



Neighborhood House
Helping Neighbors Help Themselves



LOAVES & FISHES CENTERS
The Meals-On-Wheels People

Downtown Neighborly News

A Publication of Neighborhood House Downtown District Center
503-295-0044; www.nhweb.org; e-mail: aging@nhweb.org May, 2008

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Elm Court is a Loaves & Fishes meal site where Neighborhood House, NW Portland Ministries, Senior Recreation, and other partners come together to serve the older adults of downtown Portland.

Wills, Trusts & Advance Directives

~Safeguard Your Finances & Health Care Wishes ~

Thursday, May 29th
1:00-2:30 p.m.

Learn about wills, living trusts, necessary health documents, powers of attorney, and strategies to avoid probate, guardianship and conservatorship.

Speaker: Richard B. Schneider
Attorney at Law

Co-Author of "A Will Is Not Enough in Oregon"

Law Offices Of
Richard B. Schneider, LLC



If you have questions about this seminar please contact us
503-295-0044

NH PROGRAMS AND SERVICES

Information & Assistance Services

Medical Transportation Assistance
Link residents to community resources to help them obtain services they need.
Advocacy and Support
Medical equipment loan program
Assist filling out paperwork

Case Management Services

Available to downtown residents ages 60+ who are not receiving Medicaid health services. If you do not meet our Case Management criteria, we will help you find the organization that meets your needs.

**For information on any of
these services, call
503-295-0044**

Senior Law Project

2nd Thursday, May 8th
4th Thursday, May 22nd



Appointments begin at 1:00 p.m. This service is available to you if you or your spouse is 60+ years of age, and are residents of Multnomah Co. The initial 30-minutes consultation is free, regardless of income. Further assistance may be available for those meeting income guidelines. Local attorneys donate their time for this valuable service.



Food Box Delivery

You must be homebound and physically unable to go out and independently get a food box. You may be eligible to receive one food box delivered monthly or every other month .





May Trips



Space is limited—Reserve your spot today!
Call Neighborhood House 503-295-0044

May 2nd, 10:00-2:00 p.m.

Book Lovers Dream

Shop Portland State University Library's Spring Book Sale with thousands of bargains. Records, sheet music, CDs, tapes, videos, maps and magazines from .25-\$2.

Lunch at McMenamin's near campus.

May 9th, 10:00-2:00 p.m.

Antique Shopping & Lunch at the Limelight

Stroll the streets of Sellwood looking at all the antiques. If you don't like antiques go to the Columbia Outlet store and hunt for bargains. Lunch at Limelight.

~Offered through a partnership with NWPM and Friendly House Senior Program~

May 16th, 10:00 –3:00 p.m.

Schreiner's Iris Gardens & Adelman Peony Garden

Marvel at acres of magnificent iris and peony blooms. Thousands of colors, tubers for sale for autumn planting.

Lunch at Woodburn's Country Kitchen.

May 23rd, 10:00-2:00 p.m.

Clackamas Promenade Shopping & Olive Garden

Stop at a variety of stores including: Target, Nordstrom Rack and Khol's. Stop at PETCO to look at the animals. Savor soup, salad and breadsticks at Olive Garden.

May 30th, 10:00-3:00 p.m.

Tsugawa Nursery & Lunch

Find flowers, berries, plants bonsai trees, and a gift shop at this amazing nursery.

Lunch at Woodland's famous Oak Tree Restaurant.

Elm Court Classes & Activities

Conversation Circle

Tuesdays 1:00-2:00 p.m.

Join us for a weekly discussion on various topics.



Games Galore Hour

Monday, Wednesday & Friday 10-11:00 a.m.

A time dedicated to Cribbage, Chess, Hearts, Pinochle or any others that may catch your fancy.



Enhance Fitness Class – FREE

Monday, Wednesday & Friday

1:30-2:30pm

Improves cardiovascular endurance, strength, balance and flexibility.



Blood Pressure Clinic

Autumn Hills Marquis Co.

1st Tuesday 1:00-3:00 p.m.



BINGO

Wednesdays & Friday 2-3:15 p.m.



Fun with Fiber!

Thursdays 9:30-11:00 a.m.

Novice to Advanced knitters welcomed! Everyone has skills to share. Exchange patterns and ideas or get some help on tough projects with this friendly group.

Computers

Monday-Friday 8:00 a.m.-5:00 p.m.

Lab tutor on Thursdays 1:00-3:00 p.m. to help with questions about Internet, word processing and graphics.



PORTLAND PARKS & RECREATION

Healthy Parks, Healthy Portland

Senior Recreation – For those 55+ at Elm Court

To sign up for any of the following classes please call 503-823-4328

SCHOLARSHIPS AVAILABLE

Qigong: Balance & Breathing

April 1st–May 6th & April 3rd–May 8th

Tuesday & Thursday 12:15-1:00 p.m.

Qi means breath in Chinese & gong means applied to a discipline. Easy Movements enhance energy, flexibility, and improve balance

\$9 for each Spring session.

Barcodes: 261055 or 261056

Writing your Memories

April 9th–May 28th

Wednesdays 10:30-12:30pm OR 1-3 pm

Everyone would love to find a journal or diary of his or her ancestors. Where's yours? Future generations will cherish the childhood and family stories you preserve for them today. Learn to easily write your thoughts and recollections and preserve them before they disappear.

\$15 for Spring session.

Barcodes: 260693 or 260694

Pastel & Drawing Techniques

Mondays 1:00-3:00 p.m. March 31st – May 19th

Learn shading, overlaying, hatching, blending and other techniques.

\$22 for Spring session.

Barcode: 2690970

Watercolor For All

Tuesday 1:30-3:30 p.m. April 8th – May 27th

Learn to lay washes, mix colors, use the elements of light and much more in this rewarding class.

\$22 for Spring session.

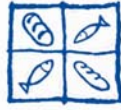
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May 2008

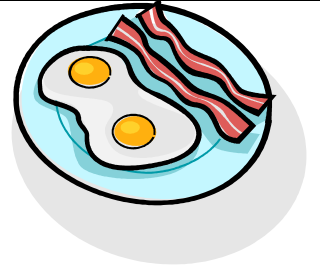
Elm Court Activity Calendar

<p>*****</p> <p style="text-align: center;">Legend</p> <p>* Unmarked = EC Activity</p> <p>* + = Senior Recreation</p> <p>* NOTE:</p> <p>* Trips, Senior Recreation and some special</p> <p>* events require registration.</p> <p>*****</p>								
			<p>1</p> <p>9:30 Fun w/ Fiber</p> <p>12:15 Qigong</p> <p>1:00 ESL</p> <p>1:00 Comp Tutor</p>	<p>2</p> <p>10:00 Games</p> <p>1:30 Enhanced Fitness</p> <p>2:00 Bingo</p> <p>Trip 10-2 p.m. Book Lovers Dream - PSU</p>				
<p>5</p> <p>10:00 Games</p> <p>1:00 Pastels & Drawing+</p> <p>1:30 Enhances Fitness</p>	<p>6</p> <p>12:15 QiGong</p> <p>1:00 Conv. Circle</p> <p>1:00 Blood P. Clinic</p> <p>1:30 Watercolor+</p>	<p>7</p> <p>10:00 Games</p> <p>10:30 Writing Memories+</p> <p>1:00 Writing Memories+</p> <p>1:30 Enhanced Fitness</p> <p>2:00 BINGO</p>	<p>8</p> <p>9:30 Fun w/ Fiber</p> <p>12:15 Qigong</p> <p>1:00 ESL</p> <p>1:00 Comp Tutor</p> <p>1:00 Senior Law- <i>Appt. Required</i></p>	<p>9</p> <p>10:00 Games</p> <p>1:30 Enhanced Fitness</p> <p>2:00 Bingo</p> <p>Trip 10-2 p.m. Antique Shopping & Lunch</p>				
<p>12</p> <p>10:00 Games</p> <p>1:00 Pastels & Drawing+</p> <p>1:30 Enhances Fitness</p>	<p>13</p> <p>12:15 QiGong</p> <p>1:00 Conv. Circle</p> <p>1:30 Watercolor+</p>	<p>14</p> <p>10:00 Games</p> <p>10:30 Writing Memories+</p> <p>1:00 Writing Memories+</p> <p>1:30 Enhanced Fitness</p> <p>2:00 BINGO</p>	<p>15</p> <p>9:30 Fun w/ Fiber</p> <p>12:15 Qigong</p> <p>1:00 ESL</p> <p>1:00 Comp Tutor</p>	<p>16</p> <p>10:00 Games</p> <p>1:30 Enhanced Fitness</p> <p>2:00 Bingo</p> <p>Trip 10-3 p.m. Schreiner's & Adelman Gardens</p>				
<p>19</p> <p>10:00 Games</p> <p>1:00 Pastels & Drawing+</p> <p>1:30 Enhances Fitness</p>	<p>20</p> <p>12:15 QiGong</p> <p>1:00 Conv. Circle</p> <p>1:30 Watercolor+</p>	<p>21</p> <p>10:00 Games</p> <p>10:30 Writing Memories+</p> <p>1:00 Writing Memories+</p> <p>1:30 Enhanced Fitness</p> <p>2:00 BINGO</p>	<p>22</p> <p>9:30 Fun w/ Fiber</p> <p>12:15 Qigong</p> <p>1:00 ESL</p> <p>1:00 Comp Tutor</p> <p>1:00 Senior Law- <i>Appt. Required</i></p>	<p>23</p> <p>10:00 Games</p> <p>1:30 Enhanced Fitness</p> <p>2:00 Bingo</p> <p>Trip 10-2 p.m. Clackamas Promenade & Olive Garden</p>				
<p>26</p> <p>10:00 Games</p> <p>1:30 Enhances Fitness</p>	<p>27</p> <p>12:15 QiGong</p> <p>1:00 Conv. Circle</p> <p>1:30 Watercolor+</p>	<p>28</p> <p>10:00 Games</p> <p>10:30 Writing Memories+</p> <p>1:00 Writing Memories+</p> <p>1:30 Enhanced Fitness</p> <p>2:00 BINGO</p>	<p>9:30 Fun w/ Fiber</p> <p>12:15 Qigong</p> <p>1:00 ESL</p> <p>1:00 Comp Tutor</p> <p>1:00 Wills, Trusts & Advance Directive Seminar- <i>registration required</i></p>	<p>10:00 Games</p> <p>1:30 Enhanced Fitness</p> <p>2:00 Bingo</p> <p>Trip 10-3 p.m. Tsugawa Nursery & Lunch</p>				

BULLETIN BOARD



LOAVES & FISHES CENTERS
The Meals-On-Wheels People

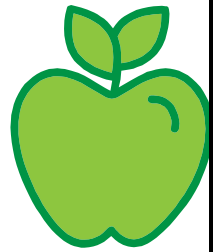
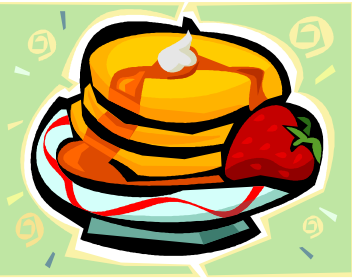


Breakfast at Elm Court

Enjoy a hot , very reasonably priced and tasty breakfast in the relaxed atmosphere at Elm Court Loaves and Fishes on the corner of 11th and Main. Open in its new facility, its a great place to meet with friends or enjoy a quiet spot to read the morning news. For \$2.00, a typical entree include eggs, waffles, pancakes, bacon or sausage, coffee, and juice. On Friday, a breakfast buffet is \$2.50.

All ages welcome! Breakfast is served from 8:30 to 10:00.

If you haven't been to the Center, it's a great time to come in and sample the food and explore the resources and activities of co-partners, Loaves and Fishes and Neighborhood House. We think you'll be surprised.



We want to hear from you!

Are you wishing that there were some other activities happening at Elm Court? We would love to hear your feedback on what we currently offer and suggestions for we should start at this center. Here are some things we would enjoy doing but need to hear from you, potential participants, to get it started:

- Bridge
- Cribbage
- Low Vision Group
- Caregiver Group
- Crafting Club
- Book Club
- Weight Loss Group
- Walking Club
- Cooking Classes

If any of these sound interesting to you, call us at 503-295-0044 and let us know. If there is enough interest, it will be our priority to make it happen!

VOLUNTEERS NEEDED

CALL 503-295-0044