

## We Honor Veterans Luncheon!

Hospice of Redmond & the Redmond Senior Center is offering lunch for veterans plus one. These lunches will take place the third Wednesday of every month. This month is on Oct. 16, 12:00-12:30.

## Flu Clinic!

Rite-Aid is hosting a flu clinic on Friday, Oct. 11<sup>th</sup> from 10:30-12:30. No appt. needed. Please bring your insurance card. The stronger senior flu-shot will not be available at this clinic. However, some protection is better than no protection.

## Just4Fun Band!

Kick up your heels with the Just4Fun Band on Oct. 18 from 10:00-12:00!

## Medicare 101!

This workshop is for anyone turning 65 or going to be eligible for Medicare in the next six months. You will gain an understanding of how Medicare works, learn the difference between Medicare Advantage and Medicare Supplements, and more. At the Redmond Senior Center, Oct. 15, at 5:30 p.m.

## Halloween Party!

'Tis the season for tricking your friends and treating your tummies! On October 31<sup>st</sup> we'll be having a costume party from 11:00-12:00 with a costume contest and more! Lunch will be served at 12:00.

## Help Feed Seniors through the RSC Entrée Program!

Do you know a business we could approach to help fill the reimbursement gap for our lunch programs? For just \$100 a month you can help support the RSC's meal programs. Your donation helps to offset growing costs and cover the difference for meal reimbursements. Call 541-548-6325 to learn more!

## Entrée Program Donors For October are:

Community Presbyterian Church  
DeLeon Corporation  
Heart & Home Hospice  
Helping Hands Home Care  
Hospice of Redmond  
Quality Heating  
Redmond Dental Group  
Swift Steel  
Thelma's Place

Monthly Birthday Cake donated by:  
Brookdale of Redmond

## Welcome Fall Fundraiser Dinner!

Join Chef Tey and her team at the Redmond Senior Center on **Friday, Nov. 8 at 6:00pm** for a Fall themed four course tasting menu!

This fundraising event is to help repair and update kitchen equipment and more so that the RSC kitchen is better equipped to help serve our growing senior community. Tickets are \$35. You can purchase your ticket at: [RedmondSeniors.org/Welcome-Fall](http://RedmondSeniors.org/Welcome-Fall)



## We All Need Support!

### Alzheimer's & Dementia

Are you caring for a loved one with Alzheimer's or Dementia? You are invited to a *free* family caregiver support group the third Wednesday of every month from 4:00-5:00pm at Thelma's Place, 1350 NW Canal Blvd, Redmond.

### Parkinson's Disease

People with Parkinson's and their caregivers are invited to take part in a peer-led support group to learn more about the disease on the first Wednesday of each month from 1:00-2:30. Call Ginny to learn more 541-548-6310.

### Family Caregiver Support

If you are responsible for another person and feeling overwhelmed by the experience, this *free* group is for *you*! Join other caregivers the second Friday of every month from 6:00-7:00pm in the St. Charles Hospital Cafeteria Conference Room. Contact Tracie at 503-453-2043 to learn more.

## What Is It Like to Have Dementia?

The Redmond Senior Center has been working to bring you an innovative new way to experience the world and/or to learn about history with virtual reality. This also includes a dementia experience from the Alzheimer's Foundation of America.

Ted Viramonte and Tia Linschied will be guiding you through the world of Harry as you step into his shoes. You will get a sense of what it may be like to live with a dementia-related illness, experiencing the visual and spatial disconnect and further sensory impairments.

The first experience (not a simulation), will take place on Nov. 5 at 1:00.

## This and That cont.

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And last, but not least, we'd like to offer our thanks to front desk volunteers Lavonne, Carole, Donna, Lydia, and Lars, as well as to Caroline, Jeanne, and Marie, who do terrific work at lunch time with the sign-in desk. We also thank Pat and Seamus for the time they volunteer to help keep the Senior Center clean.

**The trouble is, we think we have time:** Speaking of donations, the Center use to be a frequent recipient of bequests from members after passing on. That has dramatically curtailed in the past few years. We'd like respectfully to ask that when thinking of whom it is you leave your resources, you include a bequest to the Center, which will do much for your friends and those who come later.

*Ted Viramonte*



### Paint Night!

Take part in a two-hour class where you learn to paint a beautiful picture with acrylic paint. Classes are scheduled every Tuesday night but you need to register with the RAPRD Activity Center at 541-526-1847. Ages 14 & up are welcome.

**Where: Redmond Senior Center** **When: 4:00 p.m. – 6:00 p.m.**

### Don't Forget!

Drop your redeemable cans & bottles at the RSC and help support senior programs!

Your shopping can also help! Use Amazon Smile & Fred Meyer Rewards Program and choose us as your non-profit to support.

Like us on Facebook to stay in the know:  
[facebook.com/SeniorCenterofRedmondOregon](https://www.facebook.com/SeniorCenterofRedmondOregon)



### Important Dates for October>>>

16 – Honor Veterans Lunch

18 – Just4Fun Band

31 – Halloween Party



October, 2019

# Senior Moments

### Please Note!! >>>



**Welcome Fall  
Fundraiser Dinner!  
Nov. 8, 6:00.**

**Look inside for more  
details.**



### Join Us for Lunch!

Lunch is served M-F from 12:00-12:30. No charge for 60+ (suggested donation \$4.00). Under 60 costs \$5.00. All-to-go meals are \$5.00.

You can find a lunch menu on our website, Facebook page, or at the RSC front office.

### This and That

**Thank ya! Thank ya! Thank ya!**...It's an inescapable fact that this Center could not survive without donations. I'm not just talking money here. There are many who donate time, goods, merchandise and more to the Center. So we'd like to pause here to thank you all, understanding we'll likely no doubt be leaving some out.

Some of you may have seen the news article on Z21 about the paint and labor the Center is currently realizing. This is entirely because of the efforts of member Debbi McCune. In conjunction with that, we'd also like to thank David Morse with Morse Painting who is donating his labor and Donny Reams with Denfeld Miller Paint Store who donated 30 gallons of paint.

A Thank You also goes out to Home Depot who gifted us with new blinds, plus the labor of removing the old ones and installing the new. You may also have noticed the new desks in my and Judy Goodrich's offices. This donation was entirely the work of RSC Board member JoAnne Sutherland. Thank you, JoAnne.

The 70<sup>th</sup> Anniversary Celebration was a huge success thanks to the hard work of Betty Larsen and crew. Betty contacted many local businesses for drawings and donations.  
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