



# NEIGHBORLY NEWS

A Publication of Neighborhood House Senior Center and Transportation Services  
503-244-5204; nhpdx.org; agingnews@nhpdx.org; facebook.com/nhpdx January 2023

## HOW TO REACH US

**Carol Vaughn,**  
*Senior Center  
Program Mgr*  
cvaughn@  
nhpdx.org  
503-765-8820

**Tammy  
Adams,**  
*Driver*  
tadams@  
nhpdx.org

**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+



**We wish you all a very Happy New Year  
and hope that 2023 will be a year of happiness and  
good health for everyone!**

### 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.

**The Senior Center will be closed Monday, Jan. 16th  
in recognition of  
Martin Luther King, Jr. Day**

# Programs and Services

## **BINGO!**

10-11am Wednesdays-Senior Center Lobby.

## **BLOOD PRESSURE SCREENINGS**

12:30-1:30pm on the third Tuesday 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 Jan. 16 & 30)

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.

## **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. (Classes on hold—return date TBD)

## **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—Friday, Jan. 13)



**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 BALL COURT**

Open and fun for all ages and abilities. 2-3pm Mondays, Wednesdays and Fridays. Led by Barbara Hansen. Free; donations accepted. (Inside Senior Center when necessary.)

## **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 class Jan. 16 & 30)

## **RHYTHMIC CHAIR EXERCISE - IN PERSON AND ON ZOOM**

10:15-11:15am. Tues and Thurs. Free. Led by Peggy Frieze. (Classes on hold—return date TBD)

## **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.

## **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 (No games on Jan. 16)

## **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** (Tablets & 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. (Classes on hold—return date TBD)

**LINKS FOR ZOOM CLASSES ON THE NEIGHBORHOOD HOUSE WEBSITE - <https://nhpdx.org/senior-class-schedule/>**

## *Programs and Services*



### Free Blood Pressure Screenings

Volunteer nurses will provide free blood pressure screenings on the third **Tuesday** of each month from 12:30-1:30pm, in the Senior Center Lobby. No appointment is necessary.

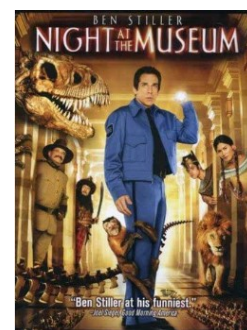
### Let's Watch Another Movie!

When? Wednesday, Jan. 11 at 1pm

Where? Senior Center Lobby

What movie? **Night at the Museum** (2006-Rated PG) Join the fun as the exhibits at the Museum of Natural History come to life at night!

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



### Interested in Theater/Video Production?



Wanted: Creative individuals who would enjoy co-creating live theatrical and/or video possibilities. Are you someone who loves to sing, act, write or participate in theatrical productions? Join KT Turner to discuss co-creating some theatrical experiences, classes and ideas.



Wednesday, January 18, 1-2pm at the Senior Center

### Learn to play American-Style Mah Jongg



A new beginning Mah Jongg class will start Tuesday January 10th at the Neighborhood House Senior Center. The class will take place 1:00 - 3:00 PM, and there will be four sessions.

The cost is \$50 which includes the National Mah Jongg League card. Proceeds will be donated to the Neighborhood House Senior Center.

Contact Marianne to register at 503.504.6789 or [marianne\\_dickinson@msn.com](mailto:marianne_dickinson@msn.com).

# *January Trips*

## Recreational Trip News

Recreational Trips will not be scheduled for the month of January, while we work to hire a new Transportation Coordinator. Thank you for your understanding and patience.


## January 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.

- Jan. 3** Raleigh Hills Fred Meyer\*, Dollar Tree or New Seasons
- Jan. 10** Grocery Outlet\* or Target
- Jan. 11** Tigard Fred Meyer, Walmart, Costco, or Winco
- Jan. 17** Value Village\*, Dollar Tree, or Joann Fabrics
- Jan. 18** Raleigh Hills Fred Meyer, Dollar Tree or New Seasons\*
- Jan. 24** Ace Hardware\* or Garden Home Trader Joe's
- Jan. 25** Tigard Fred Meyer, Walmart, Costco, or Winco
- Jan. 31** Burlingame Fred Meyer or Safeway

\*Senior discount days

# January 2023 Senior Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:00 Meditation ■ 10:15 Qi Gong■ 12:15 Bridge ♯ 2:00 Line Dancing☼	<b>3</b> 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 ◆	<b>4</b> 10:00 RWV Women's Coffee 10:00 Bingo 2:00 Line Dancing☼	<b>5</b> 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 ■	<b>6</b> 9:30 Yoga ■◆ 10:30 Brunch 11:45 Duplicate Bridge♯ 2:00 Line Dancing☼
<b>9</b> 9:00 Meditation ■ 10:15 Qi Gong■ 12:15 Bridge ♯ 2:00 Line Dancing☼	<b>10</b> 9:30 Fabulous & Fit ■◆ 10:15 Rhythmic Ex. ■◆ 11:15 Crafting/Coloring 12:30 Mending 1:00 Mah Jongg ♯ (w/lessons) 1:00 Int. Tai Chi ■ 2:00 Tai Chi/Balance ■ 3:00 Buddhist Study ◆	<b>11</b> 10:00 RWV Women's Coffee 10:00 Bingo 1:00 Movie 2:00 Line Dancing☼	<b>12</b> 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 ■	<b>13</b> <b>9:00 Foot Clinic ♯</b> 9:30 Yoga ■◆ 10:30 Brunch 11:45 Duplicate Bridge♯ 2:00 Line Dancing☼
<b>16</b> <b>Senior Center Closed</b> 	<b>17</b> 9:30 Fabulous & Fit ■◆ 10:15 Rhythmic Ex.■◆ 12:30 Mending 12:30 Blood Pressure Ck 1:00 Mah Jongg ♯ (w/lessons) 1:00 Int. Tai Chi ■ 2:00 Tai Chi/Balance ■ 3:00 Buddhist Study◆	<b>18</b> 10:00 RWV Women's Coffee 10:00 Bingo 1:00 Theater/Video Discussion Group 2:00 Line Dancing☼	<b>19</b> 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 ■	<b>20</b> 9:30 Yoga ■◆ 10:30 Brunch 11:45 Duplicate Bridge♯ 1:30 RWV Art Club 2:00 Line Dancing☼
<b>23</b> 9:00 Meditation ■ 10:15 Qi Gong■ 12:15 Bridge ♯ 2:00 Line Dancing☼	<b>24</b> 9:30 Fabulous & Fit ■◆ 10:15 Rhythmic Ex. ■◆ 11:15 Crafting/Coloring 12:30 Mending 1:00 Mah Jongg ♯ (w/lessons) 1:00 Int. Tai Chi ■ 2:00 Tai Chi/Balance ■ 3:00 Buddhist Study◆	<b>25</b> 10:00 RWV Women's Coffee 10:00 Bingo 2:00 Line Dancing☼	<b>26</b> 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 ■	<b>27</b> 9:30 Yoga ■◆ 10:30 Brunch 11:45 Duplicate Bridge♯ 2:00 Line Dancing☼
<b>30</b> 12:15 Bridge ♯ 2:00 Line Dancing☼	<b>31</b> 9:30 Fabulous & Fit ■◆ 10:15 Rhythmic Ex. ■◆ 11:15 Crafting/Coloring 12:30 Mending 1:00 Mah Jongg ♯ (w/lessons) 1:00 Int. Tai Chi ■ 2:00 Tai Chi/Balance ■ 3:00 Buddhist Study◆	<b>LEGEND</b> ◆ Zoom only ■ In-person and Zoom ☼ Outside at Multnomah Arts Center Basketball Court (indoor at Senior Ctr if weather is bad) ♯ Preregistration required ◆ Class on hold—return date TBD		