

2018 Fall

A Publication of the Albany Area Seniors Inc.



# highlights



489 Water Avenue NW, Albany, Oregon 97321

(541) 917-7760

## UPCOMING EVENTS



*The Holidays Are Here*

*Oktoberfest at Brookdale*

*Thanksgiving Luncheon*

*Holiday Banquet*



# 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. 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.

## October 5: Ocean's 8 (2018, Crime/Action PG13)



Upon her release from prison, Debbie, the estranged sister of legendary conman Danny Ocean, puts together a team of unstoppable crooks to pull off the heist of the century. Their goal is New York City's annual Met Gala, and a necklace worth in excess of 150 million dollars.

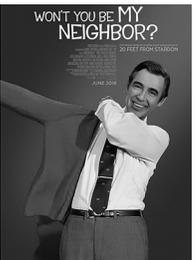
## October 19: Hearts Beat Loud (2018, Drama/Musical - PG13)



Widower and aging Brooklyn hipster Frank starts a band with his teenage daughter Sam just before she leaves home to attend college in California. When a song of theirs finds success online, it complicates Frank's attempts to let go of his dreams of stardom and

allow his daughter to find her own path in life.

## November 2: Won't You Be My Neighbor (2018, Documentary - PG13)



Won't You Be My Neighbor? takes an intimate look at America's favorite neighbor: Mister Fred Rogers. A portrait of a man whom we all think we know, this emotional and moving film takes us beyond the zip-up cardigans and the land of make-believe, and into the heart of a creative genius who

inspired generations of children with compassion and limitless imagination.

## November 30: Incredibles 2 (2018, Sci-Fi/Animated - PG)



This time Helen is in the spotlight, leaving Bob at home with Violet and Dash to navigate the day-to-day heroics of "normal" life. It's a tough transition for everyone, made tougher by the fact that the family is still unaware of baby Jack-Jack's emerging superpowers. When a new villain hatches a brilliant and dangerous plot, the family and Frozone must find a way to work together again--which is easier said than done.

## December 14: The Santa Clause (1994, Holiday/Comedy - PG)



Scott is distressed to learn that his ex-wife Laura and Charlie's psychiatrist stepfather Neal have informed his son that there is no Santa Claus. While a sullen Charlie visits his dad on Christmas Eve, a noise on the roof brings them

outside, where Scott startles the intruder, who tumbles from the roof. It turns out that there is a Santa after all, and Scott has just accidentally killed him. Because of a legal technicality known as "the Santa clause," Scott inherits the jolly old elf's job.

## December 28: Jurassic World: Fallen Kingdom (2018, Sci-Fi/Action - PG13)



Isla Nublar now sits abandoned by humans while the surviving dinosaurs fend for themselves in the jungles. When the island's dormant volcano begins roaring to life, Owen and Claire mount a campaign to rescue the remaining dinosaurs from this extinction-level event.



**Thursday, October 4 at 5:30 p.m.**

Space is limited, so be sure to get your tickets today!

**Oktoberfest**

**Cost is \$9**

< if purchased by Friday, September 21, after that date price increases to \$10 >

at  **BROOKDALE**  
— SENIOR LIVING SOLUTIONS —

Dust off your lederhosen and grab a friend to attend our 8th annual Oktoberfest sponsored by Brookdale Senior Living Solutions! We'll sing our favorite German songs, eat bratwurst, and enjoy delicious strudel. To top it all off, we'll do the chicken dance while a live oompah band plays along! This event will be held at Brookdale Heritage Plaza < 1560 Davidson St SE > . We hope to see you there!

For further information, call the  
City of Albany Parks & Recreation Senior Center  
at 541-917-7760.



# Thanksgiving Luncheon

**Friday, November 16 at noon at the Albany Senior Center**

Thanksgiving is a favorite holiday for many of us. It's a wonderful time to celebrate with good friends and great food. The Albany Parks & Recreation Senior Center along with Walmart and Sybaris Bistro want to extend a warm invitation to you and your family to join us for a Thanksgiving luncheon. Enjoy delicious Thanksgiving cuisine as we give thanks for all the wonderful things in our lives and for the friends and family who mean so much. Enjoy a traditional Thanksgiving meal prepared by the amazing chefs from Sybaris Bistro.

**Tickets are \$9**

(if purchased by Friday, November 2nd, after that date price increased to \$10. )

Space is limited so reserve your seat by calling 541-917-7760.



# Holiday Banquet

## Thursday, December 13 at noon

### Tickets for this feast are \$9

(if purchased by Friday, November 30, after that date price increases to \$10)

It's beginning to look a lot like Christmas....especially at the Albany Parks & Recreation Senior Center! The center will be decorated, the stockings will be hung, and the aroma of delicious holiday fare (prepared by Sybaris Bistro) will be in the air. Brookdale Senior Living and Sybaris Bistro are partnering to bring us this annual event. Mark your calendar for Thursday, December 13 at noon and partake in wonderful holiday food and entertainment! An 11 am hors d'oeuvres and punch service will take place in the lobby beforehand.



Space is limited so reserve  
your seat by calling  
541-917-7760

## "TECH TALKS" TECHNOLOGY EDUCATION SERIES

Join us for as we host Kate Clark, an expert in a variety of computer and phone/tablet technologies. Kate will share her valuable expertise throughout the series. Space is at a premium for these limited-engagement talks, so be sure to register today to reserve your spot!

### NAVIGATING THE SOCIAL MEDIA LANDSCAPE

Social media is a fantastic way to keep up with friends and family, and also keep your loved ones updated on the happenings in your life! Join Kate as she talks about what social media platform might be the best fit for you, how to set up an account, and how to navigate the various sites. Be sure to bring your questions, as Kate will leave plenty of time to answer them and guide you through. Feel free to bring your own laptop, phone, or tablet...as you can follow along with Kate as she demonstrates in class. You might even have your whole account set up by the time you leave the class!

**M 10/22 1-3 p.m.**  
**Senior Center \$16 (In-city)/ \$21 Clark**

### USEFUL CELL PHONE APPS THAT CAN MAKE LIFE EASIER

They are called smart phones for a reason! Those little gadgets have the ability to help us in many ways. Scheduling, booking plane tickets, finding the nearest Thai restaurant, locating your car in a large parking lot, making reservations for a hair cut, and even sending

the store your grocery list so they can shop for you! Our resident expert Kate will go over a variety of apps that might serve you well in making life a little less hectic. Be sure to bring your questions, and Kate might even be able to find apps that fit you specifically!

**M 11/19 1-3 p.m.**  
**Senior Center \$12 (In-city)/ \$16 Clark**

### WORD PROCESSING BASICS

We can do so much with word processing software. From writing a diary entry, to creating a flyer for your latest event, to keeping track of your budget, most anything can be created in word processing software. The best part is, although it might seem difficult, it really isn't once you know where to start! Join Kate as she takes you through the basics of word processing. Along with your questions, please feel free to bring your laptop or tablet, so Kate can show you the ropes! If you want to leave your equipment at home, not to worry, as Kate will be illustrating everything on a projector, so you can take notes.

**M 12/10 1-4 p.m.**  
**Senior Center \$16 (In-city)/ \$21 Clark**

## ALBANY SENIOR CENTER "BREAKFAST SERIES"

Join us for some informative talks shared over breakfast! Experts in their respective fields will present a variety of subjects, all while you enjoy Izzy's renowned cinnamon rolls, orange juice and coffee. This series is proudly sponsored by Izzy's Pizza and Buffet. Registration is required.



### GET TO KNOW THE 'SENIOR CORPS PROGRAMS'

Join representatives from the Oregon Cascades West Council of Governments (OCWCOG) as they discuss their Senior Corps Programs. These include Senior Services and the Foster Grandparent Program and provides a fantastic array of resources to seniors in the Greater Albany community. Come and learn about what these programs can do for you, or how you might be able to contribute to the good they do!

**Tu 10/23 9-10:30 a.m.**  
**Senior Center No Cost**

### SENIOR HEALTH INSURANCE BENEFITS ASSISTANCE (SHIBA)

Join experts from SHIBA as they provide information on the services they provide to the community, including helping people understand Medicare, providing insurance plan options counseling, helping people find assistance programs as needed, and work with the Oregon Health Authority on behalf of those 65 and older. The primary mission of SHIBA is to educate, advocate and resolve insurance issues that affect older adults in our community.

**Tu 11/13 9-10:30 a.m.**  
**Senior Center No Cost**

### WINTER HEART HEALTH

Join Helen Beaman, an older adult mental health specialist, as she goes over what you need to know to prepare for the frosty winter season. She will discuss the mechanisms of how cold weather affects your heart and will help you learn the signs of a cold-weather induced heart attack or stroke. She'll also provide you with some valuable tips on how to navigate the cold winter months in Oregon.

**Tu 11/27 9-10:30 a.m.**  
**Senior Center No Cost**

### WOMEN IN RETIREMENT - SUPPORT, SOCIALIZATION AND SAFETY

Sometimes life is no bed of roses, and it is easy to let negative thoughts and emotions creep in. Although negative thinking is something that all people deal with, it sure could help to possess tools to help you cope with negative thoughts before they drag you down. Knowing ways to combat chronic negative thinking can help you stay on a happy and joyous path!

**Tu 12/11 9-10:30 a.m.**  
**Senior Center No Cost**



# ALBANY SENIOR CENTER “LUNCH AND LEARN” SERIES

Join us for some very informative talks while enjoying a delicious and nutritious lunch provided by us! Our series will cover a variety of subjects, presented by local experts. Pre-register for these classes at least a week before, as space is limited. The Lunch and Learn Series is proudly sponsored by



## MEDICARE AND MEDICAID: GETTING THE ANSWERS YOU NEED

Whether you're new to Medicare and Medicaid, or you've been eligible for some time, new questions always arise from year to year. Join us as we host Alex Johnson, an expert in such things, as they go over useful do's and don'ts to keep in mind before you embark on a the programs, the best times to enroll, and address your specific questions about the programs.

**W 10/10 12:30-2 p.m.**  
**Senior Center No Cost**

## TAKING THE FEAR OUT OF JOINT REPLACEMENT

There's no question that joint replacement surgery is no small deal. Though at the end of it all, the surgery can often give you the best chance of gaining a bit more of your active life back. Join our experts in the field of physiotherapy and post-surgical recovery as they discuss the process of joint replacement surgery, and how you might be able to give yourself the best chance at a speedy and successful recovery.

**W 10/17 12:30-2 p.m.**  
**Senior Center No Cost**

## DODGING THE HOLIDAY BLUES

Join us as we host an expert in behavioural health, as she talks about how the holidays can sometimes affect us in unexpected ways. We'll discuss how our losses, traditions and expectations may impact our experience of the holiday season. We'll also cover signs and symptoms of the blues, and practical ways to navigate the holidays.

**W 10/24 12:30-1:30 p.m.**  
**Senior Center No Cost**

## THE CIRCLE OF A HEALTH CARE CRISIS

For this talk, we'll be hosting an expert in the field of health care. The class will discuss what happens when a change in health condition lands you or a loved in the hospital. We'll discuss how the process works when someone is moved from their hospital stay to a rehabilitation facility, and then home. Our expert will also spend some time taking questions at the end of the talk.

**W 10/31 12:30-2:30 p.m.**  
**Senior Center No Cost**

## NAVIGATING THE REAL ESTATE MARKET

As we get older, navigating the real estate market can become a bit more complicated. For many of us, it isn't just about the buying and selling prices, but how we might manage our home investment throughout the rest of our lives. Many are able to stay in their homes well into their elderly years, but for others, they must consider downsizing or selling their home altogether to fund their stay in assisted living. This talk will cover all of these subjects, and more!

**W 11/7 12:30-2:30 p.m.**  
**Senior Center No Cost**

## VESTIBULAR HEALTH, DIZZINESS, AND BALANCE DISORDERS

Causes of dizziness range widely and can include changes in blood pressure, drug side effects, anxiety, vertebrobasilar insufficiency, TMJ dysfunction, neck pain, central nervous system dysfunction, and vestibular dysfunction. Join us as we host an expert who will discuss ways in which balance disorders stemming from vestibular dysfunction can be treated or even prevented.

**W 11/14 12:30-2:30 p.m.**  
**Senior Center No Cost**

## FINDING YOUR VOICE OF INDEPENDENCE

As we age, it is often the case that we end up not feeling heard when we express our needs, wants, and desires. This is especially troublesome when it is time to address your retirement plan. This class will talk about having assertive communication for your needs, wants and communicating your retirement plan with family members to ensure your choices are met.

**W 11/28 12:30-2:30 p.m.**  
**Senior Center No Cost**



## THE ABC'S OF FINANCE SERIES

Join us for some very informative talks about some very important financial subjects. Join experts from Red Canoe Credit Union as they discuss a wide variety of financial and banking issues that affect us all. At the end of each talk, time will be taken to address questions from participants, which will be a great opportunity to pick the brains of some very knowledgeable professionals! Space is at a premium for these limited-engagement talks, so be sure to register today to reserve your spot!

### BUDGETING BASICS

When looking to get finances back on track, or simply keep things on track, it is important to focus on the basics. That is where this class will come in! you will learn how to prioritize spending, track budgets, and how to reward yourself on occasion for good financial behavior. You will get great saving tips and leave with a toolkit for proper budgeting.

**Tu 10/16 12:30-2 p.m.**  
**Senior Center No Cost**



### UNDERSTANDING YOUR CREDIT SCORE

These days, it seems like our lives virtually depend on the health of our credit score. Join our experts to get a breakdown of how credit scores are calculated, and how they factor into your everyday activities. You'll also learn about how loans can affect this score, and how you'll be able to secure loans even if your score isn't ideal...Plus tips on how to boost your credit score!

**Tu 11/6 12:30-2 p.m.**  
**Senior Center No Cost**



### INCOME FOR LIFE

Now doesn't this sound like a subject we can all get on board with? In this important class session, you'll learn about the importance of retirement income planning and how you might generate additional sources of income well after retirement. Learn about risks and hurdles you might encounter as you prepare for your retirement. You'll walk away with retirement income strategies that fit your very own situation!

**Tu 11/20 12:30-2 p.m.**  
**Senior Center No Cost**



### PROTECTING YOURSELF FROM IDENTITY THEFT

We always think "It will never happen to me"...and then it does! Join us as an expert in the field of identity theft prevention discusses a variety of issues. They will teach you to look for the warning signs for when you might be talking to an identity thief, in person or on the phone. You'll learn to spot a scam before you become a victim, as we'll be discussing red flags and warning signs. Participants will learn how proper financial record keeping can really save you years of turmoil, and possibly debt, should an identity thief use your identity for illegal activity.

**Tu 12/4 12:30-2 p.m.**  
**Senior Center No Cost**

## WORKSHOPS

### TURNING MEMORIES INTO MEMOIRS

Join Margaret Ingram, a published author and expert in written communication, as she teaches you methods that will help you formulate your written thoughts with clarity. 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, should you wish.

**Th 10/18-11/8 2-4 p.m.**  
**Senior Center \$27 (In-city)/ \$35 Ingram**

### MEMOIRS OF A LOVED ONE

There are certain individuals who come into our lives who make an impressive impact. Though you'll never forget the importance of that impact, others might very well enjoy reading the inspiring tale! Join Margaret Ingram, a published author and expert in written communication, as she takes you through the steps involved in formulating a cohesive story about your loved one. Whether it is a parent, a child, a dear friend, an inspiring teacher, or even a pet...Margaret will help you put thoughts to paper in honor of those who inspire you! 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, should you wish. No class on 11/22.

**Th 11/15-12/6 2-4 p.m.**  
**Senior Center \$27 (In-city)/ \$35 Ingram**



### BLOOD PRESSURE CLINICS

Looking to get an update on the status of your blood pressure? Visit the Albany Senior Center every Tuesday from 9-10 a.m. to have your blood pressure taken by an expert. Do you have questions or concerns about your health? Although they will not be able to give direct advice, they might be able to steer you in the right direction for answers. This is a cost-free service, and no appointment is necessary. Blood pressure clinics are held every Thursday, so feel free to make this a weekly visit! After your visit, feel free to stop by our hospitality table for a post check-up snack and coffee/tea.

### "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 completely open to the public, so feel free to bring your friends and family!

#### Oct 10 (W): 'National Angel Food Cake Day'

How much do you enjoy angel food cake? How about some cake with fresh strawberries and whipped cream? Join us on this special day to partake in cake...lots of cake!

#### Nov 9 (F): 'National Cashew Day'

Plain and simple...lots of cashews will be on hand! All kinds of flavors!

#### Dec 10 (M): 'National Pastry Day'

We know, it is a hard job...but SOMEONE has got to celebrate this day! Come join us for a full spread of delicious pastries as we celebrate yet another whimsical holiday.

### HOW TO SELECT THE RIGHT DOG FOR YOUR HOUSEHOLD



As the holidays roll around, many families

start thinking about the possibility of gifting a dog to a family member, or perhaps adopting a dog as a family. Join expert dog trainer and behavioral specialist Suzanne Brean as she covers a variety of subjects, including what breeds are best suited for what family, what size dog is appropriate for your living space, and what steps you can take to ensure your new family member ends up being a good fit.

**Tu 10/16 1-2 p.m.**  
**Senior Center No Cost**

### POOL TOURNAMENT

Time to break out the cue and chalk up, because we are hosting an afternoon of exciting billiards competition! Great prizes await the first, second, and third place winners. Snacks and drinks will be provided. The tournament is limited to the first 24 registrants. Tournament is only \$7 and registration is required.

**F 10/12 11 a.m. -2 p.m.**  
**Senior Center \$7**

## OCTOBER 2018 DROP-IN-PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong	<b>2</b> 9 am Stitches 9 am Blood Pressure 1 pm Scrabble 1 pm Hand & Foot Card Game	<b>3</b> Noon Pinochle/ Card Games 12:30pm Bridge	<b>4</b> 8 am Quilters	<b>5</b> Noon Pinochle/ Card Games 12:30pm Movie Matinee
<b>8</b> 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong	<b>9</b> 9 am Stitches 9 am Blood Pressure 9am Driver Safety 1 pm Scrabble 1 pm Hand & Foot Card Game	<b>10</b> Noon Pinochle/ Card Games 12:30pm Bridge	<b>11</b> 8 am Quilters	<b>12</b> 11 am Pool Tournament Noon Pinochle/ Card Games
<b>15</b> 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong	<b>16</b> 9 am Stitches 9 am Blood Pressure 1 pm Scrabble 1 pm Hand & Foot Card Game	<b>17</b> 9 am Gift Shop Consignment Noon Pinochle/ Card Games 12:30pm Bridge	<b>18</b> 8 am Quilters	<b>19</b> Noon Pinochle/ Card Games 12:30pm Movie Matinee
<b>22</b> 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong	<b>23</b> 9 am Stitches 9 am Blood Pressure 1 pm Scrabble 1 pm Hand & Foot Card Game	<b>24</b> Noon Pinochle/ Card Games 12:30pm Bridge	<b>25</b> 8 am Quilters	<b>26</b> Noon Pinochle/ Card Games 1 pm Birthday Party
<b>29</b> 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong	<b>30</b> 9 am Stitches 9 am Blood Pressure 1 pm Scrabble 1 pm Hand & Foot Card Game	<b>31</b> Noon Pinochle/ Card Games 12:30pm Bridge		

## NOVEMBER 2018 DROP-IN-PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 8 am Quilters	<b>2</b> Noon Pinochle/ Card Games 12:30pm Movie Matinee
<b>5</b> 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong	<b>6</b> 9 am Stitches 9 am Blood Pressure 1 pm Scrabble 1 pm Hand & Foot Card Game	<b>7</b> Noon Pinochle/ Card Games 12:30pm Bridge	<b>8</b> 8 am Quilters	<b>9</b> Noon Pinochle/ Card Games
<b>12</b> 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong	<b>13</b> 9 am Stitches 9 am Blood Pressure 9am Driver Safety 1 pm Scrabble 1 pm Hand & Foot Card Game	<b>14</b> Noon Pinochle/ Card Games 12:30pm Bridge	<b>15</b> 8 am Quilters	<b>16</b> Noon Pinochle/ Card Games 12 pm Thanksgiving Luncheon 12:30pm Movie Matinee
<b>19</b> 9am Spinners Noon Pinochle/ Card Games 1 pm Mahjong	<b>20</b> 9 am Stitches 9 am Blood Pressure 1 pm Scrabble 1 pm Hand & Foot Card Game	<b>21</b> 9 am Gift Shop Consignment Noon Pinochle/ Card Games 12:30pm Bridge	<b>22</b> <b>THANKSGIVING DAY</b>  <b>CENTER CLOSED</b>	<b>23</b>  <b>CENTER CLOSED</b>
<b>26</b> 9am Spinners Noon Pinochle/ Card Games 1 pm Mahjong	<b>27</b> 9 am Stitches 9 am Blood Pressure 1 pm Scrabble 1 pm Hand & Foot Card Game	<b>28</b> Noon Pinochle/ Card Games 12:30pm Bridge	<b>29</b> 8 am Quilters	<b>30</b> Noon Pinochle/ Card Games 12:30pm Movie Matinee 1 pm Birthday Party

## DECEMBER 2018 DROP-IN-PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong	<b>4</b> 9 am Stitches 9 am Blood Pressure 1 pm Scrabble 1 pm Hand & Foot Card Game	<b>5</b> Noon Pinochle/ Card Games 12:30pm Bridge	<b>6</b> 8 am Quilters	<b>7</b> Noon Pinochle/ Card Games
<b>10</b> 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong	<b>11</b> 9 am Stitches 9 am Blood Pressure 1 pm Scrabble 1 pm Hand & Foot Card Game	<b>12</b> Noon Pinochle/ Card Games 12:30pm Bridge	<b>13</b> 11 am Holiday Banquet	<b>14</b> Noon Pinochle/ Card Games 12:30 pm Movie Matinee
<b>17</b> 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong	<b>18</b> 9 am Stitches 9 am Blood Pressure 1 pm Scrabble 1 pm Hand & Foot Card Game	<b>19</b> Noon Pinochle/ Card Games 12:30pm Bridge	<b>20</b> 8 am Quilters	<b>21</b> Noon Pinochle/ Card Games
<b>24</b> 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong	<b>25</b> <b>CHRISTMAS DAY</b> <b>CENTER CLOSED</b>	<b>26</b> Noon Pinochle/ Card Games 12:30pm Bridge	<b>27</b> 8 am Quilters	<b>28</b> Noon Pinochle/ Card Games 1 pm Birthday Party
<b>31</b> 9 am Spinners Noon Pinochle/ Card Games 1 pm Mahjong				

## 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 registration is required.*

### SOUP AND CASSEROLE COOKING

Join us as we hit the kitchen and learn how to make delicious soups and casseroles! Our expert cook will take you through how to choose the right dish for the occasion, and each participant will then have a chance to prepare, cook, sample, and share their creations! It'll be a tasty treat for all! All supplies are included, and a meal will be provided at the end of class.

**F 10/12 12:30-3 p.m.**  
**Senior Center Supply Fee: \$12**

### HALLOWEEN SOCIAL

It's going to be a downright spooky fun time as we come together and enjoy some Halloween festivities! We'll have food and drink on hand, as well as plenty of fun and games! Join our festive group and celebrate the season in style!

**F 10/26 12:30-3 p.m.**  
**Senior Center Supply Fee: \$5**

### HOLIDAY COOKING

Who doesn't enjoy a good seasonal dish?! Join us as we learn how to make a variety of traditional and not-so-traditional holiday favorites, all made in our kitchen. Get ready to help prepare these dishes with your classmates and enjoy the reward of eating your delicious holiday creations at the end of class! All supplies are included, and you'll enjoy quite a meal at the end of the class.

**F 11/9 12:30-3 p.m.**  
**Senior Center Supply Fee: \$12**

### HOLIDAY WREATHS AND ORNAMENTS

It is time once again to feel the holiday cheer, and there is no better way to share this cheer than crafting a variety of holiday wreaths and ornaments! Food and beverage will be provided as we put on our crafter's hats and fashion some beautiful and functional holiday decorations! All supplies will be provided, and the food and drink are included for all participants. Get ready for some holiday fun!

**F 12/7 12:30-3 p.m.**  
**Senior Center Supply Fee: \$10**

## 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.

## BIRTHDAY PARTY



Whether you have a birthday in October, November or December 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 October 26, November 30 and December 28 at 1 p.m.

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



## 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](http://albanyparksandrecreation.org)

## 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!

## 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?

Answer: The number 8

Brain Teaser Winner: Renate Viazzoli

## OCTOBER, NOVEMBER, DECEMBER BRAIN TEASER

Why is an island like the letter T?



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

RETURN SERVICE REQUESTED

NONPROFIT ORG  
 US POSTAGE  
 PAID  
 ALBANY OR  
 PERMIT NO. 69



## Simply Puzzling

Circle the words and return to the Senior Center.

### AUTUMN

- |                |                |
|----------------|----------------|
| ACORN          | LONGER NIGHTS  |
| APPLE          | NOVEMBER       |
| BIRD MIGRATION | OCTOBER        |
| BLOWING LEAVES | ORANGE LEAVES  |
| BLUSTERY DAY   | PIE            |
| CANNING        | PUMPKIN        |
| CHESTNUTS      | RAKE           |
| CHILLY         | RED LEAVES     |
| COLD           | SCARECROW      |
| CROPS          | SCHOOL         |
| EQUINOX        | SEASON         |
| FALL           | SEPTEMBER      |
| FARMING        | SHORTER DAYS   |
| FEAST          | SQUASH         |
| FROST          | SWEET POTATOES |
| HALLOWEEN      | THANKSGIVING   |
| HARVEST        | TURKEY         |
| HAYSTACK       | WINDY          |
| HICKORYNUTS    | YELLOW LEAVES  |

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

*Remember to turn in your completed word search by October 31 to be entered into a drawing.  
 Last month's word search winner was Irene Good.*