



489 Water Avenue NW, Albany, Oregon 97321

(541) 917-7760

ICE CREAM & BINGO BASH

Thursday, May 16
at the Albany Senior Center

Doors open at noon and
bingo starts at 12:15 p.m. and runs until 2 p.m.

Tickets are \$10
if purchased on or before May 3
(\$11 if purchased after that date)

Get ready for some exciting bingo action while enjoying some frosty treats courtesy of BJ's Ice Cream. Don't miss your chance to win one of many prizes during the Bingo Ice Cream Bash.

This event is co-sponsored by Visiting Angels Living Assistance Services and BJ's Ice Cream.



Registration is required.

Space is limited so please purchase your ticket by calling 541-917-7760 or visit us online at www.albanyparksandrecreation.org.

ALOHA! Hawaiian Luau

Thursday, June 20
5:30 p.m.
at



Grand Prairie
1929 Grand Prairie Road SE

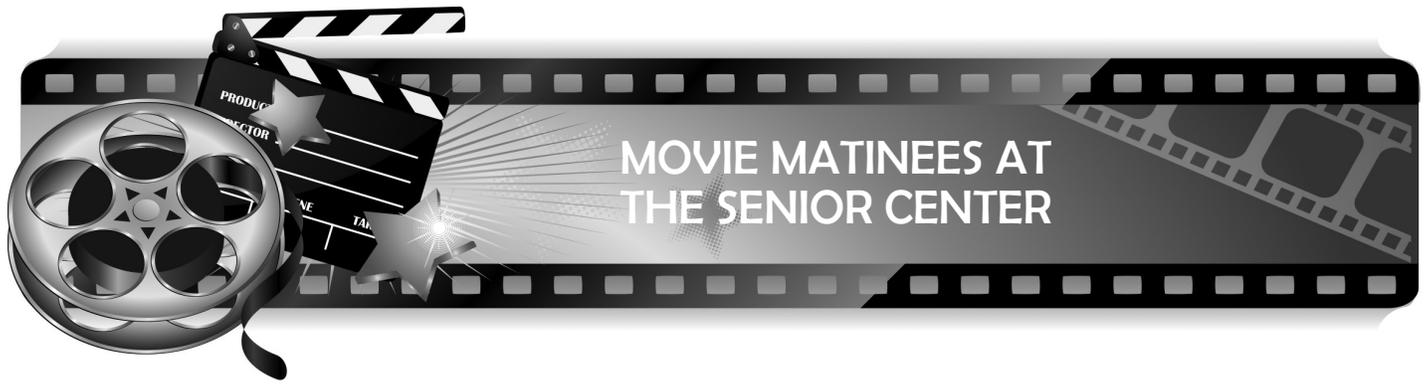
Tickets are \$15
if purchased by June 7
(\$16 if purchased after that date)

Mahalo and Aloha! Join the Albany Senior Center and Brookdale Senior Living Solutions for a journey to the islands. The Hawaiian Luau will feature traditional Hawaiian foods, specialty beverages, hula dancing, and fire dancing.

Come wearing your hula skirts and Hawaiian shirts and get ready to have some fun!

Registration is required.

Space is limited so please purchase your ticket by calling 541-917-7760 or visit us online at www.albanyparksandrecreation.org.



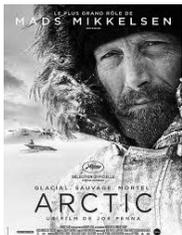
Don't miss our Spring Movie Matinee series, held every 2nd and 4th Friday of the month at the Albany Senior Center at 12:30 p.m. These movie events are provided at no cost and are open to all. Water and popcorn will be provided.

April 12: A Dog's Way Home (2019, Drama/Adventure – PG)



As a puppy, Bella finds her way into the arms of Lucas, a young man who gives her a good home. When Bella becomes separated from Lucas, she soon finds herself on an epic 400-mile journey to reunite with her beloved owner. Along the way, the lost but spirited dog touches the lives of an orphaned mountain lion, a down-on-his-luck veteran and some friendly strangers who happen to cross her path.

April 26: Arctic (2018, Drama/Thriller – PG13)



A man stranded in the Arctic after an airplane crash must decide whether to remain in the relative safety of his makeshift camp or to embark on a deadly trek through the unknown in hopes of making it out alive.

May 10: Casablanca (1942, Drama/Romance – PG)



Rick Blaine (Humphrey Bogart), who owns a nightclub in Casablanca, discovers his old flame Ilsa (Ingrid Bergman) is in town with her husband, Victor Laszlo (Paul Henreid). Laszlo is a famed rebel, and with Germans on his tail, Ilsa knows Rick can help them get out of the country.

May 24: The Rhythm Section (2019, Mystery/Adventure – R)



After her family dies in a plane crash, Stephanie Patrick (Blake Lively)—who was also supposed to be on the flight—discovers that the crash was an act of terror. She gets the chance to become a clandestine operative to repair her life and avenge her family when information arises about the terrorists who are responsible.

June 14: Replicas (2018, Thriller/Fantasy – PG13)



William Foster is a brilliant neuroscientist who loses his wife, son and two daughters in a tragic car accident. Utilizing cutting-edge technology, William comes up with a daring and unprecedented plan to download their memories and clone their bodies. As the experiment begins to spiral out of control, Foster soon finds himself at odds with his dubious boss, a reluctant accomplice, a police task force and the physical laws of science.

June 28: On the Basis of Sex (2018, Drama/Legal Drama – PG13)



Ruth Bader Ginsburg is a struggling attorney and new mother who faces adversity and numerous obstacles in her fight for equal rights. When Ruth takes on a groundbreaking tax case with her husband, attorney Martin Ginsburg, she knows it could change the direction of her career and the way the courts view gender discrimination.

ALBANY SENIOR CENTER "BREAKFAST SERIES"

While you enjoy cinnamon rolls and coffee, experts in their respective fields will present a variety of subjects. This series is proudly supported by Izzy's Pizza and Buffet. Spots fill up quickly, so call to reserve your seat today!



COFFEE WITH KONOPA

We are fortunate to be able to offer a special meeting with Albany's mayor, Sharon Konopa. She will be giving a brief presentation about matters facing City Council, our city's goals, major projects, and more! This talk will be followed by a Q&A session, which is the perfect time to get to know and pick the brain of our friendly and knowledgeable mayor.

Tu **4/16** **9-10:30 a.m.**
No Cost

SUMMER SUN AND FUN- HOW TO BEAT THE HEAT

After the rainy, dark, and cloudy winter months have gone, summer finally shines upon us! Though it is a great opportunity to get outside and play or do yard work, older adults need to take special care. Sunburn, dehydration, and heat fatigue are all serious risk factors to consider. Join an expert as she covers the basics

DOWNTOWN ALBANY TREE TOUR

Join Albany Parks and Recreation's very own Natural Resources Specialist Emily Day for a guided tour downtown. She will discuss the City's Urban Forestry Program, covering topics such as Albany's Tree City USA status, tree code regulations, Sawing for Schools, Lumber to Legacy, and the Heritage Tree Program. We will walk a maximum of three blocks discussing tree care and maintenance issues (poor pruning techniques, tree pests, clearance issues, tree roots lifting sidewalks, etc.) that the Park Maintenance Department manages daily and visit some heritage trees along the way. We will meet at the corner of 8th Avenue and Broadalbin Street SW by the canal at 10 a.m. Don't miss out on the opportunity to get outdoors and get educated! Registration is required.

W **5/22** **10-11:30 a.m.**
No Cost

of how you can go into the wonderful summer months prepared!

Tu **5/21** **9-10:30 a.m.**
No Cost

INVISIBLE LOSSES- ADDRESSING GRIEF IN ITS MANY FORMS

Grief doesn't always have to involve losing someone in your life. As we age, we are sometimes forced to consider giving up activities we enjoy; such as jogging, card games, volunteer activities, or traveling. This can lead to a rather profound sense of loss. Join an expert as we address grief in its many forms learn how to heal.

Tu **6/18** **9-10:30 a.m.**
No Cost

SNACKS WITH STAFF!

'Snacks with Staff' is a great way to not only to stay in the loop, but also to voice your opinion regarding any of the goings-on at the Albany Senior Center. Everyone is welcome! Please bring any questions, suggestions, or concerns you may have. The meeting this quarter will be held on Tuesday, May 21 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 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 Brookdale Senior Living Solutions. Classes will be at the Senior Center unless otherwise noted.



CANCER RESOURCES

A diagnosis of cancer impacts more than your body; it affects your emotions and spirit as well. Whether you have been personally affected by cancer or know someone that has, this class will give you a better understanding of resources available to help inform, rejuvenate and support those affected in Benton, Lincoln and Linn counties. A professional in the field will come and discuss how anyone touched by cancer can be provided the support they need to live with strength, determination, and hope into the future. She will also bring scarves, wigs, and hats as examples of items given to patients.

W **4/3** **12:30-2 p.m.**
No Cost

VETERAN'S BENEFITS

A representative from the Veterans Aid & Attendance office will be at Brookdale Grand Prairie (1929 Grand Prairie Road SE) to talk about Veterans Benefits and the changes that are happening with them. Don't miss out on the opportunity to stay informed on this important topic! You are welcome to drive yourself, but Brookdale is graciously providing transportation from the Senior Center. Please be outside the Senior Center by 11:50 a.m.

W **4/10** **12:30-2 p.m.**
Brookdale Grand Prairie **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 normal response to possible trouble from a strong, healthy brain that thinks there might be trouble about. It helps us instantly respond by making us a stronger, faster, more alert version of ourselves. Too much anxiety, however, is harmful in many ways. Sometimes our brains misperceive things and create anxiety when there is no threat or have us on high alert for no reason. Join us to examine the signs and symptoms of anxiety, ways to better manage it, and coping skills to find our calm.

W **5/1** **12:30-2 p.m.**
No Cost

FALL PREVENTION

Did you know that 2.2 million falls are treated in the emergency room each year? Mitigating the risks of falling is extremely important to seniors and those that care for them. A representative from Signature Home Health will be at Brookdale Heritage Plaza (1560 SE Davidson Street) to inform participants of preventative measures including exercise, regular doctor visits, and home preparation. You are welcome to drive yourself, but Brookdale is graciously providing transportation from the Senior Center. Please be outside the Senior Center by 11:50 a.m.

W **5/8** **12:30-2 p.m.**
Brookdale Heritage Plaza **No Cost**

SPIRITUALITY AND HEALING

Spirituality can be an important element in the way patients face chronic illness, suffering, and loss. Hospice continually address the need to be attentive to all suffering of their patients—physical, emotional, and spiritual. This allows the hospice team to deliver compassionate care and become true partners in patients' lives towards the end of their journey. By truly listening to patients' hopes, fears, and beliefs, chaplains are better able to incorporate these beliefs into their therapeutic plans.

W **6/5** **12:30-2 p.m.**
No Cost

HYDRATION AND HEALTH

One of Brookdale's very own Registered Nurses will be presenting at Brookdale Geary Street 2445 SE Geary Street). She will be discussing how hydration in your daily living plays a big part in your health. With summer months fast approaching, you don't want to miss this vital information. You are welcome to drive yourself, but Brookdale is graciously providing transportation from the Senior Center. Please be outside the Senior Center by 11:50 a.m.

W **6/12** **12:30-2 p.m.**
Brookdale Geary Street **No Cost**

CRAFTING AND SOCIALS

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

CARD-MAKING WORKSHOP

Join an experienced card-maker as she takes you through all the steps needed to craft your own greeting cards. During this workshop, participants will make two cards to take home and use as templates for future card-making projects. Different themes are featured each session. Registration is required, and a supply list will be provided at registration. No experience is needed. Space is limited to 10 for these workshops, so don't delay! Please register for the date that works best for you. Multiple dates are offered to accommodate more participants.

Tu 4/9, 5/7, 6/11 1-4 p.m.
No Cost Lewis

"MOTHER'S DAY SOCIAL

Mother's Day is a time to honor motherhood, maternal bonds, and the influence of mothers in society. We are hosting a special event for those women in our lives! Delicious food and beverages will be provided as we enjoy games and social activities. Don't miss out on the opportunity to celebrate this holiday with friends, family, and new acquaintances.

F 5/17 12:30 p.m.- 3 p.m.
No Cost

CONTAINER GARDENING

Growing your own vegetables and flowers in a city environment may seem like a daydream, but it is possible. Join us for a class that will introduce you to the joy of gardening in containers. Containers and seeds will be provided, and tools will be on hand, so simply bring your gardening gloves and get ready to play in the soil!

F 6/21 12:30 p.m.-3 p.m.
No Cost Matland

THE ABC'S OF FINANCE SERIES

Financial and banking matters can often be complex and confusing. Professionals from Central Willamette Credit Union are hosting a series of informative talks which cover a wide array of issues that affect us all. Seats fill up quickly, so call today to reserve your spot! Refreshments and snacks will be provided.

BUDGETING ON A FIXED INCOME

Whether you're living on a fixed income or just want some budgeting tips, this class covers it all! Come join us for an exercise in keeping more money in your pocket. Credit union experts will help you track your expenses and create a better budget that meets your specific needs.

F 4/5 12:30-2 p.m.
No Cost

RISK, FRAUD, AND IDENTITY THEFT

Been a victim of fraud or phishing scams? Know someone who has? Every day, scammers come up with inventive ways to get ahold of your information. Come learn how to identify these scams and protect yourself from becoming a victim.

F 6/7 12:30-2 p.m.
No Cost

ONLINE BANKING AND COMPUTER SAFETY

Want to use your institutions online banking but aren't sure if it's safe? We will discuss the advantages of using online services and examine our fears and how to avoid the risk. Join us for an interactive presentation on your personal online safety.

F 5/3 12:30-2 p.m.
No Cost



FRAUD

WORKSHOPS

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.

Tu **4/30** **10- 11:30 a.m.**
No Cost

LEGAL AND FINANCIAL PLANNING

An expert from the Alzheimer's Association will be presenting various aspects of planning for the future. This class will be geared to those with an Alzheimer's diagnosis, but valuable and general information will be provided, including tips from an elder law attorney. You will learn about important issues to consider, how to put plans in place, and how to access legal and financial resources near you. Feel free to bring your lunch!

Tu **5/7** **10 a.m.-12:30 p.m.**
No Cost

EFFECTIVE COMMUNICATION STRATEGIES

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

Tu **6/4** **11 a.m.- Noon**
No Cost

VESTIBULAR HEALTH, DIZZINESS, AND BALANCE DISORDERS

Causes of dizziness range widely and can include changes in blood pressure, drug side effects, anxiety, vertebral basilar 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.

Th **4/25** **12:30-2 p.m.**
No Cost

WOMEN'S HEALTH

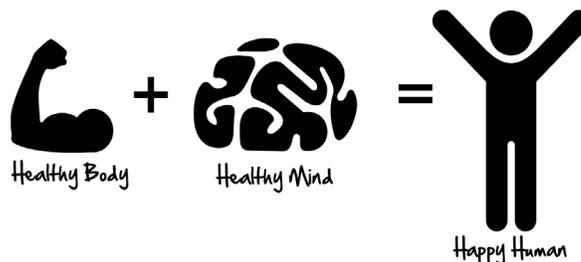
Aging brings certain expectations such as increased wisdom, senior discounts, and changes in hair color. A less discussed issue, especially among women, includes bladder control. Many people believe that this is just a natural function of aging, but it doesn't have to be. Join an expert in women's health to learn how our body works and what you can do when yours does not work as well as it once did.

Th **5/23** **12:30-2 p.m.**
No Cost

TOTAL HIP/KNEE 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.

Th **6/27** **12:30-2 p.m.**
No Cost





Plan ahead for these Senior Center Closures:

- May 27**
- July 4**
- July 11**
- July 25**
- August 1**
- August 8**



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.




APRIL 2019 DROP-IN-PROGRAMS

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

MAY 2019 DROP-IN-PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Noon Card Games	2 8 am Quilters 12:30 pm Bridge	3 Noon Pinochle/ Card Games
6 9 am Spinners Noon Card Games 1 pm Mahjong	7 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	8 Noon Card Games	9 8 am Quilters 12:30 pm Bridge	10 Noon Pinochle/ Card Games 12:30 pm Movie Matinee
13 9 am Spinners Noon Card Games 1 pm Mahjong	14 9 am Stitches 9 am AARP Driver Safety Class 1 pm Scrabble 1 pm Hand & Foot Card Game	15 9 am Gift Shop Noon Consignment Card Games	16 8 am Quilters 12:30 pm Bridge	17 Noon Pinochle/ Card Games 12:30 pm Mother's Day Social
20 9 am Spinners Noon Card Games 1 pm Mahjong	21 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	22 Noon Card Games	23 8 am Quilters 12:30 pm Bridge	24 Noon Pinochle/ Card Games 12:30 pm Movie Matinee
27 CENTER CLOSED MEMORIAL DAY	28 9 am Stitches 1 pm Scrabble 1 pm Hand & Foot Card Game	29 Noon Card Games	30 8 am Quilters 12:30 pm Bridge	31 Noon Pinochle/ Card Games 1 pm Birthday Party

JUNE 2019 DROP-IN-PROGRAMS

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

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 a.m.- Noon, and every Wednesday and Thursday afternoon 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 April, May, June 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 April 26, May 31 and June 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

VOLUNTEER OPPORTUNITIES



Becoming a part of the Albany Senior Center's volunteer team is a wonderful way to get involved, engage socially, and share your expertise with the community. Whether it's serving dinner at our Holiday Banquet, decorating the Center for holidays, or

welcoming new patrons to the Senior Center, there are several opportunities for you to help us keep the Center a welcoming and bustling place. Anyone over the age of 18 interested in making a difference in the lives of our older adults is encouraged to stop by and pick up an application. It's a great place to volunteer!

JANUARY, FEBRUARY, MARCH BRAIN TEASER



What is special about these words: job, polish, herb?
Answer: They are all capitonyms which are words that change their meanings (and sometimes their pronunciation) when capitalized.

Brain Teaser winner: Linda Gail Voet



APRIL, MAY, JUNE BRAIN TEASER

What makes this number unique- 8,549,176,320??

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

RETURN SERVICE REQUESTED

NONPROFIT ORG
US POSTAGE
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ALBANY OR
PERMIT NO. 69

April, May, June



Simply Puzzling

Circle the words and return to
the Senior Center.

Chocolate

ADDICTIVE	FILLING
BAKING	FONDUE
BAR	FOOD
BITTERSWEET	FUDGE
BROWNIES	ICE CREAM
CAKES	ICING
CANDY	INGREDIENT
CHIPS	MILK
CHOCOLATIERS	MOUSSE
COCOA	PUDDING
CONFECTIONERY	SEMISWEET
COOKIES	SUGAR
CREAM PIE	SWISS
CUPCAKE	SYRUP
DARK	TREAT
DECADENT	TRUFFLES
DELICIOUS	UNSWEETENED
DESSERT	WHITE
DRINKS	

Y	S	C	H	O	D	E	L	I	C	I	O	U	S	G	C	C
D	E	E	G	D	U	F	C	S	E	O	S	L	N	A	O	T
N	L	E	M	O	E	I	R	V	E	K	S	I	I	C	C	C
A	F	C	G	I	N	N	I	I	N	I	D	U	H	N	O	O
C	F	A	K	G	S	T	E	I	F	D	N	O	G	O	A	N
U	U	K	R	N	C	W	R	T	U	I	C	W	K	A	A	F
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*Remember to turn in your completed word search by May 31 to be entered into a drawing.
Last quarter's word search winner was Marian Brown*