

MEDFORD SENIOR CENTER

Fostering fun, activities, education,
friendships and community!



March / April 2019

OFF TO A GOOD START!

Our new hot lunch service launched on Tuesday Feb. 5, and we appreciate all who showed up to try out the new fare. We are aware there has been confusion over the signup sheets, and Alex has kindly offered to make the signup binder more user friendly.

Because we must order each Thursday for the following week's meals, we ask that you remember to sign up early in the week for the days you plan to have a meal at the Center. We must pay for all lunches we order, and the signup sheets will be our ordering guide. We will add a few extra meals to the total signups for each day, in the hope of accommodating any drop-ins. You can help ensure we order enough by making it a routine to use the signup sheets or call the office and ask staff to add your name on the days of your choosing.

Launching this new meal service has been a leap of faith, since we need volunteers in the kitchen to keep the meal program for our members. Thank you to the wonderful group of busy people who stepped up to help in the kitchen. However, more help is still sorely needed in order to continue serving hot lunches. The time commitment is approximately 2 ½ hours for each day that you volunteer.

If you can help, please phone our office: 541-772-2273
Or email: joanekramer@mac.com

Monday 8-12:30

Tuesday -Friday 8am to 3pm

Check lunch menus for movie times

Free to Members | \$2 Invited Guests

March 4 | Movie: The Proud Rebel

March 11 | Movie: Peggy Sue got Married

March 18 | Movie: Australia

March 25 | Movie: The Amazing Adventure

March 26 | 1pm: Board Meeting

March 28 | 12:30pm

Dogs For Better Living, Register at Center

March 29 | 1pm Membership Meeting

April 1 | Movie: Rear Window

April 8 | Movie: First Man

April 15 | Movie: Gone to Texas

April 22 | Movie: Chariots of Fire

April 29 | Movie: Dreamer

April 11 | 9am

Coffee With the City Parks Director

April 15 | 12:30pm

Prescott Park Trip, Register at Center

May 7 and 8: AARP Driver Safety Class.
Register at Center

WEATHER RELATED CLOSURES: The Center is closed when the parking lot is iced over and/or when the Medford School District is closed due to weather. We will be updating outgoing phone messages BY 7:30AM each morning when closed.

Medford Senior Center | 510 E. Main Street

Medford OR 97504 | 541-772-2273

Programming

BINGO - Join us for some Fun!

Wednesday: Card Sales 12:45pm—1:15pm • Games start at 1:30pm

Saturday: Card Sales 11:45am—12:15pm • Games start at 12:30pm

Sunday: Card Sales 12:45am—1:15pm • Games start at 1:30pm



\$5.00 Regular Packs – 10 Games Each

\$1.00 or 6 for \$5.00 for Giant Black Out

\$6.00 “Special” Packs – 6 Games

GARDEN CLUB PROGRAM

Horticulturist Aisha Young directs this hands on class. Gain insightful information on home gardening.

Supplies will be provided.

Members register by contacting the Front Desk; non-member registration requires payment with registration at the front desk.

Date: Wed, Apr 3, 10, 17 & 24

Time: 1-2:30PM

Members FREE | Others \$12

Everyone had a Great Time at the **Medford Police Department Tour in January.**

A very informative and interesting time was had by all.

The tour was presented by **CSO Todd Sales. Thank You!**



PRESCOTT PARK TRIP: Travel by van to the park for a walk on the relatively flat packed roadway. We don't hike steep trails and will enjoy beautiful views of the valley. Van is not ADA accessible. Members Only and registration is required.

Mon April 15 | Leave Center 12:30pm | Free

Music At the Center

MON	TUE: 11:30	WED: 11:30	THUR: 11:30	FRI: 11am
Potluck Movie Monday!	Shirley Gilmore, piano Bob Belding, piano	Art Lumley– piano Carol Reith –piano	Bob Shepard plays standards and more on his Keyboard.	Mostly Country

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

DOGS FOR BETTER LIVING | Thur | March 28 | Leave Center at 12:30pm

Learn about the special work this organization does by touring the training facility. Once we arrive the tour is one hour and may include a video demonstration with a demo dog and walking tour. Lots of seating is available at the site. Bring \$1 for entry, Register at the Front Desk

SENIOR BOOTCAMP | Mon and Wed | Drop In Fee \$3 | 10am-11am

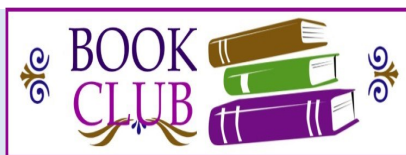
Led by Marc Mason, senior professional wellness coach, the program is adapted for all fitness levels. This is a fun and effective way to tone up, get stronger muscles / bones and improve balance and mobility.

TAI CHI | Wed | Drop In Fee \$2 | 9am-10am | Beginning March 6

Led by Peter Leonard with over 30 years as an instructor using traditional Chinese teaching methods. Relax while you tone and gently exercise your muscles. Presented with a focus on how the movements of legs and torso are the basis for motions of the arms and hands. Can be presented in a seated form for those who prefer.

COFFEE WITH THE CITY | Thursday, April 11 | 9am-10am

A representative of the Medford Parks, Recreation and Facilities Maintenance Department will be discussing the 2019-2021 budget plans for open space, recreation areas and general park growth. *No registration required. Members and Non Members Welcome!*



4th Monday Each Month | 9am

March 25: Non Fiction
April 22: Green Cover

No registration required. Come prepared to discuss book of the month.



Fabric Arts /Knit /Crochet Club with Alex

10:00am –11:20am

Every Wednesday in the Library .

**Bring a project and share some
laughs. Lets Create!**

Members and Non Members Welcome!

Special “Mouse Craft Pincushion” March 20 th

2nd Chance Boutique Open 8:30-2:30

Something for everyone! Women’s and Men’s clothing. Jewelry. Shoes. Books.

Music. Puzzles. Housewares.

Crafting and Fabrics and Yarn.

Volunteers Needed and Donations Welcome!

Monthly Activities List

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

Bingo: Wed 12:45pm Sat. 11:45pm | Sun 12:45pm

Book Discussion: 4th Mon. 9am

Bridge Walk In: Tues 9am

Bunco: 2nd Fri. 12:30pm

Canasta: Tues. 12pm

Pinochle: Fri 12:30

Lunch: Tues-Fri 11:30, registration needed

Dominoes: Tues. | Fri. 12:30

Jog your Memory: Thurs. 1pm

Line Dancing: Thurs. 1pm

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

Blood Pressure Clinic: 1st Wed 11:30am | 3rd Fri 11am

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

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