



BETWEEN MOMENTS

Your in-between guide to programs, events, and reminders

325 NW Dogwood Ave., Redmond, Oregon

(541)548-6325

www.RedmondSeniors.org

NEWS & ANNOUNCEMENTS

MORE THAN A BUILDING: YOUR GIFT KEEPS OUR DOORS OPEN

Here at Redmond Senior Center, we serve nearly 300 people every day and provide about 40,000 meals each year. But what really happens here goes far deeper than meals and activities. This is where friendships form, where lonely afternoons become connected ones, and where our neighbors find the support they need to stay healthy and independent.

The research backs up what we see every day. Social isolation among older adults carries a 50% higher risk of premature death. That's comparable to smoking up to 15 cigarettes a day and adds an estimated \$6.7 billion in annual Medicare costs nationwide. Senior centers like ours are the front line of prevention, keeping people

connected, nourished, and out of emergency rooms.

Here's the challenge: our annual operating budget exceeds \$700,000, and every single year, we must raise significant funds just to close the gap. That's where you come in, and we've made it easier than ever to help.

Join the 12 for 12 Campaign

Our 12 for 12 campaign is simple: give \$12 a month for 12 months. That's less than a movie ticket each month, but multiplied across our membership, it provides steady, reliable support for meals, wellness programs, and the daily operations that keep our doors open. Consistent monthly giving means we can plan confidently and focus on what matters: serving you and your neighbors. Together, small monthly gifts create a lasting impact that helps ensure the Center remains a welcoming place for years to come.

October 19, 2026

The End of Year Ask

For those able to give more, our End of Year Ask aims to raise \$100,000 by December 31. This campaign closes our annual funding gap and ensures no program gets cut, no meal gets shortchanged, and no neighbor loses their connection to community. Funding a senior center isn't simply charity—it's practical arithmetic: every proactive dollar saves far more in avoided hospitalizations and lost independence down the road.

With 10,000 Americans turning 65 every day and demand for senior services rising now, not someday, your support has never mattered more.

Whether it's \$12 a month or a year-end gift, every dollar stays right here in Redmond. Donate today at redmondseniors.org or stop by the front desk. Because this is your community, your senior center, and your move. ●



REDMOND, OREGON SENIOR CENTER
Engage. Connect. Thrive.

3 Reasons to Give

- 1 It's preventative care — outside the hospital.**
50% higher risk of premature death from social isolation.
Connection keeps neighbors healthier and ER visits down.
- 2 Your dollars stay local.**
50% higher risk of dementia.
300 people served daily.
40,000 meals a year.
Your gift funds meals, wellness activities, and friendships right here in Redmond.
- 3 It's arithmetic, not charity.**
10,000 Americans turn 65 every day.
Yay proactively now — or reactively later, with an ambulance ride as the delivery method. Demand is rising now.

REDMOND

Stronger People. A Brighter Tomorrow.

DONATE TODAY →
at redmondseniors.org

ACTIVITIES & EVENTS UPDATES

MARK YOUR CALENDARS: A FORTNIGHT OF FUN AT THE REDMOND SENIOR CENTER!

Autumn is in full swing, and the Redmond Senior Center has packed two weeks—October 12th through 23rd—with creativity, learning, delicious food, and even a chance to save a life. Here's your day-by-day guide to all the action!

Monday, October 12th – Arts & Crafts with Sonya

The fun kicks off at 1 PM with Dried Flower Bookmarks! Create a beautiful, botanical keepsake perfect for marking your place in that novel you've been meaning to finish. Just \$3 for members and \$5 for non-members.

Wednesday, October 14th – Wellbeing Talk: Cancer Awareness

At 12:30 PM, join Dr. Ken Scholtz for an important and informative talk on cancer awareness. This event is free and open to the public, so bring a friend or neighbor—knowledge is for everyone!

Friday, October 16th – Happy Hour with Lindy Gravelle

Unwind at 1 PM with the wonderful Lindy Gravelle! Attendance is free, with \$3 beer and wine, \$1 sodas, and complimentary appetizers. Come for the refreshments, stay for the fantastic company!

Monday, October 19th – A Double-Header Day!

It's a busy Monday with not one, but two great events:

- **Cooking with Angela at 1 PM:** Learn to make a seasonal showstopper—Quinoa and Mushroom Stuffed Acorn Squash! Only \$3 for members and \$5 for non-members. Your taste buds will thank you!
- **Creative Co-op at 1:30 PM:** Bring your own creative project and enjoy the camaraderie of fellow makers. Knit, scrapbook, paint—whatever inspires you!

Tuesday, October 20th – Painting with Jan

Channel your inner artist at 1 PM! For just \$10, all supplies are provided—just bring yourself and your creativity. No experience necessary!

Wednesday, October 21st – Fall Flower Arrangement Class with Ann

At 1 PM, learn to craft a stunning seasonal centerpiece. For \$20, supplies are included, and your Thanksgiving table will be all the more beautiful for it!

Friday, October 23rd – Red Cross Blood Drive

Close out the two weeks with something truly meaningful. From 9 AM to 2 PM, the Red Cross Blood Drive will be open to the public. Every donation can help save lives—what a wonderful way to give back!

Don't Miss Out!

With crafts, cooking, community, and causes that matter, there's truly something for everyone this October. Spots fill up fast, so call the Redmond Senior Center today to reserve your place. We can't wait to see you there! ●

 ★ COMING ACTIVITY! ★ <i>Writing is Fun!</i> With Eileen Tannich Gose	Discover Your Inner Storyteller! No Writing Experience Needed! Create • Connect • Imagine • Have Fun	Every Monday in November • 2:00 PM - 3:00 PM Redmond Senior Center \$3 for Members • \$5 for Non-members Registration required — Register at the front desk.	 Redmond, Oregon Senior Center
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