

# MEDFORD SENIOR CENTER

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



## May 2018

Thanks to Scott Valley Bank who helped make the Volunteer Lunch Day happen. I hope you all enjoyed the small gift of a free lunch. You are appreciated.

Linda will be returning from Mexico and will be at the front desk in the mornings starting about mid month. We will enjoy having her back among us with her big smile.

Construction is closer to starting. We have the engineer and architect reports in hand as well as the preliminary building permits. We are awaiting completion of the required environmental assessment. The bid documents are being put together and should be out to contractors to bid by the time you read this. My hope is the projects can be done by end of summer.

*Beverly Power*

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

## National Blood Pressure Month

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Mon, May 7  
**No Food Service**

Tues, May 8  
**Pie Social**  
Prestige Senior Living  
Arbor Place

**May Birthday Party**  
**...Canceled...**

Tues, May 22 | 1pm  
**Board Meeting**

Thurs, May 24  
**Touvelle State Park Walk**  
Van Leaves at 9:30

Fri, May 25  
**Ice Cream Social**  
ClearCaption LLC

Mon, May 28  
**Closed for Holiday**  
BINGO as usual

**Board Opening**  
Applications available in the office!

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# Programming



## BLOOD PRESSURE

May is National Blood Pressure Month and a good time to remind ourselves of the importance of checking our blood pressure regularly.

The American Heart Association reports that nearly half of American adults have high blood pressure and many don't know it.

As a symptomless killer it quietly damages blood vessels and leads to serious health threats. While there is no cure, using medications as prescribed and making positive lifestyle changes can help enhance your quality of life and reduce your risk of heart disease, stroke, kidney disease and more.

The Center offers free blood pressure checks the first and third Wednesdays at 11am.

The program is sponsored by Healthy Living At Home and brought to us by board member Rhonda Haynes.

## FRIDAY CRAFTS | 9AM

- May 4: Cinco De Mayo Hats
- May 11: Fabric Covered Hangers
- May 18: Rock Painting
- May 25: Burlap Door Hanger

## BOOK DISCUSSION | 9AM

Monday, May 21

Read a book in the Fantasy and/or SciFi genre and attend ready to discuss.

## 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. Register at the front desk.

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

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

# Lunch Music At the Center

MON	TUE	WED	THUR	FRI
Anyone Interested?	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

## NEW FACES ON THE BOARD

In April the Board voted in two new members.

**Gary Crites:** Gary and wife Julie are residents of Medford and involved in many organizations. Gary's interest includes assisting in long term planning.

**Linda Swalley:** Linda is a resident of Medford and her interests are in helping with bookkeeping and assisting in long term planning.

This is just a small snippet of information about these generous people. Attend the May board meeting and get to know all the board volunteers who support the Center.

TUES | MAY 22 | 1PM

## NEW FACES IN THE KITCHEN

It is with great pleasure we welcome Tina Williams to the kitchen. Tina is enthusiastic and brings many years of cooking and baking experience.

Both Tina and Victor share a vibrant enthusiastic spirit to the Center and you can often hear the laughter out in the main hall.

We are happy to have them and they encourage you to stop by and say hello.

## Member Birthday Party Lunch June 21 | \$6.50 | Register/Pay at the office

Unfortunately our cooks are both away for the generally scheduled Member Birthday Party in May.

The June 21 Birthday Party will be for both May and June member birthdays.



## TOUELLE STATE PARK WALK

This is a beautiful day-use park located on the bank of the Rogue River and at the foot of the geologically prominent Table Rocks. Wildlife Refuge is next to this park and teems with local and migratory wildlife - a bird viewing paradise and a great flat walk.

Thursday May 24 - Register/Pay at desk prior to May 22.  
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:** 4<sup>th</sup> Mon. 9am

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

**Bunco:** 2<sup>nd</sup> Fri. 12:30pm

**Canasta:** Tues. 12pm

**Crafts:** Fri. 9am

**Dominoes:** Tues. | Fri. 12:30

**Jog your Memory:** Thurs. 1pm (no meeting May 24)

**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:** 1<sup>st</sup> and 3<sup>rd</sup> Wed. 11am-12pm; hosted by Healthy Living At Home

**Hearing Clinic:** 2<sup>nd</sup> Fri. 8am

**Legal Services:** 1<sup>st</sup> Wed. afternoon by appointment via the front office

RETURN SERVICE REQUESTED

[info@medfordseniorcenter.org](mailto:info@medfordseniorcenter.org)

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**Medford Senior Center**

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