



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 May 2009

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NEW WAYS TO GET AROUND

Looking for a new way to enjoy the Spring and Summer months outdoors? Well consider joining our Rider's Club. Thanks to the efforts of a few adventurous local travelers we have launched our first Rider's Club trip planning meeting and first trip from the Senior Center using the public transit system.

What is a Rider's Club? It is a group of seniors who in cooperation with our community partner Ride Connection, Inc. get together to plan trips and then use the Tri-met system to go on a local trip together. The trips are fun and affordable ways to get around Portland, meet new people, and learn how wonderful your public transit system can be.

Transportation can open the doors to so many exciting and fun opportunities to explore Portland with new friends. Have lunch, go to a museum or go for a stroll. Let a Ride Ambassador be your guide. Our next trip planning meeting is at 10:30am on Tuesday, May 12th. For more information be sure to call the Senior Center at (503) 244- 5204.

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 Tuesday
May 12th 10:30—11:30 AM

Free - Provided by Autumn Hills, Marquis Co.



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, May 12th
4th Tuesday, May 26th

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-minutes 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
May 13th 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

Monday, May 5th 8:45AM—12:00

Tuesday, May 6th 8:45AM –12:00

Fee: \$12; AARP Members, \$14.non-members;

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

ACUPUNCTURE

Appointments available Mondays. Payment in advance required. \$50 for first visit; \$40 for subsequent visits.

Performed by Carole Melkonian, RN / Licensed Acupuncturist.

LOW VISION SUPPORT AND DISCUSSION GROUP

Third Tuesday

May 19th 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

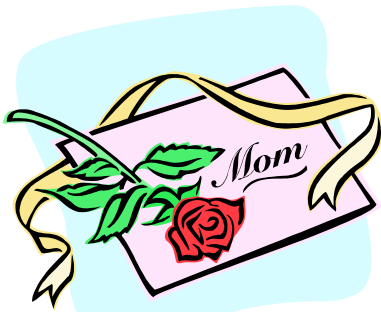
RIDE ALONG WITH US

Neighborhood House will be offering expanded transportation options for adults 60+ and people with disabilities in May. Call (503) 244-5204 x106 for route and destination information.

KITCHEN WISH LIST

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

Coffee, Decaf Coffee, Napkins



IN HONOR OF MOTHER'S DAY

In Honor of Mother's Day, join us for a quiet celebration in the Senior Center Lobby from 12:30 to 1:30pm. There will be treats and music and an opportunity to say thank you for all the great things mom's do.

Give the Gift of Volunteering

Sometimes helping another person is the greatest gift you can give. It's fun, it's rewarding, and the benefits are ongoing. We have many opportunities for volunteers who enjoy working with people and enjoy creating wonderful memories that can last a lifetime.

We are still looking for volunteers in the following areas:

- Escorting shopping and recreational trips
- Driving for medical appointments
- Working in the reception area
- Helping with the Book Fair

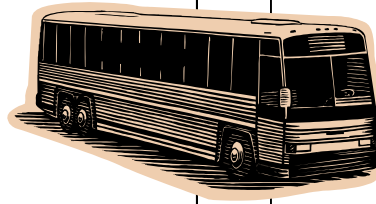
For more information, contact Ann Williams at (503) 244-5204 x103.



Announcements

THE SENIOR CENTER WILL BE CLOSED ON MONDAY, MAY 25th. NO CLASSES OR ACTIVITIES WILL BE HELD THAT DAY.

Rider's Club Rides Again!



Hold on to your hats! Enjoy the freedom of being a member of our Rider's Club. The Rider's Club is moving along full steam. This month's meeting is on Tuesday, May 12th. Here's your opportunity to share ideas and make plans for great trips together. Enjoy a trip on the OHSU tram and followed by lunch at the Old Spaghetti Factory on the waterfront. Or have Chinese food with friends followed by a stroll through the Chinese Gardens. Or enjoy a train ride to Hillsboro antique shops. Trips are fun and affordable and a great chance to make new friends and explore the best of Portland. Call Ann Williams at (503) 244-5204 x103 for info.

NEW BRIDGE CLASSES IN MAY

Volunteer, Marie Germuska will offer new Bridge classes for defensive Bridge playing starting Tuesday, May 12th.

The name of the class is "How's Your Defense" and it designed to help experienced players improve their game. There will be four classes and one supervised play. The cost of the class is \$25. Each Tuesday class is scheduled from 1pm to 3pm.

Marie continues to offer a variety of wonderful classes to help players improve their game. Contact Ann Williams at (503) 244-5204 x103 for more details.



Give the Gift of Volunteering!

We have many opportunities for giving the greatest gift of all. It's fun, it's rewarding, and the benefits go on and on. Create wonderful memories while you make an important difference in your community. Stop by the office or call Ann Williams for more information about volunteer opportunities.

Book Fair

Join Us at the NHSC Book Fair



**When? Friday,
May 29th**

**What Time?
9am to 3:30pm**

**Where?
NH Senior Center
Lobby**

**Fiction & Nonfiction
Hard Cover books
Paperback books
Children's Books
Popular Titles
VHS Tapes
DVDs
CDs**

Enjoy finding old favorites or making new discoveries.

WE ARE STILL COLLECTING DONATIONS FOR THE BOOK SALE. WE WELCOME YOUR DONATIONS OF BOOKS, TAPES, DVDS, AND CDs. THANK YOU!

May 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.

LUCKY EAGLE CASINO TRIP

- Tuesday, May 12th
- 8:45 am to 5pm
- COST: FREE
- Registration begins May 1st



Back by popular demand, the Lucky Eagle Casino bus will be here to pick up travelers to the Lucky Eagle Casino in Eagle's Landing, Washington.

CHRYSTAL SPRINGS RHODODENDRONS AND LUNCH

- Tuesday, May 12th
- 10am to 2pm
- COST: \$2.00, plus money for lunch
- Registration begins April 27th

Enjoy a morning stroll through a dazzling display of flowering trees and large rhododendrons. We will stop for lunch at a nearby restaurant. Wear comfortable shoes. Note: There are some steep inclines on this trail. Come in person to register.

SCHREI NER'S IRIS GARDEN

- Wednesday, May 20th
- 9:30 to 3:30
- COST: \$8.00
- Registration begins April 27th

Visit acres of glorious scenery and Iris blooms at Schreiner's Iris Gardens. Bring a brown bag lunch and your walking shoes.

JAPANESE GARDENS AND WESTERN LUNCH

- Tuesday, May 26th
- 11 to 3:00pm
- COST: \$2.00, plus money for lunch and admission
- Registration begins April 27th



Enjoy spectacular landscapes and beautiful blooms at the Portland Japanese Gardens. We will also stop at Big Red's restaurant for a western-style lunch. Bring money for admission and lunch.

NW SENIOR THEATRE @ ALPENROSE

- Wednesday, May 27th
- 1:30 pm to 4pm
- COST: \$2.00, plus \$5.00 donation for admission
- Registration begins April 27th

You won't want to miss this lively musical cabaret performance of popular tunes and more at the Alpenrose Dairy Opera House. This month's performance is called "Steppin' Out On Broadway".

Transportation Donations

Thank you for helping to support our transportation program. Your contributions of \$1, \$5, \$10 or any amount you can give will help us to provide a vital transportation service to you and to other seniors in your community. Envelopes are provided for your convenience and can be dropped off at the Senior Center. Thank you!

May Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px;"> <p>LEGEND Unmarked=Senior Center Activity *SSI +Parks and Rec #PCC</p> </div>				1 9:00 Painting# 9:30 SSI Mtg* 10:00 Yoga 12:00 Crafting 12:15 Dupl. Bridge
4 8:45 AARP Driving 9:00 Meditation 9:30 Email+ 10:00 QiGong 10:00 Spanish Conv# 11:00 Digital Photo+ 11:00 Acupuncture 12:15 Bridge	5 8:45 AARP Driving 9:10 Stability Ball 10:15 Rhythmic Ex 10:30 Paper Crafting+ 10:30 Blood Pressure 11:15 Conversation C 12:30 Free Mending 1:00 Woodcarving	6 10:00 Watercolor+ 10:00 Cribbage 10:00 Golden Age 10:00 OR History* 12:15 Pinochle 12:30 PlayReading*	7 9:10 Stability Ball 10:00 Current Events* 10:15 Rhythmic Ex. 10:30 Views 12:15 Social Bridge 1:00 Indian*	8 9:00 Painting# 9:30 SSI Mtg* 10:00 Yoga 12:00 Crafting 12:15 Dupl. Bridge
11 9:00 Meditation 10:00 QiGong 10:00 Spanish Conv# 11:00 Acupuncture 12:15 Bridge	12 9:00 Senior Law 9:10 Stability Ball 10:15 Rhythmic Ex 10:30 Blood Pressure 10:30 Riders Club 10:30 Paper Crafting+ 11:15 Conversation C 12:30 Free Mending 1:00 Woodcarving CASINO TRIP	13 9:00 Foot Clinic 10:00 Cribbage 10:00 Watercolor+ 10:00 Golden Age 10:00 Hearing* 12:15 Pinochle 12:30 PlayReading* 1:00 Watercolor+	14 9:10 Stability Ball 10:00 Current Events* 10:15 Rhythmic Ex. 10:30 Views 12:15 Social Bridge 1:00 Japanese*	15 9:00 Painting# 10:00 Yoga 12:00 Crafting 12:15 Dupl. Bridge
18 10:00 Meditation 9:30 Email+ 10:00 QiGong 10:00 Spanish Conv# 11:00 Digital Photo+ 11:00 Acupuncture 12:15 Bridge	19 9:10 Stability Ball 10:15 Rhythmic Ex 10:30 Paper Crafting+ 11:00 Low Vision 11:15 Conversation C 12:30 Free Mending 1:00 Woodcarving	20 10:00 Cribbage 10:00 Watercolor+ 10:00 Golden Age 10:00 Antartica* 12:15 Pinochle 12:30 PlayReading* 1:00 Watercolor+	21 9:10 Stability Ball 10:00 Current Events* 10:15 Rhythmic Ex. 10:30 Views 12:15 Social Bridge 1:00 Crusades*	22 9:00 Painting# 10:00 Yoga 12:00 Crafting 12:15 Dupl. Bridge
25 MEMORIAL DAY	26 9:00 Senior Law 9:15 Stability Ball 10:15 Rhythmic Ex 11:15 Conversation C 12:30 Free Mending 1:00 Woodcarving	27 10:00 Cribbage 10:00 Watercolor+ 10:00 Golden Age 10:00 Hamilton* 12:15 Pinochle 12:30 PlayReading* 1:00 Watercolor+	28 9:10 Stability Ball 10:00 Current Events* 10:15 Rhythmic Ex. 10:30 Views 12:15 Social Bridge 1:00 Forum*	29 9:00 Painting# 10:00 Yoga 12:00 Crafting 12:15 Dupl. Bridge



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:(____) _____