

# THE VIKING SAL

Leadership, Education, Assistance, Recreation & Nutrition

Fall 2015 Program Guide



A Division of **September - October - November**  
JC Community Services Department



**2014  
Viking Sal  
Annual Big Hush  
Silent Auction**

## VIKING SAL HOURS

Monday	8:30 am - 2 pm
Tuesday	8:30 am - 3 pm
Wednesday	8:30 am - 4 pm
Thursday	8:30 am - 4 pm
Friday	8:30 am - 2 pm

*Time to Fall back in  
touch with friends  
at Viking Sal.*

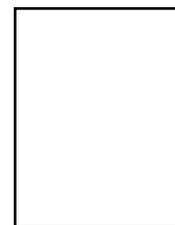
# Program Guide Overview

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**Marcia Scalise**  
Program Lead



Administrative Aide



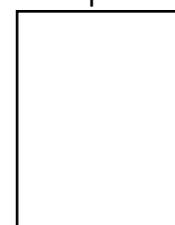
**Gail Lundeen**  
Volunteer Education Coord.  
Center Photographer



**Norma Mattson**  
Volunteer  
Receptionist



**Karen Whitney**  
Volunteer  
Recreation Coord.



Volunteer  
Receptionist



**Michelle Apparcel**  
Senior Connections  
Area Coordinator



**Tom Boldon**  
Community Services  
Department Director



## CENTER OPERATIONS

The Center's programs & operations are guided & overseen by the Senior Advisory Council (non-profit board), the Viking Sal Program Lead, and the City of JC Community Services Department Director. Programs are generally open to age 55+. Some programs are otherwise noted as being open to all ages. The Viking Sal's annual **operations budget** is approximately \$75,000 **funded entirely by grants, annual fundraising and donations.**

*The Viking Sal operational budget excludes staff.* The Program Lead position is funded & overseen by the City of Junction City and the Community Services Department Director.

The Viking Sal is a division of the City of Junction City Community Services Department. The Department Director, Tom Boldon, has functional responsibility for the Junction City Community Center, Junction City Public Library, Max Strauss Seasonal Pool, Parks, Skatepark, and Viking Sal.

The Viking Sal houses, **at no charge**, the local provision of Senior and Disability Services (S&DS) programs for the purpose of being centralized & accessible for local seniors.

The S&DS programs each **have separate program budgets** comprised of grants, state & federal funding and **local donations & fundraising** for staff, materials, and services. S&DS programs housed by Viking Sal include:

- Junction City Café 60 (Senior Meals)
- Meals on Wheels
- Senior Connections.

All Viking Sal Programs and Services are **accomplished by 80+ volunteers annually.**

The Viking Sal serves as a **community meeting space** for a **host of local organizations.**

The building Viking Sal uses is provided by the **Scandinavian Festival Association.** All other expenses: utilities, maintenance, supplies & repairs are the responsibility of the Viking Sal.

### CENTER HOURS

MON: 8:30 am - 2 pm

TUES: 8:30 am - 3 pm

WED: 8:30 am - 4 pm

THUR: 8:30 am - 4 pm

FRI: 8:30 am - 2 pm

Phone: 541-998-1556

245 W. 5th Ave, JC

[junctioncityoregon.gov](http://junctioncityoregon.gov)>

Dept. & Services>

Community Services Dept.>

Viking Sal

### SENIOR & DISABILITY SERVICES CONTACTS

**Senior Outreach:**

*Michelle Apparcel*

**Phone: 541-998-8445**

*Please leave a message.*

### Café 60/Senior Meals

Marcia Scalise

**Phone: 541-998-5367**

**MWF 8 am - 1 pm**

### SENIOR COUNCIL

**Rose Ferguson**

**Mary Lou Hunter**

**Vern Johnson**

**Ruth Kiscoan**

**Rae Lyons**

**Norma Matson**

**Larry Morris**

**Gerrie Troxel**

**Jerry Wear**

The Viking Sal Senior Advisory Council oversees the fundraising, budget and programming of Viking Sal.

The seven member elected council normally meets on the **2nd Thursday** of every month at 9 am.

# Education: Active Learning

Active Learning sessions must have a minimum of 4 people signed up by 2 pm the day before the session or the session may be cancelled.

## Fresh & Simple Cooking Class

9/21, 10/19, 11/16

This class is offered at 1pm on the 3rd Monday of every month. This class gives you nutritious, easy recipes that just serves two. Plus you can hear great tips from the other participants. Sign up at the Center, 541-998-1556. **FREE & open to the public.**



## Skin Cancer Screening 12/3

Do you have a suspicious area on your skin? Dr. Eric Olson, Eugene Dermatologist, will be here to check out your concerns; i.e. bumps, moles and skin discolorations. Your **5-minute appointment** will not allow him to check chronic conditions like rashes or do body scans. **Thursday, December 3, FREE and open to the public.** Call 541-998-1556 to schedule your appointment.



## Viking Sal Senior Center will be closed:

**Monday, September 7**

**Wednesday, November 11**

**Thursday & Friday, November 26 & 27**

**In Observance of the Holidays**

There will be no Senior Meals or Meals on Wheels.

## NEW! Fun and Games!

Seniors love to have fun! Please let us know if you are interested in any of the games listed here, or if you know of some other exciting ones! We are planning to add some more social games to our schedule. Please call Marcia - 541-998-1556

Rummy Qube

Golf Game

Dice Games such as:

Canasta

Hand and Foot

21, 1,000, Yatzee

Bunco

Cribbage

## News from Viking Sal Senior Center

Please be advised that beginning **September 1, 2015** Viking Sal Tuesday & Thursday Meal Prices Change to:

**Tuesday Lunch - \$5.00      Thursday Lunch - \$5.00**

The **revenue from meals**, prepared by Viking Sal volunteers, is part of Viking Sal's annual fundraising **to operate the center** and be able to be open day to day. The annual fundraising goal is approximately \$75,000.

The Viking Sal Senior Advisory Council approved the price change after careful consideration of a number of factors: **food and supply costs have continued to increase** since the last price change for each meal. It is **important** to Viking Sal **to offer** you the **same quality** meal.

If you have any **questions**, please see **Marcia**.

**Thank you** for understanding and your continued **support** of Viking Sal Senior Center **is truly appreciated**.

# Healthy Notes From Viking Sal

## Healthy Grieving

Counseling Center

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Seattle, WA

### What is Grief?

Grief is a normal and natural response to loss. Though we often expect to grieve the death of a family member or friend, many other significant losses can also trigger grief.



### How Do You Do Grief?

Fortunately, much of the process of healthy grieving seems to be built into our genes. Acknowledging and growing from losses is such a natural process that much of it will happen without our direction-if we relax our expectations of how we “should” grieve and give up some of our need to be in control.

But healthy grieving is an *active* process; it is *not* true that, “You just need to give it time.” One way of understanding the work to be done is to think of grieving as a series of tasks we need to complete (not necessarily in sequence):

- To accept the finality of the loss;
- To acknowledge and express the full range of feelings we experience as a result of the loss;
- To adjust to a life in which the lost person, object, or experience is absent;
- To say good-bye, to ritualize our movement to a new peace with the loss.
- Good friends, family members, or a personal counselor can all be helpful in doing this vital work.
- You can also do a good deal to help yourself.

## Safe Senior

### Lifesaving tips for your active lifestyle

Approximately 750,000 people over 65 are treated in the emergency room for injuries yearly. With age comes a gradual diminishing of the senses. These conditions may cause unintentional injuries, such as falls, which can often be prevented.



### Part 5 - Burns & Scalds

- Always run cold water over a burn or submerge in cold water immediately.
- NEVER use ice or butter on a burn.

### Senior Specific

- Senior's thinner skin is a greater risk for burn.
- Diminished sensation of pain causes delay in the treatment of serious burns

### Kitchen

Cooking is the 3rd leading cause of fire deaths and the leading cause of injuries among seniors.

- Wear snug or short-sleeves, roll-up longer sleeves while cooking
- Use oven mitts
- Never leave cooking unattended, especially when frying
- For pan fire, smother with lid. NEVER use water or baking soda
- Turn off burner before removing pots or pans

### Microwaves

- Let microwave foods sit for 1-2 minutes
- Lift plastic wrap or lids the farthest away from you
- Stir well and heat test with finger before tasting
- Never use metal or aluminum in a microwave



National Fire Safety Council, Inc. 2005

# ***Nutrition and Wellness:* Healthy Living**

## **Chair Massage 10/5 and 11/2**

Ever wondered about Chair Massage? Do you have friends that have tried it? Massage can enhance your health, reduce stress, increase alertness and it feels so good. Lisa Hescocok, LMT, a licensed deep-tissue Masseur, is available at Viking Sal on the **first Monday of the month.**



Morning & afternoon appointments are available. \$12 for 15 minutes. Call 541-998-1556 to reserve your timeslot. **Open to the public.**

## **Blood Pressure 9/15, 10/6, 11/3**

Volunteers from *Right At Home* offer a free Blood Pressure Clinic on various **Tuesdays** of the month beginning at **11:30am.** See dates.



Benefits include a live reading by a nurse and the ability to track and record readings from month to month to flag any changes or concerns for health care professionals. ***Drop-ins welcomed!***

## **Footcare 9/14, 9/28, 10/12, 10/26, 11/9, 11/23**

Time to put a little "spring" in your step? Come into Viking Sal and have Dorene Shoemaker take care of your feet. Call Viking Sal at 541.998.1556 to make your appointment. Each appointment is 30 minutes and the fee is \$20. Bring a towel.



## **Healthy Living at the JC Community Center 541.998.4767**

### **Tai Chi with Machiko**

Move, stretch, flow - you really have to try it! Tai-Chi is great for improving balance and preventing falls. The instructor, Machiko Shirai is a Gold Medalist in Tai-Chi. Class sessions are \$40 for each six week session. Call for new session Info.

**Date:** Tuesdays 3-4:30 pm **Cost/Reg:** \$40 for six weeks

**Instructor:** Machiko Shirai Call 541-998-4767 to register.

Class is held at JC Community Center, 175 W 7th Avenue



### **Zumba with Deb (Monday and Wednesday)**

This program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. A definite aerobic workout!

Zumba w/Deb: **Mon & Wed at 5:30pm**

**Cost/Reg:** \$5 per class or pay \$40 for 10 classes

Open to ages 10+

Class is held at JC Community Center, 175 W 7th

### **Zumba with Stacey (Friday)**

This program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. A definite aerobic workout!

Zumba w/Stacey: **Friday at 10am**

**Cost/Reg:** \$5 per class or pay \$40 for 10 classes

Open to ages 10+

Class is held at JC Community Center, 175 W 7th

# Nutrition and Wellness: Nutrition

## Tuesday Lunches - only \$5

Bring a friend for lunch & dessert on Tuesdays at Noon.

**1st Tues:** Italian Cream Soup w/side

**2nd Tues:** Chicken Noodle Soup w/side

**3rd Tues:** Vegetable Soup w/side

**4th Tues:** Corn Bisque w/side

**5th Tues:** Cook's Choice



## Thursday Lunches - only \$5

Thursday lunches served at Noon

**1st Thursday:** Chicken Strips and Mashed Potatoes

**2nd Thursday:** Taco Salad

**3rd Thursday:** Loaded Baked Potato

**4th Thursday:** Spinach Quiche w/Side of Fruit

**5th Thursday:** Cook's Choice



## Friday Soup & Salad Bar - Dine In or Out

Fall menu soup of the day & salad bar of fresh greens, variety of toppings, fresh made salad dressings, bread, tidbit dessert and beverage. **Cost is \$5** per meal (1 time thru). Purchase a \$25 prepaid card and receive 6 meals. A lunch card also makes a great gift idea! **Soup & Salad Bar hours are 11:30 - 1pm and open to all.**



## Café 60 on Mon, Wed & Fri

**Café 60 at Viking Sal Senior Center** serves two "daily specials" each Mon., Wed., and



Fri. at **11:30 am**. Call 541-998-5367 for more information. (There will be no Café 60 Meals or Meals on Wheels every 3rd Friday. **No Senior Meals on 9/18, 10/16, and 11/20.**)

Senior Meals & Café 60 is provided by Senior & Disability Services and operated in cooperation with the City of Junction City and Viking Sal Senior Center.

## Diabetes Corner: Myths & Facts

There are many myths about diabetes that make it difficult for people to believe some of the hard facts – such as **diabetes is a serious and potentially deadly disease**. These myths can create a picture of diabetes that is not accurate and full of stereotypes and stigma. Get the facts about diabetes and learn how you can stop diabetes myths and misconceptions.

**Myth 10:** Fruit is a healthy food. Therefore, it is OK to eat as much of it as you wish.

**Fact:** Fruit is a healthy food. It contains fiber and lots of vitamins and minerals. Because fruits contain carbohydrates, they need to be included in your meal plan. Talk to your dietitian about the amount, frequency and types of fruits you should eat.

*Diabetes A-Z, 6th Ed ©2010 American Diabetes Association*

## Fall Diabetic Recipe: Maple-Walnut Roasted Apples

Eaten out of hand, crisp raw apples are one of the tastiest, healthiest snacks going, but when cooked they can also be the starting point for an easy low-calorie dessert.

### Ingredients:

- 1/3 cup maple syrup
- 3 tablespoons apple cider or apple juice
- 2 teaspoons unsalted butter
- 2 large apples, halved
- 2 tablespoons chopped walnuts

### Directions:

- Preheat the oven to 400°F.
- Coat an 8-inch square baking dish with nonstick spray.
- Combine the maple syrup, apple cider, and butter in a small saucepan. Bring to a simmer, stirring. Remove from the heat.
- Wash and dry the apple halves (leave the skin on) and remove cores.
- Place the apples cut side up, in the baking dish.
- Pour the maple syrup mixture over apples. Cover with aluminum foil and bake for 20 minutes.
- Baste the apples with the maple syrup mixture. Sprinkle with the walnuts.
- Return to the oven and bake, uncovered, until the apples are tender and glazed, 10 to 20 minutes, basting once or twice.
- Let cool slightly.
- Place an apple half on each dessert dish and drizzle with syrup.



<http://social.rd.com/food/maple-walnut-roasted-apples-recipe>

# Trip Reservations & Guidelines

## How to Reserve a Trip

1. Trip Reservation Request forms must be filled out in person. Reservations cannot be taken over the phone.
2. Deadline to request a reservation for all trips listed in this Program Guide is **Friday, September 11**, unless noted otherwise.
3. For reservation requests made by **September 11**, requesters will be notified between September 21-25 by Marcia Scalise, Program Lead, if you have a reservation for your requested trip(s) or if you are on the waiting list.
4. If it is after the deadline of **September 11**, you can still turn in a Trip Reservation Request. Marcia Scalise, will contact you and notify you if space is available on the requested trip.
5. Your reservation is not complete until payment is received. Pay promptly to secure your seat.
6. You will receive a reminder call before each trip notifying you of the departing time.

*If you have any questions about a trip, please contact Marcia Scalise at 541-998-1556, during Viking Sal open hours.*

## Trip Guidelines

- CANCELLATION FEE: Any senior trip refund will be assessed a \$5 processing fee. No refund will be given if you cancel the day of the trip or if you're a no show. Once River Road has incurred costs for booking trips (tickets, meals, hotel, transportation, etc. ), we are unable to refund monies unless we can fill your spot. (Viking Sal will be following the Cancellation Policy as set by River Road Park.)
- Trip times are approximate to allow for delays and earlier departures, so plan ahead and be prepared.
- Trips are offered in coordination with River Road Parks and Recreation. A minimum number of participants are required for each trip to take place.

## *Explore Beyond:* Grub Club Trips

### **Grub Club**

Every month we're getting together to enjoy a hot, new food spot. We're the "grub club". If you like to try new restaurants and are an adventurous eater then this is the group for you. Each month it's a different place so you never know where we will end up. Get ready to grub! Cost includes transportation and lunch. \*Start times may vary. Some will include dessert, others will not.

#### Mystery???

Monday, September 21 11:45am-3:00pm Cost: \$20

#### Chow

Tuesday, October 28 11:15am-2:30pm Cost: \$22

#### Maru

Monday, November 30 11:45am-2:00pm Cost: \$20

#### Greek Paradise

Wednesday, Dec. 9 11:45am-2:00pm Cost: \$20

**Last day to make a reservation request: Friday, Sept. 11.**

### **Mixed Fall Planter, 9/16 McKenzie River**

McKenzie River Nursery will teach us everything we need to know to make our fall planter. They supply soil, plants and container. If you did the hanging basket trip then you know how much fun we had and



will surely sign up for this one. Cost includes: transportation, planter class and lunch at what used to be Aunt Ding's.

Wednesday, September 16 Cost: \$53

Est. Departure: 9:30am Est. Return: 2:30pm

**Last day to make a reservation request: Friday, Sept. 11**

# Explore Beyond: September & October Trips

## Washed Ashore, 9/25 Bandon

Join environmental artist Angela Haseltine Pozzi and the Washed Ashore movement to educate and create awareness of ocean debris and plastic pollution and its effect on marine life species. If time allows we will make a quick visit to Face Rock Creamery or make a sweet stop at Coastal Mist, a chocolate boutique. Cost includes: transportation, lunch and donation.



Friday, September 25 Cost: \$62  
 Est. Departure: 8:00am Est. Return: 6:30pm  
**Last day to make a reservation request: Friday, Sept. 11.**

## Vineyard and Hayride Tour & Taste, 9/30 Local

We will be heading to a local winery where we will enjoy a hayride through the vineyard. It's going to be beautiful! Then it's time to taste! We will taste a flight of 2 red and 2 white wines.



Sounds like a lovely time, don't you think? We hope you can make it. Cost includes: transportation, hayride and wine tasting.  
 Wednesday, September 30 Cost: \$40  
 Est. Departure: 3:30pm Est. Return: 6:30pm  
**Last day to make a reservation request: Friday, Sept. 11.**

## Peoria Garden Tour, 10/6 Albany

Peoria Gardens is a bedding plant nursery producing annuals, perennials, vegetable starts, herbs and hanging baskets for the wholesale trade.



Following the tour we will wrap things up with a delicious lunch. Cost includes: transportation, lunch and tour.

Tuesday, October 6 Cost: \$38  
 Est. Departure: 9:45am Est. Return: 3:00pm  
**Last day to make a reservation request: Friday, Sept. 11**

## Dinner & Theater: Addams Family, 10/9 Salem

Dinner and then over to The Pentacle Theater in Salem. Everything will change for The Addams Family on the fateful night they host a dinner for Wednesday's 'normal' boyfriend and his parents. Cost includes: transportation, dinner and show.



Friday, October 9 Cost: \$69  
 Est. Departure: 3:30pm Est. Return: 11:15pm  
**Last day to make a reservation request: Friday, Sept. 11**

## Sisters Harvest Faire, 10/11 Sisters

Now in its 34th year, this faire brings together over 200 vendors of handcrafted, quality arts and crafts. You will be able to explore the food booths and enjoy all the street entertainment of downtown Sisters.



Lunch on your own. Cost includes: transportation and snack.  
 Sunday, October 11 Cost: \$30  
 Est. Departure: 8:00am Est. Return: 5:00pm  
**Last day to make a reservation request: Friday, Sept. 11**

## Culinary Delights & Lighthouse, 10/16 Coos Bay

Chef's Table at Oregon Coast Culinary Institute in Coos Bay offers students real-life training with creative and tastefully prepared meals. Bring money for the students bake sale. Then tour the Winchester Bay Lighthouse, the top is up 58 steps. Cost includes: transportation, lunch and tour of the lighthouse.



Friday, October 16 Cost: \$56  
 Est. Departure: 9:15am Est. Return: 6:00pm  
**Last day to make a reservation request: Friday, Sept. 11**

## Dinner & Theater, 10/24 Oakridge

"Faith County" is "Somewhere in the middle of nowhere, in the South." Time stands still, in some places. But if you're from there, you wouldn't notice. We'll enjoy this fun show in Oakridge after a nice dinner at a local restaurant. Cost includes transportation, dinner and show.



Saturday, October 24 Cost: \$45  
 Est. Departure: 3:45pm Est. Return: 10:00pm  
**Last day to make a reservation request: Friday, Sept. 11.**

## Oregon State Hospital, 11/2 Junction City

Tour includes: patient unit, gym, treatment mall, support services, medical clinic, pharmacy, hearing room and administrative areas, plus the clinical side, recreation and vocational rehabilitation.



Walking tour is an hour and half. A late lunch at a local restaurant. Cost includes: transportation, tour and lunch.  
 Monday, November 2 Cost: \$32  
 Est. Departure: 10:45am Est. Return: 3:00pm  
**Last day to make a reservation request: Friday, Sept. 11**

# Explore Beyond: November & December Trips

## Franz Bakery, 11/12 Portland

Franz Bakery is a 4th generation, family owned company based in Portland, since 1906. After a brief history, we will tour the facility.



*Proudly Baking Since 1906*

For your safety they do not permit jewelry to be worn except for wedding bands. Also we need to wear closed toe, non-skid shoes such as tennis shoes.

First, we will lunch at Jakes Famous Crawfish. Cost includes: lunch, transportation, and tour.

Thursday, November 12 Cost: \$55

Est. Departure: 8:00am Est. Return: 5:00pm

**Last day to make a reservation request: Friday, Sept. 11**

## Salmon at the Thyme Garden, 11/17 Alesha

Come and experience this beautiful event when the salmon come back to their spawning grounds to complete their life cycle while starting a new one. Then feast on a six course homemade herbal dinner from appetizers to dessert. Wear comfortable walking shoes if you plan on doing the walkabout. Cost includes transportation, dinner and walk.



Tuesday, November 17 Cost: \$58

Est. Departure: 11:30am Est. Return: 6:00pm

**Last day to make a reservation request: Friday, Sept. 11.**

## Eugene Mission, 11/24 Eugene

Come help feed the homeless this holiday season. After an early lunch, we will tour the Eugene Mission and then help with meal preparations:



prep veggies, potatoes, pies, stuffing, salads, set tables and decorate the dining room. What could be more rewarding than helping those who are in need? Cost includes: transportation, tour and lunch.

Tuesday, November 24 Cost: \$25

Est. Departure: 11:15am Est. Return: 4:00pm

**Last day to make a reservation request: Friday, Sept. 11**

## Painted Lady Holiday Tea, 12/2 Myrtle Creek

What could be better than a Queen's High Tea in a 115 year old Colonial home located in Myrtle Creek? Visiting the decorated home during the Holidays. Seasonal fruit, Quiche Lorraine, Chocolate dipped strawberries, apricot/cranberry scones, assorted finger sandwiches, dessert and tea. Cost includes: transportation and lunch.



Wednesday, December 2 Cost: \$57

Est. Departure: 9:30am Est. Return: 5:30pm

**Last day to make a reservation request: Friday, Sept. 11**

## Singing Christmas Tree, 12/6 Portland

This is the Singing Christmas Tree's 53rd season. This is a full-scale theatrical presentation with over 300 adult and youth voices, and special guests Georgene Rice, Timothy Greenidge, and the Jefferson



Dancers will start your Christmas holiday season off right! Cost includes: show, transportation, and dinner.

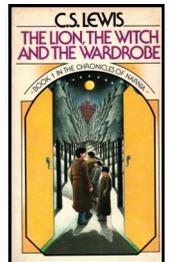
Sunday, December 6 Cost: \$107

Est. Departure: 11:30am Est. Return: 9:00pm

**Last day to make a reservation request: Friday, Sept. 11**

## Cottage Grove Theater, 12/11 Cottage Grove

This dramatization of the C.S. Lewis classic recreates the adventures of four children who wander from an old wardrobe into the exciting and unusual land of Narnia. The adventure unfolds as the evil White Witch tries to keep Narnia in an endless icy winter and end the reign of Aslan, the Lion. Cost includes: dinner, show, and transportation.



Friday, December 11 Cost: \$57

Est. Departure: 5:15pm Est. Return: 11:45pm

**Last day to make a reservation request: Friday, Sept. 11**

## Christmas Parlor Tour, 12/13 Albany

An Albany tradition since 1979, each year the Christmas Parlor tour features historic homes which have been lovingly restored and beautifully decorated for the holidays for our pleasure of touring. Cost includes: transportation, tour and brunch. There is walking and getting on and off the bus, walking up to 3 blocks to get the most of this trip.

Sunday, December 13 Cost: \$53

Est. Departure: 10:45am Est. Return: 6:30pm

**Last day to make a reservation request: Friday, Sept. 11**



# Explore Beyond: December & Extended Trips

## Portland Spirit, 12/18 Portland

We will take a break from holiday preparations and enjoy a 2 1/2 hour cruise on the beautiful Willamette



River. We'll bask in the lights of Portland and enjoy the many boats decorated with holiday lights as they parade beside us. We will have a plated dinner with entertainment. Cost includes everything.

Friday, December 18

Cost: \$105

Est. Departure: 4:00pm

Est. Return: Midnight

**Last day to make a reservation request: Friday, Sept. 11**

## Thrift Time & Lunch, 1/8 Springfield

Feeling thrifty and ready to hunt? Let's head over to Springfield to shop around. We will stop and enjoy a nice lunch before heading back home. Cost includes: fun, transportation and lunch.



Friday, January 8

Cost: \$20

Est. Departure: 10:00am

Est. Return: 3:30pm

**Last day to make a reservation request: Friday, Sept. 11**

### SAVE THE DATE!

Blue Man Group

Wednesday, March 30

Million Dollar Quartet

Wednesday, April 27

## Washington, D.C. April 20-26, 2016

### The Presentation

Come learn about this wonderful spring trip to our nation's capital with an optional side



extension to New York City! It's going to be AMAZING! Please pre-register 541-688-4052.

### Presentation Options

Tuesday, September 10 1:30pm Willamalane

Thursday, September 10 7:00pm River Road Park

### The Trip

Get ready to explore Washington, D.C., our nation's capital. Hopefully we will get lucky and catch the cherry blossoms in bloom. Highlights include: US Capital Building Tour, WWII Memorial, White House Visitor Center, Mt. Vernon, Arlington National Cemetery, Smithsonian



Institute, Baltimore, Annapolis, Washington National Cathedral and Ford's Theater. Cost includes: round trip air out of Eugene, taxes and fees/surcharges, hotel, transfers, 7 glorious days and 9 meals. If we have a big enough group, a trip leader from River Road Park will accompany the group. Sign up before 10/13/15 or your cost is \$100 more. Travel insurance is available for \$205 per person. Final payment is due on 2/20/16.

Single: \$3199 Double: \$2499 Triple: \$2569

## Prague & the Danube

## October 10-21, 2016

### The Presentation

Come learn about this amazing, once in a lifetime 11 day trip! This is a bucket list trip so now is your chance to find out more. Please register 541-688-4052.



### Presentation Options

Tuesday, September 29 10:00am Willamalane

Tuesday, September 29 1:00pm River Road Park

### The Trip

This is an incredible 11 day trip of a lifetime. 7 days of it are on the picturesque Danube River aboard the chartered Amadeus Elegant. This is a new, smaller ship that holds 150 passengers with all the amenities and luxuries one could want. Highlights are: Budapest, Bratislava, Vienna, Durnstein Melk, Passau, Regensburg and Prague. The price includes: motor coach transportation, flights out of PDX, 7 day cruise, local wines, port charges and taxes and 2 nights hotel in Prague.



Deposit of \$500 is due to hold your spot. If you register and pay your deposit before 1/31/16 then you get \$200 off. Final payment is due 75 days prior to departure. Cabin upgrades are available. Insurance is available for \$370. Call now or come to our presentation on 9/29 to learn more and get yourself signed up. This is one that you do not want to miss. You can turn in forms at any time. You do not have to wait until the presentation.

Once space is gone - it's gone.

Double: \$4595 before 1-31-16 or \$4795 after 1-31-16

Single: \$6095

Limited cabins at this price!

# Recreation: Social Activities



## SEPTEMBER BIRTHDAYS

- |                    |                   |
|--------------------|-------------------|
| 1 Glenn Wisegarver | 16 Ralph Mitchell |
| 7 Madeline Willis  | 19 Mary Jamieson  |
| 9 Pete Mortensen   | 25 Carol Johnson  |
| 10 Joyce Glass     | 30 Babe Goldan    |

## OCTOBER BIRTHDAYS

- |                    |                 |
|--------------------|-----------------|
| 7 Rosemarie Stover | 14 Clare Moomey |
| 14 Sue Hall        | 31 Gary Briggs  |

## NOVEMBER BIRTHDAYS

- |                   |                 |
|-------------------|-----------------|
| 1 Lee Bohle       | 21 Allen Glass  |
| 2 Ardyth Rossow   | 24 Carl Nielsen |
| 14 Deb Hart       | 29 Ken Jamieson |
| 20 Verdine Weston |                 |

**If you don't see your birthday listed and would like us to include it in future editions, please let the center office know, 541-998-1556.**

## Fall Painting Classes

Have you always wanted to learn how to paint with oils? Char is back on **Wednesdays, at 1:00pm** to help guide you on your way. **This class is FREE and open to the public.** You will need to bring your own painting supplies and projects. Sign up at Viking Sal.



## Viking Sal Recreational Games

### TUESDAY

**TEXAS HOLD EM:** \$5 Buy-In 6pm every Tuesday

### WEDNESDAY

**Wii BOWLING:** 9:30 -11:30 am every Wednesday

### THURSDAY

**MEXICAN TRAIN DOMINOS:** 1st & 3rd at 10:30 - 11:30am

**CARD BINGO:** 2nd, 4th & 5th at 10:30 - 11:30am

**BINGO:** 12:30pm Cards are \$.50 every Thursday

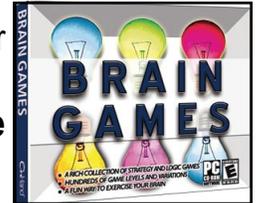
### FRIDAY

**STARTER MAHJONG:** 12:30 - 2pm every Friday

**TEXAS HOLD EM:** \$10 Buy-In 6pm every Friday

## Weekly Puzzle Packets

**Available every Friday** at Viking Sal office. Packets offer puzzles in each of the 4 categories of brain health. **One free packet per person, 50 cents thereafter.**



## Monthly Birthday Parties

Let's celebrate everyone's birthdays together with cake and ice cream.

Everyone is invited to celebrate as we honor the birthday people for the month. Birthday celebrations begin at **12:30pm.**



**September Party** - Wednesday, September 16

**October Party** - Wednesday, October 21

**November Party** - Wednesday, November 18

**December Party** - Wednesday, December 16

# Leadership: Volunteer and Giving

Viking Sal relies on 80+ volunteers annually to accomplish its mission and areas of service (Leadership, Education, Assistance, Recreation, and Nutrition/Wellness). Volunteer opportunities at Viking Sal are varied depending on the volunteer's desired time commitment, desired level of responsibility, and personal skills or interests.

## Weekly Volunteers

### Senior Companions



- Make a difference in people's lives
- Are men or women over 55 years of age
- Can volunteer 15 or more hours weekly
- Have a limited income
- Receive extensive training and support
- Receive an hourly tax-exempt stipend of \$2.65/hr
- Are reimbursed for meals and mileage

Call the Senior Companion Program of Lane County at 541-463-6260

Senior Companion Program  
101 W. 10th Ave. Ste. 133  
Eugene, OR 97401

[www.lanec.edu/scp](http://www.lanec.edu/scp)

### Escort Volunteer Driver

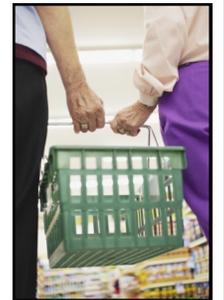


- Provide medical transportation for Seniors
- Mileage is reimbursed for these rides.

Call Senior Connections at 541-998-8445

### Elder Help Volunteers

- Make a difference in people's lives
- Be a friend and help put seniors back in motion



Call Elder Help Coordinator,  
Clarence Townsend at 541-517-6396

## Volunteer Leadership Coordinator Opening

Applications are available at the Viking Sal office.



Needed:

- **Facilities Coordinator**
- **Volunteer Coordinator**

The volunteer duties include an 8 hour a week commitment and a willingness to take lead on projects as driven by the center's needs and outlined in the volunteer job descriptions for each position.



## Viking Sal Program Guide Assembly 11/25

The Viking Sal Program Guide is a quarterly collaborative effort and the entire design and production of the newsletter is done at Viking Sal by the



volunteers and Community Service Department Staff. **Currently distribution requires 7,200 copy passes to distribute approximately 600 newsletters each quarter.** Total volunteer and staff production hours typically run 80 hours per issue. Mark your calendar to come help us put together the Viking Sal Winter 2015 Program Guide on Wednesday, November 25 at 12:30 pm. **No experience necessary.** Call 541-998-1556 to volunteer!

# Assistance: Resources and Programs

Access through Senior Connections, Call 541-998-8445



## SENIOR MEALS PROGRAM

Offering Café 60 & Meals On Wheels



**Meals on Wheels** help homebound older people remain independent

- Available for seniors 60 or older who cannot get out due to illness and other conditions.

**Café 60** Dining Rooms serve meals in a friendly community setting

- Located at the Viking Sal Senior Center 245 W. 5th Ave, Junction City, OR 97448
- Meet new people and gain new friends.

Nutritious meals provided on Monday, Wednesday and Friday at 11:30am – 12:15pm. Suggested donation \$3.

*Meals on Wheels & Café 60 is provided by Senior & Disability Services and operated in cooperation with the City of Junction City and Viking Sal Senior Center.*

## Senior Companion and Elder Help Programs

What can a Senior Companion do with you?

### Assistance

- Accompany you to a doctor or nurse, with your permission
- Encourage exercise by taking walks with you
- Provide transportation for errands and weekly activities

### Nutrition

- Take you to the grocery store, and help you label and organize foods
- Accompany you to a senior dining room, meal site, restaurant or café

### Social/Recreation

- Provide companionship, talk, listen, read, watch movies, play games,
- Enjoy a hobby together
- Foster contact with family and friends
- Accompany you to a recreational or social event during work hours

### Home Management

- Write letters, notes
- Light housekeeping with you
- Light gardening with you
- Assist you with household management, organizing mail

SENIOR  
CONNECTIONS

Community Services for Seniors and Family Caregivers



Senior Companions are individuals who are 55+, pass a criminal background check, complete extensive training, and want to spend time with you.

## Escort Rides Program

- This program provides rides for medical/dental/vision/other medical appointments in Junction City, Veneta and Eugene/Springfield.
- For Seniors Age 60 and Older
- This is a free service, and uses donations from riders and/or their families/friends to reimburse the volunteer drivers for their vehicle costs (fuel, insurance, tires, maintenance, etc.)

Escort Volunteer Drivers are individuals who pass a criminal background check, complete extensive training, and want to spend time with you.

Senior Connections **matches older adults with the resources and services they need in order to continue to live independently** in their own homes or apartments. Services include: resource information, program referrals, benefit assistance (energy assistance, Meals on Wheels, transportation, money management, and respite care), volunteers providing a range of supportive services, and case management. **Calling ahead and scheduling appointments for services is strongly encouraged.** Contact Senior Connections at 541-998-8445. Home visits are offered as well.

# **Assistance:** Resources and Programs

Access through **Viking Sal Senior Center, Call 541-998-1556**

## **Senior Law Program at Viking Sal 9/11, 10/9, 11/13**



The program is open to people 60 and over, living in Lane County and is funded through the Older Americans Act. A **free initial** consultation with a volunteer attorney at Viking Sal is provided.

Any work beyond the initial consultation is based upon a number of factors, including need, and may involve fees. The Program is offered by **appointment** at Viking Sal on the **second Friday of the month. Call 541-998-1556 for an appt.**

## **Viking Sal Creative Resources**

### **VIDEO LIBRARY:**

Over 100 titles available for take home lending free of charge for up to three days. Small collection of DVDs. Movies and books on tape do need to be checked out at the center library.



### **PRINT LIBRARY:**

Paperback, hardback, magazines and large print books, sorted by basic categories and authors by **Volunteer Librarian, Gerrie Troxel**. Open daily during center hours. Free lending and exchange. Book donations welcome.

### **PUZZLES:**

Jigsaw puzzles are available to borrow. Free lending, most puzzles are 500 piece puzzles. Puzzle donations welcome.

### **COMPUTER LAB:**

Internet accessible with Windows programs. M-F during center hours. Free of charge. Copies 10¢ ea.

## **Equipment Loan**



Donated walkers, canes, crutches, shower/tub chairs, raised toilet seats, and a limited number of wheelchairs are available to seniors free of charge at Viking Sal at 541-998-1556. Number of items available vary depending on items on loan.

Access through **JC Community Center, Call 541-998-4767**

## **Senior Health Insurance Benefits Assistance**

**Open Enrollment Appts:**  
10/6, 10/20, 10/27, 11/3, 11/10, 11/17, 11/24, 12/1, 12/15



The SHIBA program provides **FREE** counseling to people with Medicare. Trained volunteers can help you compare Medicare Advantage Plans, compare Medicare Supplement Plans, help you apply for Medicare Saving Programs, and help with Medicare Prescription Coverage. Appointments available every 1st & 3rd Tuesday. **Call the JC Community Center, 541-998-4767 for an appointment.**

Service Leader: State of Oregon SHIBA Volunteer  
**Appts. Held at JC Community Center, 175 W 7th**

## **AARP Smart Driving Course**

Refresh your skills and knowledge. Completion of this course may entitle you to a discount on your insurance premiums.



Participants must **pre-register by calling the JC Community Center at 541-998-4767**. This is a one day course.

**Date:** Thursday, November 5, 10am-4:30pm

**Cost/Reg:** \$15 member/\$20 non-member paid to the instructor

**Service Leader:** AARP Smart Driver Program

**Class held at JC Community Center, 175 W 7th Avenue**

# Entertain the Options: Special Events

## Viking Sal's Big Hush 10/11

Sunday, October 11,  
4-6 pm

Viking Sal's  
Annual Big Hush Auction  
and Italian Themed Dinner  
\$15 Advance Tickets  
\$20 at the Door

The Big Hush will be held at Junction City High School Cafeteria this year with hundreds of items available for the progressive silent auction. This event is the biggest annual fundraiser for the Viking Sal. (A portion of funds raised are typically matched by a Grant from Thrivent Lutheran Financial.) If you value Viking Sal Senior Center as part of your community, please join us this Fall to support the services offered by Viking Sal.

## Harvest Luncheon 10/27

Hot dogs with toppings served with baked beans, dessert and beverage. Our



Annual Harvest Luncheon will be held on **Tuesday, October 27 at Noon. Tickets are \$5 and available at Viking Sal.** This is a fun time for everyone. Costumes are encouraged! Donations are welcome at the door.



Don't forget to get your drawing tickets for the Harvest Luncheon Drawing held on October 27.

## Thanksgiving Luncheon 11/24

Our annual Thanksgiving Luncheon will be **Tuesday, November 24**



**at Noon.** Tickets are \$5 and available at Viking Sal. The center will serve Turkey, Stuffing, Gravy, Mashed Potatoes, Vegetable, Dessert and Beverage. Proceeds go to benefit Viking Sal. Be sure to stop by Viking Sal and check out the great drawing items that will be drawn for on November 24 at the Thanksgiving Luncheon.



## Angel Tree 12/1

The Viking Sal will display the annual **Angel Tree** beginning **December 1.** The Angel Tree is an opportunity for you to give a Holiday gift to support Viking Sal's ability to serve your community year round. The center fundraises its entire \$75,000 operational budget every year to continue service. With your monetary donation, we hang an angel or snowflake on the center's tree in the name of your choice. **Donations range from \$1 - \$500+** per household or business or organization. Simply give what you can. Donation receipts for taxes are available!



# Entertain the Options: Special Events

## Light Parade 12/11



Viking Sal staff, volunteers and all interested seniors will join in **Junction City's Annual Light Parade on Friday, December 11**. We might be elves, reindeer, Santa or something new and exciting! Please join us for this traditional and fun community event. You may sign up at Viking Sal at anytime. **If you'd like to help with decorating our 'float,' be at Viking Sal on Friday, December 11 at 1 pm!** See you then!

## Breakfast w/Santa 12/12

Direct from the North Pole and for one day only **Saturday, December 12** from **8:30 - 11 am** the Viking Sal will offer the Annual **Breakfast with Santa**.



This family event includes visits with jolly old St. Nick, pancakes, eggs, orange juice, ham, and coffee or tea for \$5 per person and \$2 for kids under 12. Tickets will be



available at the center or at the door. All proceeds benefit Viking Sal.

## Holiday Luncheon 12/22



Our Annual Holiday Luncheon will be **Tuesday, December 22** at noon. The center will serve Baked Ham, Sweet Potato Casserole, Veggie, Salad, Rolls and Dessert. Tickets are \$5 and will be available December 1st. Proceeds go to benefit Viking Sal. Be sure to stop by Viking Sal and check out the great drawing items that will be drawn for on December 22 at the Holiday Luncheon.

## Anniversary Breakfast 2/6

The Viking Sal will host its annual **Anniversary Breakfast on Saturday, February 6** in



honor of **38 years** of service to Junction City area seniors as the Viking Sal Senior Center. The breakfast includes breakfast casserole, French toast, fruit, coffee and tea. Tickets are free, but limited, and will be available January 1. **Doors open at 8:30am, breakfast served until 11:00am**. The recognition ceremony begins at 9:45 am. Donations to Viking Sal are encouraged and greatly appreciated.

# September 2015

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
		<b>1</b> <b>Labor Day</b> <b>Luau Luncheon \$5</b>  6 pm Texas Hold Em \$5	<b>2</b> 9:30am Wii Bowling 11:30-12:15 Café 60 2 daily entrees 1pm Art Class	<b>3</b> 10:30 am Mexican Train Dominos Noon V Sal Lunch Chicken Strips & Mashed Potatoes \$5 12:30 pm Bingo .50/card	<b>4</b> 11 am Candy Bingo 11:30-12:15 Café 60 2 daily entrees 11:30-1pm Soup & Salad Bar \$5 12:30 pm Mahjong 6 pm Texas Hold Em \$10	<b>5</b>
<b>6</b>	<b>7</b> <b>Viking Sal CLOSED in Observance of the holiday</b> 	<b>8</b> Noon V Sal Lunch Chicken Noodle Soup w/side \$5 6 pm Texas Hold Em \$5	<b>9</b> 9:30am Wii Bowling 11:30-12:15 Café 60 2 daily entrees 1pm Art Class	<b>10</b> 9 am Advisory Council 10:30 am Card Bingo Noon V Sal Lunch Taco Salad \$5 12:30 pm Bingo .50/card	<b>11</b> 11 am Candy Bingo 11:30-12:15 Café 60 2 daily entrees 11:30-1pm Soup & Salad Bar \$5 Senior Law by Appt. 12:30 pm Mahjong 6 pm Texas Hold Em \$10	<b>12</b>

13						18	19
14	Footcare by Appt  11:30-12:15 Café 60 2 daily entrees	11:30-Noon Blood Pressure Clinic  Noon V Sal Lunch Vegetable Soup w/side \$5  6 pm Texas Hold Em \$5	9:30am Wii Bowling  11:30-12:15 Café 60 2 daily entrees  September Birthday Party @ 12:30pm  1pm Art Class  TRIP: McKenzie River	10:30 am Mexican Train Dominos  Noon V Sal Lunch Loaded Baked Potato \$5  12:30 pm Bingo .50/card		NO CANDY BINGO  NO SENIOR MEALS  11:30-1pm Soup & Salad Bar \$5  12:30 pm Mahjong  6 pm Texas Hold Em \$10	
15						25	26
16	Footcare by Appt  11:30-12:15 Café 60 2 daily entrees	11:30-12:15 Café 60 2 daily entrees  September Birthday Party @ 12:30pm  1pm Art Class  TRIP: McKenzie River	9:30am Wii Bowling  11:30-12:15 Café 60 2 daily entrees  1pm Art Class	10:30 am Card Bingo  Noon V Sal Lunch Spinach Quiche w/side of Fruit \$5  12:30 pm Bingo .50/card		11 am Candy Bingo  11:30-12:15 Café 60 2 daily entrees  11:30-1pm Soup & Salad Bar \$5  12:30 pm Mahjong  6 pm Texas Hold Em \$10  TRIP: Bandon	
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18	Footcare by Appt  11:30-12:15 Café 60 2 daily entrees	11:30-12:15 Café 60 2 daily entrees  September Birthday Party @ 12:30pm  1pm Art Class  TRIP: McKenzie River	9:30am Wii Bowling  11:30-12:15 Café 60 2 daily entrees  1pm Art Class	10:30 am Card Bingo  Noon V Sal Lunch Spinach Quiche w/side of Fruit \$5  12:30 pm Bingo .50/card		11 am Candy Bingo  11:30-12:15 Café 60 2 daily entrees  11:30-1pm Soup & Salad Bar \$5  12:30 pm Mahjong  6 pm Texas Hold Em \$10  TRIP: Bandon	
19						23	
20						22	
21	Footcare by Appt  11:30-12:15 Café 60 2 daily entrees  1pm Cooking Class  TRIP: Mystery Grub Club	11:30-12:15 Café 60 2 daily entrees  September Birthday Party @ 12:30pm  1pm Art Class  TRIP: McKenzie River	9:30am Wii Bowling  11:30-12:15 Café 60 2 daily entrees  1pm Art Class	10:30 am Card Bingo  Noon V Sal Lunch Spinach Quiche w/side of Fruit \$5  12:30 pm Bingo .50/card		11 am Candy Bingo  11:30-12:15 Café 60 2 daily entrees  11:30-1pm Soup & Salad Bar \$5  12:30 pm Mahjong  6 pm Texas Hold Em \$10  TRIP: Bandon	
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23	Footcare by Appt  11:30-12:15 Café 60 2 daily entrees	11:30-12:15 Café 60 2 daily entrees  September Birthday Party @ 12:30pm  1pm Art Class  TRIP: McKenzie River	9:30am Wii Bowling  11:30-12:15 Café 60 2 daily entrees  1pm Art Class	10:30 am Card Bingo  Noon V Sal Lunch Spinach Quiche w/side of Fruit \$5  12:30 pm Bingo .50/card		11 am Candy Bingo  11:30-12:15 Café 60 2 daily entrees  11:30-1pm Soup & Salad Bar \$5  12:30 pm Mahjong  6 pm Texas Hold Em \$10  TRIP: Bandon	
24						20	
25	Footcare by Appt  11:30-12:15 Café 60 2 daily entrees	11:30-12:15 Café 60 2 daily entrees  September Birthday Party @ 12:30pm  1pm Art Class  TRIP: McKenzie River	9:30am Wii Bowling  11:30-12:15 Café 60 2 daily entrees  1pm Art Class	10:30 am Card Bingo  Noon V Sal Lunch Spinach Quiche w/side of Fruit \$5  12:30 pm Bingo .50/card		11 am Candy Bingo  11:30-12:15 Café 60 2 daily entrees  11:30-1pm Soup & Salad Bar \$5  12:30 pm Mahjong  6 pm Texas Hold Em \$10  TRIP: Bandon	
26						19	
27	Footcare by Appt  11:30-12:15 Café 60 2 daily entrees	11:30-12:15 Café 60 2 daily entrees  September Birthday Party @ 12:30pm  1pm Art Class  TRIP: McKenzie River	9:30am Wii Bowling  11:30-12:15 Café 60 2 daily entrees  1pm Art Class	10:30 am Card Bingo  Noon V Sal Lunch Spinach Quiche w/side of Fruit \$5  12:30 pm Bingo .50/card		11 am Candy Bingo  11:30-12:15 Café 60 2 daily entrees  11:30-1pm Soup & Salad Bar \$5  12:30 pm Mahjong  6 pm Texas Hold Em \$10  TRIP: Bandon	
28						18	
29	Footcare by Appt  11:30-12:15 Café 60 2 daily entrees	11:30-12:15 Café 60 2 daily entrees  September Birthday Party @ 12:30pm  1pm Art Class  TRIP: McKenzie River	9:30am Wii Bowling  11:30-12:15 Café 60 2 daily entrees  1pm Art Class	10:30 am Card Bingo  Noon V Sal Lunch Spinach Quiche w/side of Fruit \$5  12:30 pm Bingo .50/card		11 am Candy Bingo  11:30-12:15 Café 60 2 daily entrees  11:30-1pm Soup & Salad Bar \$5  12:30 pm Mahjong  6 pm Texas Hold Em \$10  TRIP: Bandon	
30						17	
31						16	
32						15	
33						14	
34						13	
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p><b>Upcoming Activities at Viking Sal Senior Center</b></p> <p><b>October 11 - Big Hush Silent Auction</b></p> <p><b>October 27 - Harvest Luncheon</b></p> <p><b>November 11 - Viking Sal CLOSED</b></p> <p><b>November 24 - Thanksgiving Luncheon</b></p> <p><b>December 1 - Angel Tree</b></p> </div>							

# October 2015

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
				1 10:30 am Mexican Train Dominos  Noon V Sal Lunch Chicken Strips & Mashed Potatoes \$5  12:30 pm Bingo .50/card	2 11 am Candy Bingo  11:30-12:15 Café 60 2 daily entrees 11:30-1pm Soup & Salad Bar \$5  12:30 pm Mahjong  6 pm Texas Hold Em \$10	3
	<div style="border: 1px solid black; padding: 10px;"> <p><b>Upcoming Activities at Viking Sal Senior Center</b></p> <p>November 11 - Viking Sal CLOSED</p> <p>November 24 - Thanksgiving Luncheon</p> <p>November 26/27 - Viking Sal CLOSED</p> <p>December 1 - Angel Tree</p> <p>December 11 - Light Parade</p> <p>December 12 - Breakfast with Santa</p> </div>			8 9 am Advisory Council  10:30 am Card Bingo  Noon V Sal Lunch Taco Salad \$5  12:30 pm Bingo .50/card	9 11 am Candy Bingo 11:30-12:15 Café 60 2 daily entrees 11:30-1pm Soup & Salad Bar \$5 Senior Law by Appt.  12:30 pm Mahjong  6 pm Texas Hold Em \$10  TRIP: Addams Family	10
4	5 Chair Massage by Appt.  11:30-12:15 Café 60 2 daily entrees	6 11:30-Noon Blood Pressure Clinic  Noon V Sal Lunch Italian Cream Soup w/side \$5  6 pm Texas Hold Em \$5  TRIP: Peoria Garden	7 9:30am Wii Bowling  11:30-12:15 Café 60 2 daily entrees  1pm Art Class			

11	<b>4-6 pm</b> <b>BIG</b> <b>HUSH</b> <i>Junction City High School Cafeteria</i> TRIP: Sister Harvest Faire	Footcare by Appt 11:30-12:15 Café 60 2 daily entrees	Noon V Sal Lunch Chicken Noodle Soup w/side \$5 6 pm Texas Hold Em \$5	14 9:30am Wii Bowling 11:30-12:15 Café 60 2 daily entrees 1pm Art Class	15 10:30 am Mexican Train Dominos Noon V Sal Lunch Loaded Baked Potato \$5 12:30 pm Bingo .50/card	16 <b>NO CANDY BINGO</b> <b>NO SENIOR MEALS</b> 11:30-1pm Soup & Salad Bar \$5 12:30 pm Mahjong 6 pm Texas Hold Em \$10 TRIP: Coos Bay	17
18		19 11:30-12:15 Café 60 2 daily entrees 1pm Cooking Class	20 Noon V Sal Lunch Vegetable Soup w/side \$5 6 pm Texas Hold Em \$5	21 9:30am Wii Bowling 11:30-12:15 Café 60 2 daily entrees October Birthday Party @ 12:30pm 1pm Art Class	22 10:30 am Card Bingo Noon V Sal Lunch Spinach Quiche w/side of Fruit \$5 12:30 pm Bingo .50/card	23 11 am Candy Bingo 11:30-12:15 Café 60 2 daily entrees 11:30-1pm Soup & Salad Bar \$5 12:30 pm Mahjong 6 pm Texas Hold Em \$10 TRIP: Oakridge	24
25		26 Footcare by Appt. 11:30-12:15 Café 60 2 daily entrees	27 <b>Harvest Luncheon \$5</b>  6 pm Texas Hold Em \$5	28 9:30am Wii Bowling 11:30-12:15 Café 60 2 daily entrees 1pm Art Class TRIP: Chow Grub Club	29 10:30 am Card Bingo Noon V Sal Lunch Cook's Choice \$5 12:30 pm Bingo .50/card	30 11 am Candy Bingo 11:30-12:15 Café 60 2 daily entrees 11:30-1pm Soup & Salad Bar \$5 12:30 pm Mahjong 6 pm Texas Hold Em \$10	31



# November 2015

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
1	2 Chair Massage by Appt.  11:30-12:15 Café 60 2 daily entrees	3 11:30-Noon Blood Pressure Clinic  Noon V Sal Lunch Italian Cream Soup w/side \$5  6 pm Texas Hold Em \$5	4 9:30am Wii Bowling  11:30-12:15 Café 60 2 daily entrees  1pm Art Class	5 10:30 am Mexican Train Dominos  Noon V Sal Lunch Chicken Strips & Mashed Potatoes \$5  12:30 pm Bingo .50/card	6 11 am Candy Bingo  11:30-12:15 Café 60 2 daily entrees 11:30-1pm Soup & Salad Bar \$5  12:30 pm Mahjong  6 pm Texas Hold Em \$10	7
8	9 Footcare by Appt.  11:30-12:15 Café 60 2 daily entrees	10 Noon V Sal Lunch Chicken Noodle Soup w/side \$5  6 pm Texas Hold Em \$5	11 <b>Viking Sal CLOSED in Observance of the holiday</b> 	12 9 am Advisory Council 10:30 am Card Bingo  Noon V Sal Lunch Taco Salad \$5  12:30 pm Bingo .50/card TRIP: Franz Bakery	13 11 am Candy Bingo 11:30-12:15 Café 60 2 daily entrees 11:30-1pm Soup & Salad Bar \$5 Senior Law by Appt. 12:30 pm Mahjong 6 pm Texas Hold Em \$10	14





245 W. 5th Street  
Junction City, OR 97448

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## 2015 Progressive Lunch - First Stop Viking Sal



**Thank you - Marcie**