

Our Wellbeing Series Topic - Page 5
Learn all about stress awareness and how to cope with the challenges of life.



Volunteer of the Month - Page 14
Pat Mathis is this month's Volunteer of the Month. Read all about her.

SENIOR MOMENTS

COMMUNITY | WELLNESS | ENGAGEMENT

JUNE

2025

FREE

NEWS MAGAZINE

Brain Health Month

At the Senior Center's Wellbeing Series

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Letter From the Director

A personalized greeting, updates, and reflections from leadership.



Randy Graves
Director of Operations

Dear Friends,

If you've walked through the doors of the Redmond Senior Center, you've likely seen it for yourself: the laughter during a game of cards, the warm greetings over a hot lunch, the comfort of a familiar face in a world that can sometimes feel far too quiet. What we do here matters, not just to those who come daily, but to our entire community.

We are proud to serve nearly 300 individuals every day, many of whom live alone. In fact, 95% of our participants rely on the Center not just for activities or meals, but for something even more vital, social connection. And we're honored to provide nearly 40,000 meals a year, both here and through our Meals on Wheels program.

But behind the scenes, running a community this vibrant takes work, and funding. Our annual operating budget is \$700,000. Federal funding helps, especially for our Meals on Wheels program, but it only covers \$240,000. We've secured funding through October 2025, but after that, we'll face a shortfall of \$12,000 each month.

That's why I'm reaching out with an invitation to join our 12 for 12 Campaign. It's simple, but powerful: We're asking 1,000 people to give just \$12 a month for 12 months.

That's less than the cost of a fast-food lunch. But for us, it means the ability to continue serving meals, hosting activities, and, most importantly, fighting the loneliness that too often shadows the lives of our seniors.

Redmond is home to over 13,000 seniors, and that number is growing by 4% every year. The need for connection, community, and care is only growing too.

So this summer, we're on a mission: to find 1,000 caring individuals who believe in what we do. If you're reading this, I hope you'll consider becoming one of them. You can sign up on our website at www.redmondseniors.org or stop by the front desk and fill out a 12 for 12 card. Every donation makes a difference, and every donor becomes part of our story.

Thank you for standing with us. Thank you for seeing the value in every senior life. And thank you for helping us finish strong, not just through 2026, but for generations to come.

With heartfelt gratitude,

Randy Graves

Director, Redmond Senior Center

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.

PLEASE SELECT: ☐ \$12/mo ☐ \$144 one payment ☐ Other: _____

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

☐ Check enclosed. Make checks payable to REDMOND SENIOR CENTER.

☐ Please charge my donation to: ☐ Visa ☐ Mastercard ☐ AmEx ☐ Discover

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Thank you for your generous donation!



Redmond, Oregon Senior Center



www.RedmondSeniors.org/12for12



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\$15 for non-members

Discover the Redmond Senior Center Wellbeing Journal!

Unlock your path to a happier, healthier lifestyle with our Wellbeing Journal, a perfect companion to the RSC's Wellbeing Series. Packed with valuable insights for each month's theme,

inspiring monthly affirmations, and guided space to reflect and journal your journey, this is more than a journal, it's your personal tool for self-care and growth.



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Redmond, Oregon Senior Center

Community & Volunteerism

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



Building Community, One Helping Hand at a Time

— Walter Nelson and the Rotary
Club's Home Team

By James Morris

For many, aging in place can pose an array of everyday challenges. From a broken ramp to a missing screen door or the need for new grab bars, small home repairs or safety updates can make all the difference—but for seniors, these tasks can often feel overwhelming or out of reach. Thankfully for residents in Central Oregon, the Rotary Club's Home Team, led by the dedicated Walter Nelson, is changing that—one good deed at a time.

A Life of Service

Walter Nelson's commitment to helping others runs deep. After a career spanning decades in business and community organizations—from Toastmasters to the Sons of Norway—Walter found his true calling through the spirit of volunteerism and support.

He joined the Rotary Club 25 years ago, and it wasn't long before he became part of the original "Home Team" concept in California. "A guy came in and said, 'I've got this idea... It's called the home team,'" Walter recalls. The premise was simple but powerful: Rotarians would visit seniors, see what assistance they needed around the house, and get to work. Sometimes the job was as straightforward as changing a light bulb; other times, it meant tackling repairs, adding safety features, or helping manage an overgrown yard. Every project was approached with care, empathy, and an open mind.

Serving Redmond's Senior Community

When Walter moved to Oregon, he brought the

Home Team idea north—and today, he leads the only Home Team Rotary program in Oregon out of Redmond. Together with a handful of dedicated volunteers—many with backgrounds in handywork or even the fire department—Walter and his team respond to dozens of requests every year.

There's no one-size-fits-all solution. As Walter explains, "You can't just walk in the door and say she knows what she wants—she doesn't know what we do... If we see something that's dead wrong, we fix it. We don't turn a blind eye." From installing ramps for wheelchair users, repairing leaky faucets, replacing battered decks, or putting up long-awaited screen doors, no job is too small, and every request is met with patience and respect.

Crucially, the service is provided at no cost to the senior. "There's no labor involved," says Walter. "We presumably have the nails and stuff." Most months, expenses for parts and materials total only about \$100 to \$150, often reimbursed by grateful recipients. But Walter and his team always insist: payment is never expected.

More Than Just Repairs

For Walter, the work is about more than mending homes; it's about nurturing dignity, security, and belonging. Many seniors are living alone; some are even on the margins. Sometimes, the team are the only visitors they have in weeks. Whether that means showing up to vet a situation prior to taking on a project, or simply listening to someone's story, the Home Team brings heart as well as hands.

There are countless stories—like the woman whose screen door sat unused for a decade because no one would hang it, or the preacher who, after losing his wife, needed a dangerously rotted ramp replaced so he could safely get his Meals on Wheels deliveries. “He came over to the club and told us what we did for him... That was the most memorable one,” Walter shares.

Spreading the Word and Building the Team


While 35 Rotary clubs in California boast Home Team programs, Redmond’s remains the first and only in Oregon. Walter is keen to see that change, presenting the program at district meetings and encouraging other clubs to replicate their success.

Still, the challenge remains in finding enough volunteers. “People are quick to sign up and slow to show up,” Walter laughs, but he’s optimistic that with more awareness and stories of impact, the

Home Team movement will continue to grow and serve more people in need.

A Simple Message to Seniors

Walter’s advice for any senior on the fence about reaching out? Don’t hesitate. “What you find is, when you go into a town, the first thing you do is start collecting cards [of people who can help]. Seniors don’t always know who to call or how to get the right help. That’s where we come in: no judgment, just help.”

For Walter and the Rotary Home Team, community isn’t just a word. It’s a promise—fulfilled, one neighborly act at a time. 

If you or a loved one could use a helping hand with simple home repairs, don’t hesitate to reach out to the Redmond Rotary Home Team. You can schedule assistance by contacting the Redmond Senior Center at 541-548-6325. You’re not alone.

FUN FACT

Volunteering doesn’t just help others—it helps **you** too! Studies show that people who volunteer regularly live longer, feel happier, and have lower rates of depression. It’s like nature’s way of saying, “When you lift others up, you rise too.” So go ahead—do good, feel great!



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

Partners In Care

**Hospice
Home Health
Hospice House
Transitions
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**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

Meet the Clarks

—Redmond Senior Center's
Dynamic Duo

By James Morris



Scot and Joyce Clark
Meals on Wheels Volunteer Drivers

If you've ever picked up a Meals on Wheels delivery from the Redmond Senior Center, there's a good chance you've already bumped into Scot and Joyce Clark – or at least shared a smile as they worked their weekly volunteer route. The Clarks aren't your average volunteers. They are the friendly couple who, in less than a year of service, have already become an essential part of the Senior Center community – not just as drivers, but as neighbors and friends.

Married for 44 years this July, Scot and Joyce met as coworkers in Missouri – Scot claims it was love at first sight (for him, at least!). Their story took them from the Midwest, where they worked at the Square D electrical factory (“They have our circuit breakers in this very building,” Joyce laughs), all the way to Oregon’s high desert, seeking drier weather and family ties. After careers in education and precision manufacturing, both endured the curveballs of retirement – some with a little help from COVID, others by choice (“I never went back, and I’m glad. I like retirement,” Scot proclaims).

With their sons grown and scattered, the Clarks found themselves living just a couple of miles from Redmond, on a peaceful five-acre plot where the closest neighbor is a beautiful two and a half acres away – “that’s part of why they’re so great!” jokes Scot.

When the Clarks started volunteering for Meals on Wheels last summer, they discovered the perfect way to stay busy, give back, and run their weekly errands. They deliver once a week, but what they’ve given is so much more than just a meal. “It’s great – gives us an opportunity to get out and come to town, meet the people, and we’ve made some really good friends,” Scot shares.

One of their favorite memories? The connections with folks on their route – especially one lively lady who always greeted them with conversation, remembered stories from week to week, and

“It’s great – gives us an opportunity to get out and come to town, meet the people, and we’ve made some really good friends

offered genuine friendship. “She always wanted to know about us – and remembered everything,” Joyce recalls fondly. Though this client has since moved to Washington, the Clarks are still helping her, determined to smooth her return to Redmond someday.


They admit there are challenges – the occasional eccentric client with detailed instructions and unusual routines, or the mystery of being greeted by an empty house. But there have been no “bad” stories – only odd ones, met with patience and good humor.

The Clarks are the kind of couple who make retirement look downright inspiring. Joyce spends her free time quilting – a craft she picked up on YouTube and through a local group. Scot, on the other hand, is a self-taught knife maker, turning a corner of their garage into a creative workshop. He grinds, bevels, and sharpens steel, sometimes embedding meaningful mementos like old blue jeans or commemorative materials into the handles – each

piece a unique gift for sons, neighbors, or close friends.

In between volunteering, quilting, and forging, the Clarks walk two miles every morning with their spirited Australian shepherd mix (part bird dog, all energy). Living out in the country means dealing with the occasional sage rat or badger, too – a task met with dry wit and rural ingenuity.

If you ask the Clarks, they’ll insist they’re “pretty boring people.” But anyone who’s met them – client, neighbor, or fellow volunteer – would beg to differ. Whether it’s their willingness to help a friend move back to Redmond, their creative passions, or their dedication to delivering meals with a side of kindness, the Clarks represent the heart of the Redmond Senior Center’s community spirit.

So next time you spot Scot and Joyce, be sure to give them a wave. The world – and Redmond – is just a little bit warmer, friendlier, and more caring with the Clarks around. 

Introducing Memory Games! A Fun New Way to Boost Brainpower at RSC

We’re excited to announce a brand-new activity at the Redmond Senior Center—Memory Games—a fun, social event designed especially for those experiencing early signs of dementia and their caregivers. But don’t worry, friends and family are invited too!

Based on the popular game Memory Games – The Fun Way to Stay Sharp!, this activity combines engaging visuals, simple gameplay, and laughter to spark conversation, recall good times, and give your brain a gentle workout. It’s not about winning, it’s about connecting, sharing smiles, and supporting each other.

Whether you’re looking to engage your memory, spend quality time with a loved one, or just want a good laugh over a game card (yes, “That time we met Elvis” might come up), Memory Games offers a welcoming, judgment-free space for everyone.


What to Expect:

- Easy-to-follow gameplay
- Bright, colorful images to prompt stories and spark memories
- A supportive environment for caregivers and participants alike
- Lots of laughter, shared experiences, and warm connections

Join us for the launch of Memory Games and see why a little fun can go a long way in caring for the mind and soul.

Held on the **1st and 3rd Monday** of each month **starting in June**.

Let’s make memories... even if we occasionally need a card to help us remember them!

For more info, contact the front desk or email us at info@redmondseniors.org or call Angela at (541)548-6325. 



Activities & Events

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

The Power of Showing Up — Why Being Active and Social at the Senior Center is the Real Secret Sauce to Aging Well

By Angela Boock, Program Coordinator



Let's be honest—Netflix doesn't care if you haven't left the house in three days. But we do. And so does your brain. And your heart. And your joints, let's not forget those!

Here at the Redmond Senior Center, we're more than just a building with chairs and coffee. We're the place where laughter bounces off the walls, friendships form over bingo cards, and the weekly line-dancing class is more competitive than a Black Friday sale. But beyond the fun, something important is happening—something that science backs up: staying active and social is one of the best things you can do for your body and mind as you age.

Why Get Involved?

- ✓ **Physical Health** – Our exercise classes aren't just a way to burn a few calories. They're a lifeline for better balance, flexibility, and joint health. Whether it's Chair Yoga, Pickleball, or our popular Walk to Coffee club, we've got options for every level of mobility.
- ✓ **Mental Health** – Studies show that being socially engaged can significantly lower your risk of depression and cognitive decline. Translation? Your brain loves a good conversation, a friendly game of cards, or learning something new in our Wellbeing Series.
- ✓ **Community & Belonging** – Let's face it: making new friends as an adult isn't always easy. But at the Senior Center, you're walking into a community that already wants you there. Whether you're a Karaoke King, a crochet queen, or someone who just enjoys a good puzzle, there's a spot at the table for you.
- ✓ **Daily Purpose** – Having somewhere to be and people to see might sound simple, but it creates

powerful motivation and a sense of routine. It's the kind of structure that keeps us going, growing, and glowing.

What's Happening This Month?

- **Happy Hour Fridays** – With music, snacks, and rotating themes. (Yes, Hawaiian shirts are encouraged.) Happens the 1st and 3rd Friday of each month.
- **Movie Matinee** – Every 2nd and 4th Friday. Free popcorn, great company, and sometimes a tearjerker or two.
- **Wellbeing Series** – Monthly experts talk about topics like brain health, nutrition, and emotional wellbeing. Special speakers on the 2nd Wednesday of each month and followed up by the Wellbeing Connect talk on the 4th Wednesday of the month.
- **Line Dancing** – Come for the steps, stay for the laughs and toe-tapping playlists.

Bottom Line?

The Redmond Senior Center isn't just a place to go—it's a place to belong. Whether you stop in for coffee or stay for the whole day, you're doing something wonderful for your health and happiness. Don't wait for a special occasion to show up—you are the special occasion.

So come on in. Grab a cup of coffee. Pull up a chair. Or better yet—join a class, crack a joke, and let's make some memories.

Redmond Senior Center – Where community, connection, and curiosity meet every day.

Have questions? Call us at (541) 548-6325

www.redmondseniors.org

Let's keep moving, laughing, and living—together.



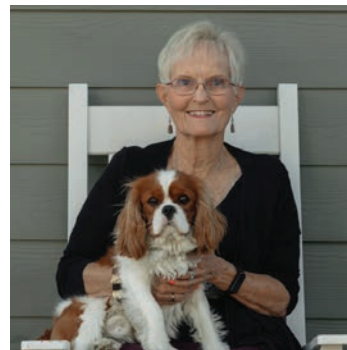
JANE KIRKPATRICK BRINGS HISTORY TO LIFE WITH “ACROSS THE CRYING SANDS”

“

Jane Kirkpatrick’s writing evokes a powerful sense of the challenges and strengths of women who settled the West.

—SANDRA DALLAS, New York Times best-selling author

”



**Book Signing
June 18
Redmond Senior Center,
1:30 PM**


The Redmond Senior Center is proud to welcome acclaimed author Jane Kirkpatrick for a special book signing event on Wednesday, June 18 at 1:30 PM. Known for her vivid storytelling and deep historical insight, Kirkpatrick continues to inspire readers with her latest novel, *Across the Crying Sands*.

Set in 1888 Oregon, the novel tells the extraordinary true story of Mary Edwards Gerritse, the state’s first female mail carrier. With Kirkpatrick’s masterful blend of fact and fiction, Mary’s journey unfolds with resilience, determination, and heart—qualities that still resonate with readers today. As with her previous works, Kirkpatrick dives deep into the research, giving voice to unsung pioneers whose courage helped shape the American West.

Across the Crying Sands is more than a historical novel, it’s a testament to the power of one woman’s perseverance in the face of cultural and physical barriers. Mary carried not just the mail, but hope and connection.

Attendees at the June 18 event will have the chance to meet the New York Times bestselling author in person, hear exclusive insights about her research and writing process, and purchase signed copies of her book. Books will be available on-site. The event is free and open to the public—so bring a friend and prepare to be transported through time by one of Oregon’s most beloved literary voices.

For more information about Jane Kirkpatrick and her works, visit JKBooks.com.

Don’t miss this inspiring afternoon of literature, history, and community connection at the Redmond Senior Center. 

Start Your Engines and Fire Up the Grill



It's the
Redmond
Senior
Center
Father's Day
BBQ & Car
Show!

Redmond Senior
Center
Friday, June 13
11 AM-1 PM

Rev up your appetite and shine your sunglasses—Father's Day is rolling into Redmond in high gear! Join us at the Redmond Senior Center on Friday, June 13th from 11:00 AM to 1:00 PM for a Father's Day celebration that blends chrome, camaraderie, and Chef Jose Perez's legendary BBQ into one unforgettable afternoon.

Whether you're a fan of fastbacks, flatheads, or flavorful brisket, this event has something for every generation. Our very own Chef Jose will be manning the grill and bringing the heat—BBQ style—with a mouthwatering spread that'll have you trading in your tie for a wet nap.

But it's not just about the food—some of our proudest members

will be showing off their polished classics in a mini car show that's all horsepower and heart. From vintage cruisers to muscle cars that still growl like it's 1969, these beauties are more than vehicles—they're stories on wheels.

So, whether you're a father, a fan of BBQ, a lover of vintage rides—or just looking for a fun Friday—come join us, bring a friend, and make a few memories. Good food, cool cars, and great company—what more could you ask for?

No tickets needed—just show up hungry and ready to have a good time.

Let's celebrate dads the way they like it—smokin' BBQ and classic chrome. See you there! 🍷

Brainpower Basics

–How to Keep Your Mind Sharp Without Breaking a Sweat

By James Morris



Let's get one thing straight: your brain isn't just a random lump of tissue. It's your personal command center—running the show 24/7, even when you're binge-watching old sitcoms or trying to remember why you walked into the kitchen. Brain health is all about keeping that powerhouse in peak condition so you can think clearly, remember names (and why you entered that room), manage stress, and feel emotionally balanced.

In this article, we'll break down brain health in plain English—no medical degree required. You'll learn what the brain does, what messes with it, and how to give it a little TLC every day. Ready to level up your gray matter? Let's roll.

What the Heck is Brain Health?

Brain health refers to how well your brain performs all the important stuff—like thinking, learning, feeling emotions, remembering birthdays, and NOT freaking out every time you misplace your phone. A healthy brain means a better mood, sharper memory, and fewer “where are my glasses” moments (which are probably on your head).

According to Dr. Lisa Mosconi, a neuroscientist and author of *Brain Food*:

“Your brain is an organ, but it's also who you are. Taking care of it is essential not just for longevity—but for quality of life.”

Translation: Your brain is kind of a big deal.

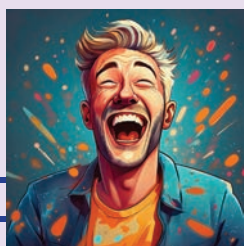
Anatomy of the Brain (a.k.a. Know Your Noodle)

Let's peek inside the ol' noggin—but don't worry, no scalpels involved. Here are the VIPs of your brain:

- **Frontal Lobe:** The CEO of the brain. Handles decision-making, problem-solving, emotions, and impulse control (like resisting that third donut).



Laughter is indeed powerful medicine. When we laugh, our brain releases endorphins, the body's natural feel-good chemicals. These chemicals help reduce stress and elevate our mood, contributing to overall mental well-being. Whether it's through watching a funny movie, sharing jokes with friends, or simply finding humor in everyday life, laughter can be a simple yet effective way to improve mental health and promote happiness. So, don't hesitate to indulge in a good laugh – it's good for your soul.



- **Parietal Lobe:** Manages touch, spatial awareness, and knowing left from right (kind of important when driving).
- **Temporal Lobe:** Takes care of memory and language. It's your internal voice and jukebox.
- **Occipital Lobe:** The vision hub—literally what helps you “see the light.”
- **Cerebellum:** Coordinates movement and balance so you don't fall over tying your shoes.
- **Hippocampus:** Stores your memories (like that embarrassing story your cousin always brings up).
- **Amygdala:** Your fear center. Helps you react quickly—like when you see a spider.
- **Brainstem:** Handles breathing, heartbeat, and all the things you take for granted. Basically, your life-support system.

Key Factors That Affect Brain Health

Now that we've got the tour, let's talk about maintenance. These are the big four when it comes to brain upkeep:

1. **Eat Smart** - Junk food? Your brain isn't a fan. It craves healthy fats, vitamins, and antioxidants—stuff like salmon, spinach, blueberries, nuts, and olive oil. The Mediterranean diet is a brain's best friend.

Psychiatrist Dr. Drew Ramsey says:

“What you eat literally becomes part of your brain. Your dietary choices have a direct and powerful impact.”

In short: Think before you snack.

2. **Move It** - Exercise isn't just for six-packs and selfies. It boosts blood flow to your brain and helps grow new brain cells (yes, even later in life). A daily walk can work wonders.

3. **Get Good Sleep** - Sleep is the brain's cleanup crew. When you snooze, your brain takes out the trash—literally flushing out toxins that build up during the day. Skimping on sleep = foggy thinking and cranky mornings.

4. **Stay Mentally Active** - Learn a language, play an instrument, tackle a crossword—your brain loves a good challenge. Keeping it busy helps it stay sharp. Like a muscle, it strengthens with use.

Common Brain Blunders (and What to

Watch For)

Even healthy brains hit a few speed bumps. Here are the usual suspects:

- **Memory Lapses:** Forgetting names or misplacing things is common, but frequent forgetfulness can signal deeper issues.
- **Chronic Stress:** Long-term stress floods your brain with cortisol, which can shrink memory centers over time. (Yikes.)
- **Depression and Anxiety:** These affect your ability to think clearly, focus, and make decisions.

If your brain's not feeling like its usual self, don't brush it off. Talk to a professional—your future self will thank you.

Brain Health Tips You Can Actually Use

Good news: you don't need to meditate on a mountain or take 50 supplements. These doable habits make a real difference:

- Eat more plants and healthy fats
- Get 7–9 hours of sleep (yes, even if you feel “fine” on 5)
- Exercise 3–5 times a week—walking counts!
- Play brain games—crosswords, puzzles, apps, or trivia
- Manage stress—try breathing exercises or mindfulness
- Stay social—loneliness is tough on the brain

Neuroscientist Dr. Wendy Suzuki says:

“The most transformative thing you can do for your brain today? Move your body. Exercise changes the brain's structure and function.”

Want to Geek Out More?

Check out these brainy books:

- Keep Sharp – Dr. Sanjay Gupta
- The Brain That Changes Itself – Dr. Norman Doidge
- Eat to Beat Depression and Anxiety – Dr. Drew Ramsey
- Spark – Dr. John Ratey

And remember—if you're worried about your memory or mental clarity, always consult your doctor. No article (even one this charming) can

replace a professional.

Final Thought

Your brain works hard for you. It's handled school, heartbreaks, trivia nights, and learning how to use your remote. It deserves some love. Whether you're 25 or 85, it's never too late to start building better brain habits.

Eat well. Sleep enough. Move more. Learn often.
Be social.

Simple, science-backed stuff. And best of all—it actually works.

Now go do something smart. Like, read this article again. 🧠

Need Support? You're Not Alone.

National Brain Health & Wellness Resources

1. National Institute on Aging (NIA): Provides comprehensive information on brain health, aging, and cognitive wellness.

Phone: 800-438-4380

Website: nia.nih.gov/health/brain-health

2. Centers for Disease Control and Prevention (CDC) – Healthy Brain Initiative: Offers a public health roadmap to improve understanding and support for brain health across the lifespan.

Phone: 800-232-4636

Website: cdc.gov/aging/healthybrain

3. American Academy of Neurology (AAN) – Brain Health Initiative: Focuses on enhancing brain health at every stage of life through research and resources.

Phone: 612-928-6000

Website: aan.com/tools-resources/brain-health

4. AARP Brain Health Resource Center: Provides tools and information to help maintain and improve brain health as you age.

Phone: 888-687-2277

Website: aarp.org/health/brain-health

5. BrightFocus Foundation: Funds research and provides resources on Alzheimer's disease, macular degeneration, and glaucoma.

Phone: 800-437-2423

Website: brightfocus.org

6. Center for BrainHealth – University of Texas at Dallas: Engages in research and clinical programs to improve brain performance and health.

Phone: 972-883-3400

Website: centerforbrainhealth.org

7. Alzheimer's Association: Offers support, education, and resources for those affected by Alzheimer's and other dementias.

Phone: 800-272-3900 (24/7 Helpline)

Website: alz.org

Central Oregon Brain Health & Wellness Resources

1. Council on Aging of Central Oregon: Provides resources and programs to support brain health among older adults.

Phone: 541-678-5483

Website: councilonaging.org

2. Deschutes County Mental Health Services: Offers mental health resources and support for residents of Deschutes County.

Phone: 541-322-7500

Website: deschutes.org/health/page/behavioral-health

3. NAMI Central Oregon: Provides support, education, and advocacy for individuals and families affected by mental illness.

Phone: 541-316-0167

Website: namicentraloregon.org

4. Central Oregon Behavioral Health Consortium: A training clinic offering free mental health services to Oregon residents.

Phone: Not publicly listed

Website: cobhc.org

5. Central Oregon Wellness Ranch: Offers trauma-focused wellness retreats incorporating equine therapy, yoga, and acupuncture.

Phone: Not publicly listed

Website: centraloregonwellnessranch.com

6. OSU-Cascades Student Health and Wellness: Provides mental health resources for students, including counseling and wellness programs.

Phone: 541-737-9355

Website: osucascades.edu/student-health-and-wellness

7. Commute Options – Mental Health Resources: Lists various mental health resources available to Central Oregonians, including hotlines and support services.

Phone: Not publicly listed

Website: commuteoptions.org/central-oregon-mental-health-resources

8. Deschutes County Community Resources: Offers a directory of community resources, including mental health and wellness services.

Phone: 541-322-7400

Website: deschutes.org/health/page/community-resources-available-central-oregon



Self-Care for the Caregiver: Prioritizing Your Own Well-Being



Being a caregiver is one of the most compassionate roles you can take on—but it can also be one of the most exhausting. Whether you're caring for a spouse, parent, or friend, the emotional and physical toll can build up quickly if you're not also caring for yourself.

Burnout Is Real

Many caregivers put their own needs on the back burner, thinking it's selfish to take a break. But here's the truth: you can't pour from an empty cup. Taking time to recharge is not only okay, it's essential for you and the person you're caring for.

Here Are a Few Ways to Stay Balanced:

- Schedule "Me Time" – Whether it's a short walk, a good book, or a quiet cup of tea, carve out a little time each day just for you.
- Talk It Out – Find a friend, support group, or therapist

to share your thoughts and frustrations. You're not alone, and your feelings are valid.

- Get Organized – Use a calendar or app to track appointments and tasks, so you're not mentally juggling everything.
- Ask for Help – Don't hesitate to reach out to family, friends, or local respite care services for backup. No one expects you to do it all.
- Rest and Refuel – Sleep and nutrition matter. You can't be your best if you're running on empty.

Remember, being a caregiver doesn't mean giving up on yourself. Taking care of your own well-being is a sign of strength, not weakness.

Looking for support? The Redmond Senior Center offers resources and connections for caregivers—stop by and see how we can help.

10 WAYS TO KEEP YOUR BRAIN Healthy



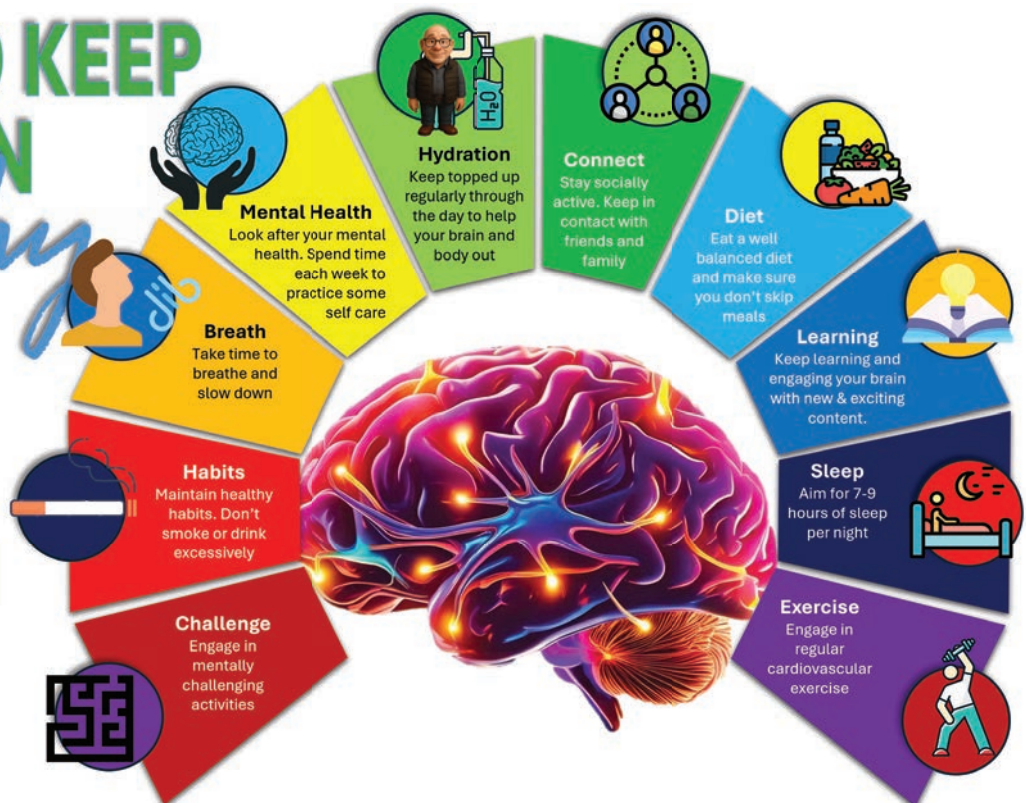
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Care Management

Coordination of services such as:
In-Home Care, Hospice, Respite Services

Lifestyle Solutions

- Attend fitness classes with you
- Companionship: get a milkshake, visit the library, a museum or the book store

Household Management

- Organize the office, pantry, garage or attic
- Calendar management, meal prep, systematizing bill payments
- 2nd set of eyes and ears at medical or legal appointments
- Errands: pets to the vet, your car to the shop, waiting for the repairman
- Scheduling maintenance such as: HVAC checks, replacing furnace filters, batteries in smoke/CO2 detectors & yard maintenance
- Oversee household renovation projects



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541-398-7550

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Questions about Medicare?

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Redmond Senior Center
Wednesdays

Larkspur Community Ctr
Thursdays

June 18th - 10:00 am

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June 19th - 4:00 pm

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.

Mind Over Mayhem: Cognitive & Tech-Related Safety for Seniors

—How to Outsmart Hazards and Outsource Memory—One Smart Device at a Time



As we age, wisdom grows... but sometimes memory likes to wander off without telling anyone. For many older adults, cognitive changes—like mild forgetfulness or the early signs of dementia—can introduce safety risks around the home. But the good news is this: with a little strategy and a sprinkle of smart technology, your home can stay as safe and sharp as you are.

Let's dive into the brainy side of safety.

What Is Cognitive Safety?

Cognitive safety refers to protecting yourself (or a loved one) from risks that stem from memory lapses, confusion, poor judgment, or slower mental processing. These can lead to anything from a misplaced stove knob to leaving the front door wide open because you thought it was already locked.

Cognitive decline doesn't have to mean loss of independence. It just means adjusting your environment to support your mind's occasional... vacations.

Home Safety Tips for Cognitive Wellbeing

1. Keep It Simple

Use clear labels on cabinets, drawers, and doors (think: "PLATES" or "COAT CLOSET") so there's no guessing involved.

2. Embrace Routine

A consistent routine helps reduce confusion. Use clocks with date and time, weekly pill organizers, and visual calendars.

“By blending common sense with smart devices, we can all live a little safer, a little smarter, and with a lot more peace of mind.”

3. Light the Way

Install motion-sensor lights in hallways, bathrooms, and bedrooms. It helps prevent confusion during late-night trips and avoids accidental falls.

4. Lock Down Trouble Spots

Keep sharp objects, chemicals, and medications locked up or in clearly marked, senior-safe containers. If you're caring for someone with dementia, consider childproof latches for added safety.

5. Avoid Clutter

A messy home is a maze for the mind. Simplify your space by removing unnecessary furniture, cords, and rugs that could trip up even the most focused senior.

How Technology Can Help (Yes, Even If You're "Not a Tech Person")

You don't need to become a Silicon Valley wizard—just tech-curious. Today's devices are designed to be user-friendly, and they can dramatically boost your safety and peace of mind.

1. Smart Speakers & Voice Assistants

"Alexa, remind me to take my meds at 8 PM."

These handy helpers can set reminders, turn on lights, call family, and even play your favorite music when you need a mood boost.

2. GPS Tracking Devices

Great for loved ones with memory issues. Wearable GPS trackers can help locate someone who has wandered off—quickly and safely.

3. Smart Door Locks and Cameras

Let family members check if the front door is locked without leaving their couch. Some devices even notify you when doors are opened.

4. Automatic Stove Shut-Off Devices

Yes, they exist—and yes, they're lifesavers. These devices shut off burners or ovens after a set time or if no one is nearby.

5. Medication Management Apps

Apps like Medisafe or MyTherapy help keep track of what you took, when, and what's next. Some even text a loved one if a dose is missed.

6. Emergency Alert Systems

Fall detection, panic buttons, and check-in features

all in one wearable necklace or wristband. Think superhero tech, but make it stylish.

For Caregivers

If you're supporting a loved one with cognitive changes, technology can also help you feel more connected and in control:

- Set up smart sensors that alert you if there's unusual activity (or inactivity).
- Use apps to share caregiving duties with family and track health updates in one place.
- Schedule regular "tech check-ins" so devices stay updated and functional.

The Bottom Line

Cognitive safety isn't about limiting independence—it's about reinforcing it with tools, routines, and tech that play backup when memory or focus isn't at its best. By blending common sense with smart devices, we can all live a little safer, a little smarter, and with a lot more peace of mind.

Resources for Further Learning

Alzheimer's Association – Safety Center

<https://www.alz.org>

Practical tips and tech tools for cognitive safety at home.

National Institute on Aging – Cognitive Health

<https://www.nia.nih.gov/health/cognitive-health>

Trusted research, memory tips, and how to spot early warning signs.

AARP's Smart Tech Guide


<https://www.aarp.org/home-family/personal-technology/>

Easy-to-understand guides for seniors exploring new technology.

Dementia Safety Products by Bay Alarm Medical

<https://www.bayalarmmedical.com>

Devices made specifically for seniors with cognitive changes.

Technology won't solve everything—but it sure can remember the stuff we forget. Want to get started? Swing by Redmond Senior Center or call us at (541) 548-6325 for personalized help. Your future self will thank you. 



BIRTHDAYS in JUNE

Avery, Nicholas
Baird, Janean
Beck, Karen
Boothroyd, Donald
Carlin, Phyllis
Chamberlain, Sherri
Christianson, Kaye
Clarke, Claudia
Cossaboom, Sterling
Deming, Jim
Detwiler, Annette
Drake, Linda
Edwards, Stanley
Fern, Anthony
George, Katie
Glassow, Anne
Gose, Eileen
Graziano, Joseph
Gross, Jerry
Heagy, Barbara
Kirkpatrick, Jerry
Linschied, Dolores

MacKenzie, Diana
Mattioda, Anne
Meeks, Amelia
Mendoza, Barbara
Meredith, Priscilla
Mindt, Pamela
Morse, Steve
Novasio, Lewis
Oulman, Judy
Reinig, Robin
Russell, Barbara
Sheldon, Gerald
Staples, Sue
Stevens, Geoffrey
Stone, Susan
Thomas, Ella
Thornton, Courtney
Thorson, Theresa
Toney, Merlin
Walker, Celia
Walker, Daniel
Williams, Vicki

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Enrollment Period: April 16 - May 15

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Deamon, Tina
Epplert, Sandy
Foley, Teresa
Latterell, Leanne
Lopez-Troppy, Vina
Meredith, Priscilla
Miller, Barbara
Miller, Robert
Miller, Susan

Mitchell, Ellen
Montgomery, Mary
Porter-Chase, Pat
Quellette, Kitty
Smith, Sharon
Stewart, Karen
Troppy, Carl
Wolf, Linda

VOLUNTEERS:

Stewart, Karen

From the Kitchen

Easy recipes that help keep you healthy.

Feed Your Brain, Not Just Your Belly

—Featuring Broccoli-Walnut
Pesto with Pasta

“Broccoli is like
the valedictorian
of vegetables.”

Let's talk brain food. No, not the kind of food for brains (zombie diets are still not FDA-approved), but food that nourishes your noggin, fuels your focus, and gives your gray matter a gourmet glow-up.

It's true — your brain is a picky eater. It thrives on specific nutrients: omega-3s, antioxidants, fiber, vitamins like B and K, and anti-inflammatory compounds. So while doughnuts might make your tastebuds dance, they won't help you remember where you left your glasses (spoiler: they're on your head).

Now enter the unsung hero of cognitive cuisine: Broccoli-Walnut Pesto with Pasta. This isn't just a meal; it's a mental upgrade served al dente.

Why It's Brain-Boosting

Broccoli is like the valedictorian of vegetables. Loaded with vitamin K (crucial for cognitive function) and antioxidants, it supports brain power while helping combat oxidative stress.

Walnuts are rich in omega-3 fatty acids — the good fats your brain loves. Studies have linked walnuts to improved memory and faster processing speed. Plus, they look like little brains. Coincidence? We think not.

Olive oil, garlic, basil, and lemon add anti-inflammatory and immune-boosting properties, while the whole wheat pasta provides complex carbs to keep you energized and focused.

And let's not forget the cheese. Because even your neurons deserve a little luxury.

The Backstory of This Beauty

The folks at Food Network Kitchen knew what they were doing when they whipped this one up. Swapping pine nuts for walnuts? Genius. Adding broccoli to pesto? Brilliant. Combining it all into a pasta dish that feels indulgent but fuels your brain? Chef's kiss.

This dish is fast, budget-friendly, and satisfying — whether you're feeding a family, meal-prepping for the week, or just trying to remember all your passwords without screaming. 🍷



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Broccoli-Walnut Pesto with Pasta

Courtesy of Food Network Kitchen

Level: Easy | Time: 40 min total |

Servings: 4

Ingredients:

- 1/3 cup walnut halves
- 1/2 cup packed fresh basil leaves (plus more for garnish)
- 1 clove garlic, smashed
- 1 1/2 cups chopped raw broccoli florets and tender stems (about 4 oz)
- 1/4 cup low-sodium vegetable broth
- 1/4 tsp freshly grated nutmeg
- 1/4 tsp red pepper flakes (optional)
- 3/4 tsp kosher salt (plus more to taste)
- Juice of 1/2 small lemon (about 1 tbsp)
- 2 tbsp extra-virgin olive oil
- 3 tbsp freshly grated Parmigiano-Reggiano, Romano, or Grana Padano cheese
- 10 oz whole wheat or tri-color fusilli pasta



Directions:

1. **Toast the Walnuts:** Preheat oven to 350°F. Spread walnuts on a small baking pan and toast for 5 minutes. Let cool.
2. **Make the Pesto:** In a food processor, pulse 1/4 cup walnuts with garlic. Add broccoli, basil, broth, nutmeg, red pepper flakes, salt, and lemon juice. Pulse to combine. Drizzle in olive oil while processing to form a slightly chunky sauce. Mix in 2 tbsp cheese.
3. **Cook the Pasta:** Boil pasta in salted water according to package instructions. Reserve 1/2 cup of cooking water, then drain pasta.
4. **Mix & Serve:** Toss hot pasta with the pesto, adding reserved cooking liquid as needed. Season with extra salt if desired.
5. **Top it Off:** Sprinkle with remaining cheese and chopped walnuts. Garnish with fresh basil.

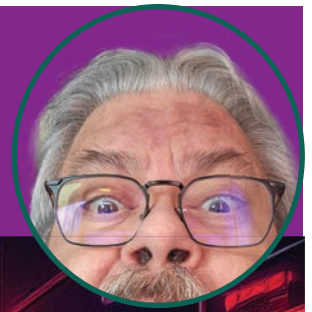
The Final Word

Eating for brain health doesn't mean kale smoothies and quinoa 24/7 (although we see you, quinoa). Sometimes it just means upgrading your comfort food with ingredients that care about your cognition.

So next time your brain feels foggy, don't reach for energy drinks — reach for pesto. Your neurons will thank you.

Personal Tech & Auto

– Simplifying smartphones, apps, and social media, plus practical tips on driving and transportation.



Staying Safe in the Digital Age

— A Guide to Spotting Scams

By James Morris

Scammers today are more sophisticated than ever—and they often target the senior community. Whether it's a phone call, a text, an email, or even a knock at the door, these fraudsters know how to sound convincing. That's why staying informed is your best defense.

At the Redmond Senior Center, we are committed to helping our members live safely and confidently. Below, we outline the most common scams targeting older adults today, how to spot them, and what steps you can take to avoid becoming a victim.

Common Scams Affecting Seniors

The Grandparent Scam

A caller poses as a grandchild in trouble. The voice may sound panicked. They may claim they've been arrested or hospitalized and need money immediately—and beg you not to tell anyone.

What to do: Hang up. Call your grandchild or their parents directly. Never send money based on a phone call alone.

Medicare and Health Insurance Fraud

Scammers may call offering “free” medical supplies or services in exchange for your Medicare

number.

What to do: Never share your Medicare or insurance ID over the phone unless you initiated the call and know the provider.

Tech Support Scams

Pop-ups or phone calls may warn you of a computer virus and direct you to call a toll-free number for help. Once connected, the scammer may request remote access to your computer or payment for unnecessary services.

What to do: Close the window or hang up. Contact a trusted local tech expert if you're unsure.

IRS or Social Security Impersonation

These scams often involve threatening phone calls saying you owe money or that your Social Security number has been suspended. The scammer will demand payment via gift cards, wire transfers, or cryptocurrency.

What to do: The IRS and SSA never call to demand immediate payment. Hang up and report the call.

Romance or "Catfishing" Scams

Online scammers may pose as a romantic interest, gain your trust, and eventually ask for money. These scams often begin on social media or dating sites.

What to do: Be cautious with online relationships. If someone you haven't met in person asks for money, it's almost certainly a scam.

Prize and Sweepstakes Scams

You receive a letter, email, or call claiming you've won a large prize—but must pay a fee or provide personal information to claim it.

What to do: If you didn't enter, you didn't win. Never pay to receive a prize.

Tips for Prevention and Protection

- **Slow Down:** Scammers want you to act before thinking. Take time to evaluate the situation.
- **Verify, Then Trust:** Never give personal or financial information to unsolicited callers or emails.
- **Don't Rely on Caller ID:** Numbers can be faked to look familiar or official.
- **Keep Personal Information Private:** Be cautious with what you share on social media.

- **Trust Your Instincts:** If something feels off, it probably is. Reach out to a friend, family member, or the Senior Center for advice.

What to Do if You Suspect a Scam

1. **Don't Engage:** Hang up or delete suspicious emails and texts immediately.
2. **Document the Attempt:** Take note of what was said, any phone numbers or email addresses, and the time of contact.
3. **Report It:**
 - Federal Trade Commission: www.reportfraud.ftc.gov
 - AARP Fraud Watch Network: 1-877-908-3360
 - Oregon Department of Justice Consumer Protection Hotline: 1-877-877-9392


More Ways to Stay Informed

We encourage all members to attend our Wellness Series presentations, which often include guest speakers on fraud prevention, cybersecurity, and personal safety. These free educational talks offer real-world examples and practical tools you can use.

If you're concerned you may have been scammed or need help verifying something suspicious, stop by the Redmond Senior Center or call us at (541) 548-6325. We're here to help, no judgment—just support and resources.

Closing Thought

You don't need to live in fear to stay safe—you just need to stay aware. When you know what to look for, you'll recognize the red flags and shut the door on scammers for good.

Stay safe. Stay smart. And when in doubt, talk it out. 

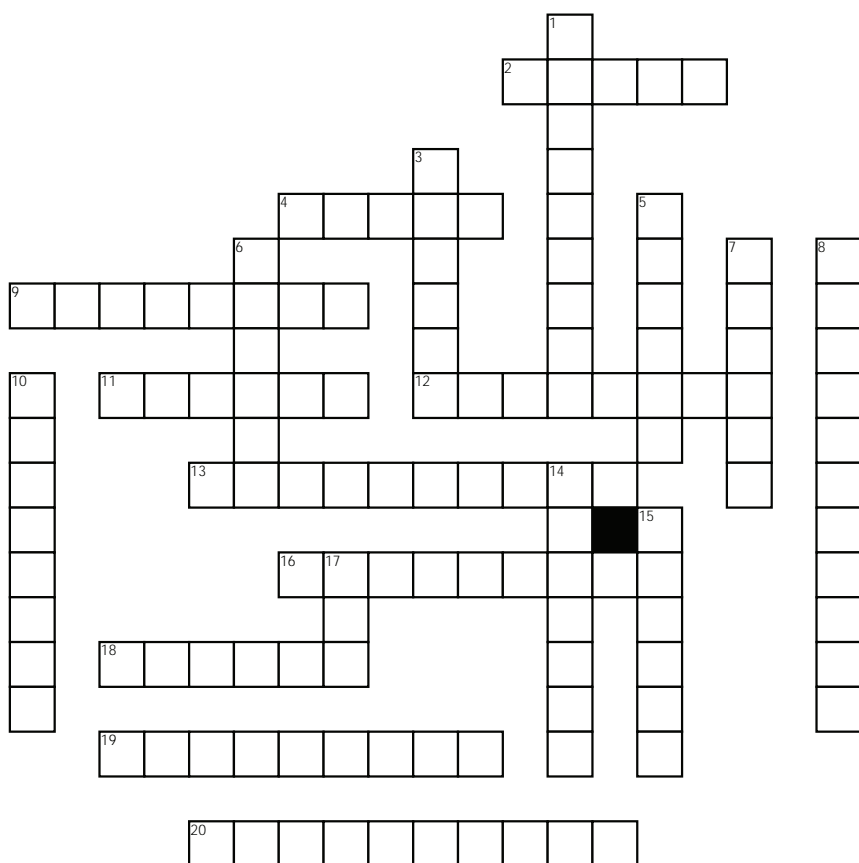
25

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.

Brain Health



Across

2. Chronic lack of this can impair brain function
4. The body's control center
9. Age-related memory condition often confused with normal forgetfulness
11. Brain-training activity that involves 81 squares
12. Physical activity that enhances brain health
13. This condition, often due to age, involves difficulty remembering recent events
16. Brain-boosting mineral often found in nuts and seeds

18. This nut looks like a brain and is good for your brain
19. This colorful berry is loaded with antioxidants
20. Daily habit that can reduce stress and improve brain clarity

Down

1. Disease where brain cells degenerate, affecting memory and behavior
3. A daily mental exercise that rhymes with "puzzle"
5. A protective fatty layer around nerve cells
6. Temporary interruption of blood flow to the brain

7. Emotional state that can cloud memory and focus
8. The part of the brain responsible for memory and learning
10. Learning a new one of these (like French or Spanish) boosts brain health
14. Leafy green vegetable known to benefit the brain
15. This type of fat, found in fish, supports brain function
17. Group of activities including drawing or music that stimulate the creative side of the brain

Find Randy!



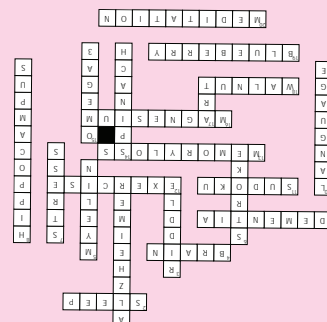
Somewhere in this newsletter, our cartoon friend Randy is hiding. Your mission: Find Randy!

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:

... In the coos coos! (Pg. 23)



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- **City of Redmond** | 411 SW 9th St, Redmond, OR 97756 | (541)923-7710 | www.redmondoregon.gov
- **Dry Canyon Arts Association** | www.drycanyonarts.org
- **Hayden Homes** | 2464 SW Glacier Pl #110, Redmond, OR 97756 | (541)923-6607 | www.hayden-homes.com
- **Hospice of Redmond** | 732 SW 23rd St, Redmond, OR 97756 | (541)548-7483 | www.hospiceofredmond.org
- **Local Paws** | 435 SW Evergreen Ave, Redmond, OR 97756 | (541)604-8990 | localpawsredmond.com
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- **Meta** | 607 Tom McCall Rd, Prineville, OR 97754
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- **Redmond Area Parks and Recreation District** | 465 SW Rimrock Way, Redmond, OR 97756 | (541)548-7275 | www.raprd.org
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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>

JUNE

2025

MON	TUE	WED	THU	FRI
2. 10:30 Daily Movement Chair Yoga 11:30 Bridge 1:00 Pickleball 1:00 Memory Games	3. 10:30 Card Sharks (Hand & Foot) 10:30 Nails by Angela-by appointment 1:00 Cross Stitch class 1:00 Pickleball 1-2:30 Line Dancing	4. 10:30 Daily Movement Chair Yoga 11:00 Meet & Greet 1:00 Crochet Club 1:00 Poker w/Friends	5. 10:00 Cards w/Friends (Spite & Malice) 10:00 Line Dancing 10:30 Nails by Angela- by appointment 1:00 BINGO! 1:00 Pinochle 1:00 Pickleball	6. 10:00 Cards w/Friends (Spite & Malice) 10:30-11:30 Firefighters Heart Health 12:30-1:1:30 Prestige High Desert 12:30 Walk to Coffee 1:00 Movie & Popcorn (On Golden Pond)
9. 10:30 Daily Movement Chair Yoga 11:30 Bridge 12:30 Heart Warmers 12:30 RSC Creative co-op 1:00 Pickleball 1:00 Cooking class w/Angela Tortellini with pine-nut brown-butter sauce*	10. 10:30 Card Sharks (Hand & Foot) 10:30 Nails by Angela- by appointment 1:00 Cross Stitch class 1:00 Pickleball 1:00-2:30 Cafe Connection 1-2:30 Line Dancing	11. 10:30 Daily Movement Chair Yoga 10:00 RSC Wellbeing Series 1:00 Spinners Guild 12:30 Ukulele for Beginners 1:00 Poker w/Friends 1:00 Crochet Club	12. 10:00 Cards w/Friends (Spite & Malice) 10:00 Line Dancing 10:30 Nails by Angela- by appointment 1:00 BINGO! 1:00 Pinochle 1:00 Pickleball	13. 9:00 Feet Retreat 10:00 Cards w/Friends (Spite & Malice) 11:45 Father's Day BBQ & Car show 12:30 Walk to Coffee 1:00 Movie & Popcorn 
16. 10:30 Daily Movement Chair Yoga 11:30 Bridge 1:00 Pickleball 1:00 Memory Games	17. 10:00 Card Sharks (Hand & Foot) 10:30 Nails by Angela- by appointment 1:00 Cross Stitch class 1:00 Pickleball 1:00 Line dancing 1:00 Connection Cafe	18. 9:00 Feet Retreat 10:00 Medicare Insurance Assistance 10:30 Daily Movement Chair Yoga 11:45 Veterans Appreciation Lunch 1:00 Poker w/Friends 1:00 Crochet Club 1:30 Book Club/Book signing w/Jane Kirkpatrick 3:00 Cards for a Cause	19. 10:00 Cards w/friends (Spite & Malice) 10:00 Line Dancing 10:30 Reverse Mortgage 101 w/Brian Albrich 10:30 Nails by Angela- by appointment 1:00 BINGO! 1:00 Pinochle 1:00 Pickleball	20. 8:00 Senior Law Day 10:00 Cards with Friends (Spite & Malice) 12:00 Celebrate Birthdays! 12:30 Walk to Coffee 12:30-1:30 Prestige High Dessert 1:00 Happy Hour w/Lindy Gravelle 
23. 10:30 Daily Movement Chair Yoga 11:30 Bridge 12:30 Heart Warmers 12:30 RSC Creative co-op 1:00 Pickleball 1:00 Cooking class w/Angela Stuffed Mushrooms*	24. 10:00 Card Sharks (Hand & Foot) 10:30 Nails by Angela-by appointment 1:00 Cross Stitch Class 1:00 Pickleball 1-2:30 Line Dancing 1:00 Reverse Mortgage 101 w/Brian Albrich	25. 10:30 Daily Movement Chair Yoga 10:30 Wellness Series Connect 12:30 Ukulele for Beginners 1:00 Poker w/Friends 1:00 Crochet Club 1:30 Book Club Book signing w/Jane Kirkpatrick 3:00 Cards for a Cause	26. 10:00 Cards w/Friends (Spite & Malice) 10:00 Line Dancing 10:30 Nails by Angela- by appointment 1:00 BINGO! 1:00 Pinochle 1:00 Pickleball	27. 10:00 Cards w/Friends (Spite & Malice) 10:00 Just 4 Fun Band 12:30 Walk to Coffee 12:30-1:30 Prestige High Desert 1:00 Arts & Crafts w/Sonya Massy
30. 10:30 Daily Movement Chair Yoga 11:30 Bridge 1:00 Pickleball	BRAIN HEALTH MONTH		LUNCH SERVED 11:45-12:30 	Programs & Activities \$5.00/\$3.00 Members Nails by Angela \$10.00 / \$5.00 Members *Pre-Payment Required

All listings are subject to changes without notice.

PARKS & REC WEEKLY SCHEDULE

TIME	MON	TUE	WED	THU	FRI
7:45 - 8:45 am	Fitness 4 Life	Zumba	Fitness 4 Life	Fitness 4 Life	Zumba
9:15 - 10:20 am	PowerCut Plus	Balance & Core	PowerCut Plus	Yoga Strong	Cardio Kickboxing
10:35 - 11:35 am		Zumba Gold		Silver Sneakers Yoga	
5:30-6:30 am		Power Combo	Dance Fitness	Power Combo	

Classes highlighted in green

- \$3.00 - Members
- \$5.00 - Non-Members
- *Pre-Registration/Appointment Required

Nails by Angela

- \$5.00 Members
- \$10.00 Non-Members
- Appointment Required

PLEASE PAY AT THE FRONT DESK