

JULY 2024

325 NW Dogwood Avenue
Redmond, Oregon 97756



(541)548-6325
www.RedmondSeniors.org

SENIOR MOMENTS NEWSLETTER

Social Wellbeing Understanding and Ways to Improve It

By James Morris

Social well-being is one of the most essential parts of general health as we age. It is comprised of relationships with other people, the ability to socialize, and feeling like you're part of the community. In this article, we will try to understand what social well-being is, how you may identify that you are indeed suffering from poor social well-being, what you can do to increase it, and resources that will help.



What do we mean by Social Wellbeing?

Social well-being: the quality of relationships and social interactions, having supportive friendships, involvement in community activities, and feeling connected to others. High levels of social well-being are associated with improved mental and physical health, higher life satisfaction, and longer lifespans.

How to Identify Poor Social Well-being

It is essential to know some of the signs showing one is in low social wellness. Some of the most common indications include the following:

- **Loneliness:** Constantly feels lonely or socially isolated, even within a social context.

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JULY
is
SOCIAL
WELLBEING
MONTH

Signs to look for in someone that may be suffering from a lack of socialization:

1. **Increased Isolation:** Spending more time alone and avoiding social interactions.
2. **Decline in Personal Hygiene:** Neglecting personal grooming and cleanliness.
3. **Changes in Sleep Patterns:** Experiencing insomnia, excessive sleeping, or irregular sleep habits.
4. **Loss of Appetite:** Eating less or showing a lack of interest in food.
5. **Mood Swings:** Exhibiting signs of depression, anxiety, or mood swings.
6. **Cognitive Decline:** Showing signs of memory loss or confusion.
7. **Decreased Physical Activity:** Becoming less physically active or mobile.

- **Inadequate Social Activities:** Very few social events or activities are undertaken.
- **Poor Relationships:** Their relationships with their family, friends, or community members are not good.
- **Reduced enjoyment:** Taking little pleasure in the activities you used to enjoy, especially those that take place in the company of others.
- **Withdrawal:** Avoidance of social interaction, better off alone.

When you see the above signs in yourself, it's time to take proactive measures to improve your social wellness.



8. **Lack of Interest in Activities:** Losing interest in hobbies or activities they once enjoyed.
9. **Frequent Health Issues:** Experiencing more frequent illnesses or a decline in overall health.
10. **Withdrawal from Family and Friends:** Avoiding contact with family and friends, even on holidays or special occasions.
11. **Expressing Feelings of Loneliness:** Verbally expressing feelings of loneliness or sadness.
12. **Increased Use of Alcohol or Medication:** Relying more on alcohol or medications to cope with feelings of loneliness.
13. **Changes in Appearance:** Noticing significant changes in weight, either loss or gain, and a general decline in appearance.
14. **Lack of Motivation:** Showing a lack of motivation or enthusiasm for life.
15. **Neglecting Home Environment:** Letting the home become cluttered or unclean.

Monitoring these signs can help identify seniors who may be suffering from social isolation and prompt the necessary interventions to improve their well-being.

Steps to Improve Your Social Wellness

- Improving social well-being can be extremely rewarding and fulfilling. Following are some things you might do:
- **Get Out and Socialize:** Participate in social activities that pique your interest. Redmond Senior Center will be hosting a variety of events from art classes to fitness groups, all of which will be great ways to meet new people.
- **Volunteer:** Giving back to your community may give your life meaning and also keep you closely connected with other people. Many local organizations always need volunteers.
- **Reconnect with Friends and Family:** Try getting back in touch with your old friends or make it a point to be with your loved ones more frequently. Frequent calls, video chats, or visits help to bond more with these close connections.
- **Attend social events:** In most community centers, libraries, or local parks, there are plenty of organized social events where you can participate. These types of social functions are great ways to meet new people.
- **Join a Support Group:** Sometimes, talking to people who can truly understand what you are going through could be more beneficial than this. Support groups provide safe spaces for people to share and connect.

Resources to Get Help

If you feel you require more formal support, several resources can help you boost your social well-being:

- **Redmond Senior Center:** This is the place where different social activities are conducted that help to create a bond, companionship, and meeting new

friends, so please view our monthly calendar for the activities happening next.

- **Community Services:** The community services outside Redmond are primarily social and recreational programs, and more information can be accessed from the city's website.
- **Mental Health Professionals:** Should the feeling above of loneliness or social anxiety persist, do not delay speaking to a mental health professional. They are there to provide you with tools and support to help make your socialization better.
- **Online Communities:** Indeed, online communities and forums can be accessed whereby an individual can interact with others and share their interests. In

some cases, if an individual has a problem related to mobility, it will be highly comfortable this way.

Conclusion

Social well-being is one of the essential constituents in defining the quality of happy and healthy living. Knowing the signs of weak social wellness and acting to become more social can significantly help enhance your quality of life. Keep in mind that there are many resources there to help you along the way, so don't hesitate to reach out and use the resources in your area. We can make a more connected and supportive community at Redmond Senior Center. •

SOCIAL WELLBEING RESOURCES

Here is a list of resources that seniors can use to help with their social well-being, categorized by locality:

Local to Redmond, Oregon

1. Redmond Senior Center
 - Activities and Classes: Offers various social activities, classes, and events.
 - Address: 325 NW Dogwood Ave, Redmond, OR 97756
 - Website: <https://www.redmondseniorcenter.org/>
2. Dry Canyon Arts Association
 - Art Classes and Workshops: Provides opportunities for seniors to engage in art-related activities and socialize.
 - Website: <http://www.drycanyonarts.org/>
3. Redmond Community Concert Association
 - Concerts and Events: Organizes concerts and musical events that seniors can attend.
 - Website: <http://www.redmondcca.org/>

Countywide (Deschutes County)

1. Deschutes Public Library
 - Senior Programs: Offers book clubs, discussion groups, and educational programs for seniors.
 - Website: <https://www.deschuteslibrary.org/>
2. Council on Aging of Central Oregon
 - Social Activities: Provides various programs and services aimed at enhancing the social well-being of seniors.
 - Website: <https://www.councilonaging.org/>

Statewide (Oregon)

1. Oregon Department of Human Services – Aging and People with Disabilities
 - Social Services: Offers a range of services including adult day services, meal programs, and social engagement opportunities.

- Website: <https://www.oregon.gov/odhs/aging-disability-services/Pages/default.aspx>
- 2. AARP Oregon
 - Community Events: Hosts events, workshops, and volunteer opportunities for seniors to engage socially.
 - Website: <https://states.aarp.org/oregon/>

National Resources

1. National Council on Aging (NCOA)
 - Senior Community Service Employment Program (SCSEP): Provides job training and placement for older adults, helping them stay socially active.
 - Website: <https://www.ncoa.org/>
2. Eldercare Locator
 - Nationwide Directory: Connects seniors to local resources and services for social engagement and well-being.
 - Website: <https://eldercare.acl.gov/Senior Corps>
 - Volunteer Opportunities: Engages seniors in volunteer activities to help them stay active and connected.
 - Website: <https://www.seniorcorps.org/>
3. American Society on Aging (ASA)
 - Webinars and Conferences: Offers various educational and social opportunities through webinars and national conferences.
 - Website: <https://www.asaging.org/>
4. YMCA
 - Senior Programs: Provides fitness classes, social clubs, and volunteer opportunities for seniors across the country.
 - Website: <https://www.ymca.net/>

These resources can provide valuable support and opportunities for social interaction and well-being for seniors at various levels of locality.

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
Anne Schapiro - MoW Coordinator

BOARD OF DIRECTORS

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

Announcing Notary Services at the Redmond Senior Center: Lahna Avery Now a Certified Notary

By James Morris

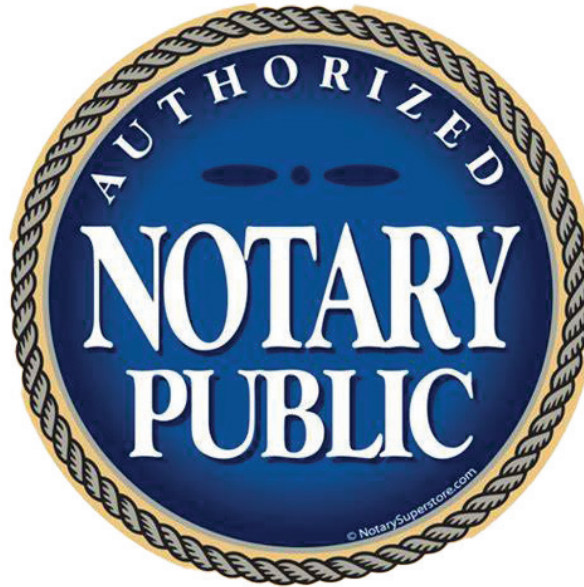
We are delighted to announce that our long-time trusted employee, Lahna Avery, has recently become a certified notary public. This exciting development means that Lahna will now offer notary services to all members of the Redmond Senior Center completely free of charge.

Lahna has been a dedicated team member for the last year and a half, consistently demonstrating her commitment to serving our community with professionalism and care. Her new certification as a notary public is a testament to her dedication and willingness to go above and beyond to meet the needs of our members.

As a notary, Lahna will be able to assist with a variety of essential tasks, including:

- Verifying the identity of individuals signing documents
- Administering oaths and affirmations
- Witnessing and authenticating the execution of documents
- Certifying copies of documents
- And more

Whether you're dealing with legal, financial, or personal matters, Lahna's notary services are here to make your life easier. This invaluable resource provides our members with a convenient and reliable way to



handle essential paperwork, ensuring that your documents are handled with the utmost care and confidentiality.

We understand that access to notary services can sometimes be challenging, and we are thrilled to offer this benefit to our members. Lahna's new role as a certified notary is a perfect fit with our mission to support the well-being and needs of our senior community, and we're excited about the positive impact it will have.

To make the most of this service, you can visit Lahna during her office hours at the Redmond Senior Center from 8 AM to 1 PM. If these hours don't work for you, don't worry. You can call her and schedule a time that's more convenient for you. She's here to assist you with all your notary needs, ensuring that your documents are handled with the utmost care and confidentiality.

Join us in congratulating Lahna on this achievement and thanking her for her continued dedication to our community. We are proud to have her on our team and look forward to the positive impact her notary services will bring to our members.

For more information or to schedule an appointment with Lahna, please get in touch with the Redmond Senior Center office at (541) 548-6325. •

Discovering the Compassionate Care of Hospice of Redmond

By James Morris

Located in the heart of Redmond, Oregon, Hospice of Redmond is a 501c3 community-based nonprofit hospice company that has served the Central Oregon community since 1981. We offer comfort and support to patients and caregivers dealing with serious illness and end-of-life care. With a comprehensive array of services, Hospice of Redmond is dedicated to honoring the wishes of those they serve and providing emotional, physical, and spiritual support to patients and their families.

Key Services

- **Hospice Care:** At Hospice of Redmond, the focus is on respecting your wishes and ensuring you receive the care you deserve during hospice. Their dedicated team is available around the clock, offering unwavering support to patients and their families. Family testimonials often highlight the compassionate and personalized care received during these critical times.
- **Palliative Care:** Facing a severe or chronic illness can be overwhelming. Hospice of Redmond's Palliative Care program prioritizes the quality of life for patients, ensuring that families come first. By addressing symptoms, pain management, and emotional support, patients experience improved well-being and comfort throughout their treatment.
- **Bereavement Support:** Grief is a natural yet complex reaction to the loss of a loved one. Hospice of Redmond offers bereavement support to help survivors cope with the emotional, physical, spiritual, and economic changes that accompany loss. Their professional staff provides a safe and understanding environment for individuals to process their grief and find solace.
- **Spiritual Care:** Understanding that faith and spirituality are deeply personal, Hospice of Redmond honors each individual's beliefs, whether expressed in traditional terms or otherwise. Their spiritual care services offer peace and comfort, helping patients and families find meaning and support during complex journeys.
- **Transitions Program:** The Transitions program is a unique, non-medical service designed to support individuals experiencing mental and physical changes due to a life-limiting illness. This program provides guidance, resources, and compassionate care to help patients and their loved ones manage these significant changes.

Unique Features and Programs

- **Community Events:** Hospice of Redmond offers a variety of free community events aimed at providing insightful education on health, wellness, and caregiving topics. These events equip community members with valuable resources to live their best lives and achieve their goals.
- **Festival of Trees:** The annual Festival of Trees is a cherished event that raises essential funds to provide services to terminally ill patients and their families, covering needs not met by Medicare or private insurance. This festive event brings the community together for a noble cause, ensuring that no family faces financial hardship during their time of need.
- **Camp Sunrise:** Understanding that children need a safe space to grieve, Hospice of Redmond founded Camp Sunrise. This camp offers a supportive environment where grieving children can share their experiences, find acceptance, and move through the healing process with the love and support they need.

How to Support Hospice of Redmond

We are always accepting new Transitions clients and Hospice referrals. Anyone with a life-limiting illness could benefit from our free Transitions program! We are also always looking for volunteers, and donations can be made through our website, by calling our office, or coming by in person. Your support and participation can make a significant difference in the lives of many.

Join Us in Making a Difference

Hospice of Redmond is more than just a service provider; it is a community dedicated to compassion, support, and dignity. By joining hands with Hospice of Redmond, you become part of a meaningful mission to provide exceptional care and comfort to those in need.

To learn more about Hospice of Redmond and how you can get involved, visit [www.hospiceofredmond.org] (<http://www.hospiceofredmond.org>). •

Hospice of Redmond's commitment to personalized care, community involvement, and compassionate support sets them apart as a hospice and palliative care services leader. Join them in their mission to provide peace, comfort, and dignity to those facing life's most challenging moments.

Join Us for the 75th Anniversary Celebration Volunteer Meeting!

We are thrilled to announce that our beloved Redmond Senior Center is gearing up for a milestone event: our 75th Anniversary Celebration! This momentous occasion will be a weekend full of joy, reflection, and community spirit, and we need your help to make it truly special.

When: Tuesday, July 9 at 2 PM

Where: Redmond Senior Center

We are calling on all members to join us for a crucial volunteer meeting on Tuesday, July 9 at 2 PM. This meeting is your opportunity to contribute to the success of our celebration weekend. We have a variety of volunteer positions available, and we need your unique talents and enthusiasm to fill them.

Why Volunteer?

- **Make a Difference:** Your participation will help create a memorable event for all members and guests.
- **Community Spirit:** Volunteering is a fantastic way to connect with fellow members and build stronger community ties.

Special Perks: All volunteers will be entered into an exclusive volunteer raffle with exciting prizes. Plus, you'll receive a limited edition 75th Anniversary t-shirt as a token of our appreciation.

Volunteer Positions Available:

- Event Setup and Cleanup
- Guest Greeting and Registration
- Activity and Game Coordinators
- Food and Beverage Service
- Information and Assistance Desk

Correction Notice: Free Lunches for Volunteers

We apologize for an error in last month's newsletter regarding our free lunch policy for volunteers. The incorrect statement mentioned that the Senior Center is discontinuing free lunches for volunteers. This is not accurate.

We want to clarify that volunteers **do** receive a free lunch if they have worked in the meals program on that day. If a volunteer contributes their time and effort to the meals program on a given day, they are indeed entitled to a free lunch for that day.

We regret any confusion this may have caused and appreciate your understanding. Thank you for your continued support and dedication to the Redmond Senior Center.

If you have any questions or need further clarification, please do not hesitate to contact us. •



We encourage everyone to come, whether you have volunteered before or this is your first time. Your involvement is vital to the success of our celebration.

How to Sign Up

Simply attend the meeting on July 9, where we will provide all the details and help you sign up for the volunteer position that best suits your interests and skills.

Let's come together to celebrate 75 wonderful years of the Redmond Senior Center and make this anniversary weekend an unforgettable experience for everyone!

We look forward to seeing you there!

THANK YOU SPONSORS AND PARTNERS



Partners In Care



EVENTS & ACTIVITIES



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

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

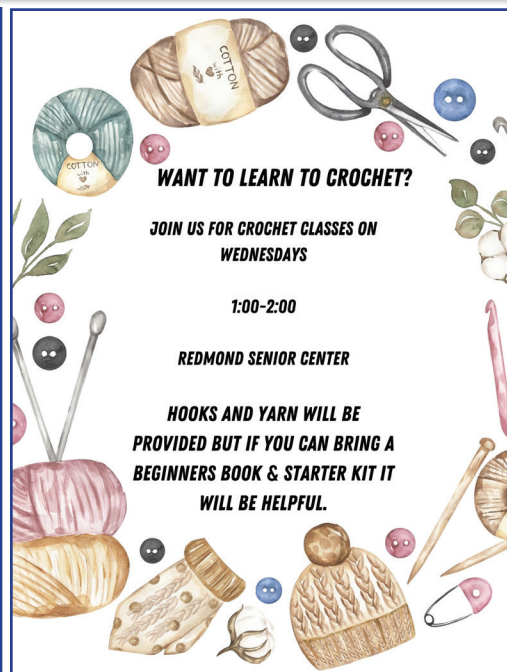
Supporting Redmond Senior Center's Passion For Pets Program



Redmond Senior Center
BINGO
EVERY THURSDAY AT 1PM

THIS WEEK'S
FREE
BIG WINNERS

www.redmondseniors.org
325 NW Dogwood Ave
Redmond, OR



WANT TO LEARN TO CROCHET?
JOIN US FOR CROCHET CLASSES ON WEDNESDAYS
1:00-2:00
REDMOND SENIOR CENTER

HOOKS AND YARN WILL BE PROVIDED BUT IF YOU CAN BRING A BEGINNERS BOOK & STARTER KIT IT WILL BE HELPFUL.



Redmond, Oregon Senior Center
Engage. Connect. Thrive.

Weekdays at RSC

The games we play!

- Monday's 11:30-3PM Bridge
- Tuesday's 11:30-3PM Pinochle
- Wednesday's 1-3PM Poker \$2
- Thursday's 1-2PM BINGO \$1 per card - 5 games
- Friday's 10:00-11:30 Cards with Friends

Join us!

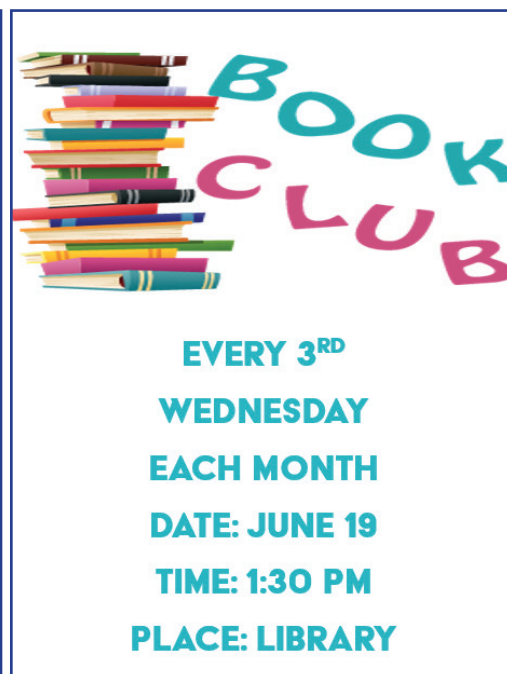


75th Anniversary
Redmond, Oregon Senior Center
Engage. Connect. Thrive
1949 - 2024

Movie Matinee
at the Redmond Senior Center

POPCORN | BEER | WINE
1:00 PM

July 12: "Days in Utopia"
July 25: "Driving miss Daisy"



EVERY 3RD WEDNESDAY EACH MONTH
DATE: JUNE 19
TIME: 1:30 PM
PLACE: LIBRARY

Redmond Activities:

4th of July Parade
July 4
Downtown Redmond

Bingo for Veterans
July 10
6:30-8:30 PM
Otto's Landing
Redmond

Bingo for Veterans
July 24
6:30-8:30 PM
Otto's Landing
Redmond

Redmond Brewfest & Nigh Glow
July 27
5:00 - 10:00 PM
American Legion Park



Feet Retreat
LLC

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

SENIOR CENTER ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 09:30a Walk with Ease 10:30a Ping Pong 11:30a Bridge 11:45a Lunch 01:00p Jewelry Crafts 01:00p Pickleball	2 09:30a Walk with Ease 11:00a Nails by Angela 11:45a Lunch 01:00p Line Dancing 01:00p Pickleball	3 10:30a CET Bus Tour 11:45a Lunch 01:00p Crochet Club 01:00p PIC - Brain Health Talk 01:00p Poker with Friends	4  CLOSED	5
8 09:30a Walk with Ease 10:30a Ping Pong 11:30a Bridge 11:45a Lunch 12:30p Heart Warmers 01:00p Jewelry Crafts 01:00p Pickleball	9 09:30a Walk with Ease 11:00a Nails by Angela 11:45a Lunch 01:00p Line Dancing 01:00p Pickleball	10 10:00a Spinners Guild 11:00a Red Cross Blood Drive 11:45a Lunch 12:15p Ice Cream Social 01:00p Crochet Club 01:00p Poker with Friends	11 10:15a Cards With Friends 11:00a T-Mobile On site 11:45a Lunch 01:00p BINGO! 01:00p Nails by Angela	12 09:00a Feet Retreat 10:00a Arts & Crafts 10:15a Cards With Friends 11:45a Lunch 12:30p Walk to Coffee 12:45p Movie & Popcorn (Seven Days in Utopia)
15 09:30a Walk with Ease 10:30a Ping Pong 11:30a Bridge 11:45a Lunch 01:00p Jewelry Crafts	16 09:30a Walk with Ease 10:00a Card/Stamping Class 11:00a Nails by Angela 11:45a Lunch 01:00p Line Dancing 01:00p Pickleball	17 09:00a Feet Retreat 10:30a Just 4 Fun Band 11:45a Lunch 11:45a Veterans Appreciation Lunch 01:00p Crochet Club 01:00p Poker with Friends 01:30p Book Club	18 10:00a Line Dancing 10:15a Cards With Friends 11:45a Lunch 01:00p BINGO! 01:00p Nails by Angela	19 10:15a Cards With Friends 11:00a Social BINGO 11:45a Lunch 12:00p Celebrate Birthdays! 12:30p Walk to Coffee 12:45p Happy Hour w/ Lindy Gravelle
22 09:30a Walk with Ease 10:30a Ping Pong 11:30a Bridge 11:45a Lunch 12:30p Heart Warmers 01:00p Jewelry Crafts	23 09:30a Walk with Ease 11:00a Nails by Angela 11:45a Lunch 01:00p Line Dancing 01:00p Pickleball	24 09:30a Medicare 101 11:45a Lunch 12:15p Ice Cream Social 01:00p Crochet Club 01:00p Poker with Friends	25 10:00a Line Dancing 10:15a Cards With Friends 11:45a Lunch 01:00p BINGO!	26 10:00a Arts & Crafts 10:15a Cards With Friends 11:45a Lunch 12:30p Walk to Coffee 01:00p Luau/Karaoke
29 09:30a Walk with Ease 10:30a Ping Pong 11:30a Bridge 11:45a Lunch 01:00p Jewelry Crafts	30 09:30a Walk with Ease 11:00a Nails by Angela 11:45a Lunch 01:00p Line Dancing 01:00p Pickleball	31 11:45a Lunch 01:00p Crochet Club 01:00p Poker with Friends 01:30p Brews & Tattoos		

Activities are subject to change without notice.

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 Yoga	
5:30-6:30		Power Combo	Dance Fitness	Power Combo	

PARKS & REC WEEKLY SCHEDULE

HAPPY HOUR
 July 5th
 July 19
 CLOSED. No Happy Hour
 Lindy Gravelle

MOVIE MATINEE
 July 12
 July 25
 "Days in Utopia"
 "Driving Miss Daisy"
 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!

Krakow, Mary
Oster, Cynthia
Rank, Jeffrey
Schapiro, Ann
Zuckerman, Lynne
Hays, Sue

Matthews, Jennifer
Schulz, Tamara
Schwartz, W. 'Wylo'
Hagen, Ron
Lanier, Sharon



By James Morris

Residents of Redmond, Oregon have a new reason to celebrate! Cascade East Transit (CET) has recently extended its services to include stops at the Redmond Senior Center. This development marks a significant step in enhancing mobility and connectivity for the senior community in Redmond.

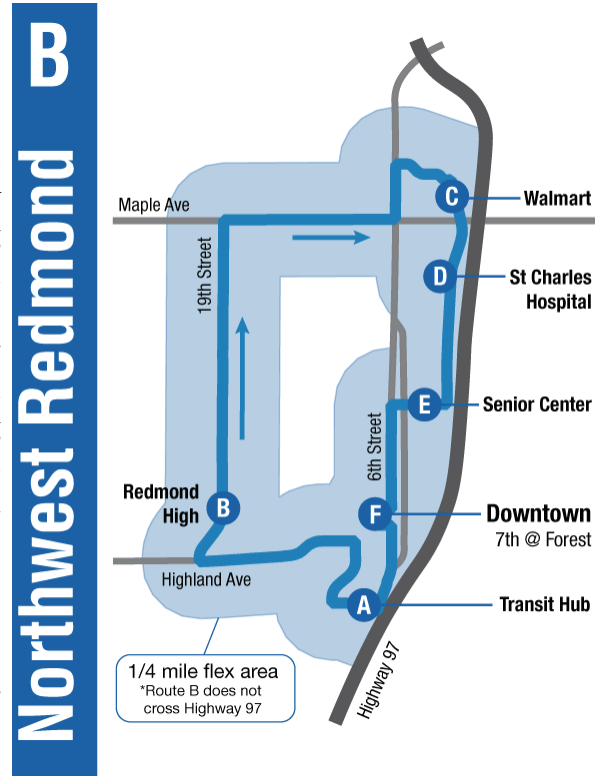
Cascades East Transit, operated by the Central Oregon Intergovernmental Council, is committed to connecting people to places through top-notch transit services. Known for exceeding rider expectations, CET prides itself on its courteous and friendly customer service, as well as its reliable and professional transit operators and staff.

With the addition of the Redmond Senior Center to its route, CET is making it easier than ever for seniors to access essential services and social activities. The bus stops at the center 13 times daily, starting at 7:54 AM and continuing until 5:39 PM. This frequent service ensures that seniors have ample opportunities to travel to and from the center throughout the day.

The inclusion of the Redmond Senior Center in CET's route is more than just a new stop; it's a lifeline for many seniors who rely on public transportation. It allows for greater independence, enabling seniors to attend appointments, run errands, and participate in social activities without the need for personal transportation.

Cascades East Transit's new stop at the Redmond Senior Center is a welcome addition to the community, providing essential transportation services to those who need it most. By ensuring reliable and frequent stops at the center, CET is enhancing the lives of Redmond's senior residents, promoting greater independence and connectivity.

For more information on Cascades East Transit services, schedules, and routes, visit their official website at www.CascadeEastTransit.com or contact their friendly customer service representatives at (541)385-8680. Let's continue to support and celebrate the efforts to make our community more accessible for everyone. •



WEEKDAYS	A		B		C		D		E		F		A	
	TRANSIT HUB		REDMOND HIGH		WALMART		ST CHARLES HOSPITAL		SENIOR CENTER		DOWNTOWN 7TH@FOREST		TRANSIT HUB	
	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	
AM ↑	11:15		11:20		11:30		11:33		11:39		11:44		11:48	
PM ↓	12:00		12:05		12:15		12:18		12:24		12:29		12:33	
	12:45		12:50		1:00		1:03		1:09		1:14		1:18	
	---		---		---		---		---		---		---	
	2:15		2:20		2:30		2:33		2:39		2:44		2:48	
	3:00		3:05		3:15		3:18		3:24		3:29		3:33	
	3:45		3:50		4:00		4:03		4:09		4:14		4:18	
	4:30		4:35		4:45		4:48		4:54		4:59		5:03	
	5:15		5:20		5:30		5:33		5:39		5:44		5:48	

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!





2-DAY CELEBRATION!

BOTH DAYS... LIVE MUSIC | RAFFLE | AUCTION | FOOD & FUN

**SAT.
SEPT.
14**



Redmond, Oregon
Senior Center
Engage. Connect. Thrive.

325 NW DOGWOOD AVE.
REDMOND, OREGON

TIME:
11-2 PM

**the
NOTABLES
SWING BAND**

FREE EVENT!
OPEN TO PUBLIC!

**SUN.
SEPT.
15**



**BLACKSMITH
PUBLIC HOUSE**

308 SW EVERGREEN AVE.
REDMOND, OREGON

TIME:
2-6 PM

LAW COUNTRY



TICKETS:
(Tickets go on sale August 1)
www.RedmondSeniors.org/ticket-information

<p><u>GENERAL ADMISS.</u> \$25</p>	<p><u>VIP</u> \$100</p>
<p>• ENTRY</p>	<p>• ENTRY</p>
	<p>• AFTER PARTY</p>
	<p>• GIFT BASKET</p>

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