

# NEIGHBORLY NEWS



## HOW TO REACH US

**Lovie Cherry**

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**Samantha Goodman**

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**Eric Duckett**

Driver  
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**Senior Center Hours:**

9:00am – 3:30pm  
Monday – Friday

**Address:**

7668 SW Capitol Hwy  
Portland, OR 97219

**Membership:**

\$25/year age 55+

## SPRING IN IN THE AIR!

Signs of Spring are everywhere! Crocus and other bulbs are peaking out of the cold wet ground promising an early spring.

The newsletter is undergoing changes, too, combining two months at a time.

Let us know what you think!

## SPRING "TIMES"

Daylight Saving Time begins Sunday, March 10. Remember to move your clocks ahead 1 hour.

We will be celebrating the Spring Equinox (Tuesday March 19th) with some special treats. Please stop by!

## AARP 2023 Tax Preparation Assistance

- Riversgate Church, 7634 SW Capitol Hwy
- Mondays and Wednesdays
- 9am-12pm and 1-4pm

Walk in during hours above to make an appointment. Tax return services provided by AARP volunteers.



# Programs and Services

**BINGO!** 10-11am Wednesdays-Senior Center lobby

**BLOOD PRESSURE SCREENINGS** 12:30am-1:30pm on third Tuesdays of the month in the lobby

**BUDDHIST MEDITATION AND STUDY** 3-4:30pm Tuesdays. Free. Led Candle Summers (Zoom only)

**CHINESE MAH JONG** 9:00-11:45am Mondays. Some experience preferred. Call Sun Noble 503-246-0974 for more information .

**MINDFULNESS STUDIES** Wednesdays 1-2:30pm. Learn how to cultivate mindfulness with an emphasis on embodiment and self-kindness.

**CONVERSATIONAL ENGLISH FOR SECOND LANGUAGES LEARNERS** Learn English with speakers of other languages. Thursdays at 10am. Led by retired English teacher Grace McLaughlin. Free.

**CROCHET/KNITTING GROUP - DROP-IN** 11:30am-1pm, Senior Center Lobby. Crochet, knit and socialize.

**DUPLICATE BRIDGE** 11:30am-3:30pm on Fridays. Call Bill Moore 503-438-5353 in advance for info and to reserve your place. Cost: \$2

**FABULOUS AND FIT - IN PERSON & ZOOM** 9:30-10:00am Tues and Thurs. Led by Peggy Prieze. Suggested donation: \$3/class.

**HANDYMAN ASSISTANCE** Call Lovie 503-482-1405 to discuss your project.

**LIFE STORIES** Write the story of your amazing life. 11:30am Thursdays. 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 Senior Center)

**MENDING AND JEWELRY REPAIR** 12:30-2pm Tuesdays in Senior Center by Mary Wawrukiewiz. Free; donations accepted.

**MAH JONGG (American Style)** 1:00-3:00pm Tuesdays and Thursdays. Some experience preferred. Call Marianne 503-504-6787 or Diana 503-928-1301.

**QI GONG CLASSES** 10:15-11:15am Mondays. Free. Led by Carole Melkonian. (in-person and Zoom)

**RHYTHMIC CHAIR EXERCISE** 10:15-11:15am. Tues and Thurs. Led by Peggy Frieze. Suggested donation: \$3/class (in-person and Zoom)

**RIVER WEST VILLAGE ART CLUB** 1:30-3pm, third Friday of the month.

**RIVER WEST VILLAGE WOMEN'S COFFEE** 10am Wednesdays. Come visit the women's coffee group to learn more about River West Village.

**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** An initial 30-minute consultation is free to Multnomah County residents 60+, regardless of income. Further assistance may be available for those meeting income guidelines. Call Friendly House at 503-224-2640 for an appointment.

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

**TAI CHI, INTERMEDIATE -** 1-2pm Tues & Thurs in person. Suggested donation: \$3/class. Led by Catherine Holder.

**TAI CHI for Better Balance -** 2-3pm Tues & Thurs in person. Suggested donation: \$3/class. Led by Catherine Holder.

**TECH ASSISTANCE -** (Tablets & cell phones) - to schedule an appt call Lovie at 503-482-1405

**YOGA - IN PERSON & ZOOM -** 9:30-11am Fridays. Led by Peggy Frieze. Suggested donation: \$3/class.

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

# Programs and Services

## Say Hello to Sam, Transportation Coordinator and Eric, Driver



Hi, I'm Samantha Goodman! I'm originally from Baltimore and have lived on the west coast for over a decade. I enjoy hiking with my dog "Pickles" and trying new cuisines at Portland area restaurants!



Hi, I'm Eric. I grew up in New England and after college I struck out West working with the National Park Service and US Forest Service. I've also been a guide all over North America and traveled on my own. Tell me about your favorite places in Oregon or other places you've traveled. I look forward to exploring the area with you!

## Let's Watch Movies!

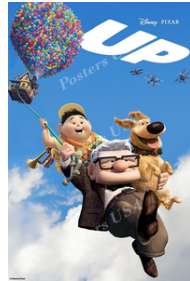
### All movies start at 1pm!

Wednesday, March 6th - Up

Wednesday, March 20th - Knives Out

Wednesday, April 3rd - Groundhog Day

Wednesday, April 17th - Forrest Gump



## Trip Scholarships

We will be offering two recreational trip scholarships per month, starting in March. This is for members who could use financial assistance for participation in trips.

Applications will be open and available starting March 1st. Come to the information desk for the application and more information!

## Internship Spotlight

Cicely Bruce, BS, HTR, is a graduate student at the Portland State University School of Social Work. She is a registered horticultural therapist and a yoga teacher in training to be a yoga therapist. She has turned her passion for plants/nature and mind/body wellness into a skill set that she hopes to use for supporting seniors in aging well.



## Senior Center Feedback Form

Would you like to give feedback to the Senior Center on our activities and improvements? Find feedback forms in the lobby. If you have any questions or concerns please ask.

## Friday Brunch Update

We will temporarily pause brunch after March 1st through the end of the month and resume starting on Thursdays in April.

# Transportation News

## March and April Shopping Schedule

**Please Note:** Rides are reserved through Ride Connection on a first-come, first-served basis until space is filled. Ride Connection will call you to confirm your reservation a few days prior to the scheduled ride. **Call 503-226-0700 no more than 2 weeks in advance, but at least 4 business days in advance.**

3/5 – Fred Meyer or Trader Joe’s

3/12 – Walmart or WinCo

3/19 – Dollar Tree or Fred Meyer

3/26 – Safeway or Grocery Outlet

4/2 – Fred Meyer or Dollar Tree

4/9 – Safeway or Grocery Outlet

4/16 – Trader Joe’s or Fred Meyer

4/23 – Value Village or Walmart

4/30 – Target or WinCo

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## March Recreational Trips

All field trips **in March** leave from the Senior Center at 10am and return by 3pm.

### **Monday March 18th: Spruce Goose, Evergreen Aviation Museum**

*Cost: \$18, plus money for lunch*

The impressive museum in McMinnville is home to one of the world’s largest wooden airplanes, the Spruce Goose, as well as more than 150 historic exhibits. Afterwards we will grab a bite to eat at Wildwood Cafe in McMinnville.

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### **Thursday March 21st: Portland Art Museum: Black Artists of Oregon**

*Cost: \$22 senior admission, plus money for lunch*

The exhibition explores the lineage and legacy of Black artists in Oregon and is grounded in Black American practices of listening, keeping, and passing on each others’ stories. Lunch options at food trucks outside the museum.

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### **Monday March 25: Washington Square Mall shopping trip**

*Cost: Free! Bring money for shopping and lunch*

Enjoy a day of shopping at the Washington Square mall with a diverse selection of over 170 premier apparel and popular brands. Dining options are equally diverse, from large chains to small cafes.

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### **Thursday March 28th: Rice Museum of Rocks and Minerals in Hillsboro**

*Cost: \$15 admission, plus money for lunch*

The Rice Museum of Rocks and Minerals houses a world-class collection, recognized as the finest in the Pacific Northwest and one of the best in the nation. Afterward we will stop at Black Bear Diner for a bite to eat.

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## April Recreational Trips

### **Monday April 1: Cannon Beach shopping day**

*Cost: Free! Bring money for shopping and lunch*

*When: Bus leaves at 9am returns at 4pm*

The charming downtown Cannon Beach entices rain or shine with a bloom of art galleries, boutiques, and curio stores set in shingle-style coastal cottages.

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### **Monday April 15th: Wooden Shoe Tulip Festival**

*Cost: \$15, plus money for lunch*

*When: Leave on bus at 10am return at 3pm*

The Wooden Shoe Tulip Farm is one of the largest tulip farms in the U.S. Northwest, with 40 acres of flowers that erupt in a rainbow of color each year!

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### **Thursday April 18th: Lan Su Chinese Garden**

*Cost: \$13! Bring money for lunch and the gift shop*

*When: Bus leaves at 10am, returns at 3pm*

Lan Su is a window into authentic Chinese culture and a platform for the Asian American, Native Hawaiian, and Pacific Islander communities. Food and refreshments are served inside the garden at the tea house.

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### **Monday April 22nd: Grits and Gravy brunch in downtown Portland**

*Cost: Bring money for lunch*

*When: Bus leaves at 10am, returns at 3pm*

Serving up delicious Southern breakfast in Portland, Grits N' Gravy is a diner that owner Brandon Stevens created to pay homage to his grandparents and his dad.

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### **Thursday April 25th: Lakewood Theater movie: "9 to 5"- \*\*evening trip\*\***

*Cost: Free!*

*When: Bus leaves at 6:50pm, returns 11pm (no home pick-ups this trip)*

Based on the 1980 hit movie, three female co-workers concoct a plan to get even with the sexist, egotistical, lying boss. In a hilarious turn of events, the women live out their wildest fantasy – giving their boss the boot!

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### **Monday April 29th: Crystal Springs Rhododendron Garden & Lunch at 2 Bowls**

*Cost: \$15 admission, plus money for lunch*

*When: Bus leaves at 10am, returns at 3pm*

Crystal Springs Garden features more than 2,500 rhododendrons, azaleas, and other plants in a setting of ponds, paved and unpaved paths, and small waterfalls. Lunch will be at 2 Bowls - check out their menu beforehand!

MONDAY

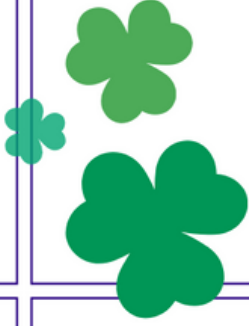
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# MARCH



**4**  
9:00 MAH JONGG  
9:00 MEDITATION  
10:15 QI GONG  
12:15 BRIDGE  
2:00-LINE DANCING

**5**  
9:00 SHIBA  
9:30 FAB & FIT  
10:15 RHYTHMIC EX.  
12:30 MENDING  
1:00 INT. TAI CHI / 2:00 TAI CHI BALANCE  
1:00 MAH JONGG

**6**  
10:00 SSI: WOMEN'S DAY  
10:00 RWV WOMEN'S COFFEE  
10:00 BINGO  
1:00 MINDFULNESS STUDIES  
1:00 MOVIE-"UP"  
2:00 LINE DANCING

**7**  
9:30 FAB & FIT  
10:00 ESL CLASS  
11:30 LIFE STORIES  
1:00 MAH JONGG  
1:00 INT. TAI CHI  
2:00 TAI CHI BALANCE

**8**  
9:00 FOOT CLINIC  
9:30 YOGA  
12:30 CROCHET & KNITTING  
11:30 DUPLICATE BRIDGE  
2:00 LINE DANCING

**11**  
9:00 MAH JONGG  
9:00 MEDITATION  
10:15 QI GONG  
12:15 BRIDGE  
2:00-LINE DANCING

**12**  
9:00 SHIBA  
9:30 FAB & FIT  
10:15 RHYTHMIC EX.  
12:30 MENDING  
1:00 INT. TAI CHI / 2:00 TAI CHI BALANCE  
1:00 MAH JONGG

**13**  
10:00 SSI: SHAKESPEARE  
10:00 RWV WOMEN'S COFFEE  
10:00 BINGO  
2:00 LINE DANCING

**14**  
9:30 FAB & FIT  
10:00 ESL CLASS  
11:30 LIFE STORIES  
1:00 MAH JONGG  
1:00 INT. TAI CHI  
2:00 TAI CHI BALANCE

**15**  
9:30 YOGA  
12:30 CROCHET & KNITTING  
11:30 DUPLICATE BRIDGE  
2:00 LINE DANCING

**18**  
9:00 MAH JONGG  
9:00 MEDITATION  
10:15 QI GONG  
12:15 BRIDGE  
2:00-LINE DANCING

**19**  
9:00 SHIBA  
9:30 FAB & FIT  
10:15 RHYTHMIC EX.  
12:30 MENDING  
1:00 INT. TAI CHI / 2:00 TAI CHI BALANCE  
1:00 MAH JONGG

**20**  
10:00 RWV WOMEN'S COFFEE  
10:00 BINGO  
1:00 MOVIE - "GLASS ONION"  
1:00 MINDFULNESS STUDIES  
2:00 LINE DANCING

**21**  
9:30 FAB & FIT  
10:00 ESL CLASS  
11:30 LIFE STORIES  
1:00 MAH JONGG  
1:00 INT. TAI CHI  
2:00 TAI CHI BALANCE

**22**  
9:30 YOGA  
12:30 CROCHET & KNITTING  
11:30 DUPLICATE BRIDGE  
2:00 LINE DANCING

**25**  
9:00 MAH JONGG  
9:00 MEDITATION  
10:15 QI GONG  
12:15 BRIDGE  
2:00-LINE DANCING


**26**  
9:00 SHIBA  
9:30 FAB & FIT  
10:15 RHYTHMIC EX.  
12:30 MENDING  
1:00 INT. TAI CHI / 2:00 TAI CHI BALANCE  
1:00 MAH JONGG

**27**  
10:00 RWV WOMEN'S COFFEE  
10:00 BINGO  
1:00 MINDFULNESS STUDIES  
2:00 LINE DANCING

**28**  
9:30 FAB & FIT  
10:00 ESL CLASS  
11:30 LIFE STORIES  
1:00 MAH JONGG  
1:00 INT. TAI CHI  
2:00 TAI CHI BALANCE

**29**  
9:30 YOGA  
12:30 CROCHET & KNITTING  
11:30 DUPLICATE BRIDGE  
2:00 LINE DANCING

**BRUNCH WILL BE TEMPORARILY PAUSED AFTER MARCH 1ST AND WILL RESUME IN APRIL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b>            9:00 MAH JONGG            9:00 MEDITATION            10:15 QI GONG            12:15 BRIDGE            2:00-LINE DANCING</p> 	<p><b>2</b>            9:00 SHIBA            9:30 FAB &amp; FIT            10:15 RHYTHMIC EX.            12:30 MENDING            1:00 INT. TAI CHI / 2:00 TAI CHI BALANCE            1:00 MAH JONGG</p> 	<p><b>3</b>            10:00 SENIOR STUDIES            INSTITUTE: TBD            10:00 RWV WOMEN'S            COFFEE            10:00 BINGO            1:00 MOVIE "GROUNDHOG'S            DAY"            1:00 MINDFULNESS STUDIES            2:00 LINE DANCING</p>	<p><b>4</b>            9:30 FAB &amp; FIT            10:00 ESL CLASS            10:30 BRUNCH/BDAY            11:30 LIFE STORIES            1:00 MAH JONGG            1:00 INT. TAI CHI            2:00 TAI CHI BALANCE</p>	<p><b>5</b>            9:00 FOOT CLINIC            9:30 YOGA            12:30 CROCHET &amp;            KNITTING            11:30 DUPLICATE BRIDGE            2:00 LINE DANCING</p>
<p><b>8</b>            9:00 MAH JONGG            9:00 MEDITATION            10:15 QI GONG            12:15 BRIDGE            2:00-LINE DANCING</p>	<p><b>9</b>            9:00 SHIBA            9:30 FAB &amp; FIT            10:15 RHYTHMIC EX.            12:30 MENDING            1:00 INT. TAI CHI / 2:00 TAI CHI BALANCE            1:00 MAH JONGG</p>	<p><b>10</b>            10:00 SENIOR STUDIES            INSTITUTE: TBD            10:00 RWV WOMEN'S            COFFEE            10:00 BINGO            1:00 MINDFULNESS STUDIES            2:00 LINE DANCING</p>	<p><b>11</b>            9:30 FAB &amp; FIT            10:00 ESL CLASS            10:30 BRUNCH            11:30 LIFE STORIES            1:00 MAH JONGG            1:00 INT. TAI CHI            2:00 TAI CHI BALANCE</p>	<p><b>12</b>            9:00 FOOT CLINIC            9:30 YOGA            12:30 CROCHET &amp;            KNITTING            11:30 DUPLICATE BRIDGE            2:00 LINE DANCING</p>
<p><b>15</b>            9:00 MAH JONGG            9:00 MEDITATION            10:15 QI GONG            12:15 BRIDGE            2:00-LINE DANCING</p>	<p><b>16</b>            9:00 SHIBA            9:30 FAB &amp; FIT            10:15 RHYTHMIC EX.            12:30 MENDING            1:00 INT. TAI CHI / 2:00 TAI CHI BALANCE            1:00 MAH JONGG</p>	<p><b>17</b>            10:00 SENIOR STUDIES            INSTITUTE: TBD            10:00 RWV WOMEN'S            COFFEE            10:00 BINGO            1:00 MOVIE "FORREST GUMP"            1:00 MINDFULNESS STUDIES            2:00 LINE DANCING</p>	<p><b>18</b>            9:30 FAB &amp; FIT            10:00 ESL CLASS            10:30 BRUNCH            11:30 LIFE STORIES            1:00 MAH JONGG            1:00 INT. TAI CHI            2:00 TAI CHI BALANCE</p>	<p><b>19</b>            9:00 FOOT CLINIC            9:30 YOGA            12:30 CROCHET &amp;            KNITTING            11:30 DUPLICATE BRIDGE            2:00 LINE DANCING</p>
<p><b>22/29</b>            9:00 MAH JONGG            9:00 MEDITATION            10:15 QI GONG            12:15 BRIDGE            2:00-LINE DANCING</p>	<p><b>23/30</b>            9:00 SHIBA            9:30 FAB &amp; FIT            10:15 RHYTHMIC EX.            12:30 MENDING            1:00 INT. TAI CHI / 2:00 TAI CHI BALANCE            1:00 MAH JONGG</p>	<p><b>24</b>            10:00 SENIOR STUDIES            INSTITUTE: TBD            10:00 RWV WOMEN'S            COFFEE            10:00 BINGO            1:00 MINDFULNESS            STUDIES            2:00 LINE DANCING</p>	<p><b>25</b>            9:30 FAB &amp; FIT            10:00 ESL CLASS            10:30 BRUNCH            11:30 LIFE STORIES            1:00 MAH JONGG            1:00 INT. TAI CHI            2:00 TAI CHI BALANCE</p>	<p><b>26</b>            9:00 FOOT CLINIC            9:30 YOGA            12:30 CROCHET &amp;            KNITTING            11:30 DUPLICATE BRIDGE            2:00 LINE DANCING</p>



# FROM Hunger TO Hope

February 14 – April 6 2024

## community food drive

18th Annual



## Can You Help Fill the Free Food Market?

ONLINE DONATION



Text "SWHOPE" to 44-321



Drop off food to our Food Market or partner donation locations Free Food Market

**DID YOU KNOW?**  
\$120 feeds a family of 4 for a month

### PARTNERS IN HOPE

#### FAITH COMMUNITIES

- Hillsdale Community Church UCC
- Kol Shalom Community
- Missio Community
- Mt Carmel Lutheran
- Multnomah Presbyterian Church
- Muslim Educational Trust
- Riversgate Church
- St. Andrew's Presbyterian
- St. Claire Parish
- St. Luke Lutheran
- Vermont Hills United Methodist
- West Hills Covenant Church
- West Hills Unitarian Universalist Fellowship

#### BUSINESSES

- Down to Earth Cafe
- Otto & Anita's
- Seasons & Regions
- Sesame Collective

#### SCHOOLS & COMMUNITY GROUPS

- Lewis & Clark College
- Multnomah Arts Center
- Oregon Episcopal School
- Portland Community College
- BSA Scout Troop 599
- St. Mary's Academy

## SW HOPE 2024 EVENTS

### Dine Out to Donate

10% of meal sales will be donated to SW Hope

- March 4th - MEC
- March 5th - Shalom Y'all
- March 6th - Lil' Shalom
- March 11th - Yalla
- March 12th - Dolly Olive
- March 13th - Icarus

\*All Sesame Collective Restaurants



### Scouting for Food Friday, March 1

Cub Scout Troop 599 from Bridlemile & Rieke Elementary schools will collect items such as canned foods, pasta, rice and beans for the Free Food Market. If you live in those neighborhoods, **you can arrange pick-up from your front door on March 1: scoutpack599@gmail.com**

### Empty Bowls A Community Favorite!

Saturday, March 16, 11am-2pm, Neighborhood House new location at 8959 SW Barbur Blvd.

Join us at Empty Bowls, where you can savor soups & hearty bread from SW Portland's finest restaurants, and take home your own hand-crafted bowl, all while supporting our Free Food Market. For just \$5 you'll get a tasting flight of soup & breads. Then purchase your favorite bowl & soup to take home. See [nhpdx.org/sw-hope](http://nhpdx.org/sw-hope) for details.



### 7th Annual SW HOPE 5K Walk & Run

Saturday, April 6 - Oregon Episcopal School  
Kid Run: 10am, Adult Run: 10:30am.  
Register online starting Feb. 14

### SW HOPE FOOD PANTRY

#### Donation Hours

Mon & Wed: 9 am - 4 pm  
Tues: 9 am - noon  
Thurs: 10 am - 5:00 pm  
3445 SW Moss St  
Portland OR 97219



neighborhoodhouse

P: 503-246-1663 | [nhpdx.org](http://nhpdx.org)



503-244-5204

Located in the Multnomah Arts Center  
7688 SW Capitol Hwy., Portland, OR 97219

Open Monday—Friday  
9am—3:30pm



**Neighborhood House, Inc.**  
**Senior Center & Aging Services**  
7780 SW Capitol Hwy.  
Portland, Oregon 97219



**Newsletter from Neighborhood House  
Senior Center and Transportation  
Services**