

MEDFORD SENIOR CENTER

Fostering fun, food, activities, education, friendships and community with seniors!



February 2018

REPEAT...REPEAT...We will be closed if **Medford School District is closed due to weather**.....this information is usually on the local news stations and radio in the mornings. There may be other days due to weather but we will have to wait and see.

Presidents Day, February 19, the Center will be closed.

The Medford Parks and Recreation Community Connection Guide is available, pages 23 and 24 are dedicated to the Medford Senior Center programs. We plan on local trips the third Thursday of each month and these are outlined in the Guide. If you haven't received one where you live there are lots here at the Center.

Improvements to the Center in the first 1/2 of 2018 includes a new main entry door. Apologies as the current one cannot be fixed. Thank you for continuing to use the office door. Don't hesitate to press the buzzer if you need assistance.

Beverly Power

Bev.power@cityofmedford.org

Recreation Supervisor

| 541-774-2590

Heart disease can often be prevented when people make healthy choices and manage their health conditions.

News From The Board

You may have spotted a new person in the kitchen? Victor Simi is a volunteer helping from time to time with cooking and other kitchen needs.

Victor's history includes operations and management of restaurants and he works construction around the Rogue Valley.

Members comment on his friendly and supportive attitude and he enjoys working with seniors.

Jacqueline Glynn has accepted the member liaison position. Her duties include meeting and greeting inquiring parties. She will also be the point person for questions, comments or suggestions from the general membership.

Jacqueline is a long time member and truly enjoys working with others. Her joyful attitude is contagious and we appreciate her taking on this important responsibility.

Programming

Fall Prevention and In-Home Assessment

Older adults and family members concerned about fall-risk and interested in an assessment may contact Age Friendly Innovators to arrange an in-home evaluation.

Sharon@agefriendlyinnovators.org | 541-261-2037
agefriendlyinnovators.org

Team Senior—Free Class

Located at The Springs at Veranda Park,
1641 Veranda Park Drive. Register: 541-295-8230

Feb 14, 2pm Retirement in Other Countries
Would you move to Thailand to Save Thousands?

CRAFT SUPPLIES FOR SALE

We've been doing some very early spring cleaning at the Center and have oodles and oodles of craft pieces and parts.

All priced to sale on **Friday, February 23rd** in the main hall carpet area 12:00-3:00.

Bring your **CASH** and tell your friends...items include: yarns, beads, doll and teddy bear makings, wood items, paints, material, and more...

Don't forget ... Fridays 11-12 are very busy with the popular Mostly Country Band so plan your visit accordingly to ensure parking is available.

Christmas 2018

I know ... it's really early.

Members have been asking if we will be sponsoring the CASA program and ACCESS Shoebox program again and I said SURE, WHY NOT...hope you feel the same.

Suggestions for ACCESS program included knitting/crocheting adult size scarfs and hats. These would fit into shoeboxes fairly well.

Youth size knit or crochet hats, sweaters or scarfs also work for CASA. How about some homemade pillow cases the children can keep as their own, no matter where they might be staying? Please wash fabric before you sew. The ability to purchase items based on requests of children will be featured this year as usual.

Hold on to your items until late November please.

Lunch Music At the Center

MON	TUE	WED	THUR	FRI
Art Lumley, piano	Shirley Gilmore, piano Bob Belding, piano	1st: Art Lumley, piano 2nd: Old Time Fiddlers 3rd: Over Easy String Band 4th: Art Lumley, piano	Dan the "Piano Man"	Mostly Country

If you know of a group or person wanting to play for a grateful audience have them contact the Center.

Programming

Pie Social

Tuesday, February 13
During lunch

Valentines Day Special

Wednesday, February 14
Seafood Plate, usual prices

February Birthday Party

Thursday, February 15
During lunch
Pre-Register/Pay \$6.50 at Office

Schneider Museum Tour

Thursday, February 15
930—1
Pre-register/Pay \$5 at Office

Ice Cream Social

Friday, February 23
During lunch
Sponsored by Ashley Manor

Center Board Meeting

Tuesday, February 27
1:00

Medford Senior Center Board of Directors

Abe Carroll President
Dee Wilson Vice President
Lori Williams Financial Officer
Joan Kramer Secretary
Ryan Mallory Member
Rhonda Haynes Member
Jane Dalzell Member
Nina Duncan Member
Jane Wooton Member

Jacqueline Glynn, Non BoardMember Liaison

Jacqueline volunteers at the Center 8am-11am
Mon, Tues, Thur and Fri. She can be contacted via
the front desk 541-772-2273.

Volunteers Needed.....

Need volunteers to pick up bread from local companies on Mondays or Thursdays. Generally you need to have a vehicle to accommodate 2-3 boxes, we provide, of bread and dessert products.

Pick up time is 9:00am and includes Safeway one day and either Fred Meyer South or Franz Bakery one other day. Contact Sandi in the kitchen.

FRAUDS, SCAMS AND CONS

Join retired detective Ron Kohl to discuss the latest in frauds, scams and cons. This class will enhance your awareness of potential avenues of vulnerability and teach you how to prevent them as much as possible.

Several handouts will be available and you may want to bring items to take notes.

Tuesday | February 20 | 10:30-11:30

No registration required

Free to members, \$3 Non-members

Friday 9am-11am CRAFTS

Join Colleen and Odette in creating a Make and Take craft. FREE but sometimes a min charge for supplies is requested at class.

Feb 2 Groundhog Day/Color/Word Search

Feb 9 Make a Valentine

Feb 16 Chinese New Year Fan

Feb 23 Essential Oil Foot Balm

Activities List

Call 541-772-2273 for further information and to confirm dates and times.

Bingo: Mon. | Wed. 1:30pm; Sat. 12:30pm

500 Cards: Fri. 12:30pm

Book Discussion: 4th Mon. 9am

Walk In Bridge: Tues. 9am | Thurs. 1pm

Bunco: 2nd Fri. 12:30pm

Canasta: Tues. 12pm

Crafts: Fri. 9am

Dominoes: Tues. | Fri. 12:30

Jog your Memory: Thurs. 1pm

Line Dancing: Thurs. 1pm

Pinochle: Mon. | Fri. 12:30pm

Skip Bo: Mon. thru Fri. 8:30am

Spanish: Tues. 10am

Stretches: Tues. | Thurs. 9:30am

Writers: Thurs. 9:15am

Alzheimer's Support: Monday 11:15am and Wednesday 9am

Blood Pressure Clinic: 1st and 3rd Wed. 11am-12pm; hosted by Healthy Living Home Health

Hearing Clinic: 2nd Fri. 8am

Legal Services: 1st Wed. afternoon by appointment via the front office

RETURN SERVICE REQUESTED

info@medfordseniorcenter.org

541-772-2273

510 E. Main Street | Medford, OR 97504

Medford Senior Center

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