

MEDFORD SENIOR CENTER

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



September-October 2019

Monday 8-12:30

Tuesday -Friday 8am to 3pm

My granddaughter Katie recently had fun picking peaches from a tree I planted three years ago, and we soon enjoyed sharing one of the plump, tree ripened fruits. Last winter, the young tree's bare branches held the promise of things to come. And in early spring, peach blossoms brightened the view from my back window. Over the summer, the buds of fruit grew larger, clustered mostly on the lower branches. Then on an August Sunday, the blush on the fruit was at its peak and it was time to harvest the little tree's first offerings. Now I'm waiting on a bumper crop of cherry tomatoes to deepen in color, and for clusters of grapes to grow larger and sweeter on the vine. This is all happening in spite of my pathetic gardening skills. I didn't plan on the explosion of cherry tomatoes, propagated from last year's dropped fruits. I'll have grapes in September, because Mother Nature knew what to do, once I planted the bare vines. I'll see pomegranates in October or November for the same reason. I can't help but think about how satisfying it was to see that little peach tree thrive and bear fruit. Yet there would have been nothing to reap if I hadn't first planted something and watered.

Even our smallest gestures can begin to cultivate and grow our membership. Invite a friend or welcome a newcomer, join the membership committee, leave a few brochures at your church or community bulletin boards, check on a member you haven't seen for a while. Small deeds can make a big difference. Please take a moment to fill out the short survey included with this newsletter; then mail it in the self-addressed envelope, or give it to the office. We look forward to your responses.

Joan Kramer, President—Board of Directors

Monday | Sept 2 | CLOSED

Monday MEMBER Movies

10am start time except
Oct 7, 14 | 930 start time

Wed | 8:45am

Tai Chi

Mon, Wed, Fri | 10am

Senior Boot Camp

Thur | 11:30am

Gentle Hatha Yoga

Thur | Sept 19 | 11am

FLU Shot Clinic
Hosted by Rite Aid
Paperwork at Office

Fri | Sept 20 | Oct 18 | 11:30am

PIE and ICE CREAM SOCIAL
With Lunch

Sponsored by AVAMERE

Tues | Sept 24 | Oct 22 | 1pm

Board Meeting

Thur | Oct 17 | 9am

Prescott Park Trip / Register

Thurs | Oct 31 | 12:15

Trick or Treating at the Center
With Santo Preschool Kiddos

Programming

VOLUNTEER SPOTLIGHT

Nina Duncan / Debbie Jackson



It takes an enormous effort to ensure all records meet state mandated requirements and if you are a BINGO player you can't help but notice the paperwork at the main desk that takes place before, during and after sales/games. Nina and Debbie spend many hours ensuring BINGO is ready to go and runs smoothly.

They also ensure snacks and beverages are available for players. BINGO is the number one financial means the Center has in paying our

CRAFTS

Alex will be continuing the FREE drop in knit/crochet program on Wednesdays at 10am.

She also has FREE crafts scheduled for Thursdays at 10am, Sept 12, 26 and Oct 10, 24. Need to **pre-register for the craft program** 3 days ahead at desk. Free

CRAFTS

Halloween Costume Parade!



Once again the Santo Community Center Preschool kiddos will be visiting to Trick or Treat at the Center.

Thursday October 31st | 12:15



No registration required. Book subjects:

Sept: Health | **Oct:** Superstition

4th Mon each Month / 9:00am

Lunch Music At the Center

| MON | TUE | WED | THUR | FRI |
|--------------------------------------|--|---|---|----------------|
| Monday Movies No Lunch Served. | Shirley Gilmore, piano Bob Belding, piano | 1st: —Art Lumley 2nd: String Band Fiddlers 3rd/4th: Art Lumley | Bob Shepard plays standards and more on his portable Key-board. | Mostly Country |

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

Rite Aid Flu Shot Clinic

Thursday | September 19, 11am.

No copay or out of pocket for those who bring Medicare Part B or state insurance card. Private insurance can be billed by Rite Aid. Cost has not been determined yet for those needing to pay. Contact the center after September 1st for that information.

Paperwork can be picked up ahead of schedule and brought with you the day of the clinic along with your insurance card. No pre-registration required. **Thank you RITE AID.**



GENTLE HATHA YOGA FOR ADULTS 60 AND BETTER

Stretch and strengthen while easing stress. This class is designed with the belief that Yoga can be practiced by anyone, and is instructed at a slow and gentle pace. Includes Yoga postures, breath work and deep relaxation. Wear comfortable loose attire, bring your Yoga mat and foldable blanket. Instructed by Susan Jaques, a certified Integral Meditation/Hatha Yoga Instructor.

When: Tues | 11:30am

Cost: \$5 drop in or \$15 for four classes / pay instructor



Member Holiday Lunch

Friday | Nov 15 | Reg/Pay at the Center by Nov 8

Doors open at 10:30am; Meal served 11:30am - 1:00pm

Cost: \$10 with new unwrapped gift for child ages 1 -18 for CASA; \$15 without gift

We know it's early but put this on your calendar. Menu (subject to update) includes: turkey, mashed potatoes, stuffing, yams, green bean casserole, dinner rolls and pumpkin or apple pie! Center volunteers and Board members will be cooking and serving. Interested in helping? Please contact us at 541-772-2273.

MAKE A DIFFERENCE FOR MEDFORD SENIOR CENTER!

The Medford Senior Center invites current members, interested in making a difference for our Center, to apply to serve on our all-volunteer Board. Ideal candidates will regularly attend and participate in board meetings, serve on one or more committees, help promote our Center's visibility in the community, and assist with fundraising projects.

Applications are available in the Medford Senior Center office. For more information or if you have questions, please contact Joan Kramer, Board President: 541-930-2596.

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: Tues. 9am

Canasta: Tues. 12pm

Pinochle: Wed. 12 noon | Fri. 12:30pm

Lunch: Tues. thru Fri. 11:30, registration needed

Boot Camp: Mon. | Wed. | Fri. 10am

Yoga: Tues. 11:30am

Jog your Memory: Thurs. 1pm

Line Dancing: Thurs. 1pm

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

Spanish Conversation: Tues. 10am

Stretches: Tues. | Thurs. 9:30am

Writers: Thurs. 9:15am

Tai Chi: Wed. 8:45am

Bunco: 2nd Fri. 12:30pm

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

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