



NEIGHBORLY NEWS

A Publication of Neighborhood House Senior Center and Transportation Services
503-244-5204; nhpd.org; agingnews@nhpd.org; facebook.com/nhpd November 2022

HOW TO REACH US

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**Senior Center
Hours:**
9 a.m.-3:30 p.m.
Monday-Friday

Address:
7688 S.W. Capitol
Highway,
Portland 97219

Membership:
\$25 annually for
seniors 55+



As we enter the month of Thanksgiving, we at the Senior Center are so grateful for you, our neighbors and community. Whether you visit the Center, participate on Zoom, use our transportation services or simply read this newsletter-you are part of the fabric that makes up the Senior Center. Thank you!

Senior Center Membership

We encourage everyone to renew their Senior Center Memberships. The annual membership fee is \$25 per person. At this time, payment is not being required to participate in classes and activities, but the support is appreciated.

Individuals 55 years of age and older are welcome to participate in all activities and classes sponsored by the Senior Center. We do ask that you complete a registration form in advance. Updated registration forms are available at the Senior Center Information Desk. Senior Center registration is not required for trips or services.

Please note: The Senior Center will be closed on November 24 and 25 for the Thanksgiving holiday.

Programs and Services

BINGO!

10-11am Wednesdays-Senior Center Lobby.

BLOOD PRESSURE SCREENINGS

12:30-1:30pm on the third Thursday of the month in the Senior Center Lobby. Provided by volunteer nurses. Free.

BUDDHIST MEDITATION AND STUDY

9-10:15am Mondays. Free. Led by Carole Melkonian (In-person and on ZOOM) (No class 11/21 and 11/28)
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. (Not meeting 11/15)

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.

FABULOUS & FIT - IN PERSON AND ON ZOOM

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

FOOT CARE CLINIC

Twenty-minute appointments with skilled foot-care nurse. Cost: \$40 payable to the nurse. By appointment. Call 503-244-5204.
(Date this month—Monday, Nov. 14.)



HANDYMAN ASSISTANCE Call Carol (503-765-8820) to discuss the project and see if assistance is available.

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

12:30-2:00pm 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 on 11/21 and 11/28)

RHYTHMIC CHAIR EXERCISE - IN PERSON AND ON ZOOM

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

RIVER WEST VILLAGE ART CLUB

1:30-3pm, third Friday of the month.

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. **Medicare Open Enrollment is Oct. 15-Dec. 7. Call ADRC at 503-988-3646 and press option 3 to schedule a SHIBA appointment with a certified SHIBA counselor.**

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

TAI CHI for Better Balance - IN PERSON AND ON ZOOM

2-3pm Tuesdays and Thursdays. Free.
Led by Catherine Holder (Tuesdays) and Jim Dalton (Thursdays). Open for all levels.

TECH ASSISTANCE (Computers & cell phones) - to schedule an appointment, call Carol (503-765-8820).

YOGA - IN PERSON AND ON ZOOM

9:30-11:00am Fridays. Free. 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



Scam and Fraud Prevention
Wednesday, Nov. 16
1-2pm at the Senior Center

Many of us have experienced receiving suspicious emails, computer alerts and phone calls. Please attend this presentation to learn how to deal with these problems.

Stacey Hurst from Multnomah County will provide helpful information about avoiding scams and fraudulent activity on your computer and phone. She will also provide information about the services provided by Multnomah County's Aging, Disability & Veterans Services/Adult Protective Services.

New! Join the Friday Brunch Bunch!

Come to the Senior Center at 10:30am on Fridays and join the **Friday Brunch Bunch!**

Along with the usual coffee, tea and pastries – juice, fresh fruit and other tasty treats will be available. Come by for a late breakfast or early lunch – visit with old friends and make new ones! Hope to see you there!



A Taste of Mindfulness **(Rescheduled from September)**

Mindfulness meditation has been around since ancient times and has many proven benefits including stress reduction, increased happiness, increased concentration, improved immune system function and even slowing the effects of aging.

Join Kerry Goldring for four 60-minute classes to get a taste of the benefits, by learning to deepen your capacity to be fully present for all that arises and invite a greater sense of ease into your daily life.

Classes are free and will be both in-person and on Zoom. Here is the schedule:

1-2pm on the following Wednesdays: November 9, 16, 23, and 30.

Please call the Senior Center (503-244-5204) to register.

November 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, November 9

Cargo Emporium & Lunch in the Kerns Neighborhood

Bus leaves Neighborhood House Senior Center 10:30am, returns 3:15pm

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

First stop is lunch in the artsy Kerns neighborhood, where options include Screen Door, Soro Soro, Sammich PDX, Olé Olé, and Heart Coffee. Be sure to also check out the Pix-O-Matic, as seen in Forbes, Food & Wine, and Pastry Arts Magazine. The 24-hour contactless vending machine is stocked with Pix desserts, macarons, Conservas, and other random stuff to make you smile. Next up is Cargo Emporium, a Portland institution of international and local artisan goods, and one of the most vibrant makers' scenes in the city!



Thursday, November 10

Portland State University Noon Concert Series: "Girl Talk"

Bus leaves senior center 11:15am, returns 1:30pm

Admission: Free.

The Noon Concert Series is an opportunity to experience the sounds of the PSU School of Music & Theater. PSU Faculty members Chuck Dillard, piano, Sydney Carlson, flute, and Kelley Nassief, voice, present a program of music inspired by women's poetry.



Monday, November 14

Powell's City of Books & Lunch at Portland Food Hall

Bus leaves senior center 9:45 am, returns 3:15 pm

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

We'll spend the morning browsing Powell's Books, the legendary independent book store serving Portland since 1971. Afterwards, grab lunch at the Portland Food Hall, where diverse choices include Open Wide Deli, Mi Pueblito Magico, Kizuki Ramen & Iszakaya, and Bobablastic.



Thursday, November 17

Cooper Mountain Vineyards & Lunch at BG Food Cartel

Bus leaves senior center 10:15 am, returns 3:30 pm

Cost: Wine tasting: \$25 per person. Tasting fee is waived upon each \$100 spent in wine. Bring \$-\$\$ for lunch.

First stop is lunch at BG Food Cartel, featuring cuisine from around the world, as well as American fare, coffee, and tea. Next up is an intimate and informative wine tasting experience at Cooper Mountain Vineyards. The vineyard grows organic and biodynamic grapes, which are made into sweet and savory balsamic vinegar as well as wine.



Wednesday, November 23
Shemanski Park Harvest Market



Bus leaves senior center 9:45 am, returns 1:00 pm

Admission: Free. Bring \$-\$\$ for lunch and shopping at market.

Celebrate the season at this one day only, pre-Thanksgiving Farmers Market. This special Harvest Market is the perfect time to stock up on the absolute freshest produce for your holiday table.

Wednesday, November 30
Oregon Jewish Museum and Center for Holocaust Education

Bus leaves senior center 9:15 am, returns 12:00 pm

Admission: \$5

Attend a docent-guided tour of OJMCHE's newest exhibit, *Die Plage*. The exhibition features 390 collaged images, music, and objects from German archives that depict the Weimar Republic through the Holocaust.



November 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.

- 11/1 Raleigh Hills Fred Meyer*, Dollar Tree or New Seasons
- 11/7 Tigard Fred Meyer, Walmart, Costco or Winco
- 11/8 Grocery Outlet* or Target
- 11/15 Value Village*, Dollar Tree or Joann Fabrics
- 11/16 Raleigh Hills Fred Meyer, Dollar Tree or New Seasons*
- 11/22 Ace Hardware* or Garden Home Trader Joe's
- 11/29 Tigard Fred Meyer, Walmart, Costco, or Winco

*Senior discount days

Free Blood Pressure Screenings



Volunteer nurses will provide free blood pressure screenings on the third Thursday of each month from 12:30-1:30pm, in the Senior Center Lobby. This is a free service and no appointment is necessary.

Crafting Opportunities in November

Jewelry Making Class – Wednesday, Nov. 9 1-3pm

Make a holiday bracelet for yourself or as a gift for someone.

Cost \$3.00

Instructor: KT Turner

Class limited to 6 participants

Pre-registration required. Call 503-244-5204 by Friday, Nov. 3 to register.

Drop-In Crafts & Coloring – Every Tuesday at 11:15am in the Senior Center Lobby.

Bring a project to work on, come learn a new craft or enjoy the calming activity of coloring. (Not meeting on Tuesday, Nov. 15.)

Let's Watch Another Movie!

When? Wednesday, Nov. 2 at 1pm

Where? Senior Center Lobby

What movie? *The Sound of Music* (1965 G) - a beloved classic starring Julie Andrews and Christopher Plummer.

There will be popcorn and other movie treats. Please join us!



Holiday Sale

In the Senior Center
At the Multnomah Art Center
in Multnomah Village
(at the back of the building)

Featuring

- Linda's Tea Cards
- Fairy homes & gardens
- Wire wrapped stones
- Lap Blankets & Throws
- Sterling silver jewelry
- One of a kind purses
- American Girl Doll Clothes
- Stained Glass Artwork
- Christmas ornaments
- Crocheted/Knitted Items


Thurs., Dec. 1st 9am-9pm

Fri., Dec. 2nd 9am-4pm

Sat., Dec. 3rd 9am-4pm

7688 SW Capitol Hwy
Portland OR 97219

November 2022 Senior Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 Fabulous & Fit ■ 10:15 Rhythmic Ex. ■ 11:15 Crafting/Coloring 12:30 Mending 1:00 Mah Jongg ♯ 1:00 Int. Tai Chi ■ 2:00 Tai Chi/Balance ■ 3:00 Buddhist Study◆	2 10:00 RWV Women's Coffee 10:00 Bingo 1:00 Movie—The Sound of Music 2:00 Line Dancing☼	3 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 ■	4 9:30 Yoga ■ 10:30 Brunch 11:45 Duplicate Bridge ♯ 2:00 Line Dancing☼
7 9:00 Meditation ■ 10:15 Qi Gong ■ 12:15 Bridge ♯ 2:00 Line Dancing☼	8 9:30 Fabulous & Fit ■ 10:15 Rhythmic Ex. ■ 11:15 Crafting/Coloring 12:30 Mending 1:00 Mah Jongg ♯ 1:00 Int. Tai Chi ■ 2:00 Tai Chi/Balance ■ 3:00 Buddhist Study ◆	9 10:00 RWV Women's Coffee 10:00 Bingo 10:30 Cargo Emporium Rec Trip ♯ 1:00 Mindfulness Class 1:00 Jewelry Class ♯ 2:00 Line Dancing☼	10 9:30 Fabulous & Fit ■ 10:00 ESL class 10:15 Rhythmic Ex. ■ 11:15 PSU Noon Concert Rec Trip ♯ 11:30 Life Stories 1:00 Mah Jongg ♯ 1:00 Int. Tai Chi ■ 2:00 Tai Chi/Balance ■	11 9:30 Yoga ■ 10:30 Brunch 11:45 Duplicate Bridge ♯ 2:00 Line Dancing☼
14 9:00 Foot Clinic ♯ 9:00 Meditation ■ 9:45 Powell's City of Books Rec Trip ♯ 10:15 Qi Gong ■ 12:15 Bridge ♯ 2:00 Line Dancing☼	15 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◆	16 10:00 RWV Women's Coffee 10:00 Bingo 1:00 Mindfulness Class 1:00 Scam/Fraud Prevention 2:00 Line Dancing☼	17 9:30 Fabulous & Fit ■ 10:00 ESL class 10:15 Rhythmic Ex ■ 10:15 Cooper Mtn Vineyards Rec Trip ♯ 11:30 Life Stories 12:30 Blood Pressure 1:00 Mah Jongg ♯ 1:00 Int. Tai Chi ■ 2:00 Tai Chi/Balance ■	18 9:30 Yoga ■ 10:30 Brunch 11:45 Duplicate Bridge ♯ 1:30 RWV Art Club 2:00 Line Dancing☼
21 12:15 Bridge ♯ 2:00 Line Dancing☼	22 9:30 Fabulous & Fit ■ 10:15 Rhythmic Ex. ■ 11:15 Crafting/Coloring 12:30 Mending 1:00 Mah Jongg ♯ 1:00 Int. Tai Chi ■ 2:00 Tai Chi/Balance ■ 3:00 Buddhist Study◆	23 9:45 Shemanski Park Harvest Mkt Rec Trip ♯ 10:00 RWV Women's Coffee 10:00 Bingo 1:00 Mindfulness Class 2:00 Line Dancing☼	 Senior Center Closed Neighborhood House Holiday	25 Senior Center Closed Neighborhood House Holiday
28 12:15 Bridge ♯ 2:00 Line Dancing☼	29 9:30 Fabulous & Fit ■ 10:15 Rhythmic Ex. ■ 11:15 Crafting/Coloring 12:30 Mending 1:00 Mah Jongg ♯ 1:00 Int. Tai Chi ■ 2:00 Tai Chi/Balance ■ 3:00 Buddhist Study◆	30 9:15 Oregon Jewish Museum Rec Trip ♯ 10:00 RWV Women's Coffee 10:00 Bingo 1:00 Mindfulness Class 2:00 Line Dancing☼	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> LEGEND ◆ Zoom only ■ In-person and Zoom ☼ Outside at Multnomah Arts Center Basketball Court ♯ Preregistration required </div>	