

SEPTEMBER 2024



325 NW Dogwood Avenue
Redmond, Oregon 97756



Redmond, Oregon
Senior Center
Engage. Connect. Thrive.

1949 - 2024

(541)548-6325

www.RedmondSeniors.org

SENIOR MOMENTS NEWSLETTER

Home Safety and Fall Prevention A Guide for Seniors

Maintaining a safe and secure living environment becomes increasingly important as we age. In recognition of September being Home Safety and Trip & Fall Prevention Month, the Redmond Senior Center's Wellness Series focuses on practical steps that seniors and their families can take to



reduce the risk of accidents at home. Falls are one of the leading causes of injury among older adults. Still, many of these incidents can be prevented with thoughtful adjustments to your living space and daily routines.

Understanding the Risks

The first step in preventing falls is understanding why they happen. Our balance, strength, and vision can decline as we age, making us more susceptible to tripping or losing our footing. Additionally, medications, health conditions like arthritis, or even dehydration can increase the likelihood of a fall. The good news is that by recognizing these risk factors, we can implement strategies to mitigate them.

In this issue...

- 4 Updates & News**
- 6 Sponsors**
- 7 Events & Activities**
- 8 Calendar**
- 9 Programs & Services**
- 11 Membership & Support**

SEPTEMBER
is
FALL
PREVENTION
AND HOME
SAFETY
MONTH



HOME SAFETY & FALL PREVENTION RESOURCES

1. National Institute on Aging (NIA)

- Website: www.nia.nih.gov
- Overview: The NIA offers a wealth of information on fall prevention, home safety, and other aging-related topics. Their resources include brochures, videos, and tips on improving home safety.

2. Centers for Disease Control and Prevention (CDC) - STEADI Program

- Website: www.cdc.gov/steady/
- Overview: The CDC's STEADI (Stopping Elderly Accidents, Deaths & Injuries) initiative provides tools and guidelines to help seniors and healthcare providers prevent falls. The website offers checklists, educational materials, and resources for both individuals and professionals.

3. AARP HomeFit Guide

- Website: www.aarp.org/livable-communities/housing/info-2014/home-fit-guide.html
- Overview: AARP's HomeFit Guide provides detailed instructions on how to make your home more accessible

and safer as you age. It covers modifications for every room in the house and includes tips on fall prevention.

4. National Safety Council (NSC)

- Website: www.nsc.org
- Overview: The NSC offers information on preventing home injuries, including falls. Their website includes safety tips, checklists, and educational materials aimed at older adults.

5. Eldercare Locator

- Website: eldercare.acl.gov
- Phone: 1-800-677-1116
- Overview: A public service of the U.S. Administration on Aging, Eldercare Locator connects older adults and their families with services, including those related to home safety, in their area.

6. Rebuilding Together

- Website: rebuildingtogether.org
- Overview: Rebuilding Together is a nonprofit organization that provides free home repairs and

Home Safety Tips

Creating a safer home environment is key to preventing falls. Here are some practical tips to help reduce hazards in your living space:

- **Clear Pathways:** Ensure all walkways in your home are clutter-free, such as shoes, books, or electrical cords. This is especially important in high-traffic areas like the hallway, kitchen, and bathroom.
- **Improve Lighting:** Good lighting is crucial in preventing falls. Make sure your home is well-lit, particularly in stairways and hallways. Consider using nightlights in bedrooms and bathrooms to help navigate during the night.
- **Secure Rugs and Carpets:** Loose rugs and carpets are a common tripping hazard. Use double-sided tape or non-slip mats to keep them in place, or remove them altogether if they pose a risk.
- **Install Handrails and Grab Bars:** Stairs, bathrooms, and other areas where you may need extra support should have sturdy handrails and grab bars. These can be lifesavers in preventing a fall.
- **Use Non-Slip Mats in Wet Areas:** Bathrooms and kitchens can become slippery when wet. Place non-slip mats in front of the sink, in the

shower, and anywhere else where water might create a hazard.

- **Organize Your Storage:** Keep frequently used items within easy reach to avoid needing a step stool or ladder. If you must use a step stool, ensure it has a stable base and a handle for support.

Personal Safety Tips

In addition to making changes to your home, consider these personal safety strategies:

- **Stay Active:** Regular exercise can improve strength, balance, and coordination. Activities like walking, swimming, or tai chi are excellent options for seniors looking to maintain mobility and reduce fall risk.
- **Wear Proper Footwear:** Shoes with non-slip soles that provide good support are essential. Avoid walking around in socks or slippers that lack grip.
- **Get Regular Health Checkups:** Regular visits to your doctor can help identify and manage conditions that might increase your risk of falling, such as vision problems or the side effects of medications.
- **Keep Hydrated and Eat Well:** Dehydration and poor nutrition can affect your balance and strength. Ensure you drink enough water and eat a balanced diet rich in fruits, vegetables, and

safety modifications to low-income seniors. Their services often include installing grab bars, improving lighting, and other fall-prevention measures.

7. Local Area Agency on Aging (AAA)

- Website: www.usaging.org
- Overview: Your local Area Agency on Aging can offer resources, advice, and even services related to home safety and fall prevention. They can help you find local contractors or volunteers who can assist with home modifications.

8. American Occupational Therapy Association (AOTA)

- Website: www.aota.org
- Overview: AOTA provides resources on how occupational therapy can help prevent falls by improving home safety and personal mobility. They offer guides and can connect you with certified occupational therapists.

9. Home Modification Information Network

- Website: homemods.org
- Overview: Managed by the University of Southern California, this network offers extensive resources on home modifications for seniors. They provide information on making homes safer and more

whole grains.

What to Do If You Fall

Despite all precautions, falls can still happen. It's important to know what to do if you find yourself in this situation:

- **Stay Calm and Assess the Situation:** If you're not hurt, get up slowly by rolling onto your side, pushing up with your hands, and then using stable furniture to support yourself as you rise.
- **Seek Help:** If you're injured or can't get up, try to call for help. Keep a phone within reach, or consider using a medical alert device to quickly summon assistance.
- **See Your Doctor:** After a fall, even if you don't think you've been injured, it's wise to see your doctor to check for any hidden injuries or to discuss what might have caused the fall.

Conclusion

Home safety and fall prevention are vital components of living independently and healthily as we age. You can significantly reduce the likelihood of falls by taking proactive steps to identify and mitigate risks in your home and personal routines. During September and throughout the year, we encourage you to review these tips and make the necessary changes to ensure a safer living environment. The Redmond Senior Center is here

accessible, as well as how to find professionals for assistance.

10. MedicAlert Foundation

- Website: www.medicalert.org
- Overview: MedicAlert offers wearable devices and alert systems that can be crucial in the event of a fall. These devices can connect you to emergency services and notify loved ones if you fall and need help.

These resources can provide valuable support in making your home safer and reducing the risk of falls. Whether you need advice, services, or specific home modifications, these organizations are here to help.

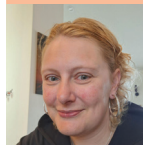
to support you with resources and programs to help you stay safe, active, and independent.

Stay safe, and take care!

JOIN US FOR OUR HOME SAFETY TALKS IN SEPTEMBER:



4TH
HOME SAFETY WITH
REDMOND FIRE & RESCUE



16TH
FALL PREVENTION WITH
TERESA BROWN



25TH
HOME SAFETY WITH SERVPRO

UPDATES & NEWS

KNOW YOUR STAFF

Lahna Avery - Volunteer Coordinator
Janean Baird - Office Manager / MoW Coordinator
Angela Boock - Activities Coordinator
Randy Graves - Director of Operations
James Morris - Marketing Coordinator
Jose Perez - Chef

BOARD OF DIRECTORS

Diana Barker
Joelle Blanchard
Earl Fisher
Ron Hagen
Sharon Lanier
Tom McEnneany
Paul Rodby
Jo Anne Sutherland
Steve Wilson

**SEPT.
14**



**SEPT.
15**

OPEN HOUSE



11AM TO 2 PM

325 NW DOGWOOD AVE

REDMOND

- LIVE MUSIC

- BEVERAGES/APPETIZERS

- SILENT AUCTION

CELEBRATION CONCERT

PRESENTED BY

BLACKSMITH

PUBLIC HOUSE

2 PM TO 6 PM

308 SW EVERGREEN AVE

REDMOND

- LIVE MUSIC

- RAFFLE

- TICKETS: \$25/\$100

www.RedmondSeniors.org/tickets



BINGO
now on
MONDAY
and
THURSDAY
1:00 PM to 2:00 PM

ADVERTISEMENT

SHOW SUPPORT OF YOUR REDMOND SENIOR CENTER

Shop t-shirts, glassware, and more!

SHOP REDMOND SENIOR CENTER



Home
About Us >
Activities >
Join as a Member
Newsletter
Rentals
Meal Sponsorship
75th Year Benefit
Concert
Store

All products

29 items

Sort by: Newest arrivals



Limited Edition Polyester Lunch B...

\$35.54



Limited Edition Bucket Hat - Black

\$21.84



Limited Edition Bucket Hat - White

\$21.84



Limited Edition Unisex Cut & Sew T-Shirt

\$36.30



Limited Edition Unisex Cut & Sew T-Shirt

\$32.04



Limited Edition Wall Clock

\$50.68



Limited Edition Chill Wine Tumbler

\$22.92



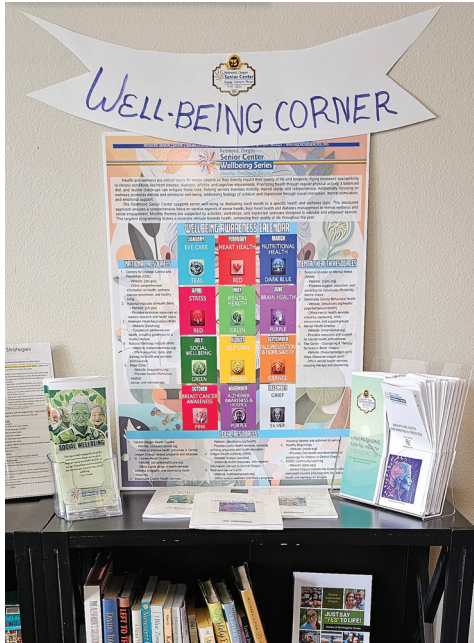
Limited Edition Whiskey Glass

\$18.34

www.RedmondSeniors.org/store

Support the Redmond Senior Center by purchasing our exclusive merchandise! Every penny of profit goes directly to fund our programs and services. With new products constantly being added, there's always something fresh to discover. Show your support and get your swag today!

Help Us Build the Wellness Corner in Our Library



We are excited to announce the creation of a Wellness Corner in our library, dedicated to books on wellness, self-care, and holistic health. We need your help to bring this vision to life.

We are seeking donations of gently used wellness and self-care books. Topics can include meditation, healthy living, nutrition, fitness, mental health, and more. Your contributions will significantly benefit our community.

Here's how you can help:

- **Gather your books:** Look through your collection for books that promote well-being.
- **Drop them off:** Bring your donations to the Redmond Senior Center at 325 NW Dogwood Ave. in Redmond.

Every book you donate will enhance our library and support the health and wellness of our members. Thank you for your generosity and commitment to our community.

Dear Friends of the Redmond Oregon Senior Center,

With heartfelt gratitude,

The Redmond Oregon Senior Center Team

THANK YOU SPONSORS AND PARTNERS



Partners In Care





Bingo

Join us for a night of fun and games at
Elements Public House

WEDNESDAY'S
6 - 8 PM | 1857 NW 6th St., Redmond, OR

Supporting Redmond Senior Center's Passion For Pets Program



WELCOME TO Fabulous BINGO

NOW ON MONDAYS TOO

at the REDMOND SENIOR CENTER

MONDAY & THURSDAY'S 1 to 2 PM



Crochet Club

WEDNESDAY'S 1 to 2 PM



CARD MAKING CLASS

Card/Stamping class with Mary
Every 3rd Tuesday @ 10 AM
\$8 (members only)
Please sign up at the front desk.

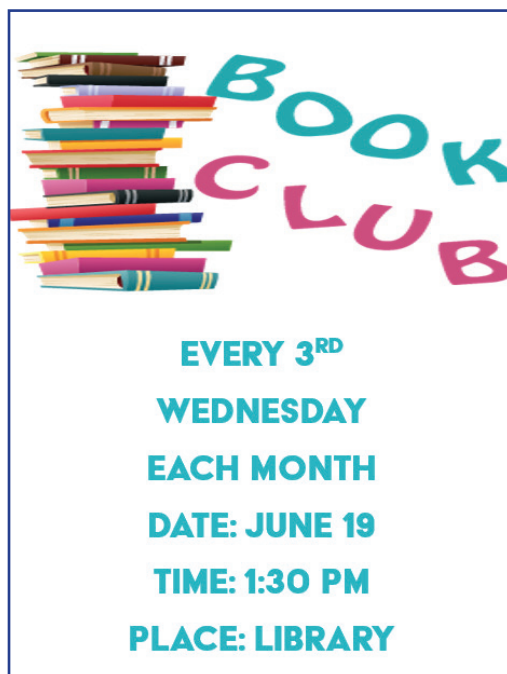


TECH TUESDAY

INTRODUCTION TO SMARTPHONES

TUESDAY SEPTEMBER 10 11:00 - 11:30

- BASICS OF USING A SMARTPHONE
- UNDERSTANDING COMMON ICONS
- MANAGING CONTACTS
- MAKING A PHONE CALL



BOOK CLUB

EVERY 3RD WEDNESDAY EACH MONTH

DATE: JUNE 19

TIME: 1:30 PM

PLACE: LIBRARY

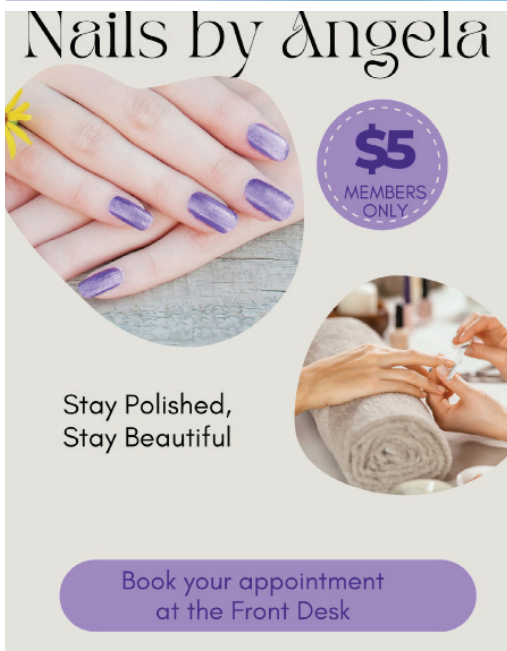


RSC Marketing Hub
Dynamic. Creative. Effective.

YOUR AD HERE

Let people know about your business or event!

JAMES MORRIS
In the Office



Nails by Angela

\$5 MEMBERS ONLY

Stay Polished, Stay Beautiful

Book your appointment at the Front Desk



Feet Retreat LLC

DAWN UNZE, RN
Foot Care Coordinator
(541) 788-4785
oregon.feetretreat@gmail.com
www.OregonFeetRetreat.com

*foot inspection
trim/file/callus reduction*

Celebrating 60 Years of Love and Resilience

Dee and Wayne Linschied's Remarkable Journey

By James Morris



In the quaint town of Redmond, a community often gathers to celebrate milestones, but few are as special as the 60th wedding anniversary of Dee and Wayne Linschied. Their story is one of enduring love, resilience, and a bond that has grown stronger with every challenge they've faced together. It all began six decades ago with a blind date that would change their lives forever.

The story of Dee and Wayne's love began like something out of a movie. Dee, a young woman with dreams of becoming a beautician, was introduced to Wayne, a TV repairman with a calm and steady demeanor, by mutual friends Dale and Barbara. For Dee, the connection was immediate. "I heard bells. I heard music. Not bells. It was music. I kid you not. I heard music," she recalled with a smile. That very night, she confidently told her mother, "You'll meet him tomorrow. That's the guy I'm going to marry."

Wayne was equally captivated, and the two spent the next two weeks together, inseparable. "Well, we spent the next two weeks together. We never separated for the next two weeks," Dee reminisced. It was clear to both that they had found something special.

Their wedding day was a simple, intimate affair, not without its challenges. Wayne's Navy schedule was demanding, and with only a brief

Liberty from Treasure Island, there was little time for elaborate plans. Yet, they made the most of it, even when faced with a flat tire on the way to their honeymoon. It was a small setback that only added to the adventure and became a cherished memory.

Wayne's Navy career took the couple across the United States, from Colorado to Hawaii. Each move tested their adaptability, but Dee and Wayne embraced the challenges with patience and faith. "Tolerance," Wayne said simply when asked about the secret to their long marriage. "Just take it slow, be patient."

Dee was always by his side, creating a home wherever they landed. After 24 years of service, they finally settled in their current home, where they've lived for the past 20 years, surrounded by family and the memories of a life well-lived.

Dee and Wayne's family grew to include three sons: Lyle, Todd, and Wade. Life wasn't always easy, especially

when their son Lyle was diagnosed with aplastic anemia at a young age. "They expected him not to see his second birthday," Dee recalled, her voice filled with emotion. But with faith, perseverance, and the support of one another, they navigated these tough times. "I've been praying a long time for that," Dee said, reflecting on how they overcame these challenges.

Today, they are proud grandparents to six granddaughters,



two grandsons, and great-grandparents to two precious great-grandchildren. Family is at the heart of their happiness, and they cherish the memories they've created together, whether it's celebrating birthdays or enjoying quiet moments at home.

Reflecting on their life together, Dee and Wayne fondly recall family vacations to the Hawaiian islands of Kauai and Maui, where they created some of their happiest memories. Wayne, never one to shy away from adventure, even pursued and obtained his pilot's license, enjoying the serenity and thrill of flying gliders.

In their daily life, it's the small, tender moments that mean the most. "Every morning when I get up, he says, 'Good morning, doll' to me," Dee shared. "That always just makes my day, when he starts my day off like that." Wayne's affectionate greeting is just one of the many ways he shows Dee that she's his inspiration.

As they celebrate 60 years together, Dee and Wayne credit their lasting marriage to tolerance, patience, and a deep mutual respect. They've faced life's ups and

downs with the belief that faith and prayer can guide them through any challenge. "Pray," Wayne said simply, reflecting on how they've overcome the difficult moments in their life. "We still believe, and we still pray. It's got us through."

As they look forward to the future, Dee and Wayne's hopes are simple yet profound. They wish for a peaceful and stable world and to watch their family continue to grow and thrive.

Their legacy, marked by love, resilience, and an unwavering commitment to one another, serves as an inspiration to all who know them. In a world that often feels rushed and uncertain, the story of Dee and Wayne Linschied reminds us of the enduring power of love and the beauty of a life built together. As they celebrate this remarkable milestone, the Redmond community joins them in honoring a lifetime of shared memories, challenges overcome, and a love that has truly stood the test of time. •



*Join our Celebration
of our 60th wedding anniversary.*

*September 22, 2024
1:00 PM to 5:00 PM
at the Redmond Senior Center
325 NW Dogwood Avenue
Redmond, Oregon*

Refreshments and music

*RSVP to
WayneL@BendCable.com*

*or
(541) 410-0040*

Celebrating the Heart of Our Community

The Redmond Senior Center's Legacy of Care and Connection

By James Morris

Nestled in the vibrant heart of Redmond, our Senior Center stands as a beacon of warmth, connection, and unwavering support. For years, it has been more than just a building—it has been a place where seniors find not only the help they need but also the joy, purpose, and companionship that enrich their lives. As a cornerstone of our town, the Redmond Senior Center is truly a community hub, bringing people together in a spirit of learning, well-being, and shared experiences.

Walking into the Redmond Senior Center feels like coming home. The welcoming atmosphere, with staff and volunteers ready to greet everyone with smiles and open arms, makes it a place where our seniors feel truly valued. Many of our members fondly refer to the Center as their “home away from home,” where friendships are formed, stories are shared, and days are filled with activities that keep both body and mind active.

Our Center is proud to offer a diverse range of programs that cater to the interests and needs of every member. From fitness classes that promote physical strength to educational workshops that keep minds sharp, there's something for everyone here. Whether you're interested in yoga, painting, computer classes, or book clubs, our programs are thoughtfully designed to help you explore new interests, hone your skills, and maintain a vibrant, healthy lifestyle.

But the Redmond Senior Center is more than just a place for recreation. It is a vital resource, providing essential services that many seniors rely on. Our daily lunch program and Meals on Wheels service ensure that everyone has access to nutritious meals, while our Wellness Series offers invaluable guidance on maintaining health and well-being. These services are lifelines for those in need, embodying our commitment



to the dignity and care of every senior in our community.

The Center also plays a crucial role in combating isolation, a challenge faced by many seniors. Through our social programs—ranging from movie matinees and happy hours to holiday celebrations and weekly game days—we ensure that no one in our community feels alone. The friendships and connections made here often become cherished, lifelong bonds, fostering a profound sense of belonging.

In recent times, some voices have questioned the value of the Redmond Senior Center. Yet, the

true impact of our Center can be seen in the countless smiles of those who enter our doors, in the heartfelt stories of lives touched by our programs, and in the deep gratitude expressed by families who trust us with the care of their loved ones.

The Redmond Senior Center is not just a facility; it is a vibrant community united by the shared mission of supporting our seniors. We invite everyone—members, supporters, and newcomers alike—to visit us, meet our incredible staff and volunteers, and witness the positive difference being made every day. Our Center is here to uplift, to serve, and to ensure that our seniors live their lives with joy, dignity, and purpose.

In a world where negativity can sometimes overshadow the good, it's essential to remember the light that exists all around us. The Redmond Senior Center is a shining example of what we can achieve when a community comes together with compassion and a shared commitment to its members.

Let us celebrate the Redmond Senior Center for what it truly is—a place of love, laughter, learning, and unwavering support. It's not just a Center; it's the heart and soul of our community. •

A Bright New Dawn for the Redmond Senior Center

Unveiling Our Vibrant New Logo

By James Morris

The Redmond Senior Center has always been a cornerstone of our community—a place where friendships flourish, skills are honed, and every individual is celebrated. Today, we are thrilled to unveil a new chapter in our journey with the introduction of our new logo, a colorful emblem that symbolizes the diverse, dynamic, and inclusive spirit of our Center.

For years, our previous sunburst logo represented the warmth, energy, and optimism that the Center brings to the lives of its members. It was a fitting symbol of the Center's role in brightening our days. But as our community has grown and evolved, so too has our mission. We recognized the need for a logo that not only reflects our unwavering commitment to our members but also celebrates the rich diversity and wide array of activities that make our Center truly special.

Our new logo is a vibrant, multicolored sunburst, a striking evolution from our original design. Each ray of color is not just a visual element but a representation of the diversity that defines our community. The vivid hues spiral out from a common center, symbolizing the unity and shared purpose that bring us together, no matter our background or interests.

This logo embodies the essence of the Redmond Senior Center as a place where everyone is welcome, where every culture is celebrated, and where every member can find a piece of themselves reflected in the programs and activities we offer. Whether you're drawn to our art classes, fitness programs, cultural events, or simply the camaraderie of being among friends, there is a place for you at the Center.

The new design isn't just a logo—it's a reflection of who we are. The Redmond Senior Center is more than just a facility; it's a vibrant community where experiences are shared, and memories are made. Our members come from all walks of life, bringing with them a tapestry of



stories, traditions, and talents. This new logo celebrates that diversity, reminding us that while we each bring something unique to the table, we are united by our common bond as members of the Redmond Senior Center.

The swirling colors of the logo also capture the energy and movement that characterize our Center. Every day, our members engage in activities that enrich their lives and keep them active, engaged, and connected. The logo's dynamic design reflects this constant flow of energy, illustrating that life at the Redmond Senior Center is anything

but static—it's a lively, ever-evolving experience that grows and adapts with our members' needs and interests.

As we proudly embrace this new symbol, we also look forward to the many exciting opportunities that lie ahead. The Redmond Senior Center has always been a place of growth and connection, and this new logo marks the beginning of a new era—one where we continue to expand our offerings, welcome new members, and celebrate the rich diversity that makes our community so special.

We invite you to join us in celebrating this new chapter. Whether you've been a part of the Redmond Senior Center for years or are just discovering all that we have to offer, there has never been a better time to get involved. Together, let's continue to build a community that is as vibrant, diverse, and dynamic as the new logo that represents us.

With every new program, every shared experience, and every connection made, we are reminded of the incredible spirit that defines the Redmond Senior Center. Our new logo is more than just a fresh look—it's a symbol of our commitment to nurturing a community where everyone is welcome, valued, and inspired to live their best lives.

Welcome to the new Redmond Senior Center—where every ray of color is a celebration of you! •

SENIOR CENTER ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED	3 11-3 Nails by Angela 11:45-12:35 Lunch 1-2:30 Line Dancing 1-3 Pickleball	4 11:45-12:35 Lunch 1:00 Poker 1:00 Home Safety w/Redmond Fire & Rescue 1:00 Crochet Club 1:00 Poker with Friends	5 10:00 Line Dancing 10:15 Cards with Friends 11-3 Nails by Angela 11:45-12:35 Lunch 1:00 Bingo	6 8:00 Senior Law Day 10:15 Cards w/Friends 10-3 Blood Drive 11:45-12:35 Lunch 12:30 Walk to Coffee 1:00 Happy Hour w/Lindy Gravelle
9 10:30 Ping Pong 11:00 Bridge 11:45-12:35 Lunch 12:30-3 Heart Warmers 1:00 Bingo 1:00 Jewelry Class 1-3 Pickleball	10 11-3 Nails by Angela 11-11:30 Tech Tuesday w/James 11:45-12:35 Lunch 12:30 - 1:00 Chair Yoga 1-2:30 Line Dancing 1-3 Pickleball	11 9:30 Medicare 101 10:00 Spinners Guild 11:45-12:35 Lunch 1:00 Poker w/Friends 1:00 Crochet Club	12 10:00 Line Dancing 10:15 Cards with Friends 11:35-12:35 Lunch 11:00 T-Mobile Kiosk 1:00 Bingo	13 9:00 Feet Retreat 10:15 Cards with Friend 11:45-12:35 Lunch 12:30 Walk to Coffee 1:00 Happy Hour w/Glenn Lowe
16 10:30 Ping Pong 11:00 Bridge 11:45-12:35 Lunch 1:00 Fall prevention w/Teresa Brown 1:00 Jewelry Class 1-3 Pickleball	17 10:00 Card/Stamping Class 11-3 Nails by Angela 11:45-12:35 Lunch 12:30 - 1:00 Chair Yoga 1-2:30 Line Dancing 1-3 Pickleball	18 9:00 Feet Retreat 11:45-12:35 Lunch/Veterans 1:00 Poker w/Friends 1:00 Crochet Club 1:30 Book Club	19 10:00 Line Dancing 10:15 Cards w/Friends 11:45-12:35 Lunch 11-3 Nails by Angela 1:00 Bingo	20 10:15 Cards with Friends 11:45-12:35 Lunch Birthdays 12:30 Walk to Coffee 1:00 Election Town Hall Meeting
23 10:30 Ping Pong 11:00 Bridge 11:45-12:35 Lunch 12:30-3 Heart Warmers 1:00 Bingo 1:00 Jewelry Class	24 11-3 Nails by Angela 11-11:30 Tech Tuesday w/James 11:45-12:35 Lunch 12:30 - 1:00 Chair Yoga 1-2:30 Line Dancing 1-3 Pickleball	25 11:45-12:35 Lunch 1:00 Arts & Crafts 1:00 Poker w/Friends 1:00 Crochet Club 1:00 Servpro w/Levi	26 10:00 Line Dancing 10:15 Cards with Friends 11-3 Nails by Angela 11:45-12:35 Lunch 1:00 Bingo	27 10:15 Cards with Friends 11:45-12:35 Lunch 12:30 Walk to Coffee 1:00 Election Town Hall Meeting
30 10:30 Ping Pong 11:00 Bridge 11:45-12:35 Lunch 12:30-3 Heart Warmers 1:00 Bingo 1:00 Jewelry Class	<div>SEPTEMBER</div>			

Activities are subject to change without notice.

PARKS & REC WEEKLY SCHEDULE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:45-8:45	Fitness 4 Life	Zumba	Fitness 4 Life	Fitness 4 Life	Zumba
9:15-10:20	PowerCut Plus	Balance & Core	PowerCut Plus	Yoga Strong	Cardio Kickboxing
10:35-11:35		Zumba Gold			SilverSneakers Classic
5:30-6:30		Power Combo	Dance Fitness	Power Combo	

HAPPY HOUR

Sept. 13
Glenn Lowe (Singer/
songwriter from Calif.)

MOVIE MATINEE

No movies this month.

**Fun starts at 1PM | Beer, wine, and soda
provided | Donations encouraged.**

PROGRAMS & SERVICES

Join Our Volunteer Team at Redmond Senior Center

A Warm Welcome from Redmond Senior Center

At the Redmond Senior Center, we are always excited to welcome new volunteers who are eager to contribute their time and skills to enrich the lives of our community's seniors. If you're considering joining our vibrant team, here's everything you need to know about the process and what you can expect.

Step-by-Step Guide to Becoming a Volunteer

1. Volunteer Application and Background Check

The first step to joining our team is to complete a volunteer application. This process is vital as it helps us understand more about you and your interests. Along with the application, you will need to consent to a background check to ensure the safety and security of our community. You can find the application form and background consent form attached to this newsletter or directly at the center.

2. Submission of Documents

Once your forms are complete, please return them to us at the center. In addition, we require color copies of the front and back of your driver's license. We will handle the submission of your forms, and you should receive an email from either Orchards or Emily Wells within a day or two. This email will ask you to confirm your consent

for the background check, which is typically completed within 30 days.

Visit Us and Explore

If you haven't already, we encourage you to visit the Redmond Senior Center. It's a great opportunity to look around, meet potential new friends, and get a firsthand feel of the environment and activities you will be a part of. We host a variety of activities and provide a hot lunch from Monday to Friday between 11:45 AM and 12:45 PM.

Questions? Get in Touch!

Should you have any questions or need further assistance, feel free to call or visit us. I am available at the center from Monday to Friday between 8 AM and 1 PM. However, any of our office staff can assist you, answer your questions, and accept your forms.

Looking Forward to Meeting You

We are thrilled about the possibility of having you join us and look forward to meeting you soon. Volunteering at the Redmond Senior Center is not just about helping others—it's also about making new connections, learning, and growing in a supportive community.

Join us and make a difference in the lives of many while enriching your own. •

HAPPY BIRTHDAY VOLUNTEERS!

Rank, Caroll
Schapiro, Ann

Tanler, Cheryl
Wilcox, Vicki



FOLLOW US ON SOCIAL MEDIA



FACEBOOK
@RedmondORSeniors



INSTAGRAM
@RedmondORSeniors



www.RedmondSeniors.org



Bye-Bye Bump

Long-Standing Bump in Sidewalk to Finally Be Removed

By James Morris

For years, visitors to the Redmond Senior Center have had to navigate around a troublesome bump in the sidewalk just outside the main entrance. This bump, caused by the roots of a nearby tree, has been a significant concern for those with mobility challenges, posing a potential tripping hazard and obstructing easy access to the center.



Good news is on the horizon. The City of Redmond has announced that the problematic sidewalk will be removed soon. The city will replace the sidewalk area with bark to save the tree that caused the bump. This environmentally friendly solution preserves the tree and enhances the surrounding landscape.

In addition to this, a new sidewalk will be constructed

along the wall of the Senior Center, providing direct access to the gym from the outside. This new path will ensure visitors have a smooth and safe passage, significantly

improving accessibility to the facility.

The Redmond Senior Center is thrilled about the upcoming changes. The improvements are part of the city's broader efforts to enhance community spaces and ensure that all residents, particularly seniors, can move about safely and comfortably. The project is expected to be completed soon, much to the relief of the center's members and visitors.

For more information on the project or to stay updated on the progress, please visit the City of Redmond's official website or contact the Redmond Senior Center directly. •

MEMBERSHIP & SUPPORT

Membership Registration

\$50 per year

☐ New ☐ Renewal

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: _____

Ethnic Status: _____ Disabilities: _____

Allergies: _____ Language: _____

☐ Head of Household ☐ Mailing List ☐ Live Alone ☐ Live in Rural Area

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

Date: _____

FOB#: _____

Paid by: ☐ Cash ☐ Check # _____ ☐ Credit Card
Other: ☐ Scholarship ☐ Volunteer ☐ Volunteer Driver ☐ Staff



Complete this form and bring it in!





Redmond, Oregon Senior Center
Engage. Connect. Thrive.
1949 - 2024

the NOTABLES
SWING BAND

OUTLAW COUNTRY



**SAT.
SEPT.
14**

**2-DAY
CELEBRATION!**

**SUN.
SEPT.
15**

<p>LOCATION: Redmond, Oregon Senior Center <i>Engage. Connect. Thrive.</i> 325 NW DOGWOOD AVE. REDMOND, OREGON</p>	<p>LOCATION: BLACKSMITH PUBLIC HOUSE 308 SW EVERGREEN AVE. REDMOND, OREGON</p>										
<p>LIVE MUSIC RAFFLE AUCTION FOOD & FUN</p>											
<p>TIME: 11-2 PM</p> <p>FREE EVENT! OPEN TO PUBLIC!</p>	<p>TIME: 2-6 PM</p> <p>TICKETS: (Tickets go on sale August 1) www.RedmondSeniors.org/ticket-information</p> <table style="width: 100%;"> <tr> <td style="width: 50%;"><u>GENERAL ADMISS.</u></td> <td style="width: 50%;"><u>VIP</u></td> </tr> <tr> <td>\$25</td> <td>\$100</td> </tr> <tr> <td>• ENTRY</td> <td>• ENTRY</td> </tr> <tr> <td></td> <td>• AFTER PARTY</td> </tr> <tr> <td></td> <td>• GIFT BASKET</td> </tr> </table>	<u>GENERAL ADMISS.</u>	<u>VIP</u>	\$25	\$100	• ENTRY	• ENTRY		• AFTER PARTY		• GIFT BASKET
<u>GENERAL ADMISS.</u>	<u>VIP</u>										
\$25	\$100										
• ENTRY	• ENTRY										
	• AFTER PARTY										
	• GIFT BASKET										

The Redmond Senior Center has been a vital space for seniors to gather, learn, and engage in activities promoting well-being. This anniversary is a time to reflect on past achievements and ensure program success and growth.

For more information:
www.RedmondSeniors.org/75

Thank you to our sponsors!





(541)548-6325
www.RedmondSeniors.org

- Alzheimer's Association - www.alz.org
- Advanced Mobility - www.advancedmobilityofbend.com
- Chamber of Commerce:
 - Redmond - www.visitredmondoregon.com
 - Bend - www.bendchamber.org
- Central Oregon Council on Aging - www.councilonaging.org
- Deschutes County Resource List -
 - www.deschutes.org/health/page/community-resource-list
- Hospice of Redmond - www.hospiceofredmond.org
- In-Home Health Care Resources from Council on Aging - www.help4seniors.org/programs-services/home-community-care-options
- Oregon Association of Area Agencies on Aging & Disabilities (O4AD) - www.o4ad.org
- Redmond Economic Development Inc (REDI) - www.rediinfo.com/quality-life