

MEDFORD SENIOR CENTER

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



April 2018

Happy April Everyone....

Ever notice how many "special" days are recognized every month?

April has Sorry Charlie Day, No Housework Day, Draw a Picture of a Bird Day, Peanut Butter and Jelly Day, and Cheeseball Day just to name a few. It can be difficult to pick just one to celebrate...but not this month.

This month we easily choose Volunteer Recognition Day. All of our **RSVP** registered volunteers and band performers will receive free lunch on Friday, April 20.

Please contact the front desk to register.

Thank you for your continued support.

Beverly Power

Recreation Supervisor
Bev.power@cityofmedford.org | 541-774-2590

Volunteer Recognition Day Friday, April 20.

No Food Service
Monday April 2
Kitchen Cleaning

Pie Social
Tuesday, April 10
NEW Sponsor: Clear Choice

April Birthday Party
Thursday, April 19
Members Only Lunch
Pre-Register/Pay \$6.50 at Office

Volunteer FREE Lunch Day
Friday, April 20
Register with office

Emergency Preparedness Series
April 23—25

**North Mountain Park
Nature Center**
Thursday, April 26
Van Leaves at 9:30

Center Board Meeting
Tuesday, April 24 | 1:00

Programming

TEAM SENIOR—FREE PROGRAM

The program is held at The Springs at Veranda Park, 1641 Veranda Park Drive in Medford.

April 11 | 2:00 Advance Directive Workshop

Pre-Register: 541-295-8230 | info@teamsenior.org

EMERGENCY PREPAREDNESS PROGRAM

Join our small party for three days of activities that will enhance your awareness of emergency services in the Rogue Valley. Need to enter/exit van with little assist.

Monday | April 23 | Van leaves 9:30

Visit with the Medford Police Department and learn about various department functions. Returns about 1130.

Tuesday | April 24 | 10:30 At the Center
Ron Kohl will discuss ID Theft.

Wednesday | April 25 | Van leaves 9:30

Visit the Emergency Dispatch Center and receive an overview of their functions and needs. Return by 12 noon.

When you register you are registering for all three programs. \$10 Pre-register/pay at desk.

AARP DRIVER SAFETY 50 AND OVER

A two day course taught by AARP trained instructors. You will learn defensive driving techniques, safety strategies, new traffic laws and rules of the road.

May 15 and May 16 | 12:30-3:45

Cost: \$15 AARP Members
\$20 Non Members

Register with the front desk.

ID Theft Class

Join Ron Kohl as he brings us useful techniques on how to avoid and spot ID Theft. No registration required.

Tuesday | April 24 | 10:30

Members free | \$3 non-members

Lunch Music At the Center

MON	TUE	WED	THUR	FRI
Art Lumley, piano	Shirley Gilmore, piano Bob Belding, piano	1st: Art Lumley, piano 2nd: The String Band 3rd: Over Easy 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

Member Birthday Party Lunch Thursday, April 19

Birthday lunches are once again every month. These are organized and led by member volunteers Yolande and Myra. Please be sure to register at the desk prior to party day so the kitchen will know how many meals to prepare.



APRIL CRAFTS

Fridays 9am-11am

Colleen and Odette continue offering their time in helping members create a Make and Take craft. **FREE.....**

April 6th - Burlap Pencil Holder. Please bring an empty soup can.

April 13th - "THIS IS ME" Collage . Bring copies of pictures of people or pictures of things that bring you joy or call to you in some way. I will have some general pictures at class.

April 20th - Coloring! Color your cares away or work on your drawing skills with Odette. There is usually a coloring/drawing day once a month. Come join us!

April 27th - Spring Planter. Please bring an empty tuna or cat food can if you are able.

North Mountain Park Nature Center

A small group (max of 8) will tour the Ashland Mountain Nature Center.

It's an interesting facility with seating both indoor and out in shaded areas. A flyer at the front desk has more information about the trip.



Thursday April 26 | Register/Pay at desk prior to April 25.
Min of 5 needed | \$5 per person

9:30am Leave Center. We should be back by 12:30. If you want lunch held for you we will inform cook before we leave the Center.

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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