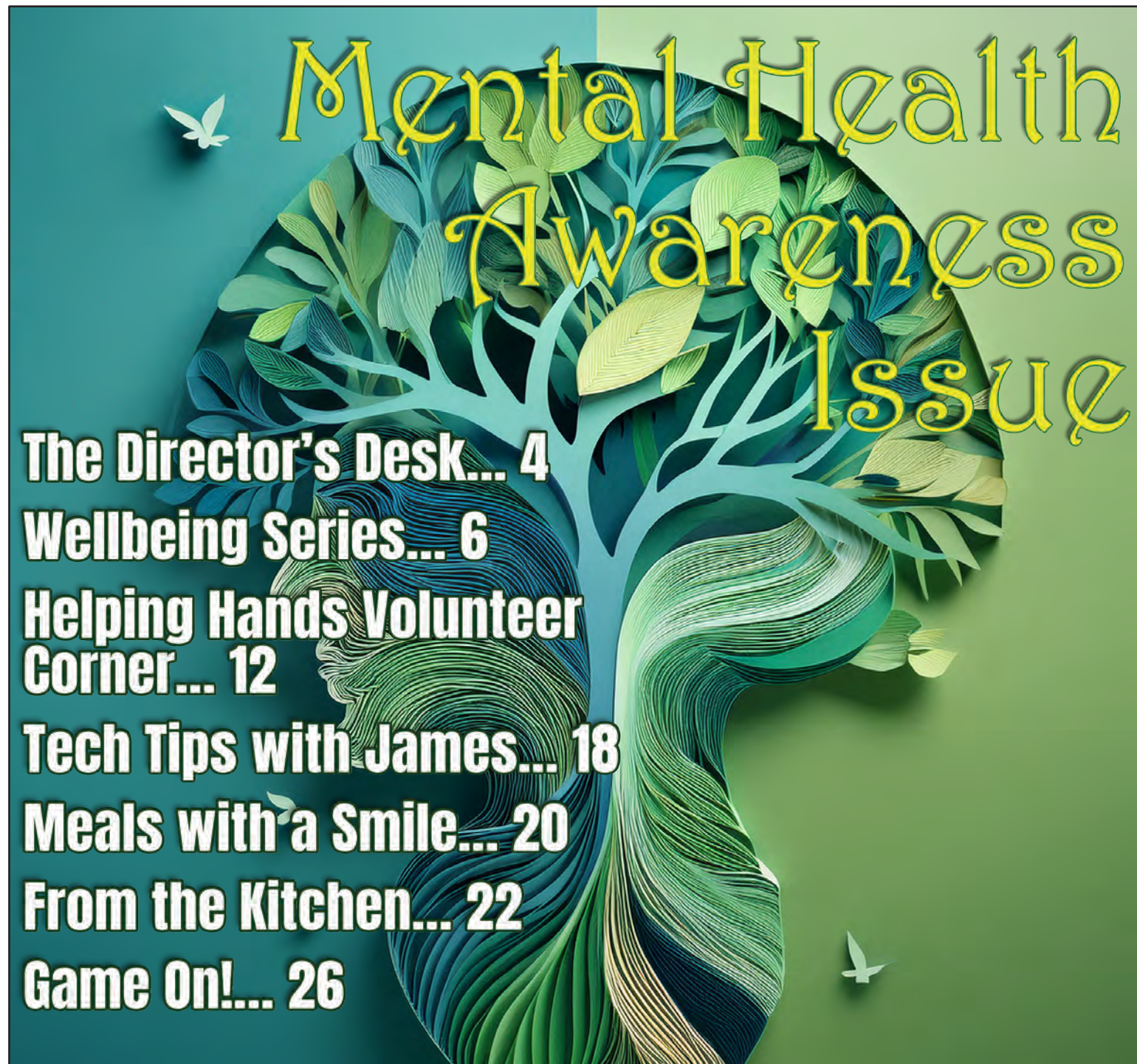


SENIOR MOMENTS

COMMUNITY | WELLNESS | ENGAGEMENT

MAY 2025 FREE
NEWSMAGAZINE



Mental Health Awareness Issue

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*Photo untitled, by AI generator.
Learn all about mental health awareness at this
month's Wellbeing talk. (See page 6)*

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Editor's Insight

Feeding the Mind, Fueling the Soul

By James Morris



Welcome to the May issue of Senior Moments, where we're diving head first into a topic that touches all of us—Mental Health Awareness. That's right, May is the month we dust off the cobwebs not just in our garages, but in our minds too.

Here at the Redmond Senior Center, we believe mental strength is just as important as physical strength—especially in our golden years. This month's issue is packed with inspiration, information, and maybe even a few “a-ha” moments to keep your mind and spirit in top shape.

Here's what we've got for you:

- A heartfelt message from Randy, our Director, reminding us that the Senior Center—and its incredible staff—are here to walk with you through any mental health challenge.
- Mind Over Matter, our featured Wellbeing Series article, is your go-to guide for building mental resilience.
- Mindfulness and Meditation for Seniors offers peaceful tips to quiet the clutter and find clarity.
- Angela, our Program Coordinator, shares how staying socially and mentally active through our events can be a game-changer for mental health.
- Our Helping Hands section dives into Volunteering as Therapy—a win-win for giving back and feeling good.
- In Tech Tips with James, I've rounded up some of the best online tools for mental wellness (yes, the internet can actually be good for your brain!).
- Janean serves up some powerful insights in Enhancing the Lives of Seniors Through Meals on Wheels—because a warm meal is sometimes the best medicine.
- And don't miss this month's delicious brain-boosting recipe: Sicilian Chicken and Veggie Skewers with Pesto Farro. Healthy never tasted so good.
- Finally, sharpen your minds with our monthly puzzle section—think of it as a gym workout for your neurons.

So grab your favorite chair, maybe a cup of tea, and settle in for a feel-good issue that celebrates your mental strength and the community that supports it.

Here's to staying strong—mind, body, and heart. 🌍

The Director's Desk

May is for Mental Health —and You're Not Alone

By Randy Graves, Director of Operations


Let's get something straight: life isn't always a gentle stroll through a field of wildflowers. Sometimes, it feels more like hiking uphill, in the rain, with one shoe and a grocery bag that just ripped open. We've all been there. Whether it's the heartbreak of losing someone dear, the sting of a divorce, or the quiet ache of loneliness—these life events can shake us. And when they do, it's not unusual to feel overwhelmed, get angry, or even try to drown the pain in a bottle of something strong.

But here's the good news: you don't have to go it alone—and you shouldn't.

At the Redmond Senior Center, mental health isn't a hush-hush subject we brush under the rug with the cookie crumbs. We talk about it. We care about it. And most importantly, we act on it. Each week, we're proud to support over 1,000 seniors through activities that go beyond bingo and brisk walks. We offer connection—real, meaningful connection—whether it's through our Connections Café grief support group that meets every other Tuesday, lively exercise classes, or our endlessly entertaining card sharks who've turned Go Fish into a competitive sport.

And if you're going through a tough time, we've got more than good coffee and a warm smile. We have trained staff who are ready to listen, help you find a counselor, or simply sit with you when life feels too heavy. Our door is always open—literally. Come knock on it. I'm here, and so is our team. Because we're not just a community center. We're a community.

So, this May, in honor of Mental Health Awareness Month, take that first step—sign up for a new activity, join a support group, or just swing by and say hello. You never know when the best thing for your mental health might be sitting across the table from you... holding a deck of cards and a plate of cookies.

We're here for you. Always. 



Redmond, Oregon Senior Center

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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.



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Wellbeing Series

Mind Over Matter

—A Senior's Guide to Mental Well-Being

By James Morris



Let's face it—when most people think about health in their golden years, they picture blood pressure monitors, multivitamins, and chair yoga. But what about the mind behind it all?

Mental health is just as important as physical health, especially for seniors. In fact, according to the National Council on Aging, nearly 1 in 4 adults aged 65 and older experience a mental health issue such as depression, anxiety, or cognitive impairment. The problem? Many don't seek help, either because they think it's "just part of getting older" or they simply don't know where to turn.

But mental health isn't just about avoiding illness, it's about building resilience, finding joy, and staying connected. As Dr. Susan Feldman, geriatric psychologist and author, puts it:

"Mental well-being in later life isn't about 'staying young'—it's about staying engaged. Aging doesn't have to mean isolation or despair. With the right tools and support, it can be a time of deep fulfillment."

Understanding the Mental Health Landscape for Seniors

1. The Importance of Mental Health

Mental health affects everything—how we think, feel, and act. It influences how we handle stress, relate to others, and make decisions. For older adults, maintaining good mental health can improve sleep, boost immunity, reduce chronic pain, and even support memory and cognitive function.

A study published in the journal *Psychiatric Services* found that seniors who received regular mental health care were 40% more likely to report an improved quality of life than those who didn't.

"Mental well-being in later life isn't about 'staying young'—it's about staying engaged."

2. Common Challenges Seniors Face

Growing older brings plenty of changes, some joyful, some difficult. Here are a few common hurdles seniors face:

- **Grief and loss:** Whether it's the passing of a spouse, friends, or even the loss of independence, grief can weigh heavily on the heart and mind.
- **Loneliness and isolation:** The U.S. Surgeon General declared loneliness an epidemic in 2023, noting its links to heart disease, dementia, and depression.
- **Chronic illness and pain:** Ongoing physical health conditions can contribute to emotional distress.
- **Cognitive changes:** Memory lapses are normal, but more significant shifts—like those caused by dementia—can be frightening and frustrating.

Dr. Emmett Carter, a neurologist at Oregon Health & Science University, explains:

“While some memory change is natural, it's vital to distinguish between normal aging and signs of conditions like dementia. Early detection makes a huge difference.”

3. Finding Peace of Mind: Coping Strategies That Work

The good news? There are proven ways to protect and enhance your mental health:



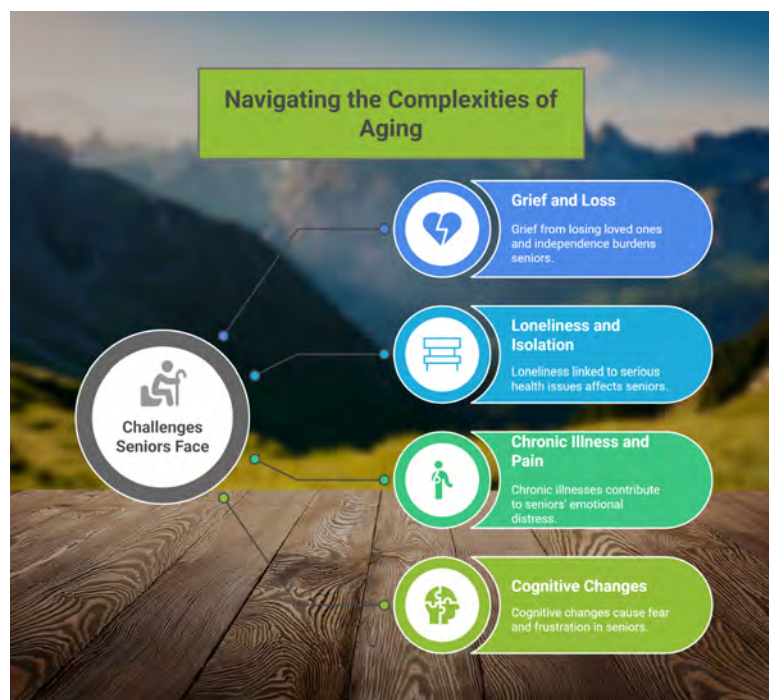
- **Stay connected:** Regular social interaction—even just chatting with someone at the grocery store—can boost mood and cognitive sharpness.
- **Move that body:** Physical activity isn't just for muscles; it stimulates brain chemicals that reduce anxiety and improve mood.
- **Keep learning:** Challenging the brain with new skills or hobbies helps keep it sharp and engaged.
- **Seek professional help:** Therapists, counselors, and support groups can make all the difference.
- **Practice mindfulness:** Meditation, prayer, or quiet reflection can center the mind and reduce stress.

A 2022 report from the American Psychological Association highlighted that seniors who participated in weekly group therapy or mindfulness classes experienced a 30% reduction in symptoms of depression after just three months.

4. The Power of Community Support

Places like the Redmond Senior Center aren't just about bingo and beanbag tosses (though we love those too!). They are vital hubs for socialization, education, and access to resources.

This year, our Wellness Series will feature talks on stress management, memory care, and navigating grief. We also offer chair yoga, meditation classes, and even tech support to help you stay connected with family.






Linda Nguyen, a licensed clinical social worker who has worked with older adults for over two decades, says:

“Community centers can serve as lifelines. They create a sense of belonging, offer peer support, and reduce the stigma around asking for help.”

Conclusion: Prioritizing Your Mental Health Today

Mental health is not a luxury. It's not a sign of weakness. It's not “just for young people.” It's a cornerstone of your overall health, and it deserves your attention.

Take time to check in with yourself. Talk to someone. Join a class. Laugh, cry, sing karaoke, learn something new, or simply reach out.

As we say around here: your mind matters, let's take care of it. 

Resources & Support:

- *Deschutes County Mental Health Services: 541-322-7500*
- *Aging & Disability Resource Connection of Oregon: www.adrcforegon.org*
- *National Institute of Mental Health: www.nimh.nih.gov*
- *Redmond Senior Center Wellness Series: Check our calendar or visit our front desk for details.*

Want help writing your own mental health journey? We're here for you—every chapter.

Need Support? You're Not Alone.

National Mental Health Resources – Always Here to Help

988 Suicide & Crisis Lifeline

Dial 988 anytime for free, 24/7 emotional support.
(<https://988lifeline.org>)

National Institute of Mental Health (NIMH)

Reliable, research-based info on mental health.
(<https://www.nimh.nih.gov>)

SAMHSA Treatment Locator

Find local mental health & addiction services.
1-800-662-HELP (4357)
(<https://www.samhsa.gov>)

National Alliance on Mental Illness (NAMI)

Support groups, advocacy, and education.
1-800-950-NAMI (6264) (<https://www.nami.org>)

Mental Health America (MHA)

Free mental health screenings and resources.

(<https://www.mhanational.org>)

Eldercare Locator

Connect with senior mental health services near you.
1-800-677-1116
(<https://eldercare.acl.gov>)

Veterans Crisis Line

For veterans and their loved ones—24/7 support.
Dial 988, then press 1
(<https://www.veteranscrisisline.net>)

Crisis Text Line

Text HELLO to 741741 for free 24/7 support.

The Trevor Project (LGBTQ+ Youth Support)

1-866-488-7386
(<https://www.thetrevorproject.org>)

Clip this and keep it handy. You never know when you or a loved one might need it. Your mental health matters.

Mindfulness and Meditation for Seniors

—A Simple Guide to Mental Clarity and Calm

By James Morris



You’ve probably heard about mindfulness and meditation as the latest wellness buzzwords. You might think it’s all sitting cross-legged on a mountaintop chanting “Om.” Well, surprise! You don’t have to own a yoga mat, wear stretchy pants, or even know what a chakra is to benefit from mindfulness. Especially for seniors, these simple practices can bring calm, clarity, and a big ol’ exhale into your daily life.

What Is Mindfulness Anyway?

Let’s get one thing clear: mindfulness isn’t about emptying your mind or becoming a Zen master overnight. According to Jon Kabat-Zinn, Ph.D., founding director of the Center for Mindfulness at the University of Massachusetts Medical School, “Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.”

In plain English: it’s focusing on the now without beating yourself up about yesterday or stressing out about tomorrow. Think of it like tuning in a radio from static to a clear station—you’re just turning your awareness dial to the present moment.

Why Should Seniors Care?

As we age, stress, anxiety, forgetfulness, and sleepless nights can become more common than junk mail. But studies show that practicing mindfulness and meditation can help reduce these issues. Here’s a breakdown of what it can do for you:

- Lower stress and anxiety
- Improve sleep quality
- Boost memory and focus
- Reduce blood pressure
- Alleviate symptoms of depression

Dr. Elissa Epel, a health psychologist at UCSF, says, “Mindfulness helps regulate the stress response, which is especially important as we age. Chronic stress speeds

up cellular aging—mindfulness can help slow that process.”

Simple Mindfulness Exercises (No Incense Required)

Here are five easy exercises seniors can do anytime, anywhere—no yoga mat necessary.

1. Five Senses Check-In

Take a moment to name:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

This simple check-in grounds you in the present. Do it while sipping coffee, sitting in the park, or even waiting in line at the pharmacy.

2. Mindful Breathing

Breathe in slowly for four counts, hold for four counts, breathe out for four counts. Repeat 3–5 times. This activates your parasympathetic nervous system (aka the “chill out” button).

3. Body Scan

Lie down or sit comfortably. Start at your toes and work your way up to your head, noticing how each part of your body feels. Tense and release each muscle group as you go. This is great for winding down before bed.

4. Gratitude Journaling

Each day, jot down three things you’re grateful for. They can be as simple as a warm blanket or a good laugh. Gratitude boosts mood and shifts focus from worry to contentment.

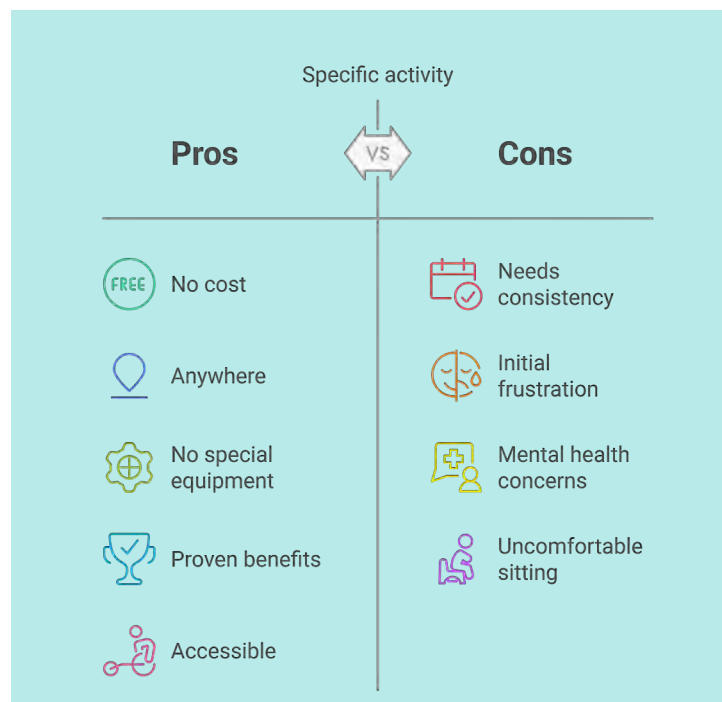
5. Mindful Walking

Take a short walk. Feel your feet connect with the ground. Notice your breath and the world around you. No earbuds, no distractions, just you and the moment.

Meditation: Your Brain’s Mini-Vacation

If mindfulness is like sipping tea, meditation is like steeping in it. It’s a more structured practice of focusing your attention and calming the mental chatter.

There are many types of meditation, but the simplest form is focused attention meditation—just focusing on your breath. When your mind wanders (and it will),



gently bring it back. No judgment. You’re not failing; you’re practicing.

Getting Started with Meditation

Start with 2–5 minutes a day. Yes, even two minutes counts. Apps like Insight Timer, Headspace, or Calm offer senior-friendly guided meditations. Local senior centers may even offer classes.

Pros and Cons: The Mindfulness Reality Check

Like everything, mindfulness and meditation come with both perks and quirks.

Pros:

- No cost (unless you want the fancy apps)
- Can be done anywhere
- Doesn’t require special equipment
- Scientifically proven benefits
- Accessible regardless of mobility

Cons:

- Requires consistency to see results
- Some may find it frustrating at first
- May not be suitable for those with certain mental health conditions (always consult your doctor)
- Sitting still can be uncomfortable for some

What the Experts Say



Dr. Daniel Goleman, author of *The Meditative Mind*, says, “One of the biggest myths about meditation is that you have to stop thinking. That’s impossible. The key is noticing your thoughts and letting them pass without grabbing onto them.”

And Sharon Salzberg, one of the leading voices in meditation, adds, “Mindfulness and loving-kindness aren’t about escaping reality—they’re about meeting reality with a more open, compassionate heart.”

Real Talk: What Seniors Are Saying

“I started meditating during the pandemic,” says 72-year-old Irene T., a retired librarian. “At first, I couldn’t sit still for five minutes. But now, it’s the best part of my day. I feel calmer, more patient, and even my grandkids say I’m more fun to be around.”

Ron D., 68, shares, “I thought it was all woo-woo stuff. But after my heart surgery, my doctor recommended it. I’ve been doing breathing exercises daily, and it’s helped my recovery more than I expected.”

Tips to Make It Stick

- Pair it with a habit. Do it right after brushing your teeth or before your morning coffee.
- Use reminders. Set a daily alarm or sticky note on the fridge.
- Join a group. Community makes it more fun and keeps you accountable.
- Be kind to yourself. No one is perfect at this. That’s the point.

The Bottom Line

Mindfulness and meditation aren’t magic cures, but they’re powerful tools—especially for seniors looking to reduce stress, improve focus, and enhance overall well-being. Start small, stay curious, and don’t worry if you nod off mid-meditation (hey, that’s just bonus relaxation).

In the words of mindfulness teacher Thich Nhat Hanh: “Smile, breathe, and go slowly.”

Now that’s a retirement plan we can all get behind. 🌸

Disclaimer: This article is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before beginning any new wellness practice.

We are Growing

By James Morris



What a difference a year makes! In April 2024, the Redmond Senior Center was proud to serve 158 active members, each one bringing their own spark to the community. Fast forward to April 2025, and we’ve officially hit 254 members! That’s a whopping 60% increase in just 12 months, and we’re not slowing down anytime soon.

So, what’s behind this amazing growth? We like to think it’s a mix of belly laughs during karaoke, the joy of bingo bragging rights, unforgettable wellness talks, warm meals with even warmer friendships, and a sprinkle of senior sass. From fitness classes and Friday Happy Hours to movie matinees and Tech Tuesdays, the Redmond Senior Center is becoming the place for seniors to stay active, social, and connected.

But here’s the secret sauce: YOU. Our members are the heart of everything we do. When you show up, bring a friend, volunteer, or just smile at someone new, you help build something bigger than a senior center. You build community.

So, what now?

If you’re already a member: thank you! We see you, we appreciate you, and we invite you to bring a friend or two to check us out. Let them in on the fun—you might even get new lunch buddies out of it.

If you’re not a member yet: what are you waiting for? Come join the fastest-growing, most fun-loving group in town. Your seat’s waiting.

Let’s keep the momentum going. More friends. More joy. More connection.

Visit us today, bring a friend, and be part of something growing, glowing, and going strong! 🌸

Helping Hands Volunteer Corner

Volunteering as a Therapy

— Feel-Good Fix with Real Benefits

By James Morris

Did you know that volunteering regularly has been scientifically linked to longer lives, reduced anxiety, and a boost in emotional well-being? That's right—doing good for others is also seriously good for you. It's not just about giving time; it's about giving yourself a dose of happiness, purpose, and human connection.

At the Redmond Senior Center, this truth comes to life every single day. Volunteers and seniors alike discover that community engagement is not only enriching—it's healing.

The Brain-Boosting Power of Giving Back

Research shows that people who volunteer experience lower levels of stress, depression, and anxiety.



According to a study published in BMC Public Health, volunteers reported better mental health and greater satisfaction with life. Why? Because helping others triggers the release of feel-good chemicals like dopamine and oxytocin—nature's way of high-fiving your brain.

Volunteering also:

- **Gives you purpose:** Whether you're organizing Bingo or delivering meals, you're part of something bigger than yourself. That sense of purpose can be a powerful antidote to depression and listlessness.
- **Builds connections:** It's easy to feel isolated, especially in today's fast-paced (and screen-filled) world. Volunteering builds authentic, face-to-face relationships.
- **Gets you moving:** Even light physical activity—setting up tables, walking with seniors, or helping in the kitchen—can give your mental health a boost. Bonus: it counts as exercise!

Why the Redmond Senior Center is a Volunteering Gem

The Redmond Senior Center (RSC) is more than just a gathering place—it's a hub of warmth, laughter, and connection for our senior community. It offers programs ranging from wellness classes and social events to Meals on Wheels and one-on-one companionship opportunities.

Volunteer roles at RSC include:

- Leading arts & crafts or fitness classes
- Helping with tech support or administrative tasks



Helping others can boost your mental health

- Delivering meals or simply sitting and chatting with a senior who might not have spoken to anyone all day

These small acts have big impacts. Seniors gain companionship and a sense of being seen and valued. Volunteers gain new perspectives, deeper empathy, and (yes) a reason to smile more often.

Growth That Gives Back

Volunteering isn't just a gift to others—it's a powerful act of self-care.

- **Emotional resilience:** Spending time with people from different walks of life gives you emotional depth. It helps you process your own feelings with more grace and gratitude.
- **New skills:** Volunteers often develop leadership, communication, and conflict-resolution abilities. Basically, you're leveling up as a human being.
- **Leading Classes Leads to Joy:** Leading a class at RSC can renew a sense of purpose after retirement, transforming feelings of invisibility into indispensability. Many volunteers also experience improved physical balance.

Mental Health Awareness Month: The Perfect Time

to Start

May is Mental Health Awareness Month—an ideal time to dip your toes into the volunteer pool (and maybe do a little synchronized water aerobics while you're at it).

Here's how to jump in:

- **Visit RedmondSeniors.org** to learn about volunteer opportunities.
- **Stop by the Center** and say hello. We'll give you a tour and introduce you to programs that might match your interests.
- **Start small**—even one hour a week can make a world of difference.

This month, the Center is also hosting special talks and activities focused on emotional well-being. Whether you attend, volunteer, or bring a friend, you're helping normalize conversations around mental health—and that's a beautiful thing.

Final Thoughts: Therapy That Doesn't Come in a Bottle

Volunteering is therapy in action. It lifts spirits, reduces isolation, and fills lives with purpose and connection. If you've been looking for a meaningful way to invest in yourself and others, the Redmond Senior Center is calling your name.

So go ahead—put your heart (and maybe your calendar) into something truly rewarding. Helping others just might help you the most. 🌟

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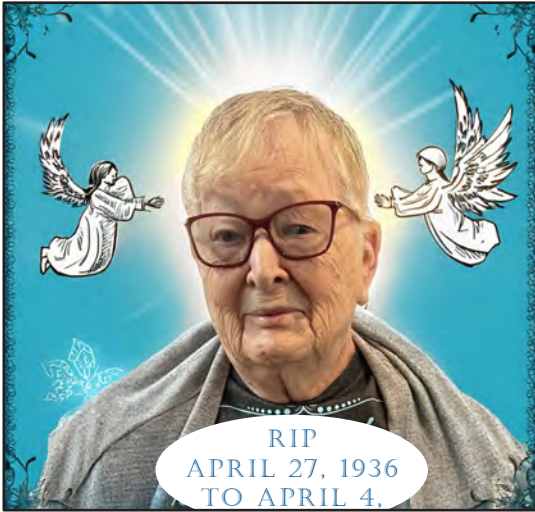
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Volunteer Highlight: A Heartwarming Tribute to Jeanne Wafford

— April 27, 1936 to April 4, 2025

By James Morris



In every community, there are those rare individuals whose kindness, perseverance, and selflessness inspire everyone they encounter. For the Redmond Senior Center, that person was Jeanne Wafford. Jeanne's dedication to helping others and her passionate service to the senior community made her an irreplaceable part of the center's fabric, leaving behind a legacy that will be remembered for years to come.

Jeanne's journey with the Redmond Senior Center began many years ago, but her life of service began long before. Having grown up caring for her grandmothers and navigating the loss of her mother at a young age, Jeanne developed a deep love for helping the elderly. "I've always taken care of old people," she often said with a smile. This simple yet profound sentiment shaped her entire life and was reflected in everything she did, from her volunteer work at the Senior Center to her personal connections with everyone she met.

Even after enduring the heart-wrenching loss of her husband in 1996, Jeanne found strength in remaining connected to the community she loved. She returned to Redmond and became a central figure at the Senior Center, volunteering countless hours and dedicating herself to ensuring that seniors felt loved, cared for, and part of a community. Whether it was arranging transportation, ensuring a warm meal was served, or offering a listening ear, Jeanne was always there making everyone feel special.

Jeanne's versatility and boundless energy were legendary. She drove a bus to pick up seniors for lunch, organized events, and was always there to lend a hand. To Jeanne, the Senior Center wasn't just

a place she worked, it was her second home. "I've been here five days a week. You couldn't keep me out," she would say, with a sparkle in her eye that reflected her genuine love for the Center.

Her fondness for storytelling also added to her charm. Jeanne had a gift for sharing stories, especially those of her adventures with her beloved husband, whether it was traveling across the country or crabbing along the coast. These stories were more than just tales; they were the threads that connected everyone in the center, making them feel as though they were part of Jeanne's extended family.

As Jeanne gracefully aged, her love for the Senior Center never wavered. She often spoke about the importance of keeping the Senior Center alive and thriving—not just for herself, but for all the seniors who relied on it. "This place is worthwhile," she would assert, a reminder that these spaces are more than buildings—they are lifelines to connection, joy, and community for older adults.

Her words serve as a call to action: the Senior Center, and others like it, are vital to creating a sense of belonging for seniors. Jeanne's life was a testament to the power of these spaces, and her memory will live on in the hearts of those who were touched by her unwavering dedication.

Jeanne's legacy is a reflection of what one person can do to make a profound difference. But as she often reminded us, the Center relies on the collective support of the community. Through donations, volunteer hours, or simply spreading the word, every contribution honors Jeanne's memory and continues the spirit of service she embodied.

By supporting the Redmond Senior Center, we not only honor Jeanne's incredible legacy but also ensure that the spirit of kindness, love, and connection she nurtured continues to thrive for generations to come.

Jeanne's life reminds us all of the importance of compassion, community, and resilience. Through her tireless service, she showed us that age is not a barrier to making a difference—it's an opportunity to enrich the lives of others.

In Jeanne's own words, "It's not easy to make it to this age... but it's worth every moment." Jeanne's love for life, her dedication to others, and her enduring spirit will never be forgotten.

Editor's Note

I first met Jeanne at a Friday night Bingo game. She was sipping a Lemon Drop and decided right then to call me by the same name. From then on, I was Lemon Drop, and she became my Old Fashion—a classic with a kick, someone with warmth, wisdom, and just the right bite of sass.

We laughed often, swapped stories, and found in each other a kindred spirit. Jeanne had a way of making everyone feel like they belonged, but somehow, she always made you feel like you were her favorite. That was her magic.

This tribute isn't just for Jeanne—it's from me, Lemon Drop, to the Old Fashion who left her mark on my heart and the hearts of so many others.

Miss you already, Jeanne.

—James Morris



BIRTHDAYS in MAY

Barker, Diana
 Barnard, Marti
 Bigelow, Suzanne
 Callaway, Cindy
 Carpenter, Jack (Stanley)
 Crockett, Carol
 Dougherty, Kristi
 Eckerman, Amy
 Eisenthal, Peggy
 Gardner, Kenneth
 Gay, Rebecca
 Gray, Tom
 Gustafson, Joan
 Hagan, Jacqueline
 Hahn, Ann
 Haller, John
 Hamman, Geneviene
 Hanson, Jack
 Hermanek, Christine
 Horne, Thomas
 Jackson, Janai

Jarvis, Judy
 Johnson, Leslie
 Jones, Sandra
 Linschied, Wayne
 Lyons, Kimberly
 Marshall, Larry
 Mathis, Pat
 Moore, Carol
 Murray, Cynthia
 Nelson, Kathe
 Nigg, Robert
 O'Brien, Marie
 Parrish, Susan
 Parrott, Mary
 Poletti, Cathy
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 Storey, David
 Sutherland, Jo Anne
 Thueringer, Marcie
 Uhrhammer, Jacqueline
 Wright, Linda

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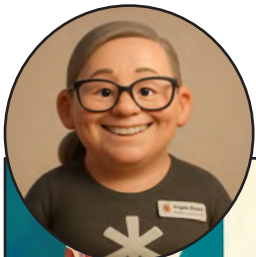
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- **Council on Aging of Central Oregon** | 1036 NE 5th St, Bend, OR 97701 | (541)678-5483 | www.councilonaging.org
- **City of Redmond** | 411 SW 9th St, Redmond, OR 97756 | (541)923-7710 | www.redmondoregon.gov
- **Dry Canyon Arts Association** | 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
- **Aspire** | (548)206-6660 | www.AspireCaregiving.com
- **Sharon Lanier**
- **Carrie Novick**

What's Happening at the Center

Activities, Laughter, and a Side of Mental Wellness

— May is for Mental Health

By Angela Boock, Program Coordinator



Let me start by saying this: the best kind of therapy often comes with coffee, a room full of laughter, and maybe even a game of cards that gets just a little too competitive.


Hi, I'm Angela—your friendly Program and Activities Coordinator here at the Redmond Senior Center—and I want to let you in on a little secret: the events and activities we offer aren't just about keeping busy. They're about keeping well. Mentally, emotionally, and socially.

Sure, we've got exercise classes to help you keep moving (and to prove to your grandkids you can still touch your toes), and card games to keep your brain buzzing. But underneath it all, what we're really doing is creating connection. And connection, my friends, is a powerful antidote to loneliness, sadness, and all the "life stuff" that weighs on our hearts.


I've seen people walk into the Center feeling isolated and unsure, and just a few weeks later, they're cracking jokes at the lunch table or showing off dance moves at Happy Hour (yes, we have Happy Hour—seniors know how to party responsibly, thank you very much). It's amazing what a little community can do.

We've got grief support groups like Connection Café, classes where you can get your hands messy with creativity, and social events where laughter truly becomes medicine. And here's my promise: no matter what you're going through, there's something here to lift you up—and probably someone who's been through it too.

So come join us. Try something new. Dance a little, paint a little, laugh a lot. Mental health isn't just about coping—it's about thriving. And at the Redmond Senior Center, thriving is always on the schedule.

See you at line dancing! (No judgment if you've got two left feet—we all do on Mondays.) 

**"We all work together in Redmond
to care for each other."**



Partners In Care

**Hospice
Home Health
Hospice House
Transitions
Palliative Care**

**Thank you to all our Partners In Care
Nurses and Home Care Aides who
care for our Redmond neighbors!**

During May and June, we celebrate the hard work that nurses and certified nursing assistants do every day to take care of medically fragile patients and their families across Central Oregon. These team members provide exceptional, skilled support that helps improve quality of life for those they serve.

Each day our nurses and home care aides are helping Redmond neighbors:

- + Regain their independence with home health care after a surgery or hospitalization
- + Enhance their quality of life by compassionately listening and supporting unique needs
- + Improve wounds by helping with dressing changes
- + Maintain dignity while seriously or terminally ill with regular bathing and grooming
- + Learn more about medication usage by providing information and education
- + Connect with resources throughout the community for additional support

If you or someone you know needs hospice, home health, or palliative care support,
contact Partners In Care at (541) 382-5882 or visit PartnersBend.org

Tech Tips with James



Online Communities and Support Groups for Seniors

— A Guide to Staying
Connected and
Combating Loneliness
By James Morris

Hello there! Today, I'm going to guide you through the wonderful world of online communities and support groups. If you're a senior looking to explore virtual spaces to connect with others and combat loneliness, then you've come to the right place. Let's dive in!

Why Online Communities Matter

First things first, what are online communities and why should you care? Simply put, an online community is a virtual space where people with similar interests, backgrounds, or goals can connect, communicate, and support each other. For seniors, these communities can be a lifeline, providing companionship, engagement, and the opportunity to share experiences and advice.

A Safe Space to Connect

One of the best things about online communities is that they offer a safe and comfortable environment to connect with others. You don't have to leave your home or worry about transportation. All you need is a computer or a smartphone and an internet connection. With just a few clicks, you can join a group that shares your interests and start making new friends.

Combating Loneliness

Loneliness can be a significant issue for seniors, especially for those who live alone or far from family and friends. Online communities provide a solution by offering a platform where you can interact with others

regularly. Whether it's through messaging, video calls, or participating in group activities, these interactions can greatly reduce feelings of isolation and improve your mental health.

Finding the Right Community

Now that you know the benefits, let's talk about how to find the right online community for you.

Identify Your Interests

Start by thinking about what you enjoy doing. Are you a fan of gardening, cooking, or reading? Maybe you're interested in health and wellness, or you want to find a support group for a specific medical condition. Whatever your interests, there's likely an online community out there for you.

Do Some Research

Once you've identified your interests, do some research to find communities that align with them. A simple internet search can yield a wealth of options. Look for forums, social media groups, and websites dedicated to your interests. Don't forget to check the reviews and descriptions to ensure the community is active and well-moderated.

Getting Started

Joining an online community is easier than you might think. Here's a step-by-step guide to help you get started.

Sign Up

Most online communities require you to create an account. This usually involves providing your email address and creating a password. Some communities may ask for additional information, such as your name and interests, to help match you with relevant groups.

Introduce Yourself

Once you've joined a community, take a moment to introduce yourself. Share a little about your background, interests, and what you hope to gain from the community. This will help you connect with others who share similar interests and experiences.

Engage and Participate

Don't be shy! Start engaging with the community by joining discussions, asking questions, and sharing your thoughts. Remember, the more you participate, the more you'll get out of the experience. Be respectful and supportive, and you'll find that others will reciprocate.

Popular Online Communities for Seniors

To get you started, here are a few popular online communities and support groups tailored to seniors:

- **Senior Planet:** A platform offering a variety of

online classes, events, and activities specifically for seniors.

- **AARP Online Community:** A forum where you can discuss topics ranging from health and wellness to hobbies and interests.
- **Reddit:** Check out subreddits like r/senioradults, where seniors can share and discuss their experiences.
- **Facebook Groups:** There are many groups dedicated to specific interests, such as gardening, cooking, and book clubs.

Conclusion

And there you have it! Online communities and support groups can be a fantastic way for seniors to stay connected, combat loneliness, and improve mental health. By following these tips and exploring the virtual spaces that interest you, you'll be well on your way to making meaningful connections and enhancing your social life.

So, what are you waiting for? Get online and start exploring today! 🌐

SCAM ALERT

Don't Be Fooled!



Scammers are targeting seniors with clever tricks designed to steal your money or identity. Here's what to watch out for—and how to protect yourself.

Common Scams:

Phishing Emails & Texts: Fake messages from “banks” or “Social Security” asking for your info.

Grandparent Scams: A “grandchild” in trouble needs money—urgently and secretly.

Medicare Fraud: Callers posing as reps offering free services or equipment.

Tech Support Scams: Pop-ups or calls claim your

computer has a virus.

Charity & Investment Scams: High-return promises or emotional pleas for donations.

Red Flags:

Requests for gift cards, wire transfers, or personal info.

High-pressure tactics: “Act now!” or “Don't tell anyone!”

Poor grammar, misspellings, or generic greetings.

How to Stay Safe:

- Hang up and verify calls independently.
- Never give personal info unless you initiated the contact.
- Talk to a trusted friend before sending money.
- Report suspicious activity.

If You're Targeted:

Contact local police, the FTC at reportfraud.ftc.gov, or the Oregon DOJ at www.doj.state.or.us.

Let's protect each other—stay alert, stay informed, and speak up!

Meals with a Smile

Enhancing the Lives of Seniors Through Meals on Wheels

— Reflections from the Coordinator's Desk

By Janean Baird, Meals on Wheels Coordinator



Did you know... that nearly 1 in 3 older adults experiences loneliness or social isolation? This issue affects millions of seniors, and its impact on health is comparable to smoking 15 cigarettes a day—it can increase the risk of serious health conditions like heart disease and dementia. Staying connected is essential to combating isolation, and there are resources available to help. Organizations like the National Council on Aging (NCOA) and AARP offer programs, support groups, and activities to foster social engagement for seniors. Even local community centers often host events, classes, and volunteer opportunities to help older adults build meaningful connections and enrich their lives. Let's spread the word and support our seniors in staying socially active! Did you know that nearly **1 in 3 older adults** experiences loneliness or social isolation? This issue affects millions of seniors, and its impact on health is comparable to smoking 15 cigarettes a day—it can increase the risk of serious health conditions like heart disease and dementia. Staying connected is essential to combating isolation, and there are resources available to help. Organizations like the National Council on Aging (NCOA) and AARP offer programs, support groups, and activities to foster social engagement for seniors. Even local community centers often host events, classes, and volunteer opportunities to help older adults build meaningful connections and enrich their lives. Let's spread the word and support our seniors in staying socially active!

As the Meals on Wheels Coordinator for the Senior Center, I am privileged to witness daily the profound impact this program has on our senior community. The mental health of our senior citizens is paramount to their overall quality of life. The isolation many of them face, often living far from family, emphasizes the critical role that Meals on Wheels plays in providing not just sustenance, but human connection.

Our dedicated drivers are more than just delivery personnel—they are lifelines of companionship and interaction. They understand the importance of their role and take extra time to chat with our clients, adding immense value to our service. These personal relationships are the cornerstone of our program, and the seniors we serve eagerly anticipate their daily visits.

Moreover, I'm thrilled to share that many of our clients participate in another enriching initiative called Caring Connections, offered by the Council on Aging. This program complements Meals on Wheels by providing additional time with our volunteers, fostering even deeper bonds and contributing further to the mental well-being of our seniors.

Imagine the joy and comfort that comes from these daily interactions—a smile, a conversation, a shared laugh. It's these moments that transform our service from simple meal delivery to a holistic approach to senior care. Each meal, each visit, is a step towards combating loneliness and enhancing mental health.

Through Meals on Wheels and Caring Connections, we strive to make a tangible difference in the lives of our seniors. It is an honor to be part of a community that values and supports its elders, ensuring they lead fulfilling, connected lives.

Thank you to all our volunteers, drivers, and supporters who make this possible. Together, we are not just delivering meals—we are fostering hope, connection, and happiness. 🌟



PERSONAL ASSISTANT FOR SENIORS

10% Discount
to members of The Redmond
Senior Center of Oregon

Moving, downsizing or estate clean-up?

We can help! We perform the bulk of the work and will coordinate with other professionals as needed.

Care Management

Coordination of services such as:
In-Home Care, Hospice, Respite Services

Lifestyle Solutions

- Attend fitness classes with you
- Companionship: get a milkshake, visit the library, a museum or the book store

Household Management

- Organize the office, pantry, garage or attic
- Calendar management, meal prep, systematizing bill payments
- 2nd set of eyes and ears at medical or legal appointments
- Errands: pets to the vet, your car to the shop, waiting for the repairman
- Scheduling maintenance such as: HVAC checks, replacing furnace filters, batteries in smoke/CO2 detectors & yard maintenance
- Oversee household renovation projects



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& Insured

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Rent a Daughter - Rent a Son

Contact us at: 541-816-1730 • lori@5starconcierge.org • 5starconcierge.org



62910 OB Riley Rd Ste 130
Bend, OR 97703
541-398-7550

www.InsuranceThatFitsYou.com

Medicare Educational Events

Questions about Medicare?

Are you Turning 65?

We are local agents & here to help!

Redmond Senior Center	Larkspur Community Ctr
Wednesdays	Thursdays
May 14 th - 10:00 am	May 15 th - 4:00 pm
June 18 th - 10:00 am	June 19 th - 4:00 pm
July 16 th - 10:00 am	Health & Wellness Fair - June 10 th



This event is only for educational purposes and no plan-specific benefits or details will be shared.
For accommodations of persons with special needs at meetings call TTY 711-888-511-2196.
We have no affiliation with the U.S. Government or the federal Medicare program".

From the Kitchen

Fueling Your Mood

— Sicilian Chicken & Veggie Skewers with Pesto Farro

By James Morris

Sometimes, the best medicine is on your plate—and this vibrant, nutrient-packed meal is a delicious prescription for better mental health. Our Sicilian Chicken and Vegetable Skewers with Pesto Farro don't just taste like summer—they help you feel better, too.

Let's break it down: the grilled chicken brings lean protein to the table, essential for stabilizing mood and keeping your energy levels consistent. But the real star here? Zucchini. This versatile veggie is packed with magnesium, a mineral your brain loves. Magnesium helps calm the nervous system, regulate mood, and even supports better sleep by working hand-in-hand with melatonin. That's right—zucchini might just be your new sleep coach in disguise.

Add in the brain-boosting benefits of red onions and bell peppers—antioxidant powerhouses—and you've

got a skewer loaded with feel-good fuel. Vitamin B6 in zucchini also plays a key role in reducing symptoms of depression, and potassium keeps your brain alert and fog-free.

Now, let's talk about farro. This ancient whole grain is a nutritional overachiever, rich in fiber, protein, magnesium, zinc, and B vitamins. Together, these nutrients support energy production, immune health, and even help your body and brain handle stress more effectively. Stir in some pesto—made with mood-lifting basil and heart-healthy olive oil—and your side dish becomes a powerful wellness ally.

Whether you're managing your mood, chasing better sleep, or just looking for a dish that makes you feel as good as it tastes, this recipe is a delicious step in the right direction.



Introducing New Catering Services!
Chef Jose Perez is proud to offer catering service
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!



Dark chocolate isn't just a treat—it's a brain booster! It contains compounds like flavonoids, caffeine, and theobromine, which can enhance cognitive function and improve mood. Plus, it stimulates the production of serotonin, the "feel-good" neurotransmitter, making it a delicious way to support mental well-being.



Ingredients

Chicken skewers

- 1 lb chicken breast, cut into small bite-size pieces
- 2 tablespoons olive oil
- 1 large lemon, zested and juiced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon granulated garlic
- ½ teaspoon kosher salt
- 1 red bell pepper cut into 1-inch squares
- 1 red onion, cut into 1-inch pieces
- 1 zucchini, cut into ½-inch rounds
- Lemon, cut into wedges for serving

Farro

- 1 cup farro, rinsed
- 3 tablespoons homemade or store-bought pesto

Directions

1. Combine chicken with olive oil, lemon juice, lemon zest, oregano, basil, garlic, salt and pepper.
2. Mix well, set aside to marinate for 20 minutes.
3. Skewer vegetables and chicken.
4. Preheat grill to medium-high, about 400 degrees.
5. Place skewers on grill, rotating frequently for 10-15 minutes, or until chicken is cooked through (165 degrees).
6. Alternately, skewers can be baked in a 400-degree oven for 15 minutes, or until the chicken reaches 165 degrees.

For farro:

1. Bring 4 cups of water to a boil and place farro in water.
2. Reduce heat to medium-high and cook farro 30-35 minutes, until tender.
3. Drain farro then stir in pesto.
4. Serve the farro with chicken skewers, adding extra lemon wedges.

Ad Snippits

Join Us
at a Connection Café!

Our Connection Cafe provides a welcoming and compassionate space for supportive conversations about illness, death, and grief.

Tuesdays, 1:30-3:00 PM



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



**VETERAN'S
APPRECIATION
LUNCH**

Veteran's are celebrated each month with a free lunch. Sponsored by Hospice of Redmond.

3rd Wednesday of each month, 11:45 AM



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

Place your ad snippit in our next issue. Contact James@RedmondSeniors.org. \$5/mo.



Ride for free!
Cascades East Transit went fare free on fixed routes in 2020.

	A	B	C	D	E	A
WEEKDAYS	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](http://CascadesEastTransit.com)

**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

**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.



**Ride for free!**  
Cascades East Transit went fare free on fixed routes in 2020.

	A	B	C	D	E	F	A
<b>WEEKDAYS</b>	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



This bus has free wifi!
Connect to "CET WiFi"

Plan your ride with the app
and see live bus locations:



Save the Date

MONDAY

**May 5
12:15 PM**

Cinco De Mayo Lunch

SATURDAY

**May 10
12:00 PM**

Mother's Day Tea

MONDAY

**May 19
10:00 AM**

Antique Appraisal & Coffee

WEDNESDAY

**May 21
2:30 PM**

"A Smack of Jelly Fish" Book
Signing

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

Happy Hour

1st Friday @ 2:00 PM

Ping Pong

Friday @ 1:00 PM

Just 4 Fun Time Band

Last Friday @ 10:00 AM

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://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>

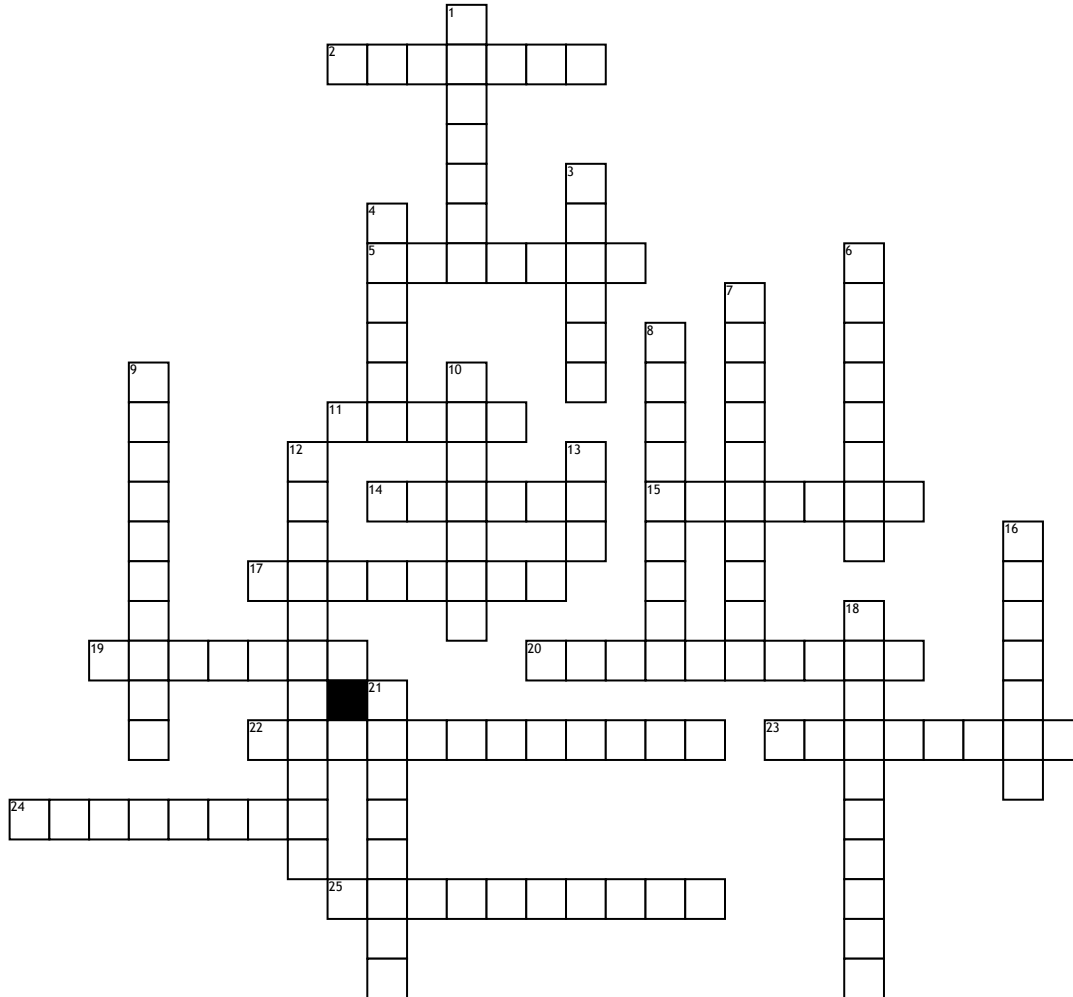
Oregon Senior Living Guide

<https://www.caring.com/senior-living/oregon>

Game On!

- Puzzles for your mind

Word games play a crucial role in promoting mental agility and cognitive health. Engaging in activities like crossword puzzles or word searches helps sharpen memory, improve vocabulary, and enhance problem-solving skills, which can slow the natural cognitive decline associated with aging. Regular participation in word games not only stimulates the brain but also contributes to emotional well-being by offering a fun and fulfilling way to stay mentally active and socially connected.



Across

2. The ability to understand and share someone else's feelings.
 5. Professional guidance and support for mental health.
 11. Feelings of extreme fear or dread.
 14. A persistent irrational fear of specific situations or objects.
 15. What do people offer to each other to provide help or encouragement?
 17. Talking about mental health to spread awareness.
 19. A temporary break to manage stress and avoid burnout.
 20. A mood disorder characterized by persistent sadness.
 22. What helps in identifying and addressing emotions effectively?
 Emotional

23. Inner power to overcome challenges.

24. This encompasses physical, mental, and emotional health.

25. This term describes the ability to bounce back from adversity.

Down

1. Achieving stability between work, life, and health.

3. What are strategies used to deal with stress or challenges?

4. A negative attitude or discrimination against mental illness.

6. Taking time for oneself to recharge and relax.

7. Exercise is said to release these "feel-good" chemicals.

8. A trained mental health professional.

9. A mental outlook that emphasizes hope and happiness.

10. A mental health disorder affecting mood swings.

12. What is the practice of focusing on the present moment?

13. The annual month dedicated to raising mental health awareness.

16. What is a common mental health condition involving excessive worry?

18. This mental health tool encourages reflection and expression.

21. The process of healing from mental health challenges.

MAY 2025

MON	TUE	WED	THU	FRI
LUNCH SERVED Monday- Friday 11:45-12:30 	Programs & Activities \$5.00/\$3.00 Members Nails by Angela \$10.00 / \$5.00 Members *Pre-Payment Required	 What a Doll Mother's Day Tea May 10 12:00 PM RSVP at front desk 	1. 10:00 Cards w/Friends (Spite & Malice) 10:00 Line Dancing 10:30 Nails by Angela- by appointment 1:00 BINGO! 1:00 Pinochle	2. 10:00 Cards w/Friends (Spite & Malice) 10:30-11:30 Firefighters Heart Health 11:30 John Tuck Elementary School/Singing 12:30-1:1:30 Prestige High Desert 12:30 Walk to Coffee 1:00 Happy Hour w/Lindy Gravelle
5. 10:30 Daily Movement Chair Yoga 11:30 Bridge 11:45 Cinco De Mayo Lunch 1:00 Pickleball	6. 10:30 Card Sharks (Hand & Foot) 10:30 Nails by Angela- by appointment 10:30 Retirement Mortgage Specialist 1:00 Cross Stitch class 1:00 Pickleball 1-2:30 Line Dancing	7. 10:30 Daily Movement Chair Yoga 11:00 Meet & Greet 1:00 Poker w/Friends 1:00 Crochet Club	8. 10:00 Cards w/Friends (Spite & Malice) 10:00 Line Dancing 10:30 Nails by Angela- by appointment 1:00 BINGO! 1:00 Pinochle	9. 9:00 Feet Retreat-By Appointment 10:00 Cards w/Friends (Spite & Malice) 12:30 Walk to Coffee 1:00 Movie & Popcorn (Barbi)
12. 10:30 Daily Movement Chair Yoga 11:30 Bridge 12:30 Heart Warmers 12:30 RSC Creative co-op 1:00 Pickleball	13. 10:00 Card Sharks (Hand & Foot) 10:30 Nails by Angela- by appointment 10:30 Tech Tuesday w/James 1:00 Cross Stitch class 1:00 Pickleball 1:00 Line dancing 1:00 Connection Cafe	14. 9:30 Medicare Insurance Assistance 10:00 RSC Wellbeing Series 10:00 Spinners Guild 10:30 Daily Movement Chair Yoga 12:30 Ukulele for beginners 1:00 Poker w/Friends 1:00 Crochet Club 1:30 Cooking w/Angela*	15. 10:00 Cards w/friends (Spite & Malice) 10:00 Line Dancing 10:30 Nails by Angela- by appointment 1:00 BINGO! 1:00 Pinochle	16. 10:00 Cards with Friends (Spite & Malice) 12:00 Celebrate Birthdays! 12:30 Walk to Coffee 12:30-1:30 Prestige High Dessert
19. 10:30 Daily Movement Chair Yoga 10:00 Antique Appraisal & Coffee 11:30 Bridge 11:45-12:30 Lunch 1:00 Pickleball	20. 10:00 Card Sharks (Hand & Foot) 10:30 Nails by Angela-by appointment 1:00 Cross Stitch Class 1:00 Pickleball 1-2:30 Line Dancing	21. 9:00 Feet Retreat-by Appointment 10:30 Daily Movement Chair Yoga 1:00 Poker w/Friends 1:00 Crochet Club 1:30 Book Club 2:30 A Smack of Jelly Fish (Book signing) 3:00 Cards for a Cause	22. 10:00 Cards w/Friends (Spite & Malice) 10:00 Line Dancing 10:30 Nails by Angela- by appointment 1:00 BINGO! 1:00 Pinochle	23. 10:00 Cards w/Friends (Spite & Malice) 12:30 Walk to Coffee 12:30-1:30 Prestige High Desert
26. 10:30 Daily Movement Chair Yoga 11:30 Bridge 12:30 Heart Warmers 12:30 RSC Creative co-op 1:00 Pickleball	27. 10:00 Card Sharks (Hand & Foot) 10:30 Nails by Angela- by appointment 1:00 Cross Stitch class 1:00 Line Dancing 1:00 Pickleball 1:00 Connection Cafe	28. 10:30 Daily Movement Chair Yoga 10:30 Wellbeing Connect 12:30 Ukulele for Beginners 1:00 Poker w/Friends 1:00 Crochet Club 1:30 Cooking w/Angela*	29. 10:00 Cards w/Friends 10:00 Line Dancing 10:30 Nails by Angela- by Appointment 1:00 BINGO! 1:00 Pinochle	30. 10:00 Cards w/Friends 10:00 Just 4 Fun Band 12:30 Prestige High Desert 12:30 Walk to Coffee 1:00 Arts & Crafts w/Sonya (Wind Chimes) 

All listings are subject to changes without notice.

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	
9:15-10:11am	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