



highlights



489 Water Avenue NW, Albany, Oregon 97321

(541) 917-7760

ONLY IN OREGON: STRANGE AND UNUSUAL PLACES TO VISIT

Oregon is full of some pretty unique attractions, from magnificent natural wonders to ancient shipwrecks to marvelous manmade structures that will leave you scratching your head. Here are a few spots in Oregon worth visiting if you want a unique and memorable experience!

Dee Wright Observatory



Located at the summit of McKenzie Pass, this structure looks like it might have been built by aliens! The observatory blends into the rocky landscape and offers some stunning views

of the surrounding Cascade Mountains.

Octopus Tree



This unusual tree growing near Cape Meares Lighthouse lives up to its name, and is thought to be between 250 and 300 years old!

Old Man of the Lake

If you've ever visited magnificent Crater Lake (and if you haven't you simply must!) you may have noticed this vertically-floating tree trunk that has been boggling peoples' minds since 1896. Strange!



Greenwood Poplar Tree Farm



This farm features acres upon acres of symmetrical poplar trees. When standing in the middle of the country lane, the view is otherworldly. The area is especially picturesque in the fall, when the autumn colors roll in!

Peter Iredale



The incredible remnants of this shipwreck have been stranded near Fort Stevens for over 100 years. The mere bones of the ship now remain, making this an eerie yet majestic sight!

Do you have a spirit for adventure, and yearn to see more of Oregon? The Albany Senior Center features a variety of trips and tours that will take you far and wide! Check our Winter Activate guide for our offerings!





MOVIE MATINEES AT THE SENIOR CENTER

Don't miss the 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.



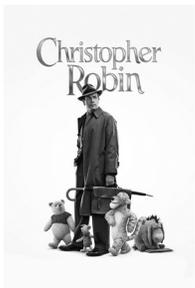
January 11: Ready Player One (2018, Thriller/Fantasy - PG13)



In the year 2045, people can escape their harsh reality in the OASIS, an immersive virtual world where you can go anywhere, do anything, be anyone-the only limits are your own imagination. OASIS creator James Halliday left his immense fortune and control of the Oasis to the winner of a

contest designed to find a worthy heir. When unlikely hero Wade Watts conquers the first challenge of the reality-bending treasure hunt, he and his friends-known as the High Five-are hurled into a fantastical universe of discovery and danger to save the OASIS and their world.

January 25: Christopher Robin (2018, Drama/Fantasy - PG)



In the heartwarming live action adventure "Disney's Christopher Robin," the young boy who loved embarking on adventures in the Hundred Acre Wood with a band of spirited and loveable stuffed animals, has grown up and lost his way. Now it is up to his childhood friends to venture

into our world and help Christopher Robin remember the loving and playful boy who is still inside.

February 8: Crazy Rich Asians (2018, Drama/Comedy - PG13)



"Crazy Rich Asians" follows native New Yorker Rachel Chu as she accompanies her longtime boyfriend to his best friend's wedding in Singapore. Excited about visiting Asia for the first time but nervous about meeting Nick's family, Rachel is unprepared to learn that Nick has neglected to mention a few key

details about his life. It turns out that he is not only the scion of one of the country's wealthiest families but also one of its most sought-after bachelors.

February 22: A Star is Born (2018, Drama/Romance - R)



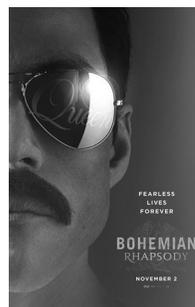
In "A Star Is Born," Bradley Cooper and Lady Gaga fuse their considerable talents to depict the raw and passionate tale of Jack and Ally, two artistic souls coming together, on stage and in life. Cooper portrays seasoned musician Jackson Maine, who discovers and falls in love with struggling artist Ally. She has given up on her dream to become a successful singer, until she meets Jack, who immediately sees her natural talent.

March 8: Ghostbusters (2018, Comedy/Fantasy - PG13)



Following a ghost invasion of Manhattan, paranormal enthusiasts Erin Gilbert and Abby Yates, nuclear engineer Jillian Holtzmann, and subway worker Patty Tolan band together to stop the otherworldly threat.

March 22: Bohemian Rhapsody (2018, Drama/Biography - PG13)



Bohemian Rhapsody is a foot-stomping celebration of Queen, their music and their extraordinary lead singer Freddie Mercury, who defied stereotypes and shattered convention to become one of the most beloved entertainers on the planet.

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.



SLEEP HYGIENE AND AROMATHERAPY FOR WELLNESS

The term "sleep hygiene" refers to a series of healthy sleep habits that can improve your ability to fall asleep and stay asleep. These habits are a cornerstone of cognitive behavioral therapy (CBT), the most effective long-term treatment for people with chronic insomnia. CBT also includes techniques for stress reduction, relaxation and sleep schedule management. If you are looking for ways to improve your sleep, join us to learn some healthy sleep habits. Also in this class, we will look at ways to utilize aromatherapy for stress reduction, insomnia, anxiety, and relaxation.

Tu 1/29 9-10:30 a.m.
Senior Center No Cost

BRAIN HEALTH

The almighty brain plays a heavy role in our physical, emotional, and mental states. The problem is, we only get one, so we'd better learn how to get the most mileage from this wondrous organ as we grow older. Join us as we discuss how optimum brain health can inform our

mental and emotional states. In addition, we'll discuss ways that we can work to preserve brain health as we age. This talk will provide great advice on what we can do to ensure maximum health and well-being.

Tu 2/19 9-10:30 a.m.
Senior Center No Cost

KNOW THE 10 SIGNS: EARLY DETECTION OF ALZHEIMER'S

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Attend this training to learn the 10 Warning Signs of Alzheimer's disease. We'll separate myth from reality and address commonly-held fears about Alzheimer's in America. Hear from people who have the disease and find out how to recognize the signs in yourself and others.

Tu 3/19 9-10:30 a.m.
Senior Center No Cost

WINTER 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 and will be in double-elimination format. Don't have a cue? Not to worry, we've got plenty on hand to lend out! Tournament is only \$7 and registration is required.

F 3/2 11 a.m. - 2 p.m.
Albany Senior Center



SNACKS WITH STAFF!

To welcome in the New Year, the Senior Center will be starting a bi-monthly tradition! 'Snacks with Staff' is a great way to not only stay in the loop, but also voice your opinion regarding any of the goings-on at the Center. Everyone is welcome! Please bring any questions, suggestions, or concerns you may have. The two meetings this season will be held on Tuesday, January 15 and Tuesday, March 19 at 11 a.m. in the Activity Room.



ALBANY SENIOR CENTER "LUNCH AND LEARN" SERIES

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



MAKING A DIFFERENCE IN A CHILD'S LIFE: THE WORK OF CASA

Join us to learn how community members, such as yourself, can become a positive influence in the life of a child in foster care. Court Appointed Special Advocates (CASA) work every day to ensure children's voices are heard, and the difference begins with you. We will talk about children right here in our county that are waiting for a caring adult to get to know them and support them in their often difficult journey.

W 1/16 12:30-2 p.m.
Senior Center No Cost

SOCIAL ISOLATION AND LONELINESS

Older adults are at increased risk of being socially isolated or lonely. Living alone, health problems and disability, sensory impairment such as hearing loss, and major life events such as loss of a spouse have all been identified as risk factors for social isolation and loneliness. Join an expert in the field of mental health as she guides you through how you can avoid social isolation and manage feelings of loneliness.

W 2/6 12:30-2 p.m.
Senior Center No Cost

UNDERSTANDING PAIN

Pain is a universal part of the human experience. However, it's surprising how little most of us know about how it really works in our body. The good news is, there is evidence that you can significantly reduce your pain with the right educational tools. Come and learn some

of the most up to date information about your pain system, and what you can do to help restore your body's pain system into balance.

W 2/20 12:30-2 p.m.
Senior Center No Cost

SPRINGTIME BLUES

We mostly think of seasonal depression as being the "winter blues," but believe it or not, spring also marks the onset of depression symptoms in some people. With the increase of sunlight in this week's change of seasons to spring, you may start to notice some symptoms of spring depression. If you are struck with Seasonal Affective Disorder (SAD), the transition to springtime can be painful. You may have gotten used to staying indoors or sleeping in. With more activities going on in the longer days, you might find it hard to break out of your old pattern. Join us to learn ways to avoid falling into a springtime funk.

W 3/6 12:30-2 p.m. Senior Center No Cost

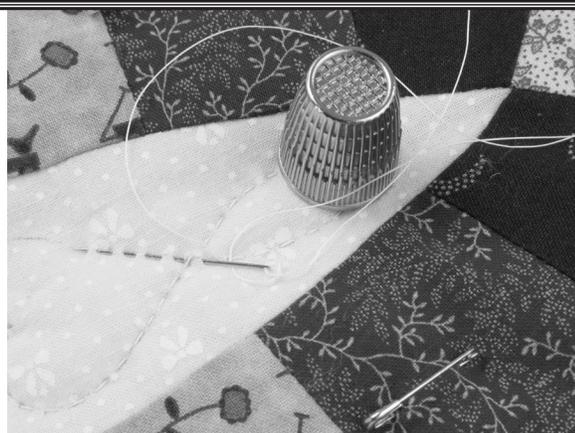
DEMENTIA AWARENESS SEMINAR

Join us as we host an expert in the field of senior care as they discuss a variety of subjects related to Alzheimer's and dementia. In this seminar you will learn what dementia entails, how to discern normal aging from dementia, strategies to help caregivers succeed, how to create a positive environment, and more. With help, you can learn to cope and thrive in caring for someone with dementia. Join us to find out how.

W 3/27 12:30-2 p.m.
Senior Center No Cost

Quilters

For over 45 years, the Quilters have been stitching, tacking, and binding at the Albany Senior Center and are now looking to expand their group of volunteers! Together they make and donate about 250 quilts to a variety of non-profit organizations. Whether you are an experienced quilter or want to learn a new trade, we would be happy to have you join us on Thursdays from 8 a.m. to 2 p.m. You can drop in or give us a call at (541)917-7760 if you have any questions.



"TECH TALKS" TECHNOLOGY EDUCATION SERIES

Join us 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! 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.

INTRO TO COMPUTERS (WINDOWS)

Start at the very beginning and get an overview of what a personal computer can do for you. Designed for beginners, you will learn how to start your computer and turn it off, use the mouse and keyboard to perform basic computer tasks, use Windows components to create and print a document, identify the basic parts of a computer and their use, search the internet to find information, and the basics of setting up an email account.

M **1/14** **1-3 p.m.**
Senior Center **\$16 (In-city)/ \$21**
Clark

INTRO TO USING THE INTERNET

The Internet is part of nearly everything we do on a daily basis. But do you know how it all works? From Wi-Fi to IP addresses to HTML to keeping information safe online, there's a lot of important stuff going on that most of us don't have the opportunity to learn more about. Join us to learn the basics on how to use the internet,

doing basic searches, and protecting your data while navigating the internet.

M **2/18** **1-3 p.m.**
Senior Center **\$12 (In-city)/ \$16**
Clark

EMAIL FOR BEGINNERS

Need an email account, or have one and don't know how to use it? In this class we'll learn how to sign up for a free email account, and how to send, reply, and forward messages and attachments. We'll also talk about creating address books, getting creative with your messages by using fonts and graphics, and how to identify and block "Spam" (scamming or misleading) messages. There is no faster way to communicate with distant loved ones or do business than through email, and we'll get you started on the path to emailing with ease!

M **3/25** **1-4 p.m.**
Senior Center **\$16 (In-city)/ \$21**
Clark

SOCIALS

Join us to experience a variety of new and exciting activities, while meeting like-minded and fun-loving folks!

"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!

Jan 14 (M): 'Cheese Lovers Day'

Are you a fan of cheesy goodness? Join us as we host an array of cheeses, and of course some crackers to put them on. A hearty mid-day snack awaits!

Feb 25 (M): 'Tortilla Chip Day'

This day isn't just about tortilla chips...it is about all the delicious toppings you can pile on those chips! Salsa, ground beef, jalapenos, queso sauce...it will all be on hand!

Mar 18 (M): 'Potato Chip Day'

It is time to pay homage to the potato chip! We will have quite a few flavors of chips (and dip!) on hand, so grab a bowl and enjoy one of America's favorite snacks!

OREGONWEST EXCURSIONS SLIDE SHOW

OregonWest specializes in high quality group touring, with an emphasis on personal service. We include upscale accommodations, exciting and unique attractions, great dining, and more.

OregonWest Excursions' Tour Directors are professional and experienced, but the best part of all is we truly care about our guests and want everyone to have fun!

COME JOIN US FOR SLIDE SHOW PRESENTATION OF OUR 2019 TRIPS

Web www.orwest.com / Like us on Facebook at www.facebook.com/OregonWest

W **2/20** **1-2 p.m.**
Albany Senior Center **No Cost**

THE ABC'S OF FINANCE SERIES

Financial and banking matters can often be complex and confusing. We are fortunate enough to have experts from Red Canoe Credit Union host an informative talk series covering a wide array of issues that affect us all. Each talk will be followed by a Q&A session, which is the perfect time to pick the brains of extremely knowledgeable professionals in this field. Seats fill up quickly for this limited-engagement series, register today!

GROWING YOUR MONEY LOCALLY

The title of this class is enticing enough all on its own! Who wouldn't want to grow their investments and support their community at the same time? Our knowledgeable professionals will share with you five completely free ways in which you can support your local economy. The best part? You will see exactly how supporting your local economy comes full circle to benefit you.

Tu 1/29 12:30-2 p.m.
Senior Center No Cost

PREDATORY LENDING

If you've ever heard of a "need cash quick" scheme, you aren't alone! Learn some of the ways that borrowers are convinced to accept unfair loan terms that leave you with a payment you can't afford. We are hosting our financial experts to explain how you can identify abuse and these unfair lending practices before you sign on the dotted line. You will leave with a greater understanding of your alternatives in terms of different loan options.

Tu 3/5 12:30-2 p.m.
Senior Center No Cost

FINANCIAL RECORD KEEPING

Why wait for the flowers to bloom if you can get some spring cleaning out of the way now? If you're reluctant to toss documents with any financial information for fear that it's all important, this is the class for you. You will learn to decipher which financial documents you should keep, and which ones are no longer necessary. Join our experts as they share with us their tips and tricks to organizing your finances and records.

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

LEASING VS. BUYING A NEW CAR

Is the maintenance and upkeep of your car becoming a hassle? Maybe you feel like you're throwing money away into a depreciating asset? Or maybe you want to drive downtown in the newest convertible sports car? If you're searching the market for some new wheels, come learn about the big differences between leasing and financing a car. This class will not only leave you with a clear definition of leasing versus financing, but also with a list detailing the pros and cons of each option.

Tu 3/19 12:30-2 p.m.
Senior Center No Cost

GOT TAXES?

AARP Tax-Aide volunteer counselors will prepare your basic tax returns starting Friday, February 1 through Friday, April 12. This service is for people of all ages and incomes and will be held at the Albany Senior Center and at the Albany Public Library. To help avoid long waits, appointments are required. The volunteers will be preparing taxes at the Albany Senior Center on Mondays, Wednesdays, and Fridays from 9 a.m. until 3 p.m. and at the Albany Public Library main branch on Tuesdays, from 11 a.m. – 3 p.m. and Saturdays from 1:30 – 2:30 p.m. Call the Albany Senior Center at 541-917-7760 to make an appointment for both locations. Please remember to bring with you a summary of your various deductions such as:

- Medical
- Medical miles
- Charitable miles
- Charitable cash contributions and non-cash donations up to a maximum of \$500

Also, bring last year's tax return, your 2018 tax documents (1099, W-2, etc.), social security card, photo ID, or other government form with your social security number on it.

WORKSHOPS

WINTER WRITING CLASS

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 **1/24-2/14** **2-4 p.m.**
Albany Senior Center **\$19 (In-city)/ \$25**
Ingram

EMBRACE YOUR WRITER'S VOICE

"Writing is writing the mind," Chogyam Trungpa says. We don't find our voice, we embrace it – and in this class we'll embrace our creative minds, befriend our fears and anxieties, tap our intuition. We as potential writers want so badly to communicate, to share our stories and poems and memoirs – but we sometimes get stuck. Join us to find ways to loosen up so you can let that inner voice out! Published author Margaret Ingram will guide you as we search for our creative flow as writers. This class is for beginners and experienced writers alike. The class meets once a week for four weeks. You will also have the option to read and discuss your stories during portions of class, should you wish.

Th **2/21-3/14** **2-4 p.m.**
Albany Senior Center **\$19 (In-city)/ \$25**
Ingram

SAMARITAN HOSPICE CLASSES

BECOME A HOSPICE VOLUNTEER / PET THERAPY

There are so many different ways you can volunteer with Samaritan Evergreen Hospice. From volunteering in the home to volunteering at the hospice house. Come learn from Karen McLain, Volunteer Coordinator on how to become a Hospice Volunteer. Samaritan Evergreen Hospice recognizes the value of animals in our lives. Pets can sense when we don't feel well and they are often aware when things are changing around them. Pets bring comfort, companionship and unconditional love into our lives. Anne Arquette, RN with Samaritan Evergreen Hospice will be discussing the benefits of Pet Therapy for patients and families receiving hospice services. Sack lunches will be provided.

W **1/16** **12:30-1:30 p.m.**
Albany Senior Center **No Cost**

ART AND MUSIC AT END OF LIFE

Music is a uniquely powerful form of art that has a long and storied role in many forms of healing and overall wellness. Music, with its ability to transcend cultural, language, and societal barriers, has the power to promote wellness for the whole person. In the hospice setting, music is one of many therapeutic art forms that are used to promote total well-being within patients, families, caregivers, and the bereaved. Join Kathy Morris, an accomplished harpist, as she speaks about the work she does in hospice and shares some of her beautiful music with you. Sack lunches will be provided.

W **3/13** **12:30-1:30 p.m.**
Albany Senior Center **No Cost**



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.

SCIENCE AND SKETCH SERIES

Join OSU Extension for a short lesson on a horticulture-related topic followed by free time to sketch. Items related to the topic will be brought into the classroom to sketch. Build your sketching skills while learning about gardening and horticulture! Note: There is no formal art instruction provided; please bring your own sketching supplies. All levels of sketching experience (including none!) are welcome and encouraged! Participants are welcome to attend one or all of the classes.

Tu 1/22: The Botany of Flowers

Tu 2/12: Seeds and Seed Starting

Tu 3/19: Identifying Types of Trees

Albany Senior Center **12:30-2:30 p.m.**
No Cost

PICKLE POINTERS

It might be news to some of you that pickling is popular again. Though for others, it never went out of style! Join an expert as they provide useful tips on how to grow, harvest, ferment, and store your very own delicious and healthy pickles! Food samples and demonstrations will be included.

Th **1/17** **12:30-2 p.m.**
Albany Senior Center **No Cost**

OREGON PEARS: HISTORY, VARIETIES, HARVESTING AND HANDLING

Pears are Oregon's official State Fruit, and Oregon ranks second in the nation in pear production. 84% of the US fresh pear crop comes from the Pacific Northwest due to the region's unique climate. Volcanic soil, abundant water, warm days, and cool nights combine to create the perfect conditions for growing the varieties of pears found in Oregon, whose principal growing regions are in Hood River Valley in north central Oregon and Rogue River Valley in southeastern Oregon. Is your interest piqued regarding this delicious fruit? Come join us to learn more!

Th **3/28** **12:30-2 p.m.**
Albany Senior Center **No Cost**

Join Recreation Programs Specialist and resident "bird nerd" Mike Iorio as he shares his lifelong passion for observing beautiful birds in their natural habitat. These classes will help you form foundational skills in birding, which will come in handy during our planned spring and summer bird-watching outings throughout the area. Come gain some knowledge on our feathered friends in anticipation of our warm-weather adventures!

INTRODUCTION TO BIRDING

In this class, we'll learn the basics of birdwatching, or birding, which will include learning about the habitat, migration, and behavior of birds. We'll also cover some basics on how to identify birds by family and species. Get ready to be fascinated by birds! You will not only enrich your enjoyment of the birds in your own backyard, but you will attain a set of skills that will allow you to explore and expand your enjoyment of birds near and far.

W **1/30** **12:30-2 p.m.**
Senior Center **\$7 (In-city)/ \$9**

WINTERING BIRDS

In this class, we'll focus on the many species who winter in our region, including raptors, water birds, sparrows, and other land birds. We'll cover some basics on how to identify some of these birds and offer tips on where you might be able to catch a glimpse of our feathered winter visitors.

Th **3/7** **12:30-2 p.m.**
Senior Center **\$7 (In-city)/ \$9**

UNDERSTANDING BIRD BEHAVIOR

Whether it's an exotic "dancing" bird-of-paradise or a red-winged blackbird flaring its red epaulettes in your backyard, bird behavior is a multi-faceted, endlessly-fascinating topic. What exactly do their calls, displays, and postures mean? Birds seem to be communicating with each other all the time. But what are they talking about? Join us to find out!

Tu **3/26** **12:30-2 p.m.**
Senior Center **\$7 (In-city)/ \$9**



JANUARY 2019 DROP-IN-PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CENTER CLOSED	2 Noon Card Games 12:30pm Bridge	3 8 am Quilters	4 Noon Pinochle/ Card Games
7 9 am Spinners Noon Card Games 1 pm Mahjong	8 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	9 Noon Card Games 12:30pm Bridge	10 8 am Quilters	11 Noon Pinochle/ Card Games 12:30pm Movie Matinee
14 9 am Spinners Noon Card Games 1 pm Mahjong	15 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	16 9 am Gift Shop Consignment Noon Card Games 12:30pm Bridge	17 8 am Quilters	18 Noon Pinochle/ Card Games
21 CENTER CLOSED MLK DAY	22 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	23 Noon Card Games 12:30pm Bridge	24 8 am Quilters	25 Noon Pinochle/ Card Games 12:30pm Movie Matinee 1 pm Birthday Party
28 9 am Spinners Noon Card Games 1 pm Mahjong	29 9 am Stitches 9 am Blood Pressure 1 pm Scrabble 1 pm Hand & Foot Card Game	30 Noon Card Games 12:30pm Bridge	31 8 am Quilters	

FEBRUARY 2019 DROP-IN-PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9am Tax Help Noon Pinochle/ Card Games
4 9 am Spinners 9am Tax Help Noon Card Games 1 pm Mahjong	5 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	6 9am Tax Help Noon Card Games 12:30pm Bridge	7 9 am Quilters	8 9am Tax Help Noon Pinochle/ Card Games 12:30pm Movie Matinee
11 9 am Spinners 9am Tax Help Noon Card Games 1 pm Mahjong	12 9 am Stitches 9 am Blood Pressure 1 pm Scrabble 1 pm Hand & Foot Card Game	13 9am Tax Help Noon Card Games 12:30pm Bridge	14 8 am Quilters	15 9am Tax Help Noon Pinochle/ Card Games
20 9am Spinners 9am Tax Help Noon Card Games 1 pm Mahjong	19 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	20 9am Tax Help 9 am Gift Shop Consignment Noon Card Games 12:30pm Bridge	21 8 am Quilters	22 9am Tax Help Noon Pinochle/ Card Games 12:30pm Movie Matinee 1 pm Birthday Party
25 9am Spinners 9am Tax Help Noon Card Games 1 pm Mahjong	26 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	27 9am Tax Help Noon Card Games 12:30pm Bridge	28 8 am Quilters	

MARCH 2019 DROP-IN-PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9am Tax Help Noon Pinochle/ Card Games
4 9am Tax Help 9am Spinners Noon Card Games 1 pm Mahjong	5 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	6 9am Tax Help Noon Card Games 12:30pm Bridge	7 8 am Quilters	8 9am Tax Help Noon Pinochle/ Card Games 12:30 pm Movie Matinee
11 9 am Spinners 9am Tax Help Noon Card Games 1 pm Mahjong	12 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	13 9am Tax Help Noon Card Games 12:30pm Bridge	14 8 am Quilters	15 9am Tax Help Noon Pinochle/ Card Games
18 9 am Spinners 9am Tax Help Noon Card Games 1 pm Mahjong	19 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	20 9am Tax Help 9 am Gift Shop Consignment Noon Card Games 12:30pm Bridge	21 8 am Quilters	22 9am Tax Help Noon Pinochle/ Card Games 12:30 pm Movie Matinee
25 9 am Spinners 9am Tax Help Noon Card Games 1 pm Mahjong	26 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	27 9am Tax Help Noon Card Games 12:30pm Bridge	28 8 am Quilters	29 9am Tax Help Noon Pinochle/ Card Games 1pm Birthday Party



RENTAL OPPORTUNITIES

Available for meetings, conferences, banquets, receptions, weddings, family reunions, and other special events. The Senior Center has landscaped grounds, a patio space, parking for 80+ and a riverfront park next door.









489 Water Ave. NW, Albany, Oregon 97321

Call 541-917-7760 or go to www.albanyparksandrecreation.org for more information.



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 January 25,

February 22 and March 29 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

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!

OCTOBER, NOVEMBER, DECEMBER BRAIN TEASER

Why is an island like the letter T?
Answer: Because it's in the middle of water.

Brain Teaser Winner: Lee Gardner



JANUARY, FEBRUARY, MARCH BRAIN TEASER

What starts with "P", ends with "E", and has millions of letters?

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Simply Puzzling

Circle the words and return to the Senior Center.

HAPPY NEW YEAR

APPETIZERS	HATS
BABIES	HOLIDAY
BALLOONS	HORNS
BANNERS	KISS
BUFFET	MIDNIGHT
CELEBRATE	MUSIC
CHAMPAGNE	NEW YEARS DAY
CONFETTI	NEW YEARS EVE
DANCE	NOISEMAKERS
DAY ONE	OCCASION
DECORATIONS	PARADES
END OF DECEMBER	PARTY
EVENTS	PUNCH
FAMILY	RESOLUTIONS
FATHER TIME	SINGING
FEAST	STREAMERS
FESTIVITIES	THIRTY FIRST
FIREWORKS	TIARAS
FIRST OF JANUARY	WINE
FRIENDS	YEAR IN REVIEW

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

*Remember to turn in your completed word search by January 31 to be entered into a drawing.
Last quarter's word search winner was Rosalie Williams.*