

SENIOR MOMENTS

COMMUNITY | WELLNESS | ENGAGEMENT

MARCH

2025

FREE

NEWS MAGAZINE



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*Photo untitled, by AI generator.
Learn all about nutrition health at this month's
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From the Editor

Healthy Bites and Happy Lives

—Marching into Nutrition Month!

By James Morris



March has arrived, and with it comes the perfect excuse to talk about something we all love (and sometimes love to avoid)—**nutrition!** That's right, it's Nutrition Health Month, and while we won't be replacing dessert with broccoli (we're not that cruel), we do want to sprinkle a little extra health and happiness onto your plate.

This month, we're "**Fueling the Future—One Nutritious Bite at a Time,**" because, let's face it, we can't conquer the world—or even the next bingo game—on an empty stomach. Our very own **Chef Jose** is dishing up **Healthy Chicken Fajitas** that are so flavorful, you'll forget they're good for you. (Yes, it's possible!)

Of course, we're not just feeding the body, we're feeding the mind, heart, and even the funny bone. Here's what's cooking in this issue:

"Meals, Milestones, and Moving Forward" will fill you in on the latest updates at the Senior Center—because we're always cooking up something new!

Need a legal checkup? **"Senior Law Day"** offers **free consultations** for our 60+ community. Nutrition for the mind, if you will.

"Love, Service, and Adventure" introduces you to **Stan and Darlene Edwards**, proof that healthy relationships are just as important as healthy meals.

Wondering about the **"Federal Funding Freeze"** and how it affects our beloved **Meals on Wheels and Congregate Meals**? We've got the scoop—no sugar-coating needed.

And for those who enjoy a side of fun with their fiber, we've included **games to challenge the mind** and plenty of tidbits to keep you entertained between bites of spinach and sips of green tea.

So, let's raise a fork to good health, great company, and the occasional guilt-free cookie (because balance is key, right?).

Here's to a month of delicious discoveries and nutritious adventures! 🍷



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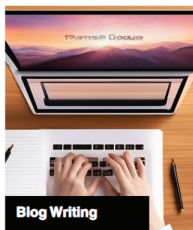
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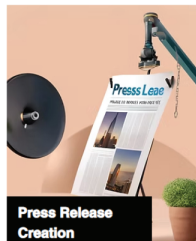
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Meals, Milestones, and Moving Forward

— Exciting Updates at the Redmond Senior Center

By Randy Graves, Director of Operations

Well, we made it through February's snowstorms! It's never easy trying to predict the weather when you're responsible for getting up to 150 meals delivered every morning with the help of 10-15 volunteer drivers. But thanks to the dedication of our incredible team, no one missed a meal—despite the snow and ice. A heartfelt thank you to each and every one of you who braved the elements to serve our seniors.

Here at the Redmond Senior Center, we provide over 39,000 meals annually, whether through our congregate dining program or Meals on Wheels (MOW). That's an average of 3,300 meals per month. Our food budget is \$7,500 per month, with an additional \$1,400 allocated for supplies. However, with grocery prices continuing to rise, our food costs have increased by over \$16,000 compared to last year. Thankfully, Chef Jose works his magic every day to ensure we continue offering healthy, nutritious meals while staying within our budget.

Recently, we've received many questions about the salad bar and why it was discontinued. The decision to shut it down was not made lightly. Operating the salad bar just three days per week costs approximately \$265, adding up to \$13,150 annually. Additionally, we experienced an increasing number of guests bringing containers from home and taking extra portions with them. As a nonprofit organization operating on a very tight budget, we simply cannot afford to provide both lunch and take-home meals.

As we enter March, a month focused on nutrition, I'm pleased to share some great news. The Redmond Senior Center has been awarded a \$25,000 grant from the Department of Human Services! These funds will allow us to upgrade our kitchen, making meal preparation more efficient and ensuring we continue to serve the community effectively. With this grant, we will be purchasing:

- A new ice maker
- A food processor
- An immersion blender
- A deep fryer
- New mechanical systems for both our walk-in fridge and freezer
- A replacement freezer door

Additionally, we are in the process of applying for a Community Block Grant for capital improvements to our building. If awarded, these funds will go toward replacing the worn carpet squares in our facility with water-resistant laminate flooring, while office spaces will receive brighter new carpeting. We also plan to upgrade our phone system to enhance communication and better serve our members.

Your support and participation in our programs make all of this possible. Thank you for being a part of the Redmond Senior Center community. I look forward to seeing you at our upcoming events and meals! 🍷



Fueling the Future

—One Nutritious Bite at a Time

By James Morris



After digging into the latest nutritional research and pairing it with my own experiences (yes, even I—the self-confessed foodie with a past full of missteps and oversized portions—have had to learn the hard way), I’ve uncovered some fascinating insights about eating well as we age. Let me share what I’ve learned from my journey and research during Nutritional Health Month.

Healthy Eating Tips: Research-Backed Strategies

In my quest to reclaim a balanced diet, I found that science backs up what I’ve come to practice:

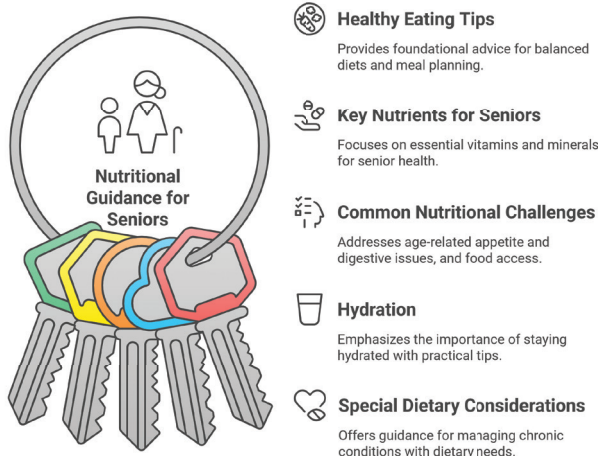
- **Balanced Diet Guidelines:** Researchers emphasize that a plate balanced with half vegetables, one-quarter lean proteins, and one-quarter whole grains can stabilize energy levels and support overall health. It turns out that my intuitive approach of “half-and-half” wasn’t too far off!
- **Portion Control:** Studies show that smaller portions help prevent overeating and promote better digestion. I’ve discovered that measuring servings—yes, even if it feels like I’m back in school—can lead to healthier habits without sacrificing flavor.
- **Planning Healthy Meals:** Evidence points to the benefits of meal prepping: reduced stress, improved nutrient intake, and even saved time (and money). I now schedule “meal research sessions” on my calendar, turning grocery shopping into a fun science experiment.

Key Nutrients for Seniors: What the Studies Say

Delving into the research, I learned that certain nutrients are particularly important as we age:

- **Calcium & Vitamin D:** Studies consistently show these are essential for bone health. I’ve learned to incorporate dairy or fortified alternatives and make time for a daily dose of sunlight—even if it means a brisk walk outside.

Comprehensive Nutritional Strategies for Senior Health and Well-being



- **B Vitamins:** Research indicates that B vitamins play a critical role in energy production and brain health. I now treat these vitamins as tiny power boosters, integral to keeping me moving and thinking clearly throughout the day.

Common Nutritional Challenges: Insights from Research

My personal struggles with appetite changes and digestive quirks are echoed in research:

- **Appetite Changes & Digestive Issues:** Scientific findings confirm that our metabolism and digestive processes change with age. I've adapted by listening to my body's signals and experimenting with easily digestible meals.
- **Food Access and Affordability:** Studies reveal that economic factors significantly affect food choices. I've learned that creativity—like shopping seasonal produce and exploring local community markets—can be a real game changer.

Hydration: The Research-Approved Elixir

I was surprised to find how much research underscores the importance of hydration:

- **Importance of Hydration:** Numerous studies illustrate that staying hydrated is critical for maintaining energy, cognitive function, and even skin health. I now think of water as my daily rejuvenation elixir.
- **Hydration Tips:** Research-backed advice suggests carrying a reusable water bottle, setting periodic reminders, and adding natural flavorings (like lemon or cucumber) to make hydration a little more exciting. I've certainly adopted these habits to keep my hydration on point.

Special Dietary Considerations: Science-Driven Adjustments

Managing chronic conditions requires precision, and research provides clear guidelines:

- **Managing Chronic Conditions:** Studies have highlighted how diets low in sodium and refined sugars can help manage hypertension and diabetes. I now keep a keen eye on nutritional labels and enjoy experimenting with heart-healthy recipes.

- **Tips for Specific Dietary Needs:** Whether it's gluten-free or low-sodium, research shows that customized dietary plans can significantly improve quality of life. I've embraced new culinary techniques to adapt my favorite meals without compromising on taste.

Healthy Snacking: Research-Recommended Choices

Even small snacks have big nutritional impacts, as research confirms:

- **Nutritious Snack Ideas:** Science suggests that snacks like nuts, fruits, and yogurt can stabilize blood sugar levels and keep hunger at bay. I've started to view these treats as mini fuel stations throughout my day.
- **Benefits of Healthy Snacking:** Studies also point out that strategic snacking can boost metabolism and prevent overeating at mealtimes—a win-win that I happily endorse.

Cooking and Meal Preparation: Evidence-Based Ease

Cooking for one or two doesn't have to be a solo experiment; research supports simple, nutritious recipes:

- **Easy and Nutritious Recipes:** Research shows that meals rich in vegetables, lean proteins, and whole grains promote sustained energy and overall well-being. I've discovered that even quick, one-pan recipes can pack a nutritional punch.
- **Tips for Cooking for One or Two:** Evidence suggests that batch cooking and smart portioning reduce waste and stress. I've turned my kitchen into a mini-laboratory, testing recipes that are both delicious and easy to scale down.

In my journey—from battling the scale to refining my culinary skills—I've found that science and personal perseverance go hand in hand. Every new piece of research reinforces that small, mindful changes can lead to a healthier, happier life. So, here's to embracing the latest nutritional insights, laughing at our kitchen mishaps, and moving forward one nutritious bite at a time.

Stay curious, stay nourished, and above all, stay smiling! 🍷

HEALTHY AGING TIPS FOR SENIORS

1. **Eat healthy:** Savor vibrant, nutrient-packed meals because a healthy plate is the first step to a happy life.
2. **Drink water:** Keep a water bottle handy to sip your way to energy and clarity every day.
3. **Quit smoking, reduce alcohol:** Ditch the smoke and ease up on the booze—your body will thank you with every clear morning.
4. **Exercise regularly:** Get moving daily, whether it's a brisk walk or a joyful dance, to keep your body feeling youthful and strong.
5. **Reduce stress, stay positive:** Let go of stress and embrace positivity, because a cheerful heart is the best medicine.
6. **Maintain your brain:** Keep your mind sharp by challenging it with puzzles, reading, or learning something new every day.
7. **Get enough sleep:** Prioritize a good night's sleep—your body needs those precious zzz's to recharge and thrive.
8. **Go outside:** Step into the sunshine and fresh air to boost your mood and energize your spirit.
9. **Stay connected:** Nurture relationships with friends and family because strong bonds are the heartbeats of a joyful life.
10. **Find new hobbies:** Explore new passions to spark creativity and add zest to your everyday routine.
11. **Take care of your dental health:** Flash those pearly whites by brushing, flossing, and keeping up with regular dental checkups.
12. **Have regular checkups:** Stay ahead of the curve with routine medical visits, ensuring you're always on track for optimal health.

NUTRITIONAL HEALTH RESOURCES

Here's a handy list of national and local resources to help you dive deeper into nutritional health. These resources offer research-based information, expert advice, and community programs to support your journey toward a healthier lifestyle.

National Resources

- USDA Choose MyPlate
Website: myplate.gov
What You'll Find: Tools and tips for balanced eating, portion control, and meal planning.
- National Institute on Aging (NIA)
Website: nia.nih.gov/health/nutrition
What You'll Find: Research-based advice tailored for seniors on nutrition, vitamins, and healthy living.
- American Heart Association
Website: heart.org/en/healthy-living/healthy-eating
What You'll Find: Information on heart-healthy diets, special dietary considerations, and managing chronic conditions.
- Academy of Nutrition and Dietetics
Website: eatright.org
What You'll Find: Resources to find registered dietitians, nutritional guidelines, and expert tips on meal planning.
- American Diabetes Association
Website: diabetes.org/nutrition
What You'll Find: Guidance on managing blood sugar through diet, healthy snacking, and meal preparation strategies.

Local Resources (Central Oregon Area)

- Oregon Health Authority
Website: <https://www.oregon.gov/oha>
What You'll Find: Statewide health information, including nutrition programs and wellness initiatives tailored to Oregonians.
- Deschutes County Health Department
Website: <https://www.deschutes.org/health>
What You'll Find: Local public health services, nutrition education, and community health programs that cater to the residents of Central Oregon.
- Redmond Senior Center Programs
Visit our center or check our website for classes, workshops, and community events focused on healthy eating, cooking, and overall wellness—right here in our own backyard.
- High Desert Food Bank
Website: <https://www.hdfoodbank.org>
What You'll Find: Assistance with access to nutritious food options and community programs that support healthy eating habits for those facing food access challenges.
- Local Community Health Clinics & Registered Dietitians
Tip: Look into clinics around Redmond, Bend, and neighboring areas. Many offer nutrition counseling services and can provide personalized advice for managing your diet, often on a sliding scale.
- Central Oregon Libraries and Community Centers
What You'll Find: Free workshops, nutrition-related literature, and local resource boards that provide information on healthy eating initiatives throughout Central Oregon.

These resources are here to guide you on your journey to better health. Remember, every little step counts, and with these community supports, you're never alone on your path to a more nutritious lifestyle!

Redmond Senior Center Winter Weather Policy

We will follow the guidelines set by the Redmond School District regarding delayed starts and closures due to snow and ice.

For information on the current day's status you can:

- Call and listen to our voicemail 541.548.6325
- Check Facebook, Instagram or our website
- RSC Members, MOW Drivers and volunteers will be emailed if there is a delay or closure

What this means for MOW...

If we suspect a closure, we will try to send out an extra meal the day before. Emergency meal boxes have been replenished and can be used by recipients if we cannot deliver.

Contact Randy or Janean with questions or concerns
randy@redmondseniors.org
janean@redmondseniors.org

Tech Tuesday: New Time, New Opportunities!



Starting in March, Tech Tuesday will now be held on the 2nd Tuesday of each month from 10:30 to 11:30 AM. To ensure a more personalized learning experience, each class will be limited to 10 participants.

This change allows everyone to benefit from shared learning. By working through real challenges together, you'll pick up valuable tips not just for your own tech needs but from others' questions and experiences as well.

Don't miss out—sign up early to secure your spot!

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Staying Healthy in Your Senior Years

— A Win-Win for Seniors, Families, and Communities

By James Morris

Aging is a journey, not a destination. As the golden years approach, the choices made regarding health and well-being play a pivotal role in shaping not only the quality of life for seniors but also the lives of their loved ones. Staying healthy as a senior extends beyond individual benefits, creating ripple effects that touch families, friends, and communities.

While maintaining good health in senior years offers immense advantages, it also comes with challenges. Understanding both sides can empower seniors and their families to navigate this stage with clarity and purpose.

The Pros: Empowerment Through Healthy Aging

- 1. Enhanced Independence and Quality of Life:** Staying physically active, eating a balanced diet, and keeping the mind engaged can prolong independence. Seniors who maintain their health are more likely to live in their homes longer, travel, and engage in hobbies they enjoy. Regular exercise improves strength, flexibility, and balance, reducing the risk of falls, a common concern for older adults.



- 2. Improved Mental and Emotional Well-Being:** Mental sharpness and emotional resilience are closely tied to physical health. Activities like walking, yoga, and even dancing boost endorphins, combating depression and anxiety. Regular cognitive stimulation through puzzles, reading, or social activities helps delay cognitive decline and enhances overall life satisfaction.
- 3. Stronger Social Connections:** Healthy seniors are more likely to engage with their community—joining clubs, attending social events, or volunteering. This not only enriches their lives but also fosters stronger bonds with family and friends. Social engagement has been linked to lower rates of loneliness and better overall health outcomes.
- 4. Reduced Healthcare Costs:** Prevention is more cost-effective than treatment. Healthy lifestyle choices reduce the risk of chronic illnesses like diabetes, heart disease, and arthritis. This translates into fewer doctor visits, lower medication costs, and less financial strain on both seniors and their families.
- 5. A Positive Impact on Family and Friends:** When seniors stay healthy, their loved ones experience less stress and worry. Caregiving, while often a labor of love, can be physically and emotionally taxing. Healthy, active seniors can continue to provide emotional support and wisdom to their families, often becoming pillars of strength rather than dependents.

The Cons: Challenges and Realities of Healthy Aging

- 1. Physical Limitations and Health Conditions:** Even with the best efforts, aging bodies naturally face wear and tear. Arthritis, osteoporosis, and vision or hearing loss can make it challenging to stay active. Chronic



conditions may still develop, requiring ongoing management despite a healthy lifestyle.

2. **Financial and Time Investment:** Staying healthy often requires access to nutritious foods, gym memberships, fitness classes, and regular medical checkups—all of which come with costs. Seniors on fixed incomes may find it difficult to balance these expenses with other needs.
3. **Emotional Toll of Aging:** The loss of friends, spouses, or siblings can take an emotional toll, sometimes leading to isolation or depression. While health can mitigate some effects, emotional resilience requires intentional effort and support from loved ones.
4. **Motivation and Accessibility:** Maintaining healthy habits requires motivation, which can wane with age. Limited access to exercise facilities, safe walking paths, or healthy food options can further complicate efforts, especially for seniors in rural or underserved areas.

The Broader Benefits: A Healthier Community for All

The benefits of seniors staying healthy extend far

beyond the individual. Families enjoy more quality time with their loved ones, free from the burden of constant caregiving. Grandchildren get to experience active, engaged grandparents who share stories, life lessons, and laughter. Friends continue to enjoy companionship and shared experiences.

Communities also thrive when seniors remain active. Healthy seniors often volunteer, mentor younger generations, and participate in civic activities. Their contributions enrich the social fabric, fostering intergenerational connections and strengthening community resilience.

The Path Forward: Collaboration and Compassion

Staying healthy in the senior years is not just a personal responsibility, it's a shared goal. Families can encourage healthy habits by participating in activities together, like walking, cooking nutritious meals, or attending fitness classes. Communities can support seniors through accessible wellness programs, affordable healthcare, and opportunities for social engagement.

Ultimately, healthy aging is about more than adding years to life—it's about adding life to years. By investing in health today, seniors, their families, and their communities can build a future that celebrates vitality, connection, and joy. 🌟

What's Happening at the Center

Exciting Activities Coming to the Redmond Senior Center!



— March Highlights at the RSC

By Angela Boock, Program Coordinator

March is here, and we have an exciting lineup of fun, engaging, and enriching activities for our members at the Redmond Senior Center! Whether you're looking to sharpen your cooking skills, stay active, or tap into your creative side, we have something for everyone. Mark your calendars and join us!

Cooking Classes – Healthy & Delicious!

This month, our cooking classes will focus on healthy recipes that are both nutritious and easy to make at home. Whether you're looking to add more greens to your plate or explore new flavors, these classes will help you make better choices for a healthier lifestyle.

Stay Active with Fun & Fitness!

We're keeping everyone moving and grooving this month with a variety of activities designed to promote physical health and social connection:

- **Pickleball** – Test your skills in this fast-growing, senior-friendly sport!
- **Ping Pong** – A great way to improve coordination and have fun.
- **Line Dancing** – Learn some new moves while getting a great cardio workout!
- **Chair Yoga** – Gentle stretching and relaxation for all abilities.
- **Walk to Coffee** – Enjoy a social stroll with friends before grabbing a warm cup of coffee.

Wellbeing Series: Nutrition & You!

Every second Wednesday of the month, we dive into another important topic in our Wellbeing Series. This month's focus? Nutrition! Learn about the best foods for energy, healthy aging, and disease prevention while getting practical tips for better eating habits.

Women's History Month: Rock-Solid Inspiration

March is Women's History Month, and we are thrilled to welcome Eileen Goss, who will be sharing her "Rock-Solid Inspiration" talk. As part of the celebration, join us for a rock-painting activity where you can create a personalized piece to honor or inspire a woman in your life. Let's celebrate the strength and achievements of women throughout history!

Get Crafty: Bookmark Making with Sonya

Calling all book lovers! Sonya will be leading a special bookmark-making class, where you can design and create your own unique and beautiful bookmarks. Whether for yourself or as a gift, this is a perfect activity for all skill levels!

March is shaping up to be a fantastic month, so be sure to join in on the fun! For more details or to sign up for any of these activities, stop by the front desk or give us a call.

See you at the Redmond Senior Center! 🌟

Activity Schedule Updates

Cooking Class with Angela NEW DAY!

Now held on the **2nd and 4th Wednesday** of each month.

Healthy Habits Chair Yoga is now **DAILY MOVEMENT** Chair Yoga.

It will be held every **Monday and Wednesday at 10:30 AM**

Senior Law Day

— Free Legal Consultations for Seniors 60+



Navigating legal matters can be overwhelming, especially when it comes to planning for the future. That's why the Council on Aging is offering Senior Law Day, a program designed to provide free 30-minute legal consultations for seniors aged 60 and older with limited income.

What's Covered?

During these consultations, experienced attorneys will assist with:

- Simple wills
- Simple trusts
- Power of Attorney (POA)
- Other essential end-of-life documents

If a situation requires more than the allotted 30-minute consultation, the attorney may choose

to offer additional services for a fee or pro bono at their discretion.

Legal Support for Tenants and Elder Protection

Attorneys in Redmond and Prineville are also available to assist with landlord/tenant issues, but only if the senior is the tenant. If a senior is experiencing financial or other forms of abuse from a family member or someone living on their property, they are strongly encouraged to contact Adult Protective Services (APS) for immediate assistance. APS can assess whether abuse is occurring and take appropriate action to ensure the senior's safety and well-being.

How to Schedule an Appointment

Appointments for Senior Law Day can be made by calling the Council on Aging at (541) 678-5483. This is a valuable opportunity to get expert legal advice at no cost, ensuring peace of mind for seniors and their families.

Don't wait—take advantage of this free legal service and make informed decisions about your future! 🌟

- ADVERTISEMENT -



Free Handyman Repairs for Hosting a Workshop!

Want to get some handyman repairs done around your property—for free? School of Ranch, a local 501(c)(3) nonprofit, is looking for hosts for their Handyman Basics Workshop. In

exchange for providing the space, the workshop participants will tackle handyman-type repairs, including:

- Fixing drywall
- Minor electrical work
- Painting
- Unclogging sinks/toilets
- Repairing doors, cabinets, and more

The workshop is led by a talented local Veteran and carpenter, with up to eight participants, mostly women. Each workshop includes two three-hour sessions, and we'll work with

you to schedule a convenient time. We also provide insurance.

These workshops run every eight weeks, so if you're interested in hosting and getting some repairs done, contact:

Mark Gross

- mark@schoolofranch.org
- (650)224-6750

Help support a great cause while getting those pesky projects checked off your list!

Helping Hands Volunteer Corner

Love, Service, and Adventure

— Meet Stan and Darlene Edwards

By James Morris



For the past three years, Stan and Darlene Edwards have been brightening the lives of Meals on Wheels recipients throughout Redmond. This month, they're being recognized as March's Volunteers of the Month for their dedicated service and caring hearts.

The Edwards, who have been married since January 1, 1958, bring more than just meals to their clients – they bring friendship, conversation, and genuine concern for each person they serve. “We try to talk to them and make sure they’re okay,” explains Darlene. “Most people are just very appreciative, and we like going and just making sure they’re okay.”

Stan, a Navy veteran who once served as a baker, particularly enjoys connecting with other veterans on his route. He shares a special bond with one client, a fellow Navy man, with whom he regularly exchanges stories about their service days. These conversations often extend beyond quick meal deliveries, creating meaningful connections that both the volunteers and recipients cherish.

Their commitment to service was recently tested

when their car broke down during a delivery route with 70 meals to distribute. Despite the setback, they persevered and completed their deliveries by 2:00 PM, demonstrating their unwavering dedication to those who depend on them.

Before joining Meals on Wheels, the Edwards spent 15 years as volunteers for Oregon state parks and federal national parks. Their spirit of adventure has taken them to 47 states, but they find special fulfillment in serving their local community.

“Once you retire, you need something to do,” Darlene reflects. Through their volunteer work, the Edwards have found that “something” – making a difference in the lives of others while enriching their own.

Their selection as Volunteers of the Month recognizes not just their consistent service, but the compassion and dedication they bring to each delivery, proving that Meals on Wheels delivers more than just food – it delivers hope, friendship, and human connection through volunteers like Stan and Darlene Edwards. 🇺🇸



Partners In Care

"The staff at Partners In Care are the most caring and competent people that I've ever seen. As a volunteer, I've seen them working. The family appreciates it, the patient appreciates it, and it's really special care."

Marie and Lloyd Phelps have been volunteering with Partners In Care for over a decade.

Help care for your Redmond neighbors as a volunteer at Partners In Care

Volunteer
Orientation
June 2025

The dedicated volunteers of Partners In Care offer a wide variety of services for patients and their families. As a volunteer, you can:

- + Support patients with friendly visits wherever they call home
- + Deliver medications throughout the Redmond community for patients
- + Provide respite relief for a caregiver
- + Capture life stories via video, audio, or written transcription
- + Bring canine companionship with your furry friend as a certified HosPet volunteer
- + Assist at the inpatient Hospice House as a greeter, musician, or supporting staff
- + Honor veterans as a vet-to-vet volunteer
- + Enjoy the outdoors by caring for patient's gardens and yards

Apply now by contacting Glenda Lantis, Volunteer Coordinator, at 541-382-5882 or **visit PartnersBend.org and follow the volunteer tab to begin your journey.**



BIRTHDAYS in MARCH

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 Aponte, Elizabeth
 Archer, Colleen
 Bowers, Virginia
 Burford, Jim
 Burnett, Allan
 Carpenter, Joan
 Clarno, Beverly
 Cramer, Roberta
 Creekmore, Louise
 Cromar, Denise
 Davis, Traci
 East, Sandra
 Ebner, Donna
 Fernandes, Barbara
 Forman, Lori
 Hockett, Sally
 Hunt, Carol

McCoy, Judy
 Meier, Mary "Malia"
 Meyers, Judy
 Nathan, Susan
 Peles, Eugene
 Rawls, Jerry
 Ribble, Doris
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- **Council on Aging of Central Oregon** | 1036 NE 5th St, Bend, OR 97701 | (541)678-5483 | www.councilonaging.org
- **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
- **McDonald's of Redmond** | 895 SW Rimrock Way, Redmond, OR 97756 | (541)504-0073 | www.mcdonalds.com
- **Meta** | 607 Tom McCall Rd, Prineville, OR 97754
- **Partners In Care** | 141 NW 6th St Suite B, Redmond, OR 97756 | (541)382-5882 | www.partnersbend.org
- **Redmond Area Parks and Recreation District** | 465 SW Rimrock Way, Redmond, OR 97756 | (541)548-7275 | www.raprd.org
- **Redmond Chamber of Commerce** | 446 SW 7th St, Redmond, OR 97756 | (541)923-5191 | www.visitredmondoregon.com
- **Spokesman** | 361 SW 6th St, Redmond, OR 97756 | (541)548-2184 | www.redmondspokesman.com
- **The UPS Store** | 946 SW Veterans Way #102, Redmond, OR 97756 | (541)504-8600 | www.theupsstore.com
- **Windermere Real Estate** | 821 SW 6th St, Redmond, OR 97756 | (541)923-4663 | www.windermerecentraloregon.com
- **Brookside Assisted Living** | 3550 SW Canal Blvd, Redmond, OR 97756 | (541)504-1600 | www.brooksideplace.net
- **Amerititle** | 735 SW 6th St, Redmond, OR 97756 | (541)923-1749 | www.amerititle.com
- **Central Electric Cooperative, Inc.** | 2098 NW 6th St, Redmond, OR 97756 | (541)548-2144 | www.cec.coop
- **Fairway Mortgage** | 601 NW Harmon Blvd, Suite 11, Bend, OR 97703 | (541)771-6175 | www.fairway.com
- **Sharon Lanier**
- **Carrie Novack**

Tech Tips with James



Navigating the Website

— Your No-Nonsense Guide to Navigating RedmondSeniors.org

By James Morris

Welcome to the digital home of the Redmond Senior Center—www.redmondseniors.org. If you've ever thought, "I wish there was one place where I could find everything about the Senior Center without calling five people," this website is your new best friend. Think of it like the front desk, the bulletin board, and the suggestion box—all rolled into one.

Why Should I Visit the Website?

Glad you asked! Here's what the site offers without making you feel like you need a tech degree to figure it out:

- 1. Events Calendar:** Wondering when the next Happy Hour, Movie Matinee, or Tech Tuesday is happening? The calendar is your go-to. Just click on an event for details, and you'll know exactly when, where, and if snacks are involved (because priorities).
- 2. Programs & Activities:** From exercise classes to educational talks and game nights, you'll find descriptions of everything the Senior Center offers. No more "I didn't know that was happening!" moments.
- 3. Membership Info:** Thinking about becoming a member? (Hint: You should!) The website breaks down the perks, the cost, and how to sign up faster than you can say "count me in!"
- 4. Room Rentals:** Need a space for a meeting, birthday party, or reunion? Check out the rental options, see pictures of the rooms, and find out how to book.
- 5. Wellness Series:** Every month, there's a new wellbeing theme filled with speakers, activities, and even contests. Find out what's coming up and how to participate.
- 6. Donate & Support:** Want to help keep the center thriving? Whether it's a one-time donation, a sponsorship, or volunteering, the website shows you how to get involved.

But What If I'm Not Great With Technology?

No worries! The site is designed to be user-friendly. Here's how to make it work for you:

- 1. Start at the Homepage:** Open your web browser (that's the app you use for the internet—Chrome, Safari, Edge, or Firefox) and type in: www.redmondseniors.org. Boom. You're there.
- 2. Use the Menu:** Across the top of the site, you'll see tabs like Home, Events, Programs, and Support. Click the one that sounds like what you're looking for. It's like flipping through a book, but with less paper and more convenience.
- 3. Scroll Like a Pro:** If you don't see what you're looking for, use your mouse or finger to scroll down the page. Most of the good stuff is just a little further down.
- 4. Click and Explore:** Find something interesting? Click on it! You won't break the internet, I promise.
- 5. Need Help?** If you get stuck, there's a Contact Us section with a phone number and email. Or better yet, swing by the front desk and we'll walk you through it.

Pro Tips for Website Success

- **Bookmark the website!** That means saving it to your browser so you don't have to type it in every time. (Ask a grandkid or friendly tech person if you're not sure how.)
- **Check the calendar weekly.** Events change, and you don't want to miss out.
- **Sign up for the newsletter on the site.** It's like getting a sneak peek of everything cool coming up, delivered straight to your inbox.

Bottom Line: If you can check the weather online, you can navigate www.redmondseniors.org. And if you can't check the weather online—come to Tech Tuesday and we'll fix that. 🌤️

Meals With a Smile

Federal Funding Freeze

— What It Means for Meals on Wheels and Congregate Meals

By James Morris

Recently, the federal government issued a temporary freeze on federal funding for various programs and services, including those that support senior nutrition. This decision, made as part of a broader review of national spending priorities, briefly put financial assistance on hold before being quickly rescinded due to legal challenges and widespread concern.

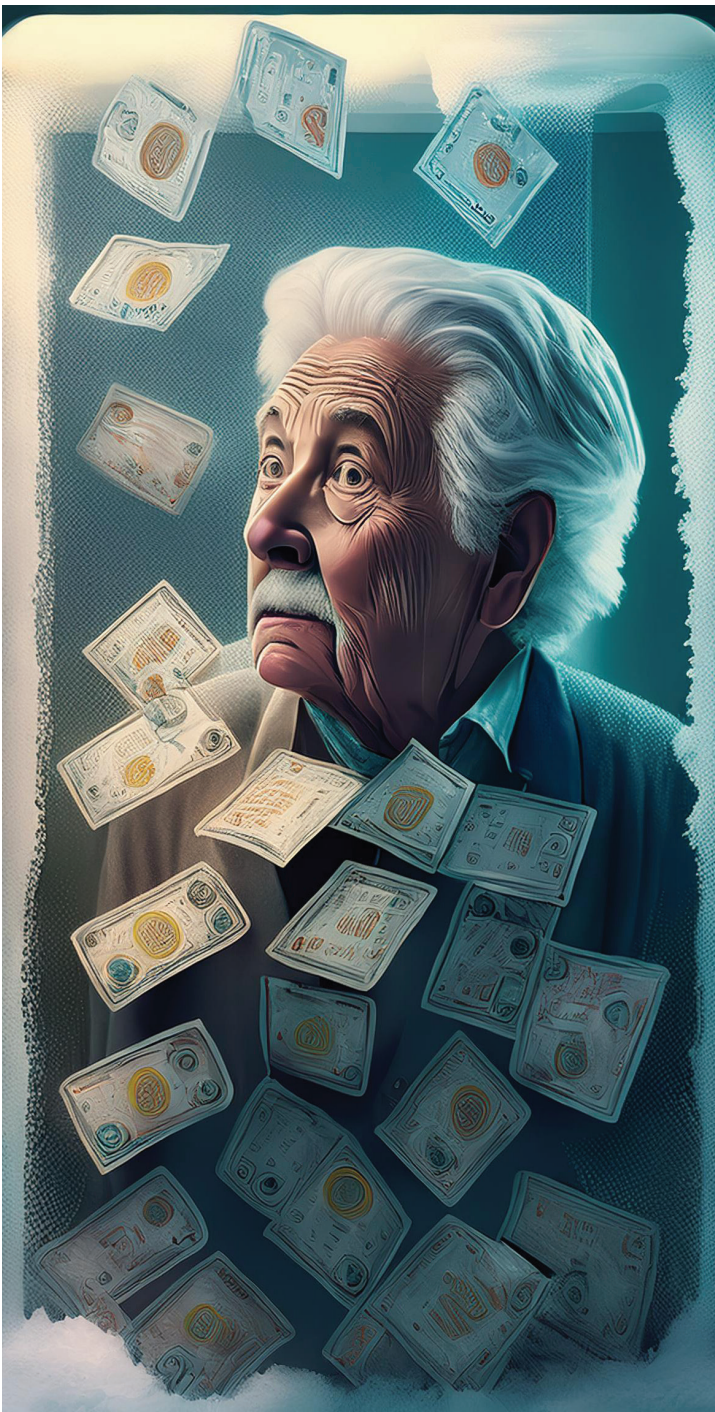
While this freeze was short-lived, it served as a stark reminder of how quickly changes at the federal level can ripple down to the local programs that rely on these funds—including our Meals on Wheels and congregate (in-house) meals program here at the Redmond Senior Center.

Our Commitment to Serving Seniors

At the Redmond Senior Center, we are dedicated to ensuring that seniors in our community have access to nutritious meals, whether through home delivery or shared meals at the center. Each year, our Meals on Wheels program provides approximately 31,720 meals to homebound seniors, while our congregate meals program offers an opportunity for seniors to dine together in a welcoming and social environment.

Although the recent funding freeze did not directly disrupt our operations, it raised concerns about what could happen if such financial uncertainties continue. Both Meals on Wheels and our congregate meals program rely on federal funding, as well as community support, to operate smoothly. A prolonged pause or reduction in funding could impact our ability to serve meals to those who depend on us for both nutrition and social connection.

Looking Forward: How You Can Help




The good news is that the freeze was lifted, and our programs continue to operate without interruption. However, this situation highlights the importance of local support to ensure our meal programs remain stable, regardless of federal funding decisions.

Here are a few ways you can help:

- **Donate:** Financial contributions go directly toward meal preparation and service.
- **Volunteer:** We always welcome caring individuals to help with meal service and deliveries.

- **Advocate:** Stay informed about policies affecting senior nutrition and make your voice heard.

Both Meals on Wheels and our congregate meals program provide more than just food, they offer connection, comfort, and care. Together, we can ensure that no senior in Redmond goes hungry, regardless of changes in government funding.

Thank you for being part of this mission. For more information or to get involved, please contact the Redmond Senior Center at (541)548-6325 or Info@RedmondSeniors.org. 



MEALS on WHEELS AMERICA



Meals on Wheels is a remarkable program that serves more than just hot meals, it delivers independence, companionship, and peace of mind to seniors nationwide. Here are some intriguing facts about the program, both across the country and right here in Central Oregon:

Nationwide Highlights:

- A Legacy of Service: The first Meals on Wheels delivery in the U.S. took place in 1954 in Philadelphia, marking the beginning of a movement that's been nourishing communities for over six decades. en.wikipedia.org
- Impressive Reach: Each year, Meals on Wheels programs collectively serve approximately 218 million

meals to 2.5 million Americans, including more than 500,000 veterans. en.wikipedia.org

- Beyond the Meal: While the nutritious food is essential, the program also provides a friendly visit to the clients, addressing both hunger and social isolation among seniors. mealsonwheelsamerica.org

Central Oregon Specifics:

- Local Commitment: The Council on Aging of Central Oregon administers the Meals on Wheels program throughout the tri-county area, ensuring that homebound seniors receive nutritious meals and regular wellness checks. councilonaging.org

- Volunteer Driven: In Central Oregon, dedicated volunteers are the heart and soul of the program, delivering meals and providing essential social interaction to seniors. councilonaging.org
- More Than Just Food: Beyond meal delivery, the program offers additional services like pet food delivery through the Passion for Pets program, recognizing the importance of pets in seniors' lives. councilonaging.org

Meals on Wheels exemplifies how a community's collective effort can significantly enhance the quality of life for its senior members, ensuring they remain nourished, connected, and valued.



VOLUNTEER!

Make a difference in your community by volunteering at the Redmond Senior Center! Whether you're passionate about supporting Meals on Wheels, assisting with events, or simply spending time with seniors, your efforts can bring joy and connection to the lives of many. Volunteering is a rewarding way to give back and make lasting memories. To learn more, contact **Lahna at (541) 548-6325 or email lahna@redmondseniors.org** today!

Chef Jose's Healthy Chicken Fajitas

— A Flavorful Fiesta on Your Plate!

By James Morris



This month, Chef Jose Perez is bringing the vibrant flavors of the Southwest to your kitchen with his Healthy Chicken Fajitas! Perfectly seasoned chicken, colorful bell peppers, and caramelized onions come together for a dish that's as nutritious as it is delicious. Whether you enjoy them wrapped in a warm tortilla, nestled in a lettuce cup for a low-carb option, or served over cilantro-lime rice, these fajitas are sure to satisfy.

With simple ingredients, bold spices, and plenty of ways to customize, this recipe makes it easy to bring a little spice and a lot of joy to your next meal. So, tie on your apron and get ready to sizzle up something special! Let's get cooking! 🌮



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| Flexible Event Spaces |

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Phone: (971)344-0455

Email: JLPP97230@Yahoo.com

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



Did you know that fajitas originally started as a dish made with skirt steak, not chicken? The word fajita comes from the Spanish word "faja," meaning "belt" or "strip," referring to the cut of meat. Ranch workers in Texas first created fajitas in the 1930s, cooking skirt steak over an open flame and serving it with tortillas.

It wasn't until much later that chicken, shrimp, and even veggie versions became popular. Now, chicken fajitas are one of the most-loved variations, thanks to their juicy, flavorful simplicity.

Healthy Chicken Fajitas

Ingredients

- 3 boneless skinless chicken breasts
 - pounded evenly to about 1/2 inch thickness
- 4 bell peppers - sliced, any color
- 1 large onion - sliced
- 4 tablespoons olive oil - divided
- Salt and pepper - to taste
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon cayenne pepper
- Juice of 1 lime
- 8 6-inch flour tortillas
- Toppings: light sour cream, salsa, mashed or sliced avocado, chopped cilantro, lime wedges for squeezing

Recipe

Instructions

1. Preheat oven to 375 degrees and lightly grease a large sheet pan. Stir together garlic powder, chili powder, cumin, and cayenne pepper.
2. Arrange chicken breasts on the pan, drizzle with 2 tablespoons olive oil and rub in with your fingers on both sides. Season generously with salt on both sides, then season chicken with mixed spices on both sides.
3. Arrange sliced peppers and onions on the pan around the chicken breasts. Drizzle with remaining 2 tablespoons olive oil. Season generously with salt.
4. Bake for 15-20 minutes until chicken is cooked through. Transfer chicken to a cutting board, return peppers and onions to the oven and switch to BROIL for 3-5 minutes until the edges of the veggies start to char slightly, then remove from oven.
5. While veggies are broiling, drizzle fresh lime juice over chicken then thinly slice into strips.
6. Assemble fajitas with chicken, peppers, onions, and desired toppings and serve immediately.

Tips and Tricks:

- Substitute lean beef or tofu cubes for the chicken.
- Use plain Greek yogurt instead of sour cream.
- Add cut asparagus pieces, sliced Brussels sprouts, cauliflower slices, or any of your favorite veggies to cook with the peppers.
- Serve these with a variety of salsas and try mixing and matching to see which are you favorite.
- If you are looking for a low-carb option, try putting the chicken and veggies in a leaf of romaine or bibb lettuce instead of a tortilla.
- Make fajita chicken bowls by skipping the tortilla and adding the chicken and veggies to some cilantro-lime rice. Add in some black or pinto beans too if you would like a little extra protein.
- Have fun with your toppings: You could also include sliced black olives, pickled jalapenos or red onions, queso fresco, or a tablespoon of monterey jack cheese.
- Make these gluten-free by using corn tortillas.

Nutrition

Calories: 187 kcal, Carbohydrates: 8 g, Protein: 13 g, Fat: 11 g, Saturated Fat: 2 g, Trans Fat: 1 g, Cholesterol: 36 mg, Sodium: 85 mg, Potassium: 425 mg, Fiber: 3 g, Sugar: 4 g, Vitamin A: 2674 IU, Vitamin C: 104 mg, Calcium: 19 mg, Iron: 1 mg

Save the Date

WEDNESDAY
March 5
11:00 AM

Meet & Greet
with the RSC Staff

MONDAY
March 10
TBD

Pipeline Vocal Concert
presented by RCCA

WEDNESDAY
March 12
10:00 AM

Wellbeing Series
Nutrition Awareness

MONDAY
March 17
1:00 PM

St. Patrick's Day
Celebration

See Full Month Calendar on back page.

FREE DROP-IN EVENTS

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

Card Sharks
Tuesday @ 10 AM

Connection Cafe
Tuesday @ 1:30 PM

Meet & Greet
1st Wednesday @ 11:00 AM

Poker w/Friends
Wednesday @ 1:00 PM

Cards w/Friends
Thursday @ 10 AM

Walk to Coffee
Friday @ 12:30 PM

Prestige High Desert
1st Friday @ 1:00 PM

First Stop Friday
1st Friday @ 2:00 PM

Ping Pong
Friday @ 1:00 PM

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

Harmony Unleashed — Pipeline Vocal Project Live at Redmond Senior Center!

By James Morris

Get ready, Redmond! The Pipeline Vocal Project is bringing their electrifying, one-of-a-kind show to the Redmond Senior Center on Monday, March 10, from 1 to 2 PM. This powerhouse vocal trio from Alaska is known for their genre-bending sound, smooth harmonies, and dynamic energy that will have you tapping your toes and singing along.

Imagine the biggest hits from artists like Bruno Mars, Billie Eilish, Lizzo, Khalid, Jason Derulo, and even your favorite Disney classics, all performed with a unique, modern twist—no instruments needed! That's right, Pipeline creates a full-band sound using only their



voices. It's fresh, nostalgic, and downright fun!

Why You'll Love This Show:

- **Unbelievable Talent:** Three powerhouse vocalists with harmonies so tight, you'll think you're hearing a full band.
- **Musical Time Travel:** From golden oldies to today's chart-toppers, they cover it all with flair.
- **High-Energy Entertainment:** These ladies don't just sing—they move, groove, and engage the crowd like pros.
- **Inspiring Story:** Since forming in 2019, Pipeline Vocal Project has performed in over 12 countries, represented the U.S. as Cultural Ambassadors, and even wowed crowds at the 2020 World Expo in Dubai!

Meet the trio:

- **Lisa Hawkins** – The beatmaker and bass, Lisa's vocal percussion will blow your mind. She's also the founder of Alaskappella, a nonprofit building Alaska's vocal arts community.
- **Taylor Siebert** – An award-winning vocalist and choreographer, Taylor has worked with groups like Foreigner and Voiceplay. When she's not on stage, she's mentoring the next generation of vocalists.
- **Molly Dieni** – A multi-talented musician who sings all parts and rocks the "Lady-Bass" role. Molly's been performing since age 8 and brings her lifelong passion for music to every show.

Admission is FREE for ALL. (Donations encouraged.)

This isn't just a concert—it's an experience you'll be talking about long after the final note. So grab your friends, dust off your dancing shoes, and join us for an afternoon of music, laughter, and pure joy.

Don't miss out! Come early to grab a great seat!

For more info, call us at 541-548-6325 or visit www.redmondseniors.org.

Let's make Monday, March 10, a day to remember! See you there! 🎵

For more information about Pipeline Vocal Project, visit their website at www.pipelinevocalproject.com

For information about the Redmond Community Concert Association, visit their website at redmondcca.org.



Ride for free!

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

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

No weekend service at this time.

buses arrive every 45 minutes

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

Need to stop somewhere not listed above?

Call to request a stop!

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

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

Please call the day before a ride is needed.

Flex service is subject to availability.



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

Transfer buses at the Transit Hub

B Flex Route B: Northwest

22 Redmond to Madras

24 Redmond to Bend

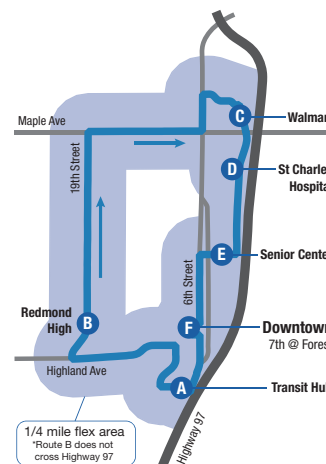
26 Redmond to Prineville

28 Redmond to Sisters

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



Updated: December 2, 2024



Ride for free!

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

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

No weekend service at this time.

buses arrive every 45 minutes

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

Need to stop somewhere not listed above?

Call to request a stop!

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Please call the day before a ride is needed.

Flex service is subject to availability.



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

Transfer buses at the Transit Hub

A Flex Route A to the Airport

22 Redmond to Madras

24 Redmond to Bend

26 Redmond to Prineville

28 Redmond to Sisters

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



Updated: December 2, 2024

TECH TUESDAY
with JAMES

"My cellphone sucks!"

"My laptop isn't working."

Every Tuesday

30 min. increments

Schedule your time at the front desk

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More details
James@RedmondSeniors.org

"This tablet hates me."

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Ad Snippets

	<p>Our Connection Café provides a welcoming and compassionate space for supportive conversations about illness, death, and grief. Tuesdays, 1:30-3:00 PM</p>
	<p>Finish the week off by watching a relaxing movie at the Senior Center. Free popcorn, and \$3 beer/wine. 2nd Friday of each month, 1:00 PM</p>
<p>VETERAN'S APPRECIATION LUNCH</p>	<p>Veteran's are celebrated each month with a free lunch. Sponsored by Hospice of Redmond. 3rd Wednesday of each month, 11:45 AM</p>
	<p>Start your month off right. Make your FIRST STOP on First Friday at the Redmond Senior Center. Art, Music, Refreshments, First Friday Info, Promotions, Raffle, and more. 1st Friday of each month, 2:00 PM</p>
	<p>Each month is a new topic. Learn how you can live a healthier lifestyle from experts in the field. Wellbeing Talk: 2nd Wednesday of each month, 10:00 AM Wellness Connect: 4th Wednesday of each month, 10:30 AM</p>

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://3v9xgga2gqz2bs9vm26vya5g-wpengine.netdna-ssl.com/wp-content/uploads/sites/42/2019/03/In-HomeCareAgencyList.CouncilonAging.2019.pdf>
- **Low Cost Pet Resources**
<https://3v9xgga2gqz2bs9vm26vya5g-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>

Riddle Me This

The “Riddle Me This” section is more than just fun and games; it’s a delightful way to keep your mind sharp and engaged. Solving riddles challenges your brain to think creatively, improve problem-solving skills, and boost cognitive flexibility—important components of mental health at any age. Engaging with riddles exercises memory, sharpens focus, and encourages lateral thinking, all of which contribute to maintaining a healthy and active mind. Just like love and relationships, riddles remind us of the joy in discovery and connection, fostering a sense of accomplishment and mental well-being when the solution finally clicks.

20 Nutrition Awareness Riddles

1.

I’m red, round, and juicy sweet,
Slice me up for a salad treat.
I’m often called a veggie, but that’s not right,
I’m really a fruit, though I don’t taste light.
What am I?

2.

I’m long and yellow, a monkey’s delight,
Peel me to find a snack that’s just right.
High in potassium to keep cramps away,
Grab me for energy to power your day.
What am I?

3.

I’m green on the outside, pink within,
Black seeds scattered under my skin.
A summer fruit that quenches your thirst,
Eat me on picnics when the sun’s at its worst.
What am I?

4.

I’m small, but I pack a punch,
Crunch me for fiber at breakfast or lunch.
I’m not really a grain, though some think I am,
In porridge or pudding, I’m part of the plan.
What am I?

5.

I’m a dairy product, creamy and white,
Some like me plain, some fruit makes it right.
Full of probiotics to help your gut,
I’m served in a bowl, a spoon’s perfect cut.
What am I?

6.

I grow underground, brown or red,
Mash me, bake me, or fry me instead.
Full of Vitamin C and fiber too,
Top me with veggies for a healthier you.
What am I?

7.

I’m leafy and green, packed with delight,
In salads and smoothies, I add a bite.
With iron and vitamins, I strengthen your bones,
Eat me fresh or cooked, I’m healthy alone.
What am I?

8.

I’m crunchy and orange, a rabbit’s best friend,
Packed with beta-carotene from end to end.
Dip me in hummus or eat me plain,
For sharp eyesight, I’m always the brain.
What am I?

9.

I’m round, white, and sometimes brown,
Boil, scramble, or poach me down.
Full of protein in a shell so neat,
I’m a breakfast favorite many love to eat.
What am I?

10.

I’m nutty but not always a nut,
Creamy and spreadable, but watch your gut.
High in protein, but fats I contain,
Choose my natural form for health you’ll gain.
What am I?



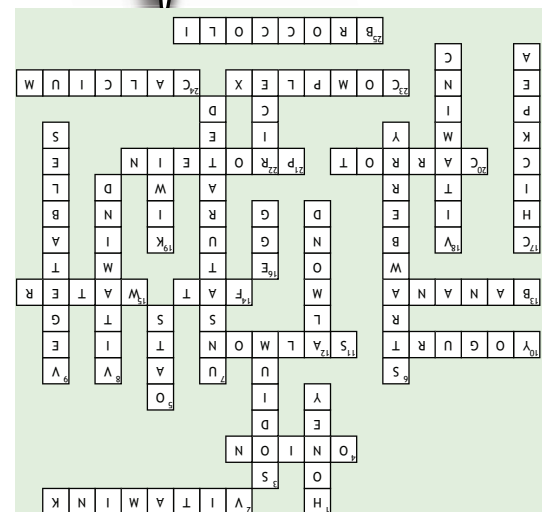
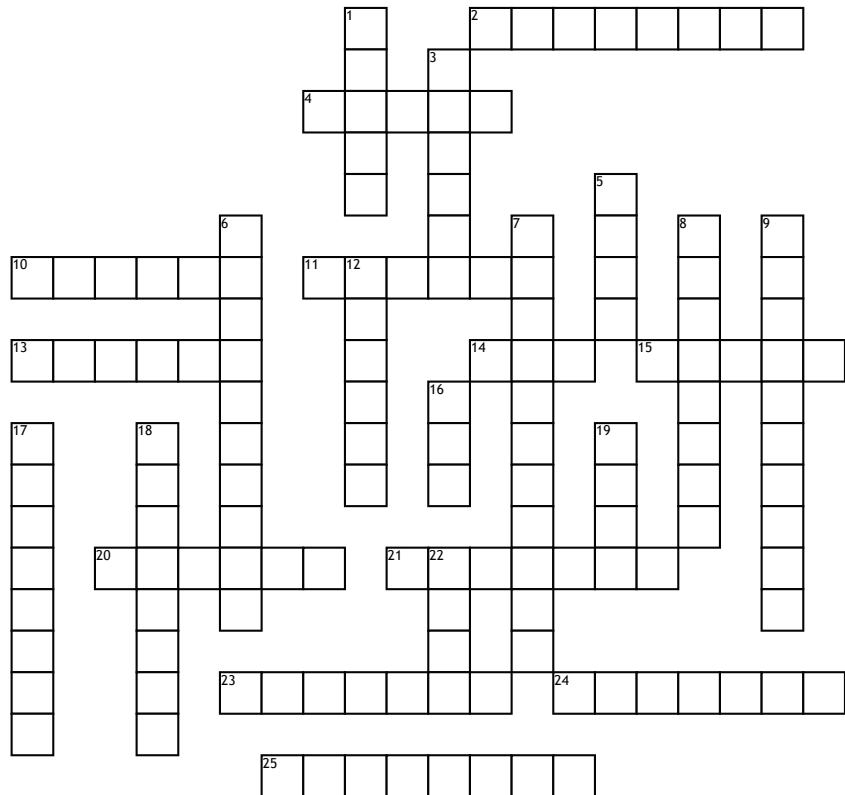
Nutrition Awareness

Across

2. What vitamin helps blood clot properly?
4. Which vegetable has layers and can make you cry when chopped?
10. What dairy product is made by fermenting milk and contains probiotics?
11. Which food is rich in omega-3 fatty acids and often found in the ocean?
13. A fruit that is high in potassium and often enjoyed by monkeys.
14. What nutrient provides the most energy per gram?
15. What essential nutrient helps regulate body temperature and keeps you hydrated?
20. Which vegetable is known for improving eyesight?
21. What nutrient is essential for muscle growth and repair?
23. What type of carbohydrate is best for long-lasting energy?
24. What mineral keeps bones strong and teeth healthy?
25. This green vegetable looks like tiny trees.

Down

1. This sweet golden liquid is made by bees.
3. What is the primary mineral found in table salt?
5. What whole grain is often used to make oatmeal?
6. Which fruit has seeds on the outside of its skin?
7. What type of fat is considered healthy for your heart, found in avocados and nuts?
8. This vitamin is known as the "sunshine vitamin."
9. Which food group includes carrots, spinach, and peppers?
12. Which nut is known for its heart-healthy fats and crunchy texture?
16. What food is a complete protein and often eaten for breakfast?
17. What legume is commonly used to make hummus?
18. Which vitamin is abundant in citrus fruits like oranges?
19. This fruit has a fuzzy skin and green or golden flesh.
22. This grain is often served as a side dish and comes in brown or white varieties.



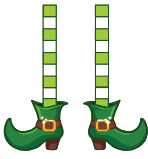


Riddle Answers:
 1. Tomato
 2. Banana
 3. Watermelon
 4. Chia Seeds
 5. Yogurt

6. Potato
 7. Spinach
 8. Carrot
 9. Egg
 10. Peanut Butter

MARCH

2025

MON	TUE	WED	THU	FRI
3. 10:00 The Artist's Way Workshop 10:30 Daily Movement Chair Yoga 11:30 Bridge 11:45-12:30 Lunch 1:00 Pickleball	4. 10:00 Card Sharks 10:30-3 Nails by Angela* 11:45-12:30 Lunch 1:00 Cross Stitch 1:00 Pickleball 1:00 Line Dancing 1:30-3 Cafe Connection	5. 10:30 Daily Movement Chair Yoga 11:00 Meet & Greet 11:45-12:30 Lunch 1:00 Poker w/Friends 1:00 Crochet Club 1:00 Ping Pong	6. 10:00 Cards w/Friends 10:00 Line Dancing 10:30-3 Nails by Angela* 11:45-12:30 Lunch 1:00 Bingo	7. 10:00 Cards w/Friends 11:45-12:30 Lunch 12:30 Walk to Coffee 1-2 Prestige High Desert 2-4 First Stop Friday
10. 10:00 The Artist's Way Workshop 10:30 Daily Movement Chair Yoga 11:30 Bridge 11:45-12:30 Lunch 1:00 Pipeline Vocal Project 12:30 Heart Warmers 1:00 Pickleball	11. 10:00 Card Sharks 10:30-11:30 Tech Tuesday w/James* 10:30-3 Nails by Angela* 11:45-12:30 Lunch 1:00 Cross Stitch 1:00 Pickleball 1-2:30 Line Dancing	12. 10:30 Daily Movement Chair Yoga 10:00 Wellbeing Series 10:00 Spinners Guild 11:45-12:30 Lunch 1:00 Poker w/Friends 1:00 Crochet Club 1:00 Cooking w/Angela * 1:00 Ping Pong	13. 10:00 Cards w/Friends 10:00 Line Dancing 10:30 Nails by Angela* 11:45-12:30 Lunch 1:00 Bingo	14. 8:00 Senior Law Day 10:00 Cards w/Friends 11:45-12:30 Lunch 12:30 Walk to Coffee 1:00 Movie & Popcorn (The Banshees of Inisherin)
17. 10:00 The Artist's Way Workshop 10:30 Daily Movement Chair Yoga 11:30 Bridge 11:45-12:30 St Patrick's Day Lunch & Activities 1:00 Pickleball 	18. 10:00 Card/Stamping Class (\$8) 10:00 Card Sharks 10:30 Nails by Angela* 11:45-12:30 Lunch 1:00 Cross Stitch class 1:00 Pickleball 1-2:30 Line Dancing 1:30-3 Cafe Connection	19. 9:00 Feet Retreat 10:30 Daily Movement Chair Yoga 11:45-12:30 Vetrans Appreciation Lunch 1:00 Poker w/Friends 1:00 Women History month Rock Painting w/Eileen Goss (\$5.00) 1:00 Crochet Club 1:00 Ping Pong 1:00 Book Club 3:00 Cards for a Cause	20. 10:00 Cards with Friends 10:00 Line Dancing 10:30-3 Nails by Angela* 11:45-12:30 Lunch 1:00 Bingo	21. 10:00 Cards w/friends 11:45-12:30 Lunch/Birthdays 12:30 Walk to Coffee 12:30-1:30 Prestige High Desert 1:00 Happy Hour w/Lindy Gravelle
24. 10:00 The Artist's Way Workshop 10:30 Daily Movement Chair Yoga 11:30 Bridge 11:45-12:30 Lunch 12:30 Heart Warmers 1:00 Pickleball	25. 10:00 Card Sharks 10:30-3 Nails by Angela* 11:45-12:30 Lunch 1:00 Cross Stitch Class 1:00 Pickleball 1-2:30 Line Dancing	26. 10:30 Daily Movement Chair Yoga 10:30 Wellbeing Series Connect 11:45-12:30 Lunch 1:00 Poker w/Friends 1:00 Ping Pong 1:00 Crochet Club 1:00 Cooking w/Angela*	27. 10:00 Cards w/Friends 10:00 Line Dancing 10:30-3 Nails by Angela* 11:45-12:30 Lunch 1:00 Bingo	28. 10:00 Cards w/Friends 10:00 Just 4 Fun Band 11:45-12:30 Lunch 12:30 Walk to Coffee 12:30-1:30 Prestige High Desert 1:00 Arts & Crafts Book Markers w/Sonya Massey \$5.00
31. 10:00 The Artist's Way Workshop 11:30 Bridge 11:45-12:30 Lunch 1:00 Jewelry Class 1:00 Pickleball			Classes Highlighted in Green \$3.00 Members \$5.00 Non-Member * Pre-Registration Required Nails by Angela \$5.00 Members \$ 10.00 Non-Members Please Pay at front desk for classes	NUTRITIONAL HEALTH MONTH

All listings are subject to changes without notice.

PARKS & REC WEEKLY SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:45-8:45am	Fitness 4 Life	Zumba®	Fitness 4 Life	Fitness 4 Life	Zumba®
9:00-10:00am		**Pumped Up Strength		**Pumped Up Strength	
9:15-10:20am	Powercut Plus	Balance & Core	Powercut Plus	Yoga Strong	Cardio Kickboxing
10:35-11:35am	SilverSneakers® Classic	Zumba Gold®	SilverSneakers® Classic	SilverSneakers® Yoga	SilverSneakers® Circuit
5:30-6:30pm		Power Combo	Dance Fitness	Power Combo	

**Pumped Up Strength is Virtual Only

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