

Autumn

2025 Issue

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La Pine Senior Activity Center

Our Mission:

"To support and promote dignity, well being, nutrition, security and self-sufficient lifestyles for La Pine's seniors and disabled."

With daily programming, special events, low-cost community meals and a wide range of resources, we have something for everyone!

In this issue:

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Sponsors News

The Community Lunch brought to you by the Heritage Kitchen. Located in the La Pine Activity Center, the Heritage Kitchen prepares a community lunch three days a week. The delicious meal includes a main course, side dish, vegetable, fruit and beverage (menu on website).

Tuesday, Wednesday, and Thursday – served at 11:30am – 12:30pm.

60 years+ FREE
(suggested donation \$5, all others \$7).

Meals are subsidized by the National Aging Program Info Systems (NAPIS) funded by the Older Americans Act, Council on Aging.



Director's Corner

Jamie Donahue,
Executive Director



Wrapping Up Summer with a Splash

Hi friends, As summer winds down and we welcome the crisp air of fall, I just want to say—what a season it's been! Last month's senior picnic, our "Beach Party," was a total hit. Nearly everyone dressed the part, and the daiquiris were flowing—so many smiles, so many memories. A huge thank you to **M&R Smokey BBQ** for serving up delicious meals and allowing our volunteers to relax and enjoy the day. Over **106 meals** served with love!



We were also honored to have support from the **Council on Aging**, celebrating their 50th year, and the **La Pine Community Health Clinic**, whose volunteers helped make the day extra special. We are truly blessed.



Celebrations and Milestones

On Thursday, August 28th, we celebrated notable birthdays and anniversaries. A list of member August birthdays is on page 5. Congratulations to you all!

La Pine Senior Activity Center 16450 Victory Way, PO Box 1279, La Pine (541) 536-6237 lapineseniors.com

Hours: Monday – Friday 9:00 am – 2:00 pm

Volunteers of the Month

Please join us in celebrating and thanking the following volunteers. We couldn't do it without them!



Barbra McDaniel
King
August



Glenna Gunn
September

Preventing Memory Loss

Older adults who take steps or activities to prevent memory loss are often more adaptable, independent, and satisfied. That's because the human brain has an amazing ability to adapt, collect new information, create new neural connections, and store important information in its long-term memory. By developing good habits and seeking out new learning opportunities, you can also improve or maintain your short-term, or working, memory.

Director's Corner Continued

Gratitude for Our Firefighters



This summer was a scorcher, and we're deeply grateful to our local firefighters for keeping us safe and minimizing smoke. Your dedication means the world to us.



Summer Water Aerobics

Our water aerobics program made a splash, thanks to **Cascade Meadows RV Park**. Your partnership is cherished, and our seniors absolutely love your resort. Here's to next summer!

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Events and Programs

“Get moving, get healthy, get involved”

Classes are generally FREE for members; \$8 for non-members. No registration is necessary unless noted. Scholarships and reduced-price memberships are available. Events noted with an asterisk (*) have a fee. Schedule and programming are subject to change. Please call us with questions or for current information.



Partners in
Care Flu Shots
Oct. 7th
1:00 pm to
3:00 pm

Regularly Scheduled Events

Monday

9:00 am Line Dancing
9:00 am Quilt Ladies
9:00 am – 3 pm 3rd Monday, Foot Clinic \$45 (call for apptmt.)
10:30 am Body Groove (Exercise)
1:00 pm *Fit for Life w/Carol (Exercise)
5:30 pm *Monday Nite Bingo -- Come Early!

Tuesday

9:00 am Men's Coffee Club
11:30 am Lunch prepared by Heritage Kitchen
1:00 pm *Quarter Tuesday Bingo
3:00 pm Peer Support Group for Adults (1st & 3rd Tuesday)

Wednesday

9:00 am Line Dancing
9:00 am Quilting Ladies
9:30 am Body Groove (Exercise)
11:30 am Lunch prepared by Heritage Kitchen
11:00 am Fraud Awareness (2nd Wed. of Month) by First Interstate Bank
1:00 pm *Fit for Life w/Carol (Exercise)
1:00 pm Grief Support Group

Thursday

9:00 am-12 pm Street Dpg Hero Pet Food/Supply Bank (3rd Thursday of the Month)
9:00 am Quilting Ladies
9:30 am Body Groove (Exercise)
11:30 am Lunch prepared by Heritage Kitchen (Veteran's Lunch 3rd Thursday)
12:00 pm Pinochle

Friday

10:00 am TGI Fridays
11:30 am Bridge (every other week, or monthly event. Check with front desk.)
4:30 pm Bunco & Potluck Sept. 19th
Call (541) 536-6237 to sign up.

Director's Corner, Continued



New This Fall: Square Dancing Tuesdays

Starting this Tuesday evening, we're launching **Square Dancing** at the center—no partner needed! It's a fun way to learn, move, and meet new friends. Come join the rhythm!



Winter Traditions Are Coming!

Mark your calendars for **Winter Traditions**, November 15–16 from 9 AM to 4 PM. We'll kick off the holiday spirit with **Santa's Reindeer**, sponsored by:

- **Highlander Motel / Shell Gas**
- **Ace Hardware**
- **La Pine Feed Store** We couldn't do it without you—thank you for making the magic happen!

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Upcoming Events

- Eclipse Theatre, "Almost, Maine"
Saturday, October 4th 6:00 pm
- Partners in Care Flu Clinic
October 7th, 1:00 pm to 3:00 pm
- Bingo Oktoberfest October 18th
\$40 buy-in Doors open at 4:30 pm
- Winter Traditions & Festival of Trees November 15th & 16th

EXECUTIVE BOARD

Matt Tarter, President
Charmaine Valentine, Vice President

BOARD OF DIRECTORS

Suzanne Guthrie, Secretary
Christine Dishaw, Treasurer
Joe Deluca
Sam Olson
Dave Ott

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Director's Corner, Continued



A Heartfelt Thank You to our Sponsors

We are endlessly grateful to our local heroes who keep our center thriving:

- **La Pine Veggie Stand** – fresh produce for our seniors
- **Feed a Senior Program** – nourishing meals for veterans and first responders
- **Bill from BASS HVAC & Construction LLC**
- **Little River Landscape & Design**
- **C&S Dirt Works** – keeping our parking lot safe for winter
- **Zack McVay & McVay and Son General Contracting** – helping seniors with driveways, groceries, and medical access

And to all the others we couldn't list—please know how much we appreciate you. It truly takes a village, and we're proud to be part of one that cares so deeply.

With gratitude,

Jamie

Jamie Donahue, Executive Director



Have you seen the new website?
It's full of information to help you get the most from your membership. It's easy to use. Just type, "lapineseniors.com" and you'll see what all the excitement is about!

AUGUST MEMBER BIRTHDAYS

- **Carol Brewer, 93**
- **Joyce Jackson, 57**
- **Kelly Mann, 70**
- **Beverly Mealer, 78**
- **Stephanie Nelson, 63**
- **Lori Scott, 63**
- **Lisa Villegas, 56**

It's our joy to celebrate with you!!