

LEBANON SENIOR CENTER

Focused on those 50 years and older, and those with disabilities

JANUARY 2020 — Open Monday-Friday, 8:00 am to 4:00 pm

The Lebanon Senior Center will be **closed** New Year's Day **Wednesday, January 1st** and Martin Luther King, Jr. Day on **Monday, January 20th**.

The Lebanon Community Orchestra presents...

All About the Dance

under the direction of Jean Marshall.

A free concert for our community!
Thursday, January 23rd 7:30-8:30pm

Arrangements including:
World premiere of Suite of Joy (A Dance Suite), written by Brittany Landers for the Lebanon Community Orchestra., Thunder & Lightning, Polka Russian Sailor's Dance, Nordic Waltz, Country Hoedown, and more...

Cookies and coffee will be available.



Inspire Talk

Wednesday, January 8th 2-3:00pm

The art of conversation and discussion is on the decline. Let's bring it back! We will watch a short video and then talk about it. Opinions and civil discourse welcome.

Needlepoint Class: Bookmark Sampler

Monday, January 27th 1:00-2:00pm

Hosted by Exclamation Point owner, Melanie Vancil, this 4-5 week class will teach the basics of needlepoint. \$5 supply fee. Class space limited.

Sign up is required at the office or call 541-258-4919.



Cooking Demo

Tuesday, January 28th
2:00-3:30pm

Cooking for one or two can be a challenge. It can also be fun and help you customize meals to your needs.

Sign up at the office or call 541-258-4919.

Senior Tree of Giving

Thank you to all of the generous donors! We provided 25 smiles to seniors in our community this holiday season through your acts of love.

New Year Bingo Bash

Thursday, January 9th
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.



Pizza & Tabletop Games

with the Boys and Girls Club Jr. Leaders

Friday, January 24th 12:30-2:30pm

Come have a slice and enjoy challenging some youngsters to board games and card games. About a dozen young leaders will be here to play. They may bring new games to teach, but we will have some classics as well.

Sign up at the office or call 541-258-4919.

Tuesday Topics

Meeting on **Tuesday, January 7th, 10:00am**. Share your thoughts and ideas for activities, movies, program ideas, or anything else pertaining to the Center.

Mind Matters: Sleep Hygiene & Aromatherapy for Wellness

Thursday, January 16th 10:00-11:30am

Helen Beaman, Older Adult Behavioral Health Specialist/Mental Health Services Coordinator for Linn and Benton County, explores ways 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.

January Potluck: Tailgate Party Thursday, January 16th at Noon

Join us for our monthly potluck! We will be tailgating indoors out of the cold. Bring a favorite dish to share (homemade or store bought) or leave a donation in the box.

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

Crafternoon: Stuffed Critter

Tuesday, January 14th 2:00-3:30pm



Most of the work is already done! We will be assembling a cute stuffed animal that you can keep or share (maybe your Valentine next month or a grandchild).

Basic hand sewing skills are required.

Cost is \$2. Limited supplies, so **please sign up in the office to hold your spot.**

2 New No-Host Craft Times

For years we have offered a space to painters, wood carvers, and knit/crochet groups to gather and work, so now we are expanding our craft groups by senior request. These times are available for gathering with like minded people to share techniques or chat about your projects. These are drop in opportunities, not structured classes.

Friday, January 17th 1-3:00pm Scrapbooking and paper crafts

Friday, January 31st:1-3:00pm Sewing and quilting

VOLUNTEER AARP TAX ASSISTANCE

By Appointment Only—Appointment Setting Starts Tuesday, January 21st

Appointments can be made by calling 541-258-4919 from 9:00am-2:00pm.

Lebanon Senior Center Hours: Tuesday, Wednesday & Thursday 10:00am-3:00pm

AARP volunteer tax preparers use Form 1040 and can file Sch A (itemized deductions), Sch B (interest & dividend), and Sch C (single proprietor business with no more than \$10,000 expenses; cannot have a loss; cannot have inventory; no employees; no depreciation).

WE CANNOT DO FARM RETURNS, RENTALS, DEPRECIATION, ETC.

To make efficient use of your appointment time, please bring the following:

- Social Security Card(s) for yourself and all dependents. *If on SS, the SSA-1099 will provide proof of your number.*
- Photo ID of all taxpayers.
- Copy of 2017 income tax return.
- W-2 forms from each employer, unemployment compensation statements, SSA-1099 if you were paid SS benefits.
- All 1098 and 1099 forms: 1099-INT; 1099-DIV; 1099- Misc; 1099-R
- Documentation showing original purchase price of sold assets and dates acquired.
- All forms indicating federal income tax paid.
- Dependent care provider information.
- If itemizing deductions, have all items totaled according to categories (medical, medical mileage, charitable contributions up to \$500, etc). PLEASE DO NOT bring a bag of receipts as our scheduled time does not permit us to add these up for you.

Be prepared to answer questions about your health care coverage for taxpayer and anyone claimed as a dependent on return.



ICE CREAM BIRTHDAY SOCIAL Wednesday, February 5th at 12:20pm
 We celebrated early for January to bring in the New Year, see you in February!

Engage Your Brain

Friday, January 17th
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

Experienced players looking for opponents, come meet some local players.

Green Acres 2nd Grade Pen Pal Group
Wednesday, January 8th 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 new year encouragement.

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.

Gene Keys Study (Tuesdays 1/14 and 1/28)

We will 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.



Intro to Drawing Class

Friday, January 3rd and 17th
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 (3rd will be pencil drawing; 17th watercolor pencil). Please sign up in the office or call 541-258-4919.

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. **Jan. 8th**, 10:00-11:00am Ping Pong
- ~ Wed. **Jan. 15th**, 10:00-11:30am Shuffleboard (regular, not one of our variations)
- ~ Wed. **Jan. 22nd**, 10:00-11:00am Balloons and Noodles
- ~ Wed. **Jan. 29th**, 10:00-11:30am Indoor Croquet

Bingocize!

Thursdays, January 16th, 23rd & 30th 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.

Qi Gong with Beverly

Fridays 11:00am-12:00pm (1/3, 1/10, and 1/17)

Qi Gong is the practice of physical movements, breathing, and use of meditation which increases the amount of Qi (energy) we receive.

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 1/16**

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.

GET INVOLVED

Looking for something new to do this year? Consider volunteering at the Senior Center, with Meals on Wheels or helping Friends of the Library.

Color Wonders

Friday, January 24th 10:00-10:50am

De-stress this holiday season and work on your coordination, join us for coloring.

On-going Classes/Groups

Book Lovers

Come **Thursday, January 23rd, at 2:00pm** to share books you've been enjoying--all kinds welcome. We will be discussing biographies of famous women from the turn of the century through the 1920's. Although for many of us the Women's Lib movement started in the 1960's there were many independent and interesting women living earlier in the century.

Garden Club

No meeting this month. Don't forget to clean out your raised bed at the Center. Applications for open plots available in February.

Card Making

Make several beautiful cards **Monday, Jan. 13th 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-Kick Off

We will be gathering **Friday, January 10th, at 10:00am**. This group gathers once a month all year. Come find out more about what this fun group is all about and to sign up.

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

Ping Pong — Ask at the front desk.

Lots of other board/card games!

BUNCO!

Monday, January 27th 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, January 3rd, 1:00pm:

The Maltese Falcon

1941 NR 1hr. 40mins.

Private eye Sam Spade in this noir classic that finds the sultry Miss Wonderly seeking out protection from a man named Thursby. Spade's partner takes the case, but he winds up dead, along with Thursby. Spade's subsequent hunt for the killer leads him into a world of deception and double-crossing, as criminals search for a priceless statue.

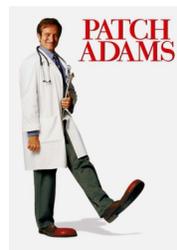


Friday, January 10th, 1:00pm:

Captain Marvel

2019 PG-13 2hr. 4mins.

Set in the 1990s, Captain Marvel follows the journey of Carol Danvers as she becomes one of the universe's most powerful heroes. When a galactic war between two alien races reaches Earth, Danvers finds herself and a small cadre of allies at the center of the maelstrom.



Friday, January 17th, 1:00pm:

The Christmas Carol

1998 PG-13 1hr. 56mins.

After spending time in a mental institution, Hunter "Patch" Adams decides to become a doctor, based on his lighthearted hypothesis that introducing patients to humor will significantly improve their quality of life.



Friday, January 24th 1:00pm:

Gentleman Jim

1942 NR 1 hr. 44mins.

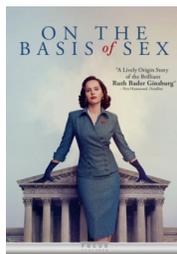
Irish-American boxer James J. "Gentleman Jim" Corbett, a bank clerk-turned-prizefighter became the world's first heavyweight champion and helped elevate the often-dangerous sport from a pastime to a skilled profession.

Friday, January 31st 1:00pm:

On the Basis of Sex

2019 PG-13 2hr. 0mins.

True story of a young Ruth Bader Ginsburg, On the Basis of Sex depicts a then-struggling attorney and new mother facing adversity in her fight for equal rights. Stronger together, Ruth teams up with her husband, Martin Ginsburg, to fight the case that catapults her into one of the most important public figures of our time.



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 to make an appointment. Cost \$20.

Tech Time
Technology help with volunteers. Call 541-258-4919 to schedule a 30 minute time.

Walking Group
M/W/F 9:00-10:00am
High School Track or
River Center



January 2020



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, January 25th
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

Mon	Tue	Wed	Thu	Fri
		1 New Year's Day CLOSED	2 11-11:40 Chair Chi 1-4 Painters	3 9-11 Dulcimers 11-12 Qi Gong 11-11:45 Intro to Drawing 1-3 Living Consciously 1 Movie: Maltese Falcon
6 8-12 Holiday De-decorating 9-11 Dulcimers 11-12 Chair Music & Movement 1-4 Cribbage	7 9-11 Knit/Crochet 10-11 Tuesday Topics 10-12 Mahjong 11-11:40 Tai Chi 1:30-3 Caregiver Support	8 9-12 Wood Carving 10-11 SoGo: Ping Pong 11:30 Pen Pals Group 1-3 Bingo 1-4 Pinochle 2-3 Inspire Talk	9 11-11:40 Chair Chi 1:30-3:30 Bingo Bash 1-4 Painters	10 9-11 Dulcimers 10-11:30 Secret Pals 1-4 Living Consciously 1 Movie: Captain Marvel
13 9-11 Dulcimers 11-12 Chair Music & Movement 12:30-3:30 Card Crafters 1-4 Cribbage	14 9-11 Knit/Crochet 10-12 Mahjong 11-11:40 Tai chi 12-1 Volunteer Meeting 1-3 Living Consciously2 2-3:30 Crafternoon: Stuffed Animal	15 9-12 Wood Carving 10-11:00 SoGo: Shuffleboard 1-3 Bingo 1-4 Pinochle	16 10-11:30 Mind Matters: Sleep and Aroma Therapy 12:00 Potluck: Tailgate 1-4 Painters 2-3:30 Bingocize	17 9-10 Dulcimers 10-10:45 Engage Brain 11-11:45 Intro to Drawing 11-12 Qi Gong 1-3 Living Consciously 1 Movie: Patch Adams 1-3 Scrappers/Paper
20 Martin Luther King, Jr. Day CLOSED	21 9-11 Knit/Crochet 10-12 Mahjong 11-11:40 Tai chi 1:30-3 Caregiver Support	22 9-12 Wood Carving 10-11:00 SoGo: Balloons & Noodles 1-3 Bingo 1-4 Pinochle	23 11-11:40 Chair Chi 1-4 Painters 2-3:30 Book Club 2-3 Bingocize 7:30-8:30 Community Orchestra	24 9-11 Dulcimers 10-10:50 Color Wonders 12:30-2 Pizza & Games 1-3 Living Consciously 1 Movie: Gentleman Jim
27 9-11 Dulcimers 11-12 Chair Music & Movement 1-2 Needlepoint 1-4 Cribbage 1-4 Bunco	28 9-11 Knit/Crochet 10-12 Mahjong 11-11:40 Tai chi 1-3 Living Consciously2 2-3:30 Cooking Demo	29 9-12 Wood Carving 10-11:30 SoGo: Indoor Croquet 1-3 Bingo 1-4 Pinochle	30 11-11:40 Chair Chi 1-4 Painters 2-3 Bingocize	31 9-11 Dulcimers 1-3 Sew/Quilters 1-4 Living Consciously 1 Movie: On the Basis of Sex

Coming in February:

- ◆ **Wednesdays 9-10am Live Longer Lebanon health presentations**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**OREGON
CASCADES WEST
MEALS ON WHEELS

JANUARY 2020**

Suggested Donation:
\$3.50 per meal

1% Milk served
with all meals

WE ACCEPT THE OREGON TRAIL CARD

Closed for the Holiday



1

New Year's Special
**Lima Beans & Turkey Ham
or Pasta Primavera**
Spinach
Carrot Raisin Salad
Oatmeal Roll
Applesauce Gingerbread

2

**Chicken Spaghetti or
Country Beef Stew**
Mixed Vegetables
Tossed Salad
Whole Wheat Roll
Lemon Pudding

3

**Chicken Tetrazzini or
Beef & Black Bean Chili**
Glazed Carrots
Marinated Broccoli Salad
Dinner Roll
Rice Pudding

6

**Cowboy Campfire Stew
or Turkey Pot Pie**
Green Beans
Spinach Romaine Salad
Biscuit
Butterscotch Bar

7

**Turkey Salad Sndwch Half
or Egg Salad Sndwch Half**
on Wheat Bread
Cream of Broccoli Soup
Country Coleslaw
Pineapple

8

**Beef Cabbage Bake or
Turkey Alfredo Bake**
Green Peas
Garden Vegetable Salad
Herb Roll
Spiced Applesauce

9

**Herbed Chicken Patty/Gvy
or Meatloaf w/Gravy**
Lyonnais Potatoes
Herbed Carrots
Rye Bread
Pear Cobbler

10

**Italian Sausage Sandwich
or Chkn Parmesan Sndwch**
on Oval French Roll
Italian Blend Vegetables
German Potato Salad
Seasonal Fresh Fruit

13

**Baked Beef Rigatoni or
Santa Fe Chicken & Lentils**
Green Peas
Pickled Beets
Wheat Roll
Orange Whip

14

Brunch Lunch Special
**Spinach Strata or
Pork Sausage Gravy**
over Biscuit
Broccoli
Romaine Iceberg Salad
Coffee Cake

15

**Shoyu Chicken or
Breaded Fish w/Tartar Sc**
Brown Rice Pilaf
Oregon Bean Medley
Seven Grain Bread
Ice Cream Cup

16

**Roasted Turkey w/Gravy
or BBO Smokehouse Chop**
Whipped Sweet Potatoes
Green Beans w/Red Peppers
Wheat Bread
Tiramisu Cake

17

Closed for the Holiday



20

**Southwest Chicken or
Breaded Beef Steak w/Gvy**
Whipped Potatoes
Carrots
Onion Bread
Seasonal Fresh Fruit

21

**Pork Choppie w/Gravy or
Cheese Omelet w/
Western Cheese Sauce**
Parslied Potatoes
Country Trio Vegetables
Oatmeal Bread
Butterscotch Pudding

22

**Meatloaf Sandwich Half or
Shv Turkey Sandwich Half**
on Wheat Bread
Lentil Soup
Potato Salad
Peaches

23

**Turkey Apple Meatballs
w/Cider Glaze or
Slc Ham w/Mustard Sauce**
Delmonico Potatoes
Spinach Romaine Salad
Cornmeal Roll
Zucchini Brownie

24

**BBQ Chicken or
Liver & Onions w/Gravy**
Chantilly Potatoes
California Blend Vegetables
Wheat Bread
Chocolate Pudding

27

**Hearty Chicken Stew or
Beef Spanish Rice Bake**
Oregon Bean Medley
Creamy Coleslaw
Rye Bran Roll
Gelatin Jewels w/Whip Top

28

**Chicken Pomodoro
or Shepherd's Pie**
Broccoli
Spinach Romaine Salad
Multigrain Roll
Golden Fruit Cup

29

**Swt/Sour Pork w/Brn Rice
or Chicken Lo Mein**
Imperial Blend Vegetables
Garden Vegetable Salad
Cracked Wheat Roll
Hermit Bar

30

**Beef Stew or
Mac & Cheese Florentine**
Brussels Sprouts
Broccoli Cauli Craisin Salad
Squash Roll
Chocolate Cake w/Frosting

31

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, January 22nd 10:00am

Mac McNulty; Henry Chambers; Sherry Liest;
Marlene Flyer; Joan Voss; Bonnie Stalker; Kyle Randleman

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and employees do not endorse any information obtained from advertisers.*



OREGON
Lebanon
Senior Center

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FAX 541-258-4956

RETURN SERVICE REQUESTED