SEASONS NEWSLETTER | LA PINE ACTIVITY CENTER

LA PINE • OREGON
SPORTSMEN’S SHOW

SEPTEMBER
10TH & 11TH

Senior Activity Center
16450 Victory Lane, La Pine, OR

SHOW HOURS
Saturday 9am - 4pm
Sunday 9am - 3pm

ADMISSION
$5 Per day (For the gun show only)
$1 off if you are a Senior member or bring your own gun.
Children under 12 are FREE with a paid adult

TYPES OF GUNS
• Modern
• Antique
• Military
• Gun Parts
• Optics
• Ammo
• Reloading
• Knives & More!

INSIDE VENDER TABLES
8 foot table $60 (PAID IN ADVANCE)
10 foot table $70 (PAID IN ADVANCE)

OUTSIDE VENDER TABLES
20x20 area $45 (no outside security)

VENDER SETUP HOURS
Friday - 11AM - 2PM
Sat & Sun - 7AM - 9AM

For more information on tables and reservations, please call: 541-536-6237
WE NEED YOUR HELP!

Our parking lot is going to be resurfaced this month and we are in need of 6” parking bumpers at a cost of $50 each!

Please consider being inducted into our BUMPER HALL OF FAME!

Buy one (or more) bumper and your name will be engraved on a plaque to be displayed at the Activity Center!

Interested? Call Jamie at 541-536-6237 for more info!
WHAT'S FOR LUNCH???

Full Lunches Served
Tuesday • Wednesday • Thursday
11:15am until noon or gone!
Dining Inside OR Take-Out ($1)
Delivery ($2)
Includes entrée, drink & dessert!
Price: $6 for people under 60
$5 for members over 60
Delivery fee $2 to local businesses
Visit www.lapineseniorcenter.org
or our Facebook Page for the weekly menu!

See you soon!
There’s never been a better time to sell your home!

BEA LEACH HATLER
Principal Broker
Licensed in Oregon
BKR, GRI, ABR, CRS
Cell: 541-788-2274
Office: 541-323-5888
bealeach.withwre.com
beal@windermere.com

JEFF POTEET
Broker
Cell: 541-410-9502
Office: 541-323-5888
Email: jeffpotee@windermere.com

Windermere/Central Oregon
Real Estate
57100 Beaver Drive Bldg. 25 110
Sunriver, OR 97707

Need to come visit the Senior Center for the activities and lunches??
Want to go grocery shopping?
Call Dial-A-Ride! • 541-385-8680

They need 24-hour notice in most cases.
Set your calendar for the month — They come to your door—easy-peasy!!!
Operating 6am - 6 pm weekdays
Thinking of buying or selling a home?

**PRICE IT RIGHT!**

**How the appraisal process works:**

- An appraiser visits your home to measure its dimensions, examine amenities, and evaluate the overall quality & condition both inside and out.
- The appraiser takes photos of the exterior, the garage, shop, barn and every interior room.
- The appraiser examines the transaction records of properties similar to yours—ideally, properties in your neighborhood that have sold recently.
- Based on the home visit and these records, the appraiser arrives at a professional opinion of how much your property would sell for if you put it on the market. It’s always recommended to discuss your property with a local realtor, who will be happy to share their knowledge of the current market.
- For buyers, the bank uses this value—along with your income, assets, and credit history—to determine how much it will lend you and on what terms.
- Due to COVID, many appraisers will request occupants provide safe distancing while the appraiser is in the home.
- It is always helpful to create a list of any updates, remodeling, additions/improvements to the home or property— which you can discuss in detail with the appraiser.

**HARDER APPRAISAL SERVICE**

*Frances Harder*
MNAA | SCREA | State Certified Residential Appraiser
Earth Advantage Accredited Green Appraiser | ADU Specialist
VA | FHA | USDA | Conv. | Private | Portfolio
Asset Management | Estate Settlement
Forensic Review | SFR | MFG | Land

541-771-6405 | La Pine, OR | harderappraisal@ykwc.net
CENTRAL OREGON
A RIVER RUNS THROUGH IT!

We serve all of Central Oregon! www.gogould.net
CLASS SCHEDULE

YOGA
Tuesday & Thursday
8:30am - 9:30am
Senior Center

Saturday
8:30am - 9:30am
La Pine Library

BODY GROOVE
Monday • 10:30am
Thursday • 9:30am
Main Activity Room

LINE DANCING
Mon./Wed. 9am
Main Activity Room

HEALTHY WALKING
Tuesday 8:30am

FEET RETREAT
Every Third Monday
Call To Schedule
An Appointment
541-788-4785

ACTIVITIES

PINOCCHLE
Thursdays at Noon
Conference Room

BRIDGE
Fridays at Noon
Conference Room

QUILTING
Wednesdays & Thursdays 8am
Conference Room

BINGO

We need BINGO volunteers!
Call the Center
541-536-6237

MONDAYS
Doors open 3:30pm • Dinner at 4:00pm
Packet Sales 4:30pm • Play Time Begins 5:30pm

QUARTER TUESDAY
Lunch 11:15am • Packet Sales 12:45pm
Play Time Begins 1:00pm
CENTER COOK
FRAN SITTEL

Fran Sittel rounds out the trio of talented cooks who whip up the delicious lunches each week on Tuesdays, Wednesdays and Thursdays at the La Pine Activity Center.

Coming to La Pine 16 years ago from the Portland area, Fran worked as a bus driver in La Pine before working for Sunriver Resort for many years. Now you can find Fran in the kitchen here at the Center working side by side with the other two cooks, Barb Massey and Jackie Hoffman. Their smoothly operating kitchen and wonderful volunteers keep the most popular part of our Center humming along.

Lunches three days a week aren’t the only meals that Fran helps make: she cooks for Monday night Bingo and special events held here, too. Fran is the mother of eight children and currently lives with her daughter in La Pine. Her dog, Razzle, an Australian Shepherd, can be found snoozing on the floor in the dining room while Fran is in the kitchen working.

“I’m going to be cooking here as long as I can,” says Fran. “This keeps me engaged in the community and I really love cooking for the seniors who come here each week! It’s a fun job, the three of us get along great, and it’s just a wonderful place to be!”

PIES, CINNAMON ROLLS, CHEESECAKE AND MORE!
TO ORDER: CALL 541-536-6157

BIG FILTER SALE!
September 15 to September 21, 2022

ALL NAPA Gold Filters
Up To 70% OFF MANUFACTURER’S LIST

FUEL YOUR PASSION. PROTECT YOUR ENGINE.

RECEIVE A $25 DIGITAL GIFT CARD
WHEN YOU PURCHASE 10 CARTONS
OF PENTOLI FILM-FACE FILTERS

FREE CURBSIDE PICKUP
IN 15 MINUTES!

LA PINE AUTO SUPPLY
Mon-Fri. 7am-6pm • Sat. 8am-5pm • Sun. 9am-3pm
541-536-1992

Hospice | Home Health | Hospice House | Transitions | Palliative Care | Grief Support
PartnersBend.org

PIES, CINNAMON ROLLS, CHEESECAKE AND MORE!
TO ORDER: CALL 541-536-6157

Community Education
A Virtual Presentation

Healthy Living for Your Brain and Body
In this workshop, you will learn how to better take care of yourself as you age. We’ll look at what the research tells us about healthy aging as it relates to cognitive activity, physical health and exercise, diet and nutrition, and social engagement. You’ll learn how to create a plan for incorporating healthy habits into your life.

Sept. 16
Friday
noon-1pm

Presented at no cost.
RSVP: Call (541) 382-5882, or email communityevents@partnersbend.org, and a Zoom registration will be emailed to you.
PartnersBend.org
Thank You! to our Sponsors

Karen Brannon, Farmers Insurance • Gould Realty • Windermere Real Estate
Country Financial • Feet Retreat • Home Instead Senior Care • St. Vincent de Paul
Harder Appraisal Service • Books, Boxes & Business Services
La Pine Auto Supply/Napa Auto Parts • Grocery Outlet
Heart N Home Hospice • Partners in Care
Helen Marston, Realtor • Midstate Electric • AmeriTitle

YOU MAKE THIS ALL POSSIBLE!

Learn about Medicare at a FREE educational workshop!

La Pine Senior Activity Center
Tuesdays at 12pm
September 13 • October 4
Medicare Parts, A, B, C & D and What They Cover
Medicare Options | Eligibility
When You Can Enroll

A more human way to healthcare™

FOOT CLINIC
La Pine Senior Center - Third Monday of Every Month
Total Care for Your Feet by a Registered Nurse!
- Relaxing Foot Soak
- Toenail trimming and filing
- Callus reduction
- Foot Inspection
- Massage/moisturize
- Foot care instruction

Schedule your appointment today.
541-788-4785

WHO WE ARE: LA PINE ACTIVITY CENTER

La Pine Activity Center is a 501(c) 3 nonprofit organization, serving the greater La Pine community.

Web: lapineseniorcenter.org
Email: info@lapineseniorcenter.org
Email: jamie@lapineseniorcenter.org
Jamie Donahue, Executive Director

HOURS:
Monday - Thursday
9am - 3pm

541-536-6237
16450 Victory Way, La Pine, OR
**Assistant Resources**

*Who to Call For The Help You Need*

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meals on Wheels</td>
<td>541-797-9107 Denise Mitchell</td>
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<tr>
<td></td>
<td><a href="mailto:admin@CouncilOnAging.org">admin@CouncilOnAging.org</a> <a href="http://www.CouncilOnAging.org">www.CouncilOnAging.org</a></td>
</tr>
<tr>
<td><strong>Family Caregiver Support Program</strong></td>
<td>541-678-5483 Wes Vaughn, Ext. 116</td>
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<tr>
<td><strong>Legal Assistance, Legal Aid Services of Oregon</strong></td>
<td>541-385-6950</td>
</tr>
<tr>
<td><strong>Seniors &amp; People With Disabilities</strong></td>
<td>541-388-6240</td>
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<tr>
<td><strong>Deschutes County Veterans Services</strong></td>
<td>541-385-3214</td>
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<tr>
<td><strong>Partners In Care</strong></td>
<td>541-382-5882</td>
</tr>
<tr>
<td><strong>Information On Caregivers</strong></td>
<td>541-678-5483, x104</td>
</tr>
<tr>
<td><strong>Council on Aging</strong></td>
<td>541-678-5483</td>
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<td><strong>Social Security Office in Bend</strong></td>
<td>541-678-5483</td>
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<td><strong>AARP</strong></td>
<td>866-554-5360</td>
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<td><strong>Department of Human Services</strong></td>
<td>541-536-8919</td>
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<tr>
<td><strong>Heart n’ Home Hospice &amp; Palliative Care</strong></td>
<td>541-536-7399</td>
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<tr>
<td><strong>Dial-A-Ride Free La Pine Transportation</strong></td>
<td>541-385-8620</td>
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<tr>
<td><strong>Notary Services</strong></td>
<td>541-868-4189 Ask for Shannon</td>
</tr>
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**DIRECTOR’S CORNER**

Hi everyone! It’s been a busy summer here at the La Pine Activity Center, and we anticipate a busy fall and winter season as well! Here is the latest news:

We are scheduled to get our new asphalt parking lot sometime during September, so we’re going to be closing down to allow for the paving to happen during that time. Thanks to everyone for all their help and generous donations!

As part of the paving process, we need new parking bumpers, and so we need to raise some money for these. We’ve decided to have a “Bumper Hall of Fame”, where individuals and/or businesses can get their name on a plaque to hang in the Center if they donate $50 for a bumper. These are black and white striped bumpers, about six feet long. If you would like to help, please call the Senior Center at 541-536-6237!

I would like to share with you some plans we have for right after Thanksgiving this year. We hope to have a **Winter Traditions** to take place November 25-27, featuring 100 vendor booths, food trucks, live music, a tree lighting celebration, and of course Mr. and Mrs. Claus who will hear the Christmas wishes of children in the community. Pictures with Santa with the kids (and bring your pets, too!) will be for sale. We will let you know in future newsletters how this event is shaping up...it all depends on getting a tent large enough and within our price range for this event.

We would like to give a **big welcome back** to the La Pine Chamber of Commerce, who will be holding their monthly business breakfasts during October, November and December of 2022. Make sure you sign up for these! It’s a great way to meet people in the community or just get together with friends, enjoy good food, and listen to some interesting speakers. Put it on your calendar now!

Speaking of calendars, we are in the process of putting together some for next year, with photos featuring our awesome volunteers and a different business sponsor for each month.

By now you’ve probably noticed that **WE HAVE A NEW LOGO**! We are now officially the La Pine Activity Center, still catering mainly to our seniors, but welcoming all age groups. We feel this lets us be more inclusive, and we hope to be able to offer more events, activities, you name it. We have an awesome facility here!

That’s all for now...we would like to thank each and every one of you who have donated your time and/or funds to help us grow and continue to provide a community center for La Pine!

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*Check our Facebook page and website for the latest information on events and classes! lapineseniorcenter.org*
WE HAVE A NEW LOGO!
The La Pine Senior Activity Center is now
The La Pine Activity Center... Engage At Every Age!

Upcoming Events

SENIOR CENTER SPORTSMANS SHOW!
Saturday & Sunday, September 10 and 11
Saturday 9am to 4pm • Sunday 9am to 3pm
$5 Admission • $1 off for Senior Members

MEDICARE 101 WORKSHOP!
Tuesday, September 13 • 12pm

THRIVE CENTRAL OREGON IS BACK!
Thursdays at the Senior Center • 11am - 1pm
Providing seniors with vital connections to resources and support in our community.

LA PINE CHAMBER MONTHLY BREAKFAST
Friday, October 21 • 7:30am • $13/Each
Come mingle with members of the La Pine business community and enjoy a delicious breakfast!

ATTENTION BUSINESS OWNERS!
YOUR SPONSORSHIP CAN BE THE THE HELPING HAND WE NEED!

SPONSORSHIP PACKAGES:
• Newsletter Ads (Bus. Card, Quarter, Half or Full Page)
  • 2 HUGE TV monitor digital ads running continuously at the Center
  • Recognition at events & on promotional materials
    • Business card on display in lobby
    • Flyers distributed to lunch guests
    • Vendor booth discount at events
  • Senior Center “Meet & Greet” opportunities...
    and so much more!
Visit lapineseniorcenter.org/sponsorship-opportunities or call Jamie at 541-536-6237 TODAY!

As your neighborhood Real Estate Professional, I continually support our community by donating 10% of my net commissions earned by this ad to any school booster groups, churches, or charities of your choice.

Helen Marston, Broker
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Email: Helen@HelensRealEstate.com

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