



SENIOR MOMENTS

COMMUNITY | WELLNESS | ENGAGEMENT

JULY

2025

FREE

NEWS MAGAZINE

Social Wellbeing Month

At the Senior Center's Wellbeing Series

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12 for 12 — A Year of Heartfelt Giving



At the Redmond Senior Center, we cherish the quiet power of showing up—month after month, moment after moment—for the people who need us most. That’s the soul behind our new 12 for 12 Campaign: a heartfelt invitation to give \$12 a month for 12 months, ensuring our older adults can thrive in a space filled with care and connection.

Imagine this—your \$12 becomes a warm meal shared among friends, a moment of joy at a dance or a game night, the chance to learn something new, or even the comforting smile of someone who whispers, “I’m so glad you’re here.” It’s more than money; it’s hope, laughter, and dignity wrapped into every precious dollar.

The Senior Center isn’t just a building. It’s a haven. It’s where loneliness gives way to love, where someone at 75 discovers friendship anew, and where life’s purpose proves ageless. For so many, it’s their lifeline—their home.

When you pledge \$12 a month for one year, you’re not just donating—you’re making a powerful statement: “You matter. Your life, your health, your happiness—they all matter.” Every name of those who join this movement will grace our Wall of Donor Support—a tribute to the compassion that keeps our community whole.

This campaign doesn’t end, because the need doesn’t. It’s ongoing, just like the bonds we form here. Whether you’re local or far away, young or young-at-heart—if your heart beats for the seniors of Redmond, this is your chance to make an enduring difference.

Join the 12 for 12 Campaign Today. Let your kindness ripple through countless lives, twelve times over. Because \$12 a month isn’t charity—it’s love amplified, it’s humanity in action, it’s the heartbeat of our community.

To sign up, visit redmondseniors.org/12for12 or stop by the Senior Center.

Together, let’s build a legacy of love—one that warms hearts for years to come.

What Is “12 for 12”?

At the Redmond Senior Center, we believe that every senior deserves a vibrant, connected, and supported life. That’s why we’re launching the “12 for 12” Campaign — a simple yet powerful way for you to make a lasting impact. Your generosity will help provide meals, wellness programs, social activities, and essential support services that keep our seniors active, healthy, and engaged.

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www.RedmondSeniors.org/12for12

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Letter From the Editor

A personalized greeting from the man in charge.



James Morris
Editor of Senior Moments

Welcome to July's Issue of Senior Moments

— Where Connection is the
Heart of the Matter

Hello friends,

This month, we're turning up the sunshine and spotlighting something that doesn't come in a bottle of SPF: Social Wellbeing. It's more than just waving to your neighbor or trading zucchini from the garden (though we fully support both). It's about building meaningful relationships, staying engaged, and making memories with the people who bring warmth to your days.

Social wellbeing isn't a luxury, it's a necessity, like coffee in the morning or having a good chair that doesn't squeak during bingo. Studies show that maintaining strong social connections can boost your mood, sharpen your mind, and even improve your physical health. At the Redmond Senior Center, we believe laughter is a form of medicine, and shared stories are the threads that keep the fabric of our community strong.

So, this month, we invite you to step into something social. Whether it's joining us for Happy Hour, grabbing a seat at the Memory Games, singing your heart out at Karaoke, or attending one of our Wellbeing Series talks—every handshake, hello, and “Hey, haven't I seen you at line dancing?” counts.

We're also featuring inspiring stories of members who've found friendship in unexpected places, plus tips on staying socially connected in today's high-tech (and sometimes too-fast) world. And don't miss our Wellbeing Connect gathering later this month, it's your chance to meet, mingle, and maybe even learn a little.

So, let's make this July a month of joyful connection. Come alone, leave with a smile—and maybe a new friend or two. Because at the Redmond Senior Center, you're never just a face in the crowd. You're part of something bigger. You belong here.

Stay social, stay smiling,

Community & Volunteerism

Highlighting volunteer opportunities, member spotlights, and ways seniors can give back.

The Legacy of Giving — How Volunteering Shapes Generations

By James Morris



They say you can't take it with you—but if you volunteer your time, your legacy just might hitch a ride in the hearts of future generations.

Volunteering, often dismissed as a noble hobby for retirees or overachieving high schoolers, is in fact the golden thread that stitches generations together. It's the quiet force that lifts communities, builds bridges, and hands off a better world like a well-worn baton in life's longest relay race.

Let's be clear: volunteering is not just soup kitchens and roadside cleanup (though bless those who wield soup ladles and garbage bags like heroes). It's grandparents mentoring teens, kids collecting canned food with crayon-made flyers, and mid-career professionals using their weekends to build homes, write grants, or teach financial literacy.

And it's not just about the good it does now, it's about the ripple effect that carries through time like a story passed down by the fire.

Grandma's Hands (and Hammer)

Back in 1978, a woman joined a community outreach team in Redmond, Oregon, where she taught basic computer skills on machines the size of Volkswagens. Decades later, in 2025, her granddaughter is now leading

a nonprofit coding camp for underprivileged youth.

The technology may have evolved, but the spirit behind the effort remains the same—lifting others up, one keystroke at a time.

Monkey See, Monkey Volunteer

Children who witness parents or grandparents volunteer are far more likely to grow up to do the same. It's the ultimate form of silent mentorship. When kids see you give your time, they learn that impact doesn't always wear a paycheck. It often wears a name tag and gives high-fives freely.

Studies show that 80% of teens involved in service projects trace their desire to volunteer back to watching someone they admire give selflessly. Legacy isn't just money in a will—its values etched in memory.

The Generosity Gene (Spoiler: It's Not Genetic)

Volunteering is contagious. Like yawning. Or dance moves at weddings. And thankfully, it spreads across generational lines. When seniors volunteer, younger generations often step up—not to outdo, but to honor. When Boomers started mentoring Millennial entrepreneurs, who then mentored Gen Z activists, a beautiful chain reaction formed. It's the kind of inheritance that won't get taxed and can't be stolen.

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Echoes in the Community

Beyond the family tree, volunteering leaves echoes in the broader community. A single act—reading to children at a library, building a park bench, organizing a neighborhood drive—becomes a story retold, a reason someone else joins in.

These stories form the folklore of a town. They're the invisible ink behind every community mural, food pantry, and youth center. They tell future generations: "This place was built with love, by hands not seeking applause."

Leaving Footprints, Not Just Fingerprints

At the end of the day, we all want to know we mattered. That we left a mark. But the most enduring marks aren't etched in stone—they're carved in spirit.

Volunteering gives us that. It gives us the chance to shape a world we may never fully see, to hold a torch we may never watch fully light the way. But we pass it anyway, knowing someone will carry it forward.

Because that's the legacy of giving.

And if you're wondering where to start? Grab a broom, a book, or a bingo card. Someone's waiting for you. And someone's watching you—ready to follow in your footsteps.

Author's Note: If you've ever volunteered and thought, "Well, that was a small thing," remember this: small things become big things—especially when passed down like heirlooms.

So go on. Be someone's heirloom.

FUN FACT One Starfish at a Time: The Cowen Family's Legacy of Service

When Arlene and Frank Cowen retired from careers in education and public service, they didn't slow down—they leaned into a new rhythm of purpose. In 2010, Arlene began volunteering at the SOVA Community Food & Resource Program in Van Nuys, California, after a suggestion from her daughter. What started as a way to stay active quickly became a lifeline. "I felt useless," Arlene recalled. "But then I toured SOVA and I knew this is where I belonged."

Frank soon joined her, and together they became pillars of the pantry team—greeting clients, organizing supplies, and offering dignity along with groceries. Their commitment endured through heatwaves, rainy days, and even a pandemic. "Our schedule revolves around SOVA," Frank said. "We're loyal, and they know they can count on us."

But their story doesn't end there. The Cowens' daughter works in Jewish nonprofit leadership, and their grandchildren are already assembling care kits for unhoused neighbors. The ethic of service runs deep—back to Arlene's grandmother, who hosted dollar lunches for charity, and her father, who volunteered with Jewish War Veterans. "We believe in l'dor v'dor—from generation to generation," Arlene said.

For the Cowens, volunteering isn't just a good deed—it's a way of life, a bridge between generations, and a testament to the power of showing up for others.

This story comes from <https://www.jfsla.org/news-insight/one-starfish-at-a-time-volunteering-across-generations/>

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**"We all work together in Redmond
to care for each other."**



Partners In Care

**Hospice
Home Health
Hospice House
Transitions
Palliative Care**

**Thank you to all our Partners In Care
Nurses and Home Care Aides who
care for our Redmond neighbors!**

During May and June, we celebrate the hard work that nurses and certified nursing assistants do every day to take care of medically fragile patients and their families across Central Oregon. These team members provide exceptional, skilled support that helps improve quality of life for those they serve.

Each day our nurses and home care aides are helping Redmond neighbors:

- + Regain their independence with home health care after a surgery or hospitalization
- + Enhance their quality of life by compassionately listening and supporting unique needs
- + Improve wounds by helping with dressing changes
- + Maintain dignity while seriously or terminally ill with regular bathing and grooming
- + Learn more about medication usage by providing information and education
- + Connect with resources throughout the community for additional support

If you or someone you know needs hospice, home health, or palliative care support,
contact Partners In Care at (541) 382-5882 or visit PartnersBend.org

Volunteer Spotlight Mike Hempstead

—Driving Kindness, One Meal at a Time

By James Morris



Mike Hempstead, Meals on Wheels Volunteer Driver

There's nothing quite like a hot meal delivered with a warm smile—and for so many in our community, that smile belongs to Mike Hempstead. If you're a Meals on Wheels recipient or volunteer, chances are you already know Mike, or at least you've heard about his legendary kindness and infectious spirit.

Mike's journey as a Meals on Wheels volunteer started years ago, driven by a simple desire: "I like it—it gives me satisfaction," Mike says with a humble shrug. But speak to him for five minutes and it's clear it's much more than that. For Mike, delivering meals isn't about food, it's about friendships. He's quick to share stories about his favorite clients, like the "very kind and joyful" gentleman whose gratitude and spirit have left a lasting mark: "He's my favorite," Mike admits, recounting the time he even got to play a small part in helping out during a tough medical moment.

Mike's advice for aspiring volunteers? "Just do what your heart says," he encourages. He admits the job isn't always easy, routes can sometimes be confusing, and clients' needs are sometimes unpredictable. But he insists, the rewards far outweigh any minor inconveniences. "Just do it if you want to," he says—sage advice for anyone considering service.

Before finding his way to Central Oregon, Mike's journey spanned the country. Born in San Francisco and raised in San Diego, Mike worked in Florida for over a decade before his travels brought him here in 2015. His professional life was just as varied: Emergency room nursing, psychiatric care, and even antiques have all colored his rich tapestry of experience. In fact, if you ever need something appraised or want to hear stories about a hidden painting found at a San Diego auction for a dollar (now a prized possession!), Mike's your guy.

But life isn't all work for Mike. For over 25 years, racquetball was his game, until knee surgeries nudged him gently to pick up pickleball—a sport he now plays passionately alongside his wife at the local center. And then there are the dogs: five border collies and a Kerry blue terrier, all part of the family and occasional travel

companions on cross-country adventures.

Ask Mike about antiques, and his eyes light up—he's an avid hunter for treasures at estate sales and auctions, reselling finds for a bit of extra income and, undoubtedly, a lot of joy. "It's always like finding stuff," he says, "you never know what you're going to find!"

Despite his many interests, Mike is quick to shift the spotlight away from himself, singling out the hard work of the program coordinator and his fellow volunteers. "She's really the heart," he insists, showing that even in the highlights, Mike's focus remains on serving others.

Thank you, Mike, for all that you do for Meals on Wheels and for the countless ways you enrich our community. Whether you're delivering meals, finding antiques, or joining a rowdy pickleball game, you remind us that kindness, generosity, and a little adventure go a long, long way.

If you've ever wondered about volunteering, take a page from Mike's playbook—follow your heart and just do it!

FUN FACT

3 Fun Facts about Mike Hempstead

1. Mike once found a prized painting at a San Diego auction for just \$1, and still has it 30 years later.
2. He and his wife both enjoy playing pickleball together and often play with a regular group.
3. Mike is an avid treasure-hunter—he travels around the country with his wife, finding antiques and collectibles to resell.

Summer Fun Day

Cool Times with the Grandkids!

Mark your calendars and break out the sunscreen—Summer Fun Day is coming to the Redmond Senior Center on Wednesday, July 30 at 1:00 PM, and you won't want to miss it!

We're turning up the fun and turning down the stress with a free afternoon of laughter, color, and cool treats—perfect for grandparents and grandkids to make memories together. Whether you're 8 or 80, there's something for everyone!

- **Tye-Dye T-Shirts** – Grab a white tee and get ready to swirl, squirt, and spin your way into wearable art!
- **Slip and Slide** – Let the kids burn off some energy (and cool down) with classic summer fun.
- **Ice Cream Treats** – What's summer without a scoop or two? Enjoy sweet, frosty favorites together.
- **Surprise Activities** – From bubbles to backyard games, we're adding more fun to the mix!

Admission is free, and the only thing you need to bring is your playful spirit. This is a fantastic chance to enjoy some cross-generational joy and see the Senior Center in full swing.

Let's make this a summer day to remember! See you there!

Activities & Events

Upcoming events at the Senior Center, recaps of past activities, and recommendations for outings.

Bend, Stretch, and Smile

— Why Therapeutic Mobility Is Your Secret Superpower in the Golden Years



By Angela Boock, Program Coordinator

pleasant to be around. (You're already lovely—but even your cat will notice.)

The Social Stretch

There's another hidden benefit: community. Moving together in a group class isn't just fun, it's motivating, encouraging, and surprisingly hilarious when someone accidentally stretches their arm into their neighbor's water bottle (it happens). Laughter is great for the lungs, too!

Try It at the Redmond Senior Center!

If you've been thinking, "This all sounds great, but where do I start?"—I've got good news. The Redmond Senior Center offers a fantastic Therapeutic Mobility class that includes therapeutic mobility-style movement, led by professionals who know how to help you feel better in your body—without ever making you touch your toes or chant anything weird.

Class Details:

- Therapeutic Mobility
- Redmond Senior Center

- Every Monday and Wednesday at 10:30 AM
- \$5 for members | \$10 for non-members

Whether you're brand new to movement or just want to keep your joints limber and your spirit lifted, this class is for you.

So come as you are. Sit down. Stretch a little. Laugh a lot. And leave feeling better than when you walked in. That's the therapeutic mobility promise.

PS: If you can breathe, you can do this. If you can smile, even better. Reserve your spot today by calling the Redmond Senior Center at (541) 548-6325 or just show up and say, "I'm ready to move!"

Let's be honest—aging can feel like your body is slowly turning into a rusty lawn chair. You still work, play, and live with gusto, but that creaky knee or stiff back might occasionally stage a protest louder than a toddler who missed naptime. Enter: Therapeutic mobility, the gentle, joyful, and surprisingly powerful way to loosen up, lift your mood, and take back your groove—without ever leaving your seat.

So, What Is Therapeutic mobility Anyway?

Therapeutic mobility is exactly what it sounds like—yoga exercises you do while sitting down (or holding onto a chair for balance). No fancy mats. No headstands. Just simple, guided movements designed to help you:

- Improve flexibility
- Build gentle strength
- Boost circulation
- Reduce joint pain
- Calm your mind

And yes, you might even improve your posture enough to finally win that long-standing family argument about who's taller.

Why It Works—According to Science and Common Sense

As a physical therapist, I often tell my clients: Motion is lotion. Your joints thrive on movement. The more you move (safely), the better they function. Therapeutic mobility promotes healthy range of motion, strengthens muscles to support aging joints, and improves balance—one of the most crucial skills for fall prevention. It also helps oxygen move through the body and brain, giving you more energy and clearer thinking. Think of it as your body's "reboot" button.

Even better, therapeutic mobility can boost your mental wellness. Regular movement releases feel-good chemicals that lower stress, ease depression, and make you more



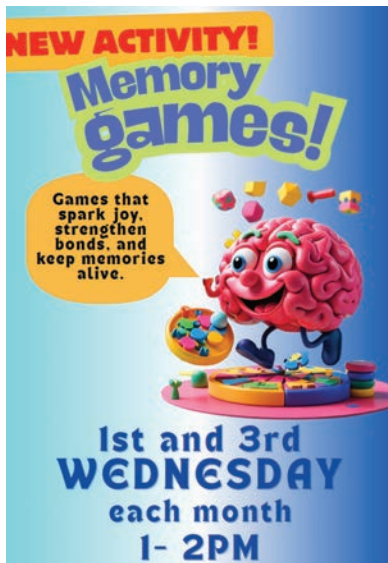
Summer Fun & Wellness

—July at the Redmond Senior Center

By James Morris

Summer's in full swing, and so is the fun at the Redmond Senior Center! If you've been waiting for the perfect time to reconnect, recharge, and maybe rock the mic—July is your month. From brain-boosting games to rockin' karaoke sessions and vital health education, we've packed the calendar with something for every interest and energy level.

Let's take a peek at what's heating up (besides the sidewalk) at the Senior Center this July:



Memory Games: A Workout for Your Brain!

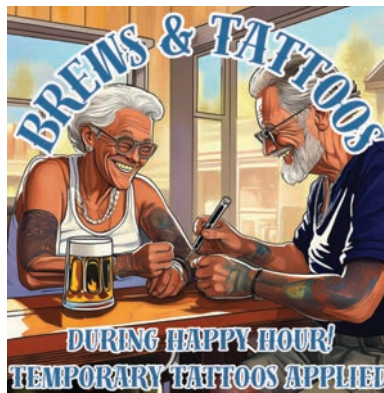
When: 1st and 3rd Wednesday of each month

Time: 1:00 PM

Where: Multipurpose Room

Forget CrossFit—this is Cross-think. Join us for Memory Games, a specially designed group activity that focuses on strengthening cognitive function and giving your brain a healthy nudge in the right direction. Whether you're experiencing early signs of dementia or just want to keep those mental wheels turning, this is your chance to play, laugh, and sharpen your mind in a friendly environment.

It's like trivia night met a brain gym
and had a blast—come give it a try!



Brews, Tattoos & Karaoke: A Friday Fiesta Like No Other!

When: Friday, July 18

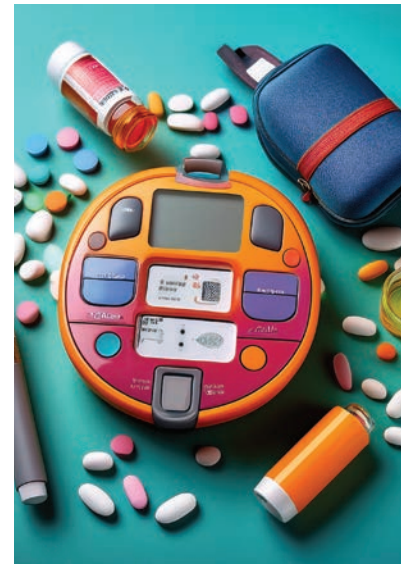
Time: 1:00 PM

Where: Dining Hall

It's bold. It's fun. It's got DJ Sophan spinning the hits while you bring the vocals! "Brews, Tattoos & Karaoke" is part party, part performance, and 100% pure joy.

Not only will we have a lineup of classic sing-alongs and crowd-pleasers queued up, but we're also throwing in temporary tattoos to let your inner rock star shine. Whether you're channeling Elvis, Aretha, or just feeling a little more daring than usual, this afternoon promises good vibes and unforgettable memories.

Non-alcoholic brews and mocktails provided. Your dignity? Well, that depends on your song choice.



Special Health Class: Living Well with Diabetes

When: Wednesday, July 31

Time: 10:00 AM

Where: Wellness Room

Diabetes doesn't define you—but understanding it can empower you. Join us for this special one-day class on Living Well with Diabetes, where we'll cover real-life strategies to manage blood sugar, balance nutrition, and live your best life.

Led by local health educators, this is a great opportunity to ask questions, meet others walking a similar path, and pick up some life-changing tips. Whether you're newly diagnosed or a seasoned pro, there's always something new to learn—and someone new to meet.



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Reverse Mortgage 101

This informative, no-pressure class is perfect for homeowners 62+ and their loved ones who want to better understand how today's reverse mortgage loans work.

You'll learn:

- How it Works - What a Home Equity Conversion Mortgage is, who qualifies, and how it functions
- Key Benefits - How a reverse mortgage can unlock your home equity to add financial flexibility and peace of mind.
- Myth vs. Reality - Get the facts and clear up common misconceptions
- Considering Your Next Move? - See how a HECM for Purchase can help increase home buying power while preserving retirement assets.

Quick Reminder

The Center will be closed on Friday, July 4th in honor of Independence Day. Go enjoy some fireworks, grill something delicious, and maybe sing "Born in the U.S.A." a little too loudly—we'll be here when you get back.



Join the Fun

There's something magical about a place where learning, laughter, and community come together under one roof—and we're proud to say, that's what happens here every week at the Redmond Senior Center.

So, mark your calendars, grab a friend, and let's make July one for the scrapbooks. If you haven't been in a while, this is your sign. If you've never been, there's never been a better time to jump in.

We'll see you at the Center—maybe even in a butterfly tattoo and holding a microphone.

Questions? Ideas?

Want to volunteer or join in the fun?

Give us a call or swing by the front desk. You belong here.

Redmond Senior Center: Where Community Grows Young Together.



Health & Wellness

– Covering physical health, mental well-being, nutrition, and exercise.

The Secret Ingredient to a Happier Life? Social Wellbeing!

By James Morris



What if we told you there's a powerful prescription for happiness, better health, and even a longer life—no co-pay required, no needles involved, and side effects may include laughter, new friendships, and spontaneous dance moves? The magic remedy is called Social Wellbeing, and it's something we all need a little more of in our lives.

What Is Social Wellbeing?

Social wellbeing is the often-overlooked pillar of total wellness. It refers to the quality and depth of our relationships and the degree to which we feel connected to others and our community. But it's more than just having a busy calendar or a few names in your phone. Social wellbeing means knowing you belong, that someone has your back, and that your presence matters.

As we age, our social circles can shrink due to retirement, loss of a partner, relocation, or physical limitations. Unfortunately, this can lead to a dangerous spiral of isolation and loneliness. Social wellbeing helps break that cycle. It encourages us to reach out, build new

bonds, and stay connected to the world around us.

At its core, social wellbeing asks a simple question: Do you feel like you're a part of something? When the answer is yes, everything else gets a little easier.

Why Social Wellbeing Matters More Than Ever

You might think that staying socially active is just about having fun (which it definitely is), but the benefits go much deeper. Research across the globe continues to show that strong social connections are one of the most important indicators of long-term health and happiness.

Here are just a few of the science-backed perks of social wellbeing:

- **Stronger Immune Function:** Studies show that people with robust social ties get sick less often and recover faster when they do.
- **Lower Risk of Depression:** Regular, meaningful social interaction is one of the best ways to ward off feelings of sadness, anxiety, and loneliness.
- **Improved Brain Health:** Seniors who stay socially engaged are less likely to experience cognitive decline and more likely to maintain memory and decision-making abilities.
- **Heart Health:** Chronic loneliness and social isolation have been linked to high blood pressure, heart disease, and stroke. A connected heart is a healthy heart.
- **Longer Life:** According to Harvard Health, having strong social relationships can increase your odds of living longer by up to 50%.

In short, building social wellbeing isn't just a feel-good hobby—it's a life-extending, health-improving investment in yourself.

How to Improve Your Social Wellbeing

Improving social wellbeing isn't about popularity or how many Facebook friends you have. It's about meaningful

See **HAPPIER** / Pg 14

connections, shared experiences, and the willingness to show up for others and let them show up for you.

Here are some approachable ways to boost your social wellbeing:

1. Show Up, Even When You Don't Feel Like It

It's easy to make excuses—"I'm tired," "I'll go next week," "I don't know anyone there." But often, the hardest part is just getting out the door. Once you're surrounded by friendly faces, it usually gets a whole lot easier. Just showing up can be the spark that ignites connection.

2. Volunteer

Volunteering is a win-win: you help others, and in the process, you connect with like-minded people. Whether it's helping in the kitchen at the Redmond Senior Center or reading to children at the library, volunteering fosters purpose and community.

3. Try a New Activity

Ever thought about joining a book club, signing up for line dancing, or learning a new card game? Engaging in group activities introduces you to others with shared interests. Plus, trying something new keeps the brain sharp!

4. Reconnect with Old Friends

Sometimes the best new connection is a reconnection. Reach out to an old friend or relative. Send a message, schedule a call, or plan a coffee date. Relationships don't have to be new to be meaningful.

5. Be Present and Listen

Social wellbeing is a two-way street. Listening with empathy, making eye contact, and being present during conversations helps deepen relationships. Being a good friend often starts with being a good listener.

Join Us for the Wellbeing Series: Discover the Power of Connection

If you're looking for a friendly, welcoming space to explore how to improve your social wellbeing, we've got just the thing:

Wellbeing Series Talk

Tuesday, July 9 / 10:00 AM / Redmond Senior Center

This month's featured talk is all about Social Wellbeing. We'll dive into the science behind connection, share tips for building healthy relationships, and hear from special guests who have experienced transformation through community. You'll leave with inspiration, insight, and maybe even a few new friends.

Wellbeing Connect Meeting

Tuesday, July 23 / 10:30 AM / Redmond Senior Center



Our follow-up Connect session offers a more informal setting to discuss what you've learned, meet others who share your goals, and discover new opportunities to stay engaged. Bring your stories, your questions, and your curiosity.

Both events are free and open to the public, and we encourage anyone looking to improve their wellbeing to attend. Whether you're deeply connected or feeling isolated, there's something here for everyone.

Local and National Resources to Explore

In addition to our in-person events, there are some great organizations out there dedicated to helping people improve their social wellbeing.

Local Resources:

- **NAMI Central Oregon:** Offers local support groups and mental wellness programs.
- **Thrive Central Oregon:** Provides walk-in support and guidance connecting to housing, community events, and mental health resources.
- **Partners in Care (Bend):** Helps seniors and caregivers connect with social services and activities.
- **Deschutes County Senior Services:** A valuable hub for senior activities, transportation options, and community meals.

National Resources:

- **National Institute of Health (NIH) Social Wellness Toolkit:** A free guide full of simple ways to stay socially connected.
- **National Alliance on Mental Illness (NAMI):**

Offers online communities and connection tools.

- **The Foundation for Social Connection:** Dedicated to ending isolation and promoting human connection at every age.
- **Action for Happiness:** Provides daily actions to boost joy, connection, and kindness.

A Final Word: Belonging is a Beautiful Thing

At the end of the day, humans are hardwired to connect. From the moment we're born until our golden years, we seek companionship, kindness, and meaning through our relationships.

So if you're feeling a little lonely, out of place, or disconnected, know this: you are not alone. And you don't have to stay stuck. With a little courage, a bit of curiosity, and maybe a visit to the Redmond Senior Center, you can take steps to reignite your sense of belonging and rediscover the joy of community.

Because your story matters. Your presence matters. And the world is better when you're a part of it.

We'll see you on July 9 at 10:00 AM—and again on July 23 at 10:30 AM.

Let's build a better life, together.

Need Support? You're Not Alone.

National Resources

- **National Council for Mental Wellbeing**
Provides Mental Health First Aid training and supports community programs aimed at enhancing social connections and mental resilience (cohealthcouncil.org, thenationalcouncil.org).
- **National Alliance on Mental Illness (NAMI)**
A grassroots leader offering support groups, educational programs, and advocacy. Includes a local affiliate in Central Oregon.
- **National Association of Social Workers (NASW)**
A professional organization promoting community best practices, social cohesion, and connection-building strategies (nih.gov).
- **National Institutes of Health: Social Wellness Toolkit**
Offers practical strategies—like joining groups, volunteering, and staying active with others—to boost social health (nih.gov).
- **Foundation for Social Connection**
Focuses specifically on reducing social isolation through research, initiatives, and a national conference (social-connection.org).
- **Well Being Trust**
A national foundation supporting mental, social, and spiritual health across different communities (wellbeingtrust.org).
- **Action for Happiness**
An international initiative offering daily, science-backed suggestions to build connection, kindness, and belonging (en.wikipedia.org).

Local & Regional Resources (Central Oregon)

- **NAMI Central Oregon**
Regional affiliate offering free support groups, education, and resources tailored to our community (namicentraloregon.org).
- **Deschutes County Community Resources**
A one-stop hub with links to housing, transportation, health services, education, and more—all of which support social engagement (deschutes.org).
- **Central Oregon Behavioral Health Consortium**
Provides local counseling and group sessions—both in person and telehealth—for community connection and mental health (cobhc.org).
- **Thrive Central Oregon**
Helps individuals connect to social support and community services, including drop-in options and resource navigation.
- **Central Oregon Health Council Resource Library**
An online directory of local wellness initiatives—including community-driven social programs (nih.gov).
- **Partners In Care (Bend)**
Offers a comprehensive directory of services for seniors—covering community centers, social programming, and local gatherings.
- **Oregon Aging & Disability Resource Connection (ADRC)**
Accessible via the state's health plan site, ADRC supports social engagement for older adults—like Meals on Wheels and senior activity referrals (oregon.gov).

Staying socially engaged isn't just about fancy events—it's about weaving connection and meaning into daily life. These resources give you the tools and support to make that happen.

The Social Life You Deserve

—10 Ways to Plug In, Give Back, and Thrive in Redmond

By James Morris

Retirement doesn't mean sitting still, at least not in Redmond, Oregon, where the golden years are shining with more sparkle than a disco ball at a 70s-themed sock hop.

Whether you're ready to roll up your sleeves and volunteer, dive into hobbies you finally have time for, or take a wellness class that makes your joints say "thank you," Redmond has something for you. Staying socially connected is more than a feel-good bonus—it's a proven boost for mental, physical, and emotional health. And let's be honest, life is just better when you have a reason to get out of the house (and maybe show off your dance moves).

Here are **10 fantastic ways for seniors in Redmond to stay active, social, and purpose-driven:**

Top Volunteer Opportunities

- 1. Big Brothers Big Sisters of Central Oregon**
Want to make a difference that truly lasts? Be a mentor. This respected program pairs you with a young person in need of guidance, friendship, and a little bit of wisdom only someone like you can give. You bring the life experience, they bring the energy—together, it's magic.
- 2. NeighborImpact**
Support food banks, housing programs, and community outreach. Whether you're stocking shelves or helping someone find their footing, every task here supports a stronger Central Oregon.
- 3. Redmond Senior Center**
Your local hub for everything senior—why not make it even better? Volunteer to help with lunch service, teach a class, or coordinate events. Bonus: volunteering here often leads to new friendships and free laughs.
- 4. Families Forward**
If you believe in building a better Redmond, this group is your home base. Their work in affordable housing and neighborhood improvement is ideal for people who love seeing results from their efforts.
- 5. Pregnancy Resource Centers of Central Oregon**
Show compassion and care to those navigating difficult choices. A gentle voice and listening ear can be life-changing.
- 6. Full Circle Outreach Center**
From clothing drives to food distribution, there's

something for every skill level and interest here. It's community support in action—and they'd love your help.

Clubs & Creative Outlets

- 1. Redmond Area Parks and Recreation District (RAPRD)**
From beginner art classes to social walking clubs and knitting circles, RAPRD is a creative playground for seniors. It's like summer camp—but with better coffee and less bug spray.
- 2. Redmond Public Library**
Sure, they've got books—but they also offer tech help sessions, writing workshops, and cozy book clubs. It's the ideal mix of mental stimulation and social fun (plus, air conditioning).
- 3. Redmond Commission for Art in Public Places (RCAPP)**
Bring out your inner artist or advocate for the arts by helping with public art projects. Whether you paint, plan, or just appreciate beauty, RCAPP is a hands-on way to help shape the city's cultural scene.

Feel-Good Wellness Opportunities

- 1. Redmond Senior Center's Wellbeing Series**
Each month, the Senior Center offers themed talks, wellness activities, and health-focused workshops. It's where "aging gracefully" meets "feeling fabulous." Show up, stretch it out, learn something new—and meet people doing the same.

Why It All Matters

Social engagement is more than just a good time—it's linked to longer life spans, reduced risk of cognitive decline, and increased joy. Whether you volunteer once a week or try a new club every month, staying connected helps you stay well.

So go ahead—raise your hand, roll up your sleeves, and show up for the good stuff. Redmond is ready for you.

The Story in Your Hands

Be Part of a Beautiful New Book Project

Have I got
a story for
you...



Here at the Redmond Senior Center, we know every hand has a story—and one local author is inviting you to share yours in a very special way.

Molly Burton, published writer and author of *Finally, A Parade for You* (a moving tribute to Vietnam Veterans), is launching her next creative endeavor: a stunning photo-based coffee table book that celebrates the beauty and diversity of our hands.

“I’m looking for all kinds of hands,” Molly says. “Young hands, old hands, working hands, luxurious hands, bejeweled hands, gnarly hands, broken hands, prosthetic hands, arthritic hands, soft hands, chapped hands—every hand tells a story, and I want to help share it.”

Her goal is to photograph 100 sets of hands to capture their character, strength, and silent history. The finished book will be a visual celebration of life through the lens of the most expressive tools we have—our hands.

If you’re interested in participating, stop by the Redmond Senior Center and pick up a form. Fill it out and return it to the person in charge at the same location.

Or skip the form and call or text Molly directly at (541) 508-6593. She’d love to hear from you and answer any questions you have.

Let your hands be part of something meaningful. Help Molly tell the story of life, one photograph at a time.



62910 OB Riley Rd Ste 130
Bend, OR 97703
541-398-7550

www.InsuranceThatFitsYou.com

Medicare Educational Events

Questions about Medicare?

Are you Turning 65?

We are local agents & here to help!

Redmond Senior Center
Wednesdays

Larkspur Community Ctr
Thursdays

July 16th - 10:00 am

Health & Wellness Fair -
June 10th



This event is only for educational purposes and no plan-specific benefits or details will be shared.
For accommodations of persons with special needs at meetings call TTY 711-888-511-2196.
We have no affiliation with the U.S. Government or the federal Medicare program.

Home & Living

Practical lifestyle tips, safety improvements.

Smart Tips for Safer, Happier Living at Home

As we grow older, our homes should grow with us—adapting to our changing needs while continuing to be a place of comfort, security, and independence. Thankfully, aging in place is easier than ever thanks to clever innovations and common-sense strategies. Whether you're living solo, with a spouse, or surrounded by grandkids and pets, a few thoughtful adjustments can dramatically improve daily life. Here are some practical tips to help make your home safer, your routines smoother, and your days brighter.



Smart Home Safety

Technology isn't just for the grandkids anymore. Motion-sensor lights are a simple upgrade that can prevent dangerous nighttime trips to the bathroom or kitchen. By automatically lighting your path, these smart lights add an invisible layer of safety that doesn't require flipping a switch. You can also look into smart home systems that respond to voice commands—turning on lights, adjusting thermostats, or even calling for help in an emergency. Devices like Alexa, Google Home, or smart emergency alert pendants can provide peace of mind for you and your loved ones, especially in the case of a fall or sudden health issue.



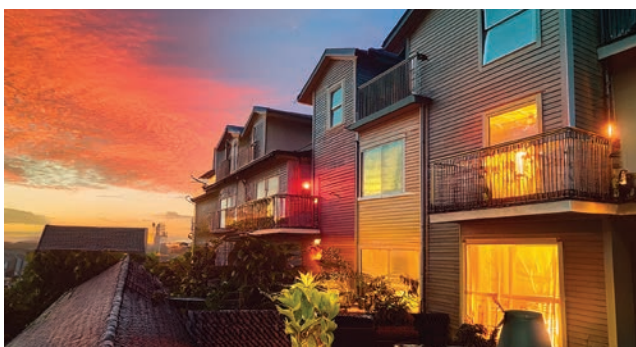
Declutter for Safety

A tidy home isn't just visually pleasing—it's also significantly safer. Cluttered walkways and misplaced items are common culprits in household falls. Start by evaluating your most frequently used paths, like from the bedroom to the bathroom, and keep them clear of rugs, cords, and shoes. Invest in labeled storage bins, baskets, and open shelving to keep your everyday essentials within easy reach. This not only reduces bending and stretching but helps you keep track of your items. Think of it as a "scavenger hunt prevention plan."



Transportation Alternatives

Just because you hang up the car keys doesn't mean you have to give up your freedom. Central Oregon offers a variety of senior-friendly transportation options, from community shuttles to discounted rideshare programs. Apps like Uber and Lyft have simplified options, and many drivers are trained to assist older adults. The Redmond Senior Center also partners with local transit to help connect seniors to errands, events, and appointments. Ask us how we can help you get moving—without ever stepping behind the wheel.



We Want to Hear from You!

Do you have a great tip that helps make your home safer, your routine easier, or your life more fun? We'd love to share it with the Redmond Senior Center community!

Send your tips and ideas to james@redmondseniors.org—your advice might just help someone else live better, safer, and with a smile.

THIS MONTH IN HISTORY!



In the summer of 1959 Redmond joined in the celebration of Oregon's Centennial by putting up wooden false fronts on downtown businesses. The photo is of Pat's Pill Palace aka Cent-Wise at SW 6th and Evergreen.

Stay Social, Stay Healthy

Isolation isn't just lonely—it's dangerous to your health. Studies show that staying socially connected helps lower blood pressure, improve memory, and even extend life expectancy. Fortunately, Redmond is full of opportunities to stay engaged! Join a club, attend a Redmond Senior Center event, or make weekly video calls with family (even if it's just to see the grandkids' messy faces at dinner). If you're tech-shy, we're happy to help you get started—Tech Tuesdays, anyone?

Easy Home Hacks

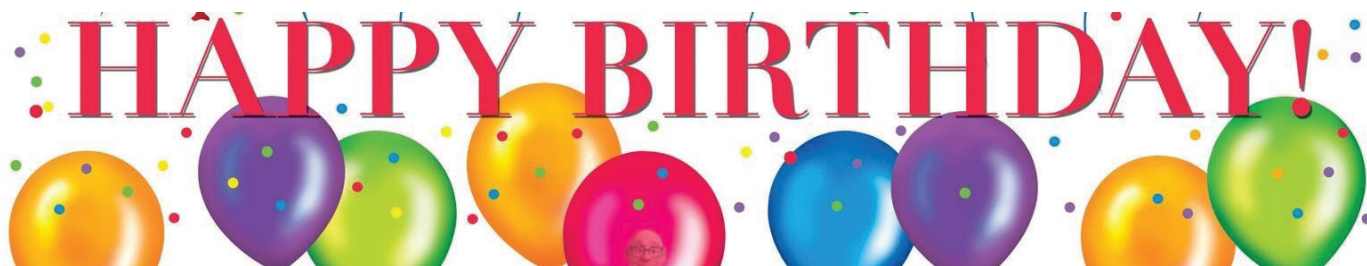
It's the little things that can make life easier—and sometimes more fun. A Lazy Susan in your pantry or medicine cabinet can make reaching those hard-to-grab items effortless. Elastic shoelaces let you slip on your shoes with zero bending or tying required. Rubber grips for utensils can make holding forks, pens, or toothbrushes more comfortable and secure. These small changes can lead to big improvements in how you manage daily tasks. Bonus tip: keep a grabber tool handy for when something rolls under the couch!

Healthy Aging Habits

Movement doesn't have to mean marathons. Even a short morning stretch or an after-dinner walk around the block can do wonders for your body and spirit. Daily activity improves circulation, helps with balance (reducing fall risks), and boosts your mood thanks to those trusty endorphins. Chair yoga, gentle strength training, or just dancing to your favorite oldies in the kitchen counts, too. Staying active helps you stay independent—and feel more like you.



Prices and participation may vary. For a limited time only. © 2024 The Coca-Cola Company. "Coca-Cola" is a registered trademark of The Coca-Cola Company.



BIRTHDAYS in JULY

Acheson, Ann
 Ausborn, Carolyn
 Baldwin, Debbie
 Barney, Richard
 Busch, Susan
 Cashwell, Nancy
 Cossaboom, Elisabeth
 Curtis, Edna
 Damon, Jane
 Davidson, Nancy
 Eisenthal, Fred
 Fauerso, Carolyn
 Fields, Tom
 Foster, Carla
 Garcia, Sigifredo
 Gutierrez, Rudy
 Hagen, Ronald
 Halford, Lorie
 Hansen, Karen
 Harpster, Joan
 Isbell, Janet
 Jaberg, Sue
 Kapur, Patricia
 Kaufman, Maria
 Kerr, Linda

Lamendola, Sharon
 Lanier, Sharon
 Lau, Earl S
 Lindgren, Cheri
 Mandy, Russell
 Mathews, Jennifer
 Montoya, MaryAnn
 Oster, Cynthia
 Quick, Cathy
 Rank, Jeff
 Ray, Lorette
 Rising, David
 Romani, Linda
 Rosser, Dawn
 Sather, Lynda
 Schaup, Miriam
 Schmidt, Stephanie
 Schulz, Tamara
 Steffey, JoAnn
 Troppy, Carl
 Ullman, Julie
 Unger, Todd
 Viellenave, Paul D
 Visscher, Rebecca
 Wellette, Bonnie

Welcome New Members & Volunteers!

Enrollment Period: May 16 - June 15

MEMBERS:

Albin, Kathlene
 Allen Greig, Connie
 Hanson, Judith
 Meyer, Sandra
 Samples, Susan
 Ullman, Julie
 Wallace, Sandra

VOLUNTEERS:

Starlin, Ann



Introducing New Catering Services!
 Chef Jose Perez is proud to offer catering services,
 perfect for meetings and special events in the
 Redmond area.

Customized Menus | Chef-Crafted Meals
| Flexible Event Spaces |

To book our catering services or for more information:

Phone: (971)344-0455

Email: JLPP97230@Yahoo.com

Let Chef Jose Perez and our team make your next event truly
 unforgettable!

From the Kitchen

Easy recipes that help keep you healthy.

A Fiesta of Flavor and Fiber — Meet the Nachos That Love You Back

By James Morris

By the time you've reached the bottom of a basket of typical nachos, you've usually racked up more regret than nutrition. But what if your nacho night could actually fuel you instead of flatten you? Meet the High-Fiber Vegetarian Nachos—a crave-worthy creation that combines indulgence with intention, and fiesta flair with functional food.

This isn't your average nacho plate buried in questionable cheese and mystery meat. This is a rainbow-topped, fiber-filled masterpiece that turns snack time into a vibrant celebration of health. And yes, your taste buds are invited too.

The Stars of the Show

Let's start with the crunchy base: Mi Rancho's 7th Street Original Corn Tortilla Chips—artisan-crafted and hearty enough to hold up under the weight of this veggie-forward pile-on. On top of that foundation, we build flavor and nutrition layer by layer:

- Amy's Organic Vegetarian Traditional Refried Beans bring richness and protein without the lard.
- Bell peppers and red onion, sautéed in La Tourangelle Organic Olive Oil and cumin, add warmth, depth, and charred sweetness.
- Shredded Mexican cheese, just enough to melt and bind without overpowering.
- Avocado cubes for that creamy, heart-healthy fat you crave.
- A bright zing from Siete's Salsa Roja and quick-pickled red onion.
- And the ultimate topper: dollops of plain non-fat Greek yogurt, a protein-packed alternative to sour cream that gives your gut something to cheer about.

Want to make it extra? Toss in some halved cherry tomatoes and don't hold back on the chopped cilantro. It's



not just a garnish—it's a green burst of freshness.

Nutrition That Nacho Mama Never Told You About

At 610 calories per serving, you're not skimping—but you're also not sliding into a food coma. With 21 grams of protein and a hefty 15 grams of fiber, these nachos deliver real energy, promote fullness, and support digestion. It's the

rare dish that satisfies both your crunch cravings and your commitment to wellness.

This is the kind of food that says, "Yes, you can have it all." A little indulgence, a lot of nutrition, and every bite bursting with flavor.

Why These Nachos Matter

In a world of drive-thru diets and sad salads, recipes like this are a revolution. They challenge the myth that healthy food is bland or boring and offer an edible love letter to your body and your palate.

They're also deeply versatile. Going vegan? Swap the cheese and yogurt for plant-based versions. Want more protein? Add black beans or crumbled tofu. Hosting game night? Double the recipe—these nachos will steal the show (and probably a few hearts).

In Conclusion: Grab the Sheet Pan, Not the Shame

Healthy eating shouldn't feel like punishment, and the High-Fiber Vegetarian Nachos prove it. They're fun, fast, and funky in all the right ways—perfect for a weeknight dinner, a weekend hangout, or just a solo moment of delicious self-care.

So go ahead. Take a chip, pile it high, and celebrate the kind of nachos that actually love you back.

Crunch responsibly.

High Fiber Vegetarian Nachos

—RECIPE—

Ingredients

- 1 small red onion, sliced
- Juice from 2 limes
- Kosher salt, to taste
- 1 Tbsp. La Tourangelle Organic Smooth & Fruity Extra Virgin Olive Oil
- 2 large or 3 small bell peppers, thinly sliced
- ½ tsp. cumin
- 30 Mi Rancho 7th Street Original Corn Tortilla Chips
- 1 cup Amy's Organic Vegetarian Traditional Refried Beans
- ⅓ cup shredded Mexican cheese
- ½ avocado, cut into cubes
- 2 Tbsp. Siete Casera-Style Mild Salsa Roja
- ¼ cup plain non-fat Greek yogurt
- 2 Tbsp. cilantro, chopped
- Optional additional toppings
- 10 cherry tomatoes, halved

Preparation

1. Preheat the oven to 350°. Place an 8th of the onion, lime juice, and a generous pinch of kosher salt in a small bowl and set aside (or store in the refrigerator overnight to marinate).
2. Heat a medium sauté pan over medium heat. Once hot, add olive oil and coat the pan evenly. Next, add peppers, the remaining onion, and cumin to the pan. Sauté, stirring occasionally, until the vegetables start to char slightly, about 10 minutes.
3. Place the tortilla chips on a large baking sheet lined with parchment paper. Microwave the refried beans in a bowl in the microwave for 1 minute, then pour spoonfuls of the beans on top of the chips. Next, add the shredded cheese and cooked peppers and onions on top of the chips. Bake the nachos for 5 minutes, or until the cheese melts (without burning the chips).
4. Remove the baking sheet from the oven and top the nachos with avocado, salsa, dollops of Greek yogurt, cilantro, and pickled onions, and fresh tomatoes (if desired).

Nutrition Per Serving

610 calories
21 g protein
68.5 g carbohydrates (15 g fiber)
30 g fat (5.5 g saturated fat)
560 mg sodium



Personal Tech

– Simplifying smartphones, apps, and social media.



“How Do I Text?” —Your Friendly Guide to Smartphone Messaging

By James Morris

Let's talk texting.

At every Tech Tuesday class I teach, one of the most common questions I hear is:

“Can you show me how to text again?”

Yes, yes I can. In fact, let's break it down right here so you can practice any time you want—and maybe even beat your grandkids to the punch for once.

Step 1: Wake Up Your Phone

Before you can start texting, your phone needs to be awake. Just like us, it gets a little groggy when it hasn't been touched.

- Tap the screen or press the button on the side or front.
- Swipe up or type in your passcode, or use your fingerprint or face—whichever one your phone prefers. (It's got trust issues.)

Step 2: Open the Messages App

Find the app that looks like a speech bubble—usually green or blue and says Messages or Text underneath.

- Tap to open it.
- If you can't find it, swipe down on your screen and type “Messages” into the search bar. Poof! There it is.

Step 3: Start a New Message

- Tap the little pencil-and-paper icon (usually at the top right).
- In the “To:” box, type the name or phone number of the person you want to message.
 - ☞ If they're in your contacts, just tap their name when it pops up.
 - ☞ If they're not? Go ahead and type their number like you're dialing a phone.

Step 4: Type It Out

You'll see a blinking line at the bottom of the screen—this is where your message goes.

- A keyboard will appear like magic.
- Tap the letters to spell out your message.
- If you mess up, there's a backspace key (looks like a little left-facing arrow with an “X”). It's your new best friend.

Example Text:

“Hey Bob, lunch tomorrow at noon?”

Step 5: Send It!

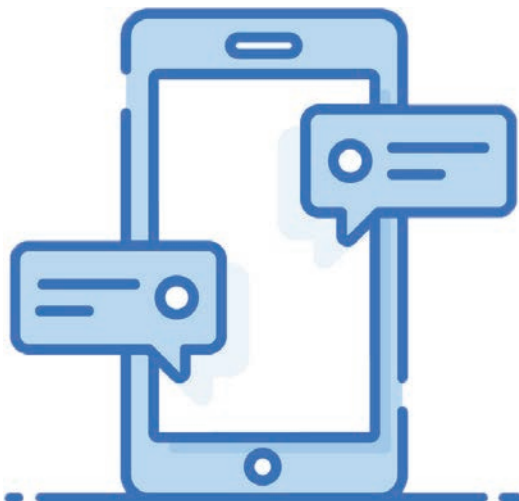
When you're happy with your message (or at least done tinkering), tap the little blue or green arrow or paper plane icon. Off it goes!

Like a digital carrier pigeon. But faster. And less feathery.

Bonus: Add a Little Flair

Want to impress the grandkids?

- Tap the smiley face icon on your keyboard to add emojis like.
- Tap the camera icon to snap a picture or attach one from your gallery. (Yes, selfies count.)



Tech Terms, Translated

- **Texting** = Sending messages with your phone instead of calling
- **Messages App** = Your texting command center
- **Emoji** = Tiny digital faces and symbols that say “I love you” or “Tacos?” without words
- **Send Button** = The little arrow that makes it all happen

Congratulations! You Can Text

Look at you go! One of the most intimidating parts of a smartphone is now in your rearview mirror. You've just joined the global club of texters.

Will autocorrect turn “Hi” into “Hibernating llama”? Probably. Just laugh and roll with it—we all do.

And remember, at Tech Tuesday, there are no dumb questions—just untapped confidence.

Keep practicing, and soon you'll be texting like a teenager (minus the slang... or with it, if you're feeling bold).



Brews, Tattoos, and Karaoke

— July 18th is Your Time to Shine!

Friday, July 18
1:00 PM

Mark your calendars and warm up those vocal cords—Friday, July 18 at 1:00 PM is going to be a crowd-pleaser at the Redmond Senior Center! We're bringing back one of our most entertaining events: Brews, Tattoos, and Karaoke—a high-spirited afternoon that's all about fun, flair, and a little liquid courage.

\$3 Beer & Wine

Yes, you read that right. We're serving up refreshing beverages at just three bucks a pour. Whether you're a craft beer connoisseur or a wine-with-lunch kind of person, we've got your glass covered.

FREE Temporary Tattoos

Want to sport a butterfly on your bicep? A rose on your wrist? Or maybe a bold dragon down your arm (don't worry, it washes off)? Stop by the tattoo table and let your wild side shine—with zero commitment and maximum fun!

Karaoke for Your Enjoyment

Whether you're ready to belt out some Sinatra or you just want to cheer on your fellow rockstars from the sidelines, the karaoke mic will be open and waiting. Bring your A-game or your best shower-singing voice, we celebrate all levels of talent!

This is more than just a social—it's an excuse to let loose, laugh loud, and enjoy the company of friends. So, gather your pals, grab a drink, pick a song, and leave your worries at the door. This event is always a hit—don't miss your chance to shine!

RSVP is not required—just show up and have a good time!

Save the Date

WEDNESDAY
July 02
11:00 AM

Meet & Greet w/ RSC Staff



FRIDAY
July 4
All Day

Independence Day



FRIDAY
July 18
1:00 PM

Brews, Tattoos, & Karaoke



THURSDAY
July 31
1:00 PM

Living Well with Diabetes



See Full Month Calendar on back cover.

FREE DROP-IN EVENTS

The following events are FREE and available at no cost. Drop in and enjoy!

Card Sharks
Tuesday @ 10 AM

Connection Cafe
Tuesday @ 1:30 PM

Meet & Greet
1st Wednesday @ 11:00 AM

Poker w/Friends
Wednesday @ 1:00 PM

Cards w/Friends
Thursday @ 10 AM

Walk to Coffee
Friday @ 12:30 PM

Prestige High Desert
Every Friday, except 2nd @ 1:00 PM

Memory Games
1st & 3rd Wednesday @ 2:00 PM

Ping Pong
Friday @ 1:00 PM

Just 4 Fun Time Band
Last Friday @ 10:00 AM



A Airport

cet



Ride for free!
Cascades East Transit went fare free on fixed routes in 2020.

	A	B	C	D	E	A
7:30	7:36	7:43	7:51	7:56	8:03	
8:15	8:21	8:28	8:36	8:41	8:48	
9:00	9:06	9:13	9:21	9:26	9:33	
9:45	9:51	9:58	10:06	10:11	10:18	
10:30	10:36	10:43	10:51	10:56	11:03	
11:45	11:51	11:58	12:06	12:11	12:18	
Service break						
12:30	12:36	12:43	12:51	12:56	1:03	
1:15	1:21	1:28	1:36	1:41	1:48	
2:00	2:06	2:13	2:21	2:26	2:33	
2:45	2:51	2:58	3:06	3:11	3:18	
3:30	3:36	3:43	3:51	3:56	4:03	
4:15	4:21	4:28	4:36	4:41	4:48	
5:00	5:06	5:13	5:21	5:26	5:33	

buses arrive every 45 minutes

Find more info and service alerts at our website:
CascadesEastTransit.com

Need to stop somewhere not listed above?

Call to request a stop!

Call ahead at **541-385-8680** to schedule a pick up or drop off.

Stops can be requested in the flex area within 1/4 mile of the route.

Please call the day before a ride is needed.

Flex service is subject to availability.



This bus has free wifi!
Connect to "CET WiFi"

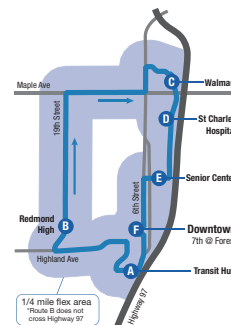
Plan your ride with the app
and see live bus locations:



Updated: December 2, 2024

B Northwest

cet



Ride for free!
Cascades East Transit went fare free on fixed routes in 2020.

	A	B	C	D	E	F	A
7:30	7:36	7:45	7:48	7:54	7:59	8:03	
8:15	8:20	8:30	8:33	8:39	8:44	8:48	
9:00	9:05	9:15	9:18	9:24	9:29	9:33	
9:45	9:50	10:00	10:03	10:09	10:14	10:18	
10:30	10:35	10:45	10:48	10:54	10:59	11:03	
Service break							
11:45	11:50	12:00	12:03	12:09	12:14	12:18	
12:30	12:35	12:45	12:48	12:54	12:59	1:03	
1:15	1:20	1:30	1:33	1:39	1:44	1:48	
2:00	2:05	2:15	2:18	2:24	2:29	2:33	
2:45	2:50	3:00	3:03	3:09	3:14	3:18	
3:30	3:35	3:45	3:48	3:54	3:59	4:03	
4:15	4:20	4:30	4:33	4:39	4:44	4:48	
5:00	5:05	5:15	5:18	5:24	5:29	5:33	

buses arrive every 45 minutes

Find more info and service alerts at our website:
CascadesEastTransit.com

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and see live bus locations:

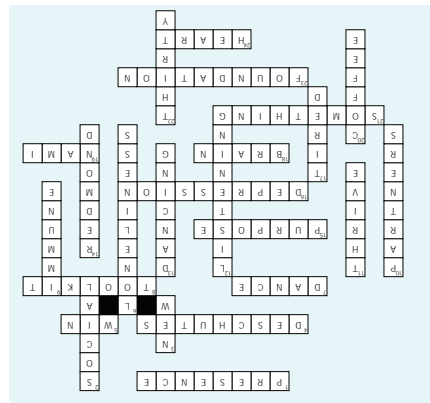


Updated: December 2, 2024

Game On!

— Puzzles for your mind

Word games play a crucial role in promoting mental agility and cognitive health. Engaging in activities like crossword puzzles or word searches helps sharpen memory, improve vocabulary, and enhance problem-solving skills, which can slow the natural cognitive decline associated with aging. Regular participation in word games not only stimulates the brain but also contributes to emotional well-being by offering a fun and fulfilling way to stay mentally active and socially connected.



Across

4. This local county offers meals and transportation options

7. These moves are a possible side effect of social wellbeing

15. Volunteering fosters this and community

18. One benefit of strong social ties:
better health

21. Social wellbeing asks if you feel like you're part of one

24. A connected one is a healthy one
(hint: body part)

- relationships and connection

6. One symptom of social isolation seniors face

11. Local resource offering walk-in support and event guidance

13. Activity mentioned to try, often involves music and coordinated steps

- from going out (common excuse)

22. Number of minutes the Wellbeing Series starts after 10:00 AM on July 23

Find Randy!



Somewhere in this newsletter, our cartoon friend Randy is hiding. Your mission: Find Randy!

Once you spot him, email James@RedmondSeniors.org and say where he's hiding.

All correct entries will go into a raffle, and one lucky detective will win a prize!

Last Month's Randy Location:

... Pg. 16 getting hydrated.

Hint: All answers can be found in the Wellbeing Series article on pages 13-15.

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– We wouldn't be here without their support.

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Valuable Resources for Seniors

- **Alzheimer's Association**
https://www.alz.org/alzheimer_s_dementia
- **Advanced Mobility | Providing Solutions for Mobility**
<https://www.advancedmobilityofbend.com/>
- **Chamber of Commerce:**
Redmond | <https://www.visitredmondoregon.com/>
Bend | <https://bendchamber.org/>
- **Central Oregon Council on Aging**
<https://www.councilonaging.org/>
- **Financial & Legal**
<https://www.councilonaging.org/find-help/financial-legal/>
- **Deschutes County Resource List**
<https://www.deschutes.org/health/page/community-resource-list>
- **Hospice of Redmond**
<https://www.hospiceofredmond.org/>
- **In-Home Health Care Resources from Council on Aging:**
<https://3v9xgga2gzq2bs9vm26vya5g-wpengine.netdna-ssl.com/wp-content/uploads/sites/42/2019/03/In-HomeCareAgencyList.CouncilonAging.2019.pdf>
- **Low Cost Pet Resources**
<https://3v9xgga2gzq2bs9vm26vya5g-wpengine.netdna-ssl.com/wp-content/uploads/sites/42/2019/06/Low-Cost-Pet-Resources.pdf>
- **Oregon Association of Area Agencies on Aging & Disabilities (O4AD)**
<http://www.o4ad.org/>
- **Redmond Economic Development Inc (REDI)**
<https://www.rediinfo.com/quality-life>
- **Oregon Senior Living Guide**
<https://www.caring.com/senior-living/oregon>

Membership Registration

☐ New ☐ Renewal



☐ \$50 1 per year ☐ \$5 per month
☐ Scholarship (approval required) ☐ Volunteer ☐ Staff

Last Name: _____

First Name: _____ M.I.: _____

Nickname: _____

Date of Birth: _____

Home Phone: _____

Email: _____

Cell Phone: _____

☐ Male ☐ Female ☐ Other/Prefer not to answer

Address Line 1: _____

Address Line 2: _____

P.O. Box: _____ City: _____ State: _____ Zip: _____

Emergency Contact Name: _____

Relation: _____

Phone: _____

RELEASE:

I understand and agree that the information contained on this form may be released for statistical purposes and I agree to the release of information for that limited purpose only. I understand that any release of information in identifiable form must be accompanied by a signed consent form and that the information will not be used as an eligibility determination or effect participation as a recipient unless law has specifically restricted program participation.

Signature: _____ Date: _____

Office Use Only

Amount Paid \$_____ by: ☐ Cash ☐ Check #_____ ☐ Credit Card

FOB #: _____ Processed by: _____