

# Living the Lifestyle

McMinnville Senior Center Newsletter

March 2017



## More Fun On The Way!

The Spring Program Guide for the McMinnville Parks & Recreation Department is out and if you haven't gotten your copy yet, stop by and pick one up! All of the Senior Center information begins on page 29.

Take a look at the information along the right side of this page..... We've got a Dinner Party coming on Friday, March 10th at 5:30pm. We have started selling tickets and would love to have you and a friend join us. Tickets are \$20. For that you will receive a delicious meal catered by Rogue Gourmet that features a selection of 3 different soups, a variety of breads and a selection of 3 different delectable desserts. While dining on the fabulous fare, enjoy the soothing guitar sounds provided by Lance Vallis and conversation with others. We are calling this a "Simply Wonder-BOWL Night" because you will have an opportunity to select a one of a kind handcrafted bowl created by a local artist as a keepsake from this wonder-BOWL night. We are most appreciative of the support shown by Brookdale Hillside Senior Living Community as our event sponsor.

Anne Lane  
Senior Center Manager  
(503) 474-4963  
anne.lane@mcminnvilleoregon.gov

SHARI TEDRICK



Wortman Park Art Gallery  
March 1 - April 27, 2017

Space is very limited for this remarkable event. A special thanks to Brookdale Hillside Senior Living Community for their sponsorship and Rogue Gourmet for the delicious food.

## A Simply Wonder-BOWL Night Dinner Party

Friday, March 10th  
5:30 pm

McMinnville Senior Center  
2250 NE McDaniel Ln  
\$20 tickets on sale now!

Live music by Lance Vallis

A selection of soups, breads and deserts  
provided


Choose a handcrafted, one of a kind bowl  
created by a local artist as a special keepsake



# March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	9a-8p Wortman Park Art Gallery 9a-8p Library 9a-11a Wood Carving 9a Acupuncture 9:30a Coffee Hour 10:15a Yoga Level 2 11:30a Fun & Fit 11:45a Lunch Noon Cranks Biking Group 1p Int. Bridge 1p Pinochle 1:30p Foot Care Clinic 5:30p Cribbage 5:30p Crazy Rummy	9a-8p Wortman Park Art Gallery 9a-8p Library 9a PiYo 9:30a Coffee Hour 9:30a Art On Porcelain: China Painting 10:15a Yoga Level 1 11a-1p Wortman Park Café Noon Easy Riders Biking Group 1p Poker 1p Senior Quilters 1p Caregiver Resources	9a-8p Wortman Park Art Gallery 9a-8p Library 9:30a Coffee Hour 10:15a Yoga Level 3 11:45a Lunch 1p Cribbage 1p Mexican Train 1p Crafting 3:45p EDGU 5:15p Hatha Yoga 6:30p Restorative Yoga	9a-8p Wortman Park Art Gallery 9a-8p Library 9:30a Coffee Hour 10a Strength Training 10:30a Dimes & Dobbers Bingo 11a-1p Wortman Park Café 1p Bridge 6p Pinochle	9:30a Zumba Gold 10a-3p Adult Care Program	
<b>ONGOING WEEKLY PROGRAMS</b>						



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>MONTHLY PROGRAMS &amp; OPPORTUNITIES</b>						
						
5	6 <b>11:45a Lunch</b>	7 9a AARP Smart Driver Class <b>11a-1p Wortman Park Café</b>	8 9a Attorney Consultation 9a AARP Smart Driver Class 9:30a Micro-Gardening Class <b>11:45a Lunch</b> 6p <i>Documentary Film Series: A Small Act</i>	9 <b>11a-1p Wortman Park Café</b> Noon Understanding Grief: Information & Tools For Coping Class 1p Mediation/YCM Listening Program	10 <i>Simply Wonderful</i> <b>BOWL Night - Special Fundraiser Dinner</b>	11
12 <u>Day Trip: Women Of The World Concert</u>	13 <b>11:45a Lunch</b> 2p Alzheimer & Dementia Support 6p Native American Flute Class Begins	14 10a Oil Painting Class 10a Beginning Ukulele Class Begins <b>11a-1p Wortman Park Café</b> 2p Easy Watercolor Class	15 <b>11:45a Lunch</b>	16 9a Gentle Movement Class Begins 9:30a-1p Gourd Patch 10a Writing Poetry Class Begins <b>11a-1p Wortman Park Café - St. Patrick's Day Celebration</b> 6p Living Clutter Free Class	17 10:30a Alzheimer's Café: Music Therapy	18
19	20 9a Better Bones & Balance AM Class Begins <b>11:45a Lunch</b> 12:45p Better Bones & Balance PM Class Begins 4p Beginning Clogging Class Begins	21 <b>11a-1p Wortman Park Café - Baked Potato Bar</b> 6p KLYC Town Hall Senior Discussion 6p Crochet Class Begins	22 9a Attorney Consultation 10a Continuing Tai Chi Chuan Class Begins 11:15a Introductory Tai Chi Class Begins <b>11:45a Lunch</b>	23 <b>11a-1p Wortman Park Café</b>	24	25
26	27 <b>11:45a Lunch</b>	28 <b>11a-1p Wortman Park Café</b> 1p Advisory Solutions Class	29 10a Mosaic Glass Workshop <b>11:45a Lunch</b>	30 <b>11a-1p Wortman Park Café</b>	31	

# Classes & Programs

## FITNESS

### **Gentle Movement**

Instructor: Annette Clark Register by Mar 14  
Thu Mar 16-23 9-9:45am \$12

### **Better Bones & Balance**

Instructor: Annette Clark \$20 (\$8 drop in)  
Mon & Wed Mar 20-29  
AM Class 9-10a PM Class 12:45-1:45p

### **Introductory Tai Chi**

Instructor: Nancy Arner Hulett  
Wed Mar 22-Apr 26 \$84 11:15am-12:30pm

### **Continuing Tai Chi Chuan**

Instructor: Nancy Arner Hulett  
Wed Mar 22-Apr 26 \$84 10-11:15am

### **Tai Ji Quan: Moving For Better Balance**

Instructor: Yaikyae Aguiar  
Wed Mar 1-22 \$24 2:30pm-3:30pm

### **Beginning Clogging**

Instructor: Jan Jones  
Mon Mar 20-May 22 \$30 4-4:45pm

### **“FITNESS PASS” PROGRAM**

A 10-pack pass is \$60 and a 5-pack pass is \$30. There will still be a single class drop-in fee is \$8 if you choose not to purchase a punch card. The “Fitness Pass” expires 60 days after purchase. The “Fitness Pass” will allow you to freely attend the Yoga (All Levels), PiYo, Restorative Yoga, Hatha, Fun & Fit, Strength Training, or EDGU classes held at the McMinnville Senior Center as you wish or as it fits your needs and schedule.

<b>Yoga Level 1</b>	Tue	10:15-11:15am
<b>Yoga Level 2</b>	Mon	10:15-11:15am
<b>Yoga Level 3</b>	Wed	10:15-11:15am
<b>Hatha Yoga</b>	Wed	5:15-6:15pm
<b>Restorative Yoga</b>	Wed	6:30-7:30pm
<b>PiYo (Pilates-Yoga)</b>	Tue	9:00-10:00am
<b>Fun &amp; Fit</b>	Mon	11:30am-12:30pm
<b>Strength Training</b>	Thu	10:00-11:00am
<b>EDGU</b>	Wed	3:45-4:45pm

### **KLYC Town Hall Senior Discussion**

What's on your mind? Do you have a question or frustration and would like to bounce it off other individuals in your community? Join Dave Adams with KLYC Radio to discuss “What's On Your Mind”.

Tue, Mar 21 6pm FREE

## ARTS

### **Easy Watercolor**

Instructor: Irilla Swanson 2-4pm \$20  
Tue Mar 14 Register by Mar 13

### **Oil Painting**

Instructor: Irilla Swanson 10am-Noon \$20  
Tue Mar 14 Register by Mar 13

### **Beginning Ukulele**

Instructor: Doug White Register by Mar 6  
Tue Mar 14-Apr 4 10-11am \$72

### **Mosaic Glass Workshop**

Instructor: Lynn Tanaka Register by Mar 23  
Wed Mar 29 10am-3pm \$50

### **Native American Flute**

Instructor: Terry Filer Register by Mar 9  
Mon & Tue Mar 13-14 6-8pm \$65

### **Gourd Patch**

Thu Mar 2, 16 9:30am-1pm \$3

### **Art On Porcelain: China Painting**

Instructor: Joy Williams  
Every Tue 9:30am-2pm \$3

### **Crochet**

Instructor: Patti Bobonich Register by Mar 16  
Tue Mar 21-28 6-8pm \$24

## PERSONAL GROWTH

### **Micro-Gardening**

Instructor: Kathleen McKinney Register by Mar 6  
Wed Mar 8 9:30am \$12

### **Advisory Solutions**

Instructor: Kevin Gebhart Tue Mar 28 1p \$2

### **AARP Smart Driver Course**

Tue & Wed Mar 7-8 9am-Noon  
\$15 member of AARP \$20 non-member of AARP

### **Understanding Grief: Information & Tools For Coping**

Presenter: Legacy Hospice Thu Mar 9  
Noon FREE!

### **Writing Poetry**

Instructor: Sandy Lizut Register by Mar 13  
Thu Mar 16-30 10-11am \$10

### **Living Clutter Free**

Instructor: Patricia Angland & Sheryl McConnell  
Register by Mar 13 Thu Mar 16 6pm \$5



# Documentary Film Series

## A Small Act

Summary: When Hilde Back sponsored a young, rural Kenyan student, she thought nothing of it. She certainly never expected to hear from him, but years later she does. Now a Harvard graduate and a Human Rights Lawyer for the United Nations, Chris Mburu decides to find the stranger that changed his life. Inspired by her generosity, he starts a scholarship program of his own and names it for his former benefactor.

The top students in Mukubu primary school are in the exact same situation as Chris once was. They are bright, but can't afford to pay school fees. With the creation of Chris' fund, these students have new hope. But the program is small; how many will qualify for a scholarship?

Using a strong narrative, the film interweaves seemingly separate lives into a cohesive whole. With clarity and grace, A SMALL ACT, bears witness to the ripple effect a single action can create. Register by March 6th.

Wednesday March 8 \$2 6:00pm



# Day Trips



## Women Of The World Concert

The a cappella group was formed to bring women musicians from across the globe onto a common platform to collaborate and create through shared music, to explore and celebrate the differences in ideologies and cultural tenets that exist in the daily lives of women worldwide. Honoring global folk traditions, their repertoire spans music in 30 languages. We will stop for dinner after the performance at the Rodeo Steakhouse & Grill.

Sunday March 12 \$98  
12:15pm-7:15pm

Meals during day trips are on your own unless otherwise noted. All day trips will depart from and return to the McMinnville

Senior Center.

Space is limited.

For more information or to register call (503) 435-0407.

## UPCOMING Day Trips

### Che Malambo – Dance of Argentina

3:45pm - 10:30pm Tue, April 25 \$99

### A Bloomin' Good Time

9:00am - 2:45pm Mon, May 22 \$68

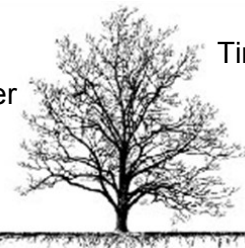
### Historic Oregon City

9:45am - 4:15pm Fri, June 23 \$79



## Wortman Park Café

Location:  
Senior Center  
Cost: \$5



Time: 11am - 1pm  
Days: Every  
Tue & Thu

**Thank you!** Please make check payable to: **McMinnville Senior Center** and mail this form and your check to McMinnville Senior Center, **2250 NE McDaniel Lane, McMinnville, OR 97128**

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Subscription Amount: \$ 10 Annually

Send my newsletter by email only

Donation Amount: \$ \_\_\_\_\_

*Thanks for helping us save on postage!*

Total Amount Enclosed: \$ \_\_\_\_\_

## FACILITY HOURS

Monday - Thursday 9:00 am - 8:00 pm

Front Desk (503) 435-0407

McMinnville Senior Center  
2250 NE McDaniel Lane  
McMinnville Or 97128

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**McMinnville Senior Center**  
**Newsletter**



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