

= LIFE MINDED DAILY =

Your guide to living engaged in January 2020



LUNCH AT THE HISTORIC OLD SCHOOL CAFÉ

Wednesday, January 22nd, 10:30 (Trip)

Experience an era from long ago, as we take a scenic drive to have lunch at The Historic Old School Café, located on Hwy 20 between Albany and Corvallis. Experience the charm and history of an old classroom as we enjoy lunch from a menu selected just for our group. You'll have the choice of Coconut Chicken Salad, Chicken Salad Sandwich, Island Rice Bowl, Bacon Mac and Cheese, or a Vegetarian or Vegan option. All entrees will be served with Iced Tea, House Soup, Salad with Apple Vinaigrette Dressing and assorted Cookies for Dessert. Please place your lunch order when you register for this trip. *Lunch price is \$15.95 (plus tip).* Payment for lunch will be due upon arrival. **Trip Fee is \$4.00. Non-refundable after 1/13.**

CONTENTS

At a Glance



BRAIN/PHYSICAL
FITNESS

Music 4 Joints 2

Healthy Weight 4

Healthy Mind & Body 5



SOCIAL
CONNECTIONS

Thank You Dinner 7

Walking the Camino 9

Better Bones & Balance 11



MAKING A
DIFFERENCE

Dining Committee 16

Boutique Raffle 16

Boutique Meeting 17



SOARING
SPIRITS

Doug & Cyndy 18

Walker Clinic 18

Church Shuttles 19

Keep your routines fresh and your motivation high as you maintain your all-important balance, core strength, heart health and flexibility.
Don't forget to exercise your brain!

New Year!

GENTLE EXERCISE OPPORTUNITIES - 1/2 HOUR OR LESS

GENTLE MOVEMENT + DEEP BREATHING (QI GONG)

Mondays, 3:00 - 3:20 (F)

Simple, gentle movement and deep breathing. Reduce stress and boost balance. Meditation will immediately follow for those who wish to stay.
Led by Chandra Bigelow and Darion Howard.

BEGINNING YOGA

Tuesdays, 10:45-11:15 (F)

Just getting started with yoga? Instructor **Deanna English** makes it easy and creates an encouraging atmosphere where you begin with what you can do right now, then build from there to enjoy feeling strong, satisfied, and peaceful.

MUSIC FOR YOUR JOINTS

Wednesdays 11:30-12:00 (F)

Similar in content to the Re-Start class with more emphasis on moving WITH the music. Instructor: Janet Hollander

RE-START

Fridays 2:15-2:45 (F)

Start gently into activity after an illness or injury. You may find that many of our exercises are the same as those recommended by your physical therapist.
Instructors: Angela Davis, Melissa Havicus, and Janet Hollander.

BALANCE

Fridays, 9:00 (F) *New Day & Time

By regularly practicing an array of challenges to your balance you can improve or maintain your steadiness. Because our brains and our bodies thrive on variety, each class is slightly different from the last. Sample uneven surfaces, stepping sequences, and single and double leg stances, to gain stability and to challenge it. Take the exercises you learn in class and practice them throughout the week. Gear-up for our Better Bones and Balance classes in February! Instructors: Angela Davis, Melissa Havicus, and Janet Hollander.

Keep your routines fresh and your motivation high as you maintain your all-important balance, core strength, heart health and flexibility. Don't forget to exercise your brain!

New you!

MOVE TO IMPROVE

Mondays & Wednesdays, 9:00-9:50 (F)

Boost your strength, agility, flexibility, and balance. This class incorporates weight training as well as lower body strengthening. Squats and side lunges help build lower body strength, improve balance, and boost cardio activity. If you want to step up your fitness, give this class a try! Instructors: Angela Davis, Melissa Havicus, Darion Howard and Janet Hollander.



YOGA FOR MAINTAINING HEALTH

Tuesdays, 9:30-10:30 (F)

Deanna English is a registered nurse, yoga therapist, instructor of mindfulness-based stress reduction (MBSR), and a licensed massage practitioner. She focuses on the application of integrative therapies, and of yoga as a therapeutic intervention. In this class, Deanna will help you target specific moves and needs to benefit your mind, body and spirit. Personal appointments may be made with Deanna for in-home yoga therapy. Contact emergencyoga@gmail.com, subject: yoga therapy request, or call **208-507-0165**.

GENTLE YOGA ON THE MAT

Mondays, 1:30-2:15 & Thursdays, 10:00-10:45 (F)

Gentle Yoga is a variation of the Hatha tradition of yoga, intended to be accessible and to support your strength, flexibility, balance, bone density, and peace of mind. In Gentle Yoga we seek to provide therapeutic modifications to common yoga poses. Please bring a yoga mat and a folded blanket. Instructors: Angela Davis and Janet Hollander.

BRISK WALKING GROUP

Sundays at 11:00 (AT)

This walk is not a stroll in the park! We will walk briskly to move our legs, swing our arms, and get our heart rates up while enjoying the beautiful winter scenery along the river path. We will walk for twenty minutes, then turn back for twenty more minutes of good, healthy fresh air and exercise. Nordic Poles are encouraged for anyone who would like to use them. Led by Angela Davis.

Keep your routines fresh and your motivation high as you maintain your all-important balance, core strength, heart health and flexibility.
Don't forget to exercise your brain!

Inner peace

MINDFUL MEDITATION

Mondays, 9:50 (WH)

Simple, seated activity can help promote better sleep, lower blood pressure, increase circulation, and more. Join Willamette Oaks resident and meditation teacher **Ethel Parker** as she guides us in a deep-breathing and mind-focusing practice immediately following Move To Improve.

GUIDED MEDITATION

Mondays, 3:30 (WH)

& Tuesdays, 10:30 (WH)

Many people turn to mindfulness practices to reduce stress and foster relaxation. Sit comfortably and close your eyes as you are led in a guided meditation to promote clarity and calm.

A STROLL ALONG THE PATH

Saturday, January 11th & 25th, 10:30 (AT) **New Day & Time*

Walking provides social interaction as well as exercise. Join us as we walk along the bike path that follows the Willamette River. Stroll along at your own pace while enjoying one another's company. All abilities are welcome. Walk ahead, behind, or together. January can still have cold and rainy weather. Be sure to bring a warm jacket, hat and gloves with you. If it's raining, we'll take our walking feet around the inside of the building. Led by Melissa Havicus.

HEALTHY WEIGHT FOCUS GROUP MEETING



Monday, January 13th, 2:30 (WH)

Are you looking to lose a bit of weight in the new year? Would you like the support of the community and staff at Willamette Oaks to help you reach your goal?

Please join the Focus Group Meeting so that we can hear from you!

We will discuss whatever you would like to talk about and work together to make a plan to help us all head in the healthiest direction!

Keep your routines fresh and your motivation high as you maintain your all-important balance, core strength, heart health and flexibility.
Don't forget to exercise your brain!

Happy and healthy

HEALTHY MIND & BODY

Thursdays at 1:30 (WH)

Join our quest as we strive to become optimally healthy whole-selves.
Led by Angela Davis.

Thursday, January 2nd, Film *Hungry For Change* exposes shocking secrets the diet, weight loss, and food industries don't want you to know. Discover the deceptive strategies designed to keep you coming back for more. Find out what is keeping you from having the body and health you deserve and how to easily clear these obstacles.

Thursday, January 9th, Film *The Secret* explores ways to use the Law of Attraction to manifest your greatest desires.

Thursday, January 16th, In keeping with our study of the Law of Attraction, we will make **Vision Boards** to help clarify our deepest desires for ourselves and for others.

Materials will be provided.

Thursday, January 23rd, Keeping Healthy Bones. Review the science behind the physical practices needed to maintain and build bone density. Janet Hollander will also explain what you need to do to get started in our **Better Bones and Balance Classes Starting in February.**

Thursday, January 30th, Aging For Growth returns with a discussion on sharing wisdom and knowledge both up and down the generations. If you have not yet had an opportunity to read *Wisdom at Work, the Making of a Modern Elder* by Chip Conley, there are several copies circulating in the building. You may wish to bring your favorite quotes from the book to share with the group, although reading the book is not required to join the discussion. What is the difference between wisdom and knowledge?

SMOOTHIE TUESDAYS

Tuesdays, 8:00-9:00 (BHB)

Every Tuesday morning join host Crystal Nelson as we share a smoothie breakfast. Give your day a jump start with a creamy smoothie full of healthful fruit and protein. Enjoy flavors like Strawberry Banana, Blueberry and mixed Berry!



Embrace the community. Build meaningful new relationships and nurture longstanding ones. We offer group discussions and other structured support for residents seeking camaraderie and connection.

Join in on the fun!



UNDOING THE COMMUNITY TREE

Thursday, January 2nd, 11:00 (FL)

Thank you to everyone who added an ornament to our Community Christmas Tree. In closing out the holiday season, we ask that you once again gather in the Fireside Lounge, this time to retrieve your ornament.

LUNCH OUT AT CARL'S JR.

Thursday, January 9th, 11:30 (Trip)

Have you been craving a juicy, delicious charbroiled burger for lunch lately? We'll take care of those tasty cravings as we head to Carl's Jr., located near the Gateway mall in Springfield! You'll find on their menu a variety of burger options like the Famous Star, Double Western Bacon Burger, The Big Carl, and the Charbroiled Chicken, just to name a few. They also have French Fries, Onion Rings or Fried Zucchini you can add to your meal. Don't forget to save room for something sweet like a Chocolate Shake, Strawberry Swirl Cheesecake, or even a Coke Float! Lunch prices range \$5.00-\$12.00.

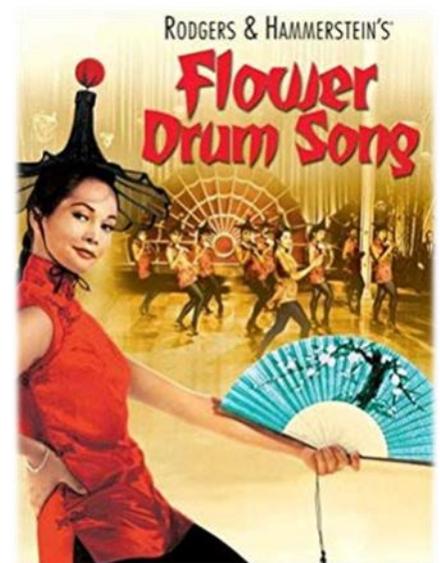
CHINESE NEW YEAR DINNER

Saturday, January 25th, Regular Dinner Hours (D)

Dine with us as we celebrate the Chinese New Year, the year of the Rat! Elizabeth and her team will prepare a special menu of Vegetarian Egg Rolls, Chicken Teriyaki Stir Fry, Sesame Green Beans, Ginger Carrots, Egg Drop Soup and Almond Cookies for dessert.

After dinner, join us at 7:00 for the **Saturday Night Film: *Flower Drum Song***. Chinese stowaway Mei Li arrives in San Francisco with her father to meet her fiancé, wealthy nightclub owner Sammy Fong, in an arranged marriage, but the groom has his eye on his star singer Linda Low. This film version of the Rodgers and Hammerstein Broadway musical is filled with memorable song-and-dance numbers showcasing the contrast between Mei Li's traditional family and her growing fascination with American culture.

This 1961 film is 133 minutes long and stars Nancy Kwan, James Shigeta, and Benson Fong.





Join us!

BILL BEACH

Thursday, January 9th, 7:00 (AT)

Bill Beach is a world-class, world-traveled musician with great depth and experience, both as a bandleader for companies like Holland America and Ritz-Carlton, and as a film and television composer for Warner Brothers, CBS, and Fox. He has created more than a dozen themed music programs with familiar songs that will bring back fond memories! Sit, relax and enjoy the performance that Bill has curated personally for us at Willamette Oaks.



THANK YOU DINNER (NO CHARGE)

Tuesday, January 21st, Regular Dinner Hours (D)

The employees of Willamette Oaks would like to show appreciation for the generosity shared at the holiday party! Therefore, we will be serving up a complimentary dinner, Italian-style. The menu will include Garden Salad, Eggplant Parmesan, Spaghetti with Meat Sauce or Marinara, Green Beans, Roasted Potatoes, Breadsticks, and, for dessert, Gelato. To add a special little twist, the servers will also be sitting down to dinner with residents while other staff will put on their aprons to host the event! Grazie to each and every one of you who make Willamette Oaks a truly wonderful place to work!

THREE OF HEARTS

Friday, January 31st, 7:00 (AT)

Let's welcome back a Willamette Oaks favorite, **Three of Hearts!** **Debi Noel**, **Jennifer Sellers**, and **Judy Sinnott** are known for their beautiful vocal harmonies and contagiously fun energy. You just might want to get up and dance to their swinging music!



WINE BAR

Tuesday, January 7th, 4:00 (FL)
Come mingle with friends for an enjoyable pre-dinner visit. We'll be serving a vast selection of wines like White Zinfandel, Riesling, Cabernet Sauvignon and Chardonnay. Sparkling Cider will be available as well.

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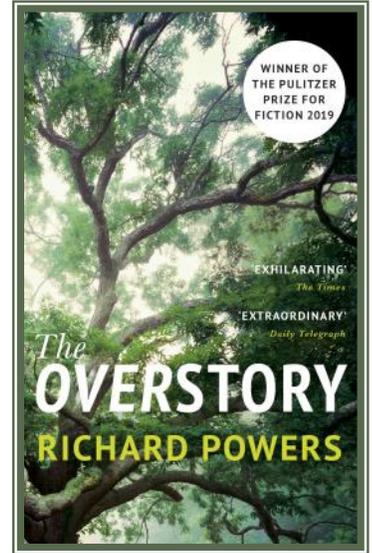
Expand your mind

BOOK GROUP

Wednesday, February 5th, 10:15 (Li)

The book for February is *The Overstory*, by Richard Powers. Winner of the Pulitzer Prize in Fiction, *The Overstory*, is a sweeping, impassioned work of activism and resistance that is also a stunning evocation of—and paean to—the natural world. From the roots to the crown and back to the seeds, Richard Powers's twelfth novel unfolds in concentric rings of interlocking fables that range from antebellum New York to the late twentieth-century Timber Wars of the Pacific Northwest and beyond. There is a world alongside ours—vast, slow, interconnected, resourceful, magnificently inventive, and almost invisible to us. This is the story of a handful of people who learn how to see that world and who are drawn up into its unfolding catastrophe.

The Book Group will not meet in January, but please join us in February and bring along 3 books that you would like to recommend to the group.



SPANISH 101

Tuesdays,

2:30 (F) *Note new time

Have you ever wished that you could speak Spanish? Would you like to be able to carry on simple conversations en Español? Join us as we practice this very accessible approach to learning Spanish. We are using the Pimsleur Method of learning, so there is no reading or writing involved. Before you know it you will be able to carry on conversations and say that you speak some Spanish! You will also have the opportunity to speak with a native Spanish speaker. Led by Angela Davis and Maria Garcia.



LIBRARY COMMITTEE

Saturday, January 18th, 2:00 (Li)

The Library Committee, led by **Gil Osgood**, meets to organize books and share outreach ideas. Since many books get donated, the Library Committee curates, sorts and checks them for duplicates, ensuring that our bookshelves hold only books of interest. If you are a reading enthusiast, you are welcome to join the committee.



More expanding your mind

ARTISTS WITH A VIEW

Wednesday, January 15th, 1:30– 3:30 (OL)

Capture the view from the windows overlooking our grounds. Local Eugene painter **Sarah Crow** will be in the Osprey Lounge working on her own watercolor landscape and invites all artists to join her and paint what you see out the windows. Please bring your art supplies and interpret the beautiful view with your art.



WALKING THE CAMINO DE SANTIAGO

Thursday, January 16th, 3:00 (WH)

Come be transported to an historic time and place in an afternoon presentation with **Sarah** and **Jay Bigelow** as they recount their experiences walking an ancient pilgrimage route 500 miles across northern Spain on the Camino de Santiago. Jay and Sarah, avid long distance hikers, are the son and daughter-in-law of residents **John** and **Lucy Bigelow**. Enjoy slides, videos, authentic music, plus time for questions and answers, all within one short hour!

SHORT LIT SHARES

Thursday, January 16th, 3:00 (KC)

Bring a favorite brief piece of poetry or prose (under 5 minutes) to read aloud, or just come and listen in the Kingfisher Club.

MUSEUM OF NATURAL & CULTURAL HISTORY

RACING TO CHANGE: OREGON'S CIVIL RIGHTS YEARS

THE EUGENE STORY

Saturday, January 18th, 1:30 (Trip)

Explore the Museum of Natural & Cultural History, located on the University of Oregon campus for their latest exhibit, *Racing to Change: Oregon's Civil Rights Years*. *Racing to Change* chronicles the civil rights movement in Eugene, Oregon, during the 1960s and 1970s—a time of great upheaval, conflict, and celebration as new voices clashed with traditional organizations of power. Co-developed by the Museum of Natural and Cultural History and Oregon Black Pioneers, the exhibit illuminates legacies of racism and the unceasing efforts of Oregon's Black communities to bring about change. **Admission is \$4.00.**



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Expand Your creative side at....

WILLAMETTE OAKS KNITTING CIRCLE

Wednesdays, 3:00 (FL) Come enjoy cozy wintertime knitting with friends in a casual, social environment. If you don't have a project or materials, or if you haven't knitted in awhile, see Angela and she will get you all set up. Bring your favorite mug or cup for tea too! Led by Angela Davis.



OREGON TRAIL LACEMAKERS

Most Saturdays, 10:00-12:00 (OL)

We are honored to be the meeting place of the Oregon Trail Lacemakers. The group welcomes you to walk through to tell about your own family's lace traditions and to see what they are creating.

MAKE & CHAT

Sundays, 1:00-2:30 (WH)

Join the *Willamette Oaks Makers Society and Social Club* for Make & Chat! Bring your handwork project and enjoy this fun weekly "crafternoon" to work on personal projects or create something special for charity or for the Boutique. Everyone is welcome. If you don't have a project or materials, come anyway! We will have some supplies and inspiration for you. Enjoy the creative, social, therapeutic, and philanthropic aspects of fiber crafts in a warm, chatty environment. We welcome knitters, crocheters, quilters, menders, and makers of all portable handwork.

BEGINNING TO WRITE –

A WRITERS WORKSHOP

Sundays, 12:30 (KC)

This workshop is for those who wish to start writing essays and memoirs and don't feel ready for the more advanced group yet. Come learn tips for getting started, basic edits, and how to write in your own unique voice.

Led by Candy Davis.

ESSAY AND MEMOIR

Sundays, 1:30 (KC) Our weekly writing group is open to all. We come together to create collaborations of life experiences, humor, and imagination. On a bi-monthly basis, we host a Literature Slam where anyone who is wanting or willing can share their stories, poems, or memoirs with our community in an open setting.

Led by Candy Davis.



New to you!

WELCOME COMMITTEE

Monday, January 13th, 11:00 (KC)

Would you like to invite a newcomer to dinner occasionally? Members of the committee welcome new residents and volunteer to invite them to dinner one night, as convenient. We answer any questions and help explain our amazing community. If you would like to volunteer, please contact **Carol Namkoong**.

MELISSA'S COOKIE EXCHANGE PARTY!

Tuesday, January 14th, 11:00 (OL)

Do you enjoy baking cookies just as much as Melissa? Here's your chance to take part in a fun party, a Cookie Exchange Party! Bake and bring a tray of your one-of-a-kind cookies and then exchange them with others. The more that participate the better! By the end you'll end up with an assortment that will last a long while! Fresh coffee and tea will be served, along with cookie bags so you can take goodies home with you. Please bring your cookie recipe with you when you register for this party.

BETTER BONES AND BALANCE KICKOFF

Monday, January 27th, 11:00 (F)

Now that you know all about WHY exercise for building bone density is important (come to the ***Keeping Healthy Bones* lecture on January 23rd at 1:30**), find out HOW to do it. Sample each of the basic 5 moves from the acclaimed program based on research from Oregon State University. Pick up forms for registration for the NEW CLASS which will begin in February. One way to prepare for the class is to find out your current "T-Score" from your doctor. If you do not have a current *Dexa* scan (taken within the last 2 years), please schedule a new one. It's simple, non-invasive, and covered by insurance. It will be important to know your baseline as you begin the new program. Your baseline score will determine how you safely perform certain moves as well as help you track your progress.

According to the National Osteoporosis Foundation, fractures from osteoporosis account for "more hospitalizations than heart attacks, strokes, and breast cancer combined." The Better Bones and Balance curriculum is aimed at preventing fractures, both by strengthening bones and by preventing falls.



Embrace the community. Build meaningful new relationships and nurture longstanding ones. We offer group discussions and other structured support for residents seeking camaraderie and connection.

Treat yourself!

Willamette Oaks Spa Services



MASSAGE

Allow **Alicia Rodriguez**, licensed massage therapist, to massage your stress away, and improve your overall bodily function.

Cost:

\$45/30 Minutes, \$70/60 Minutes,
\$105/90 Minutes.

Appointments available:

Mondays, 3:00-7:30pm

Tuesdays, 9:00-4:00pm

Wednesdays, 1:00-7:30pm

Call **541-953-7722** to schedule
an appointment.

REIKI

Darlene Harris, registered nurse, uses this energy-based healing therapy to help you relieve stress, promote your body's own natural healing, and help improve sleep.

Cost:

\$20/30 Minutes, \$35/60 Minutes.

Appointments available:

2nd and 4th Thursday of this month
between 10:30am-3:00pm.

Call Darlene at **541-935-8290** or
541-510-8666 to schedule.



Transportation, Your Way

EVERY TUESDAY

10:00

Shopping & Banking at Sheldon Plaza

Safeway
Wells Fargo
Rite-Aid
UPS Store
Key Bank
Bi-Mart
Rainbow Optical
Market of Choice
Walgreens

1:30

Shopping & Banking at Delta Oaks

Market of Choice
Bank of America (Kiosk only)
UPS Store
Walmart
Joann Fabric
Home Depot
Goodwill
Dick's Sporting Goods

EVERY FRIDAY

10:15

Shopping & Banking in Santa Clara

Fred Meyer
Bob Cat Pet Store
Albertsons
UPS Store
US Post Office
US Bank
Selco Credit
Union
St. Vincent De
Paul
Goodwill
Grocery Outlet
Bi-Mart
Dollar Tree
Oregon Community Credit Union



***Reserve your spot for shopping Thursdays after 4:00 in the shopping binder across from the mailboxes.**

REGISTRATION FOR FEBRUARY PROGRAMS

Tuesday, January 28th, 9:00-12:00 &

Wednesday, January 29th, 1:00-3:00 (OL)

Find out more about next month's events and be the first to sign up for future programs, trips, classes, and more by making a one-on-one appointment with Angela and Melissa from our friendly Programs Team. They will answer questions and help you decide which offerings are best suited to your lifestyle. **Stop by the Front Desk beginning Thursday, January 23rd, at 4:00 to schedule your**



SHUTTLE SERVICE (9:00-11:00 AND 1:00-4:00)

Every Monday (West Eugene), Wednesday (East Eugene/Springfield) and Thursday (Downtown and South Eugene)

Please call the Front Desk at least 24 hours in advance to arrange your ride.





Don't Miss!

TOWN MEETING

Tuesdays, 1:30 (D) *Note New Day

For over thirty years our community has come together once a week with the intention of communicating and affecting what is happening at Willamette Oaks. Residents and staff leaders have the opportunity to make announcements, share news, and ask questions. Come to find out what is going on in the coming week! *Please note that the meeting, long-held on Monday, will switch to Tuesday as of *January 7th*.

RESIDENT ASSOC. MEETING &

COMMUNITY CELEBRATION

Tuesday, January 21st, 1:30 (D)

Our monthly business meeting provides updates for our community on decisions and events that affect us all. We also recognize special honorees among our members, including those with birthdays and move-in anniversaries each month. Refreshments and snacks served.

COFFEE KLATCH

Sunday through Friday

10:30-11:30 and 2:30-3:30 (D)

Saturdays

10:30-11:30 (D) & 2:30-3:30 (OL/BHB)

Enjoy the river view and the company of friends and family. Light refreshments provided!



HOLLY'S JEWELRY

Wednesday, January 15th,

11:00-1:30 (AT)

Holly Carter offers great services, including repairs to your treasures or changing those hard-to-handle clasps to easy magnetic catches. Purchase new jewelry from Holly's wide variety.

Willamette Oaks Team

Manager: Chandra

Assistant Manager: Kay

Resident Services

Coordinator: Roxanne

Programs/LifeMinded

Coaches: Angela, Melissa, Janet, & Crystal

Transportation Coordinator: Crystal

Marketing Director: Jennifer

Concierges: Darshana, Yvonne & Kacy

Housekeeping: Kathy, Marilyn, Norma, Maria, Gwen, Ashley T., Heather & Joey

Kitchen Team: Elizabeth, Michael M., Michael F. & Nathan

Overnight Teams: Bret & Rhonda, Todd & Trish

Maintenance Team: Mitch, Dillon, Darion, Stephan & Ryan

Maintain your talents. Sharpen your skills. Stay productive. Continue to put your abilities to work through volunteering, mentoring, networking and more. Whatever your life's work, it need not end with retirement.

Get Involved

CURRENT EVENTS

Fridays, 1:00 (OL)

Explore the world outside of Willamette Oaks. Discussions are based on news of interest to members and range from medical discoveries to social problems, to world conflicts, politics, and local events. Bring a recent news article to share or just come to listen. Moderated by **Carol Namkoong**.

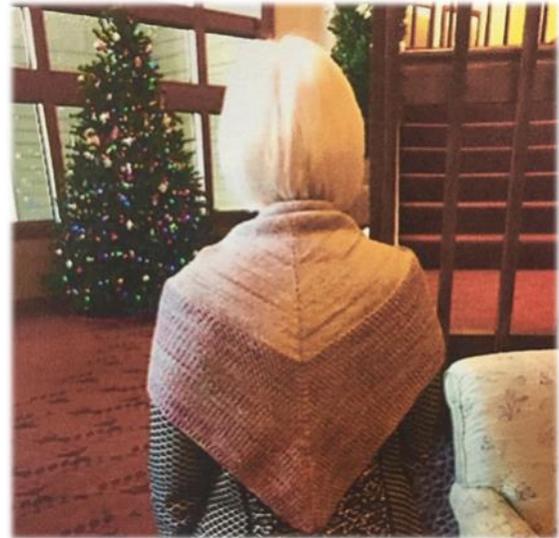
**DINING COMMITTEE Wednesday,
January 8th, 10:00 (D)**

Share your food-related thoughts with Executive Chef Elizabeth Szolga and the Dining Committee. Let your voice be heard regarding your dining experience.



JANUARY BOUTIQUE RAFFLE

A Beautiful Hand-knitted Shawlette



100% Wool | Goes with Everything!

Tickets are on sale now in the Boutique for a \$1.00 each or 6 for \$5.00. Drawing will be held on *Tuesday, January 28th*, at the Town Hall Meeting!

PREFERRED PARTNERS

ALICIA RODRIGUEZ, LMT

Specializing in therapeutic massage to reduce pain and improve bodily function. Appointments Monday, Tuesdays, and Wednesdays.
#518-620-7118

MOVE-IN COMFORT

Organizing and Downsizing
#541-338-4310

VISITING ANGELS

Your Home,
Your Services,
Your Way
#541-505-7444



WILLAMETTE OAKS SALON
Monika Kohl & Lisa Murdock

#541-345-1600



Support Community



The Boutique at Willamette Oaks

BOUTIQUE MEETING **Thursday, January 3rd, 3:00 (OL)**

Calling all Boutique members and volunteers! Come and gather together with Angela & Melissa to brainstorm ideas for the Boutique in the new year. To thank you for all your hard work, we'll be serving tea and home-baked Carrot Cake.

If you know of someone who might be a good candidate to volunteer, bring them to the meeting with you.

Whether you are needing something nice for yourself, or a thoughtful gift to take or send to a loved one, remember *HANDMADE* at Willamette Oaks! These items are beautifully crafted right here, often using thrifted or responsibly sourced materials, and always made with love. Look for pincushions, soaps, sachets, hand-knit, hand-sewn, and hand-embroidered items, wood carvings, and more! If you are a maker, please consider supporting the Boutique and Programs at Willamette Oaks by donating a handmade item! Shop small-business and support your community with purchases from the *HANDMADE* at Willamette Oaks line!

~Being resident-staffed, we are always looking for more volunteers to fill shifts. Being a volunteer in the Boutique gives you a chance to meet other people and be social. If you're interested in becoming a volunteer, please contact Melissa or Angela in Programs. All profits made in the Boutique are dedicated to supporting events that Programs puts together for our residents here at Willamette Oaks.



Whether it's daily reflection, the power of music, or lively discussion, a key to living LifeMinded is feeding the soul. Life is a journey, so join in!



MUSIC WITH DOUG & CYNDY

Saturday, January 4th, 7:00 (AT)

Come and enjoy an evening of music with **Doug Mozan** on piano and **Cyndy Duerfeldt** on vocals! They'll be playing classics from the 30's-70's like: "Blue Skies," "Ain't Misbehavin'," and "The Nearness of You."

SATURDAY NIGHT FILM

Every Saturday, 7:00 (WH)

Movie buffs, mark Saturday night on your calendars! Sit back and enjoy classics, comedies, musicals, westerns and new favorites. If there is a movie you would like to see, let Programs know.

WALKER CLINIC

Thursday, January 16th, 10:00-11:00 (D)

Does your walker wobble? Are the handles adjusted to a comfortable height? **Stan** and **Susan** from All Med Medical Supply will be available in the Dining Room to answer your questions and to make adjustments as needed. Height and tightening adjustments are free of charge. If your walker is in need of a replacement part or repair, Stan and Susan will give you a cost estimate before working on your walker. Again, adjustments are free of charge.



GAMES AT WILLAMETTE OAKS

Canasta, Bingo, Cribbage, Scrabble, Pokeno, Mahjong, Billiards, Ping-Pong, Poker, and Bridge. Inquire with the Programs Department to reserve space or for assistance in starting a new group. See your monthly calendar for locations of weekly group meetings.



Whether it's daily reflection, the power of music, or lively discussion, a key to living LifeMinded is feeding the soul. Life is a journey, so join in!

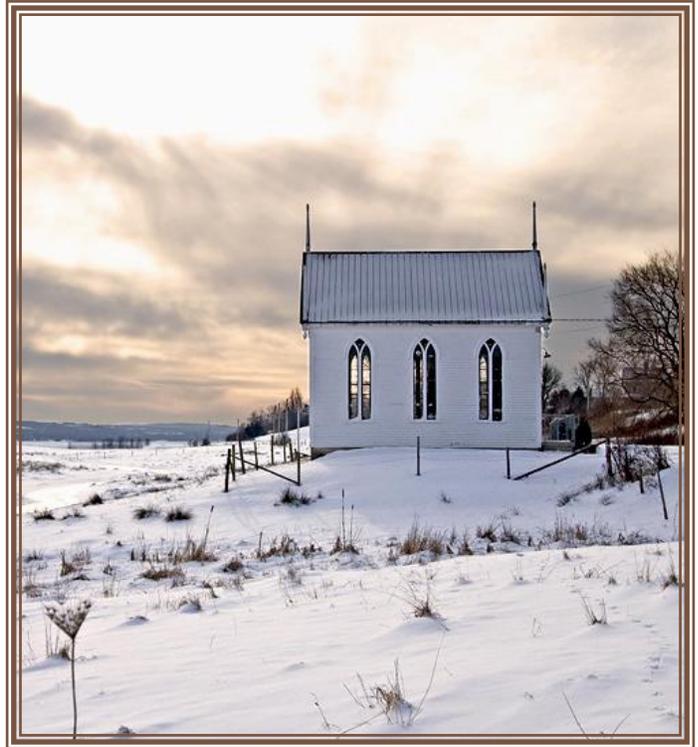
Weekly Church Shuttles

*9:30 Wesley United Methodist,
Westminster Presbyterian &
Our Savior's Lutheran Church*

*10:00 St. Paul Catholic Church &
First Baptist Church of Eugene*

Register ahead of time in the Shopping Trips Book (in Lobby) to ride our free bus to local churches.

If there is a church you attend but do not see listed above, please contact Programs.



MONTHLY BIRTHDAY LUNCHES BEGIN IN 2020

Beginning January 22nd (DR)

Come and celebrate with others who share your birthday month! You'll receive a written invitation to attend a free lunch which will be hosted in our Dining Room.

FLOWER POWER

Mondays, 9:00 (D)

The Flower Power group keeps our Dining Room looking beautiful by adding fresh flowers to vases. Your help is appreciated and welcome! Led by Crystal Nelson.



HEARING AID SERVICES

Wednesdays, January 8th & 22nd, 10:30 (FL)

Register at the *Front Desk* to see **Arnie Goodman** of Goodman Hearing. We will call you when he arrives around 10:30. Arnie has been helping people hear better in Eugene and the surrounding area for over 22 years. He provides general maintenance such as cleaning and re-tubing of your hearing aids.

A Look Ahead.....

***MAMMA MIA!* AT COTTAGE THEATRE**

“Told through a collection of ABBA’s greatest hits, *Mamma Mia!* is a worldwide musical phenomenon and an insanely wild ride to “I do, I do, I do!”

**PRE-REGISTRATION STARTS IN
FEBRUARY!**



April 3rd-26th

Live Engaged! Live with Purpose!

 **Willamette Oaks**
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