

Winter

2024/2025 Issue

Revised 01/14/2025



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 11:00 am – 12:00 pm

60 years+ FREE
(suggested donation \$6, all others \$7 as of 1/1/25).

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 Message
Jamie Donahue,
Executive Director

Hello La Pine Community Members!

As we approach the end of 2024, let's take a moment to celebrate the incredible journey we've shared this year! It has been a time of remarkable growth collaboration, and vibrant community spirit.

From our successful events to the connections we fostered, each achievement reflects our

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SIMPLY DIVINE STUDIO

Bend, Oregon

A big **"thank you"** to Simply Divine Studio for sponsoring December's Veteran's Lunch!

dedication to continuing to make La Pine a great place to live. Thank you for your ongoing support and enthusiasm!

Here's to finishing the year strong and looking ahead to even more exciting opportunities in 2025!

Warm wishes,

Jamie





WE GIVE THANKS!

Our sincere appreciation goes to the wonderful community members that donated 18 hams for our Christmas luncheon! Their donation enabled our center to offer a delicious holiday meal made even better by the warm generosity with which it was given.

Your La Pine Activity Center is a vital community hub. It is not only a source of entertainment, but it is a means to bring people and businesses together. One way to support that endeavor is to sponsor a luncheon for \$250. The generosity of this type of sponsorship is invaluable. Some ways to participate are to sponsor:

- Veteran's Luncheons
- Holiday Luncheons
- "In Memory Of" Luncheons
- "Just Because" Luncheons

Recognition will be made in our newsletter and in Facebook Postings as well as introductions at the luncheon.



Research has shown that for older adults, staying engaged in enjoyable activities is associated with better physical and mental health.

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.



Regularly Scheduled Events

Monday

8:30 am Walk & Talk – Talk Inside
 9:00 am Line Dancing
 9:00 am 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 Veteran's Coffee Club
 11:00 am Lunch prepared by Heritage Kitchen
 1:00 pm *Quarter Tuesday Bingo

Wednesday

9:00 am Line Dancing
 9:00 am Quilting Ladies
 11:00 am Lunch prepared by Heritage Kitchen
 1:00 pm Fit for Life w/Carol (Exercise)

Thursday

9:00 am Quilting Ladies
 9:30 am Body Groove (Exercise)
 11:00 am Lunch prepared by Heritage Kitchen
 12:00 pm Pinochle

Friday

11:00 am Bridge (every other week, or monthly event.
 Check with front desk.)

NOTICE: WINTER HOURS 10:00 am – 3:00 pm, effective 10/28/24
 (If the schools are closed, the Activity Center will be closed)

Is Artificial Intelligence (AI) all bad?

Some say that artificial intelligence (AI) can be scary because of its potential to be used for harmful purposes, and because it can influence decision making in ways that are not always desirable. But AI can also provide today's seniors with solutions to improve our lives.

Smart home systems use AI to help seniors feel safer at home with fall detection or emergency monitoring technology. Some home systems leverage wearables and use AI to detect abnormalities, such as a fall, and can then alert caregivers and emergency services accordingly

As aging populations continue to grow, the integration of AI in senior care offers unparalleled opportunities and can play a vital role in promoting well-being, thus improving the quality of life for older adults and their caregivers. When done right, AI can be a lifesaver.

Special Programs and Events

AARP Income Tax Filings

Feb. 10th, 2025 (more info to follow)

High Lakes Car Swap Meet

May 17th, 2025 9 am to 3 pm

Rhubarb Festival

June 21st * 9 am to 6 pm

June 22nd * 9 am to 4 pm

High Lakes Car Show and Shine

June 28th, 2025 9 am to 3 pm

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