

# = LIFE MINDED DAILY =

Your guide to living engaged in March 2020



## **SOLO SHOW FEATURING WATERCOLORIST ELIZABETH HAMLIN**

**La Galleria, Opening Reception: Thursday, March 12th, 4:00 (LG)**  
**Show runs through Thursday, April 9th**

Award-winning professional watercolorist and Willamette Oaks resident **Liz Hamlin** will be showing selected works from her **Family Photo Series**. Liz has been a longtime member of the Camino Island Artist Community in Washington, and now brings her gifts to share with her new community here at Willamette Oaks.

Liz's work has been featured in numerous juried shows and galleries, as well as in two published collections of watercolors. After retiring from her career as a cancer nurse in Columbus, Ohio, Liz continued to paint while teaching as an artist in residence in public schools in Washington as well as at the Stanwood Senior Center. You may find her painting at Willamette Oaks during Painters Open Studio. Be sure to visit La Galleria to see this special collection. Meet Liz and enjoy refreshments during the Opening Reception on March 12th too!

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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!

# GET MOVING!

## GENTLE EXERCISE

### 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 2:15-2:45 (F) \*Note new time!**

Similar in content to the Re-Start class with more emphasis on moving *WITH* the music. Led by 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.

### A STROLL ALONG THE PATH

**Saturday, March 21st & 28th, 10:30 (AT)**

Walking provides social interaction as well as exercise. Walk along the bike path that follows the Willamette River and stroll along at your own pace while enjoying one another's company. All abilities are welcome. Walk ahead, behind, or together. March 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.

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## SLOW AND STEADY!

### 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 a traditional asana practice along with therapeutic modifications for essential yoga poses. Please bring a yoga mat and a folded blanket. Instructors: Angela Davis and Janet Hollander.

### 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 (See page 4).



### 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.

### 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](mailto:emergencyoga@gmail.com), subject: yoga therapy request, or call **208-507-0165**.

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## GAIN POWER IN.....

### BETTER BONES AND BALANCE

**Mondays and Wednesdays at 11:00 & Fridays at 9:00 (F)**

Agility, balance, and strength are important elements in preventing bone fractures. This exercise program, based on research done at Oregon State University's Bone Research Laboratory, includes exercises to improve lower body strength, leg power, muscles, and balance. The program includes side stepping quickly to develop skills to stop a sideways fall. Participants practice reacting quickly, building agility, confidence, and developing leg power. Our curriculum includes stepping on stairs, lunges, standing up from sitting, and building agility and strength. Our classes will follow a gradually-increasing progression of repetitions of each exercise.

Taught by certified instructors Angela Davis, Melissa Havicus, and Janet Hollander.



Better Bones  
& Balance®

exercise for lifetime health

### 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.



### MOVE TO IMPROVE AND BETTER BONES AND BALANCE SPECIAL SESSION ON KNEES

**Wednesday, March 11th, 9:00-9:50 (F)**

In this workshop-style session, including both lecture and practice, we will pay special attention to how to do all of our moves, both in Move to Improve and in Better Bones and Balance classes, in a way that prevents injury and builds strength. Continue your dedication to improvement by paying attention to your sensations and building meticulous form.

Led by 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!

# HAPPY AND HEALTHY

## **NEW! BALANCE PRACTICE**

**Thursdays, 1:00-1:30 (At)**

Do you want to improve or maintain your balance? Each week we do simple moves addressing different aspects of balance. Once you know the moves of the week, you can practice on your own the rest of the week. Regular practice is important! This class is appropriate for ALL LEVELS of ability.

Instructor: Janet Hollander.

## **AGING FOR GROWTH—FEATURED FILM: JOY**

**Thursday, March 26, 1:30-3:30**

A feature-length biographical comedy-drama based on the real-life Joy Mangano, who became a millionaire with her invention, the Miracle Mop. She juggles her budding entrepreneurship with small children, a soap-opera-obsessed mother, grandmother, dad and ex-husband who sleep in the basement. As many of us have, she follows her calling amidst the drama of family and cut-throat business. Starring Academy Award and Golden Globe nominated Jennifer Lawrence, Robert DeNiro, and others. Our brief discussion and questions will take place before the 2-hour film begins.



## **SOUNDING: A SPECIAL SERIES!**

**Thursdays, 11:00 (FL) March Only!**

Experience your own voice in a new way. Vocalization can be helpful in reducing stress and promoting overall inner well-being. This class can also benefit breath and voice quality. Sounding is easy. It requires no musical ability, no vocal training and no calisthenics. Consider it a tune-up for your body and a booster for your mood.

**Led by Candy Davis.**



## **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. Choose from Strawberry, Banana, Blueberry, and Mixed Berries!

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!

### WINE BAR & SPECIAL LIBRARY OPEN HOUSE

**Tuesday, March 3rd, 4:00 (FL/L)**

Come mingle with friends for an enjoyable pre-dinner visit and raise a glass of one of our very special new house wines. We are happy to be serving extraordinary wines from Oregon's own **J. Scott Cellars!** Did you know that the state of Oregon has established an international reputation for its production of wine, ranking fourth in the country behind California, Washington, and New York? Oregon has several different growing regions that are well-suited to the cultivation of grapes. Come and see what all the fuss is

about by tasting some of the finest wines from the PNW! This month there will be a **Library Open House** held in conjunction with the Wine Bar, so that you can meet members of the Library Committee and find out about the new Library Guide too!



### COMPOSE A LIMERICK TO BRING TO THE COMMUNITY CELEBRATION

**Tuesday, March 17th, 1:30 (D)**

This month's Community Celebration falls on St. Patrick's Day! You are encouraged to wear green and to compose a limerick to share. Look for a special snack too! Here is one from the Resident Association to help inspire you:

*There once was a place called Willamette Oaks,*

*That was filled with mighty fine folks.*

*We count them as friends,*

*With joy that never ends,*

*And always enjoy their jokes.*



Here is the format so that you can try your hand at writing one too:

**To Write a Limerick**, come up with a 5-line poem in which the first, second, and fifth line rhyme with each other, and the third and fourth line rhyme with each other. Also, make sure the first, second, and fifth line have 8-9 syllables and the third and fourth line have 5-6 syllables. Bring your limerick to the Front Desk by *Tuesday, March 10th!*

# OUT ON THE TOWN!

## SCENIC DRIVE THROUGH THE DAFFODILS AND LUNCH AT LONG TIMBER BREWING COMPANY

**Saturday, March 14th, 10:45 (Trip)**

Come and enjoy a country drive - but not just any drive! For a limited number of days each year most of Ferguson Road (a 6-mile long county road located on the outside edge of Junction City) glows yellow with daffodils. We'll cozy up in the bus and enjoy this nice refreshing outing. Afterward we'll travel towards Monroe for lunch at Long Timber Brewing company where they offer an array of foods from salads, pasta, soups, burgers, sandwiches and much more. Save room for dessert! Prices range \$9-\$18. **Trip Price \$3.00.**



## TRADITIONAL ST. PATRICK'S DAY FEAST

**Tuesday, March 17th, Regular Dinner Hours**

The Luck O' the Irish is upon us. Chef Elizabeth and her team are serving up a great feast of Corned Beef & Cabbage, Rustic Lamb Stew, Parsnip & Potato Mash, Pancetta Feta Red Cabbage, Sautéed Carrots & Celery, Irish Apple Cake and Smokey Cheese & Beer Soup.

## PRE-REGISTER FOR *MAMMA MIA!* AT COTTAGE THEATRE

**Saturday, April 18th, 7:00 (Trip)**

Mark your calendar and pre-register for Cottage Theatre's production of *Mamma Mia!* "Wanted: Father of the Bride. Must have visited the Greek island Kalokairi during the summer of 1979 and been intimate with the lead singer of Donna and the Dynamos.' Though Sophie does not resort to placing such an ad, she does snoop through her mother's old diaries for clues to her father's identity. Much to her surprise, the diaries reveal three possible dads! Undaunted, Sophie invites Sam, Bill, and Harry to her wedding, without telling either her mother or fiancé that she has done so. When the three unsuspecting men arrive on the island for the nuptials, chaos erupts and Sophie still doesn't have a clue about who

should rightfully walk her down the aisle. 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!'"

**Trip fee is \$30.00 and non-refundable after March 17th.**





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## EXPAND YOUR MIND

### SPANISH 101

**Tuesdays, 2:30 (F)** 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.

### STAMMTISCH

**Tuesday, March 17th, 3:00 (CCR)**  
This German conversation gathering will meet in the first floor Columbia Conference Room. German speakers are heartily invited. Please bring pictures of yourself in younger days to share.

### CURRENT EVENTS

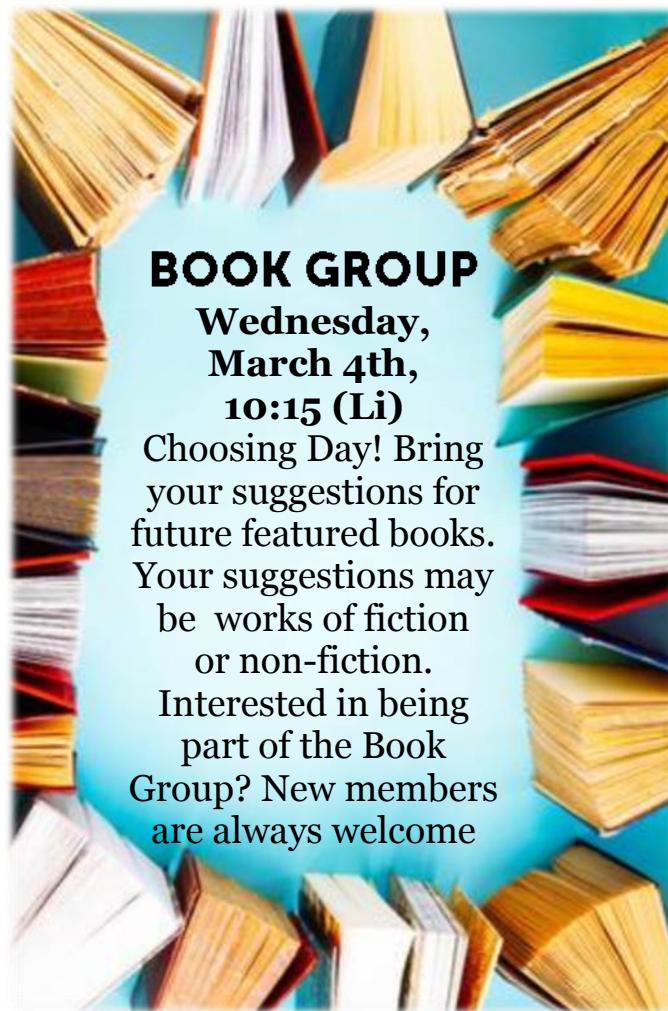
**Fridays, 1:00 (OL)**

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**.

### LIBRARY COMMITTEE

**Saturday, March 21st, 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 most welcome to join the committee!



### BOOK GROUP

**Wednesday,  
March 4th,  
10:15 (Li)**

Choosing Day! Bring your suggestions for future featured books. Your suggestions may be works of fiction or non-fiction.

Interested in being part of the Book Group? New members are always welcome

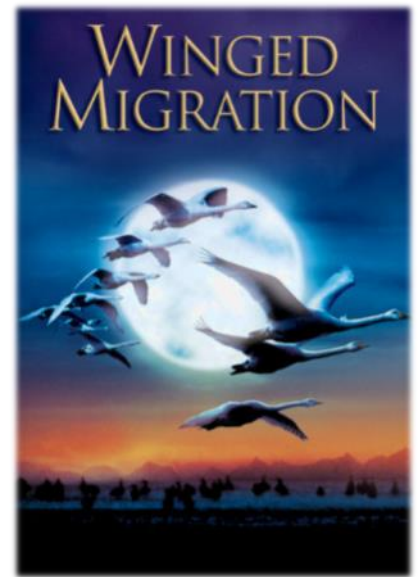


# MORE EXPANDING YOUR MIND

## DOCUMENTARY FILM: *WINGED MIGRATION*

**Wednesday, March 4th, 1:30 (WH)**

If you attended the DecaList presentation: *Wildlife at Willamette Oaks*, it may have brought out your curiosity and love of our feathered friends that roam our grounds. This documentary film, *Winged Migration*, follows several species of migratory birds over a four-year filming period. These birds travel several hundreds if not thousands of miles toward the equator in the autumn and make the return journey to their higher latitude summer homes in the spring. Always taking the same route, they use the natural compasses of the universe and stars to find their way. Some will not survive the migration due to predators, including man, illness or injury. Although the migrations themselves are done as a community, once the birds reach their respective summer and winter homes, they disperse into family units. Every continent is affected by the migration as every continent is home, at least part of the year, to a species of migratory bird. This 2001 (G) film is 98 minutes long and stars Jacques Perrin and Philippe Labro.



## ARTISTS WITH A VIEW

**Wednesday, March 18th, 2:00-4:00 (OL)**

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

## "HOW THEY GOT HERE. EUGENE'S TRAILS TO RAILS: 1846-1926"

**Thursday, March 19th, 1:30 (WH)**

**Steven Engel** is back with his next program, *Eugene's Trails to Rails: 1846-1926!* Learn the history of early transportation, from wagon trains to stagecoaches to riverboats to ocean steamships to railroads. It wasn't easy! In 1847 Eugene Skinner brought his family up the Applegate Trail from California to live in a small cabin on the side of what is now Skinner's Butte. They were the first white settlers in the area. By 1920 there were over 10,000 people living in Eugene City. How did they get here? The answer is by wagon train, Wells Fargo Stagecoach, Willamette River steamboats, Pacific Ocean steamships, and railroad. Discover the history of transportation in the Willamette Valley and be thankful for I-5 and the Eugene Airport!

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## EXPAND YOUR CREATIVE SIDE AT....

### **WILLAMETTE OAKS KNITTING CIRCLE**

**Wednesdays, 3:00 (FL)** Come enjoy springtime 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 (OL)**

Join the *Willamette Oaks Makers Society and Social Club* for Make & Chat! As always, we welcome knitters, crocheters, quilters, menders, and makers of all portable handwork. Drop in and enjoy making and chatting with friends in this casual, supportive, companionable setting.

### **EUGENE SPINNING GUILD Wednesday, March 18th, 11:00-2:00 (OL)**

Have you ever wondered how wool gets from the sheep to the sweater? The local spinners, knitters, and shepherdesses who gather here on the third Wednesday of the month are sure to help enlighten you, and may even put some fleece into your hands and guide you through the process. Hosted by Willamette Oaks resident **Linda Finley**.

### **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.

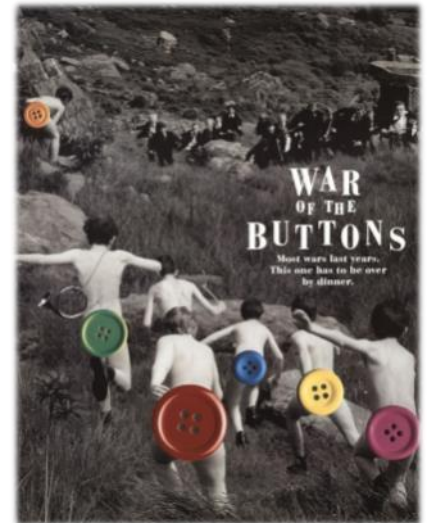
**Led by Candy Davis.**

# ENRICHMENT AND PLEASURE!

## IRISH FILM: *WAR OF THE BUTTONS*

Wednesday, March 18th, 7:00 (WH)

In Ireland in the 1960s, more precisely the center of the bridge over the river that separates the Irish villages of Carrickdowse and Ballydowse, there is a white line that few young people dare cross. Rival gangs of boys from each village spend most of their time trying to upstage the other, whether over the sale of hospital raffle tickets, or something more important, such as deciding who is a "tossport" and who is not, or, for that matter, defining "tossport." The constantly escalating battles become known as "The War of the Buttons," due to the rather unique spoils of war exacted from the captured losers. Although the battles are "to the death," rarely does either group hurt more than its pride.



Set and filmed in 1994 in County Cork, *War of the Buttons* has been ranked one of the 10 best Irish films for St. Paddy's Day. It was produced and directed by the same team that brought the world *Chariots of Fire*, and stars Colm Meaney, Liam Cunningham and Frank Kelly. **Gwen Burkard** will introduce the film with some background facts and anecdotes, and will follow with a brief discussion. This film is 94 minutes long.

### CuriousMind

Sundays at 7:00

### CuriousMind: Stage Door

Wednesday, March 11th & 25th

7:00

~Willamette Hall~



## MATTHEW PAVILANIS

### **BEETHOVEN PART 1**

Friday, March 20th, 7:00 (AT)

**Matthew Pavlanis** is returning to Willamette Oaks this year to present a three-part concert of Ludwig van Beethoven piano sonatas. 2020 marks 250 years since Beethoven's birth. In celebration, Matthew will be giving performances of the complete sonatas by Beethoven.

Come enjoy the celebration!

Mark your calendars for Matthew's next two concerts which will be on *Saturday, April 11th at 11:00 (AT)*, and *Saturday, May 30th, at 11:00 (AT)*.



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## RELAX AND ENJOY!



### *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.



# MORE MARCH HAPPENINGS!



## GIRL SCOUT COOKIES

**Tuesday, March 3rd, 1:00-3:30 (Lobby)**

Do you have a cookie craving? This will be your last chance to snag those oh so good girl scout cookies from **Alexa!**

Cookies are \$5.00 a box, except for the Girl Scout S'mores and the Gluten Free Toffee-Tastic at \$6.00.

Stock up before their gone!

## MARCH BOUTIQUE RAFFLE

Tickets are on sale now in the Boutique for \$1.00 each or 6 for \$5.00.

Drawing will be held on *Tuesday, March 31st*, at the Town Hall Meeting! Come to the Town Meeting on *Tuesday, March 3rd* for the reveal of a very special painting that will be raffled this month! If you can't make it to the Meeting on the 4th, you can drop in anytime in March and see it in the Boutique!



## CELTIC HEART TONES

**Friday, March 13th, 7:00 (AT)**

The Celtic Heart Tones is a compilation of two local Eugene trios - The Jewel Tones and the Three of Hearts Trio.

The Jewel Tones are no strangers to local venues, including The Hult Center with Radio Redux and with the Blue Skies Big Band. The Three of Hearts perform regularly around the Eugene area and have been to Willamette Oaks many times. These five ladies will bring the heart of Celtic music to our St.

Patrick's Day celebration. With a blend of tight harmonies, multiple instruments, pub songs, and classics like Danny Boy and Molly Malone, our audience will enjoy this fun-filled event!

## OPEN BAR

**Wednesday, March 18th, 4:00-5:00 (AT)**

Mix and mingle with friends while enjoying our featured drink of March: *Irish Coffee*. This cocktail consists of hot coffee, Irish whiskey and sugar, stirred, and topped with cream. Interested in a different cocktail? Other liquors, soda, wine, and juice will also be available.



# 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  
Mini Pet Mart  
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 APRIL PROGRAMS

**Tuesday, March 31st, 9:00-12:00 & 3:00-4:00 (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, March 26th at 4:00 to schedule your appointment.**



## SHUTTLE SERVICE (9:00-11:00 AND 1:00-3:30)

**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)**

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 and find out what is going on in the coming week!

## RESIDENT ASSOC. MEETING & COMMUNITY CELEBRATION

**Tuesday, March 17th, 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, March 18th,**

**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

**LifeMinded Coaches:** Melissa, Janet, Crystal, & Angela

**Transportation Coordinator:** Crystal

**Marketing Director:** Jennifer

**Concierges:** Darshana, Yvonne & Kacy

**Housekeeping:** Kathy, 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

### DINING COMMITTEE

**Wednesday, March 11th, 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.



### SHORT LIT SHARES

**Thursday, March 19th, 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.

### WELCOME COMMITTEE

**Monday, March 9th, 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**.

### MONTHLY BIRTHDAY LUNCHES

**Wednesday, March 18th, 12:00 (D)**

Come 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.

## 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

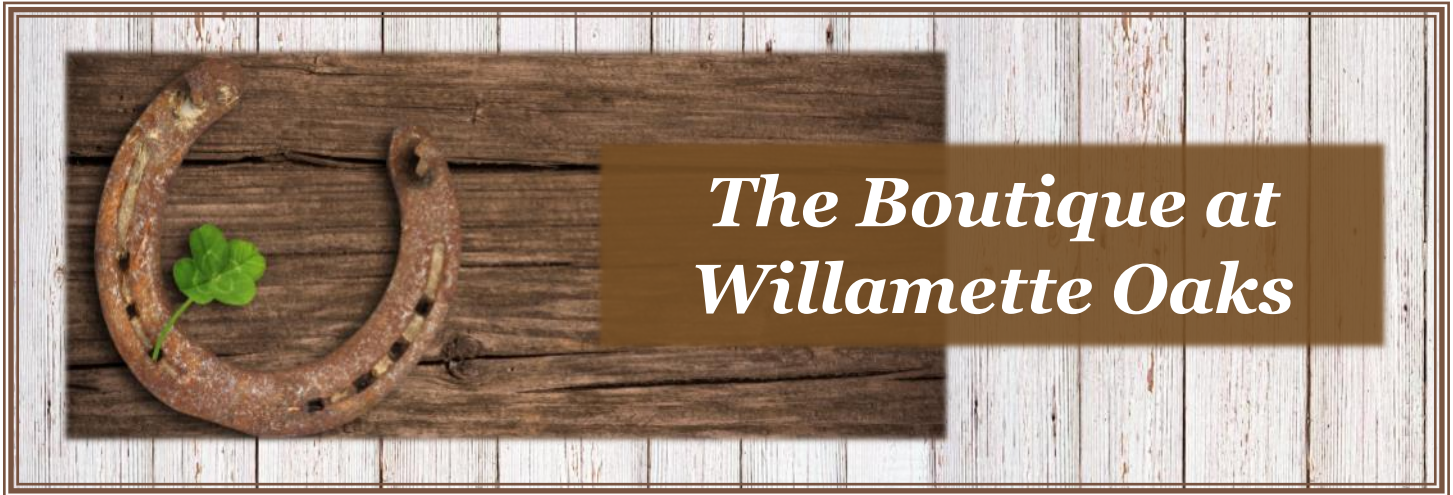


### WILLAMETTE OAKS SALON

Monika Kohl & Lisa Murdock  
#541-345-1600



# SUPPORT COMMUNITY



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!

~Why shop in the Boutique? The Boutique carries basic necessities along with gifts, cards, jewelry, snacks and holiday décor.

~Being resident-staffed, we are always looking for more volunteers to fill shifts. By volunteering in the Boutique, it gives you a chance to meet other people and be social.

If you're interested in becoming a volunteer, please contact Angela or Melissa in Programs. All profits made in the Boutique are dedicated to supporting events that Programs puts together for our residents here at Willamette Oaks.



## **BOUTIQUE MEETING**

**Wednesday, March 25th, 1:30 (OL)**

Calling all Boutique members and volunteers! Come and gather with Angela & Melissa to voice concerns and brainstorm ideas for the Boutique. If you know of someone who might be a good candidate to volunteer please invite them to come to the meeting with you.

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!

## SING-ALONG IN WILLAMETTE HALL

**Thursday, March 5th, 1:30 (WH)**

Come take a trip down memory lane as you sing along to your favorite songs. In March we'll sing along to songs made popular by Doris Day, Roger Miller, The Andrews Sisters, among others!

**Hosted by resident Mary Lee Helm.**

## COFFEE HOUSE WITH DENNIS SCHAEFER

**Saturday, March 7th, 10:00 (AT)**

Relax in the Atrium while enjoying a cozy Saturday morning listening to the sounds of **Dennis Schaefer** on the piano. Dennis has been entertaining for many years and enjoys playing songs from the 40s and 50s. Come and enjoy freshly brewed coffee and homemade baked goods by Melissa Havicus. *(This is a rescheduled event that was cancelled last month).*

## The Riverside Church In NYC



Service Streaming  
Sundays, 10:30 (WH)



## GLENN MILLER AT THE HULT CENTER

**Saturday, March 28th, 6:00 (Shuttle)**

Enjoy a musical evening at the Hult Center, located in downtown Eugene. The world famous Glenn Miller Orchestra brings timeless classics like "In the Mood," "Moonlight Serenade," "Chattanooga Choo-Choo," "Pennsylvania 6-5000," "String of Pearls" and "Tuxedo Junction" back to the stage. Even 80 years after founding his famous orchestra Glenn Miller's music is alive and well.

You will need to purchase your own ticket for this event. If you would like help purchasing online with a credit card, see Angela or Melissa.

**Ticket prices range \$44.00-\$77.00.**

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## HEARING AID SERVICES

**Wednesday, March 11h & 25th, 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.

## THREE RIVERS CASINO

**Friday, March 13th, 7:45 (TRIP)**

Enjoy a free ride to the casino in Florence, Oregon and try your luck with over 700 slot machines. Bring money for your purchases, lunch, and gambling. The group enjoys meeting for lunch.



## 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.

## 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.

## WILLAMETTE OAKS DAFFODIL & TULIP WALK

There are a variety of over 200 bulbs consisting of daffodils and tulips along the meandering path in front of Willamette Oaks. Each bulb represents each member of our community, creating our very own daffodil/tulip drive. Come and enjoy the show throughout the month of March, as our hard work comes alive along the meandering sidewalk!

### 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.





A vibrant garden scene featuring sunflowers, daisies, and a woven basket. The background is a soft-focus green, suggesting a lush garden. In the foreground, there are several bright yellow sunflowers with dark brown centers, white daisies with yellow centers, and a woven straw basket. The text is overlaid on a dark green rectangular background.

# GARDEN MEETING

Tuesday, March 24th, 11:00 (D)

Are you interested in a garden bed?  
Want to take part in planning and  
beautifying our garden this year?  
Please join Melissa & Gwen for our  
first garden meeting of the year.  
We are eager to get our garden started!

Live Engaged! Live with Purpose!

 **Willamette Oaks**  
A LifeMinded™ Residence

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