

# Center 50+

CITY OF SALEM

## Program Guide Spring 2024



Keeping Connected and Engaged  
Keeping Connected and Engaged



2615 Portland Road NE  
Salem, OR 97301  
503-588-6303  
[www.cityofsalem.net/Center50](http://www.cityofsalem.net/Center50)  
[Connect50plus@cityofsalem.net](mailto:Connect50plus@cityofsalem.net)



## Welcome to Center 50+

Center 50+ is a community center that provides over 200 programs and services. We have a lapidary room, woodshop, state-of-the-art Wellness Center and a Computer Learning Center. We also have support services like Among Friends, which is an adult day respite center for families with a loved one living with Alzheimer's Disease. Additionally we have a phone call and visitation program for homebound seniors.

For individuals who are not able to come to Center 50+ or who are not ready to join in on group activities — WOW Van is here to support you!

Call for van visit to your home and neighborhood! Please reference the program guide to register for in-person classes or virtual classes you're interested in. Alternatively, you can contact us at [Connect50plus@cityofsalem.net](mailto:Connect50plus@cityofsalem.net). Lapidary and the Woodshop require a reservation.

We have something to meet everyone's interests.

- Artisan Shops
- Health and Fitness Center
- Lifelong Learning
- Lunch Program
- Respite Services
- Retirement Planning
- Travel Program
- Volunteer Opportunities
- Become a supporter of Friends of the Salem Senior Center

The Center welcomes input from new participants and partners to help develop a center that meets the needs of those 50 and older. If you have an idea or comment, contact me at [mdaily@cityofsalem.net](mailto:mdaily@cityofsalem.net) or complete a comment card from our receptionist desk the next time you are in. I'd love to hear from you.

*Marilyn Daily, Director*

Updated: 4/29/2024

### **Center 50+ Hours of Operation**

Monday—Thursday 8am—9pm  
Friday 8am—4pm  
Saturday 9am—1pm

### **Upcoming Holiday Closures**

May 27  
June 19

### **Winter Weather Policy**

In times of inclement weather or hazardous road conditions, tune in to 1490 AM—KBZY Radio, go to Center 50+ Facebook page, or call 503-588-6303 to find out closure or delayed opening of Center 50+. Even if the Center does open, people need to use their own judgment before going out into the weather.

## Table of Contents

---

Artisan Shops.....	4
Health & Wellness Services .....	5-7
Fitness Classes and Events.....	8-10
Lifelong Learning Classes: Arts & Crafts, Personal Enrichment, Tech .....	12-18
Respite Care, Support & Education: Memory Loss, Alzheimer’s, Dementia ...	19-20
Friendship Brigade, Villages Network, WOW Van Services .....	21-25
Travel Program .....	26
Special Events.....	27-29
Volunteer Opportunities .....	30
Dimensions of Wellness .....	31
Rules of Conduct at Center 50+.....	<a href="#">link to web page</a>

It is the City of Salem’s policy to assure that no person shall be discriminated against on the grounds of race, religion, color, sex, marital status, familial status, national origin, age, mental or physical disability, sexual orientation, gender identity, source of income and housing status, as provided by Salem Revised Code 97. The City of Salem also fully complies with Title VI of the Civil Rights Act of 1964, Americans with Disabilities Act of 1990, and related statutes and regulations, in all programs and activities.

Special accommodations are available, upon request, for persons with disabilities or those needing sign language interpretations, or languages other than English. To request accommodations or services, please call [503-588-6303](tel:503-588-6303) at least three business days in advance.

Servicios razonables de alojamiento y accesibilidad se facilitarán por petición. Si necesita ayuda para comprender esta información, por favor llame 503-588-6303.

## Artisan Shops

## It Takes a Lifetime to Get This Young!

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### Woodshop

In-person usage of the Woodshop is offered by appointment for six people per shift (plus one volunteer supervisor).

Appointments available Monday-Thursday 9am-Noon or 12-3pm. Saturday 9am-1pm. (Hours may vary due to volunteer availability.)

Cost: \$3 per session. \$20 punch cards available for purchase in the Connection Center.

If you are interested in signing up for a session, please use the [Signup Genius—Woodshop reservation link](#). If you do not have access to a computer please call us at 503-588-6303. Drop-in attendance is not offered at this time.

**Orientation and safety training for first-time Woodshop users:** Completion of this training is required for all first-time Center 50+ Woodshop users, regardless of experience level. Orientations are conducted on Fridays by a volunteer Woodshop supervisor. To sign up for orientation call or email Center 50+. Orientation cost: \$1.

### Lapidary

In-person usage of the Lapidary for 4 people per shift (plus one supervisor). New students will be taken through an orientation. To reserve your spot, please use the [Signup Genius--Lapidary registration link](#).

If you do not have access to a computer, please call us at 503-588-6303. Drop-in attendance is not offered at this time. Sessions are as follows and varies due to supervisor ability:

Monday, Wednesday, and Thursday—9:00-11:00am, 12:00-3:30pm or 6:00-9:00pm

Tuesday— 9:00-11:00am, 12:00-3:30pm

Saturdays—9:00am-12:30pm

Cost: Varied. Daily fees based on equipment and length of time used

**Lapidary Course for new users:** \$30 (includes startup kit)

You will be taught the process of turning a rock into a precious stone. We furnish the rocks to complete your first three projects.

Completion of an orientation and safety training is required for all first-time Center 50+ Lapidary users regardless of experience level. The Lapidary's volunteer supervisor will conduct your orientation.





**It Takes a Lifetime to Get This Fit!**

**FIT 50+ HEALTH AND WELLNESS CENTER** is designed to serve individuals ages 50 and older who are interested in starting a physical fitness routine for the first time or for those who are looking for a comfortable, low cost option for maintaining their fitness level. Individuals unable to pay the fee may apply for a partial fee waiver.

**Membership Options:**

<b>Gym Only (Silver Membership)</b>	\$20 Per month	\$50 Quarterly	\$180 Annually
<b>Gym &amp; Fitness Classes (Gold Membership)</b>	\$40 Per month	\$99 Quarterly	\$384 Annually

Gym hours: Monday-Thursday 8:00 a.m.—7:00 p.m.  
Fridays 8:00 a.m.-2:00 p.m.  
Saturdays 9:00 a.m.-12:00 p.m.

Fit 50+ is staffed Monday-Friday 8:00am-2:00pm. If you require assistance outside of our staffed hours, please call the Fitness Center at 503-588-6321 or email [connect50plus@cityofsalem.net](mailto:connect50plus@cityofsalem.net) to set up an appointment to meet with our Fitness staff.

**FITNESS CENTER ORIENTATION**

**Wednesdays 11:30-12:30 Cost: Free**

**To register please call or stop by the Fitness Center**

As one of the added perks of being a member of our Fitness Center you will receive a complimentary orientation class taught by Dr. Raj Pusuluri PT,DPT. In this class you will learn how to safely use the fitness equipment, gain the knowledge you need to make your own fitness plan and have the opportunity to ask any questions you might have. You must be a member of the fitness center to attend. Pre-register for the orientation by calling or visiting the Fitness Center 503-588-6321.



**It Takes a Lifetime to Get This Fit!**

### **FIRST AID & CPR CERTIFICATION CLASS**

In this class you will learn to provide first aid, CPR and AED (Automated External) in a safe, timely and effective manner. After completing the class, you will obtain an American Safety and Health Institute First Aid & CPR certificate. Contact the Health and Wellness center for more information. 503-588-6321

Date: May 8 Time: Noon-4pm Cost: \$35

### **HAND AND FOOT CARE**

Licensed Nail Technician Alissa Lemke (*License # COS-NT-10217269*) provides hand and foot care at an affordable price. Alissa is trained in both advanced and diabetic pedicuring. She offers waterless nail care to avoid transmission of bacteria and fungus as well as to protect the skin from micro tears. Alissa believes waterless nail care is the best option for those

who are immune compromised, have diabetes or have circulation or skin concerns. Your waterless service will include nail, cuticle and callus care and moisturizer.

Foot Care starts at \$35 and nails start at just \$20.

Alissa is available Mondays 10:00 a.m.-3:00 p.m. by appointment only.

**Call the Fitness Center at 503-588-6321 to make your appointment today.**

### **PERSONAL TRAINING**

Fit 50+ is excited to offer personal training options to its members. Each personal trainer is nationally certified and experienced with the 50+ age group. Upon your membership registration, you will receive a **complimentary orientation class**. In this orientation class a trainer will teach you how to properly use each piece of exercise equipment, answer any questions you have and inform you on all of the great ways that a personal trainer can help you achieve your fitness goals. ***Must be a Fit 50+ member.***



## **It Takes a Lifetime to Get This Fit!**

### **PROMOTING HEALTHY AGING DISCUSSION ROUNDTABLE**

Center 50+ is excited to offer healthy aging roundtable conversations through a six-week discussion group. These roundtable discussions are relaxed, fun and discussion-oriented. The content is based in part on the 8th edition, award-winning textbook, *Health Promotion and Aging* (2020), authored by David Haber, and includes subsequent research. You will receive a free booklet, *Promoting Healthy Aging* (2022), when you register for this series of classes.

In this six-part series we will discuss topics such as Health Expectancy, Prevention Strategies, Medical Screenings, Exercise, Sleep, Nutrition, Mental Health, Mind-Body Alternatives, Loneliness and methods to change health behaviors. The goal in this workshop is for you to walk away and make a positive behavior change in your life. During this series you will gain knowledge on relevant health topics as well as take part in voluntary weekly action challenges. At the end of this series you will have the option to complete your own health contract/calendar that will assist you in implementing new or improving existing health behaviors. Please call the Fitness Center for information on upcoming class offerings: 503-588-6321. Cost: FREE

### **MENTAL HEALTH FIRST AID**

**Monday May 20<sup>th</sup> & Tuesday May 21<sup>st</sup> Time: 1-5pm Cost: \$18.95**

Marion County Health & Human Services is proud to offer a unique and vital training opportunity for patrons of Center 50+. During **Older Americans Month** in May, Patrick Brodigan QMHP-C, will be teaching a 7.5-hour **Mental Health First Aid** class over the course of two days. Monday May 20<sup>th</sup> & Tuesday May 21<sup>st</sup>. Time 1-5pm.

#### **Why Mental Health First Aid (MHFA)?**

Improve quality of life and learn how to assist & support older adults who may be experiencing a mental health or substance use challenge. MHFA Certification is based on an evidence-based, early intervention training program. Older adults have high rates of late-onset mental health challenges like anxiety and depression and low rates of identification and treatment.

Whether you need to assist or support someone today or years from now, the course & certification will give you the confidence to have conversations that will allow older adults to live as comfortably and independently as possible.

#### **What It Covers:**

The unique impacts of mental health & substance use challenges on older adults.

Risk factors & Protective factors specific to older adults.

Applying the MHFA Action Plan (ALGEE) in scenarios designed to reflect the unique needs & experiences of older adults.

National, regional & community mental health resources for older adults & their caregivers.

#### **Who Should Take MHFA?**

Individuals who are a part of, connected to or support older adults & their families.

**Pre-registration required by May 13<sup>th</sup> 2024. Call the Health & Wellness Center to pre-register 503-588-6321.**



## **It Takes a Lifetime to Get This Fit!**

### **Tone Your Bones**

While aerobic exercise, such as walking, jogging, or swimming, has many excellent health benefits. Studies have shown that lifting weights two or three times a week increases strength by building muscle mass and bone density. Join Certified Personal Trainer Kate Patty in Tone Your Bones, a class designed to teach you proper strength training techniques and help you build muscle mass and maintain bone density.

Ongoing Monday & Wednesday 9:00-10:00am

**Cost:** Included in Gold Membership or \$6 per class drop-in fee.

Your first Tone Your Bones class is complimentary.

### **YOGA**

Yoga is not only about stretching but also about creating balance in the body by developing both strength and flexibility. Join our Certified Yoga Instructor Debbie Lee in this wonderful Yoga experience.

Ongoing Tuesdays & Thursdays 8:45- 10:00am

**Cost:** Included in Gold Membership or \$6 per class drop-in fee.

### **TAI CHI FOR BETTER BALANCE**

Center 50+ is excited to offer Tai Chi. Join Tai Chi today and start feeling the benefits of muscle relaxation, improved balance, enhanced fitness, improved flexibility and pain relief.

**Level 1** Tuesday & Thursday 11:30am-12:30pm Beginners Refresher Class

**Level 2** Tuesday & Thursday 12:45-1:45pm Enhanced Movements

**Cost:** Included in Gold Membership or \$6 per class drop-in fee. Complimentary first class.



### **LAUGHTER YOGA**

**1<sup>st</sup> & 3<sup>rd</sup> Tuesdays of the month (May-July) Time: 10:30-11:15am**

**Cost: Free Location: Exercise Studio**

Join Certified Laughter Yoga Leaders Sophie Sparling and Lynn Albright in a fun and exciting new class. Laughter Yoga is a movement that combines laughter exercises with deep breathing. Together, in a group while maintaining eye contact, we practice breathing, clapping and laughter exercises which promote a sense of childlike playfulness. No special clothing or equipment is required, just a willingness to laugh! Science has proven that the body cannot differentiate between simulated and real laughter - one gets the same health benefits. Sustained laughter brings more oxygen to the body and brain; making participants feel more energetic and healthy. Laughter Yoga reduces stress, strengthens the immune system, and reduces sick days. We laugh together to promote health, happiness, and world peace!





## **It Takes a Lifetime to Get This Fit!**

### **SILVERSNEAKERS® YOGA**

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Join Certified Yoga Instructor Debbie Lee and start feeling the benefits of SilverSneakers Yoga today. This class is FREE if you are a SilverSneakers member.

Ongoing Tuesdays & Thursdays 10:15 a.m. - 11:15 a.m.

**Cost:** Included in Gold Membership or \$6 per class drop-in fee. Complimentary first class.

### **SILVERSNEAKERS® CLASSIC:**

This class is the SilverSneakers core class for total body conditioning. Certified Fitness Instructor and Personal Trainer Kate Patty will guide you through functional, daily exercise activities with resistance tools to be used at your own pace. The benefits of this class include improved overall strength, flexibility, posture, and balance. To find out if you qualify for the SilverSneakers fitness program through your insurance visit our front desk or call your insurance company today. This class is FREE if you are a SilverSneakers member.

Ongoing Mondays & Wednesdays 10:15 a.m. - 11:15 a.m.

**Cost:** Included in Gold Membership or \$6 per class drop-in fee. Complimentary first class.

### **EVENING FITNESS CLASSES\***

#### **FLEX & FAB\***

Join certified instructor Mai Dotran for this exciting and invigorating workout. A wide selection of music motivates the class through a variety of movements to boost functional strength, flexibility, mindfulness, balance, meditation, and relaxation. Feel happier in a positive social class environment with this low impact class for every one!

Enhance your health through Flex-ing and feeling Fab-ulous. No experience necessary, all fitness levels are welcome. Mondays 5:00-5:30pm

**Cost:** Included in Gold Membership or \$3 per class drop-in fee.

Complimentary first class.

#### **ZUMBA\***

Zumba is perfect for everybody and every body! Each Zumba class is designed to bring people together for a dance fitness party infused with Latin and World rhythms. We take the “work” out of the workout, by mixing modifiable moves for “exercise in disguise.” The total body benefits include increased cardiovascular fitness, muscle conditioning, balance, flexibility, boosted energy, and stress-free happiness each time you leave class. You don’t have to know how to dance. Just move your body and follow our licensed and experienced Zumba Instructor Mai Dotran. It’s easy! Come try it! We guarantee you will have a blast!

Mondays 5:30 p.m. - 6:30 p.m.

**Cost:** Included in Gold Membership or \$6 per class drop-in fee. Complimentary first class.



## **It Takes a Lifetime to Get This Fit!**

### **ZUMBA TONING\***

Join licensed Zumba Toning Instructor, Mai Dotran, for a Zumba Toning class that blends the fun factor of the Zumba dance fitness party with lightweight muscle conditioning to build endurance and increase daily life functioning. Lightweight maraca-like Toning Sticks provide participants with an “instrument” to create sound to music which enhances rhythm and coordination. In addition, the Zumba Toning Sticks help you engage specific muscle groups, which improves muscle strength, posture, agility, mobility, cognitive function, and balance. Walk in ready to have a blast and tone up; leave exhilarated and empowered!

Wednesdays 5:30 p.m. - 6:30 p.m.

**Cost:** Included in Gold Membership or \$6 per class drop-in fee. Complimentary first class.

### **CIRCL MOBILITY\***

'The Flow Must Go On'

Welcome to CIRCL Mobility™, a class that promotes active recovery through movement by unlocking your body's potential through mobility, flexibility, and various breathing exercises; which enables us to move and feel better, longer! We believe that mobility is a “vital” sign, just as necessary as all other elements of optimal health and wellbeing. When combined with resistance and cardiovascular exercise, the CIRCL Mobility™ Program completes the cycle of integrated training for health, longevity, and vitality. People of all ages can benefit through the CIRCL Mobility™ program to help improve balance, reduce stiffness, enhance joint range of motion, increase muscle recovery, to optimize activities of daily life to make it easier for you to move through your day! It's also set to music and healing tones to foster a balanced environment and to relax and focus your mind. Join Licensed Circl Mobility Instructor Mai Dotran for some "you" time to check in with yourself, chill out, and keep the body moving. See you there!

Wednesdays 5:00 p.m. - 5:30 p.m.

**Cost:** Included in Gold Membership or \$3 per class drop-in fee. Complimentary first class.

**\* Adults under 50 are welcome to attend evening or weekend fitness classes with a 50+ adult.**

*A special thank you to this year's corporate sponsors:*





**It Takes a Lifetime to Get This Fit!**

## **INSURANCE REIMBURSEMENT PROGRAMS**

### **SILVERSNEAKERS® FITNESS PROGRAM**

Center 50+ is now offering the SilverSneakers Fitness Program. SilverSneakers Health Plans around the country offer award-winning programs to people who are eligible for Medicare or to group retirees. SilverSneakers provides a fitness center membership to clients with participating insurances. This great benefit includes: access to exercise equipment, customized SilverSneakers classes designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance. In addition you will receive the opportunity to attend health education seminars and other events that promote the benefits of a healthy lifestyle. Check with your insurance provider to find out if you qualify. For additional all-inclusive options and pricing, inquire in the Fitness Center.

### **SILVER&FIT EXERCISE & HEALTHY AGING PROGRAM**

Center 50+ is now offering the Silver&Fit Exercise & Healthy Aging Program. Silver & Fit is designed specifically for Medicare beneficiaries. This program includes: access to exercise equipment and the opportunity to attend Tai Chi: Moving for Better Balance fitness classes designed exclusively for older adults who want to improve their strength, flexibility and balance. In addition you will receive information from Fit 50+ regarding upcoming health education seminars and events that promote the benefits of a healthy lifestyle. Check with your insurance provider today to find out if you qualify. For additional all-inclusive options and pricing, inquire in the Fitness Center.

### **OPTUM ACTIVE RENEW FITNESS**

Center 50+ is now offering OPTUM Active Renew Fitness. Renew Active offers a fitness membership to clients with participating insurances. This benefit includes access to exercise equipment at no charge. In addition you will receive the opportunity to attend Fit 50+ fitness classes at a discounted rate. For additional all inclusive options and pricing inquire in the Fitness Center.

## **Classes—Arts & Crafts**

## **It Takes a Lifetime to Get This Young!**

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### **YARN AND THREAD HANDWORK STUDIO**

Come in and learn how to make your very own stocking cap, scarf or mittens from our class coordinator or experienced students. Register [online](#) or in the Connection Center  
On-going class dates: Every Wednesday Class times: 12:30-2:30 p.m.

Class punch card fee: \$15 punch card for 5 classes. No expiration

### **PINE NEEDLE BASKET MAKING**

This class is open to all levels. Join this group of experienced weavers and soon you'll be making beautiful baskets. Beginners will be provided materials and class tools to use.

On-going class date: Mondays, 9:00am-12noon

Class punch card fee: \$15 for five classes per card. No expiration

### **BEGINNING/INTERMEDIATE WOODCARVING**

This ongoing class will offer carvers the chance to work on existing projects or do a scheduled project, carver's choice. Beginners are welcome as special projects for beginners will be offered. Obtain your punch card in the Connection Center.

Monday evenings ongoing —6:45-8:45pm

Punch card fee: 4 sessions/\$20

### **FRIDAY ART STUDIO**

Join others who enjoy acrylic or watercolor painting, graphite/color pencil or chalk drawing. There is no instructor and participants bring in their own supplies to work on individual projects. Space is limited. Class Dates: Each Friday Morning 9am—noon

Fee: \$3. Pay in Connection Center

### **WIRE WRAPPING**

Be inspired and find joy in creating beautiful pieces of jewelry and accessories.

This is a good place to learn some of the basics and share new techniques.

Basic supplies to bring to class: Personal piece to wrap such as stones, gems, beads, or glass. 20 gauge wire, 26 gauge wire, wire cutters, pliers such as: round, nose, regular and nylon, Ruler, and a painter's tap.

Class dates: Wednesdays, on-going 3:30 - 6:00 p.m.

Class punch card fee: \$15 card for 5 classes. Card does not expire

Purchase punch card in the Connection Center

## **Classes—Arts & Crafts**

## **It Takes a Lifetime to Get This Young!**

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### **CENTER 50+ SEWING GROUP**

This group welcomes all beginners, those who have never touched a sewing machine and those who are just starting to learn how to sew. This group of active sewers are ready to share ideas, problem solve, socialize, and of course having fun. The participants may bring their own projects, but the main focus is working with supply donations to make. This group makes sewn items for Salem organizations (hospitals, nursing homes, shelters, hospice, and so many other worthwhile organizations that provide to those in need.

Group meets: Thursday mornings at 8:30 a.m. in the large craft room upstairs.  
No class fee.

### **BASIC JEWELRY METALSMITHING TECHNIQUE CLASSES-8 CLASSES**

The goal of this jewelry making class is to teach safety practices and basic skills needed to make a simple bezel mounted piece. Students are to supply their own tools needed for class. Pick up supply list at Connection Center. Space is limited for this class.

Class dates: Thursdays, March 21– May 9                      Class fee: \$50

Register [online](#) or in the Connection Center

### **Poblano Chiles Relleno - Culinary Demonstration Class**

We are having so much fun learning how to cook some delicious Mexican dishes with Esther Espinoza, and for the month of May she will demonstrate how to make a vegetarian family favorite. The star of the show is the mild and flavorful poblano pepper; you will learn every step you need to take to make this easy Chili Poblano Relleno recipe.

Class date: Friday, May 3rd

Class time: 10-11:30pm

Class fee: \$7

Register [online](#) or in the Connection Center



## **Classes—Arts & Crafts**

## **It Takes a Lifetime to Get This Young!**

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### **ACRYLIC PAINTING— TECHNIQUES BASICS FOR BEGINNING ACRYLIC PAINTERS**

Instructor Brigitte Miller teaches two lovely spring classes. These workshops are designed for the very beginner, just concentrating on the very basic fundamentals of painting. With simple, easy-to-follow, step-by-step painting demonstrations you will be able to bring your painting home with you.

May Class Date: May 21—Technique Basics for Beginners

Class time: 9-12pm      Class fee: \$45

Pick up your class supply list for each individual class in the Connection Center at Center 50+.

Register [online](#) or in the Connection Center

### **WOOD BOX MAKING COURSE**

Join us in the wood shop for four Thursday afternoons for a beginner box class. We'll be doing the most basic joinery with butt joint, miter joint and ban saw boxes. All supplies will be provided, including plywood, glue, brads, hinges, and screws. Students need to attend a Woodshop orientation (see front desk for schedule and sign up).

Wood Box class dates: June 6, 13, 20 & 27

Class time: 12:30- 3:30pm      Class fee: \$25

Register [online](#) or in the Connection Center

### **ACRYLIC POURING—DRIP SWIPE**

This lesson will be all about the negative space. We'll briefly discuss composition and then with the paints you will mix, you'll drip them onto the canvas for a simple swipe technique.

It's a great way to let your inner child make a mess while ending up with something beautiful that you created! Space is limited and registration will be closed by the end of the business day, two days before class. Students pick up supply list of items needed for this class, for example, bring in 4 craft paint colors of their choice. Supply list is at the Connection Center.

Class date: Saturday, May 25th

Class time: 9:30am-11:30am

Class fee: \$10.

Additional supply fee (cash or check): \$5 payable to instructor at class.

Register [online](#) or in the Connection Center

## **Classes—Arts & Crafts**

## **It Takes a Lifetime to Get This Young!**

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### **Watercolor for Spring-** Instructor Elisa Mack

This course will focus on the basic techniques that are essential for watercolor painting. We will be covering composition, brush technique, color mixing, and much more. Each lesson is easy to follow with clear step-by-step instructions so that you can build your confidence as a watercolor artist. No experience necessary, all levels of artists are welcome to join! Paintings will be completed on 8"x10" watercolor paper, and mats are provided so that your painting is frame-ready for your home, or to give as a gift for loved ones. Elisa Mack is an Artist, Illustrator, and Art Instructor with 15+ years of experience watercolor painting, and 3 years of experience teaching classes for students of all ages. All art supplies are provided.

Monday Class/Painting dates:

March 11- Mt. Jefferson with Lavender Fields

March 18-Spring Floral Arrangement

March 25- Cherry Blossom Path

April 1-Rainy Day Umbrella

Class time: 10am-12pm

Class fee: 120.00 for 4-class course or \$35 each class separately

## **It Takes a Lifetime to Get This Young!**

### **Classes—Personal Enrichment\Drivers Safety**

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#### **WRITERS GROUP**

You like to write, and you want to share your stories? What next? Join this like-minded group once a week and be willing to share aloud. Space is limited.

Class dates: Wednesdays ongoing, 1:00-3:00pm

Class fee: \$15 punch card for 5 classes. No expiration. Obtain card in Connection Center.

#### **TECH HELP DESK**

We also have Tech Team assistants who meet in our lobby at our Help Desk who are able to: show you how to register for classes/workshops/ online events, obtain a free email address and how to use it, show you how to join a Zoom class, or give one-on-one tutoring. If you would like more information or to make a Tech Help Desk appointment call us at 503-588-6303.

#### **LADIES' POOL TIME**

This special billiard playing time of the week is for ladies only. Open to all levels and perfect for a beginner. You will be surprised how much you can learn from each other; some gals have played for many years. All equipment will be furnished.

Class date: Every Thursday

Class time: 1-3pm

Class fee: One Center \$ buck card per session. Purchase Center 50+ \$ buck cards, 25 for \$10. First session is complimentary

#### **AARP DRIVER SAFETY CLASS**

6-hour classroom course in two parts—Monday Part 1, Thursday Part 2. Certificate of completion is provided at the end of the last session. Obtaining this certificate may result in a discount on your premiums for 2-3 years. Call Center 50+ to reserve your spot: 503-588-6303.

**April 8 & 11, 1-4pm**

**Cost:** \$20 for AARP members, \$25 for non-members. Fee is paid to the AARP instructor on the day of class.

## **Classes—Personal Enrichment**

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### **GARDEN TALK— 5 MASTER GARDENER WORKSHOPS**

Bring your gardening questions and enjoy some time with an OSU Marion County Master Gardener. You'll even work on mini- projects for you to take home. Topics will range from everything from vegetables to irrigation to hummingbirds and more. To top it off, refreshments will be provided for these delightful workshops.

Class date: Monday- April 29, and May 20

Time: 10-12pm

Fee: \$5 each class

[Register online](#) or in the Connection Center

### **HISTORY OF OREGON— THE SEARCH FOR EDEN**

Instructor Brad Tolliver. Oregon's fascinating history will be presented in a 2-part Power-Point presentation, loaded with pictures and maps over two classes. The nine basic divisions of Oregon history will be discussed along with five different themes woven into the narrative: the European/ Indigenous relationship; the urban/rural divide; progressivism vs conservatism; race relations; and the transition from an extractive/natural resource based economy to the new digital economy/high tech economy. Time will be allotted at the end of the classes for input and discussion of the five themes. A handout will outline the five themes so the class members can gather their thoughts about each theme. When the class is finished it is our hope and expectation that you will have a greater appreciation for and have greater insight into how Oregon became what it is today. Two Class dates: Tuesdays, April 16 and 23

Class time: 10-12:30

Class fee: \$7

## **Classes—Personal Enrichment**

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### **NAVIGATING TRANSITIONS: ADAPTING TO CHANGE AND EMBRACING NEW OPPORTUNITIES—**

Whether you're approaching retirement or already there, this workshop will equip you with the tools and insights to make the most of your golden years. Join LifeCoach and Retirement guide Annette Jensen, as she shares how to turn the challenges of transition into a voyage of personal growth and new possibilities. Embrace the change, and let's sail towards a fulfilling and vibrant retirement together!

Evening class date: Wednesday, April 17<sup>th</sup>

Class time: 4:30pm-5:30pm

Class fee: \$35.00

### **BREAKING FREE: REMAINING RETIREMENT AND OVERCOMING LIMITING BELIEFS FOR A SEASON YOU LIVE AND DESERVE**

Ever hear someone say, or maybe your own voice, "I will never be able to do that", "I can't retire because...", "I'm too old to...." . These limiting beliefs are keeping you from engaging in the very things that give your life, energy, and happiness.

Join LifeCoach and Retirement Guide; Annette Jensen as she guides you through the process of creating an ideal vision of a retirement that you would love. Once you have your vision in place, Annette will teach you skills and mindsets to get rid of the old limiting beliefs and install some new mindsets to help you get to your destination.

Evening Class date: Wednesday, May 8

Class time: 4:30 pm – 5:30pm

Class fee: \$35.00



## **Classes—Music & Dance**

*It Takes a Lifetime to Get This Smart!*

### **AMERICAN SQUARE DANCE LESSONS**

Classes will resume after a Winter break in March 2024. Instructor Charlotte Jeskey has taught dance lessons and called for various square dance clubs for over 29 years. She will help you every step of the way and next you will be amazed on how much you have learned. This class focusses on fun and friendship.

Class dates: Starting March 13

Class times: Wednesday evenings from 6:00pm 7:30pm.

Punch card fee: \$15 card for 5 class sessions.

### **LINE DANCING**

Have fun while fitting a physical activity into your schedule. Instructor Colleen Roberts-Witt.

Class dates: Tuesdays, Intermediate Line Dancing – 11:30-12:30 p.m.

Class dates: Tuesdays, Beginner Line Dancing - 1:30 – 2:30 p.m.

For all classes use: \$20 punch card for 5 classes

### **UKULELE SESSIONS**

Classes are taught by Ron Relaford and Janet Romine, who have many years of music teaching experience between them. Class registration fee options: One class \$56 (plus a one-time \$15 fee paid to the instructors) or Two classes \$84 (plus a one-time \$20 fee paid to the instructors).

All eight winter classes are held on Wednesdays, April 3– May 22. Class levels are as follows:

Intermediate Note Readers: 9:45 – 10:45a.m.

Intermediate Strummers: 11:00 – 12:00 p.m.

Continuing Beginning Strum: 12:30-1:30 p.m.

Class Space is limited. New students to Intermediate classes need instructor approval before registration.

### **LINE DANCING WITH A LITTLE SOUL**

Springtime 2024 brings newness with Instructor Colleen Roberts-Witt!! How about learning line dance with "old school" tunes from the Temptations to contemporary ones from Big Mucci.

Feel the rhythm from the inside out! Space is Limited.

Class dates: Wednesdays

Class time: 12pm-1pm.

Punch Card fee: \$20 (for 5 line dance classes)

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Thank you Lifelong Learning sponsors:



## **Here to Help!**

### **Services—Memory Loss, Alzheimer’s Disease and Dementia**

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Two programs are offered to give caregivers a much-needed break from their daily responsibilities.

**Among Friends** is an adult day respite program that meets every Tuesday, Wednesday, and Friday from 11:00a.m. – 4:00p.m.

**Cost:** \$50 per day, includes lunch and a snack.

**Time with Friends** is an early memory loss program that meets every Thursday from 11:00 a.m. to 3:00p.m.

**Cost:** \$25 per session, includes lunch

These two social programs offer a nutritious lunch, mentally stimulating activities, arts and crafts, reminiscing, chair yoga, and music therapy. The activities contribute to a sense of purpose, accomplishment and meaning in a safe and friendly environment. Staff and volunteers provide friendship and assistance to all participants during the program day.

If you are interested in enrolling your loved one into the Respite Program, call the Respite Coordinator at Center 50+ to schedule an appointment for an assessment.

**Phone # 503-588-6303.**

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### **FAMILY CAREGIVER SEMINARS— UNDERSTANDING ALZHEIMER’S DISEASE**

Center 50+ is committed to supporting unpaid family caregivers as they care for loved ones with Alzheimer’s disease and dementia at home. Our commitment includes

Education, Resources, Referrals, and Respite Programs to help caregivers keep their loved ones living a quality life at home for as long as possible.

#### **Living With Alzheimer’s: Middle Stage**

**Presenter:** Sally Davies of Alzheimer’s Association

**Date:** Monday, May 20, 2024 **Time:** 12:30 – 4:00pm **Cost:** Free

Communication is more than just talking and listening — it’s also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer’s disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer’s, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

**To register for a family caregiver seminar, call 503-588-6303**

**Contact email:** [Connect50plus@cityofsalem.net](mailto:Connect50plus@cityofsalem.net)

**For More Information Call: 503-588-6303 or visit [www.cityofsalem.net/center 50](http://www.cityofsalem.net/center50)**

## **Here to Help!** **Services—Memory Loss, Alzheimer’s Disease and Dementia**

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*These educational seminars are for unpaid family caregivers caring for loved ones living with Alzheimer’s disease or related dementia.*

*Presented in partnership with the Among Friends Adult Day Respite and Time With Friends Programs with additional support by NorthWest Senior & Disability Services.*

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**Thank you to our sponsors:**



Hawthorne House  
and Harmony House



Douglas, Conroyd,  
Gibb & Pacheco, PC

# Let's Be Friends!



**Friendly Callers**



**Friendly Visitors**



**Friendly Helpers**



**Canine Corps**

The **Friendship Brigade** is an outreach of Center 50+. We are a group of dedicated volunteers committed to the belief that no one should feel forgotten or alone. Not only that, we know that life is best when it is shared with others!

## **Older Adults Who Stay Socially Connected Have:**

- Lower blood pressure
- Increased feelings of life satisfaction & purpose
- Reduced emotional & physical pain
- Better intellectual stimulation and cognition

**Friendly Caller:** Friendly Callers are matched with a senior for daily wellness checks or one-on-one weekly phone conversations. Volunteers come from the Salem/Keizer area and are a part of your community. Callers are matched by gender, interests, and background when possible.

**Friendly Visiting:** Friendly Visitors develop one-on-one relationships with older adults. They visit once a week both in person and over the phone. They offer companionship and opportunities to connect over a cup of coffee or tea, walks, playing games or listening to music. During COVID, masks are worn and social distancing is observed.

**Friendly Helpers:** Fix-it Brigade volunteers provide short-term and one-time assistance to low income older adults that have specific household needs or seniors unable to do the work for themselves. Ex: Help changing light bulbs, filters, installing grab bars, some repairs, seasonal yard work. This is a limited service and **does not** include heavy chores or cleaning

**Canine Corps:** This pet visitation program brings volunteers and their pets to visit seniors living in long-term care facilities and shut-ins living alone at home. Volunteers meet with seniors in both groups and individually.



## Services—Outreach Programs

## Here to Help!

### WOW Van (Wellness on Wheels)

Delivering Center 50+ programs and services to homes and neighborhoods

- Help with one-on-one tech support (help seniors connect to virtual learning, online services, medical appointments, and family and friends)
- Tablet/Laptop loaner program—try out technology for 30 days; includes the laptop and internet access.
- Delivery of activities and programming (lifelong learning materials and support)
- Support caregivers and individuals living with memory loss; packets and materials delivered to Adult Foster Homes
- Encourage health and fitness (fit and fun packs and private fitness coaching)
- Provide welfare and friendly check-ins
- Carry the Canine Corp—dog visitor program
- Delivery of birthday greetings and facility window parades
- Delivery to local activity subscribers. Now offering an activity subscription program that family and friends can support



Wellness on Wheels is a mobile senior center delivering a variety of programs and services to your home or neighborhood. Call or Email us today to request a WOW Van visit: 503-588-6303 or [Connect50plus@cityofsalem.net](mailto:Connect50plus@cityofsalem.net)

Thank you to WOW Van sponsors Mountain West Investments, Salem Health, United Way, P3 Health, and Home Instead Home Care, and Friends of the Salem Senior Center.



# Center 50+

## Villages Network



### Join Center 50+ Villages Network's Spring Workshop Series

**Seize Your Village! Aging in Place & the Art of Neighboring**

**10:30 AM - 11:30 AM**

**2nd Friday of the Month**

**March 8th, April 12th, May 10th**

**at Center 50+**

**2615 Portland Rd NE, Salem, OR 97301**

Join us for this FREE event to discover your 'Village Mindset' and how to create a strong peer-to-peer, neighbor-to-neighbor network that supports aging in place and living longer, healthier, and happier lives together.

Participants will learn about the Village Movement and how to remain rooted and involved in their own neighborhoods & community as they age.

Registration is FREE: Call 503-588-6303 or email [connect50plus@cityofsalem.net](mailto:connect50plus@cityofsalem.net) today!

**Center50+**  
**Villages Network**

**All City  
Spring Service Weeks**

**THIRD WEEK OF THE MONTH**

**March 18th-22nd; April 15th-19th  
May 20th-24th**

**HOW CAN WE HELP YOU?**

- Spring Cleaning?
- Light Yard Work?
- Garden Refresh?
- Something Else?



**SUBMIT YOUR REQUEST TODAY!**

**OR SIGN UP TO VOLUNTEER FOR ANY OF THESE EVENTS**

**CALL 503-588-6303**

**EMAIL US AT [CONNECT50PLUS@CITYOFSALEM.NET](mailto:CONNECT50PLUS@CITYOFSALEM.NET)**



# DRIVERS WANTED!

## JOIN OUR VOLUNTEER TEAM

Center 50+ is launching a new volunteer-based transportation pilot project designed to benefit residents aged 50 and over this spring.

Our goal is to assist older adults who do not drive, have difficulty paying for or taking advantage of public transportation, and may not have friends or family to help them.

Rides are given free of charge to medical appointments, grocery shopping and other essential errands.

### Volunteers will:

- Drive their own vehicle
- Provide unassisted door-to-door and door thru door services
- Give time as they can, according to their schedules
- Receive free driver safety training that may yield discounts on their auto insurance



**Volunteer shoppers and escorts to appointments are also needed.**

*Pilot participants will help evaluate the program, test systems, and develop best practices.*

### For More Information Call

**503-588-6303**

or email [Connect50plus@cityofsalem.net](mailto:Connect50plus@cityofsalem.net)



## **Services—Travel Program**

**It Takes a Lifetime to Get This Young!**

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### **TRIPS AHOY!**

Trip Desk Days & Hours: Monday—Friday 10am-12pm  
503-588-6303—ask for the Travel Desk.

#### **TRAVEL PRESENTATIONS**

##### **Premier World Discovery—Monday, May 13 -1pm**

- Christmas in Montreal + Quebec City, December 4, 2024
- Cape Cod+ The Islands, June 7-13, 2025
- Alpine Swiss Villages Rails, July 15-23, 2025
- Philadelphia and Amish Country, September 28, 2025 (6 days)

##### **Collette Tours— Thursday, June 20, 2024, 9:00am**

- Spotlight on San Antonio, April 2025
- Discover Scotland, June 2025
- Spain and Morocco, October 2025

#### **DAY TRIPS**

##### **“Celtic Women 20th Anniversary Tour” - May 14, 2024**

Arlene Schnitzer Concert Hall. Cost \$149

##### **“Anastasia” Gallery Theater, McMinnville—Sunday, May 19**

Cost \$49 Filling fast!

##### **Portland Spirit Lunch Cruise—Monday, June 17**

Cost \$115 Waiting list only!

##### **Evergreen Aviation Museum and McMinnville Farmers Market —Thursday, July 25**

Cost \$48

##### **“Beautiful” Carol King Musical, Broadway Rose Theater -Thursday, August 8**

Cost \$89

##### **Portland Spirit Sunday Brunch Cruise—Sunday-, August 11**

Cost \$128

## **Special Events**

## **It Takes a Lifetime to Get This Young!**

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### **BINGO—Thursdays 1:00pm**

In-person Bingo Thursday afternoons in the Center 50+ Auditorium. Buy-in at 12:45pm. Drop-ins Welcome

### **TED Talks are Back! —Friday afternoons 1:00 pm**

Volunteer facilitated discussion group will resume in-person meetings each Friday. The format for the group includes viewing a TED talk or interesting short video and then discussing the content. This is a lively and fun group gathering to share different ideas and opinions in a safe and accepting environment. The group also takes suggestions for future topics. See you at Center 50+ Friday afternoons. Feel free to bring your own snack to enjoy while you view the video.



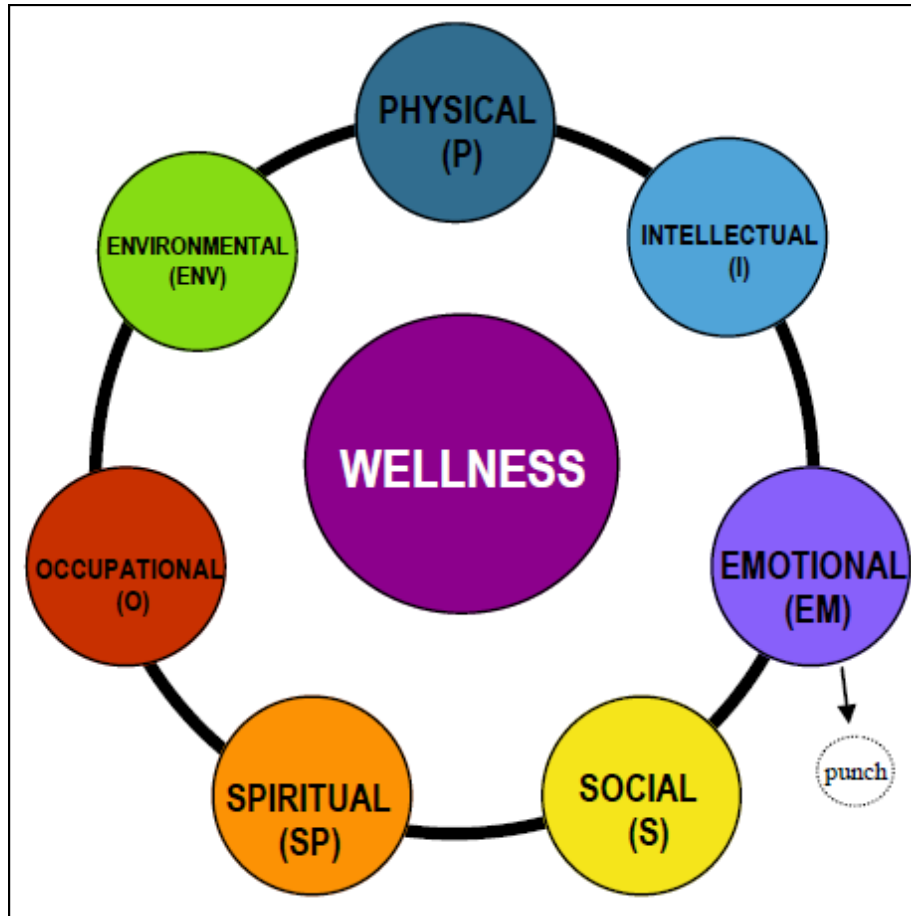
**CENTER 50+ IS CURRENTLY IN NEED OF VOLUNTEERS  
IN THE FOLLOWING AREAS:**

- Woodshop and Lapidary—those interested to become supervisors
- Friendly callers
- Friendship Brigade—visiting facilities outdoors
- Friendly Card writers/mailing
- Volunteers willing to do upcoming outdoor events at the Center
- Volunteers interested in assembling craft supplies for The Friendship Brigade
- Fix-it Brigade—minor home repairs crew
- Fix-it Brigade—home safety inspection crew
- Senior Friendly Helpers—minor errands and helpful chores for a homebound senior
- Respite and other programs
- Kiosk—greeting people and issuing scan cards
- Connection Café—operating café and gift items
- Receptionists



## 7 Dimensions of Wellness

(Diagram created by Fisher Institute of Wellness and Gerontology, Ball State University)



Wellness involves continually learning and making choices that enhance your ability to live life to the fullest and to be the best YOU—in a variety of ways.