

# SENIOR MOMENTS

COMMUNITY | WELLNESS | ENGAGEMENT

FEBRUARY

2025

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## NEWS MAGAZINE

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*Photo untitled, by AI generator:  
Learn to love your heart at this month's  
Wellbeing talk. (See page 6)*

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# From the Editor

## A Year of Love, Growth, and Community —My Heartfelt Journey at the Redmond Senior Center



By James Morris

When I joined the Redmond Senior Center a year ago as the Marketing and Facilities Coordinator, I didn't just take on a job—I embarked on a journey that would transform my life. What I found within these walls wasn't just a workplace but a family. Reflecting on this incredible milestone, I'm overwhelmed with gratitude for the seniors, staff, and supporters who have made this experience so profoundly rewarding.

Working at the Center isn't just a privilege; it's a calling. Every day, I am reminded of the beauty of community, the importance of connection, and the immeasurable value of showing up for one another. The Redmond Senior Center is more than a place; it's a beacon of hope, laughter, and love for everyone who steps through its doors.

When I first started, I quickly realized that many people in our community didn't even know the Redmond Senior Center existed. It broke my heart to think of all the seniors who could benefit from our programs and services but didn't know about them. I knew I had to change that.

It felt daunting at first. The Center had never had a Marketing Coordinator, and much of its history relied solely on word of mouth. But as I began meeting the members, hearing their stories, and understanding the Center's true impact, my purpose became crystal clear. These weren't just clients or visitors; they were my family, and I was determined to share their stories with the world.

One of my proudest accomplishments has been revitalizing our newsletter. What began as a modest communication tool is now a vibrant, magazine-style publication, thanks to the sponsorship of The UPS Store. This newsletter isn't just about sharing information; it's a celebration of our members, their stories, and their resilience. It's a tangible reminder that they are seen, valued, and cherished.

The most defining project of my year, however, was organizing the Center's 75th Anniversary Celebration. During my research, I discovered that 2024 marked this remarkable milestone. I was astonished that it had gone unnoticed, and I saw this as a golden opportunity to shine a spotlight on our Center. Over one weekend, we welcomed hundreds of visitors, including city leaders, to celebrate our past and embrace our future. It was a labor of love, and while the event itself was unforgettable, the connections we made and the awareness we raised will echo for years to come.

Perhaps the initiative closest to my heart is the Redmond Senior Center Wellbeing Series. Inspired by a simple idea from Board Member Sharon Lanier, this program has

See **Editor** / 4



**Editor** cont.

blossomed into a cornerstone of our mission. Every month, we invite professionals to speak on topics that enrich and empower our members' lives—from health and wellness to personal growth.

Through a partnership with St. Charles Health System, we've ensured this program is not only sustainable but also accessible to all who need it. Seeing our members engage, learn, and thrive in these sessions is a constant reminder of why our work matters.


The seniors at the Center have taught me more than I ever imagined. Compassion, humility, and the importance of community—these are just a few of the lessons they share with me daily. Their stories are filled with wisdom and resilience, and their gratitude humbles me.

One of the most touching moments came during the holidays when members brought me heartfelt cards and gifts. "Thank you for all you do," they said, with a heartwarming smile. It was a simple gesture, but one that I will treasure forever. This isn't just a job; it's a privilege to serve such extraordinary people.

As I look ahead, I am more determined than ever to continue building on our successes. There is still so much to do—more members to welcome, more lives to enrich, and more connections to foster. My goal is to ensure that every senior in Redmond knows they have a place here—a place to belong, to laugh, and to thrive.

To do this, we need your help. The Redmond Senior Center depends on the generosity of our community to sustain our programs and expand our reach. Your donations, sponsorships, and time can make an extraordinary difference in the lives of our seniors. Whether it's helping us fund a new initiative, volunteering at an event, or becoming a sponsor, your support is the lifeline that allows us to continue this vital work.

I invite you to be part of this journey. Together, we can ensure that the Redmond Senior Center remains a place of joy, connection, and hope for generations to come. Please consider donating, sponsoring, or volunteering today. Every act of kindness, no matter how small, creates ripples of love and support that extend far beyond what we can see.

To learn more about how you can help, visit our website or stop by the Center. Let's make a difference, one heart at a time. From the bottom of mine, thank you for believing in our mission. Together, we are stronger. 



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# A Message of Gratitude and Vision

## — A Celebration of Love and Care



By Randy Graves, Director of Operations

As we welcome February, the month of love and care, I find myself reflecting on the countless ways our Redmond Senior Center (RSC) community embodies these values every single day. Whether it's the warm smiles of our team, the dedication of our Board of Directors, or the incredible generosity of our supporters, the spirit of love and care is alive and thriving here.

First, I want to extend a heartfelt thank you to our staff. Your unwavering commitment to serving our senior community is inspiring. From organizing daily activities to ensuring the Meals on Wheels program runs smoothly, your care makes a profound impact. To our Board of Directors, thank you for your steadfast leadership and for guiding this organization with positivity and purpose. And to the Redmond community, your financial and moral support is the cornerstone of everything we achieve.


In November, we launched an ambitious year-end fundraising campaign with a goal of \$100,000. Thanks to the relationships we've nurtured—with our members, city officials, business partners, and individuals like you, we surpassed our goal, raising \$100,600. This is not just a number; it's a testament to the love and care that exists in our community.

As we look ahead to 2025, we're inspired to dream even

bigger. Among our goals this year are:

- **Introducing "Friends of the Redmond Senior Center":** A new Ambassador Team to champion our mission and strengthen our outreach.
- **Establishing a \$500,000 Endowment Fund:** This fund will ensure the long-term sustainability of our programs and services.
- **Creating an Events Board:** A dedicated group to drive fundraising efforts and bring exciting opportunities to the Center.
- **Expanding Meals on Wheels:** In 2024, we served over 39,600 meals to residents in need. With your help, we'll continue to grow this vital program.

At the heart of these initiatives is a commitment to building meaningful connections and combating loneliness among our seniors. If you've never visited the Redmond Senior Center, I invite you to stop by. Discover the joy of a line dancing class, the camaraderie of happy hour, or the simple pleasure of making a new friend. Together, we can make 2025 a year filled with love, care, and shared purpose.

Let's keep this spirit alive as we work toward an even brighter future for the Redmond Senior Center. 



# Love Your Heart

## —Essential Tips for Heart Health

By James Morris



February isn't just about chocolates and roses—it's about taking care of your heart! That's why the Redmond Senior Center is dedicating this month's Wellbeing Series to heart health. If you've got a heart (and we know you do!), this is your chance to learn how to keep it ticking happily for years to come.

### Why You Should Care About Your Heart

Let's face it: aging isn't for the faint of heart. As we grow older, our heart and blood vessels need a little extra TLC to keep up with us. Heart disease may be the number one health issue for seniors, but the good news is that there's a lot you can do to prevent it.

Heart health isn't just about avoiding disease; it's about feeling your best every day. When your heart is strong and healthy, you have more energy, better endurance, and a higher quality of life. Let's make this February the start of your heart-healthy journey.

### Types of Heart Disease and Prevention Tips

- **Coronary Artery Disease (CAD):** This condition arises when fatty deposits (plaque) build up in your arteries, restricting blood flow. Over time, this can lead to chest pain (angina) or even a heart attack. To prevent CAD, focus on a diet rich in fruits, vegetables, whole grains, and healthy fats like those found in nuts and fish. Regular aerobic exercise like walking

or swimming helps keep arteries clear, and managing cholesterol levels through diet or medication can make a world of difference.

- **Heart Failure:** Often misunderstood, heart failure doesn't mean your heart has stopped working; it means it's not pumping as effectively as it should. Common causes include high blood pressure and previous heart attacks. To lower your risk, monitor your blood pressure regularly, maintain a healthy weight, and avoid excessive salt, which can lead to fluid retention and strain on the heart.
- **Arrhythmias:** Irregular heartbeats can feel like fluttering or a racing heart. While some are harmless, others can signal serious issues. Arrhythmias can be triggered by stress, smoking, excessive caffeine, or underlying conditions. Reduce your risk by managing stress with techniques like deep breathing or yoga, quitting smoking, and limiting stimulants like coffee.
- **Valve Disease:** Your heart valves ensure blood flows in the right direction, but they can become damaged due to aging or infections. Symptoms may include fatigue, chest pain, or swelling. Regular check-ups with your doctor can catch these issues early, and treatment options like medication or surgery are highly effective.

### Signs to Watch for Heart Disease

Heart disease often whispers before it shouts. Pay attention to these warning signs:

- **Chest pain or discomfort:** This can range from a mild ache to a crushing sensation and is often triggered by physical activity or stress.
- **Shortness of breath:** Feeling winded after minimal effort can be a sign of reduced heart function.
- **Fatigue or weakness:** Persistent tiredness might mean your heart isn't pumping effectively.
- **Swelling in your legs, ankles, or feet:** Fluid retention is a common sign of heart failure.
- **Irregular heartbeat or palpitations:** Skipped beats or fluttering sensations should never be ignored.

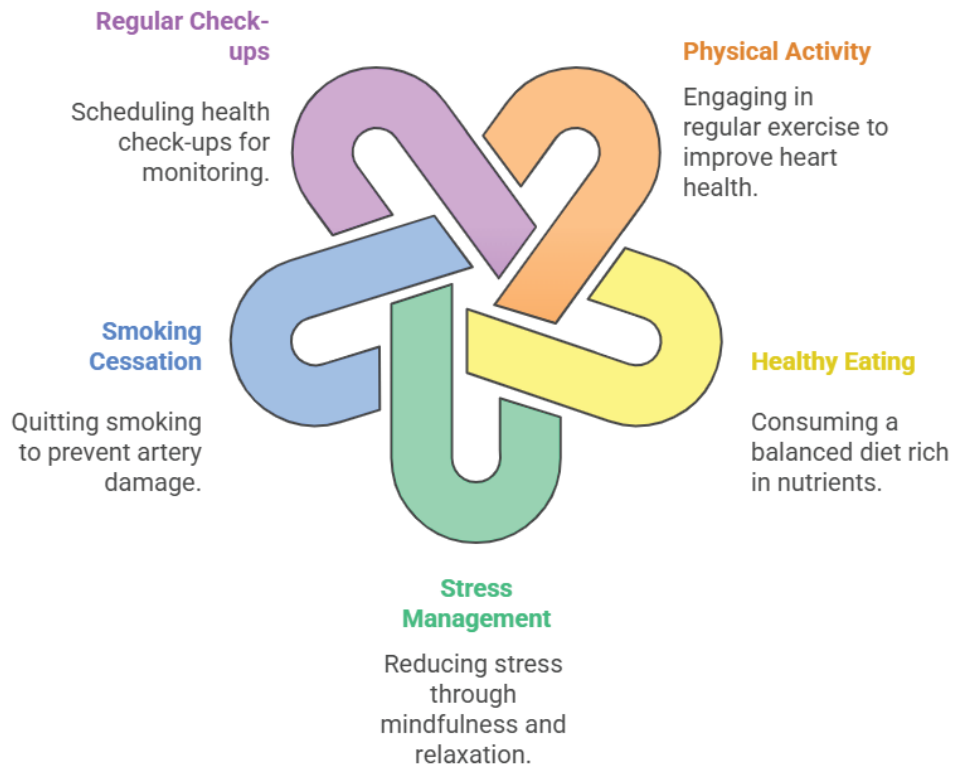
If you experience any of these symptoms, consult a doctor immediately. Early intervention can save lives.

### Quick Tips to Boost Your Heart Health

1. **Move It or Lose It:** Physical activity is one of the



## Comprehensive Heart Health Strategies



best things you can do for your heart. Aim for 150 minutes of moderate exercise each week. Not a fan of the gym? No problem—walk the dog, dance in the living room, or try gardening.

- 2. Eat Smart:** Fill your plate with colorful fruits and vegetables, lean proteins, and whole grains. Use herbs and spices instead of salt to flavor your meals. Don't forget heart-healthy fats like olive oil and avocados!
- 3. Stress Less:** Chronic stress can wreak havoc on your heart. Practice mindfulness or try stress-relief activities like journaling or listening to calming music.
- 4. Stop Smoking:** Smoking damages your arteries and raises your blood pressure. If you smoke, consider joining a support group or using cessation aids like patches or gum.
- 5. Stay in the Know:** Knowledge is power. Schedule

regular health check-ups, and don't hesitate to discuss your heart health with your doctor. They can recommend personalized strategies for staying healthy.

### Your Heart Will Thank You!

Ready to take charge of your heart health? Join us on Wednesday, February 12, from 10:00 to 11:30 AM at the Redmond Senior Center for an afternoon of expert advice, engaging talks, and practical tips you can use right away. This event will feature experts who are here to answer your questions and guide you toward a healthier future.

This event is free to attend and is open to the public. Don't miss out! 📍

*For more information or to reserve your spot, visit our website ([www.RedmondSeniors.org](http://www.RedmondSeniors.org)) or call (541) 548-6325. Your heart deserves it, and so do you!*



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HEALTH SYSTEM

### Exciting News for the Wellbeing Series!

We are thrilled to announce that St. Charles Medical Center is now the official sponsor of the Redmond Senior Center's Wellbeing Series! Their generous support will allow us to expand our programming and bring you even more valuable health and wellness topics throughout 2025.

Stay tuned for new speakers, workshops, and resources designed to inspire and empower our senior community. Together, we're making 2025 a year of health, connection, and growth!

Thank you, St. Charles Medical Center, for investing in the well-being of our community!



## EATING FOR A HEALTHY HEART

**LIMIT** daily intake of saturated fats  
(fatty meats, full fat dairy, some plant fats)



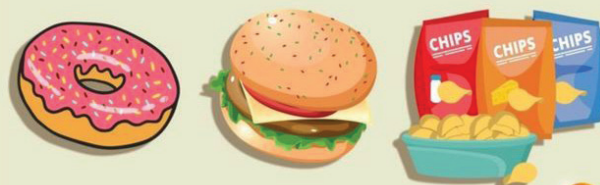
**REPLACE** saturated fats with more  
unsaturated fats (nuts, seeds,  
avocados, fatty fish, olive oil)



**AVOID** replacing saturated fats only with  
carbohydrates, especially refined and  
processed carbohydrate foods



**AVOID** trans-fats (processed foods made  
with partially hydrogenated oils).



Source: Journal of the American Heart Association



## HEALTHY HEART RESOURCES

Heart health is vital for overall well-being, and numerous resources are available both nationally and within the Central Oregon region to support individuals in maintaining a healthy lifestyle. Here are some organizations and programs that can assist your readers:

### National Resources:

- **American Heart Association (AHA):** A leading organization dedicated to fighting heart disease and stroke by funding research, providing public health education, and advocating for healthy policies.  
<https://www.heart.org/>
- **Centers for Disease Control and Prevention (CDC) – Division for Heart Disease and Stroke Prevention:** Offers comprehensive information on heart disease statistics, prevention programs, and educational materials to promote heart health nationwide.  
<https://www.cdc.gov/heart-disease/>
- **The Heart Truth® – National Heart, Lung, and Blood Institute (NHLBI):** A national campaign aimed at increasing awareness about heart disease and encouraging heart-healthy behaviors, particularly among women.  
<https://www.nhlbi.nih.gov/health-topics/>

### Local Resources in Central Oregon:

- **Summit Health – Cardiology:** Provides comprehensive cardiology services with a team of board-certified cardiologists dedicated to offering high-quality heart care in Central Oregon.  
<https://www.smgoregon.com/specialities/speciality-care/cardiology/>
- **St. Charles Heart and Lung Center:** Offers a wide range of interventional cardiology services, utilizing minimally invasive methods to diagnose and treat heart conditions for patients throughout Central Oregon.  
<https://stcharleshealthcare.org/services/cardiology/>
- **Pulse Heart Institute at Summit Health Oregon:** A partnership that enhances cardiovascular care in Central Oregon, beginning with electrophysiology services and expanding to comprehensive heart health services.  
<https://www.pulseheartinstitute.org/>
- **American Heart Association – Oregon & SW Washington:** Focuses on driving equitable health impact in the region through initiatives targeting women, community response, tobacco and vaping cessation, patient support, and promoting healthy living.  
<https://www.heart.org/en/affiliates/oregon/>

These resources offer valuable information, services, and support to help individuals in Central Oregon and beyond maintain heart health and lead healthier lives.



# Redmond Senior Center Winter Weather Policy

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

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

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

What this means for MOW...

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

Contact Randy or Janean with questions or concerns  
[randy@redmondseniors.org](mailto:randy@redmondseniors.org)  
[janean@redmondseniors.org](mailto:janean@redmondseniors.org)



## Boost Your Senior Center Events with the RSC Marketing Hub!

Let the RSC Marketing Hub help your events and activities shine! From graphic design to email campaigns and website updates, we provide tailored marketing solutions to meet your needs.

Don't miss out—make your next event a success!

Email [James@RedmondSeniors.org](mailto:James@RedmondSeniors.org) for more information.



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# What's New at the Center

## What's New at the Redmond Senior Center

### — Exciting Updates You Won't Want to Miss!

By James Morris

The Redmond Senior Center is constantly evolving to bring meaningful programs and opportunities to our community. Here's what's new this season:

#### Connection Café

##### Join Us

Navigating the challenges of illness, death, and grief can be isolating, but you don't have to face it alone. The Connection Café offers a welcoming and compassionate space where you can share, learn, and find support.

#### What to expect:

- Meaningful connections and a sense of community.
- Opportunities to engage with others navigating similar experiences.
- Guidance to help identify your personal strengths.
- Assistance connecting with valuable resources in Central Oregon.

By fostering social connections and nurturing relationships, Connection Cafés aim to enhance both quality of life and health outcomes for participants.

Held every other Tuesday starting January 21.

#### Wellbeing Series Update – Monthly Wellness Connect



The Redmond Senior Center is thrilled to announce Wellness Connect, a new addition to our Wellbeing Series. Held every 4th

Wednesday at 10:30 AM, this engaging program offers a unique opportunity to dive deeper into monthly wellness topics in an interactive and supportive setting.

#### What to expect each month:

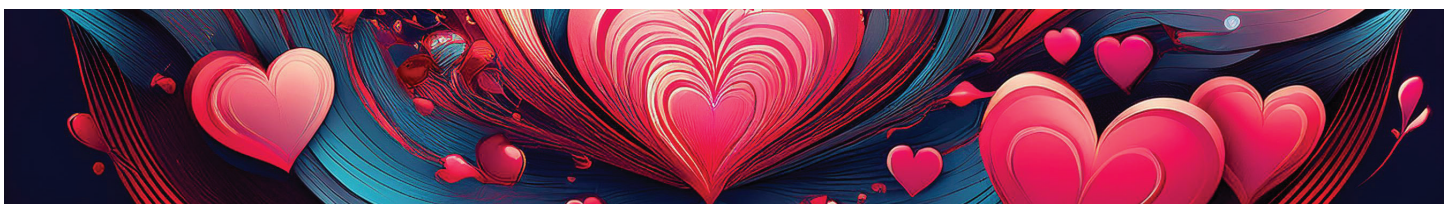
- Review the Wellbeing Series Topic: Gain a deeper understanding of the current month's theme.
- Affirmation: Receive an inspiring affirmation to promote positivity and personal growth.
- Reflection Questions: Explore thought-provoking questions to encourage deeper engagement with the topic.
- SMART Goals: Set actionable, achievable steps to enhance your well-being.
- Sneak Peek: Get a preview of next month's exciting Wellbeing Series topic.

#### Why join Wellness Connect?

- Discover practical strategies to improve your overall well-being.
- Connect with others who share a similar wellness journey.
- Leave with clear, actionable steps to positively impact your life.

#### Hosted by:

Sharon Lanier, RN, Counselor, and Wellbeing Coach





Admission is free and open to the public. Don't miss this opportunity to deepen your wellness journey with expert guidance and a supportive community!

### First Stop Friday




Start your month on a high note with First Stop Friday at the Redmond Senior Center! Beginning February 7th, the first Friday of each month from 2–4 PM will be filled with art, music, refreshments, and community spirit.

#### Highlights include:

- Information on Downtown Redmond's First Friday happenings.
- Exclusive promotions.
- A fun raffle with exciting prizes.

Whether you're here for the art, the music, or the chance to connect with your neighbors, First Stop Friday is the perfect way to kick off the month!

We invite you to take part in these new programs and continue making the Redmond Senior Center a vibrant hub of connection and growth. For more details, contact us or visit our website. 



Redmond, Oregon  
**Senior Center**  
*Engage. Connect. Thrive.*

# FIRST STOP FRIDAY

Every First Friday of the Month  
**2:00-4:00 PM**  
(Time subject to change.)

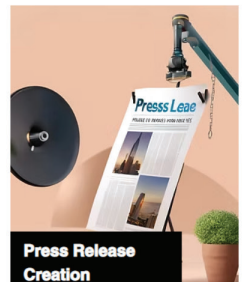
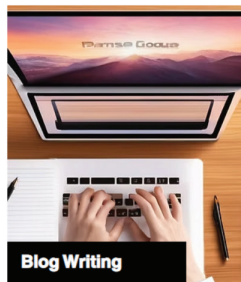
Art, Music, Refreshments, First Friday Info, Promotions, Raffle, and more

For more information, [www.RedmondSeniors.org](http://www.RedmondSeniors.org) or email [Info@RedmondSeniors.org](mailto:Info@RedmondSeniors.org)



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# What's Happening at the Center

## Building Connections and Community — February Highlights at the RSC

By Angela Boock, Program Coordinator



As the Programs Coordinator here at the Redmond Senior Center, one of the greatest joys of my role is bringing fresh ideas and opportunities for our members to connect, learn, and thrive. February is shaping up to be a fantastic month filled with exciting new activities and returning favorites. Let me walk you through some of the highlights we've planned for you.

### **Connection Café**

We're thrilled to introduce the Connection Café, a program designed to provide a safe and compassionate space for meaningful conversations about illness, grief, and the end-of-life journey. Presented by Peaceful Presence End-of-Life Doulas and Central Oregon Community College, this initiative reflects our commitment to supporting every facet of well-being—physical, emotional, and spiritual.

### **Tech Tuesdays: By Appointment Only**

James Morris, our beloved tech expert, is taking a new approach to Tech Tuesdays. Starting this month, James will offer personalized, one-on-one assistance for your cellphone and laptop challenges. Whether you need help navigating apps, organizing photos, or troubleshooting a stubborn device, James has you covered. Be sure to sign up for your appointment at the main desk!

### **Lunch and Learn with Prestige High Desert Senior Living**

I'm also excited to announce a new monthly Lunch and Learn series hosted by Prestige High Desert Senior Living. Every first Friday, adults

65 and older are invited to enjoy a complimentary lunch while learning about independent living, assisted living, memory care, and Continuing Care Retirement Communities (CCRCs). It's a wonderful opportunity to gain insight into senior living options and ask questions in a casual, informative setting.

## Cards for a Cause

Nothing warms the heart like a handmade card, and our Cards for a Cause group is creating just that! Once a month, this creative and thoughtful group gathers to craft greeting cards for distribution to seniors in our community. Whether you're an experienced crafter or just looking to try something new, this activity is both rewarding and fun.

## Movies, Music, and More

We've got plenty of entertainment lined up this month! On February 28, we're screening *The Best Exotic Marigold Hotel*—a charming film that's sure to delight. Popcorn is free, and beverages are just \$3.

Mark your calendars for February 21, when Lindy Gravelle returns for Happy Hour! Her lively mix of original songs and covers will have you tapping your toes and singing along. Beer and wine will be available for \$3, with free appetizers to enjoy while you socialize.

And don't miss our new monthly kickoff event, First Stop Friday, happening February 7. Featuring music, local art vendors, appetizers, and \$3 beer and wine, it's the perfect way to start the month.

There's always something happening here at the Redmond Senior Center, and February is proof that there's no better place to engage with your community. I can't wait to see all of you at these events. Whether you're stopping by for a heartfelt conversation, a tech tune-up, or a glass of wine at Happy Hour, know that you're always welcome.

See you soon! 🌻

# Why Joining Senior Center Activities Is the Best Choice You'll Make

What's that sound? It's laughter from a bingo game, the hum of chair yoga, and the clink of coffee mugs at Happy Hour. It's the lively heartbeat of the Redmond Senior Center, and you should be a part of it!

Participating in activities at the Center isn't just about filling time—it's about enriching your life. Here's why:

- **Build Connections:** Say goodbye to loneliness and hello to new friends. Whether it's trivia, karaoke, or movie matinees, our events make it easy to meet people who'll brighten your day.



- **Move Your Body:** Fitness classes like chair yoga and line dancing make exercise enjoyable and social. Bonus: no one judges if you groan a little during stretches!
- **Keep Learning:** Our Wellbeing Series and guest speakers feed your curiosity. You'll leave smarter—and with great conversation starters.
- **Support the Center:** Your participation doesn't just help you; it helps us thrive. More engagement means more activities and resources for everyone.
- **Create Memories:** From Halloween Karaoke to the Snow Ball, our events create moments you'll treasure.

Take the leap—pick one event to start. Whether it's a fitness class, Happy Hour, or Movie Matinee, we're saving a spot for you. Fun, friends, and joy are waiting. Come join the heartbeat of the Redmond Senior Center! 🌻





# Helping Hands Volunteer Corner

## The Little Things — The impact of a Volunteer

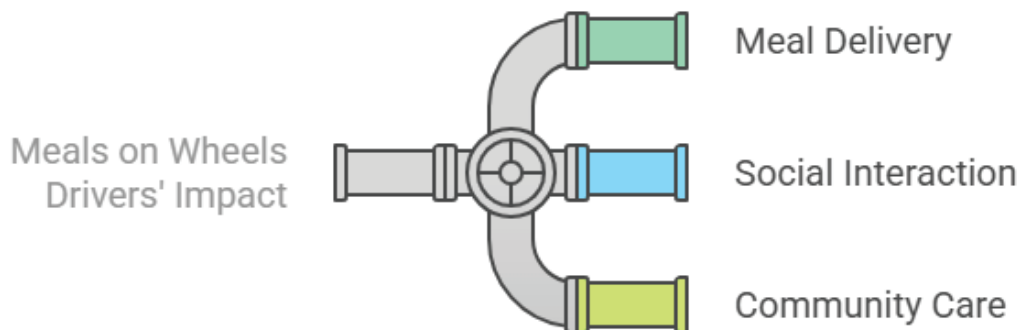
By Lahna Avery, Volunteer Coordinator



Every day at least 10 people faithfully show up in the dining room of the Redmond Senior Center, ready to make many lives a little brighter. They count their meals, pack their bags and drive out to their many destinations to deliver lunch to those who now have difficulty preparing their meals themselves.

But delivering meals is just a small part of what these big-hearted people do. What most people don't think about when they think of Meals on Wheels drivers, is the person-to-person impact our drivers have on their clients. Warm smiles and friendly chats offer as much value to our clients as the meals they receive, often they are the only people the client sees in a day.

### The Multifaceted Impact of Meals on Wheels



On a daily basis we have drivers report back to our Meals on Wheels staff concerns they may have, or changes they see in the home. They care about their clients and develop true friendships. Drivers go out of their way to help in little ways outside of dropping off a meal, maybe remembering a birthday and giving a card or little gift, or asking about their family or latest doctor's appointments, or noticing a new shirt, or offering a treat to a pet. Drivers have been known

to occasionally take out the trash, or change a light bulb, or take a moment to clear a little snow off steps for client's safety. Little acts of kindness fill the hearts of our volunteers as well as the clients they serve.

As we walk through our lives that can be busy and overwhelming, it truly is the little things in life that make a difference. 🌟

# Care With Conversation

## — Communication Tips

By James Morris

**E**ngaging in conversation is an essential skill that can enrich our lives, strengthen relationships, and enhance our mental well-being. For seniors, the ability to start a meaningful conversation can be the key to forming new connections, nurturing old friendships, and combating feelings of loneliness. While some of us are naturally outgoing, for others, striking up a conversation might feel daunting. Fortunately, conversation is a skill that can be learned and honed with practice.

### The Importance of Conversation

Conversation is more than just a way to pass the time; it's a bridge to understanding and connection. Numerous studies show that maintaining social connections is vital for cognitive health, emotional stability, and overall quality of life. For seniors,

who may face isolation due to retirement, the loss of loved ones, or physical limitations, the ability to start and sustain conversations can combat loneliness and foster a sense of belonging.

Conversations also help us learn new perspectives, share our wisdom, and discover common interests with others. They can provide opportunities to give and receive support, which is particularly valuable in senior living communities where shared experiences often lead to deep and lasting relationships.

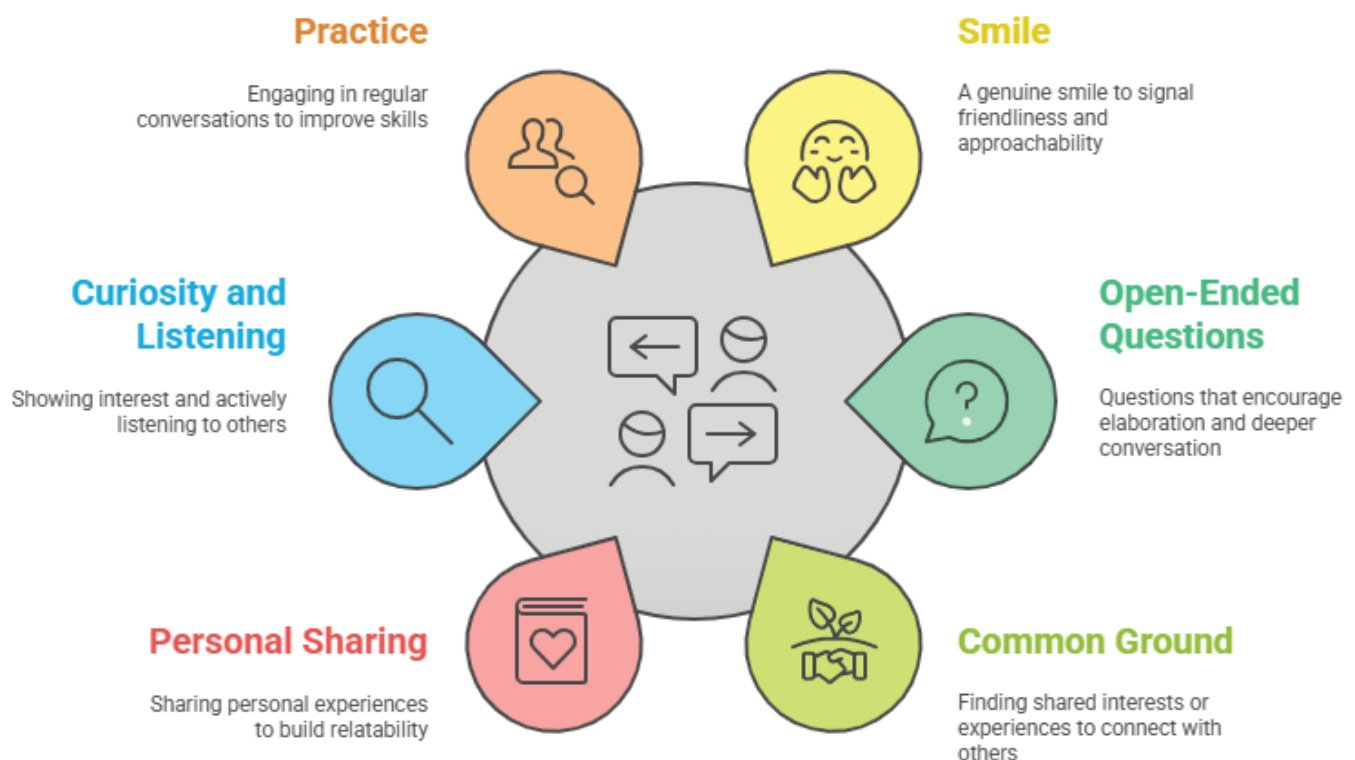
### Tips for Starting a Conversation

If initiating a conversation feels challenging, these tips can help:

1. Start with a Smile

See **CONVERSATION** / 16

### Building Effective Communication Skills



## CONVERSATION continued

A genuine smile can go a long way in breaking the ice. It signals to others that you are friendly and approachable.

### 2. Use Open-Ended Questions

Instead of asking questions that require a simple “yes” or “no,” try open-ended questions that encourage elaboration. For example:

- “What brings you to this event?”
- “How did you get started with your favorite hobby?”

### 3. Find Common Ground

Observing your surroundings can provide clues for starting a conversation. Complimenting someone’s attire, discussing a shared event, or commenting on the setting are great ways to find common ground.

- “That’s a beautiful scarf! Did you knit it yourself?”
- “This speaker was fascinating. What did you think?”

### 4. Share Something About Yourself

Revealing a little about your own experiences can make you more relatable and open the door for the other person to share.

- “I’ve always enjoyed painting, but I just started a new watercolor class. Have you ever tried painting?”

### 5. Be Curious and Listen Actively

People enjoy talking about themselves, so show genuine curiosity about their stories. Active listening—making eye contact, nodding, and asking follow-up questions—demonstrates that you value what they have to say.

### 6. Practice Makes Perfect

Like any other skill, conversation gets easier with practice. Start small by engaging in brief chats with neighbors, store clerks, or staff at your senior living community.

## Overcoming Common Hurdles

Some people avoid starting conversations because they fear rejection or don’t know what to say. Remember, most people appreciate friendly engagement and are likely to respond positively. If a conversation doesn’t flow, don’t take it personally—sometimes others are preoccupied or shy themselves.

Another common hurdle is the fear of running out of things to say. Preparing a mental list of topics—like recent news, local events, or shared activities—can help keep the dialogue flowing.

## Building a Community, One Conversation at a Time

The ability to start a conversation can transform your daily interactions and open doors to meaningful connections. Whether it’s a friendly exchange with a fellow senior during lunch or a heartfelt chat with a new neighbor, each conversation adds depth and warmth to your social circle.

So the next time you find yourself sitting next to someone new, take a deep breath, smile, and say hello. You never know—that simple greeting could be the start of a wonderful friendship.

Mastering the art of conversation takes care and intention, but the rewards are immeasurable. Embrace the opportunity to connect with others, and watch as your social world flourishes. After all, every great relationship begins with a single conversation. 🌐



### ... about CONVERSATION

- **Unique to Humans:** While many animals communicate, humans are the only species known to engage in complex, abstract conversations that go beyond survival.
- **Brain Activity:** You’ll use around 112 muscles to speak one word. But it’s not just about the muscles; conversation actually activates several parts of the brain, enhancing cognitive functions.
- **Mirror Neurons:** These special brain cells are activated both when we do something and when we see someone else doing the same thing. This plays a critical role in empathy and understanding during conversations.
- **Historical Significance:** The first recorded conversation happened in ancient Mesopotamia on clay tablets, where scribes recorded dialogues, debates, and even laws, showcasing early human discourse.
- **Small Talk Benefits:** Small talk might seem trivial but it’s crucial for social bonding. It helps establish connections and paves the way for deeper, more meaningful conversations.





## BIRTHDAYS in FEBRUARY

McPherson, George  
 McWeeney, Penelope  
 DeVault, Mary  
 Holmer, Linda  
 Bolken, Olaf  
 Long, Shirley  
 Horsley, Mary  
 Pease, Lydia  
 Forsness, Kathleen  
 Walter, Barb  
 Morris, James  
 Vela-Davis, Anne  
 Lorz, Terry  
 Mansfield, Roberta  
 Siler, Sonya

Camp, Wendy  
 Smith, Eunice  
 Stewart, Stepheny  
 Turner, Kathy  
 Haselip, Cindy  
 Cox, Dennis  
 Kirkpatrick, Jane  
 Neville, Lorraine  
 Spahn, Jean  
 Goodrich, Judy  
 Halsey, Ronald  
 Arney, Gloria  
 Helm, Claudia  
 Avery, Lahna

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- **Central Electric Cooperative, Inc.** | 2098 NW 6th St, Redmond, OR 97756 | (541)548-2144 | [www.cec.coop](http://www.cec.coop)
- **Sharon Lanier**
- **Carrie Novack**

# Meals With a Smile

## A Heart for Service — Truman Grandey Delivers More Than Just Meals

By James Morris

In the community of Redmond, Oregon, the name Truman Grandey stands out not just for the warm meals he delivers but for the warmth and compassion he carries in his heart. Truman's journey from a dairy farm in Vermont to a cornerstone of community service in the Pacific Northwest is a testament to his unwavering commitment to helping others.

Born in Vermont, Truman's early life revolved around the dairy farm, and he later pursued higher education at the University of Vermont. His academic journey led him to the University of Arizona, where he earned a PhD in English with a focus on drama, writing a thesis on Arthur Miller. Truman's teaching career began in Vermont and spanned nearly three decades at Mount Hood Community College in Oregon, where he taught English and played a pivotal role in developing a teaching and learning center.

Despite an impressive career in education, Truman's calling extended beyond the classroom. He was deeply involved in community service, taking on roles in organizations such as Kiwanis and Habitat for Humanity. Truman's leadership saw him serve as a board member and president, emphasizing his dedication to building stronger communities.

Following his retirement from teaching, Truman focused full-time on public service. His involvement with Meals on Wheels began in Gresham and continued after his move to Redmond in late 2017 or early 2018. For Truman, each meal delivery is an opportunity to connect, to share a moment, and to bring a bit of joy into the lives of his clients.

One of his memorable clients was an elderly couple



### Meals on Wheels: Supporting Seniors Nationwide

Meals on Wheels programs make a significant difference in the lives of millions of seniors across the country. Here's a closer look at the impact:

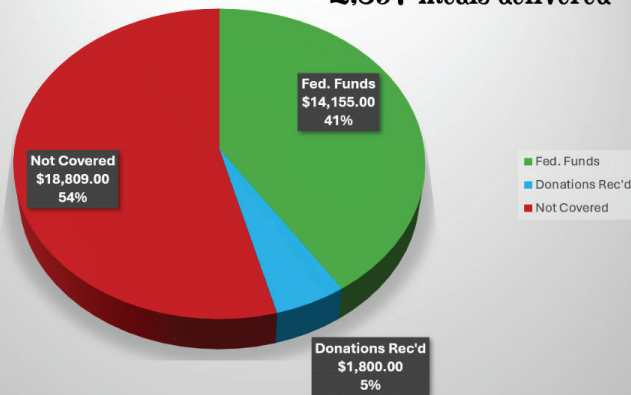
- **Number of Programs:** Over 5,000 Meals on Wheels programs operate nationwide.
- **Meals Delivered:** Approximately 251 million meals are delivered annually to around 2.2 million seniors.
- **Demographic Impact:**
  - 29% of participants have a disability.
  - 24% of participants live alone.
- **Funding:** Federal funding covers only 37% of the programs' expenses, with the remainder relying on community support.

Meals on Wheels not only provides nourishment but also helps combat isolation and ensures care for those who need it most.

# Meal STATS DECEMBER 2024

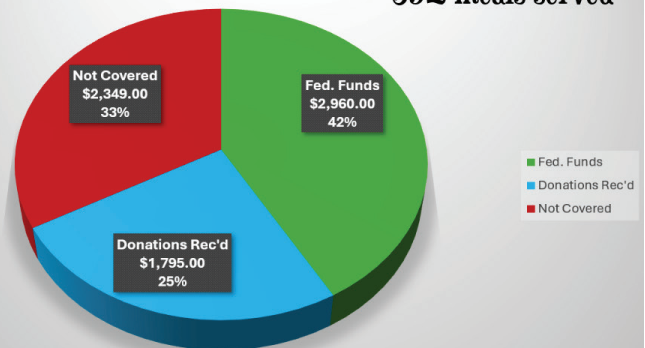
Meals on Wheels

2,897 meals delivered



In House Meals

592 meals served



living on a golf course, a delivery route that brought both challenges and cherished interactions. Truman recalls another poignant experience with a client who owns a diabetic, blind Jack Russell terrier. Not only did Truman ensure regular meal deliveries, but he also assisted the client with vet visits and grocery shopping—a lifeline for someone without transportation.


Truman's engagements are not limited to routine deliveries. He has gone above and beyond, helping with tasks like taking out the garbage or adjusting a Christmas tree for a woman using a walker. His approach is one of kindness and genuine concern for the well-being of those he serves.

However, not all interactions are straightforward. Truman recounts the distress of finding clients who do not answer the door, highlighting an incident in Gresham where a confused client needed further intervention. His stories illustrate the deep bond he forms with those on his route and the responsibility

and care inherent in his volunteer work.

Beyond his community service, Truman's hobbies include nurturing rose gardens and maintaining bird feeders. His keen interest in bird species and their behaviors brings him joy and a sense of connection to nature. He collects local bird paintings and enjoys this peaceful pastime, capturing the essence of the birds with his camera.

Reflecting on his service, Truman humbly dismisses the accolades, including his recent nomination as Volunteer of the Month for February. For Truman Grandey, the greatest reward is the fulfillment derived from making a difference in the lives of those around him.

In a world where small acts of kindness often go unnoticed, Truman Grandey exemplifies the profound impact one individual can have. He delivers much more than meals; he delivers hope, connection, and a reassuring presence—an embodiment of a heart dedicated to service. 



## 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](mailto:lahna@redmondseniors.org)** today!



# Meet Chef Jose Perez

## — A Taste of Tradition at the Redmond Senior Center

By James Morris



For Chef Jose Perez, cooking isn't just about feeding people—it's about creating connections, evoking memories, and sharing a piece of his culture. As the heart of the Redmond Senior Center kitchen, Jose has delighted members with his flavorful dishes, each infused with care and a deep respect for traditional recipes. One such standout is his Green Chicken Posole, a soul-warming Mexican stew that has quickly become a favorite at the center.

Jose grew up surrounded by the rich aromas of his grandmother's kitchen, where he first learned the art of combining fresh, simple ingredients into vibrant, satisfying meals. Over the years, he honed his craft, blending authentic techniques with his own creative

flair. Now, he brings that same passion to the Senior Center, where every meal he serves carries a little bit of home.

"I love seeing the smiles when people take their first bite," Jose shares. "Food brings people together, and that's what makes this job so special."

This month, we're shining the spotlight on Jose's Green Chicken Posole—a dish that's not just delicious but also steeped in tradition. Made with tender chicken, hominy, and a fragrant blend of tomatillos, chilies, and spices, this posole is perfect for warming up on chilly winter days. The best part? It's simple enough to recreate at home, so you can enjoy a taste of the Senior Center in your own kitchen.



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

# Jose's Green Chicken Posole Recipe

**Preparation time:** 1-1/2 hours, including 45 minutes of prep | **Difficulty:** Easy  
6 to 8 servings

If you don't feel like roasting tomatillos, toasting and grinding spices or chopping fresh herbs, try Ramona White's shortcuts. If you are sensitive to gluten, check all labels carefully.

## Ingredients

- 1 pound fresh tomatillos or 1 (15-ounce) can tomatillos with liquid
- Canola oil for sautéing
- 1 large or 2 small yellow onions, julienned
- 3 quarts chicken stock or low-sodium chicken broth
- 2 (4-ounce) cans diced green chiles, mild and/or fire-roasted
- 3 medium garlic cloves, minced
- 1 pound boneless, skinless chicken thighs or legs, fresh or frozen
- 1 teaspoon dried guajillo chile or chili powder
- 1 tablespoon dried oregano, pinched to release volatile oils\*
- 1 teaspoon dried thyme, pinched to release volatile oils\*
- 1 teaspoon cumin powder or toasted seeds, ground
- 1 teaspoon coriander powder or toasted seeds, ground
- Salt and pepper to taste
- 2 (15-ounce) cans or 1 (30-ounce) can of white, gold or purple hominy, drained and rinsed
- 1 pound frozen corn kernels (or kernels cut from 1 or 2 ears of fresh corn)

\*If using fresh herbs, double the amount and do not chop leaves

## Optional garnishes

- Cilantro leaves
- Radishes, sliced
- Green or red cabbage, shredded
- Limes, sliced
- Avocados, cubed
- Corn chips

## To prepare

1. To roast fresh tomatillos, heat the oven to 425 degrees and set rack in the middle. Pull off and discard husks; rinse tomatillo skins to remove stickiness. Spread in a single layer on a sheet pan or in a shallow baking dish and roast until the skins start to turn brown; they will burst and release some liquid. This might take about 15 minutes but watch carefully. About halfway through, shake the pan so they roll around. Remove from oven and let tomatillos cool until they are no longer steaming and can be handled.
2. Transfer tomatillos and liquid from pan to a blender or food processor and purée, or to a bowl if using an immersion blender stick. (If using canned tomatillos, just purée them and the liquid.) Set aside.
3. In a large (4- to 6-quart) pot of any sort, sauté the onions in canola oil over medium-high to high heat, stirring frequently, until they start to turn brown and stick to the bottom of the pan. Leave onions in the pan.
4. Over high heat, deglaze the pan (using all the stock or broth). Reduce the heat to medium.
5. Add chicken (from refrigerator or freezer), puréed tomatillos, chiles (with any liquid from the can), garlic, herbs and spices. Leaving uncovered, bring to and maintain a simmer until the chicken is fully cooked and beginning to fall apart, about an hour, stirring occasionally to prevent sticking.
6. Add the hominy and corn and season with salt and pepper to taste. Stir to equalize the temperature of ingredients; the hot stew will quickly warm frozen corn. Ladle into bowls.

Offer the cilantro leaves, sliced radishes, shredded cabbage, sliced limes, cubed avocado and corn chips on the side so people can garnish the stew as they like.

## Vegan variation

Substitute vegetable stock or broth for the chicken stock and 1 (15-ounce) can of white kidney beans or great northern beans, drained, for the chicken.

# Save the Date

---

## WEDNESDAY

Feb. 5  
11:00 AM

Meet & Greet  
with the RSC Staff

---

---

## WEDNESDAY

Feb. 12  
10:00 AM

Wellbeing Talk  
w/ St. Charles

---

---

## FRIDAY

Feb. 7  
9:00 AM

AARP Tax Assistance  
Sign up

---

---

## WEDNESDAY

Feb. 26  
10:30 AM

Wellbeing Series  
Connect

---

See Full Month Calendar on back page.

### FREE DROP-IN EVENTS

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

#### Card Sharks

Tuesday @ 10 AM

#### Connection Cafe

Tuesday @ 1:30 PM

#### Meet & Greet

1st Wednesday @ 11:00 AM

#### Poker w/Friends

Wednesday @ 1:00 PM

#### Cards w/Friends

Thursday @ 10 AM

#### Walk to Coffee

Friday @ 12:30 PM

#### Prestige High Desert

1st Friday @ 1:00 PM

#### First Stop Friday

1st Friday @ 2:00 PM

#### Ping Pong

Friday @ 1:00 PM

AVAILABLE FOR PURCHASE!

Healthy Living  
All Year

Journal



### Discover the Redmond Senior Center Wellbeing Journal!

Unlock your path to a happier, healthier lifestyle with our Wellbeing Journal, a perfect companion to the RSC's Wellbeing Series. Packed with valuable insights for each month's theme,

inspiring monthly affirmations, and guided space to reflect and journal your journey, this is more than a journal, it's your personal tool for self-care and growth.

\$15 for non-members



## Valuable Resources for Seniors

- **Alzheimer's Association**  
[https://www.alz.org/alzheimer\\_s\\_dementia](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://3v9xgga2gzq2bs9vm26vya5g-wpengine.netdna-ssl.com/wp-content/uploads/sites/42/2019/03/In-HomeCareAgencyList.CouncilonAging.2019.pdf>
- **Low Cost Pet Resources**  
<https://3v9xgga2gzq2bs9vm26vya5g-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>



Redmond, Oregon  
**Senior Center**  
*Engage. Connect. Thrive.*

### **Support the Redmond Senior Center —Make a Difference Today!**

Help us continue to serve our senior community with meals, activities, and a place to connect. Your donation supports vital programs like Meals on Wheels, fitness classes, and social events that bring joy and wellness to seniors in Redmond.

**Donate online at [www.RedmondSeniors.org](http://www.RedmondSeniors.org)  
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Together, we can ensure that every senior has access to community, care, and connection. Thank you for your generosity!



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with JAMES

"My cellphone sucks!"

"My laptop isn't working."

**Every Tuesday**

**15 min. increments**

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NON-MEMBERS: \$5

More details  
James@RedmondSeniors.org

"This tablet hates me."




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## Nails by Angela



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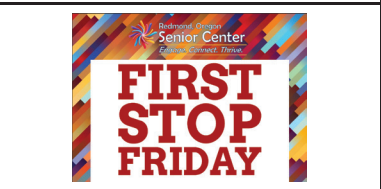

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# Ad Snippets

	<p>Our Connection Café provides a welcoming and compassionate space for supportive conversations about illness, death, and grief. Tuesdays, 1:30-3:00 PM</p>
	<p>Finish the week off by watching a relaxing movie at the Senior Center. Free popcorn, and \$3 beer/wine. 2nd &amp; 4th Friday of each month, 1:00 PM</p>
<p><b>VETERAN'S APPRECIATION LUNCH</b></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>



Redmond, Oregon  
**Senior Center**  
*Engage. Connect. Thrive.*



**Meet & Greet**

**Meet the staff!**  
**1st Wednesday of each month**  
**11:00-11:30 AM**



**Randy**  
Director



**James**  
Facility & Marketing



**Janean**  
Office Mgr/ MOW



**Lahna**  
Volunteers



**Angela**  
Programs & Activities

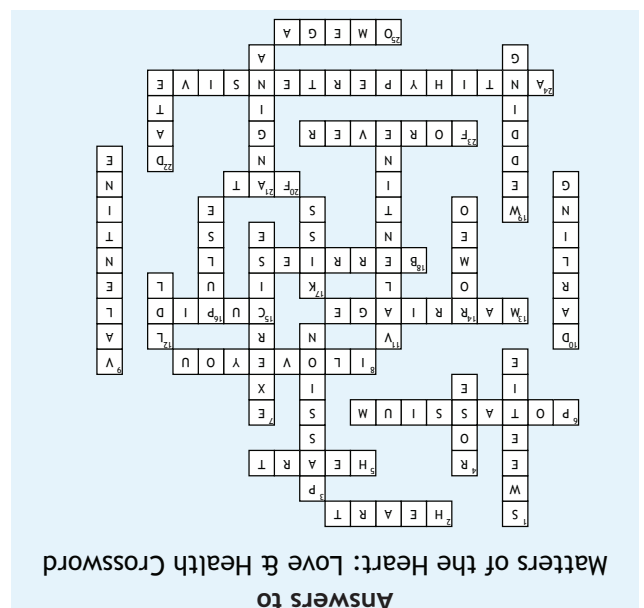


# Riddle Me This

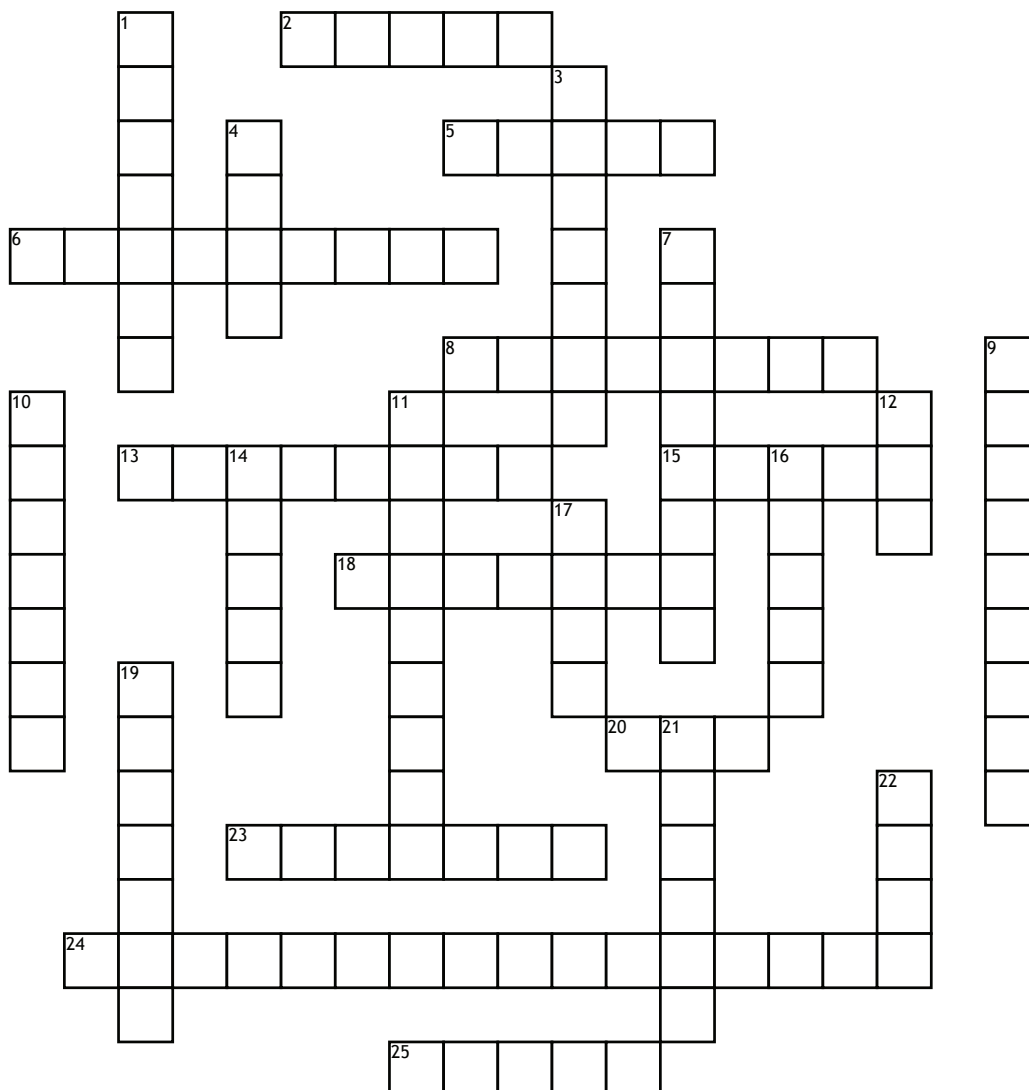
## Riddles on Love and Relationships

1. I can be given but not seen, felt but not touched, and I can bind two people together forever. What am I?
2. I am something you can't hold onto, but you'll notice when I'm gone. What am I?
3. I'm not alive, but I grow; I don't have lungs, but I need air; I don't have a mouth, and yet water kills me. What am I?
4. I start with an "L" and am considered the strongest force in the world. What am I?
5. I'm something you share, yet it grows stronger the more you give it away. What am I?
6. I am an endless circle, often golden and worn as a symbol of commitment. What am I?
7. The more you take away from me, the bigger I get. What am I?
8. I can be a spark that lights the flame, or a look that says it all. What am I?
9. I'm a treasure to be found, but my worth is beyond measure. What am I?
10. I grow when nurtured but can fade when ignored. What am I?
11. I can be felt but not seen, and I can make your heart race and your cheeks flush. What am I?
12. I can be sweet but also bitter, and I come in all kinds of flavors. What am I?
13. The more you give me, the more I return. What am I?
14. I'm made of four letters, but I'm sometimes written with a heart. What am I?
15. I'm often associated with Cupid, and I'm known to strike when least expected. What am I?

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.



# Matters of the Heart: Love & Health Crossword



## Across

2. Organ responsible for pumping blood  
5. Symbol often associated with love  
6. Mineral important for heart function  
8. A phrase often said to express deep love  
13. Act of joining hands in matrimony  
15. Mythical figure who shoots arrows of love  
18. Fruits like berries, good for your heart  
20. A diet low in this can improve heart health

23. Loving phrase: "You are my \_\_\_\_\_ sunshine"

24. Type of medicine to control high blood pressure

25. Nutrient found in fish that's great for heart health

## Down

1. Endearing term for a romantic partner

3. Emotion often tied to love and friendship

4. A classic flower given as a sign of love

7. The practice of staying active to benefit your heart

9. A heartfelt note or card

10. Affectionate nickname for a loved one

11. A holiday dedicated to love

12. "Bad" cholesterol, abbreviated

14. Shakespearean couple known for their tragic love story

16. A measurement used to check heart rate

17. Gesture of affection using lips

19. A type of ring symbolizing commitment




21. Condition caused by blocked blood flow to the heart

22. A romantic outing for two

## Answers to Riddles on Love and Relationships

1. Love.  
2. Attention.  
3. A flame (symbolic of passion or love).  
4. Love.  
5. Happiness.  
6. A wedding ring.  
7. A heartache (or a hole, depending on interpretation).  
8. Chemistry.  
9. True love.  
10. A relationship.  
11. A crush.  
12. Love.  
13. Affection.  
14. Love.  
15. An arrow of love.

# FEBRUARY 2025

MON	TUE	WED	THU	FRI
<p>Classes highlighted in green \$3.00 - Members \$5.00 - Non-Members *Pre-Registration/Appointment Required</p> <p>Nails by Angela \$5.00 Members \$10.00 Non-Members Appointment Required</p> <p>PLEASE PAY AT THE FRONT DESK</p>		<p>HEART HEALTH MONTH</p>		
<p>3.</p> <p>10:00 The Artist's Way Workshop 11:30 Bridge 11:45-12:30 Lunch 1:00 Pickleball</p>	<p>4.</p> <p>10:00 Card Sharks 10-12 Tech Tuesday w/James * 10:30-3 Nails by Angela 11:45-12:30 Lunch 1:00 Cross Stitch 1:00 Pickleball 1-2:30 Line Dancing 1:30 Connection Cafe</p>	<p>5.</p> <p>11:00 Meet &amp; Greet 11:45-12:30 Lunch 1:00 Poker w/Friends 1:00 Crochet Club</p>	<p>6.</p> <p>10:00 Cards w/Friends 10:00 Line Dancing 10:30 Art &amp; Crafts w/Sonya Massey 10:30 Nails by Angela 11:45-12:30 Lunch 1:00 Bingo</p>	<p>7.</p> <p>9-12 AARP Tax Assistance 10:00 Cards w/Friends 10:30 Healthy Habits Chair Yoga &amp; Chats 11:45-12:30 Lunch 12:30 Walk to Coffee 1-2 Prestige High Desert 2-4 First Stop Friday 1:00 Ping Pong</p>
<p>10.</p> <p>10:00 The Artist's Way Workshop 11:30 Bridge 11:45-12:30 Lunch 12:30-2 Heart Warmers 1:30 Cooking w/Angela (Heart Shaped Puffed Pastries) * 1:00 Pickleball</p>	<p>11.</p> <p>10:00 Card Sharks 10-12 Tech Tuesday w/James * 10:30 Nails by Angela 11:45-12:30 Lunch 1:00 Cross Stitch class 1:00 Pickleball 1-2:30 Line Dancing</p>	<p>12.</p> <p>10:00 Wellbeing Series/Heart Health 101 sponsored by SCMC 1:00 Poker w/Friends 1:00 Crochet Club</p>	<p>13.</p> <p>10:00 Cards with Friends 10:00 Line Dancing 10:30-3 Nails by Angela 11:45-12:30 Lunch 1:00 Bingo</p>	<p>14.</p> <p>9:00 Feet Retreat 10:30 Healthy Habits Chair Yoga &amp; Chats 11:45-12:30 Lunch/Birthdays 12:30 Walk to Coffee 1:00 Valentine's Party 1:00 Ping Pong</p>
<p>17.</p> <p>10:00 The Artist's Way Workshop 11:30 Bridge 11:45-12:30 Lunch 1:00 Pickleball</p>	<p>18.</p> <p>10:00 Card Sharks 10-12 Tech Tuesday w/James * 10:00 Card/Stamping Class 10:30-3 Nails by Angela 11:45-12:30 Lunch 1:00 Cross Stitch Class 1:00 Pickleball 1-2:30 Line Dancing 1:30 Connection Cafe</p>	<p>19.</p> <p>9:00 Feet Retreat 11:45-12:30 Veterans Appreciation Lunch 1:00 Poker w/Friends 1:00 Crochet Club 1:30 Book Club 3:00 Cards for a Cause</p>	<p>20.</p> <p>10:00 Cards w/Friends 10:00 Line Dancing 10:30-3 Nails by Angela 11:45-12:30 Lunch 1:00 Bingo</p>	<p>21.</p> <p>10:00 Cards w/Friends 10:00 Red Cross Blood Drive 10:30 Healthy Habits Chair Yoga &amp; Chats 11:45-12:30 Lunch 12:30 Walk to Coffee 1:00 Happy Hour w/Lindy Gravelle 1:00 Ping Pong</p>
<p>24.</p> <p>10:00 The Artist's Way Workshop 11:30 Bridge 11:45-12:30 Lunch 12:30-2 Heart Warmers 1:00 Jewelry Class 1:00 Pickleball 1:00 Cooking Class w/Angela * (Pizza/Cottage Cheese Dough)</p>	<p>25.</p> <p>10:00 Card Sharks 10-12 Tech Tuesday w/James * 10:30-3 Nails by Angela 11:45-12:30 Lunch 1:00 Cross Stitch class 1-3 Pickleball 1-2:30 Line Dancing</p>	<p>26.</p> <p>10:30 Wellbeing Series Connect 11:45-12:30 Lunch 1:00 Poker w/Friends 1:00 Crochet Club</p>	<p>27.</p> <p>10:00 Cards w/Friends 10:00 Line Dancing 10:30-3 Nails by Angela 11:45-12:30 Lunch 1:00 Bingo</p>	<p>28.</p> <p>10:00 Cards w/Friends 10:00 Just 4 Fun Band 10:30 Healthy Habits Chair Yoga &amp; Chats 11:45-12:30 Lunch 1:00 Movie &amp; Popcorn (The Best Exotic Marigold Hotel) 12:30 Walk to Coffee 1:00 Ping Pong</p>

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

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