



EAGLE POINT SENIOR CENTER

March Newsletter

121 Loto Street P.O. Box 898, Eagle Point, OR 97524

541-826-9404

eaglepointsrctr@gmail.com

HOURS 8:30 am to 12:30 pm Monday thru Friday

For scheduled events see calendar and information board

Eagle Point Senior Center Board of Directors

PRESIDENT: Suzi Collins

VICE PRESIDENT: Joyce Beeney

SECRETARY: Rosita Redd

TREASURER: Bob Heaton

BOARD MEMBERS: Jeanne Heaton, Valerie Taylor-Crow, Marilyn Arnold, Alan Styles

BOARD MEETINGS: 2nd Thursday of each month at 9:00 am

MEMBERSHIP MEETINGS: 2nd Thursday of each month at 10:00 am

Thrift Store News from Debbie Schmelzer

Located inside the center open 8:30 am to 12:30 pm

Our Thrift Store provides more than 60% of the revenue that keeps the Senior Center running and these kinds of “profits” spell good news for the Center overall! Thank you for your purchases and for your donations.

FROM THE PRESIDENT’S DESK: Suzi Collins

We are having a Pot Luck this month – make sure you sign up at the front desk. All the Mercy Flight money has been turned in. I’ll let you know when the cards are available.

Have you noticed the holiday table and other decorations. The Event Planning Committee is doing a great job in making our center a nice place to have a cup of coffee or chat with friends. More fun things to come.



MEMBERSHIP:

It is inexpensive to be a member of the Senior Center. Annual Membership fee is \$12.00, due in June. This is a community center where all people are welcome. We welcome any one aged 50 and older to join. We refrain from comments that put down or joke about anyone’s race, creed, sexual orientation, religious convictions, ancestry, place of origin, mental status, or age. Everyone’s cooperation is appreciated.

MUSIC MUSIC:

THE SWING ALONGS, Dan and Carol Nielson, provide music for us here at the Senior Center every Monday at 10:30 am to 11:30 am. They also have CDs available for sale. This is a popular event and since it is also Bingo day, the Senior Center “rocks” on Mondays!

BINGO MONDAY:

How many cards can you play at one time? That's the big question. Some play one and there are a couple players that can handle ten cards at a time. We play Bingo here at the center at 1 pm – 3:00 pm. We have lots of fun and play a variety of games. The more the merrier and the bigger the winnings!!



Cost of Bingo Cards

Number Of Cards	9 games	5 games	2 Special Games (Progressive Pot & Winner Take All)
1	\$2.25	\$1.25	\$.25 each game
2	\$4.50	\$2.50	\$.50 each game
3	\$6.75	\$3.75	\$.75 each game
(4+1 free)	\$9.00	\$5.00	\$1.00 each game
(5+1 free)	\$11.25	\$6.25	\$1.25 each game

QUILTING GROUPS:

Tuesdays 12:30 pm - 2:30 pm. Join the FUN!

Bed cover that was raffled off



GAME DAY:

Some of the games played are: Skip-Bo, Scrabble Slam, 10,000, Flux, Left-Center-Right, Boom-O, Pinochle, Hit the Deck, Backgammon, Rumi Cube, and Dominoes, or suggest a new game that you like. Looking for Pinochle players!! Thursday 12:30 pm to 4:00 pm.



March Birthdays

David Tribble, Sr.
Carol Ann Boyd
Irma Griser
Midge Harnish
Clayton Martin
Kenneth Nutter
Sharon Danner
Jim Paisley
Leon Sherman
Paul Conrad

Barbara Blight
Edna Gallagher
Becky Dalen
Linda O'Neal
Sandy Barber
Sharyn Close
Dee Wilson
Charee Copenhaver
Silvia Sopbaten
Kathie Hobson

Don't forget – Birthday cake is served at the Membership Meeting.

We need your help updating our Membership list. If you have changed your phone number or address, please let us know so we can change our records.

If you would like the newsletter sent to you by email - just let Suzi know your email address and you'll get a copy monthly.

Let's Get Acquainted with Michael Gray



Michael was born at Fort MacArthur in San Pedro, California in December of 1953. Currently he is seen every Tuesday and Thursday at the front desk of our center logging in people for lunch.

He has 3 brothers and 2 sisters and they are scattered in Oregon, Arizona, California and Oklahoma.

Michael enjoys volunteering. He was the Volunteer Director for a food pantry in Redondo Beach, CA for 8 $\frac{1}{2}$ years. This "Circle of Life" served food on two Saturdays and two Wednesdays a month. They had acupuncture, yoga

and massage therapy on Tuesdays. They also had "Circle of Friends with games, birthdays and home cooked meals.

Asked what was his most interesting time was he answered that he did therapeutic massages for a dermatologist friend. This friend practiced his dermatology on Michael Jackson and Elizabeth Taylor.

His biggest obstacle is keeping things "on par" (even keel).

Proud of the fact that he sent a letter to ABC news to nominate a young lady to receive a \$1,000 scholarship - Kool Kids. She got it.

Words of Wisdom from Michael are "keep the faith". His Grandmother taught him this.

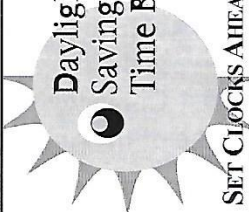
Warm weather is what Michael is looking forward to.



MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
1	2 Music 10:30-11:30 Bingo - 1 pm	3 Quilters 12 - 2	4 WW - 4:30 - 6:30	5 Games 12 - 4	6	7																																																																																											
8 Daylight Saving	9 Music 10:30-11:30 Bingo - 1 pm	10 Quilters 12 - 2	11 WW - 4:30 - 6:30	12 Board - 9 am Membership - 10 Birthday Cake Games 12 - 4	13	14 Hawaii Hui 11 am - 4 pm																																																																																											
15	16 Music 10:30-11:30 Bingo - 1 pm	17 St. Patrick's Day Quilters 12 - 2	18 WW - 4:30 - 6:30	19	20 1st day of Spring	21																																																																																											
22	23 Music 10:30-11:30 Bingo - 1 pm	24 Quilters 12 - 2	25 WW - 4:30 - 6:30	26 Games 12 - 4	27 Upper Rogue Artists - 1 pm	28 POT LUCK																																																																																											
29	30 Music 10:30-11:30 Bingo - 1 pm	31 Quilters 12 - 2																																																																																															
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RVCOG FOOD & FRIENDS SENIOR NUTRITION SERVICES • MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BREADED FISH w/TARTAR SAUCE Roasted Red Potatoes Green Beans Multigrain Bread Chocolate Pudding 2</p>	<p>BEEF ENCHILADA BAKE Broccoli Chuckwagon Corn Cracked Wheat Bread Oatmeal Raisin Cookie 3</p>	<p>MACARONI & CHEESE Escalloped Tomatoes Green Peas Squash Bread Spiced Applesauce 4</p>	<p>BIRTHDAY SPECIAL MEATLOAF/MSHRM GvY Mashed Potatoes w/Gvy Scandinavian Blend Vegt Whole Wheat Bread Birthday Cake 5</p>	<p>BEEF & BLACK BEAN CHILI Green Peas & Carrots Brussels Sprouts Cornbread Pineapple Crunch Bar 6</p>
<p>SLICED ROASTED TURKEY w/GRAVY Delmonico Potatoes California Blend Vegt Rye Bran Bread Banana Pudding 9</p>	<p>SWEDISH MEATBALLS w/SAUCE & RICE Scandinavian Blend Vegt Spinach Romaine Salad w/Italian Grace's Choc Chip Bar¹⁰</p>	<p>CHICKEN A LA KING OVER BISCUIT Italian Blend Vegetables Green Peas Mixed Berry Crisp 11</p>	<p>ROAST PORK w/GRAVY Creamed Potatoes Capri Blend Vegetables French Bread Spiced Peaches 12</p>	<p>BAKED BEEF RIGATONI Italian Blend Vegetables Steamed Spinach Garlic Roll Frosted Carrot Cake 13</p>
<p>BEEF MUSHROOM PATTY Mashed Potatoes Italian Bean Medley Seven Grain Bread Tapioca Pudding 16</p>	<p>ST. PATRICK'S SPECIAL CORNED BEEF Parslied Potatoes Cabbage & Carrots Irish Soda Bread Green Poke Cake 17</p>	<p>MEATLOAF w/GRAVY Mashed Potatoes w/Gvy California Blend Vegt Herb Bread Pineapple Fluff 18</p>	<p>LEMON HERB CHICKEN Wild Rice Blend Green Beans w/Peppers Mixed Vegetables Whole Wheat Roll Fresh Orange 19</p>	<p>TURKEY TETRAZZINI Broccoli Garden Vegetable Salad w/Ranch Rye Bread Grace's Choc Cookie²⁰</p>
<p>BROCCOLI FRITTATA Capri Blend Vegetables Whole Kernel Corn Dinner Roll Mandarin Oranges 23</p>	<p>CHICKEN PENNE PASTA Spinach Romaine Salad w/Italian Scandinavian Blend Vegt Garlic Roll Peanut Butter Cookie²⁴</p>	<p>BIRTHDAY SPECIAL SWISS STYLE BEEF PATTY w/SAUCE Delmonico Potatoes Grn Peas / Onion Bread Birthday Cake 25</p>	<p>GERMAN MEATBALLS w/SAUCE Rice Pilaf Broccoli Mixed Vegetables Pear Crisp 26</p>	<p>BAKED CHICKEN THIGH w/SCALLOPINI SAUCE Roasted Red Potatoes Italian Blend Vegetables Cracked Wheat Bread Chocolate Pudding 27</p>
<p>BEEF STROGANOFF Capri Blend Vegetables Brussels Sprouts Sunflower Seed Roll Joy's Applesauce Cookie 30</p>	<p>ASIAN CHICKEN SALAD over Spinach Romaine Marinated Zucchini Wheat Roll Spiced Peaches 31</p>	<p>ALLERGEN ALERT: A variety of foods are prepared in the kitchen; thus, meals may be prepared with ingredients and equipment may come in contact with ingredients to which you may have an allergic reaction, such as nuts.</p>	<div style="text-align: center;">  <p>Daylight Savings Time Begins</p> </div> <p>SET CLOCKS AHEAD MARCH 8</p>	<p>A suggested minimum donation is requested from seniors 60 and older. Non-seniors must pay the full cost of the meal. 1% milk served with all meals.</p>

Advertisement

*Medicare & Senior Benefits
Life & Supplemental Insurance*

Rosita Redd Agency

Insurance Broker

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*Helping my Clients Achieve their Goals
With Experience, Knowledge, and Empathy*