going? Rebecca will be sharing her experience and photos with us and you are welcome to share yours as well.



Our National Parks are truly a treasure.

Crafternoon: Silhouette on Print Project

Tuesday, July 30th, 1:30-3:30pm

You provide the black silhouette of your choosing and we will provide sheet music, newsprint, or book pages for your background. We will also supply the glue. Cost is \$2 (due at sign up). You are welcome to bring your own decorative or tissue paper, old maps, cards, etc.

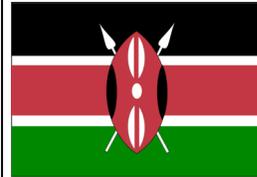
Please sign up with the office or by calling 541-258-4919.



International Bites: Kenya

Monday, July 8th 2:00-3:00pm

We continue to travel the world of flavor! This time we are hopping over to Africa and trying a dish from Kenya.



Please sign up at the Senior Center office or by calling 541-258-4919, if you would like to attend.

Labyrinths: A Walking Meditation

Monday, July 15th

Labyrinths have been used to facilitate meditation and help people find a place of peace inside themselves. **Elaine Jenkins of Grace Counseling** will be presenting about labyrinths and how they are used to help people find a place of peace in the middle of busy life.

The presentation will occur from 1:00-1:30pm. From 1:30-3:00pm a labyrinth will be available to walk.

Tuesday Topics

Meeting on **Tuesday, July 2nd, 10:00am**. Share your thoughts and ideas for August-October activities, movies, program ideas, or anything else pertaining to the Center.



In Need of Urgent Help!

Drivers needed! Do you have 2 hours, 1 or 2 days a week or even once a month? You can give by delivering a hot meal to our homebound neighbors. Currently Lebanon MOW serves 140 home delivered and dining room meals each day. **Anything** you can do to help will be greatly appreciated. We promise the rewards you will experience would be hard to find anywhere else. Call site manager: **Tori Hartman today @ 541-451-1139.**

Christmas Card Class

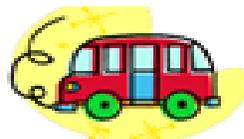
Thursday, July 25th from 12:30-4:00pm

During this class, you will make four different designs. (This is not a beginner's class, some card making or scrapbooking experience needed). Most materials will be provided, but please bring your favorite scissors, glue, and pens/pencils. Cost is \$10. Maximum number of participants is 10.



Please sign-up for the class by July 19th, 541-258-4919.

Need a ride?



Call LINX at 541-258-4920.



ICE CREAM BIRTHDAY SOCIAL Wednesday, July 3rd at 12:20pm

Come join us the 1st Wednesday of the month to celebrate birthdays!

Starts right after the noon meal.

Chair Music & Movement

Mondays, 11:00am-12:00pm

Chair dance doesn't quite describe this fun group. You can work up a sweat in this seated class! **It's FREE!** No matter your fitness level, this is a fun and friendly way to get moving. **If you prefer, you can exercise standing.** Various types of music and dance styles explored through the use of assorted videos.

Tai Chi

Tuesdays, 11:00-11:40am

Video based, low-impact exercise program great for improving balance & flexibility. Standing and seated portions allow you to exercise at your level.

Chair Chi

Thursdays, 11:00-11:40am

Taught from the seated position (you may choose to stand). The movements are fun to follow and helps with balance and flexibility.

Qi Gong with Beverly

Fridays 11:45am-12:45pm

Come try a **free** Qi Gong class! Qi Gong is the practice of our physical movements, breathing, and use of intentional mind (meditation) which increases the amount of Qi (energy) we receive. The class lasts anywhere from 50 minutes to an hour.

Walking at SC

Fridays, 9:00-9:40am

Depending on the weather and desire of participants, this group may walk indoors or outdoors. Join Senior Center staff for a walk around the building. Bring your water bottle and wear comfy walking shoes.



Intro to Drawing Class

Friday, July 5th and 19th

11:00-11:45am

Bring a multi media sketch pad, a #2 pencil, water color pencils, and your favorite drawing tools with you to class. We get inspiration from a short video and then do an exercise (5th will be pencil drawing; 19th watercolor pencil).

Please sign up in the office or call 541-258-4919.

Color Wonders

Tuesday, July 30th 10:00-10:50am

Use our supplies or bring your own for a time of de-stressing. Bring some color to the world!

Seniors on the Go Exercise

Looking for fun exercise? Participate in our fun, activities and remember how to play! Laughter is the best exercise.

~ Wed. **July 3rd**, 10:00am-11:00am Bocce

~ Wed. **July 10th**, 1:00-2:00pm Water Games (yes, we will get wet to cool off!)

~ Wed. **July 17th** 10:00-11:00am Parachute Games

~ Wed. **July 24th** 10:00-11:00am Batting Practice (T-ball or softball slow pitch with whiffle balls)

~ Wed. **July 31st** 10:00am-12:00pm Horse Shoes at Wyn Mill Park (you can bring your picnic lunch).

Bingocize!

**Thursdays, July 11th, 18th, and 25th
2:00-3:00pm**

Students from the local medical school are hosting this program at the Senior Center. It combines the fun and competitiveness of BINGO with an opportunity to move, turning exercise into play.

Therapeutic Yoga for Balance *NEW*

**Tuesdays starting July 16th
3:30-4:30pm**

Rose Kress has over 15 years of experience. Participants will leave feeling balanced and at ease. Cost is \$5 per person per class. Bring a yoga mat and a beach towel, yoga blanket or cushion.

Engage Your Brain

Friday, July 26th

11:00-11:45am



Rebecca will lead you through some different brain boosting exercises/games. We also watch a 30 minute video from the "The Aging Brain" series, to understand how brains change over time.

Living Consciously

Fridays, July 5th and 19th 1:00-3:30 pm

We discuss practical ways to increase your positive energy, be mindful, and live with an open heart.

Fridays, July 12th and 26th 1:00-3:30pm

We discuss a system designed to help you discover your life's purpose. Details are on GeneKeys.com.

Questions should be directed to Virginia Cloyd, facilitator, at 541-570-8587.



JULY 2019



Walking Group
Monday, Wednesday,
Friday, 9:00-10:00am
 Lebanon High School Track
 or River Center

Meals on Wheels
Dine-In Lunch Program

Monday-Friday, 11:45am
 60 yrs. +
 Suggested \$3.50 donation
 Order 4 days in advance for
 a choice
 Call 541-451-1139 for more
 information

Friends of the
Library
 Book Sale
 Saturday, July 27th
 9:00am-2:00pm

LBCC Courses at SC
Contact LBCC
*for availability & fees for
 the following courses*
at 541-259-5801
 Summer term begins 6/17

Bones & Balance
 Mon/Wed/Fri 8am
 T/TH 5:15pm

Tai Chi
 Mon/Wed 10am & 11am

Mon	Tue	Wed	Thu	Fri
1 9-11 Dulcimers 11-12 Chair Music & Movement 1-4 Cribbage	2 9-11 Knit/Crochet 10-11 Tuesday Topics 11-11:40 Tai Chi 1:30-3 Caregiver Support Group 2-3 Photo Video Series	3 9-12 Wood Carving 10-11 SoGo: Bocce 12:20 Ice Cream Social 1-3 Bingo 1-4 Pinochle	4 CLOSED 4th of JULY	5 9-9:40 Walk at SC 9-11 Dulcimers 10-11 Garden Club 11-11:45 Intro to Drawing 11:45-12:45 Qi Gong 12-1 Apple Tech 1-3:30 Living Consciously 1 Movie: RBG
8 9-11 Dulcimers 11-12 Chair Music & Movement 12:30-3:30 Card Crafters 1-4 Cribbage 2-3 Int'l Bites: Kenya	9 9-11 Knit/Crochet 11-11:40 Tai Chi 2-3 Photo Video Series	10 9-12 Wood Carving 1-2 SoGo: Water Games 1-3 Bingo 1-4 Pinochle	11 9-10:30 Mind Matters: Keep Lights On 11-11:40 Chair Chi 1-4 Painters 2-3 Bingocize	12 9-9:40 Walk at SC 9-11 Dulcimers 10-12 Secret Pals 11:45-12:45 Qi Gong 1-3:30 Living Consciously 1 Movie: Paris Can Wait
15 9-11 Dulcimers 11-12 Chair Music & Movement 1-4 Cribbage	16 9-11 Knit/Crochet 11-11:40 Tai chi 1:30-3 Caregiver Support Group 1:30-3:30 Bing Bash 3:30-4:30 Yoga	17 9-12 Wood Carving 10-11 SoGo:Parachutes 1-3 Bingo 1-4 Pinochle	18 11-11:40 Chair Chi 12-1:30 Potluck: BBQ Hotdogs 1-4 Painters 2-3 Bingocize 4-5:30 Parkinson's Support Group	19 9-9:40 Walk at SC 9-11 Dulcimers 10-11:30 Secret Pals 11-11:45 Intro to Drawing 11:45-12:45 Qi Gong 1-3:30 Living Consciously 1 Movie: All About Eve
22 9-11 Dulcimers 11-12 Chair Music & Movement 1-4 Cribbage	23 9-11 Knit/Crochet 10-10:50 Armchair Travel: Yellowstone 11-11:40 Tai Chi 2-3 Photo Video Series 3:30-4:30 Yoga	24 9-12 Wood Carving 10-11 SoGo: Batting Practice 1-3 Bingo 1-4 Pinochle	25 11-11:40 Chair Chi 12:30-4 Pd Xmas Cards 1-2:30 Book Club 1-4 Painters 2-3 Bingocize	26 9-9:40 Walk at SC 9-11 Dulcimers 11-11:45 Brain Fitness 11:45-12:45 Qi Gong 1-3:30 Living Consciously 1 Movie: Stan & Ollie
29 9-11 Dulcimers 11-12 Chair Music & Movement 1-4 Cribbage 2-4 Bunco	30 9-11 Knit/Crochet 10-10:50 Color Wonders 11-11:40 Tai chi 1:30-3:30 Crafternoon: Silhouettes 2-3 Photo Video Series 3:30-4:30 Yoga	31 9-12 Wood Carving 10-12 SoGo: Horseshoes 1-3 Bingo 1-4 Pinochle 2-4 Tech Time		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Swt & Sour Pork/Brn Rice or <u>Macaroni & Cheese</u> Green Beans w/Red Peppers Carrot Raisin Salad Herb Roll Gelatin Jewels w/Whip Top <p style="text-align: right;">1</p>	Scalloped Potatoes & Turkey Ham or <u>Southern Chicken & Rice</u> Chuckwagon Corn Marinated Broccoli Salad Cracked Wheat Roll Seasonal Fresh Fruit <p style="text-align: right;">2</p>	<u>July 4th Picnic Special</u> BBQ Chicken or <u>Kielbasa w/Sauerkraut</u> on a Bun / Mustard Baked Beans Spinach Romaine Salad Poke'n Pour Cake <p style="text-align: right;">3</p>	<u>Closed for the Holiday</u>  <p style="text-align: right;">4</p>	Shoyu Chicken or <u>Meatloaf w/Brown Gravy</u> Whipped Potatoes Mixed Vegetables Wheat Bread Chocolate Pudding <p style="text-align: right;">5</p>
Herbed Chkn Patty w/Gvy or <u>Liver & Onions w/Grvy</u> Delmonico Potatoes Broccoli Wheat Bread Peanut Butter Bar <p style="text-align: right;">8</p>	Beef & Black Bean Chili or <u>Turkey Tetrazzini</u> Herbed Carrots Spinach Romaine Salad Multigrain Roll Ice Cream Cup <p style="text-align: right;">9</p>	Teriyaki Meatballs or <u>Breaded Fish w/Tartar Sc</u> Brown Rice Brussels Sprouts Carrot Pineapple Salad Butterscotch Pudding <p style="text-align: right;">10</p>	Creamed Chicken & Vegt or <u>Beef Mushroom Patty w/Mushroom Gravy</u> Garlic Whipped Potatoes Mixed Vegetables Seven Grain Bread Pineapple <p style="text-align: right;">11</p>	Chkn Salad Sndwch Half or <u>Egg Salad Sndwch Half</u> on Wheat Bread Minestrone Soup Marinated Zucchini Salad Spiced Apple Slices <p style="text-align: right;">12</p>
Turkey Apple Meatballs w/Cider Glaze or <u>Roast Pork w/Orange Glz</u> Chantilly Potatoes Lima Beans French Bread Hermit Bar <p style="text-align: right;">15</p>	Ham & Swiss Sndwch Half or <u>Shvd Trky Sndwch Half</u> on Wheat Bread Potato Chowder Beet & Mandarin Salad Applesauce <p style="text-align: right;">16</p>	Hmstyle Trky Patty w/Gvy or <u>BBO Smokehouse Chop</u> Sr Cream & Chive Potatoes Spinach Romaine Salad Oat Bran Roll Cherry Whip <p style="text-align: right;">17</p>	Cowboy Campfire Stew or <u>Cheese & Green Chile Bk</u> Chuckwagon Corn Tossed Salad Whole Wheat Roll Seasonal Fresh Fruit <p style="text-align: right;">18</p>	Herbed Chicken Patty or <u>Sloppy Joe</u> on a Bun Baked Beans German Potato Salad Pineapple Peach Crisp <p style="text-align: right;">19</p>
Lasagna Cheese Roll Up or <u>Western Pork Stew</u> Broccoli Apple Cranberry Coleslaw White Dinner Roll Frosted Chocolate Cake <p style="text-align: right;">22</p>	Chicken Penne Pasta or <u>Beef Spanish Rice Bake</u> Herbed Carrots Garden Vegetable Salad Herb Roll Mandarin Oranges <p style="text-align: right;">23</p>	Garden Chicken Mini Salad or <u>Turkey Club Mini Salad</u> over Spinach Romaine Cream of Tomato Soup Whole Wheat Roll Pears <p style="text-align: right;">24</p>	<u>Christmas in July</u> Roasted Turkey w/Gravy or <u>Hmstyle Pork Patty/Gvy</u> Whipped Potatoes Green Beans / Cranberry Sc Squash Roll Lemon Brownie <p style="text-align: right;">25</p>	Garlic Chicken or <u>Southwest Omelet Bake</u> Parslied Potatoes Mixed Vegetables Cornbread Vanilla Pudding <p style="text-align: right;">26</p>
Chicken Fettuccine or <u>Stuffed Grn Pepper w/Beef</u> Whole Kernel Corn Carrot Raisin Salad Whole Wheat Roll Apple Crisp <p style="text-align: right;">29</p>	Ham & Cheese Mini Salad or <u>Garden Trky Mini Salad</u> over Spinach Romaine Chicken Tortilla Soup Whole Wheat Roll Peaches <p style="text-align: right;">30</p>	Mexican Pasta Bake or <u>Vegetable Strata</u> Glazed Carrots Marinated Vegetable Salad Seven Grain Roll Fresh Orange <p style="text-align: right;">31</p>	<p style="text-align: center;">Suggested Donation: \$3.50 per meal</p> <p style="text-align: center;">1% Milk served with all meals</p> <p style="text-align: center;">----- WE ACCEPT THE OREGON TRAIL CARD</p>	<p style="text-align: center;">OREGON CASCADES WEST MEALS ON WHEELS</p> <p style="text-align: center;">JULY 2019</p>

On-going Classes/Groups

Book Lovers

Come **Thursday, July 25th, at 1:00pm** for a discussion on *H is for Hawk* by Helen Macdonald. Heart-wrenching and humorous, this book accounts the author's unique bereavement and eccentric falconry. Books are available to borrow from the Book Club. You may also bring another book to discuss.

Garden Club

Friday, July 5th, 10:00-11:00am. Join fellow gardening enthusiasts to chat about life in the garden.

Card Making

Make several beautiful cards **Monday, July 8th 12:30-3:30pm!** Most supplies are provided by the instructor at no charge. Call the Center for the few things you need to bring & sign up by the Friday before, 541-258-4919.

Secret Pals

We will be gathering **Friday, July 12th, from 10:00am-12:00pm** at River Park for our potluck Picnic.

Dulcimer

Mondays & Fridays 9:00am for beginners/10:00am for advanced. A love of music is the only requirement. Come learn to play. Other instruments are welcome to join in and play along too!

Knit & Crochet Group

Tuesdays, 9:00-11:00am. Bring your own project to work on while chatting with a group of talented crafters. You are welcome to come meet us!

Craft Groups

Wednesdays 9:00am-12:00pm **Wood Carving**

Thursdays 1:00-4:00pm **Painting Enthusiasts** - Bring your supplies and fellowship while painting.

Open Wii Play-Bowling & more

By popular demand, we have the Wii and TV hooked up in the library, ongoing. Come check it out!

Game Room

Pool, Snooker, Shuffleboard, & Magnetic Darts

Monday-Friday 8am to 4pm, 25¢ per game

Games-- Open to everyone!

Cribbage — Monday 1:00-4:00pm

Pinochle — Wednesday 1:00-4:00pm

Bingo — Wednesday 1:00-3:00pm 25 cents a card

RumiKub — Often a group playing after lunch

Ping Pong — Ask at the front desk.

BUNCO!

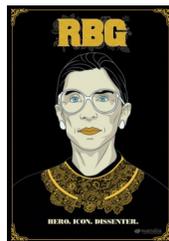
Monday, July 29th from 2:00-4:00pm

Feeling lucky? This easy to learn dice game is a fun way to spend an afternoon.

Bring \$2 to play, which goes to prize pots.

It's Movie Time ON Our Big Screen!!

Free popcorn! Beverages are 50 cents!



Friday, July 5th, 1:00pm:

RBG

2018 PG 1hr. 37mins.

Providing an illuminating look at the life of trailblazer Ruth Bader Ginsburg - including her career-defining work in gender-discrimination law -- this engaging documentary charts her journey to becoming a justice on America's highest court.



Friday, July 12th, 1:00pm:
Paris Can Wait

2017 PG 1hr. 32mins.

With her daughter at college and her workaholic husband perpetually absent, Anne Lockwood is ripe for the wooing when one of her spouse's associates offers to give her a lift from Cannes to Paris -- a seven-hour journey that turns into two days.



Friday, July 19th 1:00pm:

All About Eve

1950 NR 2hr. 19mins.

Writer-director Joseph L. Mankiewicz's sharp script anchors this story about New York City theater life, with Bette Davis playing an aging Broadway diva who employs a starstruck fan (Anne Baxter) as her assistant, only to learn the woman is a conniving upstart. The now-classic All About Eve won Oscars for Best Picture, Best Director (Mankiewicz), Best Screenplay and Best Supporting Actor (George Sanders).



Friday, July 26th 1:00pm:

Stan & Ollie

2018 PG 1 hr. 37mins.

With their glory days as Hollywood's premier comedy team long behind them, Stan Laurel and Oliver Hardy begin a 1953 farewell tour of England and Ireland, reminding audiences -- and themselves -- of the magic of their partnership.

SERVICES & SUPPORT GROUPS

AARP Driver Safety: For dates and times contact LBCC at 541-259-5801

Aging and Disability Resource Connection: Services can help with Medicaid, food stamps, in-home services, housing and other advocacies. 541-967-8630 Ext. 109 or 800-638-0510 Ext. 804

Cancer Support Group: 2nd Monday of each month, 7-8:30pm at Lebanon Community Hospital. 541-768-2171, Anita Earl, LCSW.

Caregiver Support Group: 1st and 3rd Tuesday of each month, 1:30-3pm at the Lebanon SC. Call Benton Hospice at 541-757-9616 for more info.

Cancer Wellness Group: This group is sponsored by Samaritan Health Services and meets the 1st Wednesday of the month from 5:30-7:00pm at the Lebanon Senior Center. To register, call 541-451-7392.

Dental Services: Emergency Dental Voucher Program may be able to help, 541-451-1035.

Facility/Room Rentals: The Lebanon Senior Center has rooms available for meetings, weddings, anniversaries, etc. Kitchen use is available also. For info contact the Senior Center—541-258-4919.

Fix-It-Brigade: Help with safety related minor home repairs (no plumbing or electrical). Call 541-258-4919 for information. **Volunteers Needed!**

Grief Support Groups: Lebanon Community Hospital, Conference Room A. 2nd Tuesday of the month 4:30pm; 4th Tuesday 2:00pm. 541-812-4547

Hearing Support Group: Last Wednesday of each month at 6:30pm at Albany General Hospital Reimer Bldg. No meetings in July & December. For more information call John 541-220-8541.

Housing Subsidy: Linn/Benton Housing Authority 541-926-4497

Legal Assistance: To make a free consultation with an attorney, call the Lebanon Senior Center at 541-258-4919. Limited Topics (Wills, Power of Attorney, Trusts, etc.).

Low Income Energy Assistance: Linn County 541-926-7163 (Accepts collect calls)

Medical Equipment Loans/Rentals/Sales: Love INC (Linn) 541-924-5683, Love INC(Benton) 541-757-8111, Samaritan Medical Equipment 541-451-6364, Turning Leaf 541-570-1868.

Multiple Sclerosis Support Group: Last Saturday of each month from 10:00 am-12:00pm at Lebanon Hospital, Conf Rm 3, Contact Lynn at lebanonmssupportgroup@hotmail.com

Parkinson's Support Group: 3rd Thursday of each month from 4:00-5:30pm at the Lebanon Senior Center.

Samaritan Health: For info on an ongoing six week series on Living Well with Chronic Health Conditions and Living Well with Chronic Pain, call 541-768-6811.

Senior Meals/Meals-on-Wheels: Services the Lebanon/Scio area, Monday-Friday. For info or volunteering, call 541-451-1139 (site manager). To start receiving MOW call 1-800-638-0510.

Senior Support Services:

Financial Management Program: For assistance managing personal finances or to volunteer to assist individuals, Call Diana Hancock at 541-812-2597.

Medicare Insurance Assistance - Senior Health Insurance Benefits Assistance (SHIBA) helps with understanding Medicare and providing impartial information for supplemental insurance, including drug coverage. Call 541-812-0849 for information.

Volunteer Placement - Retired Senior Volunteer Program (RSVP) will help you put your skills and talents to good use by volunteering in one of many nonprofit organizations. 541-812-0849

Social Security's Supplemental Security Income (SSI): Social Security Administration 1-800-772-1213

Supplemental Nutrition Program (SNAP): Formerly Food Stamps: DHS self sufficiency, Lebanon 541-259-5860

Utility Drop Boxes: Bring the following bills into the Lebanon Senior Center and save postage: Republic Services, Comcast, NW Natural Gas, Lebanon City Water/Sewer & Pacific Power. City Water and PP&L pick-up every day at 8am; others on Tuesday and Friday at 8 am.

Vision Support Group: Third Wednesday of every month at the First Christian Church, 432 Ferry St., Albany. For more info call 541-928-5008.

Volunteer Caregivers: Call to schedule a ride to your out-of-town doctor's appointment. Dependent upon driver availability. Office hours M-TH 9-1; F 8-10 am, 541-928-2173.



Foot Care: Need help taking care of toe nail trimming/general foot care? Nurses come to the Senior Center monthly. Call 541-258-4919 for more info or to make an appointment.

If you would like an annual subscription to our newsletter, fill in the needed information below and return it along with your \$5 subscription fee to the Lebanon Senior Center.
The expiration date will appear on the mailing label.

Name _____ New Subscriber
Address _____ Renewal
City, State, Zip _____ Amount _____
Phone # _____ Cash Check



LEBANON SENIOR CENTER ADVISORY BOARD

Mac McNulty; Angie Kutsch-The Oaks; Henry Chambers;
Marlene Flyer; Sherry Liest; Joan Voss; Bonnie Stalker

NOTE: All newsletter inserts are paid advertisements. The City of Lebanon, Lebanon Senior Center, and employees do not endorse any information obtained from advertisers.



OREGON
Lebanon
Senior Center

80 Tangent Street
Lebanon, OR 97355

541-258-4919

FAX 541-258-4956

RETURN SERVICE REQUESTED

LEBANON SENIOR CENTER

Focused on those 50 years and older, and those with disabilities, in the community of Lebanon

AUGUST 2019—Open Monday-Friday, 8:00 am to 4:00 pm

Mind Matters: Invisible Losses (Disenfranchised Grief)

Thursday, August 1st 9:00-10:30am

Grief doesn't always have to involve losing someone in your life. As we age, we are sometimes forced to consider giving up things or activities we enjoy; such as jogging, pinochle, volunteer activities, or traveling. This can lead to a rather profound sense of loss. Helen Beaman, Older Adult Behavioral Health Specialist/Mental Health Services Coordinator for Linn and Benton County, explores the types of "invisible losses," also learn how to cope, heal, and grieve from these types of disenfranchised losses. Snacks provided.

Please sign up in the office or by calling 541-258-4919.

Attend six Mind Matters sessions during the year and be entered in a drawing for prizes!

Americana on the Lawn with The Crazy Weasels String Band



**Friday, August 23rd
4:00-5:00pm**



at the Academy Square Gazebo
(big grassy area in front of the Lebanon Senior Center)

Celebrate the coming end of summer with a free concert and a root beer float! The Crazy Weasels String Band will be providing a sampling of music including bluegrass, country, Cajun, and more.

Bring your favorite lawn chair or blanket to sit on the lawn.

A number of chairs will be brought down for seniors, first come first get a chair (no reserving please).

Please call 541-258-4919 with questions.

“Fundamentals of Photography” Series

**Tuesdays July 2nd through September 24th (except July 16th)
2:00-3:00pm**



ALL PRESENTATIONS ARE ON VIDEO

Learn to “see” like a professional photographer and learn to take beautiful and inspiring photos. Video series is hosted by Joel Sartore, an award winning National Geographic photographer. Each session presents two 30-minute videos sharing tips and techniques aimed at improving your photography skills.

August 6th: Composition I— Seeing Well and Composition II- Background and Perspective

August 13th: Composition III— Framing and Layering and Let's Go to Work- Landscapes

August 20th: Let's Go to Work— Wildlife and Let's Go to Work— People and Relationships

August 27th: Let's Go to Work— From Mundane to Extraordinary and Let's Go to Work— Special Occasions

NOON AT THE PLAZA

All performances take place at Strawberry Plaza and begin at noon on Fridays. The performance arts series is put on by the Lebanon Arts Commission. All concerts are free.



- August 2 – Scramble James, Circus Arts Extraordinaire
- August 9 – Gideon Freudmann, Cellobop
- August 16 - Great Quirky Turkey Pageant Award Ceremony + Lisa James & Chelsea Sue Duo





POTLUCK: Baked Potato Bar
Thursday, August 15th
12:00-1:30pm

This month we are celebrating National Potato Day and baked potatoes will be provided. Bring your favorite baked potato topping, a dessert, or your favorite potluck dish to share. It can be picked up at the store or homemade. Donations also accepted.

Our gratitude to The Oaks, Willamette Manor and Meadowlark for co-sponsoring this event.

International Bites: El Salvador

Thursday, August 29th 2:00-3:00pm



We continue to travel the world of flavor! This time we are hopping over to Central America and trying a dish from El Salvador.

Please sign up at the Senior Center office or by calling 541-258-4919, if you would like to attend.

Crafternoon: Tie Dye



Thursday, August 22nd 2:00-3:30pm

Bring a pre-washed cotton (at least 50%) item of your choosing (t-shirt, bandana, etc). Do NOT use fabric softener on item. Mary will be walking us through some different techniques and providing directions on how to set the color at home. We will provide the paint and directions. Cost is \$2 (due at sign up).

Please sign up, 541-258-4919.

Friendship Day

Monday, August 5th 12:00-12:30pm

Nothing says friendship like a willingness to share. The dulcimers will be celebrating Friendship Day with a performance.

Come listen and maybe even dance.

Senior Talent Wanted!



Got a talent?

No matter how artistic or off beat, we are interested in hearing about it! Play the spoons? Short one person act? Carry a tune or play an instrument? We are looking for people 50 years and older to participate in our fourth talent show. Over the years, we have been dazzled by some of the hidden talents the seniors in our community hold. **Please talk with Rebecca by August 30th, if you are interested in participating.** For more information stop by the office or call 541-258-4919.

We hope you might consider showing off and inspiring others!

Silver Follies IV will be held on Friday, September 13th from 2:00-3:30pm.

GET INVOLVED

THINKING ABOUT VOLUNTEERING?

We couldn't do what we do without all of our volunteers! Thank you so much to everyone who helps set up, clean up, serve food, fold newsletters, lead activities like card or board games. etc.

Example of our volunteer needs:

- * New Games/Craft/Activity leaders
- * Potluck theme/decoration team
- * Special Events Helpers
- * Travelers to share travel adventures
- * Speakers on a variety of topics (history, local interests, hobbies, etc)



Please call if you are interested in becoming a part of our diverse and active volunteer team, 541-258-4919, or stop by the office.

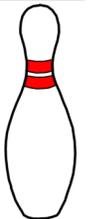
Wii Bowling

Thursday, August 8th 2-3:30pm

Enjoy bowling? Like to bowl but the weight of holding a bowling ball has made it too difficult? Looking for something different to try? Wii bowling is a motion controlled bowling game that we have at the center.

We will be introducing this game to the residents of Meadowlark Senior Living and you are invited to join us. They are providing snacks, too!

Please sign up at the office, 541-258-4919.



Need a ride?



Call LINX at 541-258-4920.



ICE CREAM BIRTHDAY SOCIAL Wednesday, August 7th at 12:20pm

Come join us the 1st Wednesday of the month to celebrate birthdays!

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Chair dance doesn't quite describe this fun group. You can work up a sweat in this seated class! **It's FREE!** No matter your fitness level, this is a fun and friendly way to get moving. ***If you prefer, you can exercise standing.*** Various types of music and dance styles explored through the use of assorted videos.

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Video based, low-impact exercise program great for improving balance & flexibility. Standing and seated portions allow you to exercise at your level.

Chair Chi

Thursdays, 11:00-11:40am

Taught from the seated position (you may choose to stand). The movements are fun to follow and helps with balance and flexibility.

Qi Gong with Beverly

Fridays 11:45am-12:45pm

Come try a **free** Qi Gong class! Qi Gong is the practice of our physical movements, breathing, and use of intentional mind (meditation) which increases the amount of Qi (energy) we receive. The class lasts anywhere from 50 minutes to an hour.

Walking at SC

Fridays, 9:00-9:40am

Depending on the weather and desire of participants, this group may walk indoors or outdoors. Join Senior Center staff for a walk around the building. Bring your water bottle and wear comfy walking shoes.



Intro to Drawing Class

Friday, August 2nd and 16th
11:00-11:45am

Bring a multi media sketch pad, a #2 pencil, water color pencils, and your favorite drawing tools with you to class. We get inspiration from a short video and then do an exercise (2nd will be pencil drawing; 16th watercolor pencil).

Please sign up in the office or call 541-258-4919.

Color Wonders

Tuesday, August 27th 10:00-10:50am

Use our supplies or bring your own for a time of de-stressing. Bring some color to the world!

Seniors on the Go Exercise

Looking for fun exercise? Participate in our fun, activities and remember how to play! Laughter is the best exercise.

- ~ Wed. **Aug. 7th**, 10:00am-11:00am Kickball Circle
- ~ Wed. **Aug. 14th**, 12:30-3:00pm Trek out to Lewis Creek Park to play in the water and enjoy the park. (\$2 for the trip. Maximum of 12 participants. Sign up required in the office.)
- ~ Wed. **Aug. 21st** 10:00-11:00am Badminton
- ~ Wed. **Aug. 28th** 9:00-11:00am Berry Picking and a tour of the Roadifer's 5 acre retirement paradise. (\$2 for the trip. Maximum of 12 participants. Sign up required in the office.)

Therapeutic Yoga for Balance *NEW*

Tuesdays, 3:30-4:30pm

Rose Kress has over 15 years of experience. Participants will leave feeling balanced and at ease. Cost is \$5 per person per class. Bring a yoga mat and a beach towel, yoga blanket or cushion.

Engage Your Brain

Friday, August 23rd

11:00-11:45am



Rebecca will lead you through some different brain boosting exercises/games. We also watch a 30 minute video from the "The Aging Brain" series, to understand how brains change over time.

Parkinson's Support Group

Thursday, August 15th 4:00-5:30pm

Join this support group for their monthly meeting for encouragement and information about Parkinson's. The August meeting will be held at Serendipity's, downtown, for an ice cream social.

Living Consciously

Fridays, 1:00-3:30 pm

We discuss practical ways to increase your positive energy, be mindful, and live with an open heart.

Questions should be directed to Virginia Cloyd, facilitator, at 541-570-8587.

Questions should be directed to Virginia Cloyd, facilitator, at 541-570-8587.

On-going Classes/Groups

Book Lovers

Come **Thursday, August 22nd, at 1:00pm** to share the books you've been enjoying lately. We will be talking about a laugh-out-loud comedy of errors, *A Confederacy of Dunces* by John, Kennedy Toole. Those who read it will be sharing. Lending copies are available.

Garden Club

Friday, August 2nd, 10:00-11:00am. Join fellow gardening enthusiasts to chat about life in the garden.

Card Making

Make several beautiful cards **Monday, Aug. 12th 12:30-3:30pm!** Most supplies are provided by the instructor at no charge. Call the Center for the few things you need to bring & sign up by the Friday before, 541-258-4919.

Secret Pals

We will be gathering **Friday, August 9th, from 10:00-11:30am.** Ardyce and Joyce are bringing snacks.

Dulcimer

Mondays & Fridays 9:00am for beginners/10:00am for advanced. A love of music is the only requirement. Come learn to play. Other instruments are welcome to join in and play along too!

Knit & Crochet Group

Tuesdays, 9:00-11:00am. Bring your own project to work on while chatting with a group of talented crafters. You are welcome to come meet us!

Craft Groups

Wednesdays 9:00am-12:00pm **Wood Carving**

Thursdays 1:00-4:00pm **Painting Enthusiasts** - Bring your supplies and fellowship while painting.

Open Wii Play-Bowling & more

By popular demand, we have the Wii and TV hooked up in the library, ongoing. Come check it out!

Game Room

Pool, Snooker, Shuffleboard, & Magnetic Darts

Monday-Friday 8am to 4pm, 25¢ per game

Games-- Open to everyone!

Cribbage — Monday 1:00-4:00pm

Pinocle — Wednesday 1:00-4:00pm

Bingo— Wednesday 1:00-3:00pm 25 cents a card

RumiKub — Often a group playing after lunch

Ping Pong— Ask at the front desk.



BUNCO!

Monday, August 26th from 2:00-4:00pm

Feeling lucky? This easy to learn dice game is a fun way to spend an afternoon.

Bring \$2 to play, which goes to prize pots.



It's Movie Time ON Our Big Screen!!

Free popcorn! Beverages are 50 cents!



Friday, August 2nd, 1:00pm: Batteries Not Included

1987 PG 1hr. 47mins.

After their apartment building is bought by an unscrupulous developer, Frank and Faye Riley (real-life couple Hume Cronyn and Jessica Tandy) face eviction. But the poor retirees receive help from an unlikely source: a clan of tiny robotic aliens.



Friday, August 9th, 1:00pm: Far from the Madding Crowd

2015 PG-13 1hr. 59mins.

In this period drama based on Thomas Hardy's classic novel, winsome Bathsheba Everdene wins the hearts of three disparate men: sheep farmer Gabriel Oak, dashing soldier Frank Troy and William Boldwood, a moneyed older man.



Friday, August 16th 1:00pm: MacKenna's Gold

1969 NR 2hr. 8 mins.

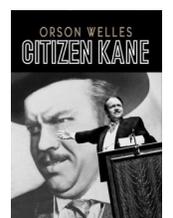
Gregory Peck stars as MacKenna, a sheriff who happens upon a map showing the location of a cache of Apache gold. When vicious outlaw Colorado (Omar Sharif) kidnaps MacKenna, the sheriff must lead him and a motley group of adventurers to the riches while trying to keep himself and girlfriend Camilla Sparv alive. MacKenna's Gold is a guilty pleasure you'll enjoy time and again.



Friday, August 23rd 1:00pm: Nutcracker and the Four Realms

2018 PG 1 hr. 39mins.

From Disney comes the re-imagined tale of The Nutcracker. When Clara's mother leaves her a key, she embarks on a journey to four secret realms—where she discovers her greatest strength could change the world.



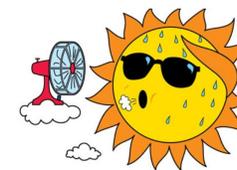
Friday, August 30th 1:00pm: Citizen Kane

1941 PG 1 hr. 59mins.

Still considered one of the greatest films ever made, Orson Welles's complex and technically stunning film chronicles newspaper baron Charles Foster Kane's rise from poverty to become one of America's most influential men.



AUGUST 2019



Walking Group
Monday, Wednesday,
Friday, 9:00-10:00am
 Lebanon High School Track
 or River Center

Meals on Wheels
Dine-In Lunch Program
Monday-Friday, 11:45am
 60 yrs. +
 Suggested \$3.50 donation
 Order 4 days in advance for
 a choice
 Call 541-451-1139 for more
 information

Friends of the
Library
 Book Sale
 Saturday, August 24th
 9:00am-2:00pm

LBCC Courses at SC
Contact LBCC
for availability & fees for
the following courses
at 541-259-5801
 Summer term begins 6/17

Bones & Balance
 Mon/Wed/Fri 8am
 T/TH 5:15pm

Tai Chi
 Mon/Wed 10am & 11am

Mon	Tue	Wed	Thu	Fri
Coming in September: <ul style="list-style-type: none"> ◆ Thursday 9/5 9-10:30am Mind Matters ◆ Wednesday 9/11 10-11:00am Emergency Preparedness ◆ Friday 9/13 2-3:30 Silver Follies IV Talent Show ◆ Thursday 9/19 Potluck-Pirates Ahoy! 			1 9-10:30 Mind Matters: Invisible Losses 11-12 Chair Chi 1-4 Painters	2 9-9:40 Walk at SC 9-11 Dulcimers 10-11 Garden Club 11-11:45 Intro to Drawing 11:45-12:45 Qi Gong 1-3:30 Living Consciously 1 Movie: Batteries Not Included
5 9-11 Dulcimers 11-12 Chair Music & Movement 12-12:30 Friendship Day Dulcimers Perform 1-4 Cribbage	6 9-11 Knit/Crochet 11-11:40 Tai Chi 1:30-3 Caregiver Support Group 2-3 Photo Video Series 3:30-4:30 Yoga	7 9-12 Wood Carving 10-11 SoGo: Kickball 12:20 Birthday/Ice Cream Social 1-3 Bingo 1-4 Pinochle	8 11-11:40 Chair Chi 12-1 Volunteer Meeting 1-4 Painters 2-3 Wii Bowling @ Meadowlark	9 9-9:40 Walk at SC 9-11 Dulcimers 10-11:30 Secret Pals 11:45-12:45 Qi Gong 1-3:30 Living Consciously 1 Movie: Far from Madding Crowd
12 9-11 Dulcimers 11-12 Chair Music & Movement 12:30-3:30 Card Crafters 1-4 Cribbage	13 9-11 Knit/Crochet 11-11:40 Tai chi 2-3 Photo Video Series 3:30-4:30 Yoga	14 9-12 Wood Carving 10-11 Majong 12:30-3 SoGo: Lewis Creek Water Fun 1-3 Bingo 1-4 Pinochle	15 11-11:40 Chair Chi 12-1:30 Potluck: Baked Potato Bar 1-4 Painters 3:30-5 Parkinson's Support Group	16 9-9:40 Walk at SC 9-11 Dulcimers 11-11:45 Intro to Drawing 11:45-12:45 Qi Gong 1-3:30 Living Consciously 1 Movie: Makenna's Gold
19 9-11 Dulcimers 11-12 Chair Music & Movement 1-4 Cribbage	20 9-11 Knit/Crochet 11-11:40 Tai Chi 1:30-3 Caregiver Support Group 2-3 Photo Video Series 3:30-4:30 Yoga	21 9-12 Wood Carving 10-11 SoGo: Badminton 1-3 Bingo 1-4 Pinochle	22 11-11:40 Chair Chi 1-2:30 Book Club 1-4 Painters 2-3:30 Crafternoon-Tie Dye	23 9-9:40 Walk at SC 9-11 Dulcimers 11-11:45 Brain Fitness 11:45-12:45 Qi Gong 1-3:30 Living Consciously 1 Movie: Nutcracker & the 4 Realms 4-5 Americana on Lawn
26 9-11 Dulcimers 11-12 Chair Music & Movement 1-4 Cribbage 2-4 Bunco	27 9-11 Knit/Crochet 10-10:50 Color Wonders 11-11:40 Tai chi 2-3 Photo Video Series 3:30-4:30 Yoga	28 9-12 Wood Carving 9-11 SoGo: Berry Pick & Tour Roadifers' Garden 1-3 Bingo 1-4 Pinochle	29 11-12 Chair Chi 1:30 Crafternoon 2-3 Int'l Bites: El Salvador 1-4 Painters	30 9-9:40 Walk at SC 9-11 Dulcimers 11:45-12:45 Qi Gong 1-3:30 Living Consciously 1 Movie: Citizen Kane

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">OREGON CASCADES WEST MEALS ON WHEELS AUGUST 2019</p>		<p align="center">Suggested Donation: \$3.50 per meal</p> <p align="center">1% Milk served with all meals</p> <p align="center">----- <i>WE ACCEPT THE OREGON TRAIL CARD</i></p>	<p>Turkey Divan Bake or <u>Baked Beef Rigatoni</u> Carrots & Peas Coleslaw White Roll Orange Whip</p> <p align="right">1</p>	<p>King Ranch Chicken Bake or <u>Lima Beans & Tky Ham</u> Broccoli Spinach Romaine Salad Cornmeal Roll Banana Chocolate Chip Bar</p> <p align="right">2</p>
<p>White Bean/Chicken Chili or <u>Mac & Cheese Florentine</u> Mixed Vegetables Marinated Zucchini Salad Herb Roll Lemon Pudding</p> <p align="right">5</p>	<p>Hearty Chicken Stew or <u>Scall Potatoes & Tky Ham</u> Broccoli Tossed Salad Oat Bran Roll Caramel Apple Pudding</p> <p align="right">6</p>	<p>Beef Spanish Rice Bake or <u>Chicken Alfredo Bake</u> Green Beans Spinach Romaine Salad Potato Wheat Roll Spiced Applesauce</p> <p align="right">7</p>	<p>Chef Mini Salad or <u>Asian Chicken Mini Salad</u> over Spinach Romaine Corn Chowder Cracked Wheat Roll Seasonal Fresh Fruit</p> <p align="right">8</p>	<p><u>Hawaiian Luau Special</u> Waikiki Chicken or <u>Baked Ham w/Orange Glz</u> Red Diced Potatoes Whole Kernel Corn Sunflower Bread Coconut Cake</p> <p align="right">9</p>
<p>Beef Mushroom Patty or <u>Herbed Chkn Patty w/Gvy</u> Delmonico Potatoes California Blend Vegetables French Bread Hermit Bar</p> <p align="right">12</p>	<p>Spaghetti w/Meat Sauce or <u>Chkn w/Peanut Sc/Brn Rice</u> Mixed Vegetables Spinach Romaine Salad Herb Roll Golden Fruit Cup</p> <p align="right">13</p>	<p>Pasta Primavera or <u>Ground Beef Stew</u> Whole Kernel Corn Creamy Coleslaw Dill Roll Ice Cream Cup</p> <p align="right">14</p>	<p>Pork Choppie w/Gravy or <u>Meatloaf w/Gravy</u> Whipped Potatoes Scandinavian Blend Vegt Rye Bran Bread Zucchini Brownie</p> <p align="right">15</p>	<p>Turkey Salad Sndwch Half or <u>Tuna Salad Sndwch Half</u> on Wheat Bread Green Split Pea Soup Broccoli Raisin Salad Pears</p> <p align="right">16</p>
<p>Swt/Sr Chicken w/Brn Rice or <u>Ground Beef & Pasta</u> Broccoli Spinach Romaine Salad Whole Wheat Roll Spiced Peaches</p> <p align="right">19</p>	<p>Roast Pork w/Gravy or <u>Hmstyle Trky Patty w/Gvy</u> Whipped Potatoes Capri Blend Vegetables Multigrain Bread Gelatin Jewels w/Whip Top</p> <p align="right">20</p>	<p>Turkey a la King or <u>Beef Patty w/ Onion & Pepper Gravy</u> Whipped Potatoes Mixed Vegetables Onion Bread Lime Whip</p> <p align="right">21</p>	<p><u>Brunch Lunch Special</u> Southwest Omelet Bake or <u>Pork Sausage Gravy</u> Biscuit Red Diced Potatoes Apricots Apple Streusel Cake</p> <p align="right">22</p>	<p>Chicken Pomodoro or <u>Beef & Cabbage Bake</u> Italian Blend Vegetables Spinach Romaine Salad Multigrain Roll Fresh Orange</p> <p align="right">23</p>
<p>Orange Glazed Chicken or <u>Hmstyle Pork Patty w/Gvy</u> Whipped Potatoes Green Peas Wheat Bread Seasonal Fresh Fruit</p> <p align="right">26</p>	<p>Chicken Rice Bake or <u>Zucchini Vegt Lasagna</u> Brussels Sprouts Spinach Romaine Salad Multigrain Roll Cranberry Fluff</p> <p align="right">27</p>	<p>Roasted Turkey w/Gravy or <u>BBQ Smokehouse Chop</u> Lyonnais Potatoes Broccoli Cornmeal Bread Chocolate Chip Bar</p> <p align="right">28</p>	<p>Chicken Salad Sndwch Half or <u>Tuna Salad Sndwch Half</u> on Wheat Bread Vegetable Soup Broccoli Cauli Craisin Salad Golden Fruit Cup</p> <p align="right">29</p>	<p>Salisbury Patty w/Gravy or <u>Breaded Fish w/Tartar Sc</u> Sr Cream& Chive Potatoes Mixed Vegetables Wheat Bread Frosted Carrot Cake</p> <p align="right">30</p>

Art courtesy of misc stock images

SERVICES & SUPPORT GROUPS

AARP Driver Safety: For dates and times contact LBCC at 541-259-5801

Aging and Disability Resource Connection: Services can help with Medicaid, food stamps, in-home services, housing and other advocacies. 541-967-8630 Ext. 109 or 800-638-0510 Ext. 804

Cancer Support Group: 2nd Monday of each month, 7-8:30pm at Lebanon Community Hospital. 541-768-2171, Anita Earl, LCSW.

Caregiver Support Group: 1st and 3rd Tuesday of each month, 1:30-3pm at the Lebanon SC. Call Benton Hospice at 541-757-9616 for more info.

Cancer Wellness Group: This group is sponsored by Samaritan Health Services and meets the 1st Wednesday of the month from 5:30-7:00pm at the Lebanon Senior Center. To register, call 541-451-7392.

Dental Services: Emergency Dental Voucher Program may be able to help, 541-451-1035.

Facility/Room Rentals: The Lebanon Senior Center has rooms available for meetings, weddings, anniversaries, etc. Kitchen use is available also. For info contact the Senior Center—541-258-4919.

Fix-It-Brigade: Help with safety related minor home repairs (no plumbing or electrical). Call 541-258-4919 for information. **Volunteers Needed!**

Grief Support Groups: Lebanon Community Hospital, Conference Room A. 2nd Tuesday of the month 4:30pm; 4th Tuesday 2:00pm. 541-812-4547

Hearing Support Group: Last Wednesday of each month at 6:30pm at Albany General Hospital Reimer Bldg. No meetings in July & December. For more information call John 541-220-8541.

Housing Subsidy: Linn/Benton Housing Authority 541-926-4497

Legal Assistance: To make a free consultation with an attorney, call the Lebanon Senior Center at 541-258-4919. Limited Topics (Wills, Power of Attorney, Trusts, etc.).

Low Income Energy Assistance: Linn County 541-926-7163 (Accepts collect calls)

Medical Equipment Loans/Rentals/Sales: Love INC (Linn) 541-924-5683, Love INC(Benton) 541-757-8111, Samaritan Medical Equipment 541-451-6364, Turning Leaf 541-570-1868.

Multiple Sclerosis Support Group: Last Saturday of each month from 10:00 am-12:00pm at Lebanon Hospital, Conf Rm 3, Contact Lynn at lebanonmssupportgroup@hotmail.com

Parkinson's Support Group: 3rd Thursday of each month from 4:00-5:30pm at the Lebanon Senior Center.

Samaritan Health: For info on an ongoing six week series on Living Well with Chronic Health Conditions and Living Well with Chronic Pain, call 541-768-6811.

Senior Meals/Meals-on-Wheels: Services the Lebanon/Scio area, Monday-Friday. For info or volunteering, call 541-451-1139 (site manager). To start receiving MOW call 1-800-638-0510.

Senior Support Services:

Financial Management Program: For assistance managing personal finances or to volunteer to assist individuals, Call Diana Hancock at 541-812-2597.

Medicare Insurance Assistance - Senior Health Insurance Benefits Assistance (SHIBA) helps with understanding Medicare and providing impartial information for supplemental insurance, including drug coverage. Call 541-812-0849 for information.

Volunteer Placement - Retired Senior Volunteer Program (RSVP) will help you put your skills and talents to good use by volunteering in one of many nonprofit organizations. 541-812-0849

Social Security's Supplemental Security Income (SSI): Social Security Administration 1-800-772-1213

Supplemental Nutrition Program (SNAP): Formerly Food Stamps: DHS self sufficiency, Lebanon 541-259-5860

Utility Drop Boxes: Bring the following bills into the Lebanon Senior Center and save postage: Republic Services, Comcast, NW Natural Gas, Lebanon City Water/Sewer & Pacific Power. City Water and PP&L pick-up every day at 8am; others on Tuesday and Friday at 8 am.

Vision Support Group: Third Wednesday of every month at the First Christian Church, 432 Ferry St., Albany. For more info call 541-928-5008.

Volunteer Caregivers: Call to schedule a ride to your out-of-town doctor's appointment. Dependent upon driver availability. Office hours M-TH 9-1; F 8-10 am, 541-928-2173.

Tech Time: Appointments for **Apple** products (iPhone, iPad, MacBook, etc.), and other tech devices are scheduled once a month. If you have questions, we will try to help. Call 541-258-4919 to schedule.



Foot Care: Need help taking care of toe nail trimming/general foot care? Nurses come to the Senior Center monthly. Call 541-258-4919 for more info or to make an appointment.

If you would like an annual subscription to our newsletter, fill in the needed information below and return it along with your \$5 subscription fee to the Lebanon Senior Center.
The expiration date will appear on the mailing label.

Name _____ New Subscriber
Address _____ Renewal
City, State, Zip _____ Amount _____
Phone # _____ Cash Check



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Mac McNulty; Henry Chambers; Sherry Liest;
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OREGON
Lebanon
Senior Center

80 Tangent Street
Lebanon, OR 97355

541-258-4919

FAX 541-258-4956

RETURN SERVICE REQUESTED

LEBANON SENIOR CENTER

Focused on those 50 years and older, and those with disabilities, in the community of Lebanon

SEPTEMBER 2019 — Open Monday-Friday, 8:00 am to 4:00 pm

The Lebanon Senior Center and LINX/Dial-A-Bus will be closed Monday, September 2nd in observance of Labor Day.



Emergency Preparedness

Wednesday, September 11th
10:00-11:00am

If an emergency or natural disaster were to strike, would you be prepared to face it? Do you have needed items assembled and are they easy to access? Do you know what to do or where to go?

Join us for this important presentation from the Linn County Health Department. Attendees will be entered to win an emergency crank radio/flashlight (an essential item to your emergency kit). Refreshments will be provided. Please **sign up** in the office or by calling 541-258-4919.



The Lebanon Senior Center presents...

Silver Follies IV

Friday, September 13th from 2:00-3:30pm

Free Admission. All are invited!



Come hear ivories being tickled right off the piano. Laugh along with the antics of Maxine. Enjoy the melodic tones of The Oaks Choir....and so much more!

Lebanon is full of very talented and entertaining seniors.

Questions can be directed to the front office or call 541-258-4919.

(Participating acts: please attend the walk through on Thursday, the 12th at 1:00pm.)

2019 Lebanon Senior Center Resource Symposium



The Key to Aging Well

Thursday, September 26th 5:30-8:00pm



Admission is free. Stop by on the way home from work for an appetizer.

- 5:30 - Information tables open
- 6:00 - Keynote Address "Keys to Aging Well" presented by Helen Beaman, Older Adult Behavioral Health Specialist/Mental Health Services Coordinator for Linn and Benton
- 6:30 - Retirement 101 Kickoff with "Medicare Facts and SHIBA" presented by Mark Wilson, Senior Health Insurance Benefits Advisors (SHIBA)
- 7:00 "Eating for Life" presented by Angie Frederic and Katelyn Newkirk, Diabetes and Nutrition Education for Samaritan Lebanon Community Hospital
- 7:40- **Door prize drawings** (including gift baskets, pool passes, a folding wagon, electric toothbrush, energy efficient lightbulb pack, and more.)
- 8:00- Closing and Wrap Up

Some of the organizations/information booths include: Senior Services Agency (Meals-on-Wheels, food assistance, ADRC for resource assistance), Samaritan Health Services, Hearing Loss Association, Housing Authority, Community Services Consortium-Energy Assistance, Lebanon Community Pool, LBCC, Gentle Dental, In Home Care Agencies, Hospice, Assisted Living and Memory Care and more!

If you have questions, call 541-258-4919.

POTLUCK: Pirates Ahoy!
Thursday, September 19th
12:00-1:00pm

Avast ye hearties! This month we are celebrating National Talk Like a Pirate Day. Bring your favorite potluck dish to share. It can be picked up at the store or homemade. Donations also accepted. You may don some pirate garb if you choose, maybe Rebecca will let peg legs, parrots or eye patch wearers go first.

Our gratitude to The Oaks, Willamette Manor and Meadowlark for co-sponsoring this event.



International Bites: Puerto Rico
Wednesday, September 18th
2:00-3:30pm



We continue to travel the world of flavor!

This time we are hopping over to Puerto Rico. We will be tasting Casamiento (black beans and rice) and Curtido (similar to coleslaw). **Please sign up** at the Senior Center office or by calling 541-258-4919, if you would like to attend.

Mind Matters: Normal vs. Not Normal Aging (A Closer Look at Dementia)

Thursday, September 5th 9:00-10:30am

Learn to recognize and understand "normal" and "not normal" aging. Develop better observation skills to recognize and intervene effectively when behavioral challenges occur. Learn to develop new skills related to approach, cueing, and ability to connect with people affected by dementia. The workshop will also address typical issues that occur from early stages of the condition through mid-disease, and into the final care concerns that are part of the progression.

Helen Beaman, Older Adult Behavioral Health Specialist/Mental Health Services Coordinator for Linn and Benton County, will be giving this presentation. Snacks provided.

Please sign up in the office or by calling 541-258-4919.

Pen Pal Kick Off

Wednesday, September 18th 9:00-9:30am

This school year, you can help encourage 2nd grade students from Green Acres school. We are partnering with Mrs. Craig's class to motivate writing practice in a fun way. Maybe we will find some similarities and differences between generations. Join us to learn more about this once a month writing opportunity.

Swap Ideas Day

Thursday, September 12th 10:00-10:50am

Come celebrate National Swap Ideas Day by sharing a favorite tip or trick, such as repurposing an item or an "old wives tale" ... we want to hear them. If you have a household problem, we might have a solution.

GET INVOLVED

THINKING ABOUT VOLUNTEERING?

We couldn't do what we do without all of our volunteers! Thank you so much to everyone who helps set up, clean up, serve food, fold newsletters, lead activities like card or board games, etc.

Example of our volunteer needs:

- * New Games/Craft/Activity leaders
- * Potluck theme/decoration team
- * Special Events Helpers
- * Travelers to share travel adventures
- * Speakers on a variety of topics (history, local interests, hobbies, etc)



Please call if you are interested in becoming a part of our diverse and active volunteer team, 541-258-4919, or stop by the office.

Linn County Extension Services presents

Oregon Hazelnuts

Thursday, September 26th 10:00am-12:00pm

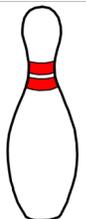
Review the history of Oregon Hazelnuts, now that the number of trees in our area is growing each year. Learn some ways to incorporate Hazelnuts into daily meals. Please register by calling 541-730-3544.

Wii Bowling

Next Tournament in October!

Enjoy bowling? Like to bowl but the weight of holding a bowling ball has made it too difficult? Looking for something different to try? Wii bowling is a motion controlled bowling game that we have at the center.

Our Wii Bowling system is set up in the library. You are welcome to come practice!



Need a ride?



Call LINX at 541-258-4920



ICE CREAM BIRTHDAY SOCIAL Wednesday, September 4th at 12:20pm

Come join us the 1st Wednesday of the month to celebrate birthdays!

Starts right after the noon meal.

Engage Your Brain

Monday, September 23rd

10:00-10:45am



Rebecca will lead you through some different brain boosting exercises/games. We also watch a 30 minute video from the "The Aging Brain" series, to understand how brains change over time.



Intro to Drawing Class

Friday, September 6th and 20th

11:00-11:45am

Bring a multi media sketch pad, a #2 pencil, water color pencils, and your favorite drawing tools with you to class. We get inspiration from a short video and then do an exercise (6th will be pencil drawing; 20th watercolor pencil).

Please sign up in the office or call 541-258-4919.

Mahjong

Tuesdays 10:00am-12:00pm

If you play and are looking for opponents, come meet some local players. The group is using the 2019 booklet. A copy is available.

Crafternoon: Beginner Quilt

September 24th and 30th 1:00-3:30pm

Curious about quilting?

This **two session class** will show you how to put together a simple quilt top pattern called rail and fence. This is a great class for those wanting to learn to sew or those wanting to try their hand at making a quilt. This could make a good Christmas gift.



There is a list of supplies available at sign up. You will need to bring those with you to class. If you have a sewing machine, you are welcome to bring it, but some will be available for sharing. **Please sign up (Max 8), 541-258-4919.**

Living Consciously

Fridays, 1:00-3:30 pm

We discuss practical ways to increase your positive energy, be mindful, and live with an open heart.

Questions should be directed to Virginia Cloyd, facilitator, at 541-570-8587.

Seniors on the Go Exercise

Looking for fun exercise? Participate in our fun, activities and remember how to play! Laughter is the best exercise. Activities are adaptable to needs.

- ~ Wed. **Sept. 4th**, 10:00am-11:00am Badminton
- ~ Wed. **Sept. 11th**, 12:30-1:30pm Lawn games, a variety to choose from
- ~ Wed. **Sept. 18th**, 10:00-11:45am Walk at Cheadle Lake, bus leaves SC at 10:00am. Come try to identify various wildlife. **Sign up in office.**
- ~ Wed. **Sept. 25th**, 10:00-11:00am Seated kick ball game (Willamette Manor is coming to play!).

Tai Chi

Tuesdays, 11:00-11:40am

Video based, low-impact exercise program great for improving balance & flexibility. Standing and seated portions allow you to exercise at your level.

Chair Chi

Thursdays, 11:00-11:40am

Taught from the seated position (you may choose to stand). The movements are fun to follow and helps with balance and flexibility. **Video on 9/19.**

Chair Music & Movement

Mondays, 11:00am-11:50pm

Chair dance doesn't quite describe this fun group. You can work up a sweat in this seated class! **It's FREE!** No matter your fitness level, this is a fun and friendly way to get moving. **If you prefer, you can exercise standing.** Various types of music and dance styles explored through the use of assorted videos.

Therapeutic Yoga for Balance

Tuesdays, 3:30-4:30pm

Rose Kress has over 15 years of experience. Participants will leave feeling balanced and at ease. Cost is \$5 per person per class. Bring a yoga mat and a beach towel, yoga blanket or cushion.

Bingocize!

Thursdays, September 19th and 26th

2:00-3:00pm

Students from the local medical school are hosting this program at the Senior Center. It combines the fun and competitiveness of BINGO with an opportunity to move, turning exercise into play.

On-going Classes/Groups

Book Lovers

Come **Thursday, September 26th, at 1:00 pm** to share the books you've been enjoying lately. As a highlight, those who've read *Unsheltered*, the New York Times best-selling novel by Barbara Kingsolver, will give a short review. Lending copies are available.

Garden Club

Friday, Sept. 6th, 10:00-11:00am. Join fellow gardening enthusiasts to chat about life in the garden.

Card Making

Make several beautiful cards **Monday, Sept. 9th 12:30-3:30pm!** Most supplies are provided by the instructor at no charge. Call the Center for the few things you need to bring & sign up by the Friday before, 541-258-4919.

Secret Pals

We will be gathering **Friday, September 13th, from 10:00-11:30am.** *Writing theme is this month.* Donna and Rebecca are bringing snacks.

Dulcimer

Mondays & Fridays 9:00am for beginners/10:00am for advanced. A love of music is the only requirement. Come learn to play. Other instruments are welcome to join in and play along too!

Knit & Crochet Group

Tuesdays, 9:00-11:00am. Bring your own project to work on while chatting with a group of talented crafters. You are welcome to come meet us!

Craft Groups

Wednesdays 9:00am-12:00pm **Wood Carving**

Thursdays 1:00-4:00pm **Painting Enthusiasts** - Bring your supplies and fellowship while painting.

Open Wii Play-Bowling & more

By popular demand, we have the Wii and TV hooked up in the library, ongoing. Come check it out!

Game Room

Pool, Snooker, Shuffleboard, & Magnetic Darts

Monday-Friday 8am to 4pm, 25¢ per game

Games-- Open to everyone!

Cribbage — Monday 1:00-4:00pm

Pinocle — Wednesday 1:00-4:00pm

Bingo— Wednesday 1:00-3:00pm 25 cents a card

RumiKub — Often a group playing after lunch

Ping Pong— Ask at the front desk.



BUNCO!

Monday, September 23rd from 2:00-4:00pm

Feeling lucky? This easy to learn dice game is a fun way to spend an afternoon.

Bring \$2 to play, which goes to prize pots.



It's Movie Time ON Our Big Screen!!

Free popcorn! Beverages are 50 cents!

Friday, September 6th, 1:00pm:

The Bookshop

2018 PG 1hr. 53mins.

England, 1959. Free-spirited widow Florence Green follows her lifelong dream by opening a bookshop in a conservative coastal town. While bringing about a cultural awakening through works by Ray Bradbury and Vladimir Nabokov, she earns the polite but ruthless opposition of a local grand dame and the support of a reclusive, book-loving widower. As Florence's obstacles amass, she reminds herself that a town without a bookshop is no town at all.



Friday, September 13th, 2-3:30pm

No Movie

Join us for the Silver Follies IV Talent Show

Friday, September 20th, 1:00pm:

Blackbeard's Ghost

1968 G 1hr. 47mins.

In this Disney family favorite, Peter Ustinov, Dean Jones and a perky Suzanne Pleshette deliver plenty of laughs. A college track coach is desperate when he faces off against a group of raketees who plan to turn his house into a casino. Out of options, he calls upon his ancestor, the great pirate Blackbeard, to defeat the motley crew of criminals. The film's special effects were groundbreaking for its time. .



Friday, September 27th 1:00pm:

Tolkien

2019 PG-13 1 hr. 52mins.

In this absorbing biopic focusing on the university days of J.R.R. Tolkien, the author meets his future wife and muse, Edith Bratt, and forms the friendships that will inspire him to pen his classic Middle-Earth novels.





SEPTEMBER 2019



Walking Group
Monday, Wednesday,
Friday, 9:00-10:00am
 Lebanon High School Track
 or River Center

Meals on Wheels
Dine-In Lunch Program

Monday-Friday, 11:45am
 60 yrs. +
 Suggested \$3.50 donation
 Order 4 days in advance for
 a choice
 Call 541-451-1139 for more
 information

Friends of the Library
 Book Sale
 Saturday, September 28th
 9:00am-2:00pm

LBCC Courses at SC
 Contact LBCC
 for availability & fees for the
 following courses
 at 541-259-5801
Fall term begins
September 30th

Bones & Balance
 Mon/Wed/Fri 8am
 T/TH 5:15pm

Tai Chi
 Mon/Wed 10am

Step Into Art History
 Tuesdays 1:00

Line Dance
 Tuesdays 1:30

Piano, Just For Fun!
 Oct. 26th 10:00

Mon	Tue	Wed	Thu	Fri
CLOSED LABOR DAY	3 9-11 Knit/Crochet 10-12 Mahjong 11-11:40 Tai Chi 1:30-3 Caregiver Support 2-3 Photo Video Series 3:30-4:30 Yoga	4 9-12 Wood Carving 10-11 SoGo: Badminton 12:20 Birthday/Ice Cream Social 1-3 Bingo 1-4 Pinochle 5:30-7 Cancer Support	5 9-10:30 Mind Matters: Normal vs. Not Normal Aging 11-11:40 Chair Chi 12-1 Volunteer Meeting 1-4 Painters	6 9-11 Dulcimers 10-11 Garden Club 11-11:45 Intro to Drawing 1-4 Living Consciously 1 Movie: Bookshop
9 9-11 Dulcimers 11-12 Chair Music & Movement 12:-12:30 Card Crafters 1-4 Cribbage	10 9-11 Knit/Crochet 10-12 Mahjong 11-11:40 Tai Chi 2-3 Photo Video Series 3:30-4:30 Yoga	11 9-12 Wood Carving 10-11 Emergency Preparedness 12:30-1:30 SoGo: Lawn Games 1-3 Bingo 1-4 Pinochle	12 10-11 Swap Idea Day 11-11:40 Chair Chi 1-3 Walk Through Talent Show Acts 1-4 Painters	13 9-11 Dulcimers 10-11:30 Secret Pals 1-4 Living Consciously 2-3:30 Talent Show
16 9-11 Dulcimers 11-12 Chair Music & Movement 1-4 Cribbage	17 9-11 Knit/Crochet 10-12 Mahjong 11-11:40 Tai chi 1:30-3 Caregiver Support 2-3 Photo Video Series 3:30-4:30 Yoga	18 9-9:30 Pen Pals 9-12 Wood Carving 10-11:45 SoGo: Walk at Cheadle Lake 1-3 Bingo 1-4 Pinochle 2-3:30 Int. Bites: Puerto Rico	19 11-11:30 Chair Chi 12-1 Potluck: Pirates Ahoy! 1-4 Painters 2-3 Bingocize	20 9-11 Dulcimers 11-11:45 Intro to Drawing 1-4 Living Consciously 1 Movie: Blackbeard's Ghost
23 9-11 Dulcimers 10-11 Brain Fitness 11-12 Chair Music & Movement 1-4 Cribbage 2-4 Bunco	24 9-11 Knit/Crochet 10-12 Mahjong 11-11:40 Tai Chi 1-3:30 Craftenoon: Sewing 2-3 Photo Video Series 3:30-4:30 Yoga	25 9-12 Wood Carving 10-11 SoGo: Game w/ Will. Manor 1-3 Bingo 1-4 Pinochle	26 10-12 Ext. Services: Hazelnuts 11-11:40 Chair Chi 1-2:30 Book Club 1-4 Painters 2-3 Bingocize 5:30-8 Resource Symposium	27 9-11 Dulcimers 1-4 Living Consciously 1 Movie: Tolkien
30 9-11 Dulcimers 11-12 Chair Music & Movement 1-4 Cribbage 1-3:30 Crafternoon: Sewing				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Closed for the Holiday</u></p> <p>LABOR DAY</p> <p>2</p>	<p><u>Labor Day Special</u></p> <p>Kielbasa Sausage/Kraut or Buffalo Chicken Sandwich On a Bun / Yellow Mustard Baked Beans Beet & Mandarin Salad Peach Crisp</p> <p>3</p>	<p>Chicken Pastina or Broccoli Omelet Bake Green Beans Apple Cranberry Coleslaw Herb Roll Butterscotch Pudding</p> <p>4</p>	<p>Chicken Pot Pie or Pork Sausage Gravy over Biscuit Whole Kernel Corn Carrot Raisin Salad Gelatin Jewels w/Whip Top</p> <p>5</p>	<p>Santa Fe Chkn Mini Salad or Turkey Club Mini Salad over Spinach Romaine Potato Onion Soup Whole Wheat Roll Pears</p> <p>6</p>
<p>Orange Glazed Chicken or Pork Choppie w/Gravy Whipped Sweet Potatoes Green Beans w/Red Peppers Wheat Bread Apple Cobbler</p> <p>9</p>	<p>BBQ Smokehouse Chop or Herbed Chkn Patty w/Gvy Delmonico Potatoes Green Peas French Bread Fresh Orange</p> <p>10</p>	<p>Hmstyle Turkey Patty/Gvy or Beef Patty w/Gravy Whipped Potatoes Broccoli Herbed Bread Seasonal Fresh Fruit</p> <p>11</p>	<p>Turkey Salad Sndwch Half or Egg Salad Sndwch Half on Wheat Bread Lentil Soup Creamy Coleslaw Orange Pineapple Cup</p> <p>12</p>	<p>Chicken Penne Pasta or Beef Enchilada Bake Mixed Vegetables Garden Vegetable Salad Cornmeal Roll Poke'n Pour Cake</p> <p>13</p>
<p>Chicken Pomodoro or Braised Beef Tips/Brn Rice Carrots Spinach Romaine Salad Herb Roll S'mores Pudding</p> <p>16</p>	<p>Chicken Caesar Salad or Garden Turkey Mini Salad over Spinach Romaine Sausage & Kale Soup Whole Wheat Roll Pineapple</p> <p>17</p>	<p>Chkn w/Paprika Cream Sc or Meatloaf w/Gravy Whipped Potatoes Scandinavian Blend Vegt Sunflower Seed Bread Ice Cream Cup</p> <p>18</p>	<p>Spaghetti w/Meat Sauce Cheese & Green Chile Bake Mixed Vegetables Marinated Zucchini Salad Oat Bran Roll Golden Fruit Cup</p> <p>19</p>	<p>Roasted Turkey w/Gravy or Salisbury Patty w/Gravy Whipped Potatoes Country Trio Vegetables Multigrain Bread Cranberry Crunch Bar</p> <p>20</p>
<p>Chicken Tetrazzini or Beef & Black Bean Chili Chuckwagon Corn Coleslaw Whole Wheat Roll Spiced Applesauce</p> <p>23</p>	<p>Swt/Sour Chkn w/Brn Rice or Cheese Lasagna Roll-Up Green Peas Marinated Vegetable Salad Multigrain Roll Seasonal Fresh Fruit</p> <p>24</p>	<p>Lima Beans & Turkey Ham or Macaroni & Cheese Italian Blend Vegetables Spinach Romaine Blend Cracked Wheat Roll Frosted Spice Cake</p> <p>25</p>	<p>Turkey Divan Bake or Bavarian Beef Stew Zucchini w/Red Peppers Marinated Broccoli Salad Potato Wheat Roll Mandarin Oranges</p> <p>26</p>	<p>Oktoberfest Special German Meatballs w/Sauce or BBO Chicken Garlic Whipped Potatoes Cabbage & Carrots Rye Bread German Chocolate Cake</p> <p>27</p>
<p>Tamale Pie or Chicken Pastina Green Beans Carrot Pineapple Salad White Dinner Roll Rocky Road Pudding</p> <p>30</p>	<p>Suggested Donation: \$3.50 per meal</p> <p>1% Milk served with all meals</p> <p>----- WE ACCEPT THE OREGON TRAIL CARD</p>	<p>First Day of Autumn SEPTEMBER 23</p> 		<p>OREGON CASCADES WEST MEALS ON WHEELS SEPTEMBER 2019</p>

SERVICES & SUPPORT GROUPS

AARP Driver Safety: For dates and times contact LBCC at 541-259-5801

Aging and Disability Resource Connection: Services can help with Medicaid, food stamps, in-home services, housing and other advocacies. 541-967-8630 Ext. 109 or 800-638-0510 Ext. 804

Cancer Support Group: 2nd Monday of each month, 7-8:30pm at Lebanon Community Hospital. 541-768-2171, Anita Earl, LCSW.

Caregiver Support Group: 1st and 3rd Tuesday of each month, 1:30-3pm at the Lebanon SC. Call Benton Hospice at 541-757-9616 for more info.

Cancer Wellness Group: This group is sponsored by Samaritan Health Services and meets the 1st Wednesday of the month from 5:30-7:00pm at the Lebanon Senior Center. To register, call 541-451-7392.

Dental Services: Emergency dental assistance is available on a limited basis through the River Center, 541-451-1271.

Facility/Room Rentals: The Lebanon Senior Center has rooms available for meetings, weddings, anniversaries, etc. Kitchen use is available also. For info contact the Senior Center—541-258-4919.

Fix-It-Brigade: Help with safety related minor home repairs (no plumbing or electrical). Call 541-258-4919 for information. **Volunteers Needed!**

Grief Support Groups: Lebanon Community Hospital, Conference Room A. 2nd Tuesday of the month 4:30pm; 4th Tuesday 2:00pm. 541-812-4547

Hearing Support Group: Last Wednesday of each month at 6:30pm at Albany General Hospital Reimer Bldg. No meetings in July & December. For more information call John 541-220-8541.

Housing Subsidy: Linn/Benton Housing Authority 541-926-4497

Legal Assistance: To make a free consultation with an attorney, call the Lebanon Senior Center at 541-258-4919. Limited Topics (Wills, Power of Attorney, Trusts, etc.).

Low Income Energy Assistance: Linn County 541-926-7163 (Accepts collect calls)

Medical Equipment Loans/Rentals/Sales: Love INC (Linn) 541-924-5683, Love INC(Benton) 541-757-8111, Samaritan Medical Equipment 541-451-6364, Turning Leaf 541-570-1868.

Multiple Sclerosis Support Group: Last Saturday of each month from 10:00 am-12:00pm at Lebanon Hospital, Conf Rm 3, Contact Lynn at lebanonmssupportgroup@hotmail.com

Parkinson's Support Group: 3rd Thursday of each month from 4:00-5:30pm at the Veterans Home.

Samaritan Health: For info on an ongoing six week series on Living Well with Chronic Health Conditions and Living Well with Chronic Pain, call 541-768-6811.

Senior Meals/Meals-on-Wheels: Services the Lebanon/Scio area, Monday-Friday. For info or volunteering, call 541-451-1139 (site manager). To start receiving MOW call 1-800-638-0510.

Senior Support Services:

Financial Management Program: For assistance managing personal finances or to volunteer to assist individuals, Call Diana Hancock at 541-812-2597.

Medicare Insurance Assistance - Senior Health Insurance Benefits Assistance (SHIBA) helps with understanding Medicare and providing impartial information for supplemental insurance, including drug coverage. Call 541-812-0849 for information.

Volunteer Placement - Retired Senior Volunteer Program (RSVP) will help you put your skills and talents to good use by volunteering in one of many nonprofit organizations. 541-812-0849

Social Security's Supplemental Security Income (SSI): Social Security Administration 1-800-772-1213

Supplemental Nutrition Program (SNAP): Formerly Food Stamps: DHS self sufficiency, Lebanon 541-259-5860

Utility Drop Boxes: Bring the following bills into the Lebanon Senior Center and save postage: Republic Services, Comcast, NW Natural Gas, Lebanon City Water/Sewer & Pacific Power. City Water and PP&L pick-up every day at 8am; others on Tuesday and Friday at 8 am.

Vision Support Group: Third Wednesday of every month at the First Christian Church, 432 Ferry St., Albany. For more info call 541-928-5008.

Volunteer Caregivers: Call to schedule a ride to your out-of-town doctor's appointment. Dependent upon driver availability. Office hours M-TH 9-1; F 8-10 am, 541-928-2173.

Tech Time: Appointments for **Apple** products (iPhone, iPad, MacBook, etc.), and other tech devices are scheduled once a month. If you have questions, we will try to help. Call 541-258-4919 to schedule.



Foot Care: Need help taking care of toe nail trimming/general foot care? Nurses come to the Senior Center monthly. Call 541-258-4919 for more info or to make an appointment.

If you would like an annual subscription to our newsletter, fill in the needed information below and return it along with your \$5 subscription fee to the Lebanon Senior Center.
The expiration date will appear on the mailing label.

Name _____ New Subscriber
Address _____ Renewal
City, State, Zip _____ Amount _____
Phone # _____ Cash Check



LEBANON SENIOR CENTER ADVISORY BOARD

Mac McNulty; Henry Chambers; Sherry Liest;
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and employees do not endorse any information obtained from advertisers.*



OREGON
Lebanon
Senior Center

80 Tangent Street
Lebanon, OR 97355

541-258-4919

FAX 541-258-4956

RETURN SERVICE REQUESTED

LEBANON SENIOR CENTER

Focused on those 50 years and older, and those with disabilities, in the community of Lebanon

OCTOBER 2019—Open Monday-Friday, 8:00 am to 4:00 pm



Our LINX (Lebanon Inter-Neighborhood eXpress) transit service is expanding! We're adding Saturday service, running until 6:00 pm and will be serving three miles outside the City limits! Transit service includes the Lebanon Loop deviated-fixed-route and our Dial-a-Bus demand-response service. Starts October 21st! Please see insert for more information.

Retirement 101 Series *Elder Law*

Wednesday, October 9th 6-7:00pm

Attorney Stacey Mealer will present essential information to consider when planning wills, trusts, power of attorney, durable power of attorney, and other end of life documents.

These can be difficult and stressful conversations for families, so remove fear and taboo and get informed about what you should know. Refreshments served. Free event. Sign up by calling

541-258-4919 by October 8th.



Hand in Hand Farm Hay Ride Friday, October 11th 1:30pm-3:30pm

Join us on a trip to Hand in Hand Farm, as staff take us on an hour long wagon ride around their property. They have even offered to put the top on the wagon if there is a sprinkle.

Sign Up is required. Limited seats on the bus. Cost of \$2 is due at sign up. Participants should be prepared for cool, wet Fall weather. For more information call 541-258-4919.



Fall Tea and Fashion Show

Tuesday, October 22nd 2:00-3:00pm



Welcome the cooler days of autumn with a warm cup of tea, a gathering of friends, and shopping inspiration from downtown Lebanon. Great local shops from downtown Lebanon such as Frills and Threads, Et Cetera Shop, Teen Challenge, and Northwest Apparel and Graphics are supplying outfits for our wonderful senior models. Tea is a fun activity for men and women, 50 years and older.

Tea treats sponsored by the Lebanon Senior Center and The Oaks. Tickets are available at the Senior Center office; please pick your ticket up before October 15th.

Senior Fashion Models Needed

The Lebanon Senior Center is seeking 7-10 seniors, ***men and women***, looking to have some fun playing dress up. Seniors will be put in touch with one of the participating stores to pick out an outfit to show off during the fashion show. Sharing your personality earns you first dibs on tea treats.

Crafternoon: Pumpkin Decorating

Monday, October 21st 1:00-3:30pm

Bring a pumpkin, real or fake, and join us for a time of decorating pumpkins. We will have paint available. Feel free to bring other items to decorate your pumpkin. (Think Mr. Potato Head but a pumpkin.)

Please sign up, 541-258-4919.

After you are finished decorating, leave your pumpkin behind and enter our **decorative pumpkin contest!**

Seniors can vote October 22nd-30th.

Oregon's Historic Cemeteries

Tuesday, October 29th 2:00-3:30pm

Historic cemeteries document a community through time. Come hear stories from historic cemeteries around the state from Kuri Gill (OR State Parks). Local history, cemetery discoveries and recuses, and other tales will highlight the importance of historic cemeteries. She will discuss creative ways people are sharing these important places.

POTLUCK: Italian
Thursday, October 17th
12:00-1:00pm

Italian meals are full of friends and family where everyone shares. Contribute a dish if you can; it makes the bounty to choose from even more fun! It can be picked up at the store or homemade. Monetary donations also accepted.



Our gratitude to The Oaks, Willamette Manor, Meadowlark, and Brookdale (Albany) for co-sponsoring this event.

International Bites: Vietnam
Wednesday, October 23rd
2:00-3:00pm



We continue to travel the world of flavor as we trek to Vietnam. We will be making Easy Wok-kissed Beef Pho and Crispy Sweet Potato Pancake Lettuce Wraps. **Please sign up** at the Senior Center office or by calling 541-258-4919, if you would like to attend.

Green Acre 2nd Grade Pen Pal Group
Wednesday, October 9th 11:30am-12:00pm

This school year we are pen pals with 2nd grade students from Green Acres school. We are motivating writing practice in a fun way. Maybe we will find some similarities and differences between generations. Letters only need to be a few sentences and topics will be provided. Participants get invites to an end of year ice cream party.

Tuesday Topics

Meeting on **Tuesday, Oct. 1st, 10:00am**. Share your thoughts and ideas for November-January activities, movies, program ideas, or anything else pertaining to the Center.

Linn County Extension Services presents

Successful Sleep

Thursday, October 24th 10:00am-12:00pm

A good night's sleep is so important for your health, mood and energy level. With the days getting shorter and many people less active, it's a good time to learn a few tips to sleep peacefully and feel rested, alert and energetic.

Please register by calling 541-730-3544.

Mind Matters: Self-Empowered Aging

Thursday, October 3rd 9:00-10:30am

In a society that has yet to fully appreciate the potential of older adults, self-empowered aging improves one's odds to accomplish later life goals that others may discount, and to enjoy self-esteem and satisfaction that others may lack. Helen Beaman, Older Adult Behavioral Health Specialist/Mental Health Services Coordinator for Linn and Benton County, will take you through the process of self-empowered aging and reinvention of the self during later life. Snacks provided.

Please sign up in the office or by calling 541-258-4919.

Wii Bowling Tournament

Wednesday, October 30th 11:30am-4:00pm

Teams of four players are forming now. If you do not have a team but want to play, sign up and we will get you on a team.

Players are treated to lunch and a good time.

Sign up by October 23rd, in the office or call 541-258-4919.



Wii bowling is a motion controlled bowling game we have at the Center. Our Wii Bowling system is set up in the library. You are welcome to come practice!

2020 MEDICARE OPEN ENROLLMENT DATES: October 15th-December 7th

Changes to your Medicare Advantage (Part C) or Medicare prescription drug coverage (Part D) for next calendar year can be made during the Open Enrollment dates. These agencies will be visiting the Center:

Date	Time	Company/Person	Represents
Various	By appointment	SHIBA, 541-812-0849	Neutral party, various provider info
10/3, 10/15, 10/17, 10/21, 10/31	1:30-3:30pm	Bethany Morris	United Healthcare
10/8	1:30-2:30pm	Wix Agency	Various
10/10	10:00am-12:00pm	Bethany Morris	United Healthcare
10/15, 10/24	1:30-3:30pm	Ted Hunt	United Healthcare



ICE CREAM BIRTHDAY SOCIAL Wednesday, October 2nd at 12:20pm

Come join us the 1st Wednesday of the month to celebrate birthdays!

Starts right after the noon meal.

Engage Your Brain

Monday, October 28th

10:00-10:45am



Rebecca will lead you through some different brain boosting exercises/games. We also watch a 30 minute video from the "The Aging Brain" series, to understand how brains change over time.

Mahjong

Tuesdays Oct. 8th., 22nd, 29th 10:00am-12:00pm

If you play and are looking for opponents, come meet some local players. Experienced players welcome. The group is using the 2019 booklet.

Living Consciously

Fridays, 1:00-3:30 pm

We discuss practical ways to increase your positive energy, be mindful, and live with an open heart. Questions should be directed to Virginia Cloyd, facilitator, at 541-570-8587.

Therapeutic Yoga for Balance

Tuesdays, 3:30-4:30pm

Rose Kress has over 15 years of experience. Participants will leave feeling balanced and at ease. Cost is \$5 per person per class. Bring a yoga mat and a beach towel, yoga blanket or cushion.

Qi Gong with Beverly

Fridays 11:00am-12:00pm

Come try a **free** Qi Gong class! Qi Gong is the practice of our physical movements, breathing, and use of intentional mind (meditation) which increases the amount of Qi (energy) we receive. The class lasts anywhere from 50 minutes to an hour.

Blood Drive

Thursday, October 10th 9:30am-2:30pm

Blood supplies are essential to people facing emergencies. Donating blood is a great way to help our community and honor those in need. For more information, call the Senior Center 541-258-4919.

Color Wonders

Friday, October 25th 10:00-10:50am

Join Angela and Gary for a fun time of de-stressing in a creative way. Use our supplies or bring your own.

Seniors on the Go Exercise

Looking for fun exercise? Participate in our fun, activities and remember how to play! Laughter is the best exercise. Activities are adaptable to needs.

- ~ Wed. **Oct. 2nd**, 10:00am-11:30am Shuffleboard
- ~ Wed. **Oct. 9th**, 10:00am-11:30am Indoor Croquet
- ~ Wed. **Oct. 16th**, 10:00-11:30am Wii Bowling
- ~ Wed. **Oct. 23rd**, 10:00-11:30am Halloween Games, that's right Rebecca is making stuff up. Come try your hand at her latest games.

Tai Chi

Tuesdays, 11:00-11:40am

Video based, low-impact exercise program great for improving balance & flexibility. Standing and seated portions allow you to exercise at your level.

Chair Chi

Thursdays, 11:00-11:40am

Taught from the seated position (you may choose to stand). The movements are fun to follow and helps with balance and flexibility. **Video on 10/17.**

Chair Music & Movement

Mondays, 11:00am-11:50pm

Chair dance doesn't quite describe this fun group. You can work up a sweat in this seated class! **It's FREE!** No matter your fitness level, this is a fun and friendly way to get moving. **If you prefer, you can exercise standing.** Various types of music and dance styles explored through the use of assorted videos.

Bingocize!

**Thursdays, October 10th, 17th, 24th, and 31st
2:00-3:00pm**

Students from the local medical school host this program at the Senior Center. It combines the fun and competitiveness of BINGO with an opportunity to move, turning exercise into play. Come check it



Intro to Drawing Class

**Friday, October 4th and 18th
11:00-11:45am**

Bring a multi media sketch pad, a #2 pencil, water color pencils, and your favorite drawing tools with you to class. We get inspiration from a short video and then do an exercise (4th will be pencil drawing; 18th watercolor pencil). Please sign up in the office or call 541-258-4919.



October 2019



Walking Group
Monday, Wednesday,
Friday, 9:00-10:00am
 Lebanon High School Track
 or River Center

Meals on Wheels
Dine-In Lunch Program

Monday-Friday, 11:45am
 60 yrs. +
 Suggested \$3.50 donation
 Order 4 days in advance for
 a choice
 Call 541-451-1139 for more
 information

Friends of the Library
 Book Sale
 Saturday, October 26th
 9:00am-2:00pm

LBCC Courses at SC
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Fall term begins
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Bones & Balance
 Mon/Wed/Fri 8am
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Tai Chi
 Mon/Wed 10am

Step Into Art History
 Tuesdays 1:00

Line Dance
 Tuesdays 1:30

Piano, Just For Fun!
 Oct. 26th 10:00

Mon	Tue	Wed	Thu	Fri
	1 9-11 Knit/Crochet 10-11 Tuesday Topics 11-11:40 Tai Chi 1:30-3 Caregiver Support 3:30-4:30 Yoga	2 9-12 Wood Carving 10-11:30 SoGo: Shuffleboard 12:20 Birthday/Ice Cream Social 1-3 Bingo 1-4 Pinochle 5:30-7 Cancer Support	3 9-10:30 Mind Matters: Self-Empowered Aging 11-11:40 Chair Chi 1-4 Painters	4 9-11 Dulcimers 10-11 Garden Club 11-11:45 Intro to Drawing 11-12 Qi Gong 1-4 Living Consciously 1 Movie: Rooster Cogburn
7 9-11 Dulcimers 11-12 Chair Music & Movement 1-4 Cribbage	8 9-11 Knit/Crochet 10-12 Mahjong 11-11:40 Tai Chi 12-1 Volunteer Meeting 3:30-4:30 Yoga	9 9-12 Wood Carving 10-11:30 SoGo: Indoor Croquet 11:30 Pen Pals 1-3 Bingo 1-4 Pinochle 6-7 Retirement 101: Elder Law	10 9-2:30 Blood Drive 11-11:40 Chair Chi 1-4 Painters 2-3 Bingocize	11 9-11 Dulcimers 10-11:30 Secret Pals 11-12 Qi Gong 1-4 Living Consciously 1 Movie: Sun is Also a Star 1:30-3:30 Hayride
14 9-11 Dulcimers 11-12 Chair Music & Movement 12:30-3:30 Card Crafters 1-4 Cribbage	15 9-11 Knit/Crochet 11-11:40 Tai chi 1:30-3 Caregiver Support 3:30-4:30 Yoga	16 9-12 Wood Carving 10-11:30 SoGo: Wii Bowling 1-3 Bingo 1-4 Pinochle	17 11-11:40 Chair Chi (video) 12-1 Potluck: Italian 1-4 Painters 2-3 Bingocize	18 9-11 Dulcimers 11-11:45 Intro to Drawing 11-12 Qi Gong 1-4 Living Consciously 1 Movie: Is Anybody There:?
21 9-11 Dulcimers 11-12 Chair Music & Movement 1-3:30 Crafternoon: Pumpkin Decorating 1-4 Cribbage	22 9-11 Knit/Crochet 10-12 Mahjong 11-11:40 Tai Chi 2-3 Fall Tea Fashion Show 3:30-4:30 Yoga	23 9-12 Wood Carving 10-11:30 SoGo: Halloween Games 1-3 Bingo 1-4 Pinochle 2-3 Int'l Bites: Vietnam	24 10-12 Ext. Services: Successful Sleep 11-11:40 Chair Chi 1-2:30 Book Club 1-4 Painters 2-3 Bingocize	25 9-11 Dulcimers 10-11:50 Color Wonders 11-12 Qi Gong 1-4 Living Consciously 1 Movie: Ghost & Mr. Chicken
28 9-11 Dulcimers 10-10:50 Brain Fitness 11-12 Chair Music & Movement 1-4 Cribbage 1-4 Bunco	29 9-11 Knit/Crochet 10-12 Mahjong 11-11:40 Tai Chi 2-3:30 Historic Cemeteries 3:30-4:30 Yoga	30 9-12 Wood Carving 10-11 Alzheimer's Support 11:30-4-Wii Bowling @ Mennonite Village 1-3 Bingo 1-4 Pinochle	31 11-11:40 Chair Chi 1-4 Painters 2-3 Bingocize	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">OREGON CASCADES WEST MEALS ON WHEELS OCTOBER 2019</p>	<p>Hearty Turkey Stew or <u>Western Goulash</u> Lima Beans Garden Vegetable Salad Dill Roll Peach Cobbler</p> <p align="right">1</p>	<p>White Bean Chicken Chili or <u>Zucchini Vegt Lasagna</u> Broccoli Country Coleslaw French Roll Lemon Pudding</p> <p align="right">2</p>	<p>Chicken & Vegetable Stir Fry w/Brown Rice or <u>Western Pork Stew</u> Green Peas Tossed Salad Seven Grain Roll Banana Chocolate Chip Bar</p> <p align="right">3</p>	<p>Teriyaki Chicken Sandwich or <u>Kielbasa Sausage / Kraut</u> on a Bun Yellow Mustard Baked Beans Mixed Vegetables Applesauce</p> <p align="right">4</p>
<p>Baked Beef Rigatoni or <u>Sweet/Sour Chicken</u> <u>w/Brown Rice</u> Green Beans Marinated Vegetable Salad Whole Wheat Roll Apple Crisp</p> <p align="right">7</p>	<p>Herbed Chicken Patty/Gvy or <u>Roast Pork w/Gravy</u> Whipped Potatoes Italian Blend Vegetables Squash Bread Banana Pudding</p> <p align="right">8</p>	<p>Lemon Herb Chicken or <u>BBO Smokehouse Chop</u> Lyonnaise Potatoes Whole Kernel Corn Oat Bran Bread Peanut Butter Bar</p> <p align="right">9</p>	<p align="center"><u>Brunch for Lunch</u> Broccoli Omelet Bake or <u>Pork Sausage Gravy</u> Biscuit Mixed Vegetables Romaine Iceberg Salad Seasonal Fresh Fruit</p> <p align="right">10</p>	<p>Garden Chicken Mini Salad or <u>Chef Mini Salad</u> over Spinach Romaine Green Split Pea Soup Whole Wheat Roll Golden Fruit Cup</p> <p align="right">11</p>
<p>Ground Beef & Pasta or <u>Chicken Divan Bake</u> Herbed Carrots Spinach Romaine Salad Herb Roll Vanilla Pudding</p> <p align="right">14</p>	<p>Chicken Salad Sndwch Half or <u>Egg Salad Sandwich Half</u> on Wheat Bread Minestrone Soup Carrot Coleslaw Pears</p> <p align="right">15</p>	<p>Hmstyle Turkey Patty/Gvy or <u>Swiss Style Patty w/Sc</u> Delmonico Potatoes Mixed Vegetables Multigrain Bread Ice Cream Cup</p> <p align="right">16</p>	<p>Chicken Breast w/Cider Glz or <u>Swedish Meatballs</u> Garlic Whipped Potatoes Red Cabbage & Apples Rye Bread Hermit Bar</p> <p align="right">17</p>	<p>Turkey a la King or <u>Braised Beef Tips</u> Whipped Potatoes Cauliflower & Carrots Sunflower Seed Roll Applesc Gingerbread Cake</p> <p align="right">18</p>
<p>Pork Choppie w/Gravy or <u>Caribbean Spice Chicken</u> Whipped Sweet Potatoes Broccoli Wheat Bread Spiced Peaches</p> <p align="right">21</p>	<p>Chicken Brunswick Stew or <u>Diced Pork & Penne Pasta</u> Country Trio Vegetables Spinach Romaine Salad Oatmeal Roll Butterscotch Bar</p> <p align="right">22</p>	<p>Chicken Alfredo Bake or <u>Beef Stuffed Bell Pepper</u> Capri Blend Vegetables Tossed Salad Rye Roll Fresh Orange</p> <p align="right">23</p>	<p>Sloppy Joe or <u>Breaded Fish w/Tartar Sauce</u> on a Bun Green Beans Creamy Coleslaw Bread Pudding w/Raisins</p> <p align="right">24</p>	<p>Lima Beans & Turkey Ham or <u>Mac & Cheese Florentine</u> Herbed Carrots Marinated Broccoli Salad Cornmeal Roll Cherry Whip</p> <p align="right">25</p>
<p>Creamy Pasta w/Vegetables or <u>Cowboy Campfire Stew</u> Green Peas Carrot Pineapple Salad Whole Wheat Roll Seasonal Fresh Fruit</p> <p align="right">28</p>	<p>Santa Fe Trky Mini Salad or <u>Chkn Curry Mini Salad</u> over Spinach Romaine Lentil Soup Potato Wheat Roll Golden Fruit Cup</p> <p align="right">29</p>	<p align="center"><u>Halloween Special</u> Beef Patty/Pep & Onion Gvy or <u>Roasted Turkey w/Gravy</u> Whipped Potatoes Capri Blend Vegetables Oat Bran Bread Red Devil Beet Cake</p> <p align="right">30</p>	<p align="center"><u>Halloween Special</u> Orange Glazed Chicken or <u>Liver & Onions w/Gravy</u> Creamed Potatoes Succotash Squash Bread Baked Pumpkin Custard</p> <p align="right">31</p>	<p align="center">Suggested Donation: \$3.50 per meal</p> <p align="center">1% Milk served with all meals</p> <p align="center">----- WE ACCEPT THE OREGON TRAIL CARD</p>

On-going Classes/Groups

Book Lovers

Come **Thursday, October 24th, at 1:00 pm** to share books you've been enjoying--all kinds welcome. We have heard people say they don't read and then mention the romance or mystery they just finished. That counts! Many read books to escape this life; others to help them get through it. That's an interesting question we will discuss.

Garden Club

Friday, Oct. 4th, 10:00-11:00am. Join fellow gardening enthusiasts to chat about life in the garden.

Card Making

Make several beautiful cards **Monday, Oct. 14th 12:30-3:30pm!** Most supplies are provided by the instructor at no charge. Call the Center for the few things you need to bring & sign up by the Friday before, 541-258-4919.

Secret Pals

We will be gathering **Friday, October 11th, from 10:00-11:30am.** Debbie and Rebecca bringing snacks.

Dulcimer

Mondays & Fridays 9:00am for beginners/10:00am for advanced. A love of music is the only requirement. Come learn to play. Other instruments are welcome to join in and play along too!

Knit & Crochet Group

Tuesdays, 9:00-11:00am. Bring your own project to work on while chatting with a group of talented crafters. You are welcome to come meet us!

Craft Groups

Wednesdays 9:00am-12:00pm **Wood Carving**

Thursdays 1:00-4:00pm **Painting Enthusiasts** - Bring your supplies and fellowship while painting.

Open Wii Play-Bowling & more

By popular demand, we have the Wii and TV hooked up in the library, ongoing. Come check it out!

Game Room

Pool, Snooker, Shuffleboard, & Magnetic Darts

Monday-Friday 8am to 4pm, 25¢ per game

Games-- Open to everyone!

Cribbage — Monday 1:00-4:00pm

Pinocle — Wednesday 1:00-4:00pm

Bingo— Wednesday 1:00-3:00pm 25 cents a card

RumiKub — Often a group playing after lunch

Ping Pong— Ask at the front desk.



BUNCO!

Monday, October 28th from 1:00-4:00pm

Feeling lucky? This easy to learn dice game is a fun way to spend an afternoon.

Bring \$2 to play, which goes to prize pots.



It's Movie Time ON Our Big Screen!!

Free popcorn! Beverages are 50 cents!

Friday, October 4th, 1:00pm:

Rooster Cogburn

1975 PG 1hr. 48mins.

John Wayne returns, eye patch and all, as the irascible Rooster Cogburn in this entertaining sequel to the Oscar-winning True Grit. This time, Wayne gets saddled with prim and proper Eula Goodnight (Katharine Hepburn), a minister's daughter who's more than a match for the cranky U.S. Marshal. The witty and acerbic Hepburn and classic Wayne are a joy to behold.



Friday, October 11h, 1:00pm:

The Sun is also a Star

2019 PG-13 1hr. 40mins.

College-bound romantic Daniel Bae and Jamaica-born pragmatist Natasha Kingsley meet—and fall for each other—over one magical day amidst the fervor and flurry of New York City. Sparks immediately fly between these two strangers, who might never have met had fate not given them a little push. But will fate be enough to take these teens from star-crossed to



Friday, October 18th, 1:00pm:

Is Anybody There?

2008 PG-13 1hr. 35mins.

Growing up in a seaside nursing home run by his parents takes its toll on 10-year-old Edward, but things begin to look up for the lonely boy when a retired magician with a zest for life moves in.



Friday, October 25th 1:00pm:

The Ghost & Mr. Chicken

1966 NR 1 hr. 30mins.

Mild-mannered typesetter Luther Heggs (Don Knotts) wants to be a respectable reporter, so he decides to get the scoop on local ghosts by spending a fated night at a haunted abode where there's been an unsolved murder. When the community thinks he's concocting a fable, he's determined to convince them of what he's witnessed. Will his sensational story make him a bona fide journalist? Liam Redmond and Joan Staley co-star in this classic comedy.



SERVICES & SUPPORT GROUPS

AARP Driver Safety: For dates and times contact LBCC at 541-259-5801

Aging and Disability Resource Connection: Services can help with Medicaid, food stamps, in-home services, housing and other advocacies. 541-967-8630 Ext. 109 or 800-638-0510 Ext. 804

Alzheimer's Support Group: Wednesday, October 30th 10:00-11:00am at the Lebanon Senior Center. Various Topics hosted by Bridgescreek Memory Care.

Cancer Support Group: 2nd Monday of each month, 7-8:30pm at Lebanon Community Hospital. 541-768-2171, Anita Earl, LCSW.

Caregiver Support Group: 1st and 3rd Tuesday of each month, 1:30-3pm at the Lebanon SC. Call Benton Hospice at 541-757-9616 for more info.

Cancer Wellness Group: This group is sponsored by Samaritan Health Services and meets the 1st Wednesday of the month from 5:30-7:00pm at the Lebanon Senior Center. To register, call 541-451-7392.

Dental Services: Emergency dental assistance is available on a limited basis through the River Center, 541-451-1271.

Facility/Room Rentals: The Lebanon Senior Center has rooms available for meetings, weddings, anniversaries, etc. Kitchen use is available also. For info contact the Senior Center—541-258-4919.

Fix-It-Brigade: Help with safety related minor home repairs (no plumbing or electrical). Call 541-258-4919 for information. **Volunteers Needed!**

Grief Support Groups: Lebanon Community Hospital, Conference Room A. 2nd Tuesday of the month 4:30pm; 4th Tuesday 2:00pm. 541-812-4547

Hearing Support Group: Last Wednesday of each month at 6:30pm at Albany General Hospital Reimer Bldg. No meetings in July & December. For more information call John 541-220-8541.

Housing Subsidy: Linn/Benton Housing Authority 541-926-4497

Legal Assistance: To make a free consultation with an attorney, call the Lebanon Senior Center at 541-258-4919. Limited Topics (Wills, Power of Attorney, Trusts, etc.).

Low Income Energy Assistance: Linn County 541-926-7163 (Accepts collect calls)

Foot Care: Need help taking care of toe nail trimming/general foot care? Nurses come to the Senior Center monthly. Call 541-258-4919 for more info or to make an appointment.

Medical Equipment Loans/Rentals/Sales: Love INC (Linn) 541-924-5683, Love INC(Benton) 541-757-8111, Samaritan Medical Equipment 541-451-6364, Turning Leaf 541-570-1868.

Multiple Sclerosis Support Group: Last Saturday of each month from 10:00 am-12:00pm at Lebanon Hospital, Conf Rm 3, Contact Lynn at lebanonmssupportgroup@hotmail.com

Parkinson's Support Group: 3rd Thursday of each month from 4:00-5:30pm at the Veterans Home. Questions? Call Angela at 503-930-3123.

Samaritan Health: For info on an ongoing six week series on Living Well with Chronic Health Conditions and Living Well with Chronic Pain, call 541-768-6811.

Senior Meals/Meals-on-Wheels: Services the Lebanon/Scio area, Monday-Friday. For info or volunteering, call 541-451-1139 (site manager). To start receiving MOW call 1-800-638-0510.

Senior Support Services:

Financial Management Program: For assistance managing personal finances or to volunteer to assist individuals, Call Diana Hancock at 541-812-2597.

Medicare Insurance Assistance - Senior Health Insurance Benefits Assistance (SHIBA) helps with understanding Medicare and providing impartial information for supplemental insurance, including drug coverage. Call 541-812-0849 for information.

Volunteer Placement - Retired Senior Volunteer Program (RSVP) will help you put your skills and talents to good use by volunteering in one of many nonprofit organizations. 541-812-0849

Social Security's Supplemental Security Income (SSI): Social Security Administration 1-800-772-1213

Supplemental Nutrition Program (SNAP): Formerly Food Stamps: DHS self sufficiency, Lebanon 541-259-5860

Utility Drop Boxes: Bring the following bills into the Lebanon Senior Center and save postage: Republic Services, Comcast, NW Natural Gas, Lebanon City Water/Sewer & Pacific Power. City Water and PP&L pick-up every day at 8am; others on Tuesday and Friday at 8 am.

Vision Support Group: Third Wednesday of every month at the First Christian Church, 432 Ferry St., Albany. For more info call 541-928-5008.

Volunteer Caregivers: Call to schedule a ride to your out-of-town doctor's appointment. Dependent upon driver availability. Office hours M-TH 9-1; F 8-10 am, 541-928-2173.

Tech Time: Technology help by volunteers .Call 541-258-4919 to schedule a 30 minute appointment.

If you would like an annual subscription to our newsletter, fill in the needed information below and return it along with your \$5 subscription fee to the Lebanon Senior Center.
The expiration date will appear on the mailing label.

Name _____ New Subscriber
Address _____ Renewal
City, State, Zip _____ Amount _____
Phone # _____ Cash Check



LEBANON SENIOR CENTER ADVISORY BOARD

Advisory Board Meeting Wednesday, October 16th 10:00-11:30am

Mac McNulty; Henry Chambers; Sherry Liest;
Marlene Flyer; Joan Voss; Bonnie Stalker; Kyle Randleman

*NOTE: All newsletter inserts are paid advertisements. The City of Lebanon, Lebanon Senior Center,
and employees do not endorse any information obtained from advertisers.*



Lebanon
Senior Center

80 Tangent Street
Lebanon, OR 97355

541-258-4919

FAX 541-258-4956

RETURN SERVICE REQUESTED

LEBANON SENIOR CENTER

Focused on those 50 years and older, and those with disabilities

NOVEMBER 2019 — Open Monday-Friday, 8:00 am to 4:00 pm

The Lebanon Senior Center and LINX Transit will be **closed** on **November 11th** in honor of Veterans Day. We will also be closed **November 28th & 29th** so staff can be with their families for Thanksgiving.

THANK YOU VETERANS

Veterans Reception

Wednesday, Nov. 6th 2:00-3:00pm

Join us for a time of honoring our Veterans and Armed Forces.

- Pearl Harbor memories shared
- Presentation by Michael Aaron, Commander VFW Post 584 and President LINK UP VETS
- LHS JROTC Color Guard
- Patriotic lap quilt giveaway
- Upcoming Veterans Day Activities
- Refreshments and more...

This event is open to veterans, family members, and the grateful public.

Senior Tree of Giving

We will be hosting our Tree of Giving program again this year. The aim is to support seniors who do not have family locally or face hardship. Let's bring much needed cheer to their holiday season.

Area agencies can nominate seniors (50+) for this program. Applications will be available November 4th through

December 3rd. Tags will be placed on a tree in the library as they become available, starting November 26th. Gifts should be returned by December 18th.

Questions: 541-258-4919.

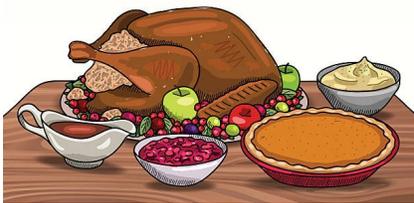


Thanksgiving Banquet

Thursday, November 21st at 12:00pm
(Seating opens at 11:30am)

Lebanon area seniors, 50 and older, are welcome to join us for roast turkey, savory stuffing, mashed potatoes with gravy, pumpkin pie and more!

Happy Thanksgiving



Please pick up your complimentary tickets by November 15th at the Senior Center.

Lebanon High School Choirs will be serving and performing for our guests.

The banquet is co-sponsored with our friends from The Oaks, Willamette Manor, Brookdale Heritage Plaza of Albany, Meadowlark Senior Living, and Bridgecreek Memory Care.

\$\$ Year End Donations \$\$

If you are looking to make an end of the year donation, please consider the Lebanon Senior Center. These donations are used to pay for supplies, activities, and entertainment. For more information, please contact our office, 541-258-4919.

The Center and Meals on Wheels put tags on the Tree of Giving if all the other tags are adopted.

Crafternoon: Marbled Ornament

Tuesday, November 26th 2:00-3:00pm

We will use paint or bring your favorite bottles of nail polish (fast drying recommended) to give a flair to some plain clear ball ornaments. Ornaments included in \$2 cost. Beautiful for your own decorating or makes a great gift.

Please sign up,
541-258-4919.



Mind Matters: Skip the Holiday Blues

Thursday, November 7th 9:00-10:30am

Join Helen Beaman, Older Adult Behavioral Health Specialist/Mental Health Services Coordinator for Linn and Benton County, as we delve into how our expectations impact our emotions and overall experience of the holiday season. Learn how to recognize when our expectations are getting in the way of feeling good, and then identify some signs that you might need a change. We will then explore tools you can use to get the most out of your holiday season. Snacks provided.

Please sign up in the office or by calling 541-258-4919.

Christmas Card Class

Monday, November 18th 12:30-3:30pm

During this class, you will make four different designs. (This is not a beginner's class, some card making or scrapbooking experience needed). Most materials will be provided, but please bring your favorite scissors, glue, and pens/pencils. Cost is \$10.

Maximum number of participants is 8.

Must **sign-up for the class by November 15th**, 541-258-4919. Payment due day of class.

Color Wonders Coloring Contest

Friday, November 15th 10:00-10:50am

Add your own flare to our blessings themed color page and enter our contest to **win a pie!** If you need more time, **pictures due by the 19th**. Pictures will hang in the hall.

Veterans Reception Decorations

Friday, November 1st 10:00-10:50am

The garden club will be making centerpieces for the Veterans Reception. You are welcome to come help with this project. They might talk garden tools, but you can share your decorating skills.

Green Acre 2nd Grade Pen Pal Group Wednesday, November 13th 11:30am-12:15pm

We are pen pals with 2nd grade students from Green Acres school. We will be looking at our mail from the students and responding to our pen pals with Thanksgiving themes.

Still in My Heart: Grieving Through the Holidays

Presented by: Virginia Tyler

Friday, November 15th, 2019 @ 12:00-1:00pm

Please join us for our Knowledge Share lunch hour Sponsored by Samaritan Evergreen Hospice

Lunch provided for those that **sign up by November 12th**, 541-258-4919.

AARP Safe Driving Class

Thursday, January 2nd, 9:00am-3:30pm

AARP

DRIVER SAFETY

Members \$15

Non-members \$20

To register call LBCC: 541-259-5801



In Need of Urgent Help!

Drivers needed! Do you have 2 hours, 1 or 2 days a week or even once a month? You can give by delivering hot meals to our homebound neighbors. Currently, MOW serves 120 home delivered and dining room meals each day in Lebanon. **Anything** you can do to help will be greatly appreciated. We promise the rewards you will experience would be hard to find anywhere else. Call site manager: **Tori Hartman today @ 541-451-1139.**



Need a ride?

Call LINX at 541-258-4920

2020 MEDICARE OPEN ENROLLMENT DATES: October 15th-December 7th

Changes to your Medicare Advantage (Part C) or Medicare prescription drug coverage (Part D) for next calendar year can be made during the Open Enrollment dates. These agencies will be visiting the Center:

Date	Time	Company/Person	Represents
Various	By appointment	SHIBA, 541-812-0849	Neutral party, various provider info
11/1, 11/14	1:30-3:30pm	Bethany Morris	United Healthcare
11/5, 11/12	1:30-3:30pm	Ted Hunt	United Healthcare



November 2019



Walking Group
Monday, Wednesday,
Friday, 9:00-10:00am
 Lebanon High School Track
 or River Center

Meals on Wheels
Dine-In Lunch Program

Monday-Friday, 11:45am
 60 yrs. +
 Suggested \$3.50 donation
 Order 4 days in advance for
 a choice
 Call 541-451-1139 for more
 information

Friends of the Library
 Holiday Book Sale
Saturday, December 7th
9:00am-2:00pm

LBCC Courses at SC
 Contact LBCC
 for availability & fees for the

following courses
 at 541-259-5801
Fall term begins
September 30th

Bones & Balance
 Mon/Wed/Fri 8am
 T/TH 5:15pm

Tai Chi
 Mon/Wed 10am

Line Dance
 Tuesdays 1:30

Mon	Tue	Wed	Thu	Fri
<p>Coming in December:</p> <ul style="list-style-type: none"> ◆ Tree of Giving ◆ Thursday, Dec. 5th 9am Mind Matters: Winter Heart Health ◆ Thursday, Dec. 19th 12pm Potluck and Festive Holiday Outfit (“Ugly Sweater”) Contest 				<p>1</p> <p>9-11 Dulcimers 10-11 Garden Club 11-11:45 Intro to Drawing 1 Movie: Evil Under the Sun</p>
<p>4</p> <p>9-11 Dulcimers 11-12 Chair Music & Movement 12:30-3:30 Card Crafters 1-4 Cribbage</p>	<p>5</p> <p>9-11 Knit/Crochet 11-11:40 Tai Chi 1:30-3 Caregiver Support 3:30-4:30 Yoga</p>	<p>6</p> <p>9-12 Wood Carving 10-11:30 SoGo: Indoor Bocce 12:20 Bdayy Ice Cream Social 1-3 Bingo 1-4 Pinochle 2-3 Veteran’s Reception</p>	<p>7</p> <p>9-10:30 Mind Matters: Skip the Holiday Blues 11-11:40 Chair Chi 1-4 Painters 2-3 Bingocize</p>	<p>8</p> <p>9-11 Dulcimers 10-11:30 Secret Pals 1-4 Living Consciously 1 Movie: Lavender Hill Mob</p>
<p>11</p> <p>VETERAN’S DAY CLOSED</p>	<p>12</p> <p>9-11 Knit/Crochet 10-10:45 Engage Brain 11-11:40 Tai chi 12-1 Volunteer Meeting 3:30-4:30 Yoga</p>	<p>13</p> <p>9-12 Wood Carving 10-11:00 SoGo: Pool Noodle Hockey 11:30 Pen Pals 1-3 Bingo 1-4 Pinochle</p>	<p>14</p> <p>11-11:40 Chair Chi 1-4 Painters 2-3 Bingocize</p>	<p>15</p> <p>9-11 Dulcimers 10-10:50 Color Wonders 11-11:45 Intro to Drawing 12-1 Grieving During Holidays 1-4 Living Consciously 1 Movie: The Hollars</p>
<p>18</p> <p>9-11 Dulcimers 11-12 Chair Music & Movement 12:30-3:30 Paid Xmas Card Class 1-4 Cribbage</p>	<p>19</p> <p>9-11 Knit/Crochet 11-11:40 Tai Chi 1:30-3 Caregiver Support 3:30-4:30 Yoga</p>	<p>20</p> <p>9-12 Wood Carving 10-11:30 SoGo: Shuffleboard 1-3 Bingo 1-4 Pinochle</p>	<p>21</p> <p>12:00 Thanksgiving Banquet 2-3:30 Book Club 1-4 Painters 2-3 Bingocize</p>	<p>22</p> <p>9-11 Dulcimers 1-4 Living Consciously 1 Movie: Draft Day</p>
<p>25</p> <p>9-11 Dulcimers 11-12 Chair Music & Movement 1-4 Cribbage 1-4 Bunco</p>	<p>26</p> <p>9-11 Knit/Crochet 9-12 Holiday Decorating 11-11:40 Tai Chi 2-3 Craftnoon; Ornaments 3:30-4:30 Yoga</p>	<p>27</p> <p>9-12 Wood Carving 1-3 Bingo 1-4 Pinochle</p>	<p>28</p> <p>THANKSGIVING CLOSED</p>	<p>29</p> <p>CLOSED</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">OREGON CASCADES WEST MEALS ON WHEELS NOVEMBER 2019</p>	 <p align="center">TURN CLOCKS BACK, NOV. 3</p>	<p align="center">Suggested Donation: \$3.50 per meal</p> <p align="center">1% Milk served with all meals</p> <p align="center">----- <i>WE ACCEPT THE OREGON TRAIL CARD</i></p>	 <p align="center">ELECTION DAY, NOV. 5</p>	<p>Chicken Spaghetti or Beef Sukiyaki w/Brn Rice Marinated Zucchini Salad Mixed Vegetables Seven Grain Roll Ice Cream Cup</p> <p align="right">1</p>
<p>Vegetarian Chili w/Cheese or <u>Chicken Lo Mein</u> Green Peas Spinach Romaine Salad Onion Roll Peanut Butter Bar</p> <p align="right">4</p>	<p>Turkey Salad Sndwch Half or <u>Ham Salad Sndwch Half</u> on Wheat Bread Chunky Tomato Rice Soup Garden Vegetable Salad Seasonal Fresh Fruit</p> <p align="right">5</p>	<p>Herbed Chicken Patty w/Country Gravy or <u>Breaded Fish w/Tartar Sc</u> Herbed Potatoes Broccoli Multigrain Bread Apple Crisp</p> <p align="right">6</p>	<p>Garlic Chicken w/Gravy or <u>Homestyle Pork Patty/Gvy</u> Delmonico Potatoes Glazed Carrots Herbed Bread Mandarin Oranges</p> <p align="right">7</p>	<p align="center"><u>Veterans Day Special</u> Beef Patty w/BBQ Sauce or <u>Hot Dog w/Sauerkraut</u> on a Bun Whole Kernel Corn Country Coleslaw Carrot Cake</p> <p align="right">8</p>
<p align="center"><u>Closed for the Holiday</u></p>  <p align="right">11</p>	<p>Spaghetti w/Meat Sauce or <u>Chkn in Peanut Sc/Brn Rice</u> Green Beans Marinated Broccoli Salad Garlic Roll Spiced Applesauce</p> <p align="right">12</p>	<p>Shoyu Chicken or <u>Country Meatballs w/Grvy</u> Brown Rice Broccoli Romaine Iceberg Salad Herb Roll Fresh Orange</p> <p align="right">13</p>	<p>Beef & Black Bean Chili or <u>Macaroni & Cheese</u> Herbed Carrots Tossed Salad Oat Bran Roll Chocolate Pudding</p> <p align="right">14</p>	<p>Shved Turkey Sndwch Half or <u>Meatloaf Sndwch Half</u> on Wheat Bread Corn Chowder Pickled Beets Golden Fruit Cup</p> <p align="right">15</p>
<p>Chicken Brunswick Stew or <u>Swt/Sour Pork w/Brn Rice</u> Oregon Bean Medley Spinach Romaine Salad Whole Wheat Roll Spiced Peaches</p> <p align="right">18</p>	<p>Southwest Omelet Bake or <u>Baked Beef Rigatoni</u> California Blend Vegetables Broccoli Raisin Salad Herb Roll Banana Pudding</p> <p align="right">19</p>	<p>Chicken Salad Sndwch Half or <u>Tuna Salad Sndwch Half</u> on Wheat Bread Potato Chowder Carrot Pineapple Salad Pears</p> <p align="right">20</p>	<p>Chicken w/Pasta & Broccoli or <u>Cowboy Campfire Stew</u> Mixed Vegetables Creamy Coleslaw Whole Wheat Roll Seasonal Fresh Fruit</p> <p align="right">21</p>	<p>Scall Potatoes & Tky Ham or <u>Beef Spanish Rice Bake</u> Brussels Sprouts Tossed Salad Rye Roll Frosted Chocolate Cake</p> <p align="right">22</p>
<p>Turkey Apple Meatballs w/Apple Berry Sauce or <u>Vegetable a la King</u> Garlic Whipped Potatoes Green Beans Squash Bread Pineapple</p> <p align="right">25</p>	<p align="center"><u>Thanksgiving Special</u> Roasted Turkey w/Gravy or <u>Salisbury Steak w/Gravy</u> Whipped Potatoes Mixed Vegetables Brd Dressing / Cranberry Sc Bkd Pmpkn Custard/Whip</p> <p align="right">26</p>	<p align="center"><u>Thanksgiving Special</u> Sliced Ham w/Orange Glz or <u>Roasted Turkey w/Gravy</u> Whipped Sweet Potatoes Green Peas Wheat Bread / Cranberry Sc Pumpkin Bar</p> <p align="right">27</p>	 <p align="center">THANKSGIVING CLOSED FOR THE HOLIDAY</p> <p align="right">28</p> <p align="right">29</p>	



ICE CREAM BIRTHDAY SOCIAL Wednesday, November 6th at 12:20pm

Come join us the 1st Wednesday of the month to celebrate birthdays!

Starts right after the noon meal.

Engage Your Brain

Tuesday, November 12th

10:00-10:45am



Rebecca will lead you through some different brain boosting exercises/games. We will also watch a 30 minute video from the "The Aging Brain" series, to understand how brains change over time.

Chair Music & Movement

Mondays, 11:00am-11:50am

Chair dance doesn't quite describe this fun group. You can work up a sweat in this seated class! **It's FREE!** No matter your fitness level, this is a fun and friendly way to get moving. **If you prefer, you can exercise standing.** Various types of music and dance styles explored through the use of assorted videos.

Therapeutic Yoga for Balance

Tuesdays, 3:30-4:30pm

Rose Kress has over 15 years of experience. Participants will leave feeling balanced and at ease. Cost is \$5 per person per class. Bring a yoga mat and a beach towel, yoga blanket or cushion.

Qi Gong with Beverly

Fridays 11:00am-12:00pm

Come try a **free** Qi Gong class! Qi Gong is the practice of physical movements, breathing, and use of intentional mind (meditation) which increases the amount of Qi (energy) we receive. The class lasts anywhere from 50 minutes to an hour.

Living Consciously

Fridays, 1:00-3:30 pm (not on 11/1)

We discuss practical ways to increase your positive energy, be mindful, and live with an open heart.

Questions should be directed to Virginia Cloyd, facilitator, at 541-570-8587.

Tai Chi

Tuesdays, 11:00-11:40am

Video based, low-impact exercise program great for improving balance & flexibility. Standing and seated portions allow you to exercise at your level.

Chair Chi

Thursdays, 11:00-11:40am

Taught from the seated position (you may choose to stand). The movements are fun to follow and helps with balance and flexibility. **No class 11/21.**

Seniors on the Go Exercise

Looking for fun exercise? Participate in our fun, activities and remember how to play! Laughter is the best exercise. Activities are adaptable to needs.

~ Wed. **Nov. 6th**, 10:00-11:30am Indoor Bocce

~ Wed. **Nov. 13th**, 10:00-11:00am Seated Pool Noodle Hockey

~ Wed. **Nov. 20th**, 10:00-11:30am Shuffleboard

~ Wed. **Nov. 27th**, No games this day

Bingocize!

Thursdays, November 7th and 14th

Students from the local medical school host this program. It combines the fun and competitiveness of BINGO with an opportunity to move, turning exercise into play (and possible prizes!).



Intro to Drawing Class

Friday, November 1st and 15th

11:00-11:45am

Bring a multi media sketch pad, a #2 pencil, water color pencils, and your favorite drawing tools with you to class. We get inspiration from a short video and then do an exercise (1st will be pencil drawing; 15th watercolor pencil). Please sign up in the office or call 541-258-4919.

Mahjong

Taking November and December off.

Tax Aide Looking for Volunteers

The Lebanon site for the AARP Foundation Tax Aide program is looking for two types of volunteers to help ensure a successful 2019 tax season.

- **Greeters** welcome and assist taxpayers as they wait for a tax counselor to do their returns. Training is provided in late January (just a couple of hours). If interested, contact Pam Heberle at 541-367-1937.
- **Tax Counselors** prepare taxes. If interested, contact the District Coordinator Jan Huskey for more information. Phone: 541-971-5152.

Tech Time

Technology help by volunteers .
Call 541-258-4919 to schedule a 30 minute appointment.

On-going Classes/Groups

Book Lovers

Come **Thursday, November 21st, at 2:00pm** to share books you've been enjoying--all kinds welcome. We have heard people say they don't read and then mention the romance or mystery they just finished. That counts! Virginia Cloyd will be sharing *West of the Night* (a memoir) by Beryl Markham.

Garden Club

Friday, November 1st, 10:00-11:00am. This month we are sharing garden tool care tips and tricks. We will also look at making centerpieces for Veterans Reception. **Don't forget to clean out your raised bed at the Center!**

Card Making

Make several beautiful cards **Monday, Nov. 4th 12:30-3:30pm!** Most supplies are provided by the instructor at no charge. Call the Center for the few things you need to bring & sign up by the Friday before, 541-258-4919.

Secret Pals

We will be gathering **Friday, November 8th, from 10:00-11:30am.** Bring cookies for service project instead of a gift. Norma and Crissa bringing snack.

Dulcimer

Mondays & Fridays 9:00am for beginners / 10:00am for advanced. A love of music is the only requirement. Come learn to play. Other instruments are welcome to join in and play along too!

Knit & Crochet Group

Tuesdays, 9:00-11:00am. Bring your own project to work on while chatting with a group of talented crafters. You are welcome to come meet us!

Craft Groups

Wednesdays 9:00am-12:00pm Wood Carving
Thursdays 1:00-4:00pm Painting Enthusiasts - Bring your supplies and fellowship while painting.

Open Wii Play-Bowling & more

By popular demand, we have the Wii and TV hooked up in the library, ongoing. Come check it out!

Game Room

Pool, Snooker, Shuffleboard, & Magnetic Darts
Monday-Friday 8am to 4pm, 25¢ per game

Games-- Open to everyone!

Cribbage — Monday 1:00-4:00pm

Pinochle — Wednesday 1:00-4:00pm

Bingo— Wednesday 1:00-3:00pm 25 cents a card

RumiKub — Often a group playing after lunch

Ping Pong— Ask at the front desk.

BUNCO!

Monday, Nov. 25th from 1:00-4:00pm

Feeling lucky? This easy to learn dice game is a fun way to spend an afternoon.

Bring \$2 to play, which goes to prize pots.

It's Movie Time ON Our Big Screen!!

Free popcorn! Beverages are 50 cents!



Friday, November 1st, 1:00pm:

Evil under the Sun

1982 PG 1hr. 56mins.

Agatha Christie's, Hercule Poirot is called in to investigate an important diamond that was purchased for the wealthy, arrogant Arlena Marshall. She turns up dead while on her honeymoon with her husband and stepdaughter at a tropical island hotel. Poirot finds that murder never takes a holiday.



Friday, November 8th, 1:00pm:

The Lavender Hill Mob

1951 NR 1hr. 21mins.

Henry Holland, a meek clerk, devises an ingenious plan to rob a fortune in gold bullion from his own bank. But when Henry and his odd accomplice melt the gold into souvenir Eiffel Towers to smuggle into France, their perfect crime becomes a disastrous caper.



Friday, November 15th, 1:00pm:

The Hollars

2016 PG-13 1hr. 45mins.

After learning about his mother's grave illness, aspiring graphic novelist John Hollar leaves New York City behind and heads to his hometown. There he must contend with his dysfunctional family, an old rivalry and a persistent ex-girlfriend.



Friday, November 22nd 1:00pm:

Draft Day

2014 PG-13 1 hr. 50mins.

On the day of the NFL player draft, Cleveland general manager Sonny Weaver trades up to get the first pick in this breezy sports drama. And while his decision may save football in his city, it just might cost him his girlfriend ... and his team.

Friday, November 29th:

No movie, closed for holiday.

SERVICES & SUPPORT GROUPS

AARP Driver Safety: For dates and times contact LBCC at 541-259-5801

Aging and Disability Resource Connection: Services can help with Medicaid, food stamps, in-home services, housing and other advocacies. 541-967-8630 Ext. 109 or 800-638-0510 Ext. 804

Alzheimer's Support Group: Wednesday, October 30th 10:00-11:00am at the Lebanon Senior Center. Various Topics hosted by Bridgecreek Memory Care.

Cancer Support Group: 2nd Monday of each month, 7-8:30pm at Lebanon Community Hospital. 541-768-2171, Anita Earl, LCSW.

Caregiver Support Group: 1st and 3rd Tuesday of each month, 1:30-3pm at the Lebanon SC. Call Benton Hospice at 541-757-9616 for more info.

Cancer Wellness Group: This group is sponsored by Samaritan Health Services and meets the 1st Wednesday of the month from 5:30-7:00pm at the Lebanon Senior Center. To register, call 541-451-7392.

Dental Services: Emergency dental assistance is available on a limited basis through the River Center, 541-451-1271.

Facility/Room Rentals: The Lebanon Senior Center has rooms available for meetings, weddings, anniversaries, etc. Kitchen use is available also. For info contact the Senior Center—541-258-4919.

Fix-It-Brigade: Help with safety related minor home repairs (no plumbing or electrical). Call 541-258-4919 for information. **Volunteers Needed!**

Grief Support Groups: Lebanon Community Hospital, Conference Room A. 2nd Tuesday of the month 4:30pm; 4th Tuesday 2:00pm. 541-812-4547

Hearing Support Group: Last Wednesday of each month at 6:30pm at Albany General Hospital Reimer Bldg. No meetings in July & December. For more information call John 541-220-8541.

Housing Subsidy: Linn/Benton Housing Authority 541-926-4497

Legal Assistance: To make a free consultation with an attorney, call the Lebanon Senior Center at 541-258-4919. Limited Topics (Wills, Power of Attorney, Trusts, etc.).

Low Income Energy Assistance: Linn County 541-926-7163 (Accepts collect calls)

Medical Equipment Loans/Rentals/Sales: Love INC (Linn) 541-924-5683, Love INC(Benton) 541-757-8111, Samaritan Medical Equipment 541-451-6364, Turning Leaf 541-570-1868.

Multiple Sclerosis Support Group: Last Saturday of each month from 10:00 am-12:00pm at Lebanon Hospital, Conf Rm 3, Contact Lynn at lebanonmssupportgroup@hotmail.com

Parkinson's Support Group: 3rd Thursday of each month from 4:00-5:30pm at the Veterans Home. Questions? Call Angela at 503-930-3123.

Samaritan Health: For info on an ongoing six week series on Living Well with Chronic Health Conditions and Living Well with Chronic Pain, call 541-768-6811.

Senior Meals/Meals-on-Wheels: Services the Lebanon/Scio area, Monday-Friday. For info or volunteering, call 541-451-1139 (site manager). To start receiving MOW call 1-800-638-0510.

Senior Support Services:

Financial Management Program: For assistance managing personal finances or to volunteer to assist individuals, Call Diana Hancock at 541-812-2597.

Medicare Insurance Assistance - Senior Health Insurance Benefits Assistance (SHIBA) helps with understanding Medicare and providing impartial information for supplemental insurance, including drug coverage. Call 541-812-0849 for information.

Volunteer Placement - Retired Senior Volunteer Program (RSVP) will help you put your skills and talents to good use by volunteering in one of many nonprofit organizations. 541-812-0849

Social Security's Supplemental Security Income (SSI): Social Security Administration 1-800-772-1213

Supplemental Nutrition Program (SNAP): Formerly Food Stamps: DHS self sufficiency, Lebanon 541-259-5860

Utility Drop Boxes: Bring the following bills into the Lebanon Senior Center and save postage: Republic Services, Comcast, NW Natural Gas, Lebanon City Water/Sewer & Pacific Power. City Water and PP&L pick-up every day at 8am; others on Tuesday and Friday at 8 am.

Vision Support Group: Third Wednesday of every month at the First Christian Church, 432 Ferry St., Albany. For more info call 541-928-5008.

Volunteer Caregivers: Call to schedule a ride to your out-of-town doctor's appointment. Dependent upon driver availability. Office hours M-TH 9-1; F 8-10 am, 541-928-2173.

Foot Care: Need help taking care of toe nail trimming/general foot care? Nurses come to the Senior Center monthly. Call 541-258-4919 for more info or to make an appointment.

If you would like an annual subscription to our newsletter, fill in the needed information below and return it along with your \$5 subscription fee to the Lebanon Senior Center.
The expiration date will appear on the mailing label.

Name _____ New Subscriber
Address _____ Renewal
City, State, Zip _____ Amount _____
Phone # _____ Cash Check



LEBANON SENIOR CENTER ADVISORY BOARD

Mac McNulty; Henry Chambers; Sherry Liest;
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and employees do not endorse any information obtained from advertisers.*



OREGON
Lebanon
Senior Center

80 Tangent Street
Lebanon, OR 97355

541-258-4919

FAX 541-258-4956

RETURN SERVICE REQUESTED

LEBANON SENIOR CENTER

Focused on those 50 years and older, and those with disabilities

DECEMBER 2019—Open Monday-Friday, 8:00 am to 4:00 pm

The Lebanon Senior Center will be **closing early** for an all staff meeting on **Tuesday, December 3rd at 2:30pm**. The Center and LINX Transit will be **closed** on **December 24th & 25th** so staff can be with their families for Christmas. We will also be **closed** New Year's Day, **January 1st**.

Holiday Memories Sharing Circle

Thursday, December 12th, 1-2:00pm

Spend some time reminiscing with other seniors about holidays past, from old traditions to favorite toys. Refreshments will be served and maybe a couple funny stories too.

Carols & Cocoa

Friday, December 20th
10-10:45am



It is National Go Caroling Day! Join the dulcimer group in the warmth of our building and sing along. No need to drive around. We will have hot cocoa and coffee to help warm up the vocal cords.

Monday Crafternoon Gift Making Series

Mondays, December 2nd-16th 1:00-2:30pm

Each Monday we will do a different craft that you can make for yourself or use as a gift idea for someone on your nice list. Each of these classes require reservations. The cost is \$5 per class, due at sign up.



Dec. 2nd: Gnome— These adorable gnomes would make a cute addition to your holiday decor or make a great gift to someone with a playful spirit.

Dec. 9th: Gifts from the Kitchen— If you like to show love through your kitchen then you might want to join us in learning to make hot cocoa mixes, spice blends, and other fun gifts that you can give to friends and family.



Dec. 16th: Gifts to Pamper— Learn how to make a couple different kinds of bath and body products. Whether looking to make a gift for someone else that needs some pampering or you could use some yourself. These easy to assemble items keep you in tune with what is in the products you use.

Please sign up in the office or call, 541-258-4919.



Monday, December 23rd
1:00-3:00pm

Take a break from holiday hoopla and join us for a snack and table games. You are welcome to bring a snack and/or your favorite game to share. If you have guests, you are welcome to bring them down to play along, too!

\$\$ Year End Donations \$\$

Looking for a worthy cause for those year end contributions? Donations to the Center are used to pay for supplies, activities, and entertainment for Lebanon area seniors. Contact our office for more information: 541-258-4919.

International Bites: Australia



Tuesday, December 31st
2:00-3:00pm

G'Day! We are wrapping up tour of food this year in Australia. No kangaroo or crocodile, but join us for a taste adventure.

Please sign up at the Senior Center office or by calling 541-258-4919, if you would like to attend.

NEW YEAR'S EVE (BIRTHDAY) ICE CREAM SUNDAE SOCIAL

Tuesday, December 31st 12:20-12:40pm

Enjoy a sweet treat and watch some fireworks, on the big screen as we ring in the New Year just after noon. We will celebrate the coming year and January birthdays. We have the ice cream and syrup. Extra topping donations welcome!



Mind Matters: Winter Heart Health

Thursday, December 5th 9:00-10:30am

Join Helen Beaman, Older Adult Behavioral Health Specialist/Mental Health Services Coordinator for Linn and Benton County, shares how winter can be high risk for cardiac events and weather-related injuries. Learn about the ways cold weather impacts your cardiovascular health. You'll also learn about signs and symptoms of a heart attack and hypothermia. We'll finish the talk by discussing practical tips for navigating the cold months of winter, without missing any of the fun, of course!



Snacks provided.
Please sign up in the office
or by calling 541-258-4919.

Holiday Swags

Friday, December 6th 12:30-2:00pm

Join garden club in creating a swag for your holiday decorating or as a great gift to share. Greenery provided while supplies last. (If you have pine or cedar branches, or other nature items you would like to donate, please contact the office.) **Bring your own bow or decorations to add personal flare.** Sign up in the office or call 541-258-4919.



Senior Tree of Giving

We will be hosting our Tree of Giving program again this year. The aim of this program is to support seniors who do not have family locally or face hardship. We try to bring much needed hope to their holiday season.

Area agencies can nominate seniors (50+) for the program through December 6th. Tags will be placed on a tree in the Senior Center library as they become available. Gifts should be returned by December 18th. Questions: 541-258-4919.



December Potluck: Holiday Favorites and Festive Sweater Contest

Thursday, December 19th at Noon

Join us for our monthly potluck! **Bring a favorite holiday dish** to share (homemade or store bought) or leave a donation in the box.

Come dressed in your best holiday outfit (the zanier the better!) to enter our **fun contest**. Prizes await! Several categories to choose from: Most Festive Sweater, Best DIY Sweater, Most Be-decked Head to Toe Cheer, and Most Original. Get in the spirit of your favorite December holiday!

Our gratitude to The Oaks, Willamette Manor, Meadowlark, and Brookdale (Albany) for co-sponsoring this event.

AARP Safe Driving Class

Thursday, January 2nd, 9:00am-3:30pm

AARP

DRIVER SAFETY

Members \$15

Non-members \$20

To register call LBCC: 541-259-5801

TAXES



AARP Volunteers will be helping with taxes again this year at the Senior Center. After volunteers are trained, schedules can be created and we will **begin making tax appointments late January.**

Tax Aide Looking for Volunteers

The Lebanon site for the AARP Foundation Tax Aide program is looking for two types of volunteers to help ensure a successful 2019 tax season.

- **Greeters** welcome and assist taxpayers as they wait for a tax counselor to do their returns. Training is provided in late January (just a couple of hours). If interested, contact Pam Heberle at 541-367-1937.
- **Tax Counselors** prepare taxes. If interested, contact the District Coordinator Jan Huskey for more information. Phone: 541-971-5152.

LAFTA Holiday Show

"The Christmas Audition"

December 13th 7pm, December 14th 2pm and 7pm

The local theater group will be presenting their holiday show at Lebanon High School. Cost is \$5 for the show. Schedule to use LINX Transit for the 2pm show on December 14th and you don't have to worry about the parking! Get dropped off and picked up from the front door, \$1 each way.
Call 541-258-4920 to schedule your ride.



Urgent Help Needed—Drivers!

Do you have 2 hours, 1 or 2 days a week or even once a month? You can give by delivering hot meals to our homebound neighbors. Currently, MOW serves about 120 home delivered and dining room meals each day in Lebanon. **Anything** you can do to help will be greatly appreciated. We promise the rewards you will experience would be hard to find anywhere else.

Call the Lebanon site manager: **Tori Hartman today @ 541-451-1139.**



ICE CREAM BIRTHDAY SOCIAL Tuesday, December 31st at 12:20pm

Come join us the last Tuesday of the month to celebrate birthdays!

Starts right after the noon meal.

Engage Your Brain

Monday, December 23rd

10:00-10:45am



Rebecca will lead you through some different brain boosting exercises/games. We will also watch a 30 minute video from the "The Aging Brain" series, to understand how brains change over time.

Mahjong

Tuesdays 10:00am-12:00pm (12/3, 12/10, 12/17)

Experienced players looking for opponents, come meet some local players. The 2019 booklet is used.

Color Wonders

Friday, December 27th 10:00-10:50am

De-stress this holiday season and work on your coordination, join us for coloring.

Living Consciously

Fridays, 1:00-3:30 pm (12/6 and 12/13)

We discuss practical ways to increase your positive energy, be mindful, and live with an open heart.

Questions should be directed to Virginia Cloyd, facilitator, at 541-570-8587.

Green Acre 2nd Grade Pen Pal Group

Wednesday, December 11:30am-12:15pm

We are pen pals with 2nd grade students from Green Acres school. We will be looking at our mail from the students and responding to our pen pals with holiday themes.

Intro to Drawing Class

Friday, December 6th and 20th

11:00-11:45am



Bring a multi media sketch pad, a #2 pencil, water color pencils, and your favorite drawing tools with you to class. We get inspiration from a short video and then do an exercise (6th will be pencil drawing; 20th watercolor pencil). Please sign up in the office or call 541-258-4919.

Mono Printing Demo

Tuesday, December 10th 10:00am-12:00pm

Mono Printing will be a class offered through LBCC Winter Term. Come see this fascinating art/craft form and meet the instructor.



Seniors on the Go Exercise

Looking for fun exercise? Everyone is welcome! Participate in our fun, activities and remember how to play! Laughter is the best exercise. Activities are adaptable to needs.

~ Wed. **Dec. 4th**, 10:00-11:30am Badminton

~ Wed. **Dec. 11th**, 10:00-11:30am ShuffleCurling in the pool room

~ Wed. **Dec. 18th**, 10:00-11:30am Reindeer Games, holiday hijinks dreamed up by Rebecca.

Bingocize!

Thursdays, December 5th and 12th 2:00-3:00pm

Students from the local medical school host this program. It combines the fun and competitiveness of BINGO with an opportunity to move, turning exercise into play and prizes.

Therapeutic Yoga for Balance

Tuesdays, 3:30-4:30pm

Rose Kress has over 15 years of experience. Participants will leave feeling balanced and at ease. Cost is \$5 per person per class. Bring a yoga mat and a beach towel, yoga blanket or cushion.

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Video based, low-impact exercise program great for improving balance & flexibility. Standing and seated portions allow you to exercise at your level.

Chair Chi

Thursdays, 11:00-11:40am

Taught from the seated position (you may choose to stand). The movements are fun to follow and helps with balance and flexibility. **Video 12/19 & 12/26.**

Chair Music & Movement

Mondays, 11:00am-11:50am

You can work up a sweat in this seated class! **It's FREE!** No matter your fitness level, this is a fun and friendly way to get moving. **If you prefer, you can exercise standing.** Various types of music and dance styles explored through the use of assorted videos.

On-going Classes/Groups

Book Lovers

Come **Thursday, December 19th, at 2:00pm** to share books you've been enjoying--all kinds welcome. We will discuss what early reading experience nurtured us into becoming Book Lovers.

Garden Club

Friday, December 6th, 12:30-2:00pm. This month we are making holiday swags. See the notice on page 2. **Don't forget to clean out your raised bed at the Center.**

Card Making

Make several beautiful cards **Monday, Dec. 9th 12:30-3:30pm!** Most supplies are provided by the instructor at no charge. Call the Center for the few things you need to bring & sign up by the Friday before, 541-258-4919.

Secret Pals—REVEAL PARTY

We will be gathering **Friday, December 13th, from 10:00am-12:00pm.** Celebrate the year with a potluck and bring your final gift for your pal. A small thank you to the persona who had your name is optional.

Dulcimer

Mondays & Fridays 9:00am for beginners/10:00am for advanced. A love of music is the only requirement. Come learn to play. Other instruments are welcome to join in and play along too!

Knit & Crochet Group

Tuesdays, 9:00-11:00am. Bring your own project to work on while chatting with a group of talented crafters. You are welcome to come meet us!

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Open Wii Play-Bowling & more

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Pool, Snooker, Shuffleboard, & Magnetic Darts
Monday-Friday 8am to 4pm, 25¢ per game

Games-- Open to everyone!

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Pinocle — Wednesday 1:00-4:00pm

Bingo— Wednesday 1:00-3:00pm 25 cents a card

RumiKub — Often a group playing after lunch

Ping Pong— Ask at the front desk.

BUNCO!

Monday, December 30th from 1:00-4:00pm

Feeling lucky? Looking for some post holiday fun? This easy to learn dice game is a fun way to spend an afternoon.

Bring \$2 to play, which goes to prize pots.

It's Movie Time ON Our Big Screen!!

Free popcorn! Beverages are 50 cents!

Friday, December 6th, 1:00pm:

What We Did on Our Holiday

2015 PG-13 1hr. 35mins.

During a visit to celebrate the 75th birthday of the family patriarch -- who's terminally ill -- soon-to-be-divorced Doug and Abi try to maintain the pretense that they're happy together. But the couple's three kids have trouble keeping up the ruse.



Friday, December 13th, 1:00pm:

Little Women

1994 PG 1hr. 58mins.

Louisa May Alcott's beloved novel comes to life in this sensitive, soulful adaptation. Four sisters and their mother battle life's vicissitudes in Civil War-era America after their father leaves to join the conflict.



Friday, December 20th, 1:00pm:

The Christmas Carol

1984 PG 1hr. 40mins.

Oscar winner George C. Scott stars as penny-pinching miser Ebenezer Scrooge in this critically acclaimed television adaptation of Charles Dickens's holiday classic. After working into the wee hours on the night before Christmas, Scrooge returns home to find the ghost of his former associate (Frank Finlay) and the promise of visits from three more spirits. Will the dawn of a new day bring a new Scrooge? David Warner co-stars as Bob Cratchit.



Friday, December 27th 1:00pm:

Singin' in the Rain

1952 G 1 hr. 43mins.

Gene Kelly, Debbie Reynolds and Donald O'Connor combine their talents in one of the greatest big-screen musicals ever made. When Hollywood attempts the transition from silent films to talkies, a matinee idol (Kelly) hopes to make the cut. But he's hampered by a silent-movie queen (Jean Hagen) with a voice like fingernails on a blackboard.



Walking Group
M/W/F 9:00-10:00am
High School Track or
River Center



December 2019



Mon	Tue	Wed	Thu	Fri
2 9-11 Dulcimers 11-12 Chair Music & Movement 1-2:30 Crafternoon: Gnomes 1-4 Cribbage	3 9-11 Knit/Crochet 10-12 Mahjong 11-11:40 Tai Chi 1:30-3 Caregiver Support 2:30 CLOSE EARLY	4 9-12 Wood Carving 10-11:00 SoGo: Badminton 12:20 Bday Ice Cream Social 1-3 Bingo 1-4 Pinochle	5 9-10:30 Mind Matters: Winter Heart Health 11-11:40 Chair Chi 1-4 Painters 2-3 Bingocize	6 9-11 Dulcimers 11-12 Qi Gong 11-11:45 Intro to Drawing 12:30-2:00 Garden Club 1-4 Living Consciously 1 Movie: What We Did Our Holiday
9 9-11 Dulcimers 11-12 Chair Music & Movement 12:30-3:30 Card Crafters 1-2:30 Crafternoon: Kitchen Gifts 12-4 Cribbage Potluck	10 9-11 Knit/Crochet 10-12 Mono Printing Demo 10-12 Mahjong 11-11:40 Tai Chi 12-1 Volunteer Meeting 3:30-4:30 Yoga	11 9-12 Wood Carving 10-11:30 SoGo: ShuffleCurling 11:30 Pen Pals Group 1-3 Bingo 1-4 Pinochle	12 11-11:40 Chair Chi 1-2 Holiday Memories Share 1-4 Painters 2-3 Bingocize	13 9-11 Dulcimers 10-12 Secret Pals Reveal 11-12 Qi Gong 1-4 Living Consciously 1 Movie: Little Women
16 9-11 Dulcimers 11-12 Chair Music & Movement 1-2:30 Crafternoon: Bath Gifts 1-4 Cribbage	17 9-11 Knit/Crochet 10-12 Mahjong 11-11:40 Tai chi 1:30-3 Caregiver Support 3:30-4:30 Yoga	18 9-12 Wood Carving 10-11:00 SoGo: Reindeer Games 1-3 Bingo 1-4 Pinochle	19 11-12 Chair Chi 12:00 Potluck: Holiday 12:20 Festive "Ugly" Outfit Contest @ potluck 1-4 Painters 2-3:30 Book Club	20 9-10 Dulcimers 10-10:45 Dulcimers: Carols & Cocoa 11-11:45 Intro to Drawing 1 Movie: Christmas Carol
23 9-11 Dulcimers 10-10:45 Engage Your Brain 11-12 Chair Music & Movement 1-3 Table Games/Snack 1-4 Cribbage	24 CHRISTMAS EVE CLOSED	25 CHRISTMAS DAY CLOSED	26 11-12 Chair Chi 1-4 Painters	27 9-11 Dulcimers 10-10:50 Color Wonders 1 Movie: Singin' In the Rain
30 9-11 Dulcimers 11-12 Chair Music & Movement 1-4 Cribbage 1-4 Bunco	31 9-11 Knit/Crochet 11-11:40 Tai Chi 12:20-1 New Year/Bday Ice Cream Sundaes 2-3 Int'l Bites: Australia 3:30-4:30 Yoga	January 1, 2020 NEW YEAR'S DAY CLOSED		

Meals on Wheels
Dine-In Lunch Program

Monday-Friday, 11:45am
60 yrs. +
Suggested \$3.50 donation
Order 4 days in advance for
a choice. Call 541-451-1139
for more information

Friends of the Library
Holiday Book Sale
Saturday, December 7th
9:00am-2:00pm

LBCC Courses at SC
Contact LBCC
for availability & fees for the
following courses
at 541-259-5801

Winter term begins
January 2nd

AARP Safe Driving
T (1/2) 9-3:30

Bones & Balance
Mon/Wed/Fri 8am
T/TH 5:15pm

Tai Chi
Mon/Wed 10am

Line Dance
Tuesdays 1:30pm

Country Dance
Tuesdays 6:30pm

Mod. Exercise w/ Chair
T/TH 4pm

Country Dance
Tuesdays 6:30pm

Mono Printing
Fridays, 1/10-2/7 9am

Coming in January:

- ◆ 1/7 1:30-3:30 New Year Bingo Bash
- ◆ 1/18 Martin Luther King Jr Day: Senior Center & LINX closed
- ◆ 1/23 7:30pm Lebanon Community Orchestra Concert ****Free****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Cabbage Bake or Macaroni & Cheese Broccoli Spinach Romaine Salad Onion Roll Fresh Apple Slices 2	Chicken w/Peanut Sauce & Brown Rice or Mexican Pasta Bake Mixed Vegetables Romaine Iceberg Salad Herb Roll Cherry Gelatin w/Whip Top 3	Chkn Salad Sndwch Half or Egg Salad Sndwch Half on Wheat Bread Cream of Tomato Soup Carrot Coleslaw Pineapple 4	Chicken a la King or Swiss Style Patty w/Sauce Whipped Potatoes Zucchini w/Red Peppers Seven Grain Bread Seasonal Fresh Fruit 5	Herbed Chicken Patty Sandwich w/BBQ Sauce or Sloppy Joe on a Bun Baked Beans German Potato Salad Caramel Apple Pudding 6
Swt/Sour Chkn w/Brn Rice or Beef Tomato Macaroni Green Peas Creamy Coleslaw French Roll Spiced Applesauce 9	Turkey Salad Sndwch Half or Ham Salad Sndwch Half on Wheat Bread Cream of Broccoli Soup Carrot Raisin Salad Peaches 10	Salisbury Steak w/Gravy or Breaded Fish w/Tartar Sc Green Beans Whipped Potatoes Multigrain Bread Chocolate Chip Bar 11	Country Stew or Cheese & Grn Chile Bake Spinach Romaine Salad Country Trio Vegetables Dill Roll Pears 12	Chicken Breast Supreme or Roast Pork w/Gravy Whipped Potatoes Broccoli & Cauliflower Garlic Bread Zucchini Brownie 13
Chicken Alfredo Pasta or Southwest Omelet Bake Oregon Bean Medley Spinach Romaine Salad Whole Wheat Roll Seasonal Fresh Fruit 16	Bavarian Stew or Turkey & Pasta Capri Blend Vegetables Pickled Beets Squash Roll Butterscotch Bar 17	Shoyu Chicken or BBQ Smokehouse Chop Whipped Sweet Potatoes Scandinavian Blend Vegt Cracked Wheat Bread Pineapple Peach Crisp 18	Christmas Special Roasted Turkey w/Gravy or Meatloaf w/Gravy Whipped Potatoes Succotash Focaccia Bread Ice Cream Cup 19	Christmas Special Rotisserie Chicken/Cran Sc or Sliced Ham w/Raisin Sc Chantilly Potatoes Green Beans French Bread Baked Pumpkin Custard 20
Christmas Special Hmstyle Turkey Patty/Gvy or Pork Choppie w/Gravy Whipped Potatoes Broccoli Herb French Bread Key Lime Bar 23	 CLOSED FOR THE HOLIDAY		Spaghetti w/Meat Sauce or Santa Fe Chicken & Lentils Green Peas Spinach Romaine Salad Oat Bran Roll Gelatin Jewels w/Whip Top 26	Cranberry Walnut Chkn Salad Sandwich Half or Chick Pea Salad Sndwch Hlf on Wheat Bread Potato Salad Minestrone Soup Mandarin Oranges 27
Chicken Pomodoro or Beef Enchilada Bake Mixed Vegetables Tossed Salad Squash Roll Lemon Pudding 30	New Year's Special Swedish Meatballs w/Sauce or Chkn w/Cordon Bleu Sc Delmonico Potatoes Cabbage & Carrots Sunflower Seed Bread Confetti New Year's Cake 31	Suggested Donation: \$3.50 per meal 1% Milk served with all meals ----- WE ACCEPT THE OREGON TRAIL CARD		OREGON CASCADES WEST MEALS ON WHEELS DECEMBER 2019

SERVICES & SUPPORT GROUPS

AARP Driver Safety: For dates and times contact LBCC at 541-259-5801

Aging and Disability Resource Connection: Services can help with Medicaid, food stamps, in-home services, housing and other advocacies. 541-967-8630 Ext. 109 or 800-638-0510 Ext. 804

Alzheimer's Support Group: Wednesday, October 30th 10:00-11:00am at the Lebanon Senior Center. Various Topics hosted by Bridgecreek Memory Care.

Cancer Support Group: 2nd Monday of each month, 7-8:30pm at Lebanon Community Hospital. 541-768-2171, Anita Earl, LCSW.

Caregiver Support Group: 1st and 3rd Tuesday of each month, 1:30-3pm at the Lebanon SC. Call Benton Hospice at 541-757-9616 for more info.

Cancer Wellness Group: This group is sponsored by Samaritan Health Services and meets the 1st Wednesday of the month from 5:30-7:00pm at the Lebanon Senior Center. To register, call 541-451-7392.

Dental Services: Emergency dental assistance is available on a limited basis through the River Center, 541-451-1271.

Facility/Room Rentals: The Lebanon Senior Center has rooms available for meetings, weddings, anniversaries, etc. Kitchen use is available also. For info contact the Senior Center—541-258-4919.

Fix-It-Brigade: Help with safety related minor home repairs (no plumbing or electrical). Call 541-258-4919 for information. **Volunteers Needed!**

Grief Support Groups: Lebanon Community Hospital, Conference Room A. 2nd Tuesday of the month 4:30pm; 4th Tuesday 2:00pm. 541-812-4547

Hearing Support Group: Last Wednesday of each month at 6:30pm at Albany General Hospital Reimer Bldg. No meetings in July & December. For more information call John 541-220-8541.

Housing Subsidy: Linn/Benton Housing Authority 541-926-4497

Legal Assistance: To make a free consultation with an attorney, call the Lebanon Senior Center at 541-258-4919. Limited Topics (Wills, Power of Attorney, Trusts, etc.).

Low Income Energy Assistance: Linn County 541-926-7163 (Accepts collect calls)

Medical Equipment Loans/Rentals/Sales: Love INC (Linn) 541-924-5683, Love INC(Benton) 541-757-8111, Samaritan Medical Equipment 541-451-6364, Turning Leaf 541-570-1868.

Multiple Sclerosis Support Group: Last Saturday of each month from 10:00 am-12:00pm at Lebanon Hospital, Conf Rm 3, Contact Lynn at lebanonmssupportgroup@hotmail.com

Parkinson's Support Group: 3rd Thursday of each month from 4:00-5:30pm at the Veterans Home. Questions? Call Angela at 503-930-3123.

Samaritan Health: For info on an ongoing six week series on Living Well with Chronic Health Conditions and Living Well with Chronic Pain, call 541-768-6811.

Senior Meals/Meals-on-Wheels: Services the Lebanon/Scio area, Monday-Friday. For info or volunteering, call 541-451-1139 (site manager). To start receiving MOW call 1-800-638-0510.

Senior Support Services:

Financial Management Program: For assistance managing personal finances or to volunteer to assist individuals, Call Diana Hancock at 541-812-2597.

Medicare Insurance Assistance - Senior Health Insurance Benefits Assistance (SHIBA) helps with understanding Medicare and providing impartial information for supplemental insurance, including drug coverage. Call 541-812-0849 for information.

Volunteer Placement - Retired Senior Volunteer Program (RSVP) will help you put your skills and talents to good use by volunteering in one of many nonprofit organizations. 541-812-0849

Social Security's Supplemental Security Income (SSI): Social Security Administration 1-800-772-1213

Supplemental Nutrition Program (SNAP): Formerly Food Stamps: DHS self sufficiency, Lebanon 541-259-5860

Utility Drop Boxes: Bring the following bills into the Lebanon Senior Center and save postage: Republic Services, Comcast, NW Natural Gas, Lebanon City Water/Sewer & Pacific Power. City Water and PP&L pick-up every day at 8am; others on Tuesday and Friday at 8 am.

Vision Support Group: Third Wednesday of every month at the First Christian Church, 432 Ferry St., Albany. For more info call 541-928-5008.

Volunteer Caregivers: Call to schedule a ride to your out-of-town doctor's appointment. Dependent upon driver availability. Office hours M-TH 9-1; F 8-10 am, 541-928-2173.

Foot Care: Need help taking care of toe nail trimming/general foot care? Nurses come to the Senior Center monthly. Call 541-258-4919 for more info or to make an appointment.

Tech Time
Technology help with volunteers. Call 541-258-4919 to schedule a 30 minute time.

If you would like an annual subscription to our newsletter, fill in the needed information below and return it along with your \$5 subscription fee to the Lebanon Senior Center.
The expiration date will appear on the mailing label.

Name _____ New Subscriber

Address _____ Renewal

City, State, Zip _____ Amount _____

Phone # _____ Cash Check



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OREGON
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80 Tangent Street
Lebanon, OR 97355

541-258-4919

FAX 541-258-4956

RETURN SERVICE REQUESTED