

# SENIOR MOMENTS NEWSLETTER

## In this issue...

- 2** Volunteer Highlight
- 3** Activities Calendar
- 4** Time for Fun

## The Remarkable Revival of Redmond Senior Center

By James Morris

**I**n the quiet town of Redmond, a signal of hope and community has re-emerged from the shadows of uncertainty and adversity. The Redmond Senior Center, once teetering on the brink of closure, has experienced a profound transformation that reads like a narrative of resilience, innovation, and unwavering spirit. Faced with unprecedented challenges brought on by the 2020 pandemic and further exacerbated by a void in leadership, the center's future was uncertain. However, thanks to the visionary leadership of its newly appointed director in June 2023 and the steadfast support of the Board of Directors, this vital institution has been revitalized, rekindling its legacy as a hub of activity, support, and enrichment for the senior community.

The pandemic's onslaught forced the doors of the Redmond Senior Center to close, disrupting the rhythm of daily gatherings and the warmth of communal interaction. The center, founded on pillars of connection, learning, and support, faced its most daunting challenge yet. The only remaining flicker of operation was the essential Meals on Wheels service, a thread that held the fabric of the center's community together, even in isolation. This essential service, powered by the unwavering dedication of its drivers, not only kept the center's spirit alive but also ensured its community remained connected. Through their tireless efforts, these drivers were instrumental in weaving a network of care and sustenance, holding the center's community fabric together even as they navigated the solitude of the pandemic.

Compounding these difficulties was a leadership vacuum that left the center rudderless at a time when strategic navigation was imperative. The search for a director who could steer the center out of these tumultuous waters led to an unprecedented turn of events in June 2023—a turning point that would redefine the center's trajectory.

The appointment of a new director heralded the beginning of a renaissance at the Redmond Senior Center. With a blend of innovative thinking and a deep respect for the center's heritage, the leadership team embarked on a mission to rejuvenate and reposition the center as a beacon of inclusion,



learning, and joy for seniors in the Redmond community.

Through a series of targeted initiatives, innovative programming, and an invigorating fundraising campaign, the center began to breathe new life. Technology-based workshops, wellness programs, and cultural events were introduced, breaking the conventional mold of senior center activities and drawing in a vibrant mix of members. The fruits of these labors were evident in the bustling halls, lively discussions, and the laughter that once again filled the air.

The revival of the Redmond Senior Center is not solely a story of leadership; it is a testament to the power of community. The success of the fundraising campaigns reflects a groundswell of support from local businesses, residents, and community leaders. This collective effort has not only secured the financial stability of the center but also reaffirmed its value as a cornerstone of the community.

Today, the Redmond Senior Center stands as a beacon of excellence and innovation in senior care and community engagement. With a foundation reinforced by visionary leadership and community support, the center is poised for a future of growth, impact, and continued transformation. It remains a place where every senior can find companionship, empowerment, and a sense of belonging.

As we celebrate the resurgence of the Redmond Senior Center, we extend our heartfelt invitation to you to join us in this remarkable journey. Whether through participation, volunteerism, or support, your involvement can help sustain this incredible momentum.

Together, we continue to weave a tapestry rich with the stories of our seniors, their wisdom, and their zest for life. The Redmond Senior Center's revival is not just a chapter in its history; it is a beacon of hope, a model of resilience, and a legacy in the making. •

# VOLUNTEER HIGHLIGHT

## Susan Walden

### Redmond Senior Center's Super Volunteer

By James Morris

**H**ave you heard about Susan Walden? She's quite the star here at the Redmond Senior Center, and let me tell you, her story is nothing short of inspiring. After wrapping up a whopping fifty-year career (yes, you read that right!), Susan found herself with a whole lot of time on her hands and, well, a bit of boredom creeping in. But did she stay put? Nope! She decided to dive into the world of volunteering, and the senior center hasn't been the same since.

Susan's work life was all kinds of interesting, covering a whole spectrum of jobs that kept her on her toes. But when retirement rolled around, she faced that all-too-common question: "What's next?" Instead of settling into the quiet life, Susan saw an exciting opportunity at the Redmond Senior Center and thought, "Why not?"

Just about a year before I caught up with her, Susan started volunteering here, and guess what? She absolutely loves it. It's not just about filling her time; it's about making genuine connections and helping out where she can.

Imagine this: One day, Susan's organizing a killer bingo game, and the next, she's helping someone figure out how to send an email to their grandkid. She's all over the place, in the best way possible. Her energy and eagerness to help have made her a favorite among the folks here.

Chatting over coffee, planning outings, or just lending an ear, Susan's all about making everyone feel at home. It's



pretty clear she's having a blast and making a huge difference while she's at it.

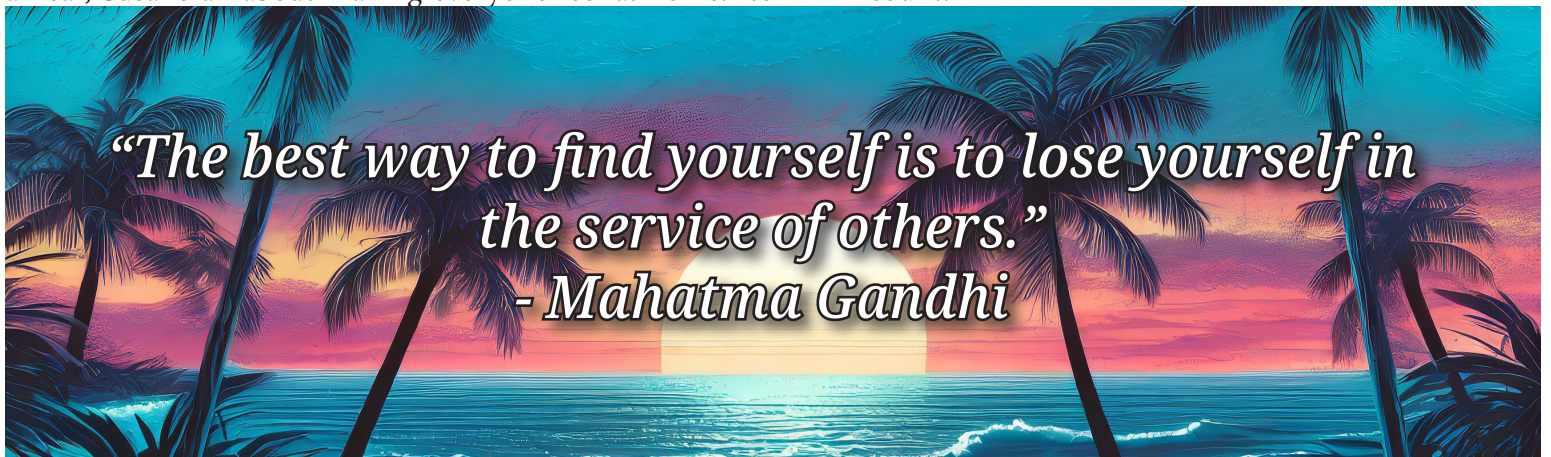
For Susan, volunteering is all about the joy of making a difference. It's not just about staying busy; it's about creating a place where everyone feels they belong and can have a good time. She's living proof that jumping into volunteering can lead to some pretty amazing experiences and connections.

It's stories like Susan's that remind us how one person can spark a change and bring a whole lot of happiness to others. She's not just filling her time; she's filling her life with meaningful moments

that touch others.

So, there you have it—the story of Susan Walden, who turned her retirement into a new adventure at the Redmond Senior Center. It's a heartwarming reminder that it's never too late to try something new and make a positive impact in your community.

Susan's journey from career to volunteering is a nudge for anyone wondering what to do with their spare time. Get out there, find what you love, and who knows? You might just become the next big thing at your local senior center. Here's to finding your own version of Susan's story and making every moment count!



# EVENTS & ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>1<sup>st</sup></b> 11:30 Bridge 11:45 Lunch 1:00 Jewelry Craft NEW 1-3 Pickleball Procrastination Club Meeting Put off again-April Fools	<b>2<sup>nd</sup></b> 11-12:30 Band/Bros. 11:30 Pinochle 11:45 Lunch-NEW NAPIS DAY 1-2:30 Line Dancing 1-3 Pickleball	<b>3<sup>rd</sup></b> 9:00 COAR 11:45 Lunch 12-1 John Tuck Kids SING 1:00 Poker 1-2 Intro to Crochet 1:00 Stroke 101	<b>4<sup>th</sup></b> 10:00 Bridge Lessons 10-11:30 Line Dancing 11:45 Lunch 12:30 Chair Yoga 1:00 Bingo 1:00 Hula with Mailey NEW	<b>5<sup>th</sup></b> 8:30 Senior Law Day 10:15 Cards w/Friends 11:45 Lunch 12:30 Walk to Coffee	
<b>8<sup>th</sup></b> 11:30-Bridge 11:45 Lunch 12:30 Heartwarmers 1-3 Pickleball 3-4 Tech Zoomers	<b>9<sup>th</sup></b> 11-12:30 Band/Bros 11:30 Pinochle 11:45-Lunch 1-2:30 Line Dancing 1-3 Pickleball	<b>10<sup>th</sup></b> 9: COAR 10-12 Spinners/Weavers 11:45 Lunch 1 Poker 1-2 Intro to Crochet 2-3 Tech Zoomers 3-4 Tech Zoomers	<b>11<sup>th</sup></b> 10:00 Bridge Lessons 10-11:30 Line Dancing 10:15 Cards w/Friends 11:45 Lunch 12:30 Chair Yoga Bingo 1:00 Hula with Mailey 3-4 Tech Zoomers	<b>12<sup>th</sup></b> 9:00 Feet Retreat 10:00 Just For Fun Band 11:45 Lunch 12:30 Walk to Coffee 1:00 NEW! Happy Hour	
<b>15<sup>th</sup></b> 11:30-Bridge 11:45 Lunch 1-Jewelry Craft 1-3 Pickleball 1-3 Green Pastures 3-4 Tech Zoomers	<b>16<sup>th</sup></b> 11-12:30 Band/Bros 11:30 Pinochle 11:45-Lunch 1-2:30 Line Dancing 1-3 Pickleball	<b>17<sup>th</sup></b> 9 Feet Retreat 9 COAR 11:30 Ageless Awards Watch Party 11:45-Lunch-Veterans 1 Poker 1-2 Intro to Crochet 1-2 Aging Well- 2-3 Tech Zoomers 3-4 Tech Zoomers	<b>18<sup>th</sup></b> 10:00 Bridge Lessons 10-11:30 Line Dancing 11:45 Lunch 12:30 Chair Yoga 1: Bingo 1:00 Hula with Mailey 3-4 Tech Zoomers	<b>19<sup>th</sup></b> 10:15 Cards w/Friends 11:45 Lunch- Birthdays Lindy Gravelle Music and Dancing 12:30 Walk to Coffee	
<b>22<sup>nd</sup></b> 11:30-Bridge 11:45 Lunch 12:30 Heartwarmers 1-3 Pickleball 3-4 Tech Zoomers  Earth Day	<b>23<sup>rd</sup></b> 11-12:30 Band/Bros 11:30 Pinochle 11:45-Lunch 1-2:30 Line Dancing 1-3 Pickleball	<b>24<sup>th</sup></b> 9: COAR 11:45 Lunch 1 Poker 1:00 Medicare 1-Intro to Crochet 2-3 Tech Zoomer 3-4 Tech Zoomers	<b>25<sup>th</sup></b> 10:00 Bridge Lessons 10-11:30 Line Dancing 11:45 Lunch 12:30 Chair Yoga 1: Bingo 1:00 Hula with Mailey 3-4 Tech Zoomers	<b>26<sup>th</sup></b> 10:15 Cards w/Friends 11:45 Lunch 12:30 Walk to Coffee  April 28th Arbor Day	
<b>29<sup>th</sup></b> 11:30-Bridge 11:45 Lunch 1-3 Pickleball 3-4 Tech Zoomers	<b>30<sup>th</sup></b> 11-12:30 Band of Bro 11:30 Pinochle 11:45 Lunch 1-2:30 Line Dancing 1-3 Pickleball	 <p><b>NEW!!!</b>            Join us for HAPPY HOUR!            Friday, April 12th from 1-2PM.            Each month, we'll feature local entertainment on a Friday.            Beer, Wine, and FUN!</p>			<p><b>THIS MONTH!</b>   <b>Parker Steers</b>            Local singer            songwriter.</p>

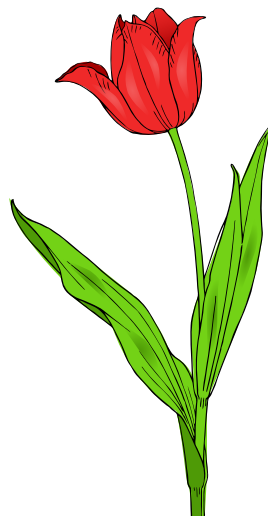
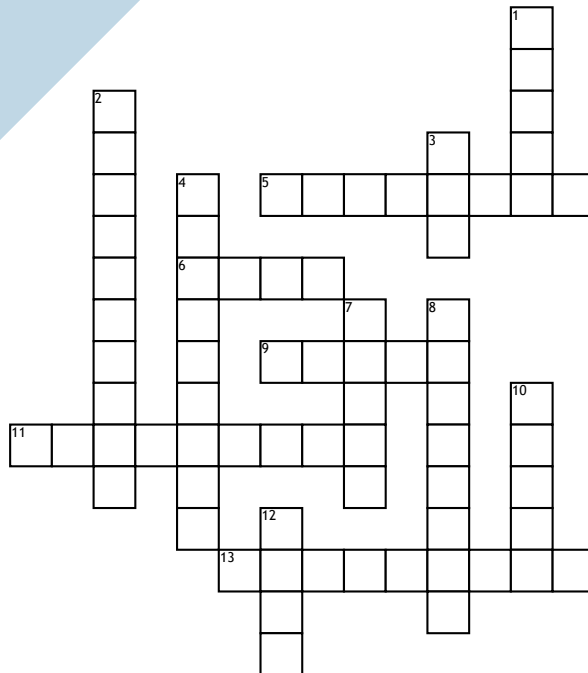
# Spring in Redmond

## Across

5. This mountain range provides a stunning backdrop to Redmond, especially majestic in spring.
6. A natural area near Redmond known for its wildflower displays in spring. Smith
9. The month when the annual "Redmond Spring Festival" typically begins.
11. This river, essential to Redmond's landscape, is a popular spot for spring kayaking and fishing.
13. Redmond's high desert climate leads to this natural spring occurrence, contrasting with the greenery.

## Down

1. A type of bird often seen migrating through Redmond in spring, known for its distinctive call. Sandhill
2. A festival in Redmond that marks the transition to warmer months with local foods and crafts.
3. Redmond celebrates this Earth-focused day in April with community clean-ups and educational events. Earth
4. This local plant blooms with bright yellow flowers in early spring around Redmond.
7. This golf course in Redmond offers picturesque views and challenging play, especially beautiful in the spring. Eagle
8. A common springtime visitor to Redmond's parks and green spaces, known for its colorful plumage.
10. This road, scenic in the spring, offers a beautiful drive with views of Redmond's natural landscapes. Cline
12. This park in Redmond is known for its beautiful river views and springtime blooms. Sam Johnson



## Time to Laugh

"You know you're getting old when the candles cost more than the cake." - Bob Hope

"I don't plan to grow old gracefully; I plan to have face-lifts until my ears meet." - Rita Rudner

"At my age, 'getting lucky' means walking into a room and remembering why I'm there."

"I've reached an age where my train of thought often leaves the station without me."

"You know you're getting old when your back goes out more than you do."

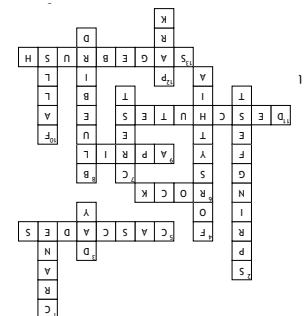
"The secret of staying young is to live honestly, eat slowly, and lie about your age." - Lucille Ball

"I'm at an age where my mind still thinks I'm 29, my humor suggests I'm 12, while my body mostly keeps asking if I'm sure I'm not dead yet."

"You know you're getting old when the gleam in your eyes is from the sun hitting your bifocals."

"I've decided that aging is like being fined for something you didn't even do wrong."

## Answers:



## Valuable Resources for Seniors

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