



NSAC NEWS

Newport Senior Activity Center 20 SE 2nd Street
Newport, Oregon 97365 (541) 265-9617
City of Newport Parks & Recreation

January--March 2010
Volume 3 Issue 1

ALZHEIMER'S SEMINAR **January 12, 2010** **10:00 to 11:30am**

Do you have concerns about memory loss? Do you need information to cope with or treat a loved one? Join us for this very informative talk by Judy McKellar who is Executive Director of the Alzheimer's Association-Oregon Chapter since 2002. Judy has embraced this problem for more than 30 years and has quite a lot to share with you. This talk will be held in the Multi Purpose Room at the Newport Senior Activity Center, 20 SE 2nd Street in Newport on January 12, 2010 from 10:00—11:30am. Please make advance reservations by calling 541-265-9617 or stopping by the office at the center.

Alzheimer's is a terrible debilitating disease which affects a great many people either experiencing it or caring for someone who is afflicted. More and more is being learned and taught about the disease. Judy is coming all the way from Portland to share her knowledge with the entire Newport community. Don't wait, call and make sure that you have a seat reserved for you.



TRIPS, TRIPS, AND MORE TRIPS

As the New Year starts, we want to decide what to do first. Of course, one of the

first things to do is to see what's going on at the Newport Senior Activity Center. Trips, oh my, which one to go on. We will start our adventures on Friday, March 26th, with a trip to Eugene to visit a museum, Trader Joe's, and a stop at a nearby winery. Then on Friday, April 16th, our ever popular trip to Woodburn for the Tulip, Chocolate, and Wine Festival. This trip is one of our most favorite. So, if you are interested in either these trips, don't delay, come by the Senior Center or call 265-9617 to reserve your seat in the van. Seating is limited. Other trips will include trips to Mt Hood Train Excursion, Salem "Willamette Queen" Cruise, Springfield Belknap Hot Spring, Tillamook Aviation Museum/Tillamook Cheese Factory, Rogue River Mail Boat, Alesa Thyme Garden, Portland Chinese/Japanese Gardens, Junction City Scandinavian Festival, Eugene Ballet/Sweet Life Bakery, Mt Angel Oktoberfest, Ona Beach Kayak Tour. Prices, dates information TBA at a later date. If you have an idea for a trip, let us know in the office and we will consider it.

CAN YOU SOLVE THIS RIDDLE?

David was out for a walk when it started to rain. He didn't have an umbrella and wasn't wearing a hat. His clothes were soaked, yet not a single hair on his head got wet. How could this happen? If you know the answer, come by the office and let us know.

SENIOR SOUNDS

Join us on the second Tuesday of each month starting February 9th, 6 to 8pm for a musical gathering. If you play an acoustical instrument, bring your instrument and join the jam session, or you can just sit and listen. If you are interested, please come by the office or call 265-9617 for more info.



AFTERNOON KARAOKE DELIGHTS

Starting January 26th at 12:30pm, we will begin a sing along in the dining room at the Senior Center. If you enjoy karaoke, be here and be ready to sing. Greg and Brenda Adams will be hosting this new event and encourage you to participate. If you're on your lunch hour, stop by and have some fun with us. On the fourth Tuesday of each following month we will have Afternoon Karaoke Delights. If you know someone who likes to sing invite them to come along. You do not have to sign up for this activity just be here and don't forget to bring your singing voice along.



KNITTING CLASSES

Knitting Classes taught by Barbara Hendricks will continue on Tuesday from 3:45 to 5:45pm in the Lounge. The class is learning more stitches, and is free. You must furnish your own materials.

CHAIR FLEXIBILITY

Chair Flexibility meets in the Dining Room at the Senior Center from 10:00 to 10:30am on Wednesday morning. These flexibility classes will help you to flex your muscles, low impact, lubricating limbs, and posture.



TAI CHI

Tai Chi for better balance meets on Wednesday afternoons 3:45 to 4:45pm. Kathleen Derischebourg teaches the class and is excited to teach you better balance. These classes are free, but you can make a donation if you would like to do so.

AARP—TAX AIDE

AARP is once again offering FREE Tax Aid to all who qualify. Beginning on Wednesday, February 3rd and continuing until April 14th from 9:00am until 2:00pm, taxes will be done on a first come first serve basis. Be sure to bring all pertinent information that will be needed including your last year's tax return.

BEJEWELED

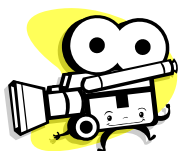
Bejeweled is a benefit for Lincoln County Food Share. Costume and Collectible Jewelry will be for sale January 30, 2010 from 9:00am until 2:00pm. This event will be at the Newport Recreation Center 225 SE Avery in Newport. Donations will be accepted until day of sale and are tax deductible. Great Prices !!! One of a Kind Items !!!

GERMAN CLUB

We have so many new, exciting things going on this year that we just don't know where to start. There is a German speaking club that meets in the Dining Room at 10:30am on the first Thursday of each month. If you speak German, you may want to come and converse with fellow German speaking people.

LEARN TO MAKE A CARD TO SEND TO THAT SPECIAL PERSON

Leona Beutler has agreed to return and teach others how to make beautiful cards. The classes will be on Tuesday at 10:30am. The classes are free, and we encourage your participation in this creative endeavor. It's always fun to make something yourself that you can share with someone else. So, join Leona on Tuesday and see what you can create. For additional information, please call the Senior Center's office at 265-9617.



MONDAY MOVIE MADNESS

Do you have the Monday Afternoon Blues? Need something to do? Join us on Monday afternoon at 1:15 for a movie and popcorn. We show new releases as well as the older more popular movies. People bring old favorites for all to enjoy. Bring a buddy and spend an afternoon with others at the movies.



CARDS, DO YOU LIKE TO PLAY?

There is always a card game going on at the Newport Senior Activity Center. Bridge is a popular game. Pinochle and Hand & Foot are also popular.

Hand and Foot is a newer version of Canasta. So, come on by for a friendly game.



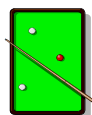
DE- STRESS ACUPUNCTURE

De-Stress Acupuncture is here again on Mondays from 4:30 to 6:00pm. Cost is \$10 per session. Call Mary Jo at 541-961-6525 to schedule your appointment.



Wii BOWLING TOURNAMENT

Wii Bowling Tournament is scheduled for St Patrick's Day, March 16th. Dene Bateman (Batman) is available for practice on Tuesday from 9:30 to 11:30am. So, get your team together and get those lanes blazing for high scores, and win, win, win!!



OTHER ACTIVITIES



Scrabble is played in the Lounge on Tuesday morning at 10:15am. There's always room for one more.

If you like to play pool, join the guys and gals on Monday mornings from 9:00 to 10:30am in the Basement for a fun game.

Ping Pong is played on Mondays from 4:30 to 6:30pm, Wednesday and Saturday from 4:00 to 6:00pm.

Bingo is played at 11:00 to 11:45am on Monday, Wednesday, and Friday. If you like to play, we encourage you to come and play and stay for lunch in the Dining Room afterwards. A donation of \$3.50 is asked for senior lunche

Amateur Radio continues to meet in the Basement on the second Saturday morning from 9 to 10:00am.

E N A C Y D N A C H T A E R W S S
 T H I S S N O I T A R O C E D H Y
 E G G N O G M E H E L H T E B E O
 G I F T S F R U I T C A K E T P T
 R E G N A M H F R I E N D S F H S
 S L T R E E I E C S C S R R S E E
 T S H N E G A S A A E A A A T R J
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 F E I B E I I C L G O D O E S N J
 A S S O L L E R A F C T M E M O O
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 L O E E J E O L T R G R N D Y A P
 Y P N Y L L O H O S H L Y S S N H

FIND THE WORDS LISTED BELOW. CIRCLE THE WORDS AND RETURN TO THE SENIOR CENTER OFFICE. INCLUDE YOUR NAME AND PHONE NUMBER SO YOU CAN BE ENTERED INTO A DRAWING AND CAN BE NOTIFIED WHEN YOU WIN. DRAWING WILL BE HELD DURING BOWLING TOURNAMENT ON MARCH 16TH

ANGEL	BELLS	BETHLEHEM	CANDLES
CANDY CANE	CAROLS	DECORATIONS	EGGNOG
FAMILY	FRIENDS	FRUITCAKE	GIFTS
GOLD	GREETING CARDS	HOLLY	ICICLES
JESUS	JOSEPH	LIGHTS	MANGER
MARY	MISTLETOE	ORNAMENTS	POINSETTIA
SANTA	SHEPHERDS	SLEIGH	SNOWFLAKES
SNOWMAN	STABLE	STAR	STOCKING
THREE WISE MEN	TOBOGGAN	TOYS	TREE
WREATH			

NAME _____

TELEPHONE
NUMBER _____

THE WINNER FOR THE WINTER BASKET WAS FRANCES FOGARTY. CONGRATULATIONS. THE DRAWING WAS HELD DURING THE HOLIDAY CELEBRATION, DEC 22ND.