

# Winter

2026 Issue

Revised 01/01/2026



# 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

## Reflecting on 2025 and stepping into 2026!



**Winter Traditions** went off with a bang! We welcomed amazing vendors—both familiar faces and new ones—and it was the perfect kickoff to Christmas shopping. This year, we managed to bring in Santa's Reindeer, but we couldn't have done it without our sponsors:

- La Pine Ace Hardware
- Highlander Motel & RV Park
- Kimball Pet and Supply

Thank you for making the magic happen and capturing the spirit of Christmas. Santa and Mrs. Claus (and even the Grinch) made appearances. Thanks to Lt. Kalmach and the DCSO for bringing joy back to our community.

## In this issue:

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Join us for lunch to honor them:

Veterans 3<sup>rd</sup> Thurs of month

First Responders 1<sup>st</sup> Tues of month

## Director's Message (cont'd)



**Festival of Trees** had a beautiful display this year! Local businesses showed off their artistry with themed Christmas trees. Special thanks to:

- MidOregon Credit Union
- Figuro's Pizza
- First Interstate Sunriver Bank
- Capelli's Western and Workwear

Together we raised \$850 for our Feed a Senior program. We can't wait to see next year's creations!

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Coffee with Mayor Jeanine Earls at the La Pine Activity Center, November 5, 2025

You've probably seen volunteer Ron Millage at the Center helping in myriad capacities. No wonder he was Volunteer of the Month in December 2026.



Santa's Reindeer at our Winter Traditions Event



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

### Gratitude for our Sponsor Members

A heartfelt thank you to our yearly business memberships—your support keeps our organization strong all year long.



### Veterans and First Responders Luncheons

We could not honor our heroes without the generosity of:

La Pine Guns & Goods	Partners in Care
WaFed Bank	Stu Martinez
Chuck & Sondra Anderson	Warrior Impact
Karen Brannon Farmer's Ins	La Pine Community Health Clinic

Your commitment makes these special luncheons possible.



### Behind the Scenes Heroes

Our Senior Center runs smoothly thanks to:

- Bill Slivicoff, Bass HVAC & Construction, LLC
- Jarrett Electric LLC
- Cory Kent, Dirt Works
- Zach McVay and Sons
- Andrew Capelli, Capelli's Tree Services
- Kim and Shawn, Little River Nursery
- Cassie Leonardo, Leonardo Excavation Construction
- Big E Janitorial
- Lisa Kitinoja, Lori Van Dyck, Gail Hardy Gervin, and all those who tend our Victory Garden.

And, of course, our fantastic volunteer base—you are family and we couldn't do this without you!!

**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.

**Remembering  
Mike Shahan**

It is with sadness we share that in October, our beloved Chef Shannon unexpectedly lost her husband Mike. Shannon, please know that we love you and we are always here for you!

**Regularly Scheduled Events**

**Monday**

9:00 am	Line Dancing
9:00 am	Quilt Ladies
9:00 am – 3 pm	3 <sup>rd</sup> 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 (1 <sup>st</sup> & 3 <sup>rd</sup> 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 (2 <sup>nd</sup> Wed. of Month) by First Interstate Sunriver Bank
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 and First Responders Luncheon TBA)
12:00 pm	Pinochle

**Friday**

10:00 am	TGI Fridays
11:30 am	Bridge (every other week, or monthly event. Check with front desk.)
1:00 pm	*Fit for Life w/Carol (Exercise)
4:30 pm	Bunco & Potluck TBA

## Director's Message, Continued from Page 2



### Highlights of 2025

- We welcomed many new friends, and some have become part of our family by volunteering beside us.
- We took a leap of faith and purchased new round tables. At first, there was some hesitation—change isn't easy. But, by now our membership has decided it was the best decision of the year!
- Room rentals have been hopping. Our center has proved a wonderful place for parties, meeting, and all kinds of events/occasions. If you're interested in booking a room, please contact Jamie.

**Thank  
You**

#### Thank you Members!

Your dues help fund our center. And, special appreciation for our Gold, Silver, and Platinum memberships. These generous contributions cover maintenance, supplies, and those little "surprises" that arise.

That's all for now. Thank you for being a part of our journey in 2025. We will see you in the new year—let's make 2026 even brighter!

With gratitude,

*Jamie*



Thank you, Christine Dishaw, for your hard work as Treasurer of the Board, La Pine Senior Activity Center. You're appreciated!

### 10 Tips for Preventing ID Theft

- 1 Only carry what you need – leave extra credit cards, checks and documentation with sensitive information (Social Security Cards) at home when shopping or leaving your home. When carrying Medicare information it is best to carry a copy and black out the first five numbers of the Social Security number which most hospitals will accept.
- 2 Consider carrying your wallet in your front pocket, in a neck pouch or in a fanny pack on the front of you.
- 3 Never leave your purse or wallet unattended, even at social or religious gatherings where you feel safe and comfortable – thieves can be lurking anywhere.
- 4 Keep an itemized list of the cards you do carry on a daily basis along with the check numbers you carry so that if your belongings are stolen you can quickly call and report the stolen cards to the card companies.
- 5 Before allowing company into your home, always lock up personal information and laptops and log off of and shut down your computers.
- 6 Be especially cautious of using the ATM. Try to always go into the bank, but if you do use an ATM only use ones that are well lit and take your receipt with you and shred it.
- 7 Deter crime from your home with lighting, radios and televisions. Use timers or motion detectors on outdoor lighting if you can afford it, or leave lighting on at night or when you are away.
- 8 Never give out personal information to someone reaching out to you via phone, email, instant message, text message, door-to-door or through social media. If you receive a call from a company requesting personal information, inform them you will hang up and call their primary company phone number to ensure the call is legitimate.
- 9 Use secure, non-personal passwords that contain both capital and lower case letters, numbers and unique symbols (!@#\$).
- 10 Be cautious with your generosity – make a charitable giving plan and do not deviate from it. Check out the legitimacy of every charity before giving them your hard earned money.

Brought to you by the Society of Certified Senior Advisors (SCSA)\*

**CSA**

#### EXECUTIVE BOARD

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Charmaine Valentine, Vice President

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We celebrate the life of a truly remarkable man. **Donald Greiner** was very active in the senior center for many years, he loved the center and had innovative ideas for fundraising and volunteering. Don's legacy will live on in the hearts of many.



Meet **Janice Delzer**! She may generally be in the background, but she's our shining star! Her superb organizational skills keep our records accurate and up-to-date.



Thanks to Leonardo Excavations for the \$2000 donation to our Feed a Senior Program!



The radiant light you see to the right is our own Suzanne Guthrie. Suzanne's smile is the friendly face you see at the Center's front desk. She's also our Board Secretary. Stop by and say hello!



**Meditation & Lifestyle Change Coach**  
Free for members

### January 7 Introduction to Your Chakras

- What is a chakra, location
- How to awaken your chakras
- Benefits
- Chakras and meditation
- Group activity

### January 14 Introduction to the Art of Meditation

- History
- Benefits
- Medical Studies
- How to meditate and what to expect
- Journaling with Meditation
- Setting up for success
- Group Meditation

### January 21 Crystals-Diamonds of the Soul

- History
- 10 most used crystals, hands on activity comparing differences, sizes, shapes, textures
- Benefits of crystals
- See display of various crystals and crystal grids

Every attendee gets a crystal to take home!

### February 4 Hands on Healing aka Reiki

- History of hands on and energy healing
- Types of Reiki
- What is a Reiki Master
- Benefits of Reiki
- What to expect in a Reiki session
- Group Reiki session

### February 11 Putting it all Together

- Group session to include aligning chakras and meditation with crystals, followed by Group Reiki Session

### February 18 Building your Personal Crystal Grid

- Each attendee to take home a personalized crystal grid with crystals

**ALL CLASSES ARE AT 1:00 PM**