



# NEIGHBORLY NEWS

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

## 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+



**Please stop by the Senior Center on February 14  
for some special Valentine's Day treats!**

**The Senior Center will be closed Monday, Feb. 20th  
in recognition of Presidents' Day.**

### Senior Center Membership

If you haven't already, we encourage everyone to renew their Senior Center Memberships. The annual membership fee is \$25 per person and is for the 12 months following the date paid. 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.

# 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 Feb. 20)

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.

## **CONVERSATIONAL 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.

## **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

## **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, Feb. 10)



**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 DANCING**

Open and fun for all ages and abilities. 2-3pm Mondays, Wednesdays and Fridays. Led by Barbara Hansen. Free; donations accepted. (Basketball court or inside Senior Ctr.)

## **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 Feb. 20)

## **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. Call 503-988-3646 for assistance.

## **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 Feb. 20)

## **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*



### **Valentine Crafting**

10:30am - Friday, February 3

While you enjoy Friday Brunch, create some beautiful Valentine Cards. All supplies will be provided.

You may keep these cards to share with loved ones or donate them to be included in food boxes delivered from the Neighborhood House Food Pantry.

### **Come Join the Theater Group!**

**Wednesdays, February 1st and 15th.  
1-2pm**



Join for some theater games and share ideas for theater projects. No experience needed, just a desire to laugh, share and have fun.



### **River West Village Salon Feb. 7, 11am-12:30pm Neighborhood House Senior Center**

River West Village invites the Senior Center community to attend a presentation by John Piazza DeDonatis, a nurse at St. Vincent's. He's in a Nurse Coach Program and will talk about health assessment tools and strategies to help pinpoint which aspect of your health needs focus and what is most important. For example, questions such as "Are you yearning for that feeling of invigoration that you once had? Or wanting to simplify your life by making some practical changes to your health? Or struggling with either achieving a specific health goal or even identifying a challenge?" Come and listen and learn.



### **Mindfulness in Challenging Times**

**12:30-2:00pm**

**Wednesdays: February 1 through March 8**

Join Kerry Goldring for a series of six weekly classes where you will learn to use mindfulness meditation practices to support you in facing personal challenges. Specifically, we will discuss facing grief, anger and forgiveness all the while keeping our hearts open with loving kindness, compassion and gratitude.

## *February Trips*

### Recreational & Shopping Trips

Due to staffing challenges, we are unable to provide Recreational and Shopping Trips at this time.

We apologize for the inconvenience.

## *Announcements*

### **Celebration of Life for longtime Neighborhood House staffer, Jeff Renz**

Neighborhood House is inviting the community to a celebration of life for beloved, longtime team member, Jeff Renz.



Jeff's career at Neighborhood House spanned five decades. He worked in numerous areas of the organization, including in IT, finance, and development. Many know him as the smiling face at Neighborhood House's front desk, or the dedicated caretaker of the agency's impressive food garden. Jeff will be remembered for his unique brand of optimism and good humor that was present in everything he did to serve Neighborhood House and the community. He passed away in late December.

Details for the celebration of Jeff's life are below:

Date: Thursday, February 9, 2023

Time: 4:30 - 6:00 pm

Location: Neighborhood House Senior Center, Room 30, in the Multnomah Arts Center, 7688 SW Capitol Hwy., Portland, OR 97219

Please feel free to contact Neighborhood House at [development@nhpdx.org](mailto:development@nhpdx.org), or 503-246-1663, x1112, with questions about the event.


### **More Books from Annie Blooms!**

Our good friends at Annie Blooms Books have donated some new books to the Senior Center Lending Library. You will find them on top of the bookshelf, next to the fireplace.

Happy reading!



# February 2023 Senior Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;">                     Resale Shop Open 10am-1pm Monday thru Friday                 </div>		<b>1</b> 10:00 RWV Women's Coffee 10:00 Bingo 12:30 Mindfulness Meditation 1:00 Theatre Group 2:00 Line Dancing☼	<b>2</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>3</b> 9:30 Yoga ■◆ 10:30 Brunch & Valentine Crafts 11:45 Duplicate Bridge♣ 2:00 Line Dancing☼
<b>6</b> 9:00 Meditation ■ 10:15 Qi Gong■ 12:15 Bridge ♣ 2:00 Line Dancing☼	<b>7</b> 9:30 Fabulous & Fit ■◆ 10:15 Rhythmic Ex. ■◆ 11:00 RWV Salon 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>8</b> 10:00 RWV Women's Coffee 10:00 Bingo 12:30 Mindfulness Meditation 1:00 Movie 2:00 Line Dancing☼	<b>9</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 ■ 4:30 Celebration of Life	<b>10</b> <b>9:00 Foot Clinic ♣</b> 9:30 Yoga ■◆ 10:30 Brunch 11:45 Duplicate Bridge♣ 2:00 Line Dancing☼
<b>13</b> 9:00 Meditation ■ 10:15 Qi Gong■ 12:15 Bridge ♣ 2:00 Line Dancing☼	<b>14</b> <span style="color: red;">❤</span> 9:30 Fabulous & Fit ■◆ 10:15 Rhythmic Ex.■◆ 11:15 Crafting/Coloring 12:30 Mending 12:30 Blood Pressure Ck 1:00 Mah Jongg ♣ 1:00 Int. Tai Chi ■ 2:00 Tai Chi/Balance ■ 3:00 Buddhist Study◆	<b>15</b> 10:00 RWV Women's Coffee 10:00 Bingo 12:30 Mindfulness Meditation 1:00 Theatre Group 2:00 Line Dancing☼	<b>16</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>17</b> 9:30 Yoga ■◆ 10:30 Brunch 11:45 Duplicate Bridge♣ 1:30 RWV Art Club 2:00 Line Dancing☼
<b>20</b> Senior Center Closed 	<b>21</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>22</b> 10:00 RWV Women's Coffee 10:00 Bingo 12:30 Mindfulness Meditation 2:00 Line Dancing☼	<b>23</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>24</b> 9:30 Yoga ■◆ 10:30 Brunch 11:45 Duplicate Bridge♣ 2:00 Line Dancing☼
<b>27</b> 9:00 Meditation ■ 10:15 Qi Gong■ 12:15 Bridge ♣ 2:00 Line Dancing☼	<b>28</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◆	<div style="border: 1px solid black; padding: 5px;"> <b>LEGEND</b>                      ◆ Zoom only                      ■ In-person and Zoom                      ☼ Outside at Multnomah Arts Center Basketball Ct(indoor at Senior Ctr if weather is bad)                      ♣ Preregistration required                      ◆ Class on hold—return date TBD                 </div>		