

Spring

2026 Issue

Revised 03/20/2026



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

I can’t believe we’re moving into Spring without any snow this winter into March! I don’t think I’ve seen a winter without a single white day this far into the season since I moved here in 1993. Let’s hope this doesn’t mean a dry, fire-heavy summer -- fingers crossed.



As we look forward to Spring, we are excited about upcoming events at the Center.

In this issue:

Schedule of Events/Programs

News and Information

Director’s Message

Sponsors News



Join us for lunch to honor them:

*Veterans 3rd Thurs of month

*First Responders 1st Tues of month

Director’s Message (cont’d)

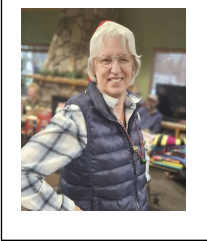
Our biggest upcoming event of the year is the 16th annual Rhubarb Festival.



Applications are rolling in—we have over 100 vendors which means we will have a great variety of offerings for you. As our largest fundraiser, the Festival supports our operating budget and programs.

(Director’s Message Cont’d on Page 2)

HONORING OUR VOLUNTEERS OF THE MONTH



**January
Debbie Kreps**

Debbie's our all-around superstar—front desk, Bingo, lunches, events. She does it all. Thanks for your hard work and flexibility!!

**February
Diane Shufelberger**

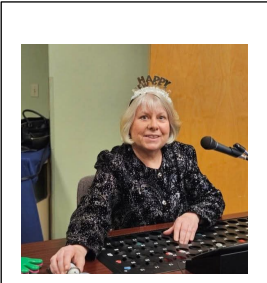
Diane has worked the front desk for over 20 years.

We are so grateful for every year you've given us!



March

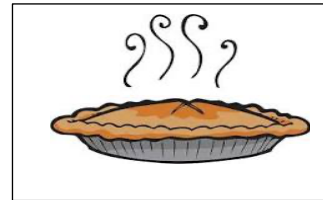
Kathy Stephenson is our March Volunteer of the Month. Originally volunteering at the front desk, Kathy moved to be a BINGO caller! As such, she helps bring fun and camaraderie!



(Director's Message Cont'd from Page 1)

Rhubarb Festival Volunteers Needed

We are looking for volunteers for setup (June 19th), and for general help through the festival weekend (June 20th and June 21st), with tear down on June 21st. Let us know at the front desk if you're willing to help.



The Grannys are also looking for donations to help keep the price for our pies reasonable, such as frozen rhubarb, Crisco, flour and sugar. They are also looking for volunteers, as well as for someone who likes to bake and can take over the reins for this endeavor in 2027. If that's you, please contact Lori Scott.

Thank you to all our great volunteers and members. You are the reason that our Center continues to operate and flourish.

With gratitude,

Jamie

AARP will offer preparation of 2025 tax returns at the Senior Activity Center from 2/2/26 to 4/13/26. Call 541-536-6237 X 104 to make an appointment.

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.

Regularly Scheduled Events

* denotes a fee

Monday

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



Join the Volunteers at the La Pine Activity Center!

Want to be part of something awesome? The La Pine Activity Center is like the coolest club in town, and guess what? You're invited! Our fabulous volunteers makes everything run smoothly—from welcoming guests at the front desk to stirring up delicious meals in the kitchen, helping with events, and even making sure everything sparkles and shines! So, if you've got a little time to spare and a big heart to share, come join the fun! Let's make magic happen together—because the best gift you can give is **YOU!**

Look what's coming to the La Pine Senior Center in June!

Hiking and Kayaking this summer.



What a great way to move that body, get out in nature and enjoy the summer. Group outings for both experienced or first time hikers/kayakers. Outings begin approximately in June depending on the weather. Some kayaks are available for use. Dates and locations will be posted once we get the number of interested participants. **Sign up sheet will be available at the front desk.** Let's have fun!



January's Veteran's Day Luncheon and First Responder Luncheons were sponsored (and served) by the **High Lakes Car Club.**

February's Veteran's Day Luncheon and First Responder Luncheons were sponsored by **Chuck and Sondra Anderson.**

March's Veterans Day Luncheon and First Responder Luncheon were sponsored by **Partners in Care.**



Now you can sponsor BOTH luncheons for \$250!

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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La Pine Senior Activity Center 16450 Victory Way, PO Box 1279, La Pine (541) 536-6237 lapineseniors.com
Hours: Monday – Friday 9:00 am – 3:00 pm

Special Events

- **Meditation** Wednesdays @ 12:30 – 2:20
 - 4/1, 4/29, 5/6, 5/20, 6/3, 6/24

Meditation encourages you to do everything with intention. When consistently meditating, you will be able to listen to your body. You will naturally lead a more mindful life. Meditation can lower blood pressure, reduce stress and pain, and improve memory and relaxation. **Free to members of the La Pine Senior Activity Center.**

- **Ellipse Theater** April 19th, 2026
“Into the Breeches”
 - Lunch - 1:00 pm
 - Performance – 2:00 pm
 \$30 non-members
 \$20 members of La Pine Activity Center

- **Hiking and Kayaking** Beginning in June

Dates and locations will be posted once we get the number of interested participants. Sign-up sheet will be available at the front desk.

- **Water Aerobics at Cascade Meadows RV Resort**
 (Members Only)



Heart 'n Home Hospice & Palliative Care

Heart 'n Home Hospice is a La Pine Activity Center **Platinum Corporate sponsor** and a big supporter for us. Plus, they present an outreach for our seniors every Wednesday from 10:30 - 12:30.



This could be yours!!

A beautiful 28" Weber Griddle has been donated by Ace Hardware. Tickets to win it are \$1 each, or 6 for \$5, or a value pack of 30 for \$20.

Drawing for this beauty will be held on June 27th, 2026 at the High Lakes Show-n-Shine held at the La Pine Activity Center.



DO YOU KNOW YOUR NUMBERS?

According to a study published in JAMA Cardiology, around 40 percent of adults in the U.S are unaware that they have high cholesterol. This means they're going untreated for a condition that can lead to heart attack, stroke, peripheral artery disease, chest pain or other cardiovascular problems. It's important that you "know your numbers," says Dr. Seth Martin, a preventive cardiologist at Johns Hopkins Medicine.