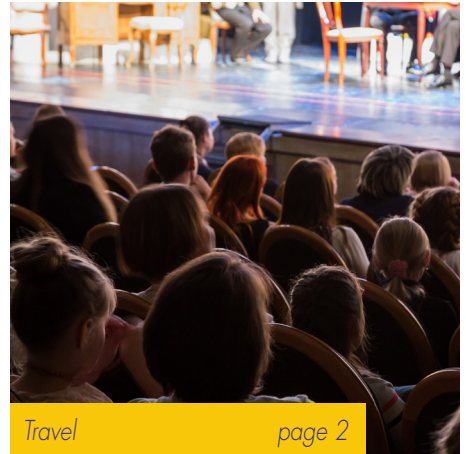




Lifelong Learning Classes page 13



Travel page 2



Drop-In Activities page 4



Melissa Thompson, Manager

## Seasons Greetings, All!

As we wrap up the last few months of 2024, I look back fondly on the year, at all the amazing people, meals, classes, and events we've shared together. The new year is always a chance to review, reset, and renew. We look forward to sharing in that with you in 2025.

I am so excited to introduce you to Berenice Melson, HCSC's new Administrative Support Specialist. Berenice brings a depth of great experience and skills to our team! When she's not working, Berenice enjoys spending time with her family and friends.

Please stop by the front desk to introduce yourself and welcome her to the team!

Sincerely,  
Melissa

## Branching out with Travel



### Hors d'oeuvres & Tour at The Ackerly

Visit South Hillsboro's premier Senior Living community, The Ackerly! Get a tour of the gorgeous grounds, enjoy an exquisite lunch, and take time to meet with some of the staff and community members that make the community so vibrant.

Adult & Older Adult | Senior Center Lobby  
 33270 Tue 11/5 12:30 – 3:30 pm  
 \$5 Resident, \$7.50 Non-Resident



### Chachalu Museum & Spirit Mountain Casino

Celebrate Native American Heritage Month with a visit to the Grand Ronde Reservation. First, we will pay homage to the indigenous communities that make up the Grand Ronde nation including the Kalapuya, Chasta, Molalla, Rogue River, Chinook, Tillamook, and Umpqua by visiting the Chachalu Museum and Cultural Center to explore the stories and artifacts of the tribes that make up the Grand Ronde. Afterwards, visit Spirit Mountain Casino for lunch and games.

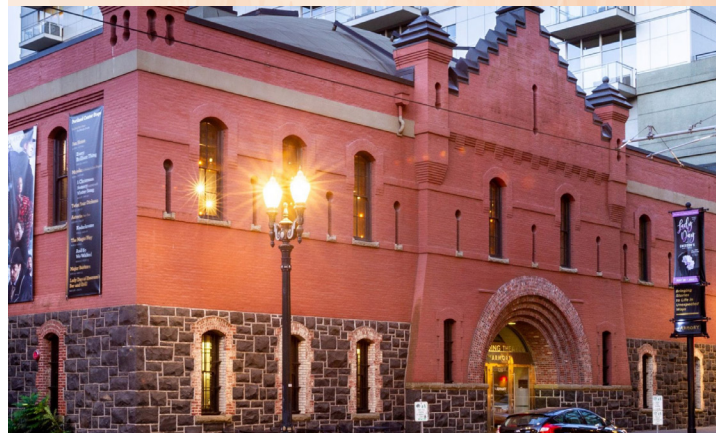
Adult & Older Adult | Senior Center Lobby  
 32084 Wed 11/13 9:30 am – 4:15 pm  
 \$40 Resident, \$60 Non-Resident



### Portland Winterhawks Hockey Game

Cheer on the Portland Winterhawks with the Hillsboro Community Senior Center as our Canadian Hockey League team faces the Red River Rebels. Enjoy complimentary snacks and seats that put you close to the action. Bus is not ADA accessible, and trip requires climbing some stairs. Link to venue: [RoseQuarter.com/Events/Winterhawks](http://RoseQuarter.com/Events/Winterhawks)

18 years + | Senior Center Lobby  
 32857 Fri 11/15 6:15 – 10 pm  
 \$45 Resident, \$55 Non-Resident



### Portland Center Stage Presents: Twelfth Night Or What You Will

'If music be the food of love, play on'. Experience the immortal words of the Bard himself in Portland Center Stage's adaptation of the William Shakespeare classic comedic romp of mistaken identity, unrequited love, and a bit of mischief.



18 years + | Senior Center Lobby  
 32081 Sat 12/7 1 – 5 pm  
 \$94 Resident, \$119 Non-Resident

## Health & Wellness

### Better Brains and Balance

Brain games and balance exercises challenge the whole body to improve both brain power and balance.

62 years + | Dining Hall

Tue & Thu 9 – 9:50 am

Single class fee: \$4 Resident, \$6 Non-Resident

5-time punch cards:

\$20 Resident, \$30 Non-Resident

Included with SHARC/Hidden Creek membership.

### Foot Care

Nail trim and foot inspection performed by certified Foot Care Nurse, Monica Stutzman.

Adult & Older Adult | Wellness Room

Every Tuesday & 9 am – 4 pm  
1<sup>st</sup> & 3<sup>rd</sup> Wed & Thu

\$45 – by appointment

Sign up at the front desk or call 503-615-1090

### Grief Support Group

Join licensed grief counselor Maudeen Jordan in a guided group where members can share their experiences and receive valuable feedback from colleagues and moderator on ways to travel through the process of grief.

18 years + | Maple Room

32127 Tue 11/5 – 11/19 10 – 11:30 am

Free

### United Health Care Presentations

Meet with Jess Matza from United Healthcare to discuss coverage options and learn more about your current plans with United Healthcare.

Adult & Older Adult | Maple Room

Wed 11/6 & 11/20 10 am – 12 pm

Free – Just drop in!

### Senior Health Insurance Benefits Assistance

Meet with certified SHIBA volunteers to evaluate Medicare coverage options and learn more about alternative plans.

Adult & Older Adult | Park Room

Every Wed 11/6 – 12/4 12 – 2 pm

Free – Just drop in!

### Hearing Tests with Pacific University School of Audiology

Pacific University Students provide free half hour hearing exams and provide further information on hearing loss. Exams are by appointment, call the Senior Center to check availability. Sign up at the front desk or call 503-615-1090.

Adult & Older Adult | Wellness Room

Thu 11/7, 12/5 8:30 – 11:30 pm

Free

### Medicare Mark Fuchs Presents 2025 UnitedHealthcare Medicare Advantage Plans

Join Medicare Mark Fuchs as he provides an in-depth review on 2025 revisions to UnitedHealthcare's Medicare Advantage plans.

**Formal presentation will be 10:30 – 11:30 am,** and Mark will remain at the center until 1:30 pm. Walk-ins welcome; for further information and dates, visit MedicareMarkFuchs.com.

Adult & Older Adult | Park Room

Thu 11/7, 11/14, 11/21, 12/5  
10 am – 1:30 pm

Free – Just drop in!

### Eyeglasses Check with Vista Optical

Get glasses adjustments, have questions about optical needs answered, and ensure your glasses are comfortable and up-to-date.

Adult & Older Adult | Park Room

Thu 11/14 1:30 – 2:30 pm

Free – First come first served!

### Chair Yoga with Breathing Room Collective

Join Breathing Room instructors Morgan and Shannon for a gentle and uplifting Chair Yoga class designed for senior citizens. This accessible program provides the benefits of traditional yoga while using a chair for support, promoting flexibility, balance, and relaxation. Open to all levels, no experience necessary.

Adult & Older Adult | Park Room

Mon/Wed 12/9 & 12/11 9:30 – 10:30 am

Free

## Drop-In Activities

### Monday Nickel Bingo

Traditional game of matching numbers and columns with the caller. Try to mark a whole row or get a specific design for a Bingo.

Adult & Older Adult | Maple Room  
 Every Monday 9:30 – 11:30 am  
 5 cents per game per card

### Mexican Train Dominoes

The object of this game is for a player to play all the tiles from his or her hand onto one or more chains, emanating from a central hub.

All Ages | Park Room  
 Every Monday 9:30 – 11:30 am  
 Free – Just drop in!

### Duplicate Bridge

Sharpen your mind with every hand dealt. A partner is required for this card game.

Adult & Older Adult | East Rooms  
 Every Monday 12 – 4 pm  
 \$1

### American Mahjong

American style of the classic tile game from China. Engage in strategic moves and clever plays to outmaneuver your opponents.

Adult & Older Adult | Maple Room  
 Every Monday and Friday 1 – 3 pm  
 Free – Just drop in!

### Line Dancing

Join us every Monday and Friday for Line Dancing. Let's dance and move our feet, one step at a time! Jeff and Claire Coomes.

Adult & Older Adult | Dining Hall  
 Every Monday 3 – 4 pm  
 Every Friday 2:15 – 3:30 pm  
 Free – Just drop in!

### Adult Storytime

Listen to excerpts from books and share excerpts from books you have been reading.

Adult & Older Adult | Senior Center Library  
 Rosemary Lombard  
 2<sup>nd</sup> Tuesday 11/12 & 12/10 11 am – 12 pm  
 Free – Just drop in!

### Senior Serenaders Choir

Share your singing talent in a supportive and fun environment then entertain during the lunch hour.

Adult & Older Adult | Dining Hall  
 Every Wednesday 10:15 – 11:30 am  
 Free – Just drop in!

### Morning Coffee

Enjoy complimentary coffee and tea while mingling with Senior Center staff and leaders from the Friends of the Community Senior Center.

All Ages | Dining Hall  
 Every Thursday 10 – 11 am  
 Free – Just drop in!

### Club Cribbage

This card game requires a partner. Consists of six 15-minute games.

Adult & Older Adult | Maple Room  
 Every Thursday 1 – 4 pm  
 Minimum buy-in of \$15 a day

### A Novel Idea

Meets the third Friday of the month to discuss thought provoking and fun books.

Adult & Older Adult | Park Room  
 Stephanie Snyder  
 3<sup>rd</sup> Friday 11/15 & 12/20 10:30 – 11:30 am  
 Free – Just drop in!

### Material Girls

Work on your crafts and projects while socializing. Remember to bring your own supplies.

All Ages | Maple Room  
 Every Friday 10 am – 12 pm  
 Free – Just drop in!

### Bunco

Test your luck by rolling the dice in this social dice game. All are welcome to participate!

All Ages | Park Room  
 Every Friday 1:30 – 4 pm  
 \$1

### Senior Tech Pals

Get free tech advice and support from Intel and other volunteers.

Adult & Older Adult | Senior Center Library  
 First Tuesday 11/5 & 12/3 2:30 – 3:30 pm  
 Free – Sign up at front desk

# November Menu

Tuesday through Friday at 12 pm

Menu is subject to change

\$5 per person

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
|   |   |   |   | <b>1</b><br>Salad of the Day<br>Spaghetti & Meatballs<br>Italian Vegetables<br>Garlic Bread<br>Dessert<br><br><b>Ivan Camacho</b>                                  |
| <b>4</b><br>Food Distribution Line Only<br>1 – 1:30 pm<br>Please bring your own bag.   | <b>5</b><br>Salad of the Day<br>Beef Stroganoff<br>Egg Noodles<br>Green Beans<br>Dessert<br><br><b>Dusty Walt</b>   | <b>6</b><br>Salad of the Day<br>BBQ Chicken<br>Corn Succotash<br>Braised Greens<br>Corn Bread<br>Dessert<br><br><b>Serenaders Choir</b>         | <b>7</b><br>Salad of the Day<br>Cheeseburger<br>w/Lettuce & Tomato<br>Tater Tots & Fry Sauce<br>Dessert<br><br><b>Matt Neill</b>  | <b>8</b><br>Salad of the Day<br>Grilled Chicken Breast<br>w/Pesto Cream Sauce<br>Roasted Red Potatoes<br>Seasonal Vegetables<br>Dessert<br><br><b>Ivan Camacho</b> |
| <b>11</b><br>Closed for Veteran's Day<br><br> | <b>12</b><br>Salad of the Day<br>Apple Cider Marinated Pork Loin<br>Baked Potato & Sour Cream<br>Green Vegetables<br>Dessert<br><br><b>Louise &amp; Friends</b> | <b>13</b><br>Salad of the Day<br>Fish Sticks w/Tartar Sauce and<br>Lemon<br>French Fries<br>Dessert<br><br><b>Serenaders Choir</b>              | <b>14</b><br>Salad of the Day<br>Chicken & Dumplings<br>Baby Red Potatoes<br>Mixed Vegetables<br>Dessert<br><br><b>Matt Neill</b>                                       | <b>15</b><br>Salad of the Day<br>Shrimp Scampi<br>Creamy Parmesan Pasta<br>Broccoli<br>Dessert<br><br><b>Ivan Camacho</b>  |
| <b>18</b><br>Food Distribution Line Only<br>1 – 1:30 pm<br>Please bring your own bag.  | <b>19</b><br>House Salad<br>Baked White Fish<br>w/Caper Butter Sauce<br>Parmesan Pasta<br>Broccoli<br>Dessert<br><br><b>Dusty Walt</b>                          | <b>20</b><br>Salad of the Day<br>Creamy Garlic<br>Pork Chops<br>Baked Potatoes<br>Seasonal Vegetables<br>Dessert<br><br><b>Serenaders Choir</b> | <b>21 Thanksgiving Dinner</b><br>Salad of the Day<br>Roast Turkey Breast<br>Mashed Potatoes & Gravy<br>Stuffing<br>Green Beans<br>Pumpkin Pie<br><br><b>\$10 Ticket</b> | <b>22</b><br>Salad of the Day<br>Tomato Soup<br>Grilled Cheese<br>Warm Potato Salad<br>Green Vegetables<br><br><b>Ivan Camacho</b>                                 |
| <b>25</b><br>Food Distribution Line Only<br>1 – 1:30 pm<br>Please bring your own bag.  | <b>26</b><br>Salad of the Day<br>Orange Chicken<br>Jasmine Rice<br>Stir Fried Vegetables<br>Egg Roll<br>Dessert<br><br><b>Louise &amp; Friends</b>              | <b>27</b><br>Salad of the Day<br>Tuna Melt<br>Curly Fries<br>Broccoli<br>Dessert<br><br><b>Serenaders Choir</b>                                 | <b>28</b><br>Closed in Observance of<br>Thanksgiving<br><br>                        | <b>29</b><br>Closed in Observance of<br>Thanksgiving<br><br>                  |

## \$5 DINE-IN LUNCH

- ✓ Tuesday – Friday at 12 pm
- ✓ Vegetarian options
- ✓ Walk-ins welcome
- ✓ 20 Salads available
- ✓ 70 meals available
- ✓ First-come, first served

## FREE DONATION GROCERIES

- ✓ Available Monday, Tuesday, Thursday & Friday
- ✓ Available at 1 pm until donations run out
- ✓ No donations on Wednesdays
- ✓ Please bring your own bag!

# November Activities

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
|   |  |  |  | <b>1</b><br>9:00 Needle Felting: Fall Foliage<br>10:00 Material Girls<br>12:00 Lunch Service<br>1:00 Food Distribution<br>1:00 American Mahjong<br>1:30 Bunco<br>2:15 Line Dancing                 |
| <b>4</b><br>9:00 Crafting w/St Matthew Catholic School<br>12:00 Duplicate Bridge<br>1:00 Food Distribution<br>1:00 American Mahjong<br>1:30 FHSC Board Meeting<br>3:00 Line Dancing | <b>5</b><br>9:00 Better Brains & Balance<br>9:30 Grief Support Group<br>10:00 The Ackerly Tour<br>12:00 Lunch Service<br>1:00 Food Distribution<br>2:30 Senior Tech Pals                       | <b>6</b> 9:00 Women's Retirement<br>9:30 Intergenerational Craft<br>10:00 United Health Care<br>10:00 Winter Light Watercolor<br>10:15 Senior Serenaders Choir<br>12:00 SHIBA<br>12:00 Lunch Service<br>1:00 Circle of Grief<br>5:30 Bingo | <b>7</b> 8:30 Pacific U Hearing Tests<br>9:00 Better Brains & Balance<br>10:00 Morning Coffee<br>10:00 Fall Nature Journaling<br>10:00 Medicare Mark<br>12:00 Lunch Service<br>1:00 Food Distribution<br>1:00 Club Cribbage<br>1:30 Cactus/Succulent Collage | <b>8</b><br>9:00 Wake Up & Read<br>9:00 Needle Felting: Gnome<br>10:00 Material Girls<br>12:00 Lunch Service<br>1:00 Food Distribution<br>1:00 American Mahjong<br>1:30 Bunco<br>2:15 Line Dancing |
| <b>11</b><br>Closed for Veteran's Day<br>  | <b>12</b><br>9:00 Better Brains & Balance<br>9:30 Flower Art<br>10:00 Grief Support Group<br>11:00 Adult Storytime<br>12:00 Lunch Service<br>1:00 Food Distribution                            | <b>13</b><br>9:30 Intergenerational Craft<br>10:00 Winter Light Watercolor<br>10:15 Senior Serenaders Choir<br>12:00 SHIBA/ Lunch Service<br>1:00 Circle of Grief<br>2:30 Canvas & Coffee<br>5:30 Bingo                                    | <b>14</b> 9:00 Better Brains & Balance<br>10:00 Morning Coffee<br>10:00 Fall Nature Journaling<br>10:00 Medicare Mark<br>12:00 Lunch Service<br>1:00 Food Distribution<br>1:00 Club Cribbage<br>1:30 Eyeglass Check<br>1:45 A Will is Not Enough             | <b>15</b><br>10:00 Material Girls<br>10:30 A Novel Idea Book Group<br>12:00 Lunch Service<br>1:00 Food Distribution<br>1:00 American Mahjong<br>1:30 Bunco<br>2:15 Line Dancing                    |
| <b>18</b><br>9:15 Nickel Bingo<br>9:30 Mexican Train Dominoes<br>12:00 Duplicate Bridge<br>1:00 Food Distribution<br>1:00 American Mahjong<br>3:00 Line Dancing                     | <b>19</b><br>9:00 Better Brains & Balance<br>9:00 Needle Felting: Reindeer<br>10:00 Grief Support Group<br>10:00 Decluttering for the Holiday<br>12:00 Lunch Service<br>1:00 Food Distribution | <b>20</b> 9:30 Intergenerational Craft<br>10:00 Winter Light Watercolor<br>10:00 United Health Care<br>10:15 Senior Serenaders Choir<br>12:00 SHIBA<br>12:00 Lunch Service<br>1:00 Circle of Grief<br>5:30 Bingo                           | <b>21</b><br>9:00 Better Brains & Balance<br>10:00 Morning Coffee<br>10:00 Medicare Mark<br>12:00 Lunch Service<br>1:00 Food Distribution<br>1:00 Club Cribbage<br>1:30 Exploring Art with Fabric  | <b>22</b><br>10:00 Material Girls<br>12:00 Lunch Service<br>1:00 Food Distribution<br>1:00 American Mahjong<br>1:30 Bunco<br>2:15 Line Dancing   |
| <b>25</b><br>9:15 Nickel Bingo<br>9:30 Mexican Train Dominoes<br>12:00 Duplicate Bridge<br>1:00 Food Distribution<br>1:00 American Mahjong<br>3:00 Line Dancing                     | <b>26</b><br>9:00 Better Brains & Balance<br>10:00 Food Safety/Recipe Ideas<br>12:00 Lunch Service<br>1:00 Food Distribution   | <b>27</b><br>9:30 Intergenerational Craft<br>10:00 Winter Light Watercolor<br>10:15 Senior Serenaders Choir<br>12:00 SHIBA<br>12:00 Lunch Service  | <b>28</b><br>Closed for Thanksgiving<br>   | <b>29</b><br>Closed for Thanksgiving<br>  |

# Menú de Noviembre

Martes a Viernes a las 12 pm

Menú se puede cambiar

\$5 por persona

| Lunes   | Martes   | Miércoles  | Jueves   | Viernes  |
|---|--|--|--|--|
|    |  |  |  | <b>1</b><br>Ensalada del Día Espaguetis con Albóndigas<br>Verduras Italianas<br>Pan de Ajo<br>Postre<br><br><b>Ivan Camacho</b>  |
| <b>4</b><br>Distribución de Comida Gratis solamente 1 – 1:30 pm<br>Por favor traiga su propia bolsa.  | <b>5</b><br>Ensalada del Día Stroganoff de Res<br>Fideos de Huevo Ejotes<br>Postre<br><br><b>Dusty Walt</b>  | <b>6</b><br>Ensalada del Día Pollo a la BBQ<br>Succotash de Maíz Verduras<br>Guisadas<br>Pan de Maíz<br>Postre<br><br><b>Coro de Serenaders</b>    | <b>7</b><br>Ensalada del Día Hamburguesa con Queso, Lechuga y Tomate<br>Tater Tots y salsa para papas<br>Postre<br><br><b>Matt Neill</b>                                       | <b>8</b><br>Ensalada del Día Pechuga de Pollo a la Parrilla con Salsa de Crema de Pesto<br>Papas Rojas<br>Asadas<br>Verduras de Temporada<br>Postre<br><b>Ivan Camacho</b> |
| <b>11</b><br>Cerrado en observación del Día de los Veteranos<br><br> | <b>12</b><br>Ensalada del Día Lomo de Cerdo Marinado en Sidra de Manzana<br>Papa Horneada con Crema<br>Verduras Verdes Postre<br><br><b>Luisa &amp; Amigas</b> | <b>13</b><br>Ensalada del Día Pescado con Salsa Tártara y Limón<br>Papas Fritas<br>Postre<br><br><b>Coro de Serenaders</b>                         | <b>14</b><br>Ensalada del Día Pollo con Bolitas de Masa<br>Papas Rojas Pequeñas Vegetales<br>Mixtos<br>Postre<br><br><b>Matt Neil</b>  | <b>15</b><br>Ensalada del Día Camarones scampi<br>Pasta Cremosa con Parmesano<br>Brócoli<br>Postre<br><br><b>Ivan Camacho</b>  |
| <b>18</b><br>Distribución de Comida Gratis solamente 1 – 1:30 pm<br>Por favor traiga su propia bolsa.   | <b>19</b><br>Ensalada del Día Pescado Blanco Horneado con Salsa de Mantequilla y Alcaparras<br>Pasta de Parmesano Brócoli<br>Postre<br><br><b>Dusty Walt</b>   | <b>20</b><br>Ensalada del Día Ajo Cremoso<br>Chuletas de Cerdo<br>Papas al Horno Vegetales de Temporada<br>Postre<br><br><b>Coro de Serenaders</b> | <b>21 Thanksgiving Dinner</b><br>Ensalada del Día Pechuga de Pavo Asada Puré de Papas con Salsa Relleno<br>Ejotes<br>Pay de Calabaza<br>\$10 cada billette compra por adelante | <b>22</b><br>Ensalada del Día Sopa de Tomate<br>Sándwich de Queso a la Parrilla<br>Ensalada de Papa Caliente<br>Vegetales Verdes<br>Postre<br><br><b>Ivan Camacho</b>      |
| <b>25</b><br>Distribución de Comida Gratis solamente 1 – 1:30 pm<br>Por favor traiga su propia bolsa.   | <b>26</b><br>Ensalada del Día Pollo a la Naranja<br>Arroz Jazmín<br>Verduras salteadas<br>Arrollado primavera<br>Postre<br><br><b>Luisa &amp; Amigas</b>       | <b>27</b><br>Ensalada del Día Sándwich de Atún con Queso Derretido<br>Papas Fritas Rizadas Brócoli<br>Postre<br><br><b>Coro de Serenaders</b>      | <b>28</b><br>Cerrado en Observancia del Día de Acción de Gracias<br><br>                   | <b>29</b><br>Cerrado en Observancia del Día de Acción de Gracias<br><br>              |



## \$5 Almuerzo Cenar en Salon

- ✓ Martes – Viernes a las 12 pm
- ✓ Personas Entradas Bienvenidos
- ✓ 70 almuerzos disponible
- ✓ Opcion vegetariano disponible
- ✓ 20 Ensaladas Disponible
- ✓ Por orden de llegada

## Alimentos Donado Gratis

- ✓ Disponible, Lunes, Martes, Jueves, Viernes
- ✓ No hay donaciones de alimentos Miércoles
- ✓ Disponible a la 1pm hasta no hay mas donaciones
- ✓ Por favor trae su propia bolsa

# Actividades de Noviembre

| Lunes  | Martes  | Miércoles  | Jueves   | Viernes   |
|--|---|--|--|---|
|    |   |  |  | <b>1</b><br>9:00 Afieltrar con Aguja:<br>Follaje de Otoño<br>10:00 Mujeres con Materiales<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida<br>1:00 Mahjong Estadounidense<br>1:30 Bunco<br>2:15 Baile de Línea                  |
| <b>4</b><br>9:00 Artes con Escuela Católica<br>San Mateo<br>12:00 Bridge Duplicada<br>1:00 Distribución de Comida<br>1:00 Mahjong Estadounidense<br>1:30 FHSC Reunión<br>Administrativa<br>3:00 Baile de Línea | <b>5</b><br>9:00 Mejor Cerebro y Equilibrio<br>10:00 Grupo de Apoyo para<br>Procesar el Luto<br>10:00 The Ackerly Tour<br>12:00 Servicio de Almuerzo<br>1:00 Distribución de Comida<br>2:30 Ayuda tecnológica                     | <b>6</b> 9:00 Jubilación de mujeres<br>9:30 Manualidades<br>intergeneracionales<br>10:00 United Health Care<br>10:00 Acuarela luz de Invierno<br>10:15 Coro de los Serenaders<br>12:00 SHIBA/Servicio de almuerzo<br>1:00 Etapas del Duelo<br>5:30 Bingo | <b>7</b> 8:30 Pruebas de audición<br>9:00 Mejor Cerebro y Equilibrio<br>10:00 Café y Charla<br>10:00 Diario de la Naturaleza Otoñal<br>10:00 Medicare Mark<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida<br>1:00 Club Cribbage<br>1:30 Cactus y Suculenta | <b>8</b> 9:00 Wake Up & Read<br>9:00 Afieltrar con Aguja:<br>Gnomo Festivo<br>10:00 Mujeres con Materiales<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida<br>1:00 Mahjong Estadounidense<br>1:30 Bunco<br>2:15 Baile de Línea |
| <b>11</b><br><b>Cerrado en observación del Día de los Veteranos</b><br>   | <b>12</b> 9:00 Mejor Cerebro y Equilibrio<br>9:30 Flower Art<br>10:00 Grupo de Apoyo para<br>Procesar el Luto<br>11:00 Hora de Cuentos para<br>Adultos<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida               | <b>13</b><br>9:30 Manualidades<br>intergeneracionales<br>10:00 Acuarela Luz de Invierno<br>10:15 Coro de Serenaders<br>12:00 SHIBA/Servicio de almuerzo<br>1:00 Etapas del Duelo<br>2:30 Cuadros y Café<br>5:30 Bingo                                    | <b>14</b><br>9:00 Mejor Cerebro y Equilibrio<br>10:00 Café y charla<br>10:00 Medicare Mark<br>12:00 Servicio de almuerzo<br>1:00 Club Cribbage<br>1:00 Distribución de Comida<br>1:30 Revisión de Lentes<br>1:45 A Will is Not Enough                                    | <b>15</b><br>10:00 Mujeres con Materiales<br>10:30 Club de Libro<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida<br>1:00 Mahjong Estadounidense<br>1:30 Bunco<br>2:15 Baile de Línea   |
| <b>18</b><br>9:15 Bingo de Cinco Centavos<br>9:30 Dominó Tren Mexicano<br>12:00 Bridge Duplicada<br>1:00 Distribución de Comida<br>1:00 Mahjong Estadounidense<br>3:00 Baile de Línea                          | <b>19</b><br>9:00 Mejor Cerebro y Equilibrio<br>9:00 Reno con cuernos de palo<br>10:00 Grupo de Apoyo para<br>Procesar el Luto<br>10:00 Decluttering for the Holiday<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida | <b>20</b><br>9:30 Intergeneracional<br>manualidades<br>10:00 Acuarela Luz de Invierno<br>10:00 United Health Care<br>10:15 Coro de Serenaders<br>12:00 SHIBA/Servicio de almuerzo<br>1:00 Etapas del Duelo<br>5:30 Bingo                                 | <b>21</b><br>9:00 Mejor Cerebro y Equilibrio<br>10:00 Café y charla<br>10:00 Medicare Mark<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida<br>1:00 Club Cribbage<br>1:30 Exploring Art with Fabric  | <b>22</b><br>10:00 Mujeres con Materiales<br>10:30 Arreglar un Ramo de<br>Flores<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida<br>1:00 Mahjong Estadounidense<br>1:30 Bunco<br>2:15 Baile de Línea                           |
| <b>25</b><br>9:15 Bingo de Cinco Centavos<br>9:30 Dominó Tren Mexicano<br>12:00 Bridge Duplicada<br>1:00 Distribución de Comida<br>1:00 Mahjong Estadounidense<br>3:00 Baile de Línea                          | <b>26</b><br>9:00 Mejor Cerebro y Equilibrio<br>10:00 Seguridad alimentaria<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida  | <b>27</b><br>9:30 Intergeneracional<br>manualidades<br>10:00 Acuarela Luz de Invierno<br>10:15 Coro de Serenaders<br>12:00 SHIBA<br>12:00 Servicio de almuerzo   | <b>28</b><br><b>Cerrado en observación del Día de Acción de Gracias</b><br>  | <b>29</b><br><b>Cerrado en observación del Día de Acción de Gracias</b><br>  |



# December Menu

Tuesday through Friday at 12 pm

Menu is subject to change

\$5 per person

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
| <b>2</b><br>Food Distribution Line Only<br>1 – 1:30 pm<br>Please bring your own bag.  | <b>3</b><br>Salad of the Day<br>Spaghetti & Meatballs<br>Zucchini<br>Dessert<br><br><b>Dusty Walt</b>                                      | <b>4</b><br>Salad of the Day<br>Beef Yakisoba<br>Stir Fried Vegetables<br>Dessert<br><br><b>Serenaders Choir</b>                             | <b>5</b><br>Salad of the Day<br>Roast Chicken<br>Sweet Potatoes<br>Vegetables<br>Dessert<br><br><b>Matt Neill</b>   | <b>6</b><br>Salad of the Day<br>Pork Chops w/Mushroom Gravy<br>Mashed Potatoes<br>Green Beans<br>Dessert<br><br><b>St Matthew Catholic School Choir</b> |
| <b>9</b><br>Food Distribution Line Only<br>1 – 1:30 pm<br>Please bring your own bag.  | <b>10</b><br>Salad of the Day<br>Pork Loin w/Spiced Apples<br>Mashed Potatoes<br>Green Beans<br>Dessert<br><br><b>Louise &amp; Friends</b> | <b>11</b><br>Salad of the Day<br>Green Chicken Enchiladas<br>Spanish Rice<br>Salsa & Sour Cream<br>Dessert<br><br><b>Serenaders Choir</b>    | <b>12</b><br>Salad of the Day<br>White Fish w/Lemon Caper Butter<br>Rice Pilaf<br>Green Vegetables<br>Dessert   | <b>13</b><br>Salad of the Day<br>Broccoli & Beef<br>White Rice<br>Stir Fried Vegetables<br>Dessert<br><br><b>Ivan Camacho</b>                           |
| <b>16</b><br>Food Distribution Line Only<br>1 – 1:30 pm<br>Please bring your own bag. | <b>17</b><br>Salad of the Day<br>Shrimp Quesadillas<br>Refried beans<br>Salsa & Guacamole<br>Dessert<br><br><b>Dusty Walt</b>              | <b>18</b><br>Salad of the Day<br>Chicken Florentine<br>Pesto Pasta<br>Mixed Vegetables<br>Dessert<br><br><b>Serenaders Choir</b>             | <b>19 Holly Daze Dinner</b><br>Salad of the Day<br>Beef Wellington<br>Mashed Potatoes & Gravy<br>Seasonal Vegetables<br>Dessert<br><br><b>\$10 Ticket</b> | <b>20</b><br>Salad of the Day<br>Chicken Drumsticks<br>Herb Rice Pilaf<br>Vegetable Medley<br>Dessert<br><br><b>Ivan Camacho</b>                        |
| <b>23</b><br>Food Distribution Line Only<br>1 – 1:30 pm<br>Please bring your own bag. | <b>24</b><br>Salad of the Day<br>Lemon Tarragon Chicken<br>Creamy Pasta<br>Seasonal Vegetables<br>Dessert                                  | <b>25</b><br>Closed in Observance of<br>Christmas<br><br> | <b>26</b><br>Salad of the Day<br>Shrimp Fettucine Alfredo<br>Green Vegetables<br>Garlic Bread<br>Dessert<br><br><b>Matt Neill</b>                         | <b>27</b><br>Salad of the Day<br>Pork Tenderloin<br>Pineapple Chutney<br>Steamed Baby Red Potatoes<br>Broccoli<br>Dessert<br><br><b>Ivan Camacho</b>    |
| <b>30</b><br>Food Distribution Line Only<br>1 – 1:30 pm<br>Please bring your own bag. | <b>31</b><br>Salad of the day<br>Beef chili with onions & cheese<br>Corn bread<br>Dessert  |    |   |   |

## \$5 DINE-IN LUNCH

- ✓ Tuesday – Friday at 12 pm
- ✓ Walk-ins welcome
- ✓ 70 meals available
- ✓ Vegetarian options
- ✓ 20 Salads available
- ✓ First-come, first served

## FREE DONATION GROCERIES

- ✓ Available Monday, Tuesday, Thursday & Friday
- ✓ No donations on Wednesdays
- ✓ Available at 1 pm until donations run out
- ✓ Please bring your own bag!

# December Activities

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday   |
|---|---|---|--|--|
| <b>2</b><br>9:15 Nickel Bingo<br>9:30 Mexican Train Dominoes<br>12:00 Duplicate Bridge<br>1:00 Food Distribution<br>1:00 American Mahjong<br>1:30 FHSC Board Meeting<br>3:00 Line Dancing | <b>3</b><br>9:00 Better Brains & Balance<br>12:00 Lunch Service<br>1:00 Food Distribution<br>2:30 Senior Tech Pals  | <b>4</b><br>9:00 What Happens After the Paychecks Stop?<br>10:00 Winter Light Watercolor<br>10:15 Senior Serenaders Choir<br>12:00 SHIBA<br>12:00 Lunch Service<br>5:30 Bingo | <b>5</b><br>8:30 Pacific U Hearing Tests<br>9:00 Better Brains & Balance<br>10:00 Medicare Mark<br>10:00 Morning Coffee<br>12:00 Lunch Service<br>1:00 Food Distribution<br>1:00 Club Cribbage | <b>6</b><br>10:00 Material Girls<br>12:00 Lunch Service<br>1:00 Food Distribution<br>1:00 American Mahjong<br>1:30 Bunco<br>2:15 Line Dancing  |
| <b>9</b><br>9:15 Nickel Bingo<br>9:30 Mexican Train Dominoes<br>9:30 Chair Yoga<br>12:00 Duplicate Bridge<br>1:00 Food Distribution<br>1:00 American Mahjong<br>3:00 Line Dancing         | <b>10</b><br>9:00 Better Brains & Balance<br>11:00 Adult Storytime<br>12:00 Lunch Service<br>1:00 Food Distribution | <b>11</b><br>9:30 Chair Yoga<br>10:15 Senior Serenaders Choir<br>12:00 SHIBA<br>12:00 Lunch Service<br>2:30 Canvas & Coffee<br>5:30 Bingo                                     | <b>12</b><br>9:00 Better Brains & Balance<br>9:00 Needle Felting: Pumpkin<br>10:00 Morning Coffee<br>12:00 Lunch Service<br>1:00 Food Distribution<br>1:00 Club Cribbage                       | <b>13</b><br>10:00 Material Girls<br>12:00 Lunch Service<br>1:00 Food Distribution<br>1:00 American Mahjong<br>1:30 Bunco<br>2:15 Line Dancing   |
| <b>16</b><br>9:15 Nickel Bingo<br>9:30 Mexican Train Dominoes<br>12:00 Duplicate Bridge<br>1:00 Food Distribution<br>1:00 American Mahjong<br>3:00 Line Dancing                           | <b>17</b><br>9:00 Better Brains & Balance<br>12:00 Lunch Service<br>1:00 Food Distribution                          | <b>18</b><br>10:15 Senior Serenaders Choir<br>12:00 SHIBA<br>12:00 Lunch Service<br>5:30 Bingo  | <b>19</b><br>9:00 Better Brains & Balance<br>10:00 Morning Coffee<br>12:00 Lunch Service<br>1:00 Food Distribution<br>1:00 Club Cribbage   | <b>20</b><br>10:00 Material Girls<br>10:30 Gift Wrapping<br>10:30 A Novel Idea Book Group<br>12:00 Lunch Service<br>1:00 Food Distribution<br>1:00 American Mahjong<br>1:30 Bunco<br>2:15 Line Dancing |
| <b>23</b><br>9:15 Nickel Bingo<br>9:30 Mexican Train Dominoes<br>12:00 Duplicate Bridge<br>1:00 Food Distribution<br>1:00 American Mahjong<br>3:00 Line Dancing                           | <b>24</b><br>9:00 Better Brains & Balance<br>12:00 Lunch Service<br>1:00 Food Distribution                          | <b>25</b><br>Closed in Observation of Christmas<br>  | <b>26</b><br>9:00 Better Brains & Balance<br>10:00 Morning Coffee<br>12:00 Lunch Service<br>1:00 Food Distribution<br>1:00 Club Cribbage   | <b>27</b><br>10:00 Material Girls<br>12:00 Lunch Service<br>1:00 Food Distribution<br>1:00 American Mahjong<br>1:30 Bunco<br>2:15 Line Dancing   |
| <b>30</b><br>9:15 Nickel Bingo<br>9:30 Mexican Train Dominoes<br>12:00 Duplicate Bridge<br>1:00 American Mahjong<br>1:00 Food Distribution<br>3:00 Line Dancing                           | <b>31</b><br>9:00 Better Brains & Balance<br>12:00 Lunch Service<br>1:00 Food Distribution                          |   |  |  |

# Menú de Diciembre

Martes a Viernes a las 12 pm

Menú se puede cambiar

\$5 por persona

| Lunes   | Martes   | Miércoles   | Jueves  | Viernes   |
|---|--|---|---|---|
| <p><b>2</b><br/>Distribución de Comida Gratis solamente 1 – 1:30 pm.<br/>Por favor traiga su propia bolsa.</p>  | <p><b>3</b><br/>Ensalada del día<br/>Alitas de Pollo con limón y hiebras<br/>Pasta arzo con chícharos &amp; Queso parmesano<br/>Vegetales de temporadas<br/>Postre</p> | <p><b>4</b><br/>Ensalada del día<br/>Chuleta de Puerco empanizado<br/>Macaroni &amp; Queso<br/>Vegetales de temporadas<br/>Postre</p> <p>Coro de Serenaders</p> | <p><b>5</b><br/>Ensalada del día<br/>Pastel de carne<br/>Papa del día<br/>Ejotes<br/>Postre</p> <p>Matt Neill</p>   | <p><b>6</b><br/>Ensalada del día<br/>Yakisoba de pollo<br/>Vegetales salteados<br/>Postre</p> <p>Coro de la Escuela Católica San Mateo</p>        |
| <p><b>9</b><br/>Distribución de Comida Gratis solamente 1 – 1:30 pm.<br/>Por favor traiga su propia bolsa.</p>  | <p><b>10</b><br/>Ensalada del día<br/>Pizza con Pollo y Pesto<br/>Mixta de vegetales marinados<br/>Postre</p> <p>Dusty Walt</p>  | <p><b>11</b><br/>Ensalada del día<br/>Dulce &amp; Agria Camarón<br/>Arroz jazmín<br/>Vegetales asiáticas<br/>Postre</p> <p>Coro de Serenaders</p>               | <p><b>12</b><br/>Ensalada del día<br/>Fettucine Alfredo de pollo<br/>Brócoli<br/>Pan de ajo<br/>Postre</p>  | <p><b>13</b><br/>Ensalada del día<br/>Hamburguesa con queso<br/>Papas fritas<br/>Postre</p> <p>Ivan Camacho</p>                                   |
| <p><b>16</b><br/>Distribución de Comida Gratis solamente 1 – 1:30 pm.<br/>Por favor traiga su propia bolsa.</p> | <p><b>17</b><br/>Ensalada del día<br/>Ziti horneado con carne molida &amp; Salchicha italiana<br/>Pan de ajo<br/>Postre</p>  | <p><b>18</b><br/>Ensalada del día<br/>Jamon &amp; Queso asado<br/>Sopa de tomate<br/>Postre</p> <p>Coro de Serenaders</p>                                       | <p><b>19 Holly Daze Dinner</b><br/>Ensalada del día<br/>Lomo de Puerco con salsa de durazno<br/>Puré de papas<br/>Vegetales de temporadas<br/>Postre</p> <p>\$10 Ticket</p> | <p><b>20</b><br/>Ensalada del día<br/>Alitas de pollo BBQ<br/>Frijoles horneados<br/>Maíz<br/>Vegetales verdes<br/>Postre</p> <p>Ivan Camacho</p> |
| <p><b>23</b><br/>Distribución de Comida Gratis solamente 1 – 1:30 pm.<br/>Por favor traiga su propia bolsa.</p> | <p><b>24</b><br/>Ensalada del día<br/>Huevos revueltos<br/>Panecillo &amp; jugo de carne cremoso<br/>Salchicha<br/>Postre</p> <p>Dusty Walt</p>                        | <p><b>25</b><br/>Cerrado en observación de Navidad</p>                       | <p><b>26</b><br/>Ensalada del día<br/>Quesadilla de asada<br/>Frijoles<br/>Postre</p> <p>Matt Neill</p>   | <p><b>27</b><br/>Ensalada del día<br/>Pescado blanco empanizado<br/>Salsa tártara &amp; Limón<br/>Papas fritas<br/>Postre</p> <p>Ivan Camacho</p> |
| <p><b>30</b><br/>Sólo distribución de comida gratis 1 – 1:30 pm.<br/>Por favor trae su propia bolsa.</p>        | <p><b>31</b><br/>Ensalada del día<br/>Chili de res con cebolla &amp; queso<br/>pan de maíz<br/>Postre</p>  |   |   |   |

## \$5 Almuerzo Cenar en Salon

- ✓ Martes – Viernes a las 12 pm
- ✓ Personas Entradas Bienvenidos
- ✓ 70 almuerzos disponible
- ✓ Opcion vegetariano disponible
- ✓ 20 Ensaladas Disponible
- ✓ Por orden de llegada

## Alimentos Donado Gratis

- ✓ Disponible, Lunes, Martes, Jueves, Viernes
- ✓ No hay donaciones de alimentos Miércoles
- ✓ Disponible a la 1pm hasta no hay mas donaciones
- ✓ Por favor trae su propia bolsa

# Actividades de Diciembre

| Lunes  | Martes   | Miércoles  | Jueves   | Viernes  |
|--|--|--|--|--|
| <b>2</b><br>9:15 Bingo de Cinco Centavos<br>9:30 Dominó Tren Mexicano<br>12:00 Bridge Duplicada<br>1:00 Distribución de Comida<br>1:00 Mahjong Estadounidense<br>1:30 FHSC Reunión administrativa<br>3:00 Baile de Línea | <b>3</b><br>9:00 Mejor Cerebro y Equilibrio<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida<br>2:30 Ayuda tecnológica | <b>4</b><br>9:00 ¿Qué pasa cuando se acaba mi sueldo?<br>10:00 Acuarela Luz de Invierno<br>10:15 Coro de Serenaders<br>12:00 SHIBA<br>12:00 Servicio de almuerzo<br>5:30 Bingo | <b>5</b><br>8:30 Pruebas de audición<br>9:00 Mejor Cerebro y Equilibrio<br>10:00 Medicare Mark<br>10:00 Café y Charla<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida<br>1:00 Club Cribbage | <b>6</b><br>10:00 Mujeres con Materiales<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida<br>1:00 Mahjong Estadounidense<br>1:30 Bunco<br>2:15 Baile de Línea  |
| <b>9</b><br>9:15 Bingo de Cinco Centavos<br>9:30 Dominó Tren Mexicano<br>9:30 Chair Yoga<br>12:00 Bridge Duplicada<br>1:00 Distribución de Comida<br>1:00 Mahjong Estadounidense<br>3:00 Baile de Línea                  | <b>10</b><br>9:00 Mejor Cerebro y Equilibrio<br>11:00 Adult Storytime<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida | <b>11</b><br>9:30 Chair Yoga<br>10:15 Coro de Serenaders<br>12:00 Servicio de almuerzo<br>2:30 Cuadro & Café<br>5:30 Bingo   | <b>12</b><br>9:00 Mejor Cerebro y Equilibrio<br>10:00 Café y Charla<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida<br>1:00 Club Cribbage   | <b>13</b><br>10:00 Mujeres con Materiales<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida<br>1:00 Mahjong Estadounidense<br>1:30 Bunco<br>2:15 Baile de Línea   |
| <b>16</b><br>9:15 Bingo de Cinco Centavos<br>9:30 Dominó Tren Mexicano<br>12:00 Bridge Duplicada<br>1:00 Distribución de Comida<br>1:00 Mahjong Estadounidense<br>3:00 Baile de Línea                                    | <b>17</b><br>9:00 Mejor Cerebro y Equilibrio<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida                          | <b>18</b><br>10:15 Coro de Serenaders<br>12:00 Servicio de almuerzo<br>5:30 Bingo  | <b>19</b><br>9:00 Mejor Cerebro y Equilibrio<br>10:00 Café y Charla<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida<br>1:00 Club Cribbage   | <b>20</b><br>10:00 Mujeres con Materiales<br>10:30 Club de Libro<br>10:30 Gift Wrapping<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida<br>1:00 Mahjong Estadounidense<br>1:30 Bunco<br>2:15 Baile de Línea |
| <b>23</b><br>9:15 Bingo de Cinco Centavos<br>9:30 Dominó Tren Mexicano<br>12:00 Bridge Duplicada<br>1:00 Distribución de Comida<br>1:00 Mahjong Estadounidense<br>3:00 Baile de Línea                                    | <b>24</b><br>9:00 Mejor Cerebro y Equilibrio<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida                          | <b>25</b><br>Cerrado en observación de Navidad<br>  | <b>26</b><br>9:00 Mejor Cerebro y Equilibrio<br>10:00 Café y Charla<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida<br>1:00 Club Cribbage   | <b>27</b><br>10:00 Mujeres con Materiales<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida<br>1:00 Mahjong Estadounidense<br>1:30 Bunco<br>2:15 Baile de Línea   |
| <b>30</b><br>9:15 Bingo de Cinco Centavos<br>9:30 Dominó Tren Mexicano<br>12:00 Bridge Duplicada<br>1:00 Distribución de Comida<br>1:00 Mahjong Estadounidense<br>3:30 Baile de Línea                                    | <b>31</b><br>9:00 Mejor Cerebro y Equilibrio<br>12:00 Servicio de almuerzo<br>1:00 Distribución de Comida                          |    |  |  |

## Lifelong Learning

### Needle Felting

Learn the art of needle felting. Create a breathtaking Autumnal scene filled with the beautiful colors of the season.

15 years + | Maple Room | Materials Provided

### Portrait of Fall Foliage

Transform colorful wool into an adorable pumpkin perfect for fall.

32131 Fri 11/1 9 am – 1 pm

\$45 Resident, \$67 Non-Resident

### Holiday Gnome

Fall in love with the amazing art skill of needle felting by creating an adorable, holiday-inspired gnome to bring cheer during the season with this happy little critter.

32132 Fri 11/8 9 am – 1 pm

\$45 Resident, \$67 Non-Resident

### Reindeer with Stick Antlers

Learn the art of needle felting while creating a festive reindeer fit for a sleigh.

32133 Tue 11/19 9 am – 1 pm

\$45 Resident, \$67 Non-Resident

### Bilingual: Intergenerational Craft Time

Enjoy crafts and games fun for all ages. Multiple studies show opportunities for older adults and young children to interact is mutually beneficial for cognitive development and stress reduction. Have a moment of fun and create community connections.

Disfruta de artes y juegos divertidos para todas las edades. Muchos estudios muestran que las oportunidades para que los adultos mayores y los niños pequeños interactúen son mutuamente beneficiosas para el desarrollo cognitivo y la reducción del estrés. Diviértete y crea conexiones con la comunidad.

All Ages | East Room

32098 Wed 11/6 – 11/27 9:30 – 10:45 am

\$32 Resident, \$48 Non-Resident, Free 62+

### Finance First Wednesdays: Edward Jones Investing

Sarah Heesacker leads these informative sessions.  
18 years+ | Maple Room

### Time Matters: A Women's Retirement Outlook

This educational program offers insights on financial concerns for women nearing or recently retired, covering retirement income strategies, Social Security, withdrawal rates, and preparation for risks like market volatility, inflation, and rising health care and long-term care costs.

32140 Wed 11/6 9 – 10 am

Free | Registration Required

### What Happens After the Paychecks Stop?

This presentation will examine how to budget for retirement expenses, potential sources or retirement income and potential risks to retirement income such as Long-Term Care and health care costs.

32141 Wed 12/4 9 – 10 am

Free | Registration Required



### Winter Light Watercolor

Explore a range of empowering skills through fun, freeing activities: brushwork, washes, color-mixing, and more. Grab a paintbrush and enjoy the lights of the season—and bring them to life before your eyes! Materials provided.

18 years + | East Room

31608 Wed 11/6 – 12/4 10 – 11:30 am

\$80 Resident, \$105 Non-Resident

## Circle of Grief

Join us for four weekly gatherings to connect with others and explore grief through facilitated conversations, mindfulness-based self-compassion, and healing activities, offering a supportive space for all experiences of loss.

Adult & Older Adult | Park Room

|       |     |       |             |
|-------|-----|-------|-------------|
| 32124 | Wed | 11/6  | 1 – 2:30 pm |
| 32125 | Wed | 11/13 | 1 – 2:30 pm |
| 32126 | Wed | 11/20 | 1 – 2:30 pm |

Free

## Cactus & Succulent Collage

Create a beautiful collage featuring cacti and succulents with this easy to do craft that is great for people of all ages and dexterity. All materials provided.

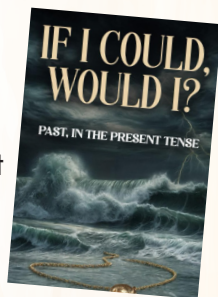
16 years + | Park Room

|       |     |      |                |
|-------|-----|------|----------------|
| 32117 | Thu | 11/7 | 1:30 – 3:30 pm |
|-------|-----|------|----------------|

\$15 Resident, \$27 Non-Resident

## Wake Up & Read: Author Michale Mohr

Grab some coffee or tea and join author Michale Mohr as she discusses her fantasy novel *If I Could, Would I?* In the story, 60-year-old Emma Corbell is sent back to her 17-year-old self by a magical accident but refuses to return despite warnings from mysterious beings.



Adult & Older Adult | Dining Hall

|       |     |      |           |
|-------|-----|------|-----------|
| 33272 | Fri | 11/8 | 9 – 11 am |
|-------|-----|------|-----------|

Free

## Flower Art

Create colorful floral prints with professionals from Farmington Gardens with flowers and materials.

15 Years + | Maple Room

|       |     |       |                 |
|-------|-----|-------|-----------------|
| 32105 | Tue | 11/12 | 9:30 – 11:30 am |
|-------|-----|-------|-----------------|

\$20 Resident, \$30 Non-Resident

## Food Safety & Recipe Ideas for Winter

Join OSU Extension Services staff as they share ways to prepare meals when feeling low in energy because of the dark and gloom. Also learn how to make good choices with what you eat during the holidays and how bad choices can negatively affect your body in all sorts of surprising ways.



Adult & Older Adult | Maple Room

|       |     |       |            |
|-------|-----|-------|------------|
| 32144 | Tue | 11/26 | 10 – 11 am |
|-------|-----|-------|------------|

Free



## Canvas & Coffee

Join us for an artful afternoon at the Hillsboro Community Senior Center. Paint an 8"x10" canvas with acrylic paint while also enjoying fresh coffee with beans roasted by the instructor herself. Artist Kelly Lovell will help participants embrace their creativity with step-by-step instructions. This is perfect for all levels of experience in painting.

13 years + | East Room

|       |     |       |                |
|-------|-----|-------|----------------|
| 32136 | Wed | 11/13 | 2:30 – 4:30 pm |
|-------|-----|-------|----------------|

|       |     |       |                |
|-------|-----|-------|----------------|
| 32137 | Wed | 12/11 | 2:30 – 4:30 pm |
|-------|-----|-------|----------------|

\$10 Resident, \$15 Non-Resident

## A Will is Not Enough in Oregon

Join Attorney Ben Rasche of Caress Law as he answers all questions about setting up a Will in Oregon, navigating Oregon's Estate Tax planning, establishing a Power of Attorney, Advanced Directives, and many of the other vital sections to protect yourself and your loved ones.

Adult & Older Adult | Dining Hall

|       |     |       |             |
|-------|-----|-------|-------------|
| 33283 | Thu | 11/14 | 1:45 – 3 pm |
|-------|-----|-------|-------------|

Free

## Decluttering for the Holiday

The holiday season is already stressful enough making it easy to get overwhelmed with too much stuff. Join Teresa Wymetalek as she shares tips and lessons from her Minimize & Manage program to declutter the home and free up space in your mind to focus on the important things in life.

Adult & Older Adult | Park Room

|       |     |       |            |
|-------|-----|-------|------------|
| 33268 | Tue | 11/19 | 10 – 11 am |
|-------|-----|-------|------------|

Free

## Winter Holiday "Rag" Globe

Create an original fabric art piece using a variety of techniques including collage, hand-stitching, weaving, cording. All materials provided!

16 years + | Park Room

|       |     |       |                |
|-------|-----|-------|----------------|
| 32119 | Thu | 11/21 | 1:30 – 3:30 pm |
|-------|-----|-------|----------------|

\$15 Resident, \$27 Non-Resident

## Flower Bouquet Arrangement

Learn to decorate and arrange a beautiful flower and plant bouquet perfect for any holiday, Thanksgiving, or as a gift to a friend or family member. Brighten the home or bring a smile to a friend. Learn different names of flowers and which flowers and colors pair together. Flowers and decorations are provided.

15 years + | Park Room

|       |     |       |                  |
|-------|-----|-------|------------------|
| 32189 | Fri | 11/22 | 10:30 am – 12 pm |
|-------|-----|-------|------------------|

\$30 Resident, \$50 Non-Resident

## Gift Wrapping Like a Professional

Make those gifts under the tree glitter and pop this Holiday Season and learn simple techniques you can use for any gift giving occasion. Make custom tags, learn the secrets to making ribbons look extra fancy.



10 years + | Park Room

|       |     |       |                  |
|-------|-----|-------|------------------|
| 32188 | Fri | 12/20 | 10:30 am – 12 pm |
|-------|-----|-------|------------------|

\$30 Resident, \$50 Non-Resident

## Contact Us

### Hillsboro Community Senior Center

750 SE 8<sup>th</sup> Avenue  
Hillsboro, Oregon 97123  
8:30 am – 5 pm

503-615-1090

[Hillsboro-Oregon.gov/SeniorCenter](https://www.hillsboro-oregon.gov/SeniorCenter)

*In Full Bloom* is published every other month.

The *Branch Out with Travel* brochure is published twice per year.

## Upcoming Closures

**Monday, November 11**

**Veterans Day**

**Thursday & Friday, November 28 & 29**

**Thanksgiving Holiday**

**Wednesday, December 25**

**Christmas**

**Wednesday, January 1**

**New Years**

## How to Register for Classes

### Three ways to Register for Classes

- 1 Drop by the Senior Center front desk
- 2 Call 503-615-1090 (front desk)
- 3 Online at [Hillsboro-Oregon.gov/Register](https://www.hillsboro-oregon.gov/Register)

### Create an Account

In order to register online, you must create an online account. Contact the Senior Center front desk to set up an account.

### Payment

Online: Credit/debit cards are accepted.  
In person: Credit/debit and cash are accepted.

All classes are held at the Community Senior Center unless otherwise stated.



Hillsboro Community Senior Center  
750 SE 8<sup>th</sup> Ave  
Hillsboro, OR 97123

A vertical poster for a Thanksgiving dinner. The background is a light cream color with various autumn-themed illustrations including pumpkins, gourds, mushrooms, and colorful leaves in shades of orange, red, and yellow. The text is centered and reads: 'please join us for THANKSGIVING DINNER' in a mix of purple and brown fonts. Below that, 'NOVEMBER 21, NOON' is written in a brown font on a yellow brushstroke background. Further down, it says 'Tickets will be available for purchase beginning Tuesday, October 22' and '503-615-1090 Community Senior Center'. At the bottom left, there is a red circular badge with a white outline that says '\$10 Tickets'.

A vertical poster for a Holly Daze dinner. The background is a dark navy blue with winter-themed illustrations including holly leaves, berries, and snowflakes in white, orange, and light blue. The text is centered on a light grey rectangular background. It starts with 'JOIN US FOR A' in white on a dark blue banner, followed by 'HOLLY DAZE DINNER' in large, bold, dark blue letters. Below that, 'THURSDAY, DECEMBER 19 NOON' is written in white on a dark blue banner. Further down, it says '\$10 Tickets' and 'Tickets will be available for purchase beginning Tuesday, November 19.' At the bottom, it lists '503-615-1090 Community Senior Center'.



# Friends of the Hillsboro Community Senior Center

November/December 2024



## Message from Jo

### Benefit, Bazaar, Bingo! Another great season at the Senior Center

Autumn has officially come to the Northwest, bringing cool crisp mornings and a stunning display of fall colors. The new season promises a wonderful lineup of events and activities.

We are so grateful to everyone who helped support the **magical evening of dinner and entertainment** at the Senior Center in September. Our soldout fundraiser was a tremendous success. **Magician Mark Read and Kim Worrall** dazzled us with their incredible performances, blending magic and humor. This event raised about \$6,000 for the Senior Center and Living Legacy Endowment. That was all possible because of the hard work and dedication of our many volunteers and Senior Center staff. A special shout out goes to our **florist Margo M.** for creating 16 stunning arrangements that adorned the tables before our guests arrived – talk about the real magic!

We also want to express our gratitude to the community members and sponsors who supported the event, **Medicare Mark Fuchs, Lithex Printing, Gold Family Farms, Just Create Community, The Junk Fairies, Cornell Estates, Rosewood Retirement Homes, and Beaverton Foods.** Finally, a special thank you goes out to our new board member, **Medicare Mark Fuchs,** for his enthusiastic involvement. His contributions, both behind the scenes and during the event, inspired everyone.

Looking ahead, our **Annual Holiday Bazaar** is scheduled for **Saturday and Sunday, November 23 and 24.** We will have a wonderful group of vendors with a wide assortment of items perfect for holiday giving. This year we are excited to introduce a few new elements, including raffle items, a 50/50 drawing, live holiday music, and hopefully a special guest appearance! Our Bistro will be open all day during the bazaar for snacks and goodies, and don't forget to stop by the **8<sup>th</sup> Avenue Gift Shop.**

In addition to seasonal events, come see us each week for **Bingo!** On Mondays at 9:30 am for a cup of coffee and game of **Nickel Bingo!** On Wednesdays at 5:30 pm and play for prizes from \$25 to \$500 with a \$1 Bingo card.

It's always a good time to get involved with the Senior Center. Whether it's volunteering in the gift shop or helping with Bingo, we welcome your support. We're also a resource for students looking to fulfill their community service hours, so tell your family and friends! The Friends of the Hillsboro Senior Center is a 100% volunteer-run 501(c)(3) organization, dedicated to supporting the Hillsboro's Community Senior Center and its programs. We hope to see you soon.

*Jo Hemenway*

President, F.H.C.S.C.

**Phone:** 503-615-1093 or 503-260-0449

**Email:** FriendsOfHillsboroCenter@gmail.com



*Jo Hemenway,  
Friends President*



Apply for an annual membership as a supporter of your Community Senior Center. Pick up an application at the Senior Center.

- \$20 per year
- Tax deductible

Meetings are held the first Monday of every month at 1:30 pm in the dining hall at the Community Senior Center.

**Join us!**

Friends of the  
Hillsboro Community Senior Center

# HOLIDAY BAZAAR

Saturday  
**November 23**  
10 am – 4 pm

Sunday  
**November 24**  
10 am – 2 pm

**Hillsboro Community Senior Center**

Local Artisans & Crafters  
Door Prize Drawing  
Free Admission  
Food & Drinks  
Free Parking

Proceeds to benefit meal and wellness programs  
provided at the Senior Center.

[Hillsboro-Oregon.gov/Senior Center](http://Hillsboro-Oregon.gov/SeniorCenter)  
503-615-1093

Friends of the Hillsboro Community Center

# 8th Avenue Gifts

Handmade items by local artisans.

Monday – Friday  
10 am – 3 pm

Hillsboro Community Senior Center  
750 SE 8<sup>th</sup> Avenue | 503-615-1096  
[Hillsboro-Oregon.gov/SeniorCenter](http://Hillsboro-Oregon.gov/SeniorCenter)



Proceeds support the Community Senior Center meal and wellness programs.

# BINGO!

COMMUNITY SENIOR CENTER

BINGO

Every Wednesday  
Night

4:30 pm Doors Open  
5:30 pm Games Start  
4:30 pm Bistro Opens



Monday Morning Nickel Bingo

Every Monday, 9:30 – 11:30 am | 5 cents per game per card

# CRUISE-IN CAR SHOW

SIP N' SHOP

mark your  
calendar!

Saturday  
June 7, 2025



Charity Event for  
Hillsboro Community  
Senior Center &  
Park Lanes Youth  
Scholarship Program

Park Lanes Family Entertainment Center  
6360 SE Alexander St, Hillsboro