



# NSAC News

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City of Newport Parks & Recreation

April, May, and June 2010

Volume 3 Issue 2

[www.newportseniorcenter.com](http://www.newportseniorcenter.com)



Grab your bags and come go with us !!

April 9	Tulips/Chocolate/Wine	\$ 36.00
April 17-18	Blossom/Museum/ Stonehenge	140.00
May 7	Willamette Cruise/ Carousel-Salem	52.00
May 21-22	Belknap Hot Spring- Springfield	138.00
June 4	Aviation Museum/ Tillamook Cheese	46.00
June 25-26	Rogue River Mail Boat/ Creamery-Central Point	193.00



Look for These  
Articles Inside....

- Oregon Commission for the Blind Seminar
- Artist Showcase
- May Day Luncheon
- Diabetes Seminar
- Cooking for Type 2 Diabetes
- Arthritis Exercise Class

## HEY!!! ALL YOU BETTY AND BOB CROCKERS

The dead line is getting closer and closer and still you have not given us your favorite recipes. We still need them, so please do not wait any longer. Still lots of room just for you! While you are at it, jot down a story of your kitchen confession that could be published (without your name), so you will remain anonymous in our cookbook. If you have recipes, stories, or need any additional info, see Ginger in the office.

## NEW JUST FOR YOU

**Free Chair Yoga with Sybil Merriman**  
**Monday's April 12<sup>th</sup> from 9:45 to 10:15am**

## SILENT AUCTION MAY 4<sup>TH</sup> TO BENEFIT MEALS ON WHEELS

Do you have an item that you'd like to donate to help raise funds for Meals on Wheels? A silent auction will be held in conjunction with the May Day Luncheon, Tuesday, May 4, at the Senior Center. It will run from 11:00 a.m. to 1:00 p.m. If you wish to donate, please call Joyce at 541-574-0669 anytime between now and May 4<sup>th</sup>. Services, new or gently used items, antiques, etc. are welcome. If you'd rather bid on the donated items, we need shoppers, too. Come see what great things you'll find while helping others!



FREE

## DIABETES EDUCATION SEMINAR

The Newport Senior Activity Center is partnering with Samaritan Pacific Communities Hospital on May 11 from 10:30 to 11:30 a.m. to host a community wide overview to increase diabetes awareness. This short informative seminar will look at everything from how to get tested for diabetes and information on pre-diabetes, Type 1 and Type 2.

Karen Kozick, certified Diabetes Educator and Clinical Dietitian will discuss what positive steps you can take in your life to self manage and beyond. Karen offers an in depth view of diabetes through her educational classes. There will be a short question and answer period following the presentation. Free testing may be available from Lincoln Community Health Center prior to the seminar. Please contact the office to sign up and get additional information if needed.

## COOKING FOR TYPE 2 DIABETES

Join Diane Ackerman as she teaches us how to cook for Type 2 Diabetes. There will be 4 classes starting Thursday May 13, 2010 from 10:30 to 11:30 a.m., and will continue until June 3<sup>rd</sup>. Recipes and taste test are included in the course. The cost is \$20.00 for all 4 classes. Registration is due before May 6<sup>th</sup>. Come by the office to secure your seat.

## THE OREGON COMMISSION FOR THE BLIND FREE COMMUNITY SEMINAR AT THE NEWPORT SENIOR ACTIVITY CENTER

April 8, 2010, from 10:30 until Noon, a community seminar will be held for the low to no vision members of our community and their loved ones. Nathan Tierney, M.A. and Rehabilitation Specialist for the Oregon Commission for the Blind will be hosting the seminar. He will be discussing employment services, daily living skills, orientation and mobility skills, and functional low vision skills. Nathan will discuss who qualifies for these services and where to get them. These services are free and can be utilized at any time. He will also provide some information on common medical eye conditions and answer questions regarding vision loss. Call the Senior Center office at 541-265-9617 or come by 20 SE 2<sup>nd</sup> Street for additional information.



## ARTIST SHOWCASE

Come join us at the Newport Senior Center April 13<sup>th</sup> from 1 to 3 pm for hors d'oeuvres and art viewing. Meet the artists whose work will be on display at the Center for the entire month of April. Artists will include Leona Beutler, Yvette Cross, Penny Ryerson, Shirley Steinhauer, Myra Teague, and more. So please join us in viewing the many talents of our local artists.

## MAY DAY LUNCHEON CELEBRATION

May is "Older Americans Month". The Senior Center is requesting your presence May 4, 2010 for our May Day Luncheon. It will begin at 11:00 am with an opportunity to view all the items available for the Silent Auction. Promptly at noon the luncheon will start. Several men from the Oregon Coast Calendar will help serve. It is going to be a very colorful event. The ladies from the Red Hat Society will be donning their festive wear and be in attendance. The luncheon cost is \$10.00 and the theme for this year's celebration is "Age Strong! Live Long!" You need to reserve your seat so call 541-574-5459 to make your reservation. So put on your colorful dress and bonnets and plan to help us kick off "Older Americans Month".

A special thanks to Wilder who has contributed a generous donation for our May Day Luncheon. Wilder is a new community on the southern edge of Newport and created for the people who live and work here. Wilder is a people-friendly neighborhood built with planet-friendly values. Please visit them at [www.wildernewport.com](http://www.wildernewport.com).

## NEW CLASSES AND ACTIVITIES

Look what's going on at the Newport Senior Activity Center. A new Arthritis Foundation Exercise Program will begin on Wednesdays and Fridays 9:30 to 10:30 are beginning April 7<sup>th</sup>. The class will continue for 8 weeks ending on May 28, 2010. Vicki Crane will be the instructor. Come by the office or call 541-265-9617 to sign up.

## PUZZLED???

Have you worked on a jigsaw puzzle lately? Have you noticed the new table top on the puzzle board? It's really nice and roomy. Thank you, Henry Kulczyk for making and donating the new table top to the Senior Center.

## APRIL IS VOLUNTEER APPRECIATION MONTH

We want to take this opportunity to say "Thank You" to all the volunteers who give their time and energy to help make the Senior Center what it is. A big "Thank You" goes to all the instructors who teach. Kathleen Derishebourg teaches Tai Chi; Margaret Janis, Mah Jong and Scrabble; Shirley Steinhaurer, Colored Pencil and Water Color Art; Richard Gillian, Pastel Art, Leona Beutler, making original cards, Barbara Hendricks, Knitting Class, and AARP Tax Aid who are helping people with taxes. These people are volunteers who give their talents to help us hone ours. So, a great big "THANK YOU" goes to each one. We also have a number of volunteers who help in the kitchen and are drivers for Meals on Wheels. "Thank You" for all that you do. A "Thank You" goes to Norm, the Music Man, who plays his guitar and sings old familiar tunes to the people who eat in the dining room each Wednesday. Let us not forget about the office and gift shop volunteers. Barbara Miller and Marianne Weber staff the gift shop helping all who come in; Denise Williams and Ginger Tibbles help in the office. Denise is our trip planner and Ginger helps with various activities in the office. "Thank You" to all who help and volunteer. There are just too many for us to name them all. But thanks to you, you keep the Senior Center going "full steam ahead".

## FREE FITNESS TEST

A free Fitness Test will be conducted in two sessions on May 25<sup>th</sup> from 9:30 to 11:30 a.m. and again from 4:00 to 6:00 p.m. at the Newport Senior Activity Center. There will be several different tests to measure your muscular strength, aerobic endurance, agility/dynamic balance, and body mass index. An additional 6 minute walking test will be announced at a later date. Don't delay, call the office and sign up today!!!

