

MEDFORD SENIOR CENTER

Fostering fun. activities. education.
friendships and community!



June 2019

In a few weeks we will celebrate our Independence Day as a nation. What comes to mind for me are the fireworks displays and the get-togethers with family and friends. As we age, we can count on change, and some of us will find ourselves living alone. Nearly one third of seniors are in that boat, and when some of us develop sight or mobility problems, it can be more difficult to take part in the picnics and other festivities, where the ground may be uneven, or the picnic tables seem a daunting walk from the car.

When we have to consider the logistics of attending some outings, our social connections can become fewer—all the more reason to celebrate our Medford Senior Center, where the logistics are good, friends are waiting, the coffee is on, and food and fun are all part of the package.

Most of us feel twinges of loneliness once in a while, no matter how busy our days are, but joining in the camaraderie at our Center is a great remedy for chasing off the blues. Social connections keep us healthier, sharper, and feeling happier than those who stay isolated. Our overall better health is key to improving our odds of staying independent for the long haul.

As Independence Day nears, please consider an early renewal of your 2019/20 membership dues. Our new fiscal year begins on July first, so as we prepare to celebrate Independence Day, we can also look forward to a happy new year of friendships and coming together around our Center's family table..

Joan Kramer—MSC Board President

Monday 8-12:30

Tuesday -Friday 8am to 3pm

Movies are Free for Members

\$2 for invited Guests

June 3 | 10AM | Movie/Potluck

June 10 | 9:30AM | Movie/Potluck

June 12 | 8:45AM

N Mtn Park Nature Center/Ashland

June 14 | 9AM

Coffee With Medford Police Department

June 17 | 10AM | Movie/Potluck

June 18 | 12:30

Membership Meeting

June 21 | 9AM

Advanced Directives Wills/Trusts
Register by June 19

June 24 | 10AM | Movie/Potluck

June 28 | 1PM

Board Meeting

June 28 | 12:30PM | Humane Society

Closed July 4th

Programming

....BOARD OPENING....

There are now openings available on the Board of Directors. Members serve a three year term. The Board manages finances, legal obligations, kitchen, and fundraising.

Apply at the Center or have an application mailed (or emailed) to you by phoning 541-772-2273.

Please return application to Center by June 14 at 12 noon.

Membership Meeting is Tuesday, June 18 at 12:30pm.



Southern Oregon Humane Society | Fri | June 28 | 12:30

Tour kennels, cat room, volunteer station and hear a presentation from Judy, a Volunteer. **\$3 / Register at the Front Desk; donations at the venue are appreciated.**

COFFEE WITH THE MEDFORD POLICE DEPARTMENT

Friday, June 14 | 9am-10am

Join representatives for informal discussion on safety and whatever else might be on your mind. No registration is required. Members and Non Members Welcome!



BINGO

Game information at www.medfordseniorcenter.org

- 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



Music At the Center

MON	TUE: 11:30	WED: 11:30	THUR: 11:30	FRI: 11am
Movie Monday! Potluck	Shirley Gilmore, piano Bob Belding, piano	Art Lumley— piano Carol Reith —piano 2nd Wed: Old Time Fiddlers	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.

SENIOR BOOTCAMP

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

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, gain strength in muscle / bones and improve balance and mobility.

June 3—June 26; No class July 1 and 3

TAI CHI

Wed | Drop In \$2 | 8:45-9:45am

Relax while you tone and gently exercise your muscles. Presented by Peter Leonard 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.

North Mountain Park Nature Center | Wed | June 18 | 8:45AM

The demonstration gardens are maintained by volunteers using sustainable gardening methods. A guided tour begins at 9:30am and is one hour in length. Back by 11:30.

Cost: \$5 per person | Limit: Min 4 | Max 7



BRITT PERFORMANCES



Teddy's Discovery Tuesday | Tues, July 30 | Begins at 7:30pm

Britt Festival Orchestra Spectacular | Sun, Aug 11 | Begins at 8:00pm

Sponsored by Britt Festivals who also provide bus transportation from the Center. Registration is now available **FREE** to members who have renewed for the 2019-2020 year.

Contact the front desk. One per member; max two per household.

Crafts With Alex

Thur, June 13: Memory Frames-Reg by 11th

Thur, June 27: Ribbon Embroidery -Reg by 25th

Materials Provided. Registration Required

5 Max, **Members FREE; Public \$3**

Fabric Arts /Knit /Crochet Club

Wed | 10 –11:20am

Bring a project and share laughs. Some yarn, tools and easy patterns are available.

Members and Non Members Welcome!

VOLUNTEERS NEEDED

The Manor donates very nice merchandise to our 2nd Chance Boutique. We need a team of two helpers to pick up donations once, sometimes twice, a month. An SUV or truck would be ideal although mid-sized to large sedans should accommodate the usual load. If you, a family member or a friend is willing to help out please call 541-772-2273.

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/3rd Tuesdays 11:30am Made possible by Southern Oregon 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