



489 Water Avenue NW, Albany, Oregon 97321

(541) 917-7760

UP COMING EVENTS



2018 SUMMER CONCERT SERIES - MONTEITH RIVERPARK

- July 9 Paul Revere's Raiders
- July 16 Razzvio
- July 23 Eagle Eyes
- July 30 The High Street Band

- Concert Starts at 7pm
- Food Vendors Open at 6pm
- Blanket Area Opens at 5:30pm



2018 SUMMER CONCERT SERIES - MONTEITH RIVERPARK

- July 5 Blood Sweat & Tears
- July 12 "Remember When Rock Was Young" Elton John Tribute Band
- July 26 Mat Kearney
- August 2 B.J. Thomas
- August 9 Sawyer Brown

- Concert Starts at 7pm
- Food Vendors Open at 5:30pm
- Blanket Area Opens at 5:30pm
- Red Robin's Children's Art Area Open From 5:30 - 7pm

AUGUST 24 - 26 - TIMBER LINN PARK



- Friday Balloon Launch - 6:45 am
Aerosmith Rocks Tribute - 8pm
Night Glow at Dusk
- Saturday Balloon Launch - 6:45 am
Free Young Eagles Flights
Goo Goo Dolls - 8pm
Fireworks Following the Concert
- Sunday Balloon Launch - 6:45 am
Free Young Eagles Flights
The Art of Cars Show

- Art & Craft Vendors
- Live Entertainment
- Family Activities
- Microbrew & Wine Garden



MOVIE MATINEES AT THE SENIOR CENTER

Sponsored By:  **Bonaventure**
of Albany

Don't miss the Summer Movie Matinee series, held every other Friday at the Albany Senior Center from July 13 to September 21 at 12:30 p.m. Please note there will be no movie matinee on August 24th. These movie events are provided at no cost and are open to all. Drinks and snacks will be provided. These movie features are proudly sponsored by Bonaventure of Albany.



July 13: Yankee Doodle Dandy (1942, Biography/Musical – G)

James Cagney danced and sang his way to a well-deserved Oscar for his outstanding portrayal of vaudeville composer and performer George M. Cohan in this Oscar-nominated biography.



July 27: A Wrinkle In Time (2018, Family/Fantasy – PG)

Charles Wallace introduces Meg and her fellow classmate Calvin to three celestial guides-Mrs. Which, Mrs. Whatsit and Mrs. Who-who have journeyed to Earth to

help search for their father, and together they set off on their formidable quest. Traveling via a wrinkling of time and space known as tessering, they are soon transported to worlds beyond their imagination where they must confront a powerful evil. To make it back home to Earth, Meg must look deep within herself and embrace her flaws to harness the strength necessary to defeat the darkness closing in on them.



August 10: The Shape Of Water (2017, Drama/Fantasy – R)

An other-worldly fairy tale, set against the backdrop of Cold War era America circa 1962. In the hidden high-security government laboratory where she works, lonely Elisa is trapped in a

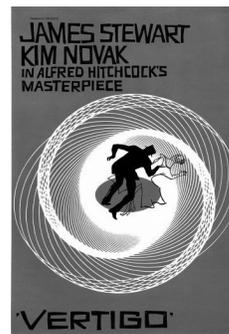
life of isolation. Elisa's life is changed forever when she and co-worker Zelda discover a secret classified experiment.



September 7: Black Panther (2018, Fantasy/Sci-Fi – PG13)

"Black Panther" follows T'Challa who, after the events of "Captain America: Civil War," returns home to the isolated, technologically advanced African nation of Wakanda to take his place as King. However,

when an old enemy reappears on the radar, T'Challa's mettle as King and Black Panther is tested when he is drawn into a conflict that puts the entire fate of Wakanda and the world at risk.



September 21: Vertigo (1958, Thriller/Romance – PG)

Vertigo is a 1958 American film noir psychological thriller film directed and produced by Alfred Hitchcock. The story was based on the 1954 novel D'entre les morts (From Among the Dead) by Boileau-Narcejac.

The film stars James Stewart as former police detective John "Scottie" Ferguson. Scottie is forced into early retirement because an incident in the line of duty has caused him to develop acrophobia (an extreme fear of heights) and vertigo (a false sense of rotational movement). Scottie is hired by an acquaintance, Gavin Elster, as a private investigator to follow Gavin's wife Madeleine, who is behaving strangely.

SENIOR CENTER NEWS

BIRDING IN THE ALBANY AREA

Outside your door, on your way to work, at the beach – birds are everywhere. Whether you're a relative newcomer looking for your first pair of binoculars, or an experienced birder looking to check those rare finds off your list, the Albany area has it all. Here are few spots around the Albany area where you are sure to find some feathered friends:

- Simpson Park and Talking Water Gardens: both of these parks used to be industrial sites, but boy were they reclaimed in a big way! Now they are both top-notch natural areas, filled with beauty and birding opportunities. Simpson Park is well-forested, and Talking Water Gardens is an extensive marshland, so all kinds of bird habitat surround you.
- Bryant Park and Tadena Landing: looking to catch some gigantic ospreys and Bald Eagles? This is the place to be! You can catch a huge Osprey nest on a nearby utility pole, and you'll also get a chance to see Belted Kingfishers, Common Mergansers, Hermit Thrushes, and a few common ducks and geese for good measure! Keep an eye out for White-throated Sparrows as well, as they are a lucky find!

Have questions regarding birding in the Albany area? You're in luck, as there is a resident birder at the Center! Call Mike at 541-917-7772 with any questions, and he'll do his best to answer.

HIT THE DUSTY TRAIL THIS SUMMER!

Here's a fun fact: Linn County, by virtue of being nestled squarely in the beautiful Willamette Valley, is an absolute hiker's dream! There are trails galore, and for everyone. From small children, to hard-core mountain rock-hoppers, we've got it all. The Willamette National Forest features a wide variety of trails, and about 30 of those are in Linn County. Here's a few of note:

- Walton Ranch Interpretive Trail: this is a fun one, especially if you are with anyone who has some mobility concerns. This trail is ADA accessible, and is a reasonable 20 miles from Sweet Home. The wheelchair-friendly trail winds around to a viewing platform that overlooks a beautiful meadow, where wildlife can be found roaming almost year-round.
- Gordan Peak Trail: looking for something a little more challenging? This moderately-difficult trail starts on a ridgeline with occasional views of Mount Jefferson and Three Fingered Jack. After about 5 miles the trail connects to the Chimney Peak trail. Another option from the trailhead is to head 3 miles in and connect with the Scar Mountain and Swamp Peak Trails.

Looking for more hiking opportunities? What luck! Albany Parks and Recreation provides a variety of guided-hikes throughout the spring and summer months. Check out the 'Trips and Tours' section in our Activate! guide for more information!



LABOR DAY IS A TIME TO HONOR SENIORS

Many might view Labor Day simply as a nice three-day weekend that falls in early September. Labor Day, unlike other national holidays such as Thanksgiving and Independence Day, isn't discussed around the table amongst family and friends. One could argue that Labor Day is one of America's most important holidays. Labor Day is more than just a day off work, but rather it symbolizes the American people's dedication towards building a better society for ourselves now, and for future generations. Nobody knows more about the perseverance and hard work it took to build this great country than the senior citizens living here today. So, on this Labor Day, whether we are enjoying a barbeque, or camping, or lounging on the beach, let's all take a moment to remember that our seniors worked, struggled, and sacrificed to make this country what it is today. We at the Albany Senior Center would like to take time to show our deep gratitude to the generations that came before us, and we're honored that you call our Center home for at least a portion of your day.

SENIOR CENTER NEWS

STARTING A FITNESS ROUTINE

If you're an older adult looking to establish an exercise routine, you should ideally be looking at participating in 150 minutes of moderate endurance activity per week. This might sound like a lot, but when spread out over 7 days, you only have to aim for about 20 minutes a day. Not too bad, right? Though your idea of a fitness-filled week might differ, here is an example of how your week might look.

- Monday: 15-minute walk (great for developing and maintaining balance!).
- Tuesday: 15-minute walk.
- Wednesday: 30 minutes of cycling (stationary or outdoors), water aerobics, or Zumba Gold.
- Thursday: Rest (yes, I said rest! This is important for muscle recovery and injury avoidance).
- Friday: TGIF, and it is time for a 30-minute walk to ring in the weekend!
- Saturday: 30 minutes of cycling (stationary or outdoors), water aerobics, or Zumba Gold.
- Sunday: Rest!

Remember...if you are relatively sedentary to start, or are making serious changes to your fitness routine, please seek advice from a doctor before starting on a new fitness regimen. Looking for additional ways to keep fit over the summer? Albany Parks and Recreation has a wide array of fitness classes that suit every age and ability level. Consult the newest Activate! guide to see what we offer!



FREE PROFESSIONAL PORTRAITS FOR SENIORS

Interested in getting a professional portrait taken of yourself, or of you and your significant other? Veteran commercial photographer Jim Frey is donating his time and talents to make that happen. Digital copies will be made available without cost (sent to you via email). If you would like a copy on photo paper, these can be provided for a low \$5 fee to cover the cost of development. If you are interested in booking a photo shoot, please call the Senior Center at 541-917-7760 to register now!

Tu
Albany Senior Center

7/10, 8/14, 9/11
No Cost

9:30 - 11:30 a.m.

THE HISTORY OF GRANDPARENTS DAY



National Grandparents Day falls each year on the first Sunday after Labor Day, this year falling on September 9. It was not a holiday invented to sell cards or flowers, but was instead initiated by Marian McQuade, a West Virginia grandmother to 43, and great-grandmother to 10. Mrs. McQuade wanted National Grandparents Day to represent three purposes:

To honor grandparents.

To give grandparents an opportunity to show love for their children's children.

To help children become aware of the strength, information, and guidance older people can offer. Mrs. McQuade wanted this day to be a family day. She envisioned families enjoying small, meaningful gatherings involving family reunions or participation in community events. For all of us, National Grandparents Day gives us a chance to publicly recognize the identity and importance of grandparents, and the vital role they play in family. It is also a day of giving. Giving of self -- sharing hopes, dreams, and values, and setting an example for future generations. We here at the Albany Senior Center wish to recognize and honor the efforts of all of our grandparents, as we are fortunate to see the positive effect you have on your families every single day.



SENIOR CENTER NEWS



Through musical entertainment, storytelling, and food, we will salute those brave men and women who have served and who are currently serving our country. Join us on Tuesday, July 3 at

noon for a resounding tribute to our great nation! Show your stars and stripes at this concert event, as we host the wonderfully talented voice of Rachel Christofferson as she sings a variety of patriotic American favorites. Delicious summer fare will be provided by Matt Bennett and his talented team from Sybaris Bistro. This event is proudly sponsored by Bonaventure of Albany and Sybaris Bistro. Register at albanyparksandrecreation.org, call 541-917-7760, or stop by in person to purchase your ticket. Tickets are \$9 through June 22, at which point the price increases to \$10. Registration is required.

From Former Senior Center Director Debbi



Summer is just around the corner! By the time you receive this issue, many of you will know that I have left my position at the Senior Center. I will be going back to where my passion is, working with children, families, and the Maple Lawn Preschool. I have enjoyed meeting each and everyone of you. You all will have a special place in my heart. My time at the

Center has been filled with laughter, some interesting conversations at the hostess table, friendships, and working with wonderful staff.

Rose Lacey is now a Recreation Services Supervisor and will be overseeing the Albany Senior Center. Rose's new position is a restructured version of my previous position. It will allow our department to bridge some gaps. Rose has many diverse responsibilities now, so she has offices at City Hall and the Senior Center. Summer is a crazy time for all of us so please give her some grace as she gets settled in her new role while juggling all our other summer needs. I know you will greet her with open arms and include her in the family.

Thank you for letting me be a part of your lives, programs, and activities.

Debbi Richards

NATIONAL DAY THEMES

July

July 7th- Get away from the technology, televisions and the tablet and enjoy the public parks, green spaces and outdoors as much as possible.

July 22nd- On National Parents' Day, we honor all parents do every day to raise up their children in a world that is constantly changing and challenging.

July 25th- Employers across the country are reminded to consider our former military personnel as highly trained and qualified individuals to fill open positions in their ranks during National Hire a Veteran Day.

August

August 4th- National Coast Guard Day happens annually on August 4th to honor our maritime, military, and multi-missioned service.

August 7th- Observed annually on August 7, National Lighthouse Day honors the beacon of light that for hundreds of years symbolized safety and security for ships and boats at sea.

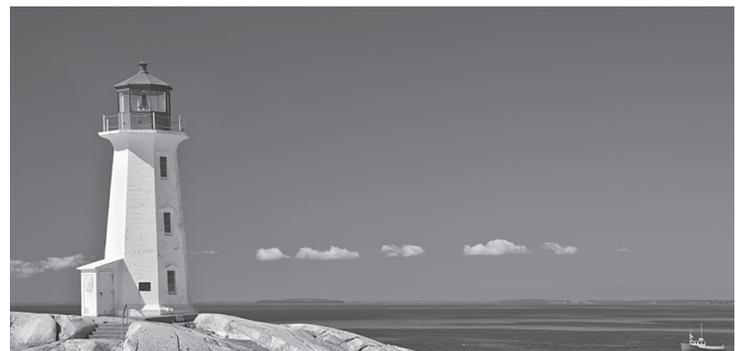
August 20th- National Radio Day recognizes the great invention of the radio, with the first broadcast stations airing programs starting in the 1920s.

September

September 4th- National Wildlife Day serves to bring global awareness and education concerning the number of endangered animals and the need for conservation and preservation.

September 9th- National Grandparents Day gives grandchildren the opportunity to show love and appreciation to their grandparents.

September 14th- One in two men and one in three women will suffer from cancer in their lifetime. Stand Up to Cancer Day honors those who have been affected.



CRAFTS & SOCIALS

Join us to experience a variety of new and exciting activities, while meeting like-minded and fun-loving folks! Seating is limited for the activities below, so please register now!

CARD-MAKING WORKSHOP



Join an avid and skilled card-maker as she takes you through all the steps needed to craft your own greeting cards. During this workshop,

participants will make two greetings cards that they will be able to take home and use as templates for future card-making projects. Different themes are featured each session. Space is limited for these workshops, so don't delay!

Tu 9/11 1 - 3 p.m.
Albany Senior Center \$5 (Supply Fee)

SUMMER SOCIAL



Even though summer is coming to a close, it doesn't mean we can't get together and have one last summer blast before the cool winds of fall arrive! Delicious summer foods and beverages will be provided as we enjoy fun social activities and entertainment. No need to bring anything... we'll take care of all the details.

F 9/14 12:30 - 2:30 p.m.
Albany Senior Center No Cost

FLORAL DESIGN



Learn floral design and arrangement with our resident expert! Beginners and individuals with prior experience are both welcome and should plan on bringing their own scissors or flower-cutters if they have them. Join us for a fun afternoon learning the art of working with flowers.

Tu 9/25 12:30 - 2:30 p.m.
Albany Senior Center \$5 (Supply Fee)

STAMPING 101



Join us for a series of classes that will take you through a variety of different stamping techniques. In each of the four classes, we will employ techniques in a cardmaking project,

making card facades to practice your newly-honed skill. We will provide the decorative papers, stamps, card stock, ribbons, and embellishments -- all you need to bring is your crafter's toolkit, including pencils, glue, scissors, etc. A detailed list of the crafter's toolkit will be available at the front desk.

W 8/29-9/19 1 - 3 p.m.
Albany Senior Center \$15 (Supply Fee)

"SOIREE AT THE CENTER" CELEBRATIONS

Once a month at the Albany Senior Center, we seek to celebrate interesting and often wacky holidays that rarely get noticed. Join us from noon-1 p.m. on these days to enjoy a special treat in the lobby. These events are open to the public, so feel free to bring your friends and family!

July 9: 'Sugar Cookie Day'

Do you enjoy cookies? How about if we sprinkle some sugar on that? If this sounds like a dream come true, join us as we provide a wide array of cookies for you to sample, along with some delicious coffee and cocoa!

August 14: 'Creamsicle Day'

What a memory from our childhood, enjoying a creamsicle on a warm summer day! Orange and vanilla flavors come together in wonderful harmony as we provide delicious creamcicles on this special day.

September 5: 'Cheese Pizza Day'

There is something to be said about keeping it simple, and cheese pizza is example of that! We'll be providing a few delicious cheese pizzas, all with the common theme of various cheeses.



WORKSHOPS

ALBANY SENIOR CENTER COFFEE TALK SERIES

Join experts in their respective fields as they present a variety of subjects, all while you enjoy a light snack and some hot coffee! Space is limited so please register now. The Coffee Talk Series is proudly sponsored by:



BRAIN HEALTH: KEEPING THE LIGHTS ON

When people think about staying fit, they often forget about their brain. Your brain plays a critical role in everything you do, such as thinking, feeling, remembering, and sleeping. Keeping your brain active and engaged increases its vitality and builds reserves of brain cells and connections. Join our expert as she goes over the importance of challenging your brain daily!

Tu 7/17 9 - 11 a.m.
Albany Senior Center No Cost

EMOTIONAL HEALTH: DEPRESSION

Depression can happen to anyone. It is one of the most common psychological problems and affects nearly everyone at some point in their lives, either through personal experience, or someone they know. We all have an idea of what we think depression looks like, but our expert is going to help us to not only think in more detail about some of the things that might cause depression, but will talk about risk factors, coping skills, and available community resources.

Tu 8/7 9 - 11 a.m.
Albany Senior Center No Cost

EMOTIONAL HEALTH: ANXIETY

Anxiety exists on a spectrum and we all experience it at some level. We wouldn't be human if we didn't. Anxiety is a very normal response from a strong, healthy brain that thinks there might be trouble ahead, and instantly responds by making us stronger, faster, and more alert version of ourselves. Too much anxiety, though, can be problematic, as it puts us on high alert when there is no need to be. This is when anxiety becomes intrusive and hard to live with. Join us as we learn the signs and symptoms of anxiety, as well as help us develop useful coping skills.

Tu 9/18 9 - 11 a.m.
Albany Senior Center No Cost

GRANDKIDS AND ME

During summer break, wouldn't it be nice to spend some quality time with your grandkids while having a blast, all in the comfort of the Senior Center? Join us as we host some very special classes, aimed at engaging both younger and older folks alike! The \$7 supply fee for each class includes registration for up to two grandparents and two grandchildren, and a snack. Space is limited, register now!

BOARD GAMES, PUZZLES, AND LEGOS



Channel your inner kiddo as we break out the games and toys! You'll participate in games and activities that are appropriate for both grandparent and grandchild alike.

F 8/3 12:30 - 2 p.m.
Albany Senior Center \$7 (Supply Fee)

SCAVENGER HUNT



Break out your skills of observation as we participate in a scavenger hunt, searching for hidden treasures in and around the Senior Center! Prizes will be provided for those who complete the challenge.

F 8/10 12:30 - 2 p.m.
Albany Senior Center \$7 (Supply Fee)

STORY TELLING AND PUPPET-SHOW



It is time to sit back and enjoy some wild and whimsical tales with your grandchildren! We'll be presenting a story-time, featuring some of your favorite stories told in-the-

round and via puppet-show!

F 8/17 12:30 - 2 p.m.
Albany Senior Center \$7 (Supply Fee)



WORKSHOPS

Join experts from the OSU Extension as they share their expertise! You'll not only walk away with some fantastic information, but they will be providing food for attendees to sample as well. Space is limited for these classes, so please register today.

TOMATO VARIETY SHOW AND TELL, PRESERVING THE HARVEST

Have you ever wanted to see and taste a striped, purple, or unusually-shaped tomato? Now is your chance! Join experts as they take you on a gardening adventure. You'll not only sample a variety of garden items, but you will also receive a demo on how to preserve those treasures from the garden.

Th 8/16 10 – 11:30 a.m.
Albany Senior Center No Cost

GROWING HERBS AND MAKING HERB- FLAVORED VINEGARS

Join an expert as they provide useful tips on how to tend to herbs to maximize your yield. In addition, you will learn how to take those herbs and infused them into vinegars for culinary use! Food samples and demonstrations will be included.

Th 9/13 10 – 11:30 a.m.
Albany Senior Center No Cost



TURNING MEMORIES INTO MEMOIRS

You'll learn strategies to help you write effectively about key moments in your life. The class will focus on short exercises that will help you organize your thoughts and memories into a powerful memoir. The class meets once a week for four weeks. You will also have the option to read and discuss your stories during the final class.

W 7/18-8/8 10 a.m. – Noon
Albany Senior Center \$8 (Supply Fee)

DARKNESS TO LIGHT 'STEWARDS OF CHILDREN' TRAINING

Darkness to Light's 'Stewards of Children' is an award-winning and research-based training that teaches adults – parents, grandparents, professionals, and community members – how to prevent, recognize, and react responsibly to child sexual abuse. This is a 2-hour training that implements video modules and interactive discussions facilitated by a trained expert from Albany's very own ABC House. Space is limited for this training, so please register today.

W 8/1 10 a.m. – 12:30 p.m.
Albany Senior Center No Cost



HANDS-ONLY CPR AND AED TRAINING

If you see an adolescent or adult collapse, hands-only CPR is the recommended form of cardiopulmonary resuscitation (CPR). It not only increases the likelihood of surviving and breathing and cardiac emergencies that occur outside of medical settings, but it's simple to learn and easy to remember. Join the Albany Fire Department as they teach this vital information. Space is limited so register now!

M 9/10 10 - 11 a.m.
Albany Senior Center No Cost



JULY 2018 DROP-IN-PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
2 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong 7 pm Summer Sounds	3 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	4 4th OF JULY CENTER CLOSED	5 Senior Center Closes at Noon for River Rhythms 7 pm River Rhythms	6 8 am Quilters
9 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong 7 pm Summer Sounds	10 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	11 Noon Pinochle/ Card Games 12:30pm Bridge	12 Senior Center Closes at Noon for River Rhythms 7 pm River Rhythms	13 8 am Quilters 12:30 pm Movie Matinee
16 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong 7 pm Summer Sounds	17 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	18 9 am Gift Shop Consignment Noon Pinochle/ Card Games 12:30pm Bridge	19	20 8 am Quilters
23 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong 7 pm Summer Sounds	24 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	25 Noon Pinochle/ Card Games 12:30pm Bridge	26 Senior Center Closes at Noon for River Rhythms 7 pm River Rhythms	27 8 am Quilters 12:30 pm Movie Matinee 1 pm Birthday Party
30 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong 7 pm Summer Sounds	31 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game			

AUGUST 2018 DROP-IN-PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Noon Pinochle/ Card Games 12:30pm Bridge	2 Senior Center Closes at Noon for River Rhythms 7 pm River Rhythms	3 8 am Quilters Noon Pinochle/ Card Games
6 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong	7 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	8 Noon Pinochle/ Card Games 12:30pm Bridge	9 Senior Center Closes at Noon for River Rhythms 7 pm River Rhythms	10 8 am Quilters Noon Pinochle/ Card Games 12:30 pm Movie Matinee
13 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong	14 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	15 9 am Gift Shop Consignment Noon Pinochle/ Card Games 12:30pm Bridge	16	17 8 am Quilters Noon Pinochle/ Card Games
20 Noon Pinochle/ Card Games 12:30 pm Bridge	21 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	22 Noon Pinochle/ Card Games 12:30pm Bridge	23	24 8 am Quilters Noon Pinochle/ Card Games
27 Noon Pinochle/ Card Games 12:30 pm Bridge	28 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	29 Noon Pinochle/ Card Games 12:30pm Bridge	30 8 am Quilters	31 Noon Pinochle/ Card Games 1 pm Birthday Party

SEPTEMBER 2018 DROP-IN-PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
3 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong	4 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	5 Noon Pinochle/ Card Games 12:30pm Bridge	6 8 am Quilters	7 8 am Quilters Noon Pinochle/ Card Games 12:30 pm Movie Matinee
10 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong	11 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	12 Noon Pinochle/ Card Games 12:30pm Bridge	13 8 am Quilters	14 Noon Pinochle/ Card Games
17 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong	18 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	19 9 am Gift Shop Consignment Noon Pinochle/ Card Games 12:30pm Bridge	20 8 am Quilters	21 Noon Pinochle/ Card Games 12:30 pm Movie Matinee
24 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong	25 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	26 Noon Pinochle/ Card Games 12:30pm Bridge	27 8 am Quilters	28 Noon Pinochle/ Card Games 1 pm Birthday Party



‘SUMMER BLAST - CHRISTMAS IN JULY’ Arts and Crafts Fair

Saturday, July 14, 10 am - 4 pm

Albany Senior Center

Come on down to the Albany Senior Center for a fund day of shopping. We will have 30 plus vendors with beautiful and unique handcrafted items for your shopping enjoyment.

We will also have a raffle table, dessert and beverage bar, and an outdoor barbecue lunch. Enjoy sitting on the patio or a quiet walk on the river walk watching the ducks and geese.

Our vendors are filling quickly, but we still have space available. You can pick up an application at the Albany Senior Center Office or Gift Shop or call the Senior Center to have an application mailed to you 541-917-7760 if you would like to join in as a vendor. All vendor spaces are inside with tables and chairs being provided. 5' round or 8' rectangle tables are \$30 or ***** EARLY REGISTRATION by June 1 for \$25.

489 Water Avenue NW, Albany, Oregon 97321
541-917-7760

GIFT SHOP NEWS



Are you looking for the perfect gift for that special person? Maybe you simply want something nice for yourself? Stop in at the Albany Senior Center Gift

Shop! There are many wonderful items including quilts, woodworking, jewelry, knitted caps, and more!

The gift shop is open Monday-Friday from 9:30 a.m. until 3:30 p.m. If you are a crafter or artist, and would like to share your wares, consider selling your work in the gift shop. Handmade, quality consignment articles are accepted on the third Wednesday of each month from 9:00 a.m.-12 p.m., and every Thursday from 1-2 p.m.

This is not only a terrific way to earn extra income while sharing your talents, but each sale raises money for the Albany Senior Center.

ONLINE REGISTRATION OPTION

Online registration for participants has begun for classes, activities, lessons, trips, tours, and Senior Center events.

Online registration is available the day the Parks & Recreation Activity Guide is mailed.

Senior Center and Parks and Recreation staff are happy to provide assistance and registration over the phone or in person at the office.



Register at albanyparksandrecreation.org

BIRTHDAY PARTY



Whether you have a birthday in July, August or September or just enjoy cake and good company, this Birthday Party is for you. We'll have an afternoon of fun and games. Everyone is invited!

Join us on July 27, August 31 and September 28 at 1 p.m.

Monthly Birthday parties are sponsored by Visiting Angels Living Assistance Services.



Quote

If we did all the things that we are capable of, we would literally astound ourselves.

Thomas Edison

VOLUNTEER OPPORTUNITIES



Volunteering is a wonderful way to stay active, engage socially, and share your expertise with the community. There are numerous ways to get involved at the Albany Senior Center. Call or stop by to learn more about volunteering as

a front desk receptionist, hospitality table host, or a gift shop attendant. You will be asked to complete an application form, provide three references, and participate in orientation training. Join the team at the Albany Senior Center. It's a great place to volunteer!

APRIL, MAY, JUNE BRAIN TEASER

What keys don't unlock any doors?

Answer: Piano keys, keyboard keys, monkey, donkey, turkey, doohickey, marlarkey, and passkey.

Brain Teaser Winner: Valerie Schaaf

JULY, AUGUST, SEPTEMBER BRAIN TEASER

Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?



ALBANY SENIORS INC.
489 Water Ave. NW
Albany, OR 97321

RETURN SERVICE REQUESTED

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JULY - AUGUST - SEPTEMBER 2018



Simply Puzzling

Circle the words and return to the Senior Center.

SONGS OF THE 70's

- | | |
|-------------------|-----------------|
| AFTERNOON DELIGHT | MAGIC MAN |
| AMERICAN PIE | MAIN STREET |
| AMERICAN WOMAN | MARGARITAVILLE |
| ANNIE'S SONG | MY LOVE |
| BAD GIRLS | MY SHARONA |
| BARRACUDA | NIGHT FEVER |
| BOHEMIAN RHAPSODY | PHOTOGRAPH |
| BROTHER LOUIE | PIANO MAN |
| CRAZY ON YOU | REUNITED |
| DELTA DAWN | ROSE GARDEN |
| DON'T STOP | SHADOW DANCING |
| DREAM ON | SHE'S GONE |
| DREAM WEAVER | SIGNS |
| DRIFT AWAY | SOUTHERN NIGHTS |
| EBONY EYES | SUMMER NIGHTS |
| FIRE AND RAIN | SUNDOWN |
| HELP ME | SUPERSTAR |
| IMAGINE | THE GAMBLER |
| LAST DANCE | WITHOUT YOU |
| LET IT BE | WOODSTOCK |
| LOVE HURTS | Y.M.C.A. |
| LOW RIDER | |

N A D M T H E G A M B L E R A T S R E P U S
 E W Y R R N I A R D N A E R I F E M P L E H
 R I O C E A M E R I C A N W O M A N A S B E
 O R U D R A U E A H P A R G O T O H P T D S
 S R R B N E M O N A M R D L T Z B A G H R G
 E E E E R U V O Y O T E E E E O H N H G E O
 G V S L A O S A N T L C E U H T I R T I B N
 A E I B L L T A E T U R R E N C I S O N A E
 R F X D N I I H A W T O M A N I U T D N R I
 D T T I R P V D E S M I H A Z M T A B R R P
 E H E S E I A A N R A A D T M Y N E A E A N
 N G E T C W F I T N L W E E I N O N D H C A
 D I N R N I A T R I O O R R I W O N E T U C
 O N A U A M M H A D R N U E D R B O Y U D I
 N S C H D S A A A W I A S I A T O N C O A R
 T H M E T P N H G G A S G H E I C A G S U E
 S O Y V S A S G H I O Y S R E D I R W O L M
 T B B O A A Q T I N N Y U B A D G I R L S A
 O E D L L E S N G S M E K N A M C I G A M I
 P Y S S E Y E Y N O B E W O O D S T O C K S
 T H G I L E D N O O N R E T F A E V O L Y M

*Remember to turn in your completed word search by July 31 to be entered into a drawing.
 Last month's word search winner was Nancy Root .*