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## NEWSLETTER

*La Pine*  
**Senior Activity Center**



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The La Pine Senior Activity Center (LPSAC) would like to welcome you into the New Year! 2019 will continue to bring some changes to the Senior Center. Our goal is to provide community, friendship and resources that enrich the lives of older adults, as well as members of any age.

The LPSAC is a 501c3 nonprofit that operates solely on membership dues and various fundraisers that enable us to keep our doors open. Unlike the other facilities in the area, the La Pine Senior Activity Center is financially self supporting. It is overseen by a Board of Directors and voting members. In 2017 and 2018 we have been fortunate enough to hire some paid staff to manage the center and to develop and lead programs.

The money that comes in from membership dues and events goes back out to pay our bills such electricity, water and sewage, program costs, payroll and facility maintenance.

We would like to start the new year by requesting that everyone who participates in organized activities at the La Pine Senior Activity Center be a member. (Lunches are not considered an organized activity.)

**Everyone is always encouraged to come to the lunches provided on Tuesdays, Wednesdays and Thursdays - regardless of whether you are a member or not – no matter your age! We will never turn anyone away.**

Membership dues to the LPSAC are \$40 a year – that's \$3.33 a month or approximately 11 cents a day. If this is a hardship for anyone we can offer to break it down into two \$20 payments or four \$10 payments a year.

As an incentive, we'd like to run a "Flash Sale"! If you join or renew in the month of January we will take \$10 off your membership dues. If you join or renew in February we will take \$5 off your membership dues. Membership is good for a whole year, renewing in the following year in the month you last paid dues.

**LET'S HAVE A GREAT YEAR!**

**BUILDING HOURS**

Your La Pine Senior Activity Center is open five days a week from 9 a.m. to 4 p.m..

Stop by and join in the activities, have lunch, or just have a cup of coffee and visit.

**HOLIDAY AND BAD WEATHER CLOSURES**

The Center will be closed January 1, 2019. Also note that we close due to bad weather. There will be signs on the door. If you want to be notified by email make sure we have your email address.

**WE HAVE LUNCH THREE DAYS A WEEK****Come have lunch at the Center**

- Tuesday at 11:45 a.m.
- Wednesday at 12:00 p.m.
- Thursday at 12:00 p.m.

If you are 60 or older you may have your lunch at no charge. If you prefer to make a small donation we suggest \$4 per person.

If you are under 60 the cost for lunch is \$5

We also have carry-out and delivery for \$8 per lunch.

**Birthday Drawing!**

Come in for lunch on the last Tuesday of your birthday month and enter to win a lunch card valued at \$48.

**Membership Drawing**

The last Thursday of each month there will be a drawing for \$50.

When you come in for LUNCH you will receive a ticket for the drawing.

**For both drawings:**

You must be a member of the Senior Center and you must be present to win.



If you are 60 years old or older and would like to get help with your meals please call: Denise Mitchell, La Pine Meals on Wheels Coordinator, to arrange delivery.  
541-848-9075

**CALLING ALL VOLUNTEERS**

Help is always needed at your La Pine Senior Activity Center.

We need help in the kitchen for catering events and lunch. We are also always looking for friendly faces at the front desk and the lunch check-in desk. If you would like to help call us at 541-536-6237.

**MONDAY BINGO**

La Pine Activity Senior Center  
**BINGO**  
EVERY MONDAY, 5:45 p.m.



Please arrive a 1/2 hour early or come for dinner on Monday at 4:30 pm

**TUESDAY BINGO**

La Pine Activity Senior Center  
**BINGO**  
EVERY TUESDAY, 12:45 p.m.



Please arrive a 1/2 hour early or come for lunch on Tuesdays at 11:45 am

**Room Rentals and *Flame-On Catering***

Flame-On Catering has been providing catering and event services in the La Pine area since 2008. Large or Small, we do it all! From Wine and Hors d'oeuvres to sit down dinners.

Call us for all your catering needs. 541-536-6237

We are located in the La Pine Senior Center in La Pine, Oregon.

Room Rentals - call 541-536-6237

The Center's Heritage Room is a perfect place for Wedding Receptions, Anniversary or Birthday parties. We also have a smaller room for rental - perfect for small groups.

**Grief Support Group**

There is a Grief Support/ Bereavement Group that meets at the La Pine Senior Activity Center on the 1st and 3rd Tuesday of the month from 10 - 11:30 am. All are Welcome

**Need a Lawyer?**

The Council of Aging of Central Oregon and Legal Aid services of OR come to the senior center. You need to schedule an appointment to be seen. Call Wes Vaughn (541) 678-5483

**Granny Pies**

Come in and place an order for the famous homemade Granny Pies - \$18 per pie.



**Riddle**

Q. I'm an odd number. If you take away one of the letters in my name I become even. What number am I?

A. Seven (Take away the S)

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## UPCOMING EVENTS

- ◆ **TUESDAY, JANUARY 1** – Closed
- ◆ **WEDNESDAY, JANUARY 2 & 16**, Resource Help, 12–1:30 p.m.  
Serena with the La Pine Community Health Center is here to help with transportation, dental needs, food, etc.
- ◆ **TUESDAY, JANUARY 8 & 22**, Deschutes County Behavioral Health Services, 11 a.m. thru lunch. Ask questions about county provided programs.
- ◆ **WEDNESDAY, JANUARY 9** – Lift Up La Pine Spaghetti Dinner, 6–8 p.m.  
Support Your Community. Join us for the first Lift Up La Pine presentations on how they believe La Pine can be improved. Dinner: \$10, Spaghetti, Caesar Salad & Tiramisu. Tickets at the Front desk
- ◆ **WEDNESDAY, JANUARY 16** – Paint with Paula, 5:30–8:30 p.m.  
“El Capitan” oil painting on 12 inch sawblade. Class is limited to 10 students. Class fee of \$50 includes prepared sawblade, use of equipment and supplies needed to complete the painting.  
Register at the La Pine Senior Center.
- ◆ **FRIDAY, JANUARY 18** – Paint Nite Fundraiser, 6–9 p.m.  
Moonrise Lake, 6:00 p.m. with everything you need to create a one-of-a-kind painting. You and your friends will be guided through two lively hours of creativity, drinking, and laughing ‘til your cheeks hurt. The best part? You don’t have to be an artist to have an amazing time.
- ◆ **TUESDAY, JANUARY 29** – Providence Health Plan Medicare Community Enrollment Specialist

## SAVE THE DATE

- SUNDAY, FEBRUARY 10 – Valentines Day Lunch
- SATURDAY, MARCH 16 – St Patty’s Day Party
- SATURDAY/SUNDAY, APRIL 13 & 14 – Gun Show
- SATURDAY, JUNE 15 – Rhubarb Festival
- SATURDAY/SUNDAY, JULY 20& 21 – Antiques & Quilt Show

**AN ORIGINAL NEW YEAR'S POEM BY:  
Trudie Gavette**

Father Time bids a "Goodbye",  
for "his year" is over and gone!  
The New Year baby enters eager  
and young...but definitely "bold"!!

It's like the changing of guards,  
that takes place at this time..  
Great anticipation excelerates,  
for another year to behold!!



**La Pine**



The Warming shelter is looking for **MORE** Volunteers for this winter. If your interested in helping please come into La Pine Senior Activity Center and sign up.

Our operating hours will be 7 p.m. – 7 a.m. Calvary Chapel, 16430 3rd St, La Pine. Questions call or text Lori Henry 541-306-8635. It's getting COLD out there Folks. Remember – It's You Volunteers that make this program **STAY OPEN !!**.

**ADVERTISE IN THE LA PINE SENIOR  
ACTIVITY CENTER NEWSLETTER!**

With over 36 years of combined  
Real Estate experience,  
you can count on us to take great care of you!

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REAL ESTATE



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Bend, OR 97707  
541-323-0498  
beeh@windermere.com  
**541.738.2274**

**Jeanette E. Brunet** REALTOR  
Licensed Realtor in Oregon  
421 SW 6th St  
Redmond, OR 97758  
541-888-6677  
jeanette@windermere.com  
**541.771.1983**

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**PRAIRIE HOUSE**  
Assisted Living and Memory Care

**Harold Bailey**  
Community Relations  
Coordinator

**PRAIRIE HOUSE**  
Assisted Living and Memory Care

Office: 541.536.8699  
Mobile: 971.237.8235  
Fax: 541.536.1973  
marketing@prairiehousealf.com  
www.prairiehousealf.com

51485 Monson St.  
La Pine, Oregon 97739

**La Pine  
Signs**

541.536.5028

lapinesigns@yahoo.com

**PROVIDENCE**  
Health Plan

**Codey Loveless**  
Medicare Community Enrollment Specialist

codey.loveless@providence.org  
c: 541.905.0300

**RESOURCES FOR HELP**

- Meals on Wheels, Denise Mitchell .....541-797-9107  
 Email: admin@CouncilOnAging.org  
 Web: www.CouncilOnAging.org
- Family Caregiver Support Program, Case Manager:  
 Wes Vaughn.....541-678-5483 Ext. 116
- Legal Assistance, Legal Aid Services of Oregon .....541-385-6944
- Seniors and People with Disabilities .....541-536-8919
- Deschutes County Veterans Service .....541-385-3214
- Partners in Care .....541-382-5882
- Information on Caregivers .....541-678-5483 Ext. 104
- Social Security Office .....800-772-1213
- AARP .....866-554-5360
- Department of Human Services .....541-536-8919
- Heart n Home.....541-536-7399

**Contact Information**

**Office:** (541) 536-6237  
**Email:** LaPineSeniorCenter@gmail.com  
**Website:** lapineseniorcenter.org  
**Manager:** Jamie Donahue  
**Front Desk Manager:** Laura Dickinson  
**Kitchen:** Marie Hohnstein  
**Events:** Paula Matthiesen  
**Catering:**

**Board of Directors**

Joe Page  
 Katie Ecker  
 Carolyn Holbrook  
 Betty Bernard  
 Ron Lewis  
 Nadine Lewis

**Senior Center Officers**

**Chairperson:** Joe Page  
**Vice Chair:** Katie Ecker  
**Treasurer:** Carolyn Holbrook  
**Manager:** Jamie Donahue  
**Secretary:** Laura Dickinson

**The La Pine Senior Activity Center is a 501(c)3 nonprofit organization. As such, we depend on donations and volunteer help for all of our operating revenue, except for the lunch program, which receives some fiscal help form the Council on Aging of Central Oregon. Your donations and volunteer hours help us meet our mission and keep the doors open. Thanks to all who volunteer, donate and belong!**

LA PINE SENIOR ACTIVITY CENTER NEWSLETTER For more information about advertising in the News, calendar events, corrections or story ideas, please contact Laura Dickinson 541-536-6237 or email lauradickinson@lapineseniorcenter.org

# La Pine Senior Center Lunch Menu

Menu subject to change

## JANUARY

TUESDAY 11:45 AM

WEDNESDAY 12:00 PM

THURSDAY 12:00 PM

<p style="text-align: right;"><b>1</b></p> <p><b>HAPPY NEW YEAR</b></p>	<p style="text-align: right;"><b>2</b></p> <p>Country Fried Steak Mashed Potatoes &amp; Gravy Corn Vegetable Soup Ambrosia</p>	<p style="text-align: right;"><b>3</b></p> <p>Buffalo Blue Cheese Chicken Burger on a bun Tator Tots Green Salad Chocolate Pudding</p>
<p style="text-align: right;"><b>8</b></p> <p>Chili Cornbread Cottage Cheese Salad Vanilla Pudding</p>	<p style="text-align: right;"><b>9</b></p> <p>Chicken Fettuccine Over Noodles Beans Cottage Cheese Fruit Cup</p>	<p style="text-align: right;"><b>10</b></p> <p>Cod Fish Burger on Bun Coleslaw Cream of Chicken Soup Fruit Jello</p>
<p style="text-align: right;"><b>15</b></p> <p>Pork Tenderloin Mashed Potatoes &amp; Gravy Corn Coleslaw Fruit Cocktail Jello</p>	<p style="text-align: right;"><b>16</b></p> <p>Taco Salad Refried Beans. Tortilla Chips Applesauce Ice Cream</p>	<p style="text-align: right;"><b>17</b></p> <p>Chicken Caesar Salad Parmesan Tomato Basil Soup Whole Wheat Roll Fruit Cocktail Jello</p>
<p style="text-align: right;"><b>22</b></p> <p>Biscuit with Gravy Cheese Quiche Bacon Fruit Cup</p>	<p style="text-align: right;"><b>23</b></p> <p>Smoked Sausage Mashed Potatoes Sauerkraut Baby Carrots Mandarin Oranges</p>	<p style="text-align: right;"><b>24</b></p> <p>Sweet &amp; Sour Pork Rice Broccoli Ramen Noodle Coleslaw Ice Cream</p>
<p style="text-align: right;"><b>29</b></p> <p>Burger Stroganoff over Noodles Green Beans Green Salad Whole Wheat Bread Blueberry Crisp</p> <p><b>BIRTHDAY DRAWING</b></p>	<p style="text-align: right;"><b>30</b></p> <p>Baked Potato Bar with all the Fixings Green Salad Whole Wheat Roll Ice Cream Sundae Bar</p>	<p style="text-align: right;"><b>31</b></p> <p>Shrimp Salad Garlic Bread Clam Chowder Tapioca Pudding</p> <p><b>MEMBERSHIP DRAWING</b></p>

\* Menu subject to change

60+ suggested donation \$4.00

Under 60 - \$5.00

# 2019 JANUARY

# LA PINE SENIOR ACTIVITY CENTER ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>01</b> <b>CLOSED</b>	<b>02</b> Quilting, 9 am Tai Chi, 10:30 am LUNCH, 12 pm La Pine Health Center Resource Help, 12 pm	<b>03</b> Quilting, 9 am Yoga, 9 am LUNCH, 12 pm Pinochle, 1 pm Weight Watchers, 5 pm	<b>04</b> Tai Chi, 10 am Bridge, 12 pm	<b>05</b>
<b>06</b>	<b>07</b> Line Dancing, 9 am Free Legal Aid, 10 am Bingo, 5:45 pm	<b>08</b> Board Meeting, 9 am Behavioral Health, 11 am LUNCH, 11:45 am Bingo, 12:45 pm Genealogy, 1 pm AA, 7 pm	<b>09</b> Quilting, 9 am Line Dancing, 9 am Tai Chi, 10:30 am LUNCH, 12 pm Lift Up La Pine Spaghetti Dinner, 6 pm	<b>10</b> Quilting, 9 am LUNCH, 12 pm Pinochle, 1 pm Weight Watchers, 5 pm	<b>11</b> Tai Chi, 10 am Bridge, 12 pm	<b>12</b>
<b>13</b>	<b>14</b> Line Dancing, 9 am Pinochle, 10 am Bingo, 5:45 pm	<b>15</b> Feet Retreat, 9 am Grief Support, 10 am LUNCH, 11:45 am Bingo, 12:45 am AA, 7 pm	<b>16</b> Quilting, 9 am Line Dancing, 9 am Tai Chi, 10:30 am LUNCH, 12 pm La Pine Health Center Resource Help, 12 pm Paint with Paula, 5:30	<b>17</b> Quilting, 9 am LUNCH, 12 pm Pinochle, 1 pm Weight Watchers, 5 pm	<b>18</b> Tai Chi, 10 am Bridge, 12 pm Paint Nite, 6 pm	<b>19</b>
<b>20</b>	<b>21</b> Line Dancing, 9 am Feet Retreat, 9 am Bingo, 5:45 pm	<b>22</b> Behavioral Health, 11 am LUNCH, 11:45 am Bingo, 12:45 pm Genealogy, 1 pm AA, 7 pm	<b>23</b> Quilting, 9 am Line Dancing, 9 am Tai Chi, 10:30 am LUNCH, 12 pm	<b>24</b> Quilting, 9 am LUNCH, 12 pm Pinochle, 1 pm Weight Watchers, 5 pm	<b>25</b> Tai Chi, 10 am Bridge, 12 pm	<b>26</b>
<b>27</b>	<b>28</b> Line Dancing, 9 am Bingo, 5:45 pm	<b>29</b> LUNCH, 11:45 am Bingo, 12:45 pm AA, 7 pm	<b>30</b> Quilting, 9 am Line Dancing, 9 am Tai Chi, 10:30 am LUNCH, 12 pm	<b>31</b> Quilting, 9 am LUNCH, 12 pm Pinochle, 1 pm Weight Watchers, 5 pm	<b>01</b>	<b>02</b>