



Neighborhood House
Helping Neighbors Help Themselves

Neighborly News

A Publication of Neighborhood House Senior Center & Aging Services District Center
 503-244-5204; www.nhweb.org; e-mail: aging@nhweb.org December 2008

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Happy Holidays to You!

We at the Neighborhood House Senior Center want to wish you the best most enjoyable holiday. Here are some tips that may help keep the holiday season fun for everyone:

1. **Keep it Simple.** Sometimes the best holiday memories come from the simple things we enjoy together.
2. **Enjoy Old Friends and New Friends.** Holidays are a great time to keep in touch with old friends by sending a letter or calling by phone.
3. **Take time to celebrate.** Big and small, celebrations are equally important. Enjoy!



NHSC Celebrations...



Gingerbread House Party—Dec 8th, 12:30
 OES Youth Choir—Dec 11th, 11am
 Harp Concert—Dec 17th, 10:30am
 Holiday Party—Dec 17th, 12:30pm
 Senior Sing Along—Dec 19th, 12:30pm



Neighborhood House, Inc. is a nonprofit organization that brings neighbors together to feed the hungry, house the homeless, and educate young and old. We strengthen community by providing resources to support self-reliance, economic independence and dignity in people of all ages and backgrounds. Neighborhood House is a multi-service, multi-site organization providing social, emergency and recreational services for individuals and families residing in SW Portland.

Programs and Services

BLOOD PRESSURE SCREENING

Second Thursday

December 11th 10:30—11:30 AM

Free - Provided by Autumn Hills, Marquis Co.



Call the Senior Center at 503-244-5204 to reserve your space in the class.

QIGONG CLASSES

Monday, 10:15 AM-11:00 AM

Free

Qigong (pronounced “Chi Gong”) is taught by Carol Melkonian. Carol is a Registered Nurse, Acupuncturist, and has many years of experience with Qigong and meditation. Qigong exercises are gentle, flowing movements which are both relaxing and energizing. Older adults find the gentle movements to be a wonderful form of exercise that improves circulation, balance, and enhances their sense of well being.

SENIOR LAW PROJECT

2nd Tuesday, December 9th

4th Tuesday, December 23rd

Appointments begin at 9:00 AM. This service is available to you if either you or your spouse is 60+ years of age, and are residents of Multnomah Co. The initial 30-minute consultation is free, regardless of your income. Further assistance may be available for those meeting income guidelines. Local attorneys donate their time for this valuable service. **To make an appointment, call Ann at 503-244-5204.**



FOOT CLINIC

Second Wednesday

December 10th 9:00am – 3:30 PM.

Cost: \$35.00

Legacy Health Systems Visiting Nurses Association brings their foot care clinic to our Center each month. Appointments are required. This is a very popular service among our members. Reservations fill up quickly. Make an appointment by calling 503-244-5204.



AARP ‘55 ALIVE’-Driving Safety Program

Friday, December 12th 9:00AM—12:00

Monday, December 15th 9:00AM –12:00

Fee: \$10; Payable to AARP

This course is recommended for everyone over 55 years of age. The course is designed to refine existing skills and develop safe driving techniques. Insurance companies offer a discount to those completing the course. Check with your insurance agent for details.

ACUPUNCTURE

Appointments available Mondays. Payment in advance required. \$45 for first visit; \$35 for subsequent visits.

Performed by Carole Melkonian, RN / Licensed Acupuncturist.

LOW VISION SUPPORT AND DISCUSSION GROUP

Third Tuesday

December 16th 11:00 AM—12:00 PM

The Low Vision Support and Discussion Group, jointly sponsored by Neighborhood House Senior Center and Vision Northwest, provides an opportunity to share experiences and exchange information on how to adjust the routine and challenges of everyday life with reduced vision.

STABILITY BALL & YOGA

Tuesday, 9:10 AM — 10:10 PM

Thursdays, 9:10 AM—10:10 AM

Fee: \$3.00

These exercises are designed to improve balance and core body strength.

YOGA

Friday, 10:00 AM-11:30 AM

Fee \$3.00/session

RHYTHMIC EXERCISE

Tuesday, 10:15—11:15 AM

Thursday, 10:15—11:15 AM

Fee: \$3.00/session

CONVERSATION CIRCLE

Tuesdays, 11:15 AM - 12:30 PM

A Conversation Circle allows time to practice English in a relaxed and fun way. Any **woman** for whom English is a second language is invited to attend.



Free Sewing Services Now Available

Need a button sewn on or other light mending? Mary W. will be here with her sewing machine on Tuesdays from 12:30 to 2:00 to assist you with minor clothing repairs.



Bulletin Board

Family Caregivers' Celebration Box

Thank you to all who contributed to the launching of our first Caregiver's Celebration Box. This box contains items that will aid care givers in the very important work that they do and also celebrate their work.

If you would like to contribute to this project, contact Ann Williams at (503) 244-5204 for information on how you can help.

INCLEMENT WEATHER

In case of inclement weather, NHSC will follow Portland Public Schools Inclement Weather closure schedules. A 2-hour delay for PPS means that morning activities are cancelled and the Senior Center doors will open at 11am.

HOLIDAY CLOSURES

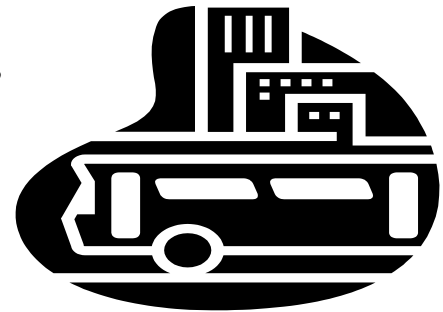
The Senior Center will be closed on December 25th, 26th and on December 31st and January 1st for the holidays.

WISH LIST

Thanks so much for your generous donations. This month we could really use the following items in our kitchen: Coffee, Decaf Coffee, and Napkins.

NEW WAYS TO GET AROUND TOWN

We invite you to join our new **Rider's Club** on **Tuesday, December 10th at 10am** in the Senior Center library. Choose new places to explore with friends. Let a Ride Ambassador be your guide as you learn new ways to get around town. For more information, stop by the Neighborhood House Senior Center office or call (503) 244-5205 and learn how you can become a part of this adventure.



IT'S ALL ABOUT FOOD



You won't want to miss this month's All About Food presentation about *Teas for the Winter*. We will also enjoy talking about fun holiday foods and traditions and places to go for food for the holidays. Join us for tea, treats, and food talk.

Monday, December 8th at 10am

Celebrations



POTATOE LATKE'S: A SAVORY HOLIDAY TREAT

Who can resist warm potato latkes with delicious apple sauce. Here's a quick, simple recipe for making this holiday favorite.

INGREDIENTS

2 Cups peeled shredded potatoes

1 Tbl grated onion

3 eggs

2 Tbl all-purpose flour

1 1/2 tsp salt

1/2 cup peanut oil

1. Place potatoes in cheesecloth and wring out moisture.
2. Stir potatoes, onion, eggs, flour and salt together.
3. In a large skillet over medium heat. Heat oil. Place large spoonfuls of the mixture into the hot oil and form 1/4-inch patties. Brown on both sides. Drain on a paper towel. Enjoy with applesauce.

Gingerbread Houses

Join us for a delightful afternoon as we decorate 15 gingerbread houses.

Our finished houses will be displayed in the Senior Center with our own Festival of Trees.

No special skills required.

Monday, December 8th - 12:30

Senior Center Sing Along

Join us as we sing along with Auto-harp musician Fuey Herring who will lead us in holiday cheer as we sing carols together. We will have holiday treats and refreshments and words to the songs on hand for everyone.

Friday, December 19th

12:30 to 1:30pm

OES CHOIR PERFORMANCE

Enjoy a wonderful performance of favorite holiday songs by the talented OES Youth Choir

Monday, December 11th at 11am



Announcements

GIVE THE GIFT OF VOLUNTEERING

Sometimes helping another person is the greatest gift of all? It's fun, it's rewarding, and the benefits are ongoing! We have many opportunities for both young and experienced volunteers to create wonderful memories that can last a lifetime. Learn how you can make a significant difference in the community while having the time of your life! Call Ann Williams at (503) 244-5204 x103 or Brean Arnold at (503) 246-1663 x117 for information.

Holiday Gift Ideas That Are Affordable

The Harvest Bazaar may be over, but you can still find wonderful and affordable gift items in the Senior Center lobby. Stop by and see our wonderful display of holiday decorations, hand crafted items, crocheted and knitted items, holiday cards, festive greens and more.



HAPPY HOLIDAY CELEBRATION!

**Join us in for a special day of celebrations on
Wednesday, December 17th.**



**Harp Music by Michael Sasnow at 10:30am
Senior Center Holiday Party at 12:30pm**

Back by popular demand, harpist Michael Sasnow will perform harp music that will make you feel great all day. Start the day by joining us in the Senior Center lobby for a special performance of beautiful harp music. Then come back after lunch for our holiday party. Join us for holiday refreshments and good cheer.

December Trips

Payment is required prior to registration for trips with a cost. You can secure your spot by coming to the NHSC on or after the registration date.

Come in person to the senior center to register.

MOONSTUCK CHOCOLATE & TRADER JOES

- Monday, December 1st
- 10:30am to 3pm
- COST: \$2.00
- Registration begins November 24th

Treat yourself to a delicious chocolate drink or handcrafted truffle. Enjoy lunch at a nearby restaurant and top off your trip with shopping for delicious goodies and gourmet gifts at Trader Joes.

WASHINGTON SQUARE MALL

- Tuesday, December 9th
- 11:00 - 3pm
- COST: \$2.00, plus money for lunch
- Registration begins November 24th

Visit the beautiful holiday displays, music, and shopping as you stroll through Washington Square mall. Enjoy a delicious lunch at the mall.

NW SENIOR THEATRE @ ALPENROSE

- Wednesday, December 10th
- 1:30pm to 4pm
- COST: \$2.00, plus \$5.00 suggested donation
- Registration begins November 24th

Back by popular demand, the NW Senior Theatre will put on a cabaret performance of fun, dancing, skits and music called "Celebrate the Season" at the Alpenrose Dairy Opera House. Donations of \$5.00 to the NW Senior Theatre are appreciated.

PORTLAND FESTIVAL BALLET NUTCRACKER

- Saturday, December 13th
- 1:15 to 4pm
- COST: \$2.00, plus admission
- Registration begins November 24th

Enjoy the Portland Festival Ballet performance of the Nutcracker ballet at the Sylvania Campus Forum Theatre. Contact Ann Williams at (503) 244-5204 about ticket information.

SLEIGHBELLS AND BRIDGEPORT VILLAGE

- Monday, December 15th
- 11:15 to 3:30pm
- COST: \$3.00, plus money for admission
- Registration begins November 24th

Enjoy a delicious lunch at the festively decorated Bridgeport Village followed by a trip to beautiful, historic Sleighbells holiday gift shop, tea house, and tree farm.

HOLIDAY MUSIC @ OLD CHURCH

- Wednesday, December 17th
- 11:30 to 2pm
- COST: \$2.00, bring lunch
- Registration begins November 24th

Experience a live concert of wonderful holiday music at the historic Old Church in downtown Portland.

HOLIDAY LIGHTS AND DINNER

- Monday, December 22nd
- 4:15 to 9:30pm
- COST: \$15.00, plus money for dinner
- Registration begins November 24th

Enjoy an evening with dinner and the holiday lights of Peacock Lane and PIR's Winter Wonderland. Be sure to bring money for dinner at Poor Richard's restaurant.

BRUNCH AND CULTURE

- Tuesday December 23rd
- 10:00am to 3pm
- COST: \$3.00, plus money for brunch and shopping
- Registration begins November 24th

Savor a wonderful brunch at the famous Cadillac Café before heading over to the Interstate Firehouse Culture Center for a wonderful display of Kwanzaa celebration and gift items. Top off your trip with a stop at PIX Patisserie for a delicious gourmet pastry treat.

December Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Meditation 9:30 Basic Comp+ 10:00 QiGong 11:00 Email+ 11:00 Acupuncture 12:15 Bridge MOONSTRUCK CAFE	2 9:10 Stability Ball 9:30 Holiday Paper+ 10:00 Spanish# 10:15 Rhythmic Ex 11:15 Conversation C 12:30 Free Mending 1:00 Woodcarving	3 10:00 Cribbage 10:00 Golden Age 12:15 Pinochle 12:30 PlayReading*	11 9:10 Stability Ball 10:00 Current Events* 10:15 Rhythmic Ex. 10:30 Views 12:15 Social Bridge	5 9:00 Painting Lab# 9:30 SSI Mtg* 10:00 Yoga 12:00 Crafting 12:15 Dupl. Bridge
8 9:00 Meditation 9:30 Basic Comp+ 10:00 QiGong 10:00 Food Resources 11:00 Email+ 11:00 Acupuncture 12:30 Gingerbread Party 12:15 Bridge	9 9:00 Sr Law Project 9:10 Stability Ball 9:30 Holiday Paper+ 10:15 Rhythmic Ex 11:15 Conversation C 12:30 Free Mending 1:00 Woodcarving WASHINGTON SQUARE MALL	10 9:00 Foot Clinic 10:00 Cribbage 10:00 Golden Age 12:15 Pinochle 12:30 PlayReading* SENIOR THEATRE	11 9:10 Stability Ball 10:30 Blood Pressure 10:00 Current Events* 10:15 Rhythmic Ex. 10:30 Views 11:00 OES Choir 12:15 Social Bridge	12 9:00 AARP Driving 9:00 Painting Lab# 9:30 SSI Mtg* 10:00 Yoga 12:00 Crafting 12:15 Dupl. Bridge 12:30 Providence
15 9:00 AARP Driving 9:00 Meditation 10:00 QiGong 11:00 Acupuncture 12:15 Bridge SLEIGHBELLS	16 9:10 Stability Ball 9:30 Holiday Paper+ 10:15 Rhythmic Ex 11:00 Low Vision 11:15 Conversation C 12:30 Free Mending 1:00 Woodcarving	17 10:00 Cribbage 10:00 Golden Age 10:30 Harp Concert 12:15 Pinochle 12:30 PlayReading* 12:30 Holiday Party 1:00 Watercolor+ OLD CHURCH	18 9:10 Stability Ball 10:00 Current Events* 10:15 Rhythmic Ex. 10:30 Views 12:15 Social Bridge	19 9:00 Painting Lab# 10:00 Yoga 12:00 Crafting 12:15 Dupl. Bridge 12:30 Sing Along
22 9:00 Meditation 10:00 QiGong 11:00 Acupuncture 12:15 Bridge	23 9:00 Sr Law Project 9:10 Stability Ball 10:15 Rhythmic Ex 11:15 Conversation C 12:30 Free Mending 1:00 Woodcarving BRUNCH & IFCC	24 10:00 Cribbage 10:00 Golden Age 10:00 Watercolor+ 12:15 Pinochle 12:30 PlayReading* 1:00 Watercolor+	25 CLOSED	26 CLOSED
29 9:00 Meditation 10:00 QiGong 11:00 Acupuncture 12:15 Bridge	30 11:15 Conversation C 12:30 Free Mending 1:00 Woodcarving	31 CLOSED ON NEW YEAR'S EVE	CLOSED ON NEW YEAR'S DAY	LEGEND Unmarked=Senior Center Activity *SSI +Parks and Rec #PCC



Neighborhood House, Inc.
Senior Center & Aging Services
7688 SW Capitol Hwy.
Portland, Oregon 97219

Return Service Requested



A United Way Program

YOUR GIFT TO NEIGHBORHOOD HOUSE SENIOR CENTER COUNTS!

Your gift honors and remembers your loved ones and makes a difference in the lives of families and older adults in Southwest Multnomah County. Enclose your donation in an envelope and send to:

Neighborhood House Senior Center, 7688 SW Capitol Highway; Portland, Oregon 97219, or stop by the center.

Enclosed is my gift of _____ made payable to Neighborhood House Senior Center.

Donor's Name: _____

Address: _____

City/State: _____

Zip: _____

Phone:(____) _____