

Summer 2024 Issue

Revised 7/8/24



La Pine Senior Activity Center

The Community Lunch brought to you by the Heritage Kitchen.

Located in the La Pine Activity Center, the Heritage Kitchen prepares a community lunch three days a week. The delicious meal includes a main course, side dish, dessert and beverage.

Tuesday, Wednesday, and Thursday – served at 11:00 am – 12:00 pm

60 years+ FREE
(suggested donation \$5, all others \$6)
Meals are subsidized by the National Aging Program Info Systems (NAPIS) funded by the Older Americans Act, Council on Aging.



Our Mission:

“To support and promote dignity, well being, nutrition, security and self-sufficient lifestyles for La Pine’s seniors and disabled.”

With daily programming, special events, low-cost community meals and a wide range of resources, we have something for everyone!



Director’s Message
Jamie Donahue,
Executive Director

Summertime in La Pine, Oregon, is a season of vibrant community spirit and joyous celebrations, as evidenced by the success of the Rhubarb Festival. The festival's triumph is a testament to the dedication and hard work of countless individuals, from the tireless volunteers to the committed vendors. It's heartwarming to see the community come together, contributing their time and effort to create an event that's more than just a gathering—it's a reflection of the town's camaraderie and resilience. As we bask in the afterglow of this year's festivities, we eagerly anticipate the August 8th Senior Picnic at Cascade Meadow

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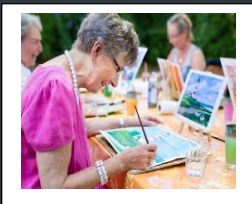
RV Resort, (Sponsored by La Pine Community Health Center) and another opportunity to forge fond memories. And with the introduction of Debbie Grisamer to the quarterly newsletter, members can look forward to staying connected and informed. Here's to the continued support of our sponsors and the collective anticipation for what the next year will bring to this close-knit community. La Pine's spirit truly shines through its events, making every moment a cherished one.

Cheers!
Jamie

Events and Programs

“Get moving, get healthy, get involved”

Classes are generally FREE for members; \$8 for non-members. No registration is necessary unless noted. Scholarships and reduced-price memberships are available. Events noted with an asterisk (*) have a fee. Schedule and programming are subject to change. Please call us with questions or for current information.



Regularly Scheduled Events

Monday

8:30 am Beat the Heat – Walker users, parking lot
 9:00 am Line Dancing (Exercise)
 9:00 am *Aqua Aerobics (Must sign up ahead.) (Exercise)
 10:00 am Self Massage with Nadia Pereverzina (2nd Monday of the Month) (health)
 10:30 am Body Groove (Exercise)
 1:00 pm *Fit for Life w/Carol (Exercise)
 5:30 pm *Monday Nite Bingo (Social)
 Come Early!

Tuesday

9:00 am Coffee Club (Social)
 11:00 am Lunch prepared by Heritage Kitchen
 1:00 pm *Quarter Tuesday Bingo (Social)

Wednesday

9:00 am Line Dancing (Exercise)
 9:00 am Quilting Ladies (Social)
 9:00 am *Aqua Aerobics (Exercise)
 11:00 am Lunch prepared by Heritage Kitchen
 12:00 pm Book Club (with Sandie) (Social)
 1:00 pm Fit for Life w/Carol (Exercise)

Thursday

9:00 am Quilting Ladies (Social)
 9:30 am Body Groove (Exercise)
 11:00 am Lunch prepared by Heritage Kitchen
 12:00 pm Pinochle (Social)

Friday

9:00 am Friday Friends (Social)
 11:00 am Bridge (Social) (every other week, or monthly event. Check with front desk.)

La Pine Senior Activity Center 16450 Victory Lane, PO Box 1279, La Pine (541) 536-6237 info@lapineseniorcenter.org

Hours: Monday – Thursday 9:00 am – 2:00 pm Friday 9:00 am – 12:30 pm (unless there is an event)

Rhubarb Festival Sponsor

A big “thank you” to our Rhubarb Festival sponsor, Republic Services. Your generosity provided both our event’s entertainment and the Kid Zone--making the event more enjoyable for kids of all ages!



And, speaking of sponsors, we’d like to highlight two of our faithful sponsors, Ace Hardware and Republic Services. We couldn’t do what we do without you!



Special Programs and Events

First Aid Class (free) Fire Chief, La Pine Fire Department
July 8th 12:00 pm

AARP (503) 676-3653
July 9th 8:00 am (must register prior to attending)

Veteran’s Lunch – Sponsored by Heart N Home Hospice, Bend
July 18th 11:00 am
August 15th 11:00 am
September 19th 11:00 am

SCAM Prevention
Free workshops presented by First Interstate Bank Sunriver
(No RSVP necessary)
July 18th 11:15 am
August 15th 11:15 am
September 19th 11:15 am

Presentation of Quilt of Valor for Perla Smith
July 18th (immediately after lunch)

National Night Out (Free) Food & Games
August 1st 6 pm – 8:00 pm

Aloha Senior Picnic (Sponsored by La Pine Community Health Clinic) Contest for best Hawaiian outfit!
August 8th 11:00 am - 2 pm
Cascade Meadows RV Park, 53750 US Highway 97

Ellipse Theater “Last Train to Nibroc” Two Showings
September 28th etcbend.org For information you can gather.

101 Health Classes Presented by St. Charles Health Systems
11:00 am – 12:00 pm.
Basic Wound Care August 6th
Heart Health 101 September 10th
Stroke Recognition & Prevention September 24th

Special Programs and Events (continued)

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| Bunco | \$5 |
| July 26 th | Bring a friend and your favorite dish |
| August 23 rd | |
| September 27 th | |
| Doors open at 4 pm, starts at 5 pm | |

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|----------------------------|---------------------|
| Craft on a Budget | \$5 begins at 12 pm |
| July 17 th | Paper Craft |
| August 14 th | Rock Painting |
| September 18 th | (unknown) |

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|---------------------------|-------------|
| Gun Show | |
| September 7 th | 9 am - 4 pm |
| September 8 th | 9 am – 3 pm |

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