

# SEASONS!

events | activities | special occasions | news & stuff

## Lunch Menu



### November 2023 In-Person– La Pine Congregate



Monday	Tuesday	Wednesday	Thursday	Friday
	Dining Room Service	Dining Room Service	Dining Room Service	
		1 <sup>st</sup> Meatloaf Mashed Sweet Potatoes Green Beans Autumn Salad Fruit Juice or Milk	2 <sup>nd</sup> Broccoli Cheese Soup Chicken Salad sandwich on Croissant Dessert Fruit Juice or Milk	3 <sup>rd</sup>
6 <sup>th</sup>	7 <sup>th</sup> Baked Potato Bar with all the Fixing Chili without Beans Broccoli Fruit Dessert Juice or Milk	8 <sup>th</sup> Breaded Ravioli with Dipping Sauce Caesar Salad Roasted Squash Banana Bars Fruit Juice or Milk	9 <sup>th</sup> Clam Chowder Fish and Chips Fruit Dessert Juice or Milk	10 <sup>th</sup>
13 <sup>th</sup>	14 <sup>th</sup> Ham Scalloped Potatoes Garden Salad Dessert Seasonal Fruit Juice or Milk	15 <sup>th</sup> Chimichangas (Fried Filled Burritos) Cilantro Lime Rice Refried Beans Mexican corn Salad Fruit Juice or Milk	16 <sup>th</sup> Turkey Mashed Potatoes and Gravy Stuffing Green Bean Casserole Rolls Dessert	17 <sup>th</sup>
20 <sup>th</sup>	21 <sup>st</sup> Closed for Thanksgiving Holiday	22 <sup>nd</sup> Closed for Thanksgiving Holiday	23 <sup>rd</sup> Happy Thanksgiving to all	24 <sup>th</sup>
27 <sup>th</sup>	28 <sup>th</sup> Pork Chops with Baked Apples and Onions Rice Pilaf Cole Slaw Peas Dessert Juice or Milk	29 <sup>th</sup> Red Beans and Rice with Sausage Herbed Rolls Salad Cookies Fruit Juice or Milk	30 <sup>th</sup> Turkey Soup Grilled Cheese Soup Fruit Dessert Juice or Milk	

**LA PINE ACTIVITY CENTER PRESENTS**

**Winter TRADITIONS**

November 24<sup>th</sup> & 25<sup>th</sup>  
Friday - Saturday 9am-6pm

SPONSORED BY

**ACE Hardware** **LA PINE**

**Highlander Motel & Shell Gas Station**

**Come get your picture taken with Santa and his Reindeer!**

Please remember we are closed November 20 to 24

## Special Partnerships Bring Reindeer and Good Will to Winter Traditions

Ace Hardware, the owners of Highlander Motel, and La Pine Parks and Rec have partnered with the Activity Center to make this year's Winter Traditions a true community event. Said Jamie Donahue, "Ace Hardware has always been a great asset to La Pine, and its generosity in partnering with Brian and Jeannine Earls to sponsor the appearance of two live reindeer will make the holiday gathering especially festive." Donahue also thanked La Pine Parks and Rec for sponsoring a silent auction of decorated holiday trees, and Karen Miller, its executive director, "who has helped us tremendously."

Jeannine Earls, in explaining the couple's partnership role, said that "Brian and I have always been involved with the Activity Center, especially when a need is not being met and Jamie and her team become desperate."

"People can only help so much" she said, "so we sit in the background and watch until others have done what they can, and the need remains – such as supplying turkeys for the special Thanksgiving meal."

Earls added that "the situation with this year's Winter Traditions event was somewhat different. We really, really wanted to bring a little magic to the kids, so we partnered with Ace Hardware to add a reindeer to Santa's realm at the Community Center. My brother and I didn't have that magic when we were growing up, as my mother --- like other parents in La Pine – couldn't afford to do much. So enhancing the holidays for other children is particularly important to us."

Those who know the Earls will not be surprised at this example of their legendary generosity. The couple, owners of Highlander Motel and the adjacent gas station, believe that "we're part of this community, so we want to give back and help make La Pine healthy and vibrant. All of us have to succeed as a whole."



Brian and Jeannine Earls are partnering with Ace Hardware to bring a live reindeer to this year's Winter Traditions.

**LA PINE ACTIVITY CENTER PRESENTS**

# WINTER TRADITIONS

November 24th & 25th  
Friday - Saturday 9am-6pm

**SPONSORED BY**

**ACE Hardware** **LA PINE** **Highlander Motel & Shell Gas Station**

**Come get your picture taken with Santa and his Reindeer!**

**SANTA IS COMING!**

**Timberview Farm Reindeer**

## BLACK FRIDAY SHOPPING

Take a step back in time while you "Sip and Shop" enjoying **Honeywood Winery** and doing your holiday shopping locally!

**Friday & Saturday, November 24th - 25th**  
Music, Food, Coffee, Hot Cocoa, Hot Cider, and MORE!

Breakfast 9am to 11am	Breakfast Served by Central Oregon Elite Dancers	Cascade Bison Serving Lunch/Dinner
Lunch 11:30am to 5pm		

For more information, call 541-536-6237 or email: [info@lapineseniorcenter.org](mailto:info@lapineseniorcenter.org)

Located at: La Pine Park & Recreation (Inside the gym) 16405 1st st, La Pine

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## November Director's Corner



Wow, time flies! It's already November and we have some exciting events coming up at the Center. 🎉

First, mark your calendars for our Thanksgiving Luncheon on November 16th. We'll have the traditional turkey meal for our 60+ members (suggested donation of \$5) and for anyone else, it's only \$6. If you want to take your meal home, just add a dollar for to-go boxes. 🐔

Next, don't miss our Winter Traditions on November 24th-25th at the La Pine Park and Rec. We had such a great turnout last year that we had to move to a bigger venue. How awesome is that? 🙌 Santa and Mrs. Claus and the Grinch will be there both days to spread some holiday cheer. You can also take photos with them at our photo booth for just \$5. And on Saturday from 12-4pm \$8, Santa's reindeer will be there too for some family fun. 🎅🦌

Plus, you can shop from our 58 amazing crafty vendors who have something for everyone on your list. You won't want to miss this! 🥰

We want to give a special thanks to our sponsors who made the reindeer possible this year: La Pine Ace Hardware, Highlander Motel and Earls Shell Gas Station. We appreciate your support so much! ❤️

Some of you have been asking how you can help the Center. Well, there are a few ways you can make a difference. One is to sponsor a senior for \$110. This helps feed two seniors three times a week for a month. Sometimes, this is their only meal of the day. 😞 Another way is to donate turkeys and hams for the holidays. We always need more of these to feed our hungry members. 🙏

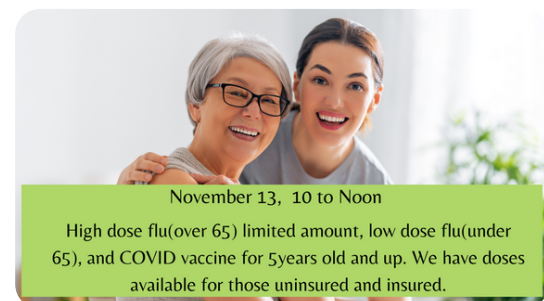
And last but not least, keep an eye out for our fundraiser for new upgraded toilets. We'll be selling delicious tamales to go soon. Yum! 😋

That's all for now. If you have any questions or suggestions, feel free to stop by and chat with me between 11 and 12 during lunch. I'd love to hear from you!

Jamie

## Christmas Basket Association Applications

Online applications will be posted Facebook on November 1st.  
Paper applications will be available at the La Pine Activity Center and La Pine Chamber on November 1st.



# Class Schedule



## YOGA

### Activity Center

Tuesday 8:30am  
Thursday 8:15am  
Saturday 8:30am

## BODY GROOVE

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



## FIT FOR LIFE TRAINING

Mon & Wed 1 p.m.  
Friday 9 a.m.



## LINE DANCING

Mon./Wed. 9am  
Main Activity Room



## COUNTRY LINE DANCING

Thursday 3 - 4

# Wednesday Game Day!



Hey Members, are you ready for some fun and games?



Join us every Wednesday after lunch for some friendly competition and socializing. We have Cribbage, Bridge, Pinnacle, Yahtzee, Knuknfutz, UNO and poker 🎲 ♣️ You won't want to miss our monthly Bunco night on Fridays either!

If you're not a member yet, don't worry. We have a special offer for June only: \$35 for a membership that lasts until April 2024!

What are you waiting for? Come have with us !!!

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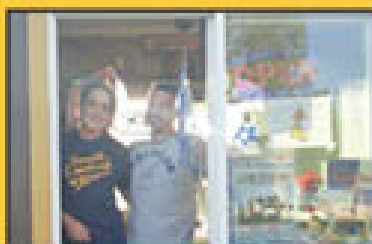
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Karen Brannon  
51636 Huntington Rd

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Please remember we are closed November 20 to 24



# Activities

## PINOCHLE

Thursdays at Noon  
Conference Room



## BRIDGE

Fridays at Noon  
Conference Room



## QUILTING

Wednesdays &  
Thursdays 7am  
Conference Room

## BINGO

### 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



### Andy Meeuwsen NAIFA, NQA

Financial Representative

51379 Hwy 97  
PO Box 810  
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November 13, 10 to Noon

High dose flu(over 65) limited amount, low dose flu(under 65), and COVID vaccine for 5years old and up. We have doses available for those uninsured and insured.

November 20th to 24th

**SORRY**  
WE ARE  
**CLOSED**  
PLEASE COME BACK AGAIN



## Bunco

Bunco is a dice game where you roll dice and hope to get the same number as the round you're in. For example, in round one, you want to get ones. If you do, you yell "Bunco!" and get points. If not, you pass the dice to the next person and hope they don't get Bunco either. The game is played in teams of four, and the team with the most points at the end wins. Bunco is a game of luck, not skill, so anyone can play and have fun.

November 17, 2023

Pot Luck  
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BUNCO  
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## Don't Forget to Order Your Holiday Pies

The Activity Center is selling pies for the holidays as a fundraiser, and if you want one (or more!) for your family and friends, be sure to place your order by Monday, Nov. 6.

Ready-to-serve pies, made with Willamette Valley fruit, are available in cherry, peach, apple, pumpkin, blueberry crumble, and caramel apple flavors for \$18 each.

To order, call the Activity Center's front desk at 541.536-6237 with your name, phone number, and pie flavor.

It's an irresistible way to celebrate the holidays and support the Activity Center at the same time.







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### UPCOMING TOURS...

#### Leavenworth WA Christmas

Dec 10-12 \*\$699 ppdo - 3 days/2 nts,  
Bavarian Lodge, 2 breakfast buffets, 2  
dinners, sleigh ride.



#### Winnemucca Dec 30-Jan 2, 2024

\*\$174 ppdo Deluxe motorcoach trans, 4  
days/3nts, \$20 free slot play, \$15 food coupons



#### Panama Canal Cruise Jan 21-Feb 6,

2024 starting at \*\$3,499 ppdo 1 pre-night Ft  
Lauderdale, ocean view rooms, air, taxes,  
transfers, plus 15 day cruise.



#### Sprit Mtn/Chinook Winds Casino

March 13-14, 2024 \*\$329 ppdo 1 night at Sprit Mtn  
Casino in Grand Ronde - visit Chinook Winds Casino  
in Lincoln City. Food coupons and free play.



#### San Antonio/Alamo

April 2-6, 2024 starting \*\$2,099 ppdo  
Inc air, trans, taxes, transfers, 5 days/4 nights  
and a tour of the Alamo.



#### Venice Cruise May 2-13, 2024

\*\$2,999 ppdo Inc air, taxes, transfers, 2 pre-nts  
Venice, 7 nt cruise



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LOCAL MARKET



Studies show that older adults commonly use medical cannabis for the same conditions younger patients do: pain, insomnia, neuropathy, and anxiety.

Interestingly, there is some research that cognitive functioning can actually improve when patients use medical cannabis, due to, among other things, improved sleep and pain control.

Source: Harvard Health Publishing

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## RSVP Now for Thanksgiving Luncheon on Nov. 16

"Many people have told me that they look forward to having their holiday meals at the Activity Center, and this Thanksgiving's luncheon will be as delicious as ever," said Jamie Donahue.

If you are reserving a to-go meal in the dining room, you will drive around back and do the pick-up without having to leave your car. Pick-ups start at 11 a.m. Thursday, Nov. 16.

Donahue expects 100+ people to enjoy the traditional dishes, and warned that reservations are necessary to ensure that enough food is prepared.

The cost for those 60+ is a \$5.00 donation, while younger patrons are asked to contribute \$6.00. Although she has been urged to charge more, Donahue is adamant that "we try to make the cost reasonable for our seniors and others in the community."

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 November 1 - December 31, 2023  
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<p><b>SAVE UP TO 58%</b>  <b>\$3.99</b> /each          1 qt.          10W-30, 10W40, 5W30, 5W40</p>	<p><b>SAVE UP TO 61%</b>  <b>\$4.49</b> /each          1 qt.          10W-30, 10W40, 5W30, 5W40</p>	<p><b>SAVE UP TO 56%</b>  <b>\$4.79</b> /each          1 qt.          10W-30, 10W40, 5W30, 5W40</p>	<p><b>SAVE UP TO 56%</b>  <b>\$4.79</b> /each          1 qt.          10W-30, 10W40, 5W30, 5W40</p>

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**Winter Traditions**  
**A La Pine Activity Center Event**  
**November 24-25, 2023**  
**Friday & Saturday 9 am - 6 pm**  
**Located at the La Pine Community Center, Park & Rec Building**  
**16405 First Street, La Pine**

By Janice Delzer

The Activity Center's second-annual Winter Traditions is more than just a Christmas bazaar, although we do have 52+ booths selling a variety of wonderful holiday items. We like to have fun and this will be a fun event! Taking place on Friday and Saturday, Nov. 24 & 25, 9 a.m. – 6 p.m., it gives everyone the opportunity to shop local, and celebrate our community.

Of course, we will have Santa and Mrs. Claus, and the Grinch. Our lovely and talented photographer, Jennifer, will be available to take pictures on both Friday and Saturday for only \$5.00. The big news this year is that two of Santa's reindeer will make a special appearance from noon to 4 p.m. on Saturday in their own area decorated for Christmas – making an ideal background for family photos by Jennifer at \$8.00 each.

The reindeer will be outside on the north side of the Community Center building. As a special treat, the La Pine Senior Grad Night Parent Committee will have a booth set up to sell hot chocolate, coffee, hot cider, tea and holiday wreaths. Cascade Bison Co of La Pine will set up in the kitchen to offer lunch and dinner meals of bison sliders for sale from 11:30 a.m. – 5 p.m. both Friday and Saturday Yum! Also on both days of the event, our very own Central Oregon Dancers Elite will be serving breakfast from 8 -11 a.m. Another yum! We'll have tables available so visitors can sit and eat, as well as special just-for- kids activities.

One of my favorite parts of Winter Traditions is the Sip and Shop, which will offer some new wines this year, plus some of our favorites, from Honeywood Winery out of Salem. Pear, cherry, peach, hard apple cider, Riesling and a variety of Christmas wines will be available by the bottle or the glass. These wines are fantastic, but don't just take my word for it. Sampling will be available to help you choose your perfect wine purchase. Winter Traditions will also feature raffles, ugly sweater contests, holiday decorations, and more to add to the fun. We hope you will join us for this second-annual Winter Traditions event – which is also a fundraiser for the Activity Center -- to do a little shopping and get in the Christmas spirit.

Winter Traditions, located in the La Pine Parks & Rec Community Center at 16405 1st St., takes place on Friday and Saturday, Nov. 24 and 25, 9 a.m. – 6 p.m.

