FALL

2026 Issue

Revised 10/01/2026

La Pine Senior Activity Center

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.

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!



Director's Corner

Jamie Donahue, Executive Director

Hello, Members!

Sadly, another beautiful summer is coming to an end. It went by so quickly, but we made some wonderful memories together!

In June, we celebrated rhubarb with an amazing community event. In July, we had the pleasure of celebrating Doris's 99th birthday and Carol Brewer's 94th birthday. These ladies are truly a hoot, and we are so blessed to have them! July and August brought some very hot days and wildfires nearby. We are incredibly thankful that our community remained safe. Our small town also showed up in a big way for National Night Out—it was wonderful to see everyone come together!

I know I have said it many times, but I simply cannot say it enough: our volunteers are the very best! They bring so much joy, love, and hard work to the Center every day. Without them, there would be a huge hole in our Center. I appreciate and love every single one of them!

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(Director's Message, cont'd.)

We continue to offer room rentals, which provide important revenue for the Center. We are also working hard to secure additional grants to help upgrade our building, which is more than 20 years old. It is a big undertaking, but our seniors deserve the very best!

As we move through September, we are preparing to introduce a new program called "My Center." This system will help us keep track of attendance at lunches, activities, resource events, and more. It will take some time for everyone to get used to, but eventually, this information will help us apply for more grants and continue improving the Center.

Recently, we have welcomed Project Wildfire for important fire-safety presentations, including information about Grab & Go kits, evacuation routes, and how to prepare for wildfire danger. First Interstate Bank and the Deschutes County Sheriff's Office have also provided valuable scam-awareness presentations. Scams are constantly changing, so please remember: if you ever have questions or doubts, we encourage you to come in and speak with us privately. We would always rather have you be safe than sorry!

Don't forget that Ellipse Theatre will be here on September 27th! Lunch will be served at 1:00 p.m. and is free for all members.

(Director's Message cont'd on pg. 3)

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.

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Regularly Scheduled Events

Monday

9:00 am	Line Dancing
9:00 am – 3 pm	*Foot Clinic (3rd Monday) $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 First Responders 1st Tuesday of month
1:00 pm	*Quarter Bingo
3:00 pm	Peer Support Group for Adults (1st & 3rd Tuesday)

Wednesday

9:00 am	Line Dancing
9:00 am	Quilt Ladies
9:30 am	*Body Groove (Exercise)
10:30 am	Heart 'n Home Outreach
11:30 am	Lunch prepared by Heritage Kitchen

Thursday

9:00 am-12 pm	Street Dog Hero Pet Food/Supply Bank (3rd Thursday of the Month)
9:00 am	Quilt Ladies
9:30 am	*Body Groove (Exercise)
10:30 am	La Pine Health Center Outreach
11:30 am	Lunch prepared by Heritage Kitchen (Veteran's Luncheon 3rd Thursday of the month)
12:00 pm	Pinochle

Friday

10:00 am	TGI Fridays
11:30 am	Bridge (bi-weekly, or monthly event. Check with front desk.)
1:00 pm	*Fit for Life w/Carol (Exercise)
4:30 pm	Bunco & Potluck TBA Call (541) 536-6237 to sign up.

*denotes a fee

(Director's Message cont'd. from Page 1)

The play, **The Importance of Being Earnest**, begins at 2:00 p.m. Be sure to get your ticket at the front desk!

Our Senior Picnic on August 27th was a great success. Thank you to everyone who came out to eat, visit, and party with us!

Speaking of our wonderful volunteers, I wish they could all be named Volunteer of the Month every month! Congratulations to Lisa Kitinoja who has taken over the Victory Garden and dedicated many hours to keeping it beautiful. A special thank-you also goes to Lori, Gail, and all the other wonderful ladies who help in the garden.

Congratulations to Shannon Shahan, our October Employee of the Month! Shannon has taken on the role of kitchen chef for several years and continues to do an amazing job. Our kitchen volunteers absolutely love working with her!

Our kitchen is currently looking for additional volunteers. Even helping just one day a week would make a big difference! If you are interested, please contact Shannon.

As we move into October, the Center is excited to host a community Halloween celebration! There will be a drive-in movie, games for the little ones, decorated trunks, and lots of candy. We hope this will become a big, fun event for everyone. We are grateful to the many community sponsors who are helping make it possible!

Soon after that, Winter Traditions will be here on November 14th and 15th! All of our indoor vendor spaces are sold out, but outdoor spaces are still available. Vendors using outdoor spaces should bring a canopy and, if the weather turns chilly, a small portable heater would be perfect.

With all that said, it is time for me to close. Once again, thank you to everyone who helps make the La Pine Activity Center such a special and successful place. We could not do it without you!

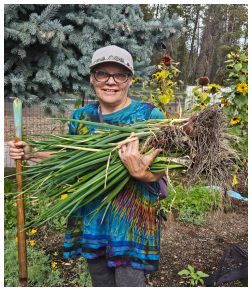
Until next time,



Jamie Donahue

Executive Director

Volunteers of the Month



Congratulations to September's Volunteer of the Month Lisa Kitinoja! Thank you for your hard work in the Victory Garden.

Thanks to October's Volunteer of the Month, Shannon Shahan! As our kitchen chef, Shannon ensures we have great food and a welcoming environment.



Activities & Upcoming Events

* **Flu Shots** October 7th 10 am 1 pm
* **Halloween Monster Mash/Candy Dash**
  Oct 31st 5 pm – 8pm
* **Winter Traditions** Nov. 14th & 15th
* **Festival of Trees** Nov. 14th – Dec. 3rd

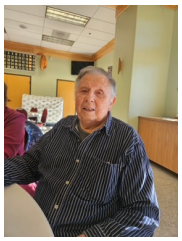


Did you know that the last Blockbuster Video store on Earth is located right here in Central Oregon in Bend?

In Memorium



God gained an angel this month. Paddy McCalister, at 92 years old, played bingo with us since 1979. We will miss you, Paddy!



This month we lost member Frank Mizsei--our loss is heaven's gain. He will be dearly missed.



IT PAYS TO KEEP TRYING!!

Author J. K. Rowling's original Harry Potter book was rejected by 12 publishers before finally being acquired.



Members enjoying themselves at the Senior Picnic!



Notable Birthdays

We celebrated Doris Larsons's 99th birthday in July.



Carol Brewer's 94th birthday was in August.



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