

# SEPTEMBER/OCTOBER 2009



## Hoodland's Mountain Maturity!

- Arthritis Foundation Exercise Program
- Join the Board of Directors
- Have an new experience!



Hoodland Senior Center (non profit 501 c3, #93-1094463)  
PO Box 508  
Welches, OR 97067  
25400 E. Salmon River Rd.  
(503) 622-3331  
Email: [hoodlandseniors@verizon.net](mailto:hoodlandseniors@verizon.net)  
Open Monday–Thursday  
9-4 p.m.

## September Trips



**Friday, Sept 11th:** The Hood River area is so full of wonderful wineries it is overwhelming to most people. Each winery has a wealth of knowledge about wine to enrich your visit. We will visit Hood River Vineyard, Cathedral Ridge and Marches' Vineyard. Some require a small sampling fee which may be credited to your purchase. Lunch on your own at a suitable place. We will also visit an apple farm. Transportation: \$8.00. Leave center at 10 am. Sign-up begins September 1st.

**Friday, September 18th: Mt. Angel October fest.** Don't miss these fun events: Live music on four stages, over 50 Alpine food chalets serving a wide variety of ethnic foods, Arts and Crafts show, traditional Biergarten, Weingarten and Alpinegarten, Curz-n car show. Fun will be had by all, or else! Transportation: \$8.00. Leave center at 10:00 am. Sign-up begins September 1st.

**Friday, September 25th: Spirit Mountain Casino in Grande Ronde.** Spend the day gaming at the tables, relax, enjoy the ride, have lunch at the Casino. Leave center at 8:30 a.m. Return about 5 pm. Transportation is \$9.00. Sign-up begins September 1st.



## October Trips

**Friday, October 2nd; Spend a day in Silverton;** Explore the downtown area; many of the buildings in the downtown area have been renovated and host new businesses for fun shopping and looking. See the beautiful murals which adorn the sides of buildings through Silverton; walk over the pedestrian bridge spanning Silver Creek which runs through the center of town, then for a change of pace, drive through the Gallon House Bridge which is the last original covered bridge remaining in Marion County. Stop by the Silver Creek Grill for lunch on your own. Transportation: \$8.00. Leave center at 9 am. Sign-up begins September 1st.

**Saturday, October 17th: Parkdale Grange for Harvest Fest dinner and apples.** Enjoy the fall scenery, buy local fruit. We will lunch at the Parkdale Grange Chuck Wagon Dinner Buffet. Dinner includes choice of entrée, vegetables, baked beans, sausage/sauerkraut, coleslaw, 3 bean salad, pear salad, Jell-O, rolls, dessert, drink. \$13 includes transportation and dinner. Leave center 10 a.m. Sign-up begins October 1st.

**Wednesday, October 28th: Spirit Mountain Casino in Grande Ronde.** Spend the day gaming at the tables, relax, enjoy the ride, have lunch at the Casino. Leave center at 8:30 a.m. Return about 5 pm. Transportation is \$9.00. Sign-up begins October 1st.

**Registration for trips** begins the first working day of the month unless otherwise stated in trip description. Sign up yourself and one other person. You may call our office to be placed on the interested list, your seat is reserved when fees are collected. No refunds will be made for cancellations made less than 48 hours (two working days) before trip, unless the trip is canceled by the Center. Check in 10 minutes before departure time. These trips are for Seniors over age 60. Under 60 may go on trips if seats are available on the Bus. Seniors have Priority.

# Activities



## Line Dancing:

Mt. Hood Village. Each Tuesday and Thursday at 10:00 a.m. in the main lodge. Everyone invited!

## Jean Bennett-Sabel: Stamp Class:

October 13th, 9:30 a.m. to 11:30 a.m. Bring scissors, stamps and imagination. A few dollars for supplies; experience is not necessary. A fun way to end up with some beautiful results and socialize with friends. Stop by and see for yourself. Call (503) 622-3331 to reserve your space.

## Sue Allen Zig Zag Yoga-- at Evergreen Plaza, suite 102 on Welches Road next to Welches Post Office.

**Wednesday mornings** 9:00-10:15 a.m. \$10 drop in. Sign up for three classes for \$25.00. We gently cover: breathing, stretching, balance, strength, stillness, and more. Come with an empty stomach and clothes you can move in. Questions? call Sue at (503) 622-3611.



Jeri Gallagher: Fabric painting class, Third Monday, September 21st, October 19th, 1:00–3:30 p.m. Bring your item to paint.



## Jean Bennett-Sabel: Water Color class:

October 27th, 9 a.m. to 11:30 a.m. All the supplies that you need are provided. Please bring \$3. for each class and your desire to paint! No experience is needed. Call senior center at (503) 622-3331 to sign up. Seating is limited.



## TOPS

TOPS is a non-profit, non-commercial weight loss support organization; it's two-fold objective is to encourage healthy lifestyles through weight loss support groups and to sponsor obesity research. While it is non-profit there is an annual fee schedule of \$24.00 for a one-year membership which includes 10 issues of TOPS News, which is mailed directly to the member's home. There is also a \$1.00 per attendance fee.

Club meetings emphasize nutrition and exercise education focused on a member's effort to manage their weight. We meet every Wednesday in the Dorman Room at the Senior Center at 10:00 a.m. For additional information and questions please contact Donna at 503-668-0901.



The Dorman Room is available upon request for classes, cards, meeting and activities for the community.

## Arthritis Foundation Exercise Program

What is it? This is a community-based, non-clinical group exercise program designed to help those who have joint and/or muscle problems achieve improved joint mobility, muscle strength and endurance in order to improve the performance of their daily activities. Research proves that moving is one of the best medicines for folks who are plagued with osteoarthritis, rheumatoid arthritis, fibromyalgia, osteoporosis and other diseases which fall under the arthritis umbrella.

The class will be held on Tuesday and Thursday from 11 am to 12 pm beginning September 15<sup>th</sup> through October 22, 2009.

The program consists of four main elements:

**Exercise** -Gentle, joint-safe, low impact class, sitting down or standing include stretching or range of motion exercises, strengthening exercises and endurance routines.

**Health Education**-providing up to date information about arthritis self-management and exercise.

**Movement Activities**- to promote social interaction, movement, balance and body awareness.

**Relaxation Exercises**-to introduce and practice various stress management techniques which are helpful for stress and pain reduction.

Jan Howell, who recently acquired training for the AF class will be the instructor.

Registration: Participants will need to fill out an application ( available at the center) for the class which is limited to fifteen. Fee is \$6.00 for six weeks, includes the take home manual. Location of the class: The Church on the Mountain across from Thriftway in Welches.

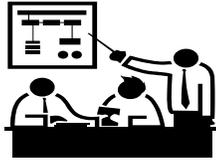
### We need to Know???

Are you still interested in having dinner at the ZigZag Restaurant on the third Wednesday @ 4p.m.? Staff members at the Restaurant spend time setting up tables for our group but no one shows up. Please call the senior center to let us know if you are still interested in this activity.

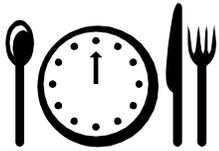
**Written by Regina Brett, 90 years old, of The Plain Dealer, Cleveland, Ohio  
("To celebrate growing older, I once wrote the 45 lessons life taught me. It is  
the most requested column I've ever written.)**

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God never blinks.
16. Take a deep breath. It calms the mind;
17. Get rid of anything that isn't useful, beautiful or joyful.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words, "In five years, will this matter?"
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative — dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's we'd grab ours back.
41. Envy is a waste of time. You already have all you need.
42. The best is yet to come.
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift.

# September



**B**oard Meeting: Monday, September 14th at 11:00 a.m. at the center. Everyone welcome.



**C**ongregate Lunch: 1:00 p.m., Monday,

Wildwood Café; Thursday, Barlow Trail (formerly The Territory). No reservations necessary. Suggested donation is \$5.00 for each meal. Please note! We can accommodate dietary needs prescribed by doctors' orders! We can not accommodate dislikes. Advance notice, please.



**F**oot Clinic: Thursday, September 10th. Bring a towel and \$13.00. Clip, file and 10 minute foot massage for \$20.00. Call for appointment, (503) 622-3331.



**H**earing Clinic: Thursday, September

10th, from 2:00-4:00 p.m., to check hearing, clean hearing aids and replace batteries. Appointments must be scheduled at the Hoodland Senior Center (503) 622-3331.



**L**egal Assistance: Thursday, September 10th. Volunteer attorney is available for free 30 minute appointment offering legal assistance in areas such as estate planning, wills, consumer complaints, etc. Call Sandy Senior Center for appointment at (503) 668-5569.

**Let us do the driving!**

**S**hop Sandy area stores on Wednesday, September 9th and September 23rd. Please call no later than the day before. Transportation \$2.00. Driver can assist with parcels. We need 5 people to make a trip. We will start picking up riders at 10:00 a.m. Make your hair appointment, manicure appointments in the morning. We will make every attempt to combine all your appointments.



**W**ednesday, September 16th we are celebrating birthdays: Dinner on your own at 4:00 p.m. at the Zigzag Inn. If you would like a ride, please give us a call at (503) 622-3331. If you don't like driving call for a ride.

Yea,  
though I walk through  
The Valley of Senior Moments  
I shall fear no panic,  
for my Senior Discount Card  
is with me.  
A pair of Reading Glasses  
in each Room shall comfort me.  
Surely a receding hairline  
shall follow me  
all the days of my life  
And I shall dwell  
in the restaurants of  
The Early Bird Special  
While enjoying Retirement Bliss  
forever.

# September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10am:Line Dance	2 9am:Yoga 10am:Tops	3 10am:Line dance 1pm:Lunch Barlow Trail	4	5
6	7 Labor Day Center closed	8 10am:Line Dance	9 9am:Yoga 10am:Tops 10am:Shop	10 9:30am:Foot Clinic 10am:Line dance 1pm:Lunch Barlow Trail 2pm:Hearing Clinic Legal clinic/ Sandy	11 Trip today	12
13	14 11am:BoardMtg 1pm:Lunch Wildwood Cafe	15 10am:Line Dance 11am:Arthritis Exercise Trip today	16 9am:Yoga 10am:Tops 4pm:Dinner ZigZag Inn	17 10am:Line dance 11am:Arthritis exercise  1pm:Lunch Barlow Trail	18 Trip today	19
20	21 1pm:Lunch Wildwood Cafe	22 10am:Line Dance 11am:Arthritis exercise	23 9am:Yoga 10am:Tops 10am:Shop	24 10am:Line dance 11am:Arthritis exercise  1pm:Lunch Barlow Trail	25 Trip today	26
27	28 1pm:Lunch Wildwood Cafe	29 10am:Line Dance 11am:Arthritis Exercise Trip today	30 9am:Yoga 10am:Tops			

## SERVICES—HOODLAND SENIOR CENTER

**BLOOD PRESSURE CHECK:** If you are keeping a close watch on your blood pressure, the Hoodland Fire Department will check it for you during working hours from 8 to 5, seven days a week. No appointment necessary. Or, visit

Clackamas County Bank during bank hours to use the Blood Pressure machine provided by the Mt. Hood Lions.

**EQUIPMENT LOAN PROGRAM:** We have walkers, crutches, wheelchairs and commodes, all at a very affordable rental fee or loan basis.

**INFORMATION AND REFERRAL (I&R):** Locating and contacting appropriate services to meet the needs of people in our community. Areas include: homemaking, nutrition, home maintenance, health care, legal socialization and financial counseling.

**EYE GLASSES:** We are a collection site for used glasses and hearing aids for Mt. Hood Lions Club.

**FOOT CARE:** Each month on the second Thursday, an LPN will provide foot care at the Hoodland Senior Center. Call the Center for an appointment, which begin at 9:30 a.m. Please bring a towel and \$13.00 for the service. Deluxe foot massages are also provided which include nail trimming, filing, and acupressure massage with oil or lotion \$20.00.

**HEARING CLINIC;** Second Thursday of the month at our center 2-4p.m.

**LEGAL SERVICES:** Free one half hour legal service for seniors (60 or older). Program provided by local attorney by appointment on second Thursday of each month. Call Sandy Senior Center for appointment at (503) 668-5569.



**NUTRITION:** We depend on your donation to support the meal program. Please donate what you can toward the cost of each meal, if you are 60 or older. If under 60, please pay \$7.

**Home delivered meals** are available Monday through Friday. Hot, well-balanced noon meal is delivered by volunteers to older adults to improve nutrition for folks who cannot regularly shop or cook for themselves. Suggest donation \$5.

**Congregate lunches:** We meet at Wildwood Café each Monday, and at The Barlow Trail each Thursday at 1p.m. For guideline, suggested donation is \$5.

**TELEPHONE REASSURANCE:** Would you like a telephone friend? Volunteer is available to call you for a daily check-in or just to visit as you desire.

**OUTREACH:** Center staff will visit elderly residents to coordinate in-home service to maximize independent living in a healthy and safe environment.

**SENIOR HEALTH INSURANCE BENEFITS ASSISTANCE PROGRAM (SHIBA).** Sponsored by Clackamas County Social Services, volunteers trained to give you unbiased professional information with many of your insurance concerns. For assistance or information, call your Center or local SHIBA Office at (503) 655-8427.

**TRANSPORTATION:** A driver is available for grocery shopping and congregating lunch. Call Center for scheduling. Volunteers use their private vehicles to provide rides for personal needs and appointments in Portland or Gresham. Door to door transport and lift van is available at the Senior Center. We prefer at least four working days prior to your appointment to give us time to schedule your request. **Suggested donation is what you can afford towards the cost of each ride.**

## September

Erna Boldt 1st  
 Jan Clifton 3rd  
 Jackie Manselle 4th  
 Tom Blessing 5th  
 Althea Dorman 7th  
 Lucille Tholen 9th  
 Thomas Jackson 10th  
 Nada Jackson 10th  
 Robert Schetter 13th  
 Barb Hergert 14th  
 Alice Hewitt 14th  
 Russ Davidson 16th  
 Larry Howell 20th  
 Ann Morten 20th  
 Robert Miller 22nd  
 Edee Jones 23rd  
 Doug Morten 28th

Flower: Aster  
 Birthstone: Sapphire

## October

David Olson 6th  
 Richard Robillard 6th  
 Shirley Nauss 8th  
 Clayton Nelson 8th  
 Cass Castle 10th  
 Glenda Durham 15th  
 Ted Bennett 16th  
 Louise Notmeijer 19th  
 Muriel Bartz 21st  
 Brenda Pallander 23rd  
 Rudy Kasch 26th  
 Everett Naft 26th  
 Joe Manselle 26th  
 Barbara Waterhouse 27th  
 Ted Park 28th  
 Pat Brown 29th  
 Jackie Brown 30th  
 Betty Hartel 31st

Flower: Dahlia  
 Birthstone: Opal or Tourmaline

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### Board of Directors

Judith Norval  
Chair

Bob Reeves  
Vice Chair

Muriel Bartz  
Secretary

Pat Buckley  
Treasurer

Kathy Olds  
Karen Reeves  
Lora Buckley

Members Emeritus  
Althea Dorman  
Bob Dorman

### Office Staff

Jeri McMahan  
Center Director

Lilli Sawyer  
Receptionist

#### Subway Sandwich Drawing for you and a Friend

Birthday folks make sure to put your name in the box for the drawing at congregate dining on Mondays and Thursdays

### NEWSLETTER

Our center is a non-profit 501c (3) charitable organization. Our mission is to support and promote activities and services in the community.

#### **If you have not sent in your \$5 Please remember!!**

We are asking you to submit \$5 each year to off set our printing costs.  
**Bring or mail your \$5 to the center if you have not done so this year.**

Hoodland Senior Center, PO Box 508, Welches, Or 97067

Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zipcode \_\_\_\_\_

Thank you for your support!!!

# October

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Thursday, October



10th. Volunteer attorney is available for free 30 minute appointment offering legal assistance in areas such as estate planning, wills, consumer complaints, etc. Call Sandy Senior Center for appointment, (503) 668-5569.

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**The Power Nine: Secrets of long life from the world's healthiest humans**



1. **Move:** Find ways to stay active
2. **Plan de Vida:** Discover your purpose in life
3. **Downshift:** Take a break
4. **80% Rule:** Don't overeat
5. **Plant Power:** Choose greens
6. **Red Wine:** A glass a day
7. **Belong:** Stay social
8. **Beliefs:** Get ritualistic
9. **Your Tribe:** Family matters



# October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10am:Line dance 11am:Arthritis exercise  1pm:Lunch Barlow Trail	2 Trip today	3
4	5 1pm:Lunch Wildwood Cafe	6 10am:Line Dance 11am:Arthritis exercise	7 9am:Yoga 10am:Tops 10am:Shop	8 9:30am:Foot Clinic 10am:Line dance 11am:Arthritis exercise Legal clinic/Sandy 1pm:Lunch Barlow Trail	9	10
11	12 11am: Board Mtg. 1pm:Lunch Wildwood Cafe	13 10am:Line Dance 11am:Arthritis exercise	14 9am:Yoga 10am:Tops	15 10am:Line dance 11am:Arthritis exercise  1pm:Lunch Barlow Trail	16	17 Trip today
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Hoodland Senior Center  
25400 E Salmon River Rd.  
PO Box 508  
Welches, Or 97067



Non Profit Organization  
U.S. Postage Paid  
Welches, Oregon  
Permit 32

Phone: 503-622-3331  
Fax 503-622-3331  
Email: [hoodlandseniors@verizon.net](mailto:hoodlandseniors@verizon.net)  
[www.mthood.org/seniorcenter](http://www.mthood.org/seniorcenter)

Return Service Requested

## WHO PAYS FOR THE PAINTED TRAFFIC LINES?

Many motorists may take traffic lines for granted, but without them, our roads and highways would be difficult to navigate at night or during bad weather. Newly painted yellow and white reflective lines, and/or other reflective traffic devices, help motorists during their travels.

Motorists **should not drive all over the lines or devices** thus **diluting their brightness**. Some drivers weave all the highway, including the traffic lines. **That is poor driving indeed. Remember that taxes pay for those traffic lines.**

**Please be sure to drive between (and not on) the traffic lines.**