



neighborhood house senior center

March 2022

A New Beginning!

We are excited to begin a gradual reopening of the Senior Center on Tuesday, March 1.

Initially, there will be protocols to keep everyone healthy and safe:

- * Masks must be properly worn at all times while in the Senior Center.
- * Proof of vaccination must be provided (a record will be kept so this is only necessary the first time you visit).



There will be no refreshments served until it is determined safe for the masking requirement to be lifted.

Below you will find information about the classes and activities that will begin in March. More will be added in the weeks ahead!

Please contact me via email at cvaughn@nhpdx.org or phone at 503-244-5204 ext. 2 if you have questions or need assistance/additional information.

Hope to see you soon!

Carol Vaughn, Senior Center/Senior Services Program Manager



March Classes and Activities

Senior Center Hours:
Monday through Friday
9:00am - 3:30pm
Phone: 503-244-5304

Please note that the in-person exercise classes listed below will also be shown online via Zoom, for those who wish to continue participating from home. The Zoom links can be found [here](#).

Mondays

* Social Bridge - 12:15pm (reservations required, call Senior Center for info)

Tuesdays

* Stability Ball Exercise w/Peggy Frieze - 9:15-10:15am (in-person & on Zoom)

* Rhythmic Chair Exercise w/Peggy Frieze - 10:15-11:15am (in-person & on Zoom)

* Mending Services - 12:30pm

* Intermediate Tai Chi w/Catherine Holder - 1:00-2:00pm (in-person & on Zoom)

No class Tuesday, March 22

* Tai Chi for Better Balance w/Catherine Holder - 2:00-3:00pm (in-person & on Zoom) **No class Tuesday, March 22**

Wednesdays

* River West Village Women's Group - 10am-noon

Thursdays

* Stability Ball Exercise w/Peggy Frieze - 9:15-10:15am (in-person & on Zoom)

* Rhythmic Chair Exercise w/Peggy Frieze - 10:15-11:15am (in-person & on Zoom)

* Intermediate Tai Chi w/Jim Dalton - 1:00-2:00pm (in-person & on Zoom)

* Tai Chi for Better Balance w/Jim Dalton - 2:00-3:00pm (in-person & on Zoom)

Fridays

* Duplicate Bridge - 12:15pm (Beginning Friday, March 18 - reservations required, call Senior Center for info)

Senior Center Resale Shop - Open Tuesday through Thursday, 10am-1pm.
Come check out the "Reopening Sale"!

The 16th Annual SW HOPE Community Food Drive Has Begun!

SW HOPE was established in 2007 by local faith communities to support the Neighborhood House Food Pantry,



which relies on the generosity of the community to run at full capacity. Faith communities play an essential role in the campaign, with churches like St. Andrew's Presbyterian and Missio Church planning and executing many of SW HOPE's largest events (a full list of partners can be found [here](#)). Neighborhood House aims to raise \$70,000 (or the 280,000 lb food equivalent) for the pantry.

This 6-week campaign features family-friendly community events and fundraisers. For the first time this year, Oregon Episcopal School will host the annual SW HOPE 5K, the largest event of the campaign.

Grab your friends and family and join us for a SW HOPE event!:

Live Music at First Friday

Friday, March 4 – 4:30-6:30pm outside Neighborhood House (7780 SW Capitol Hwy)

Join us and participate in the kickoff week of SW HOPE. Live music provided by Any Dog's Day, Food Pantry Manager Jim Cooper's band!

Bring a food or cash/online donation and be entered to win an awesome raffle prize including: a 500-piece puzzle and a \$10 gift certificate from Peachtree Gifts; tea from Aesthete Tea; a \$25 gift certificate to Annie Bloom's Bookstore; and a \$50 gift certificate to Baker & Spice!

Dine out to Donate Nights

Tuesday, March 1 – Yalla

Monday, March 7 – Mediterranean Exploration Company

Monday, March 14 – Lil' Shalom

Wednesday, March 23 – Salvador Molly's

Monday, March 28 – Shalom Y'all

10% of all proceeds on these dates go towards SW HOPE!

Empty Bowls

Friday, April 1 – 5-7pm outside Neighborhood House (7780 SW Capitol Hwy)

Support SW HOPE and purchase a beautiful, hand-crafted bowl and delicious donated soup from local restaurants. Soup and bowl purchases can be made online. First come, first served!

SW Hills Kiwanis Food & Cash Drive

Saturday, April 2 – 10am-2pm outside the Neighborhood House Food Pantry (3445 SW Moss St)

SW HOPE 5K Run & Walk

Saturday, April 9 – 10am-12pm at Oregon Episcopal School (+virtual option)

[Register here!](#)

Donate to SW Hope

COVID-19 Home Test Kits Available

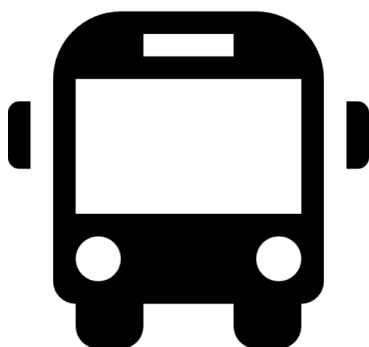
Multnomah County has provided the Senior Center with a supply of COVID-19 Antigen Rapid Tests. These are available at no cost and can be picked up at the Senior Center or delivery can be arranged. Please call the Senior Center (503-244-5204) if you need more information. (Note: These tests should be used by 7/6/22.)

Senior Center Survey

If you haven't had a chance to take the survey - there is still time! The responses help us plan for future activities and classes at the center. "Thank you!" to those of you who have responded. More than 65 responses have been received! Here is a link to the survey: [Senior Center Survey](#)



If you or someone you know needs a paper copy of the survey, please call the Senior Center at 503-244-5204.



Take our free shopping shuttle

Are you a senior 60+ or person with a disability in the Southwest Portland area interested in joining our weekly shopping shuttle? Call Ride Connection four business days in advance at 503-226-0700 for a free ride with door-to-door service.

Here are our trips in March:

March 1: Burlingame Fred Meyer or Safeway

March 2: Raleigh Hills Fred Meyer or New Seasons

March 8: Tigard Fred Meyer, Walmart, Costco or WinCo

March 15: Beaverton Fred Meyer or Beaverton Trader Joe's

March 22: Tigard Fred Meyer, Walmart, Costco or WinCo

March 29: Ace Hardware or Garden Home Trader Joe's

Recreational Trip

To reserve space - call Ride Connection four business days in advance - 503-226-0700.

**Oregon Jewish
Museum, along with
Angen, Blue Sky &
Froelick Art
Galleries**

The logo consists of a dark blue rectangular background. On the left, the word "OREGON" is written in large, white, all-caps, sans-serif font. To its right, the words "JEWISH MUSEUM AND" are stacked above "CENTER FOR HOLOCAUST EDUCATION", both in smaller, white, all-caps, sans-serif font.

Wednesday, March 16

When: Bus leaves Senior Center 10:30 a.m.; returns 2:30 p.m.

Please note: Proof of COVID-19 vaccination is required to enter Oregon Jewish Museum and Blue Sky Gallery.

Admission:

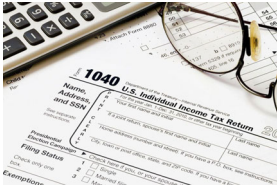
Oregon Jewish Museum: \$8 general, \$5 seniors 62 and older

Augen, Blue Sky, and Froelick Galleries: free

We'll start the day with a docent-guided tour of the Oregon Jewish Museum's newest exhibition, To Bear Witness – Extraordinary Lives. The collection features photographs, profiles, and short films that capture the stories of individuals who left their homelands for safe haven in Oregon. Next, enjoy the adjacent Augen, Blue Sky, and Froelick Galleries at your own pace.

Prescription and Food Box Deliveries

We can pick up and deliver prescriptions and also deliver food boxes from our Food Pantry. To schedule these services, call our transportation coordinator, Marie Haviland, at 503-246-1663, ext. 6103.



AARP Tax-Aide

Help with preparation of 2021 tax returns is available and will be done remotely. Call the Senior Center at 503-244-5204 and we will provide you with information on where to pick up a packet in Multnomah Village.

When you pick up the packet, you will schedule an appointment to have your documents scanned for remote tax preparation.



Virtual classes on Zoom

All seniors in our area are welcome to join our free online Zoom classes, found [here](#). Come join us! (Please note when classes do not occur, due to the holidays/teacher availability.)

9-10:15 a.m. Mondays: Meditation with Carole Melkonian (No class Monday, March 21)

10:15-11 a.m. Mondays: Qi Gong with Carole Melkonian (No class Monday, March 21)

9:15-10:15 a.m. Tuesdays and Thursdays: Stability Ball with Peggy Frieze

10:15-11:15 a.m. Tuesdays and Thursdays: Rhythmic Chair Exercise with Peggy Frieze

1-2 p.m. Tuesdays: Intermediate Tai Chi with Catherine Holder (No class Tuesday, March 22)

2-3 p.m. Tuesdays: Tai Chi for Better Balance with Catherine Holder (No class Tuesday, March 22)

3-4:30 p.m. Tuesdays: Buddhist Meditation and Study with Candle Summers

1-2 p.m. Thursdays: Intermediate Tai Chi with Jim Dalton

2-3 p.m. Thursdays: Tai Chi for Better Balance with Jim Dalton

10-11:30 a.m. Fridays: Yoga with Peggy Frieze

12:30-1 p.m. Fridays: Functional Movement/Chair Exercises with Carrie Craven (this class is on hold until further notice - call Senior Center for updates)

Outdoor Line Dance Class

Outdoor Line Dancing continues and this group is having so much fun! All ages and



abilities are welcome, so please feel free to join.

Mondays/Wednesdays/Fridays 2-3pm

Multnomah Arts Center

Covered Outdoor Basketball Court

Come join the fun!



Foot Care

The next Foot Care Clinic will be on **Wed., March, 9**. To schedule a 20-min appointment with a registered nurse, call 503-244-5204. Appointments are \$40, payable by check or cash directly to the nurse. Masks are required. Please cancel if you are not feeling well, have tested positive for or suspect you have been exposed to COVID-19.

Need a book to read?

Come find one at the Senior Center Lending Library. A big "Thank you!" goes out to our friends at Annie Bloom's Books in Multnomah Village. They frequently donate books to the Senior Center and we really appreciate their support.



As always, the Senior Center and our programs appreciate your support!

Donate to NHSC



Capitol Highway, Portland, OR 97219 | 503-244-5204

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