



**Neighborhood House**  
*Helping Neighbors Help Themselves*

# Neighborly News

A Publication of Neighborhood House Senior Center & Aging Services District Center  
 503-244-5204; www.nhweb.org; e-mail: aging@nhweb.org December 2011

## Southwest Aging Services Staff

**Diane Reid**, *Aging Services Manager*  
**Ann Williams**, *Senior Center Coordinator*

**Lisa Kasubuchi**, *Information & Assistance Specialist*

**Jeffrey Ball**, *Transportation Dept.*

**Debbie West**, *Transportation Dept.*

**Mary Muir**, *Case Manager*

**Dale Jackson**, *Case Manager*

## Downtown Aging Services Staff

**Linda Patriquin**, *Downtown Case Manager*

**Erin Parish**, *Downtown Information & Assistance Specialist*

### NHSC Members!

*Would you like to receive our newsletter electronically?*

If you would prefer that we email our newsletter to you, please call Lisa at 503-244-5204 to sign up and we will simply email it to you each month. It's easy. It's faster. It's in color. And, it saves trees.



## HAPPY, HEALTHY, HOLIDAYS!



The staff and volunteers at Neighborhood House Senior Center wish you a very happy Winter Holiday season. To help you celebrate this winter we have activities, recreational trips, and special events. We wish you all the best this season and in the coming New Year.



### Upcoming Holiday Events



Dec 2—NHSC Book Sale (9am to 3pm)

Dec 2—Rider's Club Festival of Trees (9:30am)

Dec 9—Gingerbread House Party (1pm)

Dec 15—OES Choir Performance (11am)

Dec 18—Millenium Concert (6-9pm)

Dec 19—Christmas Ships Tour (6-9pm)

Neighborhood House, Inc. is a nonprofit organization that brings neighbors together to feed the hungry, house the homeless, and educate young and old. We strengthen community by providing resources to support self-reliance, economic independence and dignity in people of all ages and backgrounds. Neighborhood House is a multi-service, multi-site organization providing social, emergency and recreational services for individuals and families residing in SW Portland.

# Programs and Services

## BLOOD PRESSURE SCREENING

Second Tuesday

December 13th 10:30—11:30 AM

Free - Provided by Autumn Hills, Marquis Co.



## QIGONG CLASSES

Monday, 10:15 AM-11:00 AM

Free

Qigong (pronounced “Chi Gong”) is taught by Carol Melkonian. Carol is a Registered Nurse, Acupuncturist, and has many years of experience with Qigong and meditation. Qigong exercises are gentle, flowing movements which are both relaxing and energizing. Older adults find the gentle movements to be a wonderful form of exercise that improves circulation, balance, and enhances their sense of well being.



## SENIOR LAW PROJECT

2nd Tuesday, December 12th

4th Tuesday, December 27th

Appointments begin at 9:00 AM. This service is available to you if either you or your spouse is 60+ years of age, and are residents of Multnomah Co. The initial 30-minute consultation is free, regardless of your income. Further assistance may be available for those meeting income guidelines. Local attorneys donate their time for this valuable service. **To make an appointment, call Ann at 503-244-5204.**

## FOOT CLINIC

Second Wednesday

December 14th, 9:00am – 3:30 PM.

Cost: \$35.00

Skilled foot care nurses bring their foot care clinic to our Center each month. Appointments are required. This is a very popular service among our members. Reservations fill up quickly. Make an appointment by calling 503-244-5204.



## AARP 2-DAY Driving Safety Program

**NO CLASSES IN DECEMBER**

This course is designed to refine existing skills and develop safe driving techniques. Insurance companies offer a discount to those completing.

Check with your insurance agent for details. Call the Senior Center at 503-244-5204 to reserve your space in the class.

## ACUPUNCTURE

Appointments available Mondays. Payment in advance required. \$50 for first visit; \$40 for subsequent visits.

Performed by Carole Melkonian, RN / Licensed Acupuncturist. **Note: Fee for cancellations is 50%.**

## LOW VISION SUPPORT AND DISCUSSION GROUP

*Next mtg Tues, Dec 19th, 11am at the Golden Touch.*

The Low Vision Support and Discussion Group, sponsored by Neighborhood House Senior Center, meets quarterly and provides an opportunity to share experiences and exchange information on how to adjust the routine and challenges of everyday life with reduced vision.

## STABILITY BALL & YOGA

Tuesday, 9:10 AM — 10:10 PM

Thursdays, 9:10 AM—10:10 AM

Fee: \$3.00

These exercises are designed to improve balance and core body strength.

## YOGA

Friday, 10:00 AM-11:30 AM

Fee \$3.00/session

## RHYTHMIC EXERCISE

Tuesday, 10:15—11:15 AM

Thursday, 10:15—11:15 AM

Fee: \$3.00/session



## CONVERSATION CIRCLE

Tuesdays, 11:30 AM - 12:30 PM

## HEALTH BENEFITS COUNSELING (SHIBA)

First and Third Thursday. By appointment.

## MEDICATION MANAGEMENT

Call (503) 244-5204 for information about medication management support.

## FREE SEWING SERVICES

**Need a button sewn on or other light mending? Mary W. will be here with her sewing machine on Tuesdays from 12:30 to 2:00 to assist you with minor clothing repairs.**



# Announcements

## OES Choir Performance

We are once again fortunate to have students from Oregon Episcopal School perform for us this year. Join us in the Senior Center Lobby for this special treat. On Thursday, December 15th at 11am.

## NH Senior Center Closures

The Senior Center will be closed all day for the holidays on the following days:

November 11th, Friday

November 24th & 25th

Thursday and Friday

## NHSC BOOK SALE

Book lovers! Don't miss this perfect opportunity to find a perfect gift for friends and family. Our book sale has something for everyone. Join us on Friday, December 2nd from 9am to 3pm. Find great fiction and non-fiction, including Children's books, novels, "how to" books, CDs, tapes, Videos and more...



## Decorate a Gingerbread House

Here's your chance to decorate a beautiful Gingerbread House that will last through the holidays. We supply the materials including a blank Gingerbread house made of pressed board, white Royal icing, and lots of candy to decorate with.

Join Us

Friday, Dec 9th

1pm to 2:30pm

Suggested donation of \$2.00 for materials.



## Holiday Swag Pick Up

If you preordered a Holiday swag last month, the holiday swags will be available for pick up on Tuesday, December 6th.

Thanks again for supporting the Senior Center by purchasing these beautiful handcrafted swags.



## NHSC Book Club Meeting



Join us for our next Book Club meeting

**Monday, December 19th  
at 2:30pm**

**Our next book is "The Immortal Life of Henrietta Lacks" by Rebeca Skloot**

# December Trips

Payment is required at registration for trips with a cost. You can secure your spot by coming to the

**NHSC on or after the registration date.**

**REGISTRATION BEGINS November 23rd**

*Be sure to come in person to register.  
Call (503) 244-5204 for trip information.*

**Millenium Concert**

**Sunday, December 18<sup>th</sup> 6pm to 9pm**

**Cost: \$3.00**

**Washington Square Shop & Stroll**

**Monday, December 5<sup>th</sup>, 1:30pm to 3:30pm**

**Cost: FREE**

**Breakfast of the Month @ Shari's Restaurant**

**Wednesday, December 14<sup>th</sup>, 9am to 11am**

**Cost: \$2.00**

**Holiday Concert @ Old Church**

**Wednesday, December 14<sup>th</sup>, 12:30am to 1:30pm**

**Cost: \$2.50**

**Holiday Lights Tour & Christmas Ships**

**Monday, December 19<sup>th</sup>, 6pm to 9pm**

**Cost: \$3.50**

**Lunch of the Month @ Ernestos**

**Tuesday, December 20<sup>th</sup>, 1pm to 2:30pm**

**Cost: \$2.50**

For more information about our holiday trips, see our posted transportation schedule in the Senior Center lobby or ask for a copy at the Senior Center office. Our posted schedule includes detailed descriptions of all of our trips.

## FREE RIDE ABOUT SHUTTLE

Every Monday, Wednesday, and Friday we offer a free Ride About Shuttle service in the neighborhood to shopping, Senior Center activities, exercise classes, and lunch at Loaves & Fishes.

Call Debbie West at  
(503) 729-8783 to sign up today!



## Rider's Club Adventures

Join us on our next adventures to:

**Festival of Trees**

**Friday, Dec 2nd (Meet at 9:30am)**

**And**

**Portland Center for the Performing Arts**

**Monday, Dec 12th (Meet at 10:30am)**

Trimet bus tickets for all Rider's Club trips are free, and escorted by our Ride Ambassador who is trained to assist you.

Call (503) 244-5204 to sign up. Next meeting: Tuesday, Dec 6th at 10:30am.

*In case of inclement weather, be sure to check on Senior Center closures by calling (503) 244-5204 after 8am. A two-hour delay means we open at 11am and all activities and transportation prior to 11am will be cancelled. If we are closed all activities and transportation will be cancelled.*

*Free Spirit Mountain Casino Trip*

*Tuesday, December 13th*

*8:45 to 5pm*

*Call us to register December 1st*

# December Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p><b>LEGEND</b></p> <p>*SSI</p> <p>+Parks and Rec</p> <p>#PCC</p> </div>		<b>1</b> 9:10 Stability Ball 10:00 Current Events* 10:15 Rhythmic Ex. 10:30 Views <b>12:00 SHIBA</b> 12:15 Social Bridge	<b>2</b> 9:00 Acryl Paint# 9:00 SSI Mtg-B 10:00 Yoga 12:15 Dup Bridge 12:45 Clay Class  <b>BOOK SALE</b>
<b>5</b> 9:00 Meditation 9:00 Computer+ 10:15 QiGong 11:00 Excel+ 11:15 Acupuncture 12:15 Bridge 12:15 Bunco	<b>6</b> 9:10 Stability Ball 10:15 Rhythmic E 11:30 Conversation Cir 12:30 Free Mending 12:30 Crafting 1:00 Woodcarving	<b>7</b> 10:00 Cribbage 10:00 Golden Age 12:15 Pinochle 12:30 Play Reading*	<b>8</b> 9:10 Stability Ball 10:00 Current Events* 10:15 Rhythmic Ex. 10:30 Views 12:15 Social Bridge	<b>9</b> 9:00 AcrylPaint# 9:00 SSI Mtg-C 10:00 Yoga 12:15 Dup Bridge 12:45 Clay Class 1.00 Gingerbread House Party
<b>12</b> 9:00 Meditation 9:00 Computer+ 10:15 QiGong 11:00 Excel+ 11:15 Acupuncture 12:15 Bridge 12:15 Bunco	<b>13</b> <b>9:00 Sr Law Project</b> 9:10 Stability Ball 10:15 Rhythmic Ex <b>10:30 Blood Pressure</b> 11:30 Conversation Cir 12:30 Free Mending 1:00 Woodcarving	<b>14</b> <b>9:00 Foot Clinic</b> 10:00 Cribbage 10:00 Golden Age 12:15 Pinochle 12:30 Play Reading*	<b>15</b> 9:10 Stability Ball 10:00 CurrentEvnts* 10:15 Rhythmic Ex. 10:30 Views <b>12:00 SHIBA</b> 12:15 Social Bridge	<b>16</b> 9:00 AcrylPaint# 10:00 Yoga 12:15 Dup Bridge 12:45 Clay Class
<b>19</b> 9:00 Meditation 10:15 QiGong 11:15 Acupuncture 12:15 Bridge 12:15 Bunco 2:30 Book Club	<b>20</b> 9:10 No Exercise 10:15 No Exercise 11:30 Conversation Cir 12:30 Free Mending 12:30 Crafting 1:00 Woodcarving	<b>21</b> 10:00 Cribbage 10:00 Golden Age 12:15 Pinochle 12:30 Play Reading*	<b>22</b> 9:10 No Exercise 10:00 CurrentEvnts* 10:15 No Exercise 10:30 Views 12:15 Social Bridge	<b>23</b>   <b>CLOSED</b>  <b>WINTER</b>  <b>HOLIDAY</b>
<b>26</b>   <b>CLOSED</b>  <b>WINTER</b>  <b>HOLIDAY</b>	<b>27</b> <b>9:00 Sr Law Project</b> 9:10 No Exercise 10:15 No Exercise 12:30 Free Mending 12:30 Crafting 1:00 No Woodcarving	<b>28</b> 10:00 Cribbage 10:00 Golden Age 12:15 Pinochle 12:30 Play Reading*	<b>29</b>   <b>CLOSED</b>  <b>WINTER</b>  <b>HOLIDAY</b>	<b>30</b>   <b>CLOSED</b>  <b>WINTER</b>  <b>HOLIDAY</b>