

LEBANON SENIOR CENTER

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

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



The Lebanon Senior Center will be **closed** President's Day **Monday, February 17th.**

Random Act of Kindness Week

Celebrate kindness! join us in a small act that can make a big difference.

◆ **Tuesday, February 18th 2-3:30**

Drop off a canned good for a local food bank during our cooking demo.

◆ **Wednesday, February 19th 2-3:00**

Make cards for Meals on Wheels recipients "just because." Being thought of makes people feel good. The Boys and Girls Club Jr. Leaders will be joining us.

◆ **Thursday, February 20th**

Drop off a canned good for a local food bank during potluck

◆ **Friday, February 21st 1:00-4:00pm**

Sew for a Cause! We will be having a sew-in all afternoon to help animals in need. The idea was originally suggested to support animals in Australia, but a great outpouring from around the world may limit what we can do. Australian groups are encouraging people to reach out to animal rescues in their area in honor of the Australian animals. Materials needed are very specific, so please call before bringing items in. Cash donations can be made to help with shipping. For more information or to sign up to help, please call 541-258-4919.



Chinese QiGong/TaiChi Demo & Class

Guo Cheng will share her passion and year of teaching with the Lebanon community.

Starting in February she will lead a beginner class on

Friday mornings, 10:00-11:00am.

Ancient exercise which embodies TaiChi/QiGong offer China's most profound concepts and principles of health and movement. It offers true harmony between body and mind. Class is free! She may add additional classes soon.

Guo and some former students will be giving a **demonstration** in QiGong, Taijiquan, Tai Chi Fan, Tai Chi Sword and Tai Chi Fist on

Thursday, February 6th 11:00am-12:00pm.



Celebrate American Heart Month! Join the 5-2-1-0 Challenge!

The Mid-Willamette Faith Community Nurses and Health Ministers Network is partnering with Live Longer Lebanon to deliver presentations and blood pressure screenings throughout the month of February. Pick up your 5-2-1-0 trackers and attend educational sessions throughout the month of February.

February 5, 2020, 9am-9:30am

5 or more servings of fruits and veggies - Learn benefits (beyond just plain good health!) of fruits and veggies in our diets and tips on how we can get more!

February 12, 2020, 9am-9:30am

2 hours or less of leisure screen time - Is screen time really bad for us? Is some worse than others? What about our kids and grandkids? Get these questions answered... and more!

February 19, 2020, 9am-9:30am

1 or more hours of physical activity - How much exercise do I need, and what kind? Does it have to be all at once? Check out how you can build more movement into your day!

February 26, 2020, 9am - 9:30am

0 sugary drinks - Many of us are unaware of how much sugar is hidden in our favorite beverages! Come and see for yourself!



Mind Matters: Springtime Blues

Thursday, February 20th 10:00-11:00am

Helen Beaman, Older Adult Behavioral Health Specialist/Mental Health Services Coordinator for Linn and Benton County, will discuss the myths and facts of seasonal patterns of depression. Learn the signs for "the blues" and what prevention and treatment options exist to help you or a loved one work through these emotions. The goal is to help you find a way to enjoy springtime in whatever capacity is healthiest for you.

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



February Potluck: Leaf Year

Thursday, February 20th at Noon

Oops! The volunteers misunderstood me when I said Leap Year, so we are celebrating leaves! No matter what we call it, join us for our monthly potluck! Valentines is behind us but we will celebrate the food we love. Bring a favorite dish to share (homemade or store bought) or leave a donation in the box.

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



As part of Random Act of Kindness Week: Bring a canned good to donate to FISH for food baskets.

Love Yourself Spa Time

Valentine's Day * Friday, February 14th * 1:00-2:00pm

Love starts within. Show yourself a little TLC and stop by for some cucumber slices on the eyes or a sugar or salt scrub treatment for your hands. Enjoy a little self indulgent pampering simply because you are worth it! Of course, something sparkly to drink and a little chocolate are essential during a Valentine's Spa Day. Stick around for the movie, Downton Abbey, at 2pm!



Crafternoon: Paper Roses

Tuesday, February 25th 1:00-3:00pm



We will be turning old book pages and sheet music into beautiful roses. Check out the examples in the office. Cost is \$1. **Please sign up in the office so we have enough supplies.**

Inspire Talk

Wednesday, February 5th 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, trying to avoid crosstalk. Civil discourse, sharing opinions and information are welcome. Must be willing to listen too.

VOLUNTEER AARP TAX ASSISTANCE

By Appointment Only

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

Appointments at Lebanon Senior Center: 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 2018 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

2 New No-Host Craft Times

These times are available for gathering with like minded people to share techniques or chat about your projects. Bring your project materials. These are drop in opportunities, not structured classes.

- **Friday, February 21st 1-3:00pm Sewing and quilting (Sewing for Aussie Animals today.)**
- **Friday, February 28th 1-3:00pm Scrapbooking and paper crafts**

Color Wonders

Friday, February 21st 10:00-10:50am

De-stress, get creative and work on your coordination, join us for coloring.



Cooking Demo

Tuesday, February 2:00-3:30pm

We will continue talking about more tricks to inspire you to cook at home, even if for one or two people.

Bring a can good to donate to FISH.



Intro to Drawing Class

Friday, February 7th and 21st

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 (7th will be pencil drawing; 21st watercolor pencil).

Green Acres 2nd Grade Pen Pal Group

Wednesday, February 12th 11:30am-12:15pm

We are pen pals with 2nd grade students from Green Acres School. We will look at our mail from the students and respond 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 (2/13 and 2/25)

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.

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. **Feb. 5th**, 10:00-11:00am Kick Around Ball
- ~ Wed. **Feb. 12th**, 10:00-11:30am Chair Beachball volleyball
- ~ Wed. **Feb. 19th**, 10:00-11:30am Bean Bag Baseball
- ~ Wed. **Feb. 26th**, 10:00-11:30am Indoor Bocce

Bingocize!

Thursdays 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 (No class 2/7)

Fridays 11:15am-12:15pm

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 (no class 2/6)

Taught from the seated position (you may choose to stand). The movements are fun to follow and helps with balance and flexibility. **Video 2/20**

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.

Engage Your Brain

Friday, February 28th

10:00-10:45am

Rebecca will lead you through 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.



On-going Classes/Groups

Book Lovers

Come **Thursday, February 27**, at **2:00pm** to share books you've been enjoying...all kinds welcome. We will also be discussing romances, whether historical, mystery, sci fi, western, or other. Love is not frivolous. It is one of the most important parts of our lives. February is a wonderful time to celebrate it!!!

Garden Club

Applications for using a raised bed garden spot will be available at the meeting **Friday, February 7th 10:00-10:50am**. Join us to learn more and to plan your crop!

Card Making

Make several beautiful cards **Monday, Feb. 10th 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, February 14**, at **10:00am**. Celebrate Valentine's Day by bringing a gift from the heart (a handmade item) for your pal. Linda L. and Ailene 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

Ping Pong — Ask at the front desk.

Lots of other board/card games!

BUNCO!

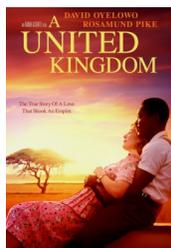
Monday, February 24th from 1:00-4:00pm

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!

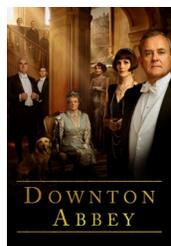


Friday, February 7th, 1:00pm:

A United Kingdom

2017 PG-13 1hr. 51mins.

Meeting at a dance in 1947, African prince Seretse Khama and London office worker Ruth Williams share a love of jazz and an instant attraction. When they wed after a brief courtship, their interracial union sparks an international political crisis.



Friday, February 14th, 2:00pm:

Downton Abbey

2019 PG 2hr. 2mins.

The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England unleashes scandal, romance and intrigue that leave the future of Downton hanging in the balance.



Friday, February 21st, 1:00pm:

At War with the Army

1950 NR 1hr. 30mins.

Dean Martin and Jerry Lewis come together for the first time in this slapstick-heavy feature. Vic Puccinelli (Martin) and Alvin Korwin (Lewis) are buddies who join the army and subsequently find themselves knee-deep in mischief at boot camp. Puccinelli is promoted to first sergeant, while Korwin's career stalls due to his endless clumsiness. Meanwhile, Puccinelli begins to romance Helen (Polly Bergen), a beautiful young local.



Friday, February 28th, 1:00pm:

The Good Lie

2014 PG-13 1 hr. 50mins.

In this fact-based drama, a young Sudanese War refugee wins a lottery that allows him to start life anew in the United States. But adapting to his new home presents challenges -- both for the "lost boy" and for the American woman who's helping him.

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



February 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, February 22nd
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

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

Mono Printing
 Fridays, 1/10-2/7 9am

Mon	Tue	Wed	Thu	Fri
3 9-11 Dulcimers 11-12 Chair Music & Movement 1-2 Needlepoint 1-4 Cribbage	4 9-11 Knit/Crochet 11-11:40 Tai Chi 1:30-3 Caregiver Support	5 9-10 Live Longer Series 9-12 Wood Carving 10-11 SoGo: Kickball 12:20 Bday Ice Cream 12-4 Pinochle 1-3 Bingo 2-3 Inspire Talk	6 11-12 Tai Chi/Qi Gong Demo 12-1 Volunteer Meeting 1-4 Painters 2-3 Bingocize	7 9-11 Dulcimers 10-11 Garden Club 10-11 Tai Chi/Qi Gong 11-11:45 Intro to Drawing 1-4 Living Consciously 1 Movie: United Kingdom
10 9-11 Dulcimers 11-12 Chair Music & Movement 1-2 Needlepoint 12:30-3:30 Card Crafters 1-4 Cribbage	11 9-11 Knit/Crochet 11-11:40 Tai chi	12 9-10 Live Longer Series 9-12 Wood Carving 10-11:00 SoGo: Chair Volleyball 11:30 Pen Pals 12-4 Pinochle 1-3 Bingo	13 11-11:45 Chair Chi 1-3 Living Consciously2 1-4 Painters 2-3 Bingocize	14 9-10 Dulcimers 10-11 Tai Chi/Qi Gong 10-11:30 Secret Pals 11:15-12:15 Qi Gong 1-2 Valentine's Spa 1-4 Living Consciously 2 Movie: Downton Abbey
17 <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">PRESIDENT'S DAY</p>	18 9-11 Knit/Crochet 11-11:40 Tai chi 1:30-3 Caregiver Support 2-3:30 Cooking Demo (Kindness: bring a canned good to donate to FISH)	19 9-10 Live Longer Series 9-12 Wood Carving 10-11:00 SoGo: Bean Bag Baseball 12-4 Pinochle 1-3 Bingo 2-3 Kindness: Make card for Meals on Wheels recipients	20 10-11:30 Mind Matters: Springtime Blues 11-11:40 Chair Chi 12 Potluck-Leaf Year (Kindness: bring a canned good to donate to FISH) 1-4 Painters 2-3 Bingocize	21 9-11 Dulcimers 10-11 Tai Chi/Qi Gong 10-10:50 Color Wonders 11:15-12:15 Qi Gong 11-11:45 Intro to Drawing 1-3 Living Consciously 1-4 Sew/Quilt Time (Kindness: charity project) 1 Movie: At War w/the Army
24 9-11 Dulcimers 11-12 Chair Music & Movement 1-2 Needlepoint 1-4 Cribbage 1-4 Bunco	25 9-11 Knit/Crochet 11-11:40 Tai chi 1-3 Living Consciously2 1-3 Crafternoon: Paper Roses	26 9-10 Live Longer Series 9-12 Wood Carving 10-11:30 SoGo: Indoor Bocce Ball 12-4 Pinochle 1-3 Bingo	27 11-11:40 Chair Chi 2-3:30 Book Club 1-4 Painters 2-3 Bingocize	28 9-11 Dulcimers 10-11 Tai Chi/Qi Gong 10-11 Engage Your Brain 11:15-12:15 Qi Gong 1-4 Living Consciously 1 Movie: Good Life 1-3 Scrapbook/Papercraft Time

MONDAY

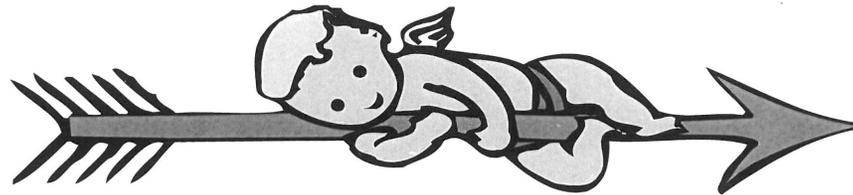
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**OREGON
CASCADES WEST
MEALS ON WHEELS
FEBRUARY 2020**



VALENTINE'S DAY, FRIDAY, FEB. 14

**Suggested Donation:
\$3.50 per meal**

**1% Milk served
with all meals**

WE ACCEPT THE OREGON TRAIL CARD

**Cowboy Campfire Stew
or Mexican Pasta Bake**
Chuckwagon Corn
Spinach Romaine Salad
Cornmeal Roll
S'mores Pudding

3

**Spaghetti & Meat Sauce
or Chicken Rice Bake**
Green Beans
Garden Vegetable Salad
White Dinner Roll
Seasonal Fresh Fruit

4

**Bavarian Stew or
Macaroni & Cheese**
Capri Blend Vegetables
Apple Cranberry Coleslaw
Cracked Wheat Roll
Banana Chocolate Chip Bar

5

**Homestyle Turkey Patty
w/Gravy or
Beef Mushroom Patty**
Garlic Whipped Potatoes
Scandinavian Blend Vegt
Wheat Bread
Lime Whip

6

**Santa Fe Chkn Mini Salad
or Chef Mini Salad**
over Spinach Romaine
Corn Chowder
Dill Roll
Spiced Peaches

7

**Chicken Pomodoro
or Spinach Strata**
Italian Blend Vegetables
Garden Vegetable Salad
Whole Wheat Roll
Gelatin Jewels w/Whip Top

10

**Beef & Black Bean Chili or
Cheese Lasagna Roll-Up**
Broccoli
Spinach Romaine Salad
Cornmeal Roll
Vanilla Pudding

11

**Chicken Breast Supreme or
Breaded Fish w/Tartar Sc**
Whipped Potatoes
Succotash
Rye Onion Bread
Seasonal Fresh Fruit

12

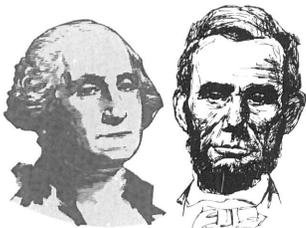
**Egg Salad Sandwich Half
or Tuna Salad Sndwch Half**
on Wheat Bread
Minestrone Soup
Carrot Coleslaw
Pineapple

13

**Valentine's Special
Roasted Turkey w/Gravy
or Meatloaf w/Gravy**
Sr Cream & Chive Potatoes
Country Trio Vegetables
Squash Bread
Valentine's Chocolate Cake

14

Closed for the Holiday



17

**Creamed Chicken & Vegt
or Beef Patty w/
Pepper & Onion Gravy**
Whipped Potatoes
Green Peas
French Bread
Ice Cream Cup

18

**Shvd Turkey Sndwch Half
or Meatloaf Sndwch Half**
on Wheat Bread
Potato Chowder
Marinated Garden Salad
Applesauce

19

**Beef Sloppy Joe or
Buffalo Chicken Sandwich**
on a Bun
Winter Blend Vegetables
Potato Salad
Cherry Poke'n Pour Cake

20

**White Bean Chicken Chili
or Vegetable Lasagna**
Tossed Salad
Herbed Carrots
Seven Grain Roll
Snickerdoodle Bar

21

**Teriyaki Meatballs
or Garlic Chicken**
Delmonico Potatoes
Broccoli
Herb Bread
Hermit Bar

24

**Mardi Gras Special
Chicken/Sausage Jambalaya
or Red Beans & Rice**
Succotash
Marinated Zucchini Salad
Cracked Wheat Roll
Bread Pudding w/Raisins

25

**Ash Wednesday Special
Trky Salad Sndwch Half or
Chickpea Salad Sndwch Half**
on Wheat Bread
Minestrone Soup
Pickled Beets
Pears

26

**Herb Chicken Patty w/Gvy
or Roast Pork w/Gravy**
Whipped Sweet Potatoes
Mixed Vegetables
Oat Bran Bread
Cranberry Fluff

27

**Chicken Pastina or
Broccoli Omelet Bake**
Oregon Bean Medley
Spinach Romaine Salad
Potato Roll
Frosted Orange Cake

28

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.

Tech Time :

Get help learning to use your cell phone, tablet, or laptop with a 30 minute appointment. . Call 541-258-4919

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.

Senior Companion- Living alone and feeling isolated? Wish you had a regular visitor to get to know. Call for more information. 541- 812-0849.

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.

Toe Nail 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.

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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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