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NSAC NEWS

Newport Senior Activity Center 20 SE 2nd Street

Newport, Oregon 97365 (541) 265-9617

City of Newport Parks & Recreation

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TRIPS, TRIPS, AND MORE TRIPS!!!

Get your buddies together and make plans to go traveling with us this year. We are starting our exciting adventures in February. Our very first trip is on Saturday, February 19th as we venture to Eugene. We are going to the Oregon Asian Celebration. The cost of this trip is only \$45.00. All of our day trips will leave promptly at 9:00 a.m. and return at approximately 5:00 p.m. that evening. Then on Friday, March 4th, we're off to Corvallis with a stop at Trader's Joe's and then on to Camp Adair. We will have a personal guide and local author give us an exclusive tour and presentation. \$35.00 is the cost of this trip. Then in April, our first trip is scheduled for Saturday, April 9th going to Pacific City stopping at the Birding and Blues Festival. \$60.00 is the cost for this trip. Then on Friday, April 22nd, we find ourselves returning for that ever popular Woodburn/Tulip, Wine, and Chocolate Trip. \$53.00 is the cost. We have 3 trips scheduled for May. The first is Friday, May 6th with a Philomath Trip/Gathering Together Farms—Cardwell Winery—Kings Valley Covered Bridge. Cost is \$35.00. Then on Friday, May 20th we are headed to Florence stopping at the Rhododendron Festival and then to Three Rivers Casino. This trip cost \$35.00. And on Saturday, May 21st, we head to Kaiser for the Iris Festival, and the cost is \$38.00. These are the trips scheduled until the end of May, 2011. Remember to make your reservation early so you won't be left behind. Inquire in the office about support funds if needed for trips or activities. Pick up the complete list of upcoming trips in the office.

KATHLEEN'S "WORD OF THE WEEK"

LOOK around the Senior Center and see if you can spot the "Word of the Week". Learn the definition, and add it to your vocabulary. This is another way that we will be able to use our brain and keep it more active.

BE-JEWELLED SALE



Want to get rid of that extra jewelry that's been cluttering up your jewelry box? I know exactly what you can do. Donate it for the Be-Jeweled Sale at the Newport Recreation Center on January 29th, 2011, from 9am to 2pm. This is a fund raiser for Lincoln County Food Share, and the proceeds are used exclusively in Lincoln County. Any used jewelry such as collectibles and costume jewelry will help feed families in our community. There are several drop site locations. In Newport, Food Share, Newport Chamber, Newport Senior Activity Center, Nye Cottage Beads, Oregon Coast Bank and Hair Love, and at the Oregon Coast Bank in Toledo, Waldport, and Lincoln City. For a pick-up call Sue Wilson at 541-574-7898.

LUNCH AND LEARN

The ever popular Lunch and Learn will continue in January. Mark your calendar and bring a sack lunch. Lunch and Learn Tuesday, January 11th will be hosted by Kent Kroneman who will be discussing drug use and abuse. This will be a very informative discussion about prescription and non prescription drugs as well as the cause and effect. Lunch and Learn on January 25th will most likely be the most important resource to date. Lola Jones will give a presentation on a new state wide information line accessed by 211. This is a one stop shopping service for any and every public service. Everything you need from housing to medical information has been compiled in one data base. All of your questions on where to find information are now at one spot, 211. Lola will describe the entire process. Don't forget to bring your lunch and enjoy the information at hand at the Senior Center.

Wii BOWLING TOURNAMENT



Begin to get ready for the BIG Wii Bowling Tournament slated for St Patrick's Day, March 17th, beginning at 10:00 am with practice and warm-up. Start Team bowling at 10:30 and Potluck with finger foods at 11:30. Get your team together; think of a cute name for your team; come to the Senior Center and practice now, so you will be ready to bowl a perfect game. We will have 3 televisions available for play, and everyone who wants to bowl can do so. Sign your team up now. There is NO cost for this fun event. St Patrick's Day so wear GREEN!!! Don't delay!!! Potluck means bring your favorite finger foods to enjoy and share with others.

GET YOUR AFFAIRS IN ORDER

Mark your calendar, February 8, 2011, for an important panel discussion dealing with how to start "The Conversation" with loved ones concerning their affairs. We will assemble a professional panel to discuss all the things that are important to seniors and their families. Get in touch with your financial, mental and physical fitness. Attend this panel discussion for the best practices for Aging "Safely" in Place. For times, topics and other helpful information, please call us at 541-265-9617, or come in the Senior Center.

HOURS OPEN COME ON IN!!!

Senior Center 9am to 4pm

Senior Center Gift Shop 9am to 1pm

The Senior Center and Gift Shop are open daily, Monday through Friday.



AARP TAX TIME IS GETTING CLOSE

That dreaded Tax Time is fast approaching. The Newport Recreation Center will be hosting AARP's Great Tax Aide Preparers as they help the community with their taxes. Remember the dates are Wednesdays and Fridays from 9am to 2pm beginning February 02, 2011 and continuing until Friday, April 15, 2011. Have your last year's tax return and all pertinent information with you when you come. It's first come first serve, so be patient as you wait your turn.



"SENIOR COASTAL COOKS"

Don't fail to obtain your copy of our cookbook before it's too late! We are finally getting to a point where we can see the end of the cookbooks. Remember this is a fund raiser to get new storage cabinets in the lounge. You can get a copy at various merchants around town, or you can get one at the Senior Center. The cost is \$10.00 each or 2/\$15.00. This special price is available ONLY at the Senior Center. They make wonderful gifts.

The New Year has started, and we all know how important it is to stay healthy both physically and mentally. We have listed below opportunities for you to become more active, so we encourage you to participate. These classes are FREE !!

Chair Yoga	Monday	9:30-10:00 am
Arthritis Exercise	Wed/Fri	9:30-10:30 am
Wii Bowling	Tuesday	9:30-11:00 am

BRAIN TEASERS

Can you answer these Brain Teasers? When you do, bring your answers to the Senior Center Office.

What gets wetter and wetter, the more it dries?

Using the BrainTracker grid below, how many words can you find? Each word must contain the central **M** and no letter can be used twice, however, the letters do not have to be connected. Proper nouns are not allowed, however, plurals are. There is at least one nine letter word. Excellent: 41 words. Good: 28 words. Average: 22 words.

A	M	N
E	M	N
D	T	E

A street that is 60 yards long has a plant every 12 yards on both sides. How many total plants are on the entire street?

How many 9's are in the range of numbers from 1 to 100?

What did Washington become after his 10th year?

Which is faster Hot or Cold?

Number Play:

- Examine these numbers for 15 seconds.
- Seven of these 3-digit numbers have something in common, but one does not.
- Find out what that common property is and identify the number unit that does not fit in.
- Set your timer for 30 seconds after you have examined the numbers.

583	891	495	374
276	165	363	396

SIMPLY PUZZLING

Y O G U R T O M E L E T S E
O S E G A S U A S Y L L E J
F A L O N A R G A E T F E R D
C R O I S S A N T S F T O D
S H U M M L O R T O A L W O
L A A I U A A I C L L M A U
E S L S T F U E O S A E F G
G K E M H C F C R R B G F H
A D E K S B O I M E A D L N
B A T I A H R A N H C I E U
L E B O C C L O O S O R S T
H R G T A A N N W J N R N S
A B O G D S E A A N G O E J
M H U E S Y T M P I S P C E

Circle the words and return to the Senior Center Office. Your name will be entered for a basket that is donated each quarter by the Newport Senior Activity Center Association. The winner last quarter was Barbara Hendricks.

BACON	BAGELS	BISCUITS
BREAD	CEREAL	COFFEE
CROISSANTS	DOUGHNUTS	EGGS
FRUIT	GRANOLA	HAM
HASHBROWNS	HONEY	JAM
JELLY	MARMALADE	MILK
MUFFINS	OATMEAL	OMELETS
PANCAKES	PORRIDGE	ROLLS
SAUSAGES	TEA	TOAST
WAFFLES	YOGURT	

AND A BONUS WORD!
HOT CHOCOLATE

ENTER YOUR NAME AND TELEPHONE BELOW SO YOU CAN BE CONTACTED
WHEN YOU WIN!!

NAME _____

TELEPHONE NUMBER _____

E-MAIL ADDRESS _____