January/February 2014

What sparks your interest!!
Choose several activities
Make a resolution to join us this year

Hoodland’s Mountain Maturity!

“Helping Senior Citizens”
We have been here for a year!!
Have you stopped by yet?

Hoodland Senior Center (non profit 501(c)(3), #93-1094463)
PO Box 508
Welches, OR 97067
65000 E. Highway 26
(503) 622-3331
Email: hoodlandseniors@frontier.com
Open Monday–Thursday
9-4 p.m.
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 Club.

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

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

INFORMATION AND ASSISTANCE: Locating and contacting appropriate services to meet the needs of people in our community. Some programs provide: homemaking, nutrition, food stamps, home maintenance, in-home health care, legal and financial help (Money Management Program) counseling.

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 at (503) 668-5569 for an appointment.

NUTRITION: Home delivered meals are available Monday through Friday. A 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. We depend on your donation to support the meal program. Please donate what you can toward the cost of each meal. Suggested donation is $5.

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): Our local certified SHIBA representative, Ella Vogel, is available to assist you with Oregon Medicare Beneficiaries and those new to Medicare. Available year round to provide free, unbiased, one-on-one Medicare assistance. Our SHIBA volunteer can help you enroll, save money, understand your rights and options so you can make informed decisions. Contact the Senior Center for an appointment, 503-622-3331 or call the SHIBA hotline at 503-655-8269.

Helpful website guide to medication try [www.needymeds.org](http://www.needymeds.org)

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

TRANSPORTATION: Can’t Drive!!! Need a ride!! We have drivers available for grocery shopping and congregate lunch, medical appointments or other necessary personal errands. Call Center for scheduling. Door to door transport and lift van is available. Prefer at least four working days prior to your appointment to give us time to schedule your request. Donation is what you can afford towards the cost of each ride. Call the office to arrange your rides. (503) 622-3331.
Activities

Used Books in good condition wanted for our book corner here at the center. “Bring One”, Take Several.

So who wants to play cards???
Interested ???
Call the center with your name and phone number
Hopefully we come up with the right time for everyone!

Spend a few pleasant hours in cozy surroundings here at the center!
Come play cards or bowl with friends.
Cards and board games.
Pinochle, Mexican Train, Sixty-five or better yet tell us what you want to play.

Wii Sports
Let’s have a bowling tournament
Wednesdays 2 pm at the center
Bring a bowling partner.

Did You Know?

We can send your newsletter by e-mail!
Send an email to:
hoodlandseniors@frontier.com

Gail has added more items!!
Stop in and take a look at the delightful hand crafted boutique items made and donated to the senior center by Gail of In Sheep’s clothing!

100% of the purchase price benefits the senior center.
Many thanks to Bob and Marlene Miller for providing the beautiful hutch now showing off Gail’s collection.

Your Free Movie Ticket!
January 16th : Thursday: Proof starring Gwyneth Paltrow, Anthony Hopkins and Jake Gyllenhaal . Young Catherine cares for her mentally unstable mathematical genius father until he leaves behind a mystery that affects her life.

TOPS
Club meetings emphasize education on nutrition and exercise, focused on a member’s effort to manage their weight.
Every Wednesday at the Senior Center, 10:00 am meeting. For additional information or questions, contact Donna at (503)668-0901. While it is non-profit, there is an annual fee of $28 for a one-year membership, which includes 10 issues of TOPS News mailed directly to the member’s home. Please donate $1.00 per attendance.
Tai Chi Just for you continues!

Moving for better Balance

Recommended by the American Geriatric Society and British Geriatric Society as a fall prevention exercise program for older adults, Tai Chi has become widely accepted as a balance training program. Individuals will learn and practice a series of simple, slow, and rhythmical movements aimed at improving balance, strength, range of motion and reducing the risk of falling. Meet at the center Thursdays, 10 am to 11 am. The next session will begin January 9th.

Donate your Vehicle

Do you have an old car, boat, RV that you no longer want?? Volunteers of America will pick it up!

We have partnered with Volunteers of America. When you donate your vehicle, mention the Hoodland Senior Center. The net proceeds will be divided between Volunteers of America and the Hoodland Senior Center.

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

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Can’t find the help you are looking for?? Dial 2-1-1. Information and Referral for Community Health and Human Services
Book Club
Be the first to join!!
If you are interested please call the senior center to let us know. We will start an interested list.

Let’s have dinner together
Friday, February 14th, 6 pm.
Dinner at Lucky Tan Chinese Restaurant in Welches. We will meet at 6 p.m. For transportation call the senior center or meet us there.

Friday, January 17th:
Let’s take the Mt Express to Timberline!!
Meet at the Hoodland Senior Center at 9:30 am SHARP and take the Mt. Express to Timberline Lodge. Lunch on your own at the Lodge. We can take a 45 minute tour. Tours are free but they appreciate a donation. Some walking. We will depart the Lodge on the 2:45 pm bus. Bring money for lunch and bus transportation ($4:00 round trip).

From Our Chair:
In the year since we have been in our new facilities, a lot of time, money and effort has been spent to increase opportunities for interactivity with the seniors we serve.

A few questions for you!!

Have you been to movie day? Come for cards and games on play day? Visited the new boutique corner? Read a book form the book corner? Ever come to see our new location?

Please make a resolution in this new year to join us and participate.
Thank you,
Judith

P.S. You are also more than welcome to attend Board meetings and learn the “behind the scenes” actions.

Singers!
Reserve these dates, January 9 & 23rd, Thursday, to join us for singing from 2–3:30 pm.
Come to the senior center if you are interested in joining our Singing group.
503-622-3523

Do you have any songbooks our singing group could have or borrow? Some of the old songs would be fun to hear again!!
Board Meeting Tuesday, 10:00 am, January 14th, February 11th, at the Center. Everyone welcome to share ideas and comments to increase our efforts to support the center.

Congregate Lunch: 12:30 pm Monday - ZigZag Restaurant and Thursday - Barlow Trail. 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. Under 60 please pay $6. Glad to pick you up! Call by 10 am same day.

Foot Clinic, Tuesday, January 14th, 10 am to 11:30 am. LPN will provide basic foot care. Includes toenail or fingernail trimming, nail filing. Bring a towel and $15.00. Clip, file and 10 minute foot massage for $22.00. Call for appointment. (503) 622-3331. Next clinic: March 18th.

Legal Assistance, Thursday, January 9th/February 13th. Volunteer attorney is available with a free 30 minute appointment offering legal assistance in areas such as estate planning, wills, consumer complaints, etc.

Call Sandy Senior Center for appt. 38348 Pioneer Blvd. (503) 668-5569.
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February 2014
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.

**January**

**Signup for all trips starts on January 2, 2014**

**Friday, January 10th, Trader Joes & Bob’s Red Mill:** Trader Joe’s will be our first stop on SE 82nd, then on to Bob's Red Mill for more shopping. Lunch on your own at Bob's Red Mill. Leave center 9:30 am. Transportation $5.

**Tuesday, January 21st: OSMI, USS Blueback Submarine Tour:** During this 45-minute long guided tour, you will get to peer through a periscope, touch a torpedo, climb in a bunk in the crew's quarters and much more. You will learn how a submarine works and get a glimpse into how a crew of 85 lived and worked within the Blueback's hull for months at a time.
OSMI is home to the U.S. Navy's last non-nuclear, fast-attack submarine, the USS Blueback (SS-581)! The Blueback was the first battle-ready class of submarines to use the teardrop hull. It was in official operation throughout the Pacific Ocean for 31 years. The USS Blueback served in the entertainment industry too! It appeared in the hit movie The Hunt for Red October and an episode of Hawaii Five-O and has been used as a location for a Discovery Channel documentary and various commercials. Entry fee and transportation $11.00. Leave center at 9:30 am.

**Friday, January 31st, Spirit Mountain Casino in Grande Ronde.** Leave Center at 8 am, Return about 5:00 pm. Transportation is $9.00.

**February**

**Tuesday, February 4th: Mt. Hood College Planetarium to see Deep Sky Wonders.** Take a virtual journey through space for an exhilarating experience while adding to your “what's up there” knowledge. Each show is presented under a realistic representation of the night sky, featuring the latest galactic, stellar and planetary images. Leave center at 5:00 pm. Transportation and entry fee is $7.00.

**Friday, February 28th: Mt Angel Wurstfest,** celebrating the mighty German (wurst) sausage, invites you to partake of the area sausage makers’ best varieties including bratwurst, currywurst, frickadellwurst, etc. plus sauerkraut, grilled onions or the award winning Monastery Mustards. German and other beer on tap. Selected cheeses, baked goods, chocolates, roasted nuts and other great delicacies Non-stop music and local dancing troops will perform their lively dances. Wurstfest will also celebrate Fasching (Carnival) so be prepared to join in the festivities and merry-making.
Come join us—we can almost guarantee that a good time will be had by all!! Transportation is $5.00. Leave center at 10:00 am.
NEWSLETTER: Our center is a non-profit 501c (3) charitable organization. Our mission is to support and promote activities and services in the community. We are asking you to donate $10.00 each year to offset our printing costs. Bring or mail your $10 to the center.

Name____________________________________________ Birthdate___________________
Name____________________________________________ Birthdate__________________
Address_____________________________________________________________________
City____________________________ Zip Code__________________________

DONATION: Donor Name:_______________________ Donation enclosed: $____________

MEMORIAL: In Memory of:________________________ Memorial Enclosed:$_________

Acknowledgement Address:_________________________________________________

Hoodland Senior Center, PO Box 508, Welches Or 97067
Thank You for Your Support!!!
Winter

Find and circle all of the Winter related words that are hidden in the grid.
The remaining letters spell a Japanese proverb.

BLACK ICE  BLIZZARD  BOOTS  CARNIVAL  CHRISTMAS  COLD  EGG NOG  FIREPLACE  FIREWOOD  FOG  FREEZE  FROST  GLOVES  HAIL  HEADBAND  HIBERNATION  HOCKEY  HOLIDAYS  ICE FISHING  ICICLES  KNIT CAP  LONG UNDERWEAR  MITTENS  OLYMPICS  PARKA  SCARF  SEASON  SKATES  SKI DOO  SKI PANTS  SKIING  SLED  SLEET  SNOW CASTLE  SNOW PLOW  SNOW SHOVEL  SNOW TIRES  SNOWBALL  SNOWBOARD  SNOWFLAKE  SNOWMAN  SNOWSHOES  SOLSTICE  STUDIO  STORM  STU  WIND CHILL  WOOL SOCKS
Happy New Year!

Help us help the senior center to grow
Get Involved
Check out our classes
Suggest new activities
Take advantage of what we do offer
Come to congregate lunch
Come to dinner
Check out this newsletter