



NEIGHBORLY NEWS

A Publication of Neighborhood House Senior Center and Transportation Services

503-244-5204; nhpdx.org; agingnews@nhpdx.org; facebook.com/nhpdx

August 2022

HOW TO REACH US

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Senior Center

Hours:

9 a.m.-3:30 p.m.

Monday-Friday

7688 S.W. Capitol

Highway,

Portland 97219

Membership:

\$25 annually for

seniors 55+



It's hard to believe that it is August and the summer is almost over. The recent hot weather has been challenging and dangerous. Please call the Senior Center if you need help dealing with the heat, so we can direct you to resources. The Senior Center is a good place to cool off, and we have added cold water and lemonade to the beverages we serve in our kitchen.

Our Resale Shop is open Monday through Friday, the puzzle table always has a puzzle in progress that would love some attention and we have lots of books for you to borrow!

If you are looking for group activities, check out all that is offered on Page 2 of this newsletter. Note that Peggy Frieze is starting a new class in August that is described on Page 3. And Marie has planned some fun trips for August, see Page 4 for details.

We are always interested in new ideas for classes and activities, so please let us know if you have any suggestions.

Hope to see you soon!

Programs and Services

BINGO!

10-11am Wednesdays-Senior Center Lobby.

BUDDHIST MEDITATION AND STUDY

9-10:15am Mondays. Free. Led by Carole Melkonian (In-person and on ZOOM) (No classes Aug. 1, 8 & 15)

3:00-4:30pm Tuesdays. Free. Led by Candle Summers (ZOOM only)

COMPUTER LAB

Computers & Reading Magnifier are available for use during open hours of the Senior Center, 9am to 3:30pm M-F Free. WiFi.

CRAFT GROUP/ADULT COLORING - DROP-IN

11:15am-12:15pm Tuesdays. Bring a project or come learn a new craft. Adult coloring also available. Free. (This group is not meeting in August)

DUPLICATE BRIDGE

11:45am-3:30pm Fridays. A partner is needed. Call Bill Moore 503-438-5353 in advance to reserve your place Cost: \$3

EVERYDAY ENGLISH FOR SECOND LANGUAGE LEARNERS

Learn English with speakers of other languages. 10 a.m. Thursdays inside the Senior Center. Led by retired English teacher Grace McLaughlin. Free.

NEW! - FABULOUS & FIT - IN PERSON AND ON ZOOM

9:30-10:00am Tues and Thurs. Led by Peggy Frieze.

FOOT CLINIC 2nd Friday of every month
Twenty-minute appointments with skilled foot-care nurse. Cost: \$40 payable to the nurse. By appointment. Call 503-244-5204.



LIFE STORIES

Write the story of your amazing life. Remember people, places, events and lessons learned. We will talk and write to share the wisdom gained from our long and eventful lives. 11:30 a.m. Thursdays in the Senior Center. Led by Grace McLaughlin. Free.

LINE DANCE - OUTDOOR AT MAC BBALL COURT

Open and fun for all ages and abilities. 2-3pm Mondays, Wednesdays and Fridays. Led by Barbara Hansen. Free; donations accepted.

MENDING AND JEWELRY REPAIR

12:30 pm Tuesdays in the Senior Center by Mary Wawrukiewicz. Free; donations accepted.

MAH JONGG (American style)

1:00-3:00pm Tuesdays and Thursdays. Some experience preferred. Call Marianne 503-504-6789 or Diana 503-928-1301 for more information.

QI GONG CLASSES - IN-PERSON AND ON ZOOM

10:15-11am Mondays. Free. Led by Carole Melkonian.

(No classes Aug. 1, 8 & 15)

RHYTHMIC CHAIR EXERCISE - IN PERSON AND ON ZOOM

10:15-11:15am. Tues and Thurs. Led by Peggy Frieze.

NEW! - RIVER WEST VILLAGE ART CLUB

1:30-3pm, third Friday of the month. For more information, call Nancy Brown 503-369-2323.

RIVER WEST VILLAGE WOMEN'S COFFEE

10 a.m. Wednesdays. Do you want to learn more about River West Village? Come visit the women's coffee group.

SENIOR HEALTH INSURANCE BENEFITS COUNSELING (SHIBA)

Trained volunteer counselors answer Medicare and Senior Health Insurance questions in private hour long sessions. Free. Call ADRC at 503-988-3646 to schedule an appointment.

SENIOR LAW PROJECT

This service is available if either you or your spouse is 60+ years of age and is a Multnomah County resident. The initial 30-minute consultation is free, regardless of income. Further assistance may be available for those meeting income guidelines. Local attorneys donate their time for this valuable service. Call Friendly House at 503-224-2640 for an appointment.

SOCIAL BRIDGE

12:15pm Mondays. Call in advance to reserve your spot. Karen Blomquist: 503-228-1599. Cost: \$3

TAI CHI, INTERMEDIATE - IN PERSON AND ON ZOOM

1-2pm Tuesdays and Thursdays.

Led by Catherine Holder (Tuesdays) and Jim Dalton (Thursdays).

TAI CHI for Better Balance - IN PERSON AND ON ZOOM

2-3pm Tuesdays and Thursdays.

Led by Catherine Holder (Tuesdays) and Jim Dalton (Thursdays).

Open for all levels.

YOGA - IN PERSON AND ON ZOOM

9:30-11:00am Fridays. Led by Peggy Frieze.

LINKS FOR ZOOM CLASSES CAN BE FOUND ON THE NEIGHBORHOOD HOUSE WEBSITE -

<https://nhpdx.org/senior-class-schedule/>

Programs and Services

Fabulous & Fit!

Come check out a new fitness class with Peggy Frieze!

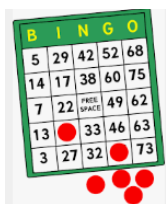
When? Tuesdays and Thursdays, 9:30-10:00am

Where? In person at the Senior Center and also remote on Zoom

What is it? This is a class for all abilities – focusing on arm and breathing exercises and the proper use of light weights. The exercises can be done while seated.



This class is a good warm-up for the Rhythmic Exercise class that follows at 10:15!



Let's Play Bingo!

Stop by the Senior Center from 10-11am
on Wednesdays for a lively game of bingo!

River West Village Art Club

Meets 3rd Friday of each month, 1:30-3pm

This group gets together to talk about art, share resource ideas and spend time working on simple projects; mostly drawings or things that aren't too messy. Bring projects you are working on to share and get feedback from fellow artists.

Call Nancy Brown for more info: 503-369-2323



Senior Center Resale Shop

Monday: Noon-1:30pm

Tuesday thru Friday: 10:00am-1pm

The Resale Shop welcomes your donated items.

Senior Center Membership

We encourage everyone to renew their Senior Center Memberships. The annual membership fee is \$25 per person. Membership is not being required to participate in classes and activities. Watch for adjustments to this in the coming months.

Registration is open to all individuals 55 years of age and older, and is required for participation in all activities and classes sponsored by the Senior Center. Registration is not required for trips or services. We also request that everyone complete a new Registration Form, to insure that all of the center's information is up-to-date. Forms are available at the Senior Center.

August Trips

Please enjoy our trips at no cost to you except for the price of admission, if there is one. **Call Ride Connection at 503-226-0700 to register: call 4 business days in advance and no more than 2 weeks in advance.** You do not need to come in person to sign up for the trips. The bus also may be able to pick you up at home in the morning with a drop-off at home in the afternoon **OR** meet at the Senior Center; just specify if you would like to be picked up at home. Come join us!

Wednesday, Aug. 10

Shemanski Park Farmers Mkt

When: Bus leaves the Senior Center at 9:45am; returns at 1:30pm.



Cost: Bring money for lunch and shopping. Receive free matching tokens with a SNAP card or Senior Farm Direct Nutrition Program voucher. Founded in 1998, this gem of a market features over 30 vendor stalls filled with farm-fresh and locally-made food under a lush green canopy of trees.

Thursday, Aug. 18

Opera a la Cart at Pioneer Courthouse Square



When: Bus leaves the Senior Center at 11:15am; returns at 1:45pm.

Admission: Free
Optional: Bring \$-\$ for lunch at food carts on site. Inspired by Portland's food cart culture, Opera a la Cart brings live opera performance directly into Pioneer Courthouse Square. Designed and built by architecture students at Portland State University, the cart features a fold-out stage and a "menu" of operatic specials of the day to be sung by local artists.

popular year round destinations. Visitors delight in dozens of specialty shops, art galleries, antique stores, sweet treats, and restaurants that surround the downtown streets.

There are two beach trips. If you attend the first trip, please give priority on the second to those who have not yet attended.



Monday, Aug. 15

Tryon Creek State Natural Area & Lunch at Piknik Park Food Cart Pod

When: Bus leaves Senior Center 9:30 am, returns 2:30 pm

Cost: Free, but tour donations are appreciated. Bring \$-\$ for lunch. Explore Tryon Creek State Natural Area on a guided tour by zoologist and educational biologist Aaron Campbell. Learn about native birds, insects, and plants, as well as invasive species, and have your outdoor and nature questions answered! Afterwards, we'll have lunch at Piknik Park, featuring international cuisine from Peru, Korea, China, and more!



Wednesday, Aug. 24 and

Monday, Aug. 29

Seaside Beach

When: Bus leaves the Senior Center at 8:30am; returns at 4:15pm.

Cost: Bring \$-\$ for lunch, or bring a sack lunch. Oregon's first seashore resort remains one of the coast's most

Wednesday, Aug. 31

Koll Center Wetlands Park

When: Bus leaves the Senior Center at 9:15am; returns at 2:30pm.

Admission: Free. Bring \$-\$ for lunch.

We're off to the Koll Center Wetland in Greenway Park! There you might spot nesting turtles, a family of river otters, green herons, or various species of swallows feeding over the wetlands. Afterwards, we'll stop by Food Carts at the Square for lunch.

August Shopping Schedule

Call Ride Connection at 503-226-0700 to request rides. Riders living in Zip codes 97219 and 97221 will go shopping in the a.m., and riders in Zip codes 97239, 97205 and 97201 will shop in the afternoon. **Note:** Rides must be scheduled at least 4 business days in advance and no more than 2 weeks in advance.

8/2 Raleigh Hills Fred Meyer*, Dollar Tree or New Seasons

8/8 Tigard Fred Meyer, Walmart, Costco or Winco

8/9 Ace Hardware* or Garden Home Trader Joe's

8/16 Raleigh Hills Fred Meyer, Dollar Tree or New Seasons*

8/22 Safeway or Burlingame Fred Meyer

8/23 Value Village*

8/30 Tigard Fred Meyer, Walmart, Costco, or Winco

*Senior discount days

Need help with your computer or smart phone?



The Senior Center has a volunteer who would love to help!
Call Carol at 503-765-8820 for more
information and
to schedule an appointment.



Need a Handyman?

We have a volunteer who might be able to help.
Call Carol (503-765-8820) for more information.

Save the Date—Saturday, August 20th
It's almost time for Multnomah Days!
Come to Multnomah Village for shopping, food & entertainment!

PRESENTED
BY:

Erin
Primmose
Local
Real Estate Group

b
360 Real Estate Law Group P.C.

Multnomah Village



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KIDS ZONE *

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Meyer Appraisals | Riversgate Church | B. Benner & S. Stoudek (Bridge to Portland)

MULTNOMAHVILLAGE.ORG/EVENTS

August 2022 Senior Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 12:15 Bridge ♯ 2:00 Line Dancing♯	2 9:30 Fabulous & Fit ■ 10:15 Rhythmic Ex. ■ 12:30 Mending 1:00 Mah Jongg♯ 1:00 Int. Tai Chi ■ 2:00 Tai Chi/Balance ■ 3:00 Buddhist Study ♦	3 10:00 RWV Women's Coffee 10:00 Bingo 2:00 Line Dancing♯	4 9:30 Fabulous & Fit ■ 10:00 ESL class 10:15 Rhythmic Ex ■ 11:30 Life Stories 1:00 Mah Jongg♯ 1:00 Int. Tai Chi ■ 2:00 Tai Chi/Balance ■	5 9:30 Yoga ■ 11:45 Duplicate Bridge♯ 2:00 Line Dancing♯
8 12:15 Bridge ♯ 2:00 Line Dancing♯	9 9:30 Fabulous & Fit ■ 10:15 Rhythmic Ex. ■ 12:30 Mending 1:00 Mah Jongg♯ 1:00 Int. Tai Chi ■ 2:00 Tai Chi/Balance ■ 3:00 Buddhist Study ♦	10 9:45 Shamanski Park Farmers Mkt Rec Trip♯ 10:00 RWV Women's Coffee 10:00 Bingo 2:00 Line Dancing♯	11 9:30 Fabulous & Fit ■ 10:00 ESL class 10:15 Rhythmic Ex.■ 11:30 Life Stories 1:00 Mah Jongg♯ 1:00 Int. Tai Chi ■ 2:00 Tai Chi/Balance ■	12 9:00 Foot Clinic ♯ 9:30 Yoga ■ 11:45 Duplicate Bridge♯ 2:00 Line Dancing♯
15 9:30 Tryon Creek State Natural Area Rec Trip♯ 12:15 Bridge ♯ 2:00 Line Dancing♯	16 9:30 Fabulous & Fit ■ 10:15 Rhythmic Ex.■ 12:30 Mending 1:00 Mah Jongg♯ 3:00 Buddhist Study♦	17 10:00 RWV Women's Coffee 10:00 Bingo 2:00 Line Dancing♯	18 9:30 Fabulous & Fit ■ 10:00 ESL class 10:15 Rhythmic Ex ■ 11:15 Opera a la Cart Rec Trip♯ 11:30 Life Stories 1:00 Mah Jongg♯ 1:00 Int. Tai Chi ■ 2:00 Tai Chi/Balance ■	19 9:00 Foot Clinic (added due to cancellation on 7/27)♯ 9:30 Yoga ■ 11:45 Duplicate Bridge♯ 1:30 RWV Art Club 2:00 Line Dancing♯
22 9:00 Meditation ■ 10:15 Qi Gong ■ 12:15 Bridge ♯ 2:00 Line Dancing♯	23 9:30 Fabulous & Fit ■ 10:15 Rhythmic Ex. ■ 12:30 Mending 1:00 Mah Jongg♯ 1:00 Int. Tai Chi ■ 2:00 Tai Chi/Balance ■ 3:00 Buddhist Study♦	24 8:30 Seaside Rec Trip♯ 10:00 RWV Women's Coffee 10:00 Bingo 2:00 Line Dancing♯	25 9:30 Fabulous & Fit ■ 10:00 ESL class 10:15 Rhythmic Ex ■ 11:30 Life Stories 1:00 Mah Jongg♯ 1:00 Int. Tai Chi ■ 2:00 Tai Chi/Balance ■	26 9:30 Yoga ■ 11:45 Duplicate Bridge♯ 2:00 Line Dancing♯
29 8:30 Seaside Rec Trip♯ 9:00 Meditation ■ 10:15 Qi Gong ■ 12:15 Bridge ♯ 2:00 Line Dancing♯	30 9:30 Fabulous & Fit ■ 10:15 Rhythmic Ex. ■ 12:30 Mending 1:00 Mah Jongg♯ 1:00 Int. Tai Chi ■ 2:00 Tai Chi/Balance ■ 3:00 Buddhist Study♦	31 9:15 Koll Center Wetlands Rec Trip♯ 10:00 RWV Women's Coffee 10:00 Bingo 2:00 Line Dancing♯	<div style="border: 1px solid black; padding: 5px;"> LEGEND ♦ Zoom only ■ In-person and Zoom ♯ Outside at Multnomah Arts Center Basketball Court ♯ Preregistration required </div>	