

Our Wellbeing Series Topic - Page 5
Learn all about stress awareness and how
to cope with the challenges of life.



Volunteer of the Month - Page 14
Pat Mathis is this month's Volunteer of
the Month. Read all about her.

SENIOR MOMENTS

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2025

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NEWS MAGAZINE

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Learn all about stress awareness at this month's
Wellbeing talk. (See page 6)

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From the Editor

Finding Balance

—A Personal Journey Through Stress Awareness

By James Morris



As I sit down to write this introduction, I'll admit—this month's theme of Stress Awareness hits close to home. Like many of you, I juggle multiple responsibilities, from work commitments to personal challenges, all while trying to carve out time for myself. Some days, it feels like I'm balancing on a tightrope, hoping I don't fall off. Sound familiar?

Stress is a part of life, but too often, we let it take the driver's seat. It creeps into our thoughts, weighs down our shoulders, and sometimes makes even the smallest tasks feel overwhelming. But here's the good news: we're not alone in this. This month's newsletter is packed with resources, advice, and inspiration to help us all find better ways to manage stress and reclaim our peace of mind.

Inside, you'll find expert insights on how stress affects our bodies and minds, simple relaxation techniques to try at home, and uplifting stories from fellow community members who have found ways to navigate life's challenges. Whether it's through mindful movement, creative expression, or just learning to take a deep breath, these articles remind us that there is always a path forward—even on the hardest days.

I won't pretend to have all the answers, but what I do know is this: we are stronger together. If you're feeling overwhelmed, know that you have a community here at the Redmond Senior Center that cares, supports, and encourages you. We're all in this together, and together, we'll find ways to lighten the load.

Take a deep breath, grab a cup of tea, and let's dive in. Here's to learning, growing, and taking one step closer to balance.

With you on this journey,

James Morris

Editor, Senior Moments, Redmond Senior Center Newsmagazine

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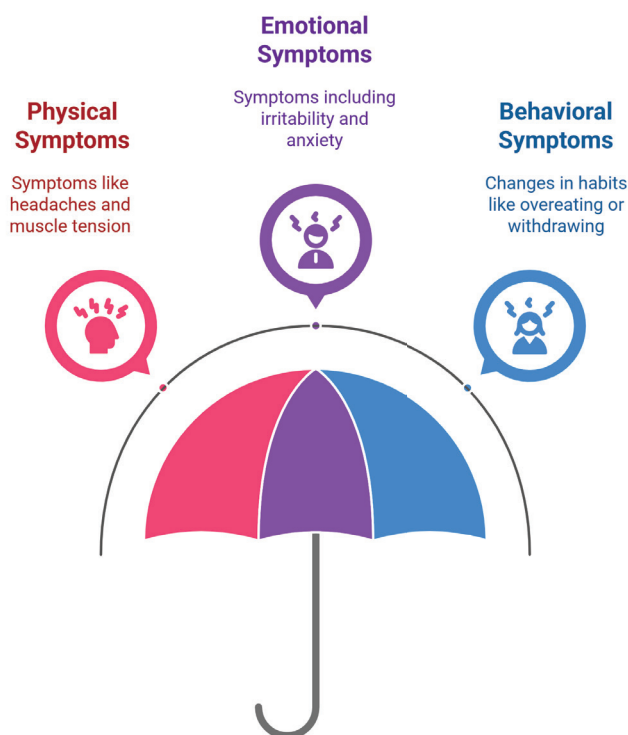
From Stressed to Best

—How to stay zen

By James Morris



Understanding Stress Symptoms



Let's face stress, it is like that annoying relative who shows up uninvited, eats all your snacks, and refuses to leave. Whether it's a sudden bill, an overbooked schedule, or even just the news these days, stress finds a way to sneak into our lives. But don't worry! This guide is here to help you recognize stress before it takes over and teach you how to kick it to the curb before it overstays its welcome.

What is Stress, and Why Should You Care?

Stress is your body's natural alarm system. It's that fight-or-flight response that kicks in when you're in danger—like if you accidentally step in front of a speeding shopping cart at the grocery store. A little stress can be a good thing; it keeps you alert and motivated. But too much stress? That's where things get dicey. Chronic stress can lead to headaches, high blood pressure, heart problems, sleep disturbances, and even a weakened immune system. In other words, stress can turn your life into a hot mess if left unchecked.

Signs That Stress is Creeping Up on You

Stress doesn't always announce itself with flashing lights and sirens. Instead, it often sneaks up in ways that might seem normal at first. Here are some telltale signs:

Physical Symptoms:

- Frequent headaches or migraines
- Muscle tension (especially in the neck, shoulders, and jaw)
- Stomach issues like indigestion or nausea
- Unexplained fatigue or trouble sleeping
- Increased heart rate or feeling like your chest is tight

Emotional Symptoms:

- Feeling irritable or easily frustrated (like when someone takes forever at the coffee shop counter)

- •Anxiety or constant worrying
- •Feeling overwhelmed or helpless
- •Trouble concentrating or making decisions
- •Loss of interest in activities you usually enjoy

Behavioral Symptoms:

- •Overeating or loss of appetite
- •Withdrawing from social interactions
- •Nail biting, foot tapping, or other nervous habits
- •Increased use of alcohol, caffeine, or tobacco
- •Procrastination or avoiding responsibilities

If you find yourself nodding along to several of these, congratulations! You might be dealing with stress (and no, that's not the kind of prize anyone wants).

How to Keep Stress from Taking Over Your Life

Now that you know how to spot stress, let's talk about how to send it packing. The good news? There are plenty of simple, practical ways to reduce stress and keep your life feeling balanced. Here are some tried-and-true strategies:

1. Breathe Like You Mean It

Ever notice how your breathing gets shallow when you're stressed? That's because your body is preparing for battle—even if the only thing you're fighting is a long line at the DMV. Deep breathing exercises can help calm your nervous system and bring down stress levels. Try this:

- •Inhale slowly through your nose for four counts.
- •Hold your breath for four counts.
- •Exhale slowly through your mouth for four counts.
- •Repeat until you feel yourself relaxing (or until you get weird looks for breathing dramatically in public).

2. Get Moving (Even If It's Just a Dance Break in the Kitchen)

Exercise is one of the best stress-busters out there. No, you don't need to run a marathon (unless

you really want to). A brisk walk, some gentle yoga, or even dancing around your living room to your favorite song can do wonders for your mood. Physical activity releases endorphins—your body's natural “feel-good” chemicals—so get up and move!

3. Sleep Like a Champion

Lack of sleep and stress go together like peanut butter and jelly—except way less delicious. When you don't get enough rest, your body produces more stress hormones, which only make things worse. Try setting a bedtime routine, avoiding screens before bed, and keeping your room dark and cool for optimal sleep.

4. Laugh Like Your Life Depends on It

Because, in a way, it does! Laughter is one of the best natural stress relievers. Watch a funny movie, read a humorous book, or spend time with people who make you laugh. Even forcing yourself to smile can trick your brain into feeling happier (weird, but true!).

5. Say “No” Without Feeling Guilty

Repeat after me: “No” is a complete sentence. If your schedule is packed tighter than a suitcase before vacation, it's time to set some boundaries. You don't have to say yes to every request, event, or favor. Protecting your time and energy is essential for managing stress.

6. Eat Foods That Love You Back

Stress-eating an entire pint of ice cream might feel good at the moment, but long-term, it won't do you any favors. Instead, go for foods rich in omega-3s (like salmon and walnuts), complex carbs (like whole grains), and antioxidant-rich fruits and veggies. Your brain—and your waistline—will thank you.

7. Take a Break from the Chaos

Sometimes, the best way to reduce stress is to step away from the things causing it. Take a walk outside, listen to calming music, or practice meditation. Even just five minutes of mindfulness can help reset your brain and give you a fresh perspective.

8. Stay Connected with Others

Humans are social creatures and talking about what's stressing you out can be incredibly

SIGNS YOU MIGHT BE STRESSED

Physical Symptoms:

- Headaches
- Muscle tension
- Fatigue
- Digestive issues
- Sleep disturbances

Emotional Symptoms:

- Irritability
- Anxiety
- Depression
- Mood swings
- Feeling overwhelmed

Cognitive Symptoms:

- Difficulty concentrating

- Forgetfulness
- Constant worry
- Racing thoughts

Behavioral Symptoms:

- Changes in appetite
- Procrastination
- Social withdrawal
- Increased use of alcohol or drugs

Work/School Performance:

- Decrease in productivity
- Missing deadlines
- Lack of motivation

STRESS AWARENESS RESOURCES

If you find yourself overwhelmed by stress and in need of additional support, there are numerous national and local resources available to help you. These organizations offer valuable information, treatment options, and confidential assistance for those dealing with mental health challenges and substance abuse issues.

National Resources

- **National Institute of Mental Health (NIMH)**
Phone: 1-866-615-6464
Website: [URL]
Description: Provides information on mental health disorders, current research, and treatment options. Offers resources for finding help and support.
- **Substance Abuse and Mental Health Services Administration (SAMHSA)**
Phone: 1-800-662-HELP (4357)
Website: [URL]
Description: Offers free, confidential help for individuals facing mental health or substance abuse disorders. Provides treatment referrals and information services.
- **National Alliance on Mental Illness (NAMI)**
Phone: 1-800-950-NAMI (6264)
Website: [URL]
Description: Provides advocacy, education, support, and public awareness to improve the lives of individuals affected by mental illness. Offers a helpline for support and referral.
- **American Psychological Association (APA)**
Phone: 1-800-374-2721
Website: [URL]
Description: Provides resources on managing stress, finding a psychologist, and accessing mental health services. Offers educational materials and guidance on various mental health topics.
- **Mental Health America (MHA)**
Phone: 1-800-969-6642
Website: [URL]
Description: Advocates for mental health awareness, prevention, and early intervention. Offers resources for finding help and understanding mental health conditions.

Local Resources (Central Oregon Area)

- **Deschutes County Behavioral Health**
Phone: 1-800-875-7364
Website: [URL]
Description: Offers comprehensive mental health services, including stress management programs, counseling, and support groups.
- **St. Charles Health System**
Phone: 1-541-382-4321
Website: [URL]
Description: Provides mental health services including stress management workshops, individual therapy, and wellness programs.
- **BestCare Treatment Services**
Phone: 1-541-504-9577
Website: [URL]
Description: Offers a range of behavioral health services, including stress management counseling, crisis intervention, and substance abuse treatment.
- **Community Counseling Solutions**
Phone: 1-541-676-9161
Website: [URL]
Description: Provides mental health services, stress management resources, and educational programs to promote mental wellness.
- **Central Oregon Veterans Outreach (COVO)**
Phone: 1-541-383-2793
Website: [URL]
Description: Supports veterans with stress management, counseling services, and access to mental health resources.
- **The Center for Compassionate Living**
Phone: 1-541-585-3000
Website: [URL]
Description: Offers mindfulness and stress reduction workshops, counseling services, and wellness programs.

therapeutic. Call a friend, join a support group, or even just chat with a trusted coworker. Knowing you're not alone can make all the difference.

9. Get Creative

Engaging in a creative activity—like painting, writing, gardening, or playing music—can be an excellent way to unwind. When your brain is focused on creating something, it doesn't have time to stress about other things.

10. Seek Professional Help if You Need It

If stress is interfering with your daily life and you just can't shake it, there's no shame in seeking help from a counselor or therapist. Sometimes, an outside perspective is exactly what's needed to break the cycle of stress.

Final Thoughts: You've Got This!

Stress is a part of life, but it doesn't have to run your life. By recognizing the signs and using the tools in this guide, you can keep stress in check and maintain a sense of calm, even when life gets hectic.

The key is consistency. Managing stress isn't a one-and-done solution—it's about making small, sustainable changes every day that add up to a healthier, happier you. Even if you only implement one or two of these techniques at a time, you'll be making progress. Give yourself credit for the steps you take, no matter how small.

And remember, self-compassion is just as important as stress management. Don't beat yourself up for feeling overwhelmed. Instead, remind yourself that stress happens, but you have the tools to handle it. Take a deep breath, smile, and remember: you're stronger than your stress. Now go out there and show it who's boss! 🌟

Here are the top five ways seniors can find joy despite stress:

- 1. Rediscover Hobbies:** Reviving cherished pastimes like gardening, painting, or knitting can be both relaxing and rewarding.
 - 2. Stay Active:** Gentle exercises such as walking, yoga, or swimming can uplift mood and promote overall well-being.
 - 3. Engage in Social Connections:** Spending time with friends, family, or community groups helps reduce stress and fosters happiness.
 - 4. Connect with Nature:** Time outdoors, whether in a garden or a park, can be incredibly calming and rejuvenating.
 - 5. Practice Gratitude:** Reflecting on positive aspects of life encourages a joyful mindset and reduces stress.
- These can be powerful ways to cultivate joy.

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Understanding Stress in Older Adults

— Causes, Symptoms, and How It Differs from Younger Populations

By James Morris

Think stress is just for teenagers freaking out over TikTok trends or middle-aged executives drowning in emails? Think again. Stress is an all-ages event, and if you've been around the block a few decades, you know it doesn't just pack up and leave at retirement. It changes, sure—but much like a classic car, it just gets different quirks instead of breaking down entirely.

So, what exactly does stress look like in older adults? How is it different from the stress of younger folks? And, most importantly, what can we do about it? Buckle up, grab your favorite comfy chair, and let's dive in.

What Causes Stress in Older Adults?

“Stress in older adults often stems from life transitions,” says Dr. Helen Carter, a psychologist specializing in geriatric mental health. “Retirement, health concerns, financial instability, or the loss of loved ones can trigger stress responses that look different from those in younger populations.”

Let's break it down:

- 1. Health Concerns:** A few decades ago, a cough was just a cough. Now, it's a two-hour WebMD spiral into the worst-case scenario. Chronic illnesses, mobility issues, and medical appointments all add to stress levels.
- 2. Loss and Loneliness:** Friends and family members pass away. Kids move far away. The social circle shrinks. Loneliness isn't just sad—it's a legitimate health risk linked to higher stress and even cognitive decline.
- 3. Financial Worries:** Remember when you worked for a paycheck? Now, you're working with a fixed income, and every unexpected bill



feels like an earthquake. “Even those who planned well for retirement often face stress due to inflation and healthcare costs,” adds financial expert Thomas Lee.

- 4. Changes in Independence:** Having to ask for help can be a tough pill to swallow. Losing the ability to drive or manage certain tasks solo can lead to frustration and a dip in confidence.

- 5. Caregiving Responsibilities:** Many seniors find themselves caring for spouses, siblings, or even grandchildren, creating emotional and physical stress that rivals anything a high-powered CEO faces.

Symptoms of Stress: More Than Just a Bad Mood

Unlike younger adults, stress in older populations tends to show up in sneakier ways. You might not even realize you're stressed until it starts messing with your body or mind. Look out for these telltale signs:

Physical Symptoms

- Increased aches and pains
- Digestive issues (yep, stress can mess with your stomach)
- Fatigue or trouble sleeping
- High blood pressure or heart palpitations

Emotional Symptoms

- Anxiety or constant worrying
- Feeling overwhelmed or hopeless
- Irritability or mood swings
- Lack of motivation or interest in activities you

once loved

Cognitive Symptoms

- Forgetfulness or difficulty concentrating
- Negative thinking patterns (assuming the worst in every situation)
- Feeling mentally foggy

“Stress in older adults is often misattributed to aging itself,” says Dr. Carter. “It’s crucial to recognize stress for what it is—treatable and manageable.”

How Stress in Older Adults Differs from Younger Populations

Sure, stress hits everyone, but it doesn’t hit the same way at 70 as it does at 30. Let’s compare:

Factor	Younger Adults	Older Adults
Causes of Stress	Work, relationships, social pressure	Health, finances, loss, independence
Coping Mechanisms	Exercise, socializing, career shifts	Routine, hobbies, community, mindfulness
Symptoms	Anxiety, irritability, burnout	Fatigue, physical ailments, memory issues
Response to Stress	Quick emotional recovery, resilience	Slower recovery, longer-lasting effects

One big difference? Resilience. Older adults have seen some stuff. “With age comes wisdom and perspective,” says Dr. Carter. “Many seniors are better at handling life’s ups and downs simply because they’ve had more practice.”

But—and this is important—older adults are also more vulnerable to the physical effects of stress, meaning it’s crucial to manage it effectively.

Managing Stress Like a Pro (Even if You’re Retired)

So, what’s the game plan? Stress doesn’t have to be your permanent roommate. Here’s how to evict it:

1. **Stay Connected** - Social connections are like stress antidotes. Whether it’s joining a club, calling a friend, or chatting with neighbors, staying connected helps keep stress in check.
2. **Move That Body** - No, you don’t have to run a marathon. A daily walk, chair yoga, or even

light stretching can do wonders for stress relief.

3. **Mind Your Mindset** - Practicing gratitude, keeping a journal, or even reframing negative thoughts can make a world of difference. “The way we interpret stress matters,” says Dr. Carter. “Focusing on what you can control rather than what you can’t is a powerful tool.”
4. **Get Your Zzz’s** - Sleep is crucial. If stress is keeping you up, try a bedtime routine, limit screen time before bed, and consider relaxation techniques like deep breathing.
5. **Try Relaxation Techniques** - Meditation, deep breathing, or even listening to calming music can help lower stress hormones.
6. **Laugh It Off** - Laughter really is the best medicine. Watch a comedy, reminisce about funny memories, or spend time with people who make you chuckle.
7. **Seek Professional Help** - There’s zero shame in talking to a therapist, joining a support group, or even chatting with a trusted doctor about your stress levels. “Many older adults think they have to tough it out,” says Dr. Carter. “But managing stress is about quality of life.”

Final Thoughts: Stress Might Be Inevitable, But Suffering Isn’t

Stress is part of life, but it doesn’t have to control you. By understanding the unique ways stress affects older adults—and taking proactive steps to manage it—you can keep it from taking the wheel.

“Life doesn’t stop throwing curveballs,” says Dr. Carter, “but how you swing at them makes all the difference.”

So take a deep breath, relax those shoulders, and know that stress might be a persistent visitor, but you’ve got the tools to keep it in check.

Stay stress-free, stay happy, and keep enjoying life—because every moment matters. 🌟

Got any stress-busting tips of your own? Share them at the Redmond Senior Center’s Stress Awareness Event this month!

What's Happening at the Center




Take the Stress Out of Life at the Redmond Senior Center!

— April Highlights at the RSC

By Angela Boock, Program Coordinator



Stress Relievers

-  **Sun Exposure** Sit in the sun for a few minutes and soak in the warmth.
- Journal your thoughts to clear your mind.  **Journaling**
-  **Walking** Take a relaxing walk and enjoy the fresh air.
- Give yourself a quick neck massage (or convince someone else to!).  **Neck Massage**
-  **Warm Shower** Take a warm shower and let the stress wash away.
- Chew a piece of gum—yes, really! It helps reduce stress.  **Chewing Gum**
-  **Gratitude List** Write down 10 things you're grateful for to shift your focus to the positive.
- Try slow, deep breathing to calm your nervous system.  **Deep Breathing**
-  **Hugging** Hug a loved one—physical touch is a proven stress reliever.
- Savor a warm cup of decaf tea or coffee and just breathe.  **Warm Beverage**

April is Stress Awareness Month, and let's be honest—stress has a sneaky way of creeping into our lives when we least expect it. But here at the Redmond Senior Center, we believe in stress relief in the fun way! From movement and music to creative outlets and social connection, we have something for everyone to help unwind, recharge, and refocus.

Breathe, Stretch, and Let It Go

Nothing melts stress away quite like a good stretch and some mindful breathing. Our Chair Yoga classes on Mondays and Wednesdays are the perfect way to start the week with gentle movements designed to improve flexibility, release tension, and calm the mind. Plus, it's a great excuse to sit down and still feel like you worked out—win-win!

A Little Pampering Goes a Long Way

Sometimes, self-care is as simple as treating yourself to something small but special. Nails by Angela is here on Tuesdays and Thursdays to give your hands a pop of color and a boost of confidence. A little pampering can go a long way in lifting your mood and helping you feel refreshed.

Get Hooked on Creativity

Stress often disappears when our hands (and minds) are busy doing something we love. Whether you're a seasoned pro or just starting out, our Crochet & Cross-Stitch Class is a wonderful way to engage in a meditative, stress-relieving craft while socializing with fellow crafters. There's something about the rhythm of stitching that soothes the soul.

Move to the Music

Music is one of the greatest stress relievers of all time, and we've got plenty of it! Join us for Happy Hour on the third Friday of the month, where you can kick back, relax, and enjoy live tunes with good company. Want even more music? The Just 4 Fun Band

plays on the last Friday of the month, and trust us, they live up to their name!

And if you really want to shake off stress, why not hit the dance floor? Our Line Dancing classes on Tuesdays and Thursdays are a fantastic way to let loose, get your heart pumping, and laugh with friends. No dance experience needed—just bring your best two left feet and a sense of humor!

Stress-Free Cooking and Eating

Did you know that certain foods can actually help lower stress? Our Cooking with Angela class is a great way to learn how to make simple, healthy meals that nourish both body and mind. And if you're looking for a quick, delicious way to boost your mood, join us in making a stress-relieving smoothie that's as tasty as it is good for you.

De-Stress from Home

If you can't make it to the Senior Center every day, there are plenty of ways to unwind right at home. Here are some simple, science-backed stress relievers to try:

- ✓ Sit in the sun for a few minutes and soak in the warmth
- ✓ Journal your thoughts to clear your mind
- ✓ Take a relaxing walk and enjoy the fresh air

- ✓ Give yourself a quick neck massage (or convince someone else to!)
- ✓ Take a warm shower and let the stress wash away
- ✓ Chew a piece of gum—yes, really! It helps reduce stress
- ✓ Write down 10 things you're grateful for to shift your focus to the positive
- ✓ Try slow, deep breathing to calm your nervous system
- ✓ Hug a loved one—physical touch is a proven stress reliever
- ✓ Savor a warm cup of decaf tea or coffee and just breathe

Join Us and Let the Stress Melt Away

There's no need to carry stress alone—come and join us at the Redmond Senior Center for activities that uplift, energize, and bring joy. Whether it's stretching, crafting, dancing, or just enjoying good company, we've got plenty of ways to help you relax and enjoy life. After all, stress may be part of life, but here, we make sure fun and friendship are part of it too!

See you soon at the Senior Center—your stress-free zone! 🌈

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Helping Hands Volunteer Corner

The Missing Piece

— How Volunteering Filled My Heart and Changed My Life



By Lahna Avery, Volunteer Coordinator

When I first retired 10+ years ago, it didn't take me long to understand I needed something to do. After working my whole adult life, I suddenly found myself bored, and maybe just a little depressed. As a single parent, much of my life had been absorbed by my boys and I really never developed any hobbies. I tried all the usual ones, quilting, scrapbooking, card making, golfing, but nothing seemed to stick. I realized – I missed work!

So, I looked around my community and found a wonderful little volunteering niche at the local foodbank. I started with a few hours, one day a week, and before I knew it, I was going in for 4 hour days, 4 days a week. A few friends suggested I was addicted to working, but I realized that wasn't it, volunteering made me feel great, something I had not experienced in my working life. Yes, I was helping the community, but I was also helping myself!

Taking a look at the science behind the feelings of wellbeing and stress release created by volunteering it's well established that volunteering reduces stress by releasing dopamine, which increases positive, relaxed feelings. Besides giving a sense of purpose and meaning, volunteering also is known to combat depression and anxiety. Our volunteers at the Redmond Senior Center say volunteering simply makes them "feel good" and proud that they are giving to others and the community.

I was so lucky, after my move to Redmond, to find my current niche at the Redmond Senior Center. So many new friends have touched my life, and that wonderful feeling of peace and accomplishment seems to grow daily. And though I am now also an employee of the center, I happily give as many extra hours as I can just because it feels good.

If you've ever felt like something is missing in your life, maybe volunteering is the piece you've been searching for. Whether it's helping at a food bank, assisting at the Senior Center, or finding another cause that speaks to your heart, there's a place for everyone to make a difference. And the best part? The joy you give comes right back to you.

So, what's your niche? Maybe it's time to find out. 🌍



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!

Volunteer of the Month: Pat Mathis

— A Heart of Service and a Spirit of Adventure

By Lahna Avery, Volunteer Coordinator



If you've enjoyed a meal at the Redmond Senior Center in the past year, chances are you've crossed paths with this month's Volunteer of the Month, Pat Mathis. A dedicated force behind the scenes, Pat starts her mornings early, Monday through Friday, making sure everything in the kitchen runs smoothly. From prepping food and packaging Meals on Wheels containers to keeping the dishes and kitchen spotless, she is an essential part of the team.

But Pat's impact goes far beyond the kitchen. She brings warmth, humor, and an unstoppable work ethic wherever she goes—qualities that have defined her life in extraordinary ways.

A Life of Hard Work and Adventure

Born with a spirit of adventure and a willingness to roll up her sleeves, Pat has always been someone who takes on challenges head-on. She and her husband, Bob, made Oregon their home after Bob retired from a long career at a nuclear power plant in Washington. Retirement, however, didn't slow them down. They bought and ran The Mountain Market in Chemult for 14 years, becoming a cornerstone of the local community before retiring (again) in 2007.

While in Chemult, Pat became deeply involved in the local snowmobiling club, eventually serving as its president. She and her close friend Tina also made history—becoming the first (and only) women in Oregon to run a snow groomer, clearing and packing trails for the hundreds of snowmobilers who relied on them each winter. Not content to stay on the ground, Pat also took to the skies, embracing skydiving and motorcycling as part of her adventurous lifestyle.

She and Bob raised a blended family of five boys, spending their free time creating cherished memories

at their family cabins, surrounded by children and grandchildren. Bob's passing in 2009 was a profound loss, but Pat carried forward with her characteristic strength, seeking new ways to stay active and connected.

Finding a Home at the Redmond Senior Center

When asked how she first got involved with the Redmond Senior Center, Pat smiles and says, "I needed something to do." What she found was more than just a way to fill her time, it was a new home, a new purpose, and a new family.

She quickly found her place in the kitchen, where she now works side by side with her "boys," Jose and Siggy. "I've got them well trained now," she says with a playful grin. More than just co-workers, they have become friends, sharing laughs, stories, and the camaraderie that makes the Senior Center kitchen feel like home.

Through her dedication, Pat has become an irreplaceable part of the Redmond Senior Center family. She embodies the true spirit of volunteerism—giving her time, energy, and heart to serve others. Whether she's ensuring Meals on Wheels recipients get a warm meal or brightening the day of those around her, Pat's contributions make a difference in ways big and small.

We are honored to recognize Pat Mathis as our Volunteer of the Month. Her life is a testament to resilience, adventure, and kindness. If you see her around the center, be sure to thank her for all she does—and maybe ask about her time as a trailblazing snow groomer or her skydiving adventures. You're sure to be inspired. 🌟



BIRTHDAYS in APRIL

Hart, Tom
Ewing, DeMaris
Daniels, Donna
Sharp, Joyce
Coleman, Lynn
Neary, Carol
Juvenal, Lucille
Cheney, Judy
Walden, Susan
Southard, Alice
Curtis, Angie
Avery, Dustie

Enger, Deanna
Zabel, Larry
Tierney, Jim
Brown, Yvonne
McCoy, Linda
Groshong, Milo
Allmand, Jacqueline
Heath, Darlene
Robinson, Gari
Statler-Garrett, Bridget
Viloria, Susan
Wafford, Jeanne



THANK YOU SPONSORS AND PARTNERS

- **Central Oregon Ranch Supply** | 1726 S Hwy 97, Redmond, OR 97756 | (541)548-5195 | www.centraloregonranchsupply.com
- **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**



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

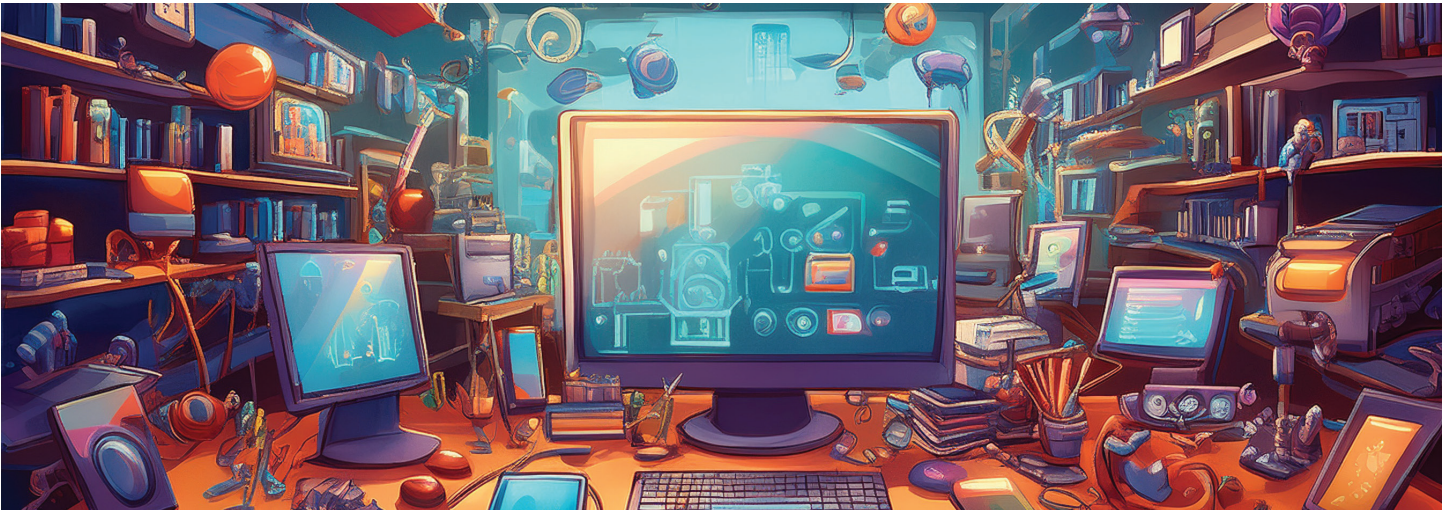
Apply now by contacting Glenda Lantis, Volunteer Coordinator, at 541-382-5882 or [visit PartnersBend.org](https://PartnersBend.org) and follow the volunteer tab to begin your journey.

Tech Tips with James

Cellphone Apps for Seniors

— Stress Management Made Simple!

By James Morris



Discover How to Relax and Stay Calm with These Handy Apps

Feeling a bit stressed out? Don't worry, you're not alone! Managing stress can be challenging, especially as we age. But guess what? There are some fantastic cellphone apps out there to help you navigate the ups and downs of life with ease. And the best part? They're designed with seniors in mind. Ready to dive into the world of stress-busting apps? Let's get started!



Headspace: Your Personal Meditation Guru

First up, we have Headspace. Think of it as your very own meditation guru, right in your pocket! This app is all about mindfulness and meditation. It offers guided meditations, sleep aids, and even programs tailored specifically for seniors. Whether you're dealing with age-related anxiety or just feeling a bit lonely, Headspace has got your back. Just a few minutes a day can make a world of difference!



Calm: The Ultimate Relaxation Station

Next on our list is Calm. This app is all about relaxation. Imagine drifting off to sleep with calming music or a soothing sleep story. Sounds dreamy, right? Calm provides guided meditations that help you relax and build emotional resilience. It's like having a spa day, but without leaving the comfort of your home. And who doesn't love a good spa day?



Simple Habit: Quick Meditations for Busy Bees

Not a lot of time on your hands? No problem! Simple Habit is perfect for beginners and those with a busy schedule. This app offers short, five-minute meditations designed to reduce stress and improve focus. It's like a mini-vacation for your mind. Just a few minutes a day can help you feel more centered and ready to tackle whatever life throws your way.



MyTherapy: Your Personal Health Assistant

Now, let's talk about MyTherapy. This app is a bit different, but it's a real lifesaver. MyTherapy is a health management app that includes medication reminders and health-tracking features. By promoting overall wellness, it indirectly helps reduce stress. Think of it as your personal health assistant, making sure you stay on top of your medications and health goals. Less worry about missing a pill means less stress for you!



Lumosity: Fun and Games for a Sharp Mind

Last but not least, we have Lumosity. This app combines fun games with cognitive exercises to keep your mind sharp. It's like a workout for your brain! And staying mentally sharp can help reduce stress, too. Who knew having fun could be so beneficial? Lumosity is user-friendly and offers a variety of games that challenge your memory, attention, and problem-solving skills. Plus, it's super fun!

Why These Apps Are Perfect for Seniors

You might be wondering, "Are these apps really for me?" The answer is a resounding YES! These apps are designed to be user-friendly and cater to the unique needs of seniors. They offer simple interfaces, easy-to-follow instructions, and features that address common concerns like anxiety, loneliness, and cognitive health. Plus, they're all about making your life a little bit easier and a lot more enjoyable.

Ready to Give Them a Try?

So, what do you think? Ready to give these stress-busting apps a try? They're just a download away, and you might be surprised at how much they can help. Whether you need a quick meditation break, a good night's sleep, or a fun way to keep your mind sharp, these apps have got you covered. And remember, it's never too late to try something new and take charge of your well-being.

There you have it, folks! Cellphone apps that can help you manage stress effectively and make life a little bit brighter. Happy downloading!

Let me know if you'd like more details about any of these apps. We're here to help you live your best, calm, and stress-free life. 🌟

Beware of These 3 Common Scams Targeting Seniors in 2025

1. Tech Support Scams

Scammers pose as IT specialists from reputable companies, claiming they've detected viruses or security threats on a victim's computer. They pressure seniors into granting remote access or paying for bogus services, often through untraceable gift cards or cryptocurrency.

How to Stay Safe: Never grant remote access to someone who calls you unexpectedly. If you're unsure, contact your device manufacturer or a trusted tech professional directly.

2. Romance Scams

Fraudsters build trust through online dating platforms or social media, pretending to be loving and devoted partners. Once they establish an emotional connection, they fabricate emergencies—such as medical bills or travel expenses—and ask for financial assistance.

How to Stay Safe: Be cautious of online relationships that progress too quickly. Never send money to someone you haven't met in person. If something feels off, consult a trusted friend or family member.

3. Medicare & Healthcare Scams

Scammers impersonate Medicare representatives, claiming that seniors need to provide personal information or make payments to receive new Medicare cards or medical services. This is a ploy to steal sensitive data and commit identity fraud.

How to Stay Safe: Medicare will never call or email asking for personal details or payments. Always verify information by contacting Medicare directly at 1-800-MEDICARE.

Staying informed is the best defense against scams. If something seems suspicious, take a step back, verify the source, and never rush into decisions involving personal information or money.

Meals With a Smile

Meals that Ease the Mind

— How Redmond Senior Center Relieves the Stress of Hunger and Loneliness

By James Morris



Stress doesn't just come from a busy schedule or unexpected challenges. For many seniors, it comes from not knowing where their next meal will come from or feeling the weight of loneliness day after day. At the Redmond Senior Center, we recognize that stress can take a serious toll on well-being, and we are committed to easing that burden through nutritious meals, friendly faces, and a strong sense of community.

Our Meals on Wheels and on-site dining programs do more than feed the body, they soothe the mind and relieve the stress of food insecurity and isolation, helping seniors focus on what truly matters: their health, happiness, and well-being.

The Hidden Stress of Food Insecurity

Many of us take for granted the ability to walk into the kitchen and prepare a meal whenever hunger strikes. But for some seniors, grocery shopping, meal prep, and even affording food can be a daily source of stress.

🎯 **Meals on Wheels** ensures that homebound seniors don't have to worry about where their next meal will come from. Each day, our volunteers deliver nutritious, ready-to-eat meals right to their door, providing not only food but also peace of mind.

🎯 **On-Site Dining** at the Redmond Senior Center gives seniors a warm, welcoming place to enjoy a healthy meal without the stress of cooking or eating alone. Here, they can relax, connect with friends, and enjoy a meal prepared with care.

When the basic need for food is met, stress levels decrease, health improves, and seniors can focus on enjoying their lives instead of worrying about their next meal.

The Weight of Loneliness—and the Power of Connection



Did you know that sharing a meal with others can actually lower stress levels? Studies show that social eating boosts oxytocin, the “feel-good” hormone, which helps reduce stress and anxiety. So whether it's a friendly chat during a Meals on Wheels delivery or laughter over lunch at the Redmond Senior Center, every meal served is also a dose of stress relief!

Isolation is another silent stressor that affects many seniors. Without regular social interactions, feelings of loneliness and anxiety can build, impacting mental and physical health.

That's why our meal programs deliver more than just food—they deliver connection.

For homebound seniors, the Meals on Wheels driver may be the only person they see that day. A warm greeting and a friendly check-in can lift spirits, ease loneliness, and remind them they are not forgotten.

For those dining at the Senior Center, mealtime is a chance to unwind, share laughter, and enjoy the company of friends. A simple conversation over lunch can relieve stress, boost mood, and bring a sense of belonging that every person deserves.

You Can Help Relieve Stress for a Senior Today

Our meal programs depend on community support, and with your help, we can ensure that every senior in Redmond has a meal to eat and a reason to smile.

- ♥ **Donate** – Your contribution helps provide meals for seniors facing food insecurity.
- ♥ **Volunteer** – Become a friendly face delivering meals or serving in our dining hall.
- ♥ **Spread Awareness** – Share this message so more seniors can access our programs.
- ♥ **Take action today.** Contact Janean@RedmondSeniors.org to donate, volunteer, or learn more.

Because when we ease the stress of hunger and loneliness, we nourish more than the body—we nourish the soul. 🌍

Join the Main Course Sponsor a Meal, Feed a Community!

The Redmond senior center invites YOU to make a meaningful impact in the lives of seniors by sponsoring a meal through our **Main Course** program. help us continue to provide nutritious meals to over 160 seniors each day--at no cost to them.

How it Works:

For just **\$100 a month**, you'll sponsor **20 meals**, helping us serve the **600+ meals** we provide every month.

As a Main Course Sponsor, You'll Receive:

- **Sponsor of the Day:** Choose a day each month to be recognized for your generous support.
- **Exclusive Presentation Opportunity:** Promote your business or cause with a brief presentation to our senior community.
- **Custom Promotion:** We'll create a flyer just for you and share it across our social media, newsletter, website, and event calendars!

Sign Up Today!

Help us nourish seniors in our community. Visit www.RedmondSeniors.org to register.

For more details, contact Randy@RedmondSeniors.org or call (541)548-6325.



Chef Jose's Guilt-Free Zucchini Brownies

— A Sweet Surprise! Your Plate!

By James Morris

Get ready to indulge in a treat so rich, fudgy, and delicious that you'll never guess it's packed with veggies! Chef Jose is bringing us a dessert that lets us have our brownies and eat them too—without the guilt. These Guilt-Free Zucchini Brownies are the perfect way to sneak some greens into your sweets while still satisfying your chocolate cravings.

The magic of this recipe? The zucchini keeps the brownies moist without the need for extra butter or eggs—plus, you get a little extra fiber to balance out the sweetness. Toss in some chocolate chips or

nuts for an added crunch, and you've got yourself a dessert that's as fun to make as it is to eat!

Now, we want to see your baking skills in action! Make these brownies, snap some pics, and share your experience with us. Tell us how they turned out, any fun twists you added, or who you shared them with. Send us your photos and a short paragraph about your baking adventure, and we might just feature you in next month's newsletter!

Happy baking, and remember—brownies with zucchini totally count as a serving of vegetables, right? 🍌



Easy Tips to Eating Healthy in Your Golden Years!

- 🍷 **Stay Hydrated:** Drink plenty of water daily.
- 🍷 **Eat Nutrient-Dense Foods:** Focus on whole grains, lean proteins, fruits, and vegetables.
- 🍷 **Limit Processed Foods:** Avoid high-sodium and sugary items.
- 🍷 **Prioritize Fiber:** Include whole grains, beans, and veggies to aid digestion.
- 🍷 **Support Bone Health:** Add calcium and vitamin D-rich foods like low-fat dairy and leafy greens.



Introducing New Catering Services!
Chef Jose Perez is proud to offer catering services, perfect for meetings and special events in the Redmond area.

Customized Menus | Chef-Crafted Meals
| Flexible Event Spaces |

To book our catering services or for more information:

Phone: (971)344-0455

Email: JLPP97230@Yahoo.com

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



Zucchini might seem like an odd ingredient for brownies, but did you know that it actually acts as a natural moisture booster? Because zucchini has such a high water content (about 95% water!), it keeps brownies soft and fudgy without needing extra butter or eggs. In fact, during World War II and the Great Depression, creative home bakers used zucchini in desserts as a way to replace expensive or rationed ingredients—making these brownies not just guilt-free, but historically resourceful!

Guilt Free Zucchini Brownies

Ingredients

- 1 ½ cups granulated sugar
- ½ cup vegetable oil
- 2 tsp vanilla extract
- 2 cups all-purpose flour
- ½ cup unsweetened cocoa powder
- 1 ½ tsp baking soda
- 1 tsp salt
- 2 cups finely shredded zucchini
- ½ cup semi-sweet chocolate chips (optional)
- ½ cup chopped nuts (optional)



Instructions:

1. Preheat your oven to 350°F (175°C). Grease a 9×13-inch baking pan or line it with parchment paper.
2. In a large bowl, mix together the sugar, oil, and vanilla extract until well combined.
3. In a separate bowl, whisk together the flour, cocoa powder, baking soda, and salt.
4. Gradually add the dry ingredients to the wet ingredients, mixing until well combined. The batter will be dry and crumbly at this point, but don't worry!
5. Fold in the shredded zucchini. The moisture from the zucchini will help bring the batter together. Mix until the batter is smooth.
6. If desired, fold in the chocolate chips and chopped nuts for extra texture and flavor.
7. Pour the batter into the prepared baking pan and spread it evenly.
8. Bake for 25-30 minutes, or until a toothpick inserted into the center comes out clean or with a few moist crumbs.
9. Let the brownies cool in the pan before slicing and serving.

Enjoy these zucchini brownies with a dusting of powdered sugar or a drizzle of chocolate sauce for an extra decadent treat!

Save the Date

WEDNESDAY
April 2
11:00 AM

Meet & Greet
with the RSC Staff

FRIDAY
April 4
2:00 PM

First STOP Friday

MONDAY - FRIDAY
April 14-18
All Day

Spirit Week at
The Redmond Senior Center

WEDNESDAY
April 30
1:00 PM

Warming Up to
Gardening

See Full Month Calendar on back cover.

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
Every Friday, except 2nd @ 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

Get Ready to Show Your Spirit!

— April 14-18 is Spirit Week at The Center!

By Angela Boock, Program Coordinator



Spring is in the air, and we're ready to celebrate in full bloom! Join us at the Redmond Senior Center for **Spirit Week, April 14-18**, where every day is a new chance to dress up, have fun, and spread joy! Whether you go all out or just add a little flair, we want to see you participate. Here's what we have in store:

Monday – Floral Print Day

Time to dig out those fabulous floral prints! Whether it's a bright Hawaiian shirt, a flowery scarf, or a full garden-themed outfit, let's turn The Center into a springtime wonderland. Bonus points for matching flower accessories!

Tuesday – Spread Kindness Day

A little kindness goes a long way! Your challenge: complete at least five random acts of kindness. Hold a door, share a smile, write a kind note—every little bit counts! And don't forget to wear yellow to shine as bright as your good deeds.

Wednesday – Sweet Day

What's better than mid-week treats? Bring something sweet to share with friends—a little candy, cookies, or even some fresh fruit. Whether you're baking or just picking up something special, let's indulge in a little midweek happiness!

Thursday – Crazy Hair Day

Time to get WILD with your hairstyle! Tease it, color it, spike it—wear a wig, or get creative with hair accessories. However you do it, let's make The Center look like a salon gone hilariously wrong!

Friday – Crazy Socks Day

Wrap up the week with a little footwear flair! Stripes, polka dots, mismatched pairs—whatever you've got, wear the craziest socks you can find. If they light up or make noise, even better!

Spirit Week is all about fun, laughter, and community—so let loose, join in, and make some great memories! We can't wait to see all the creative outfits, big smiles, and acts of kindness throughout the week.

See you there! 🌞



Join the Compliment Chain Spread Joy This April!

This April, let's fill the Redmond Senior Center with kindness through a Compliment Chain!

Each day, take a moment to share a heartfelt compliment with someone you appreciate. Then, challenge them to do the same. Before long, kindness will be spreading like sunshine!

A simple compliment can brighten someone's day and create a ripple effect of positivity. So, let's start—I appreciate you! Thank you for reading this and for joining the challenge. Your words matter, and you just might make someone's day.

Who will you compliment first? Let's make April a month of happiness!



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"

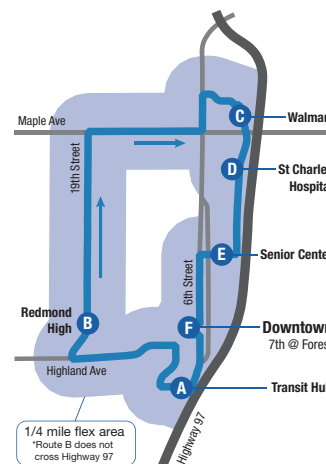
Transfer buses at the Transit Hub

- 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

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Stops can be requested in the flex area
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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

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 Stress Awareness Riddles

1. I rise when you’re overwhelmed, I fall when you’re at ease. I make your heart race, but I’m not a disease. What am I?
2. I can be good in small amounts, but too much of me brings distress. I can fuel your focus or leave you a mess. What am I?
3. I’m a cycle of worry, a loop in your mind. The more you fight me, the harder I bind. What am I?
4. A place where thoughts race, and peace is quite rare, I hold your worries but don’t really care. What am I?
5. You feel me in your shoulders, your neck, and your back. I weigh you down like a heavy sack. What am I?
6. I help you feel better, though you sometimes forget. A deep one of me is a powerful reset. What am I?
7. I can be counted but not stored, each one taken brings relief and restores. What am I?
8. I’m a liquid cure for stress, flowing through your veins. But without enough of me, your body complains. What am I?
9. When life gets too crazy, you may need a break. Just find me outside, near a tree or a lake. What am I?
10. I’m a habit both good and bad, helping or harming your days. Too much of me makes stress grow in countless ways. What am I?
11. I come in waves when life gets rough, too much of me makes things tough. But manage me well, and you’ll stay strong. What am I?
12. I tick, I tock, but never stop. I can be a friend or a foe, depending on how you let me go. What am I?
13. I am a weight upon your chest, keeping you from peaceful rest. You need to let me out to feel your best. What am I?
14. I can cloud your judgment, make tempers flare, and fill the air with tension everywhere. What am I?
15. Though I’m invisible, I can break your day. A heavy burden that won’t go away. What am I?
16. The more you ignore me, the stronger I get. But face me head-on, and I pose no threat. What am I?
17. I can help you unwind when the world’s too loud. A place of silence away from the crowd. What am I?
18. I’m an activity that helps stress depart, sometimes I rhyme, sometimes I’m art. What am I?
19. I often arrive when you take on too much. A plate too full, a list out of touch. What am I?
20. I start in your mind but spread to your hands, making you restless despite your plans. What am I?

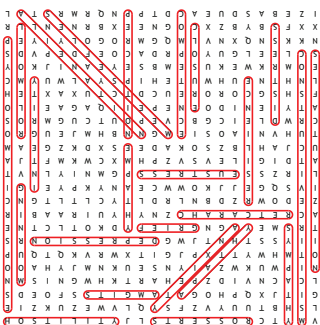
6. A deep breath	13. Suppressed emotions	20. Nervousness
5. Tension	12. Time	19. Burnout
4. The mind	11. Anxiety	18. Creativity (writing, art, poetry, etc.)
3. Overthinking	10. Habits	17. Meditation
2. Pressure	9. Nature	16. Fear
1. Stress	8. Water	15. Worry
Riddle Answers	7. Steps (as in taking a walk)	14. Anger

Mental/Emotional Health

CONSTRUCTIVE CRITICISM
 PSYCHOSOMATIC RESPONSE
 SELF ACTUALIZATION
 SELF ESTEEM
 ALIENATION
 COMPETENCE
 DEPRESSION
 PERCEPTION
 RESILIENCE
 ROLE MODEL
 CHARACTER
 HOSTILITY
 INTEGRITY
 DISTRESS
 EUSTRESS
 MOURNING
 STRESSOR
 SYMPATHY
 ANXIETY
 CLOSURE
 EMPATHY
 APATHY
 STIGMA
 GRIEF



V M Y T C R O S S E R T S L J Y T I L I T S O H
 L S H B T U U Y V Z F S Y Q L V W E Z U K Z I E
 G I T J X Q P H O G A T A M G I T S S F O E D S
 L C A C N V I D Z P E H A R T K H W G N I S M N
 N I P W U K W Z A I Y N S E U K N M J Y H A O O
 O T M H W Y T T X P J G I T X W R V K Q T Q U P
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 T R S M E Y A G N G R I E F Y D K O T L C T N E
 A C R E T C A R A H C Z N Y H Y U I R A A B I R
 Z E D O W R Z D B N L R D L T Y C L T L T G N C
 I V S Q G E J J K O W W C E A N Y K P Y E I G I
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 I Z E B A S D U E A C D T P P N Q R M R S T A L



APRIL 2025

MON	TUE	WED	THU	FRI
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	1. 10:00 Card Sharks (Hand & Foot) 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 Connection Cafe	2. 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	3. 10:00 Cards w/Friends (Spite & Malice) 10:00 Line Dancing 10:30 -3 Nails by Angela 10:30 Silver Circle 11:45-12:30 Lunch 1:00 Bingo	4. 10:00 Cards w/Friends (Spite & Malice) 11:45-12:30 Lunch 12:30-1:1:30 Prestige High Desert 12:30 Walk to Coffee 2-4 First Stop Friday
7. 10:30 Daily Movement Chair Yoga 11:30 Bridge 11:45-12:30 Lunch 1:00 Pickleball	8. 10:30 Card Sharks (Hand & Foot) 10:30-3 Nails by Angela* 11:45-12:30 Lunch 1:00 Cross Stitch 1:00 Pickleball 1-2:30 Line Dancing	9. 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	10. 10:00 Cards w/Friends (Spite & Malice) 10:00 Line Dancing 10:30 Nails by Angela 10:30 Silver Circle 11:45-12:30 Lunch 1:00 Bingo	11. 9:00 Feet Retreat 10:00 Cards w/Friends (Spite & Malice) 11:45-12:30 Lunch 12:30 Walk to Coffee 1:00 Movie & Popcorn (Daddy's Home)
14. 10:30 Daily Movement Chair Yoga 11:30 Bridge 11:45-12:30 lunch 12:30 Heart Warmers 1:00 Pickleball SPRING SPIRIT WEEK 14-18	15. 10:00 Card Sharks (Hand & Foot) 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 Connection Cafe	16. 9:00 Feet Retreat 10:30 Daily Movement Chair Yoga 11:45-12:30 Veterans Appreciation Lunch 1:00 Poker w/Friends 1:00 Crochet Club 1:00 Book Club 3:00 Cards for a Cause	17. 10:00 Cards w/friends (Spite & Malice) 10:00 Line Dancing 10:30-3:00 Nails by Angela 10:30 Silver Circle 11:45-12:30 Lunch 1:00 Bingo	18. 10:00 Cards with Friends (Spite & Malice) 11:45-12:30 Lunch/Birthday 12:30 Walk to Coffee 12:30-1:30 Prestige High Dessert 1:00 Happy Hour w/Lindy Gravelle
21. 10:30 Daily Movement Chair Yoga 11:30 Bridge 11:45-12:30 Lunch 1:00 Pickleball	22. 10:00 Card Sharks (Hand & Foot) 10:30-3 Nails by Angela* 11:45-12:30 Lunch 1:00 Cross Stitch Class 1:00 Pickleball 1-2:30 Line Dancing	23. 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*	24. 10:00 Cards w/Friends (Spite & Malice) 10:00 Line Dancing 10:30-3 Nails by Angela 10:30 Silver Circle 11:45-12:30 Lunch 1:00 Bingo	25. 10:00 Cards w/Friends (Spite & Malice) 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 w/Sonya
28. 10:30 Daily Movement Chair Yoga 11:30 Bridge 11:45-12:30 Lunch 12:30 Heart Warmers 1:00 Pickleball	29. 10:00 Card Sharks (Hand & Foot) 10:30 Nails by Angela 11:45-12:30 Lunch 1:00 Cross Stitch class 1:00 Pickleball 1-2:30 Line Dancing	30. 10:30 Daily Movement Chair Yoga 10:30 Warming up to Gardening 11:45-12:30 Lunch 1:00 Poker w/Friends 1:00 Ping Pong 1:00 Crochet Club	STRESS AWARENESS 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