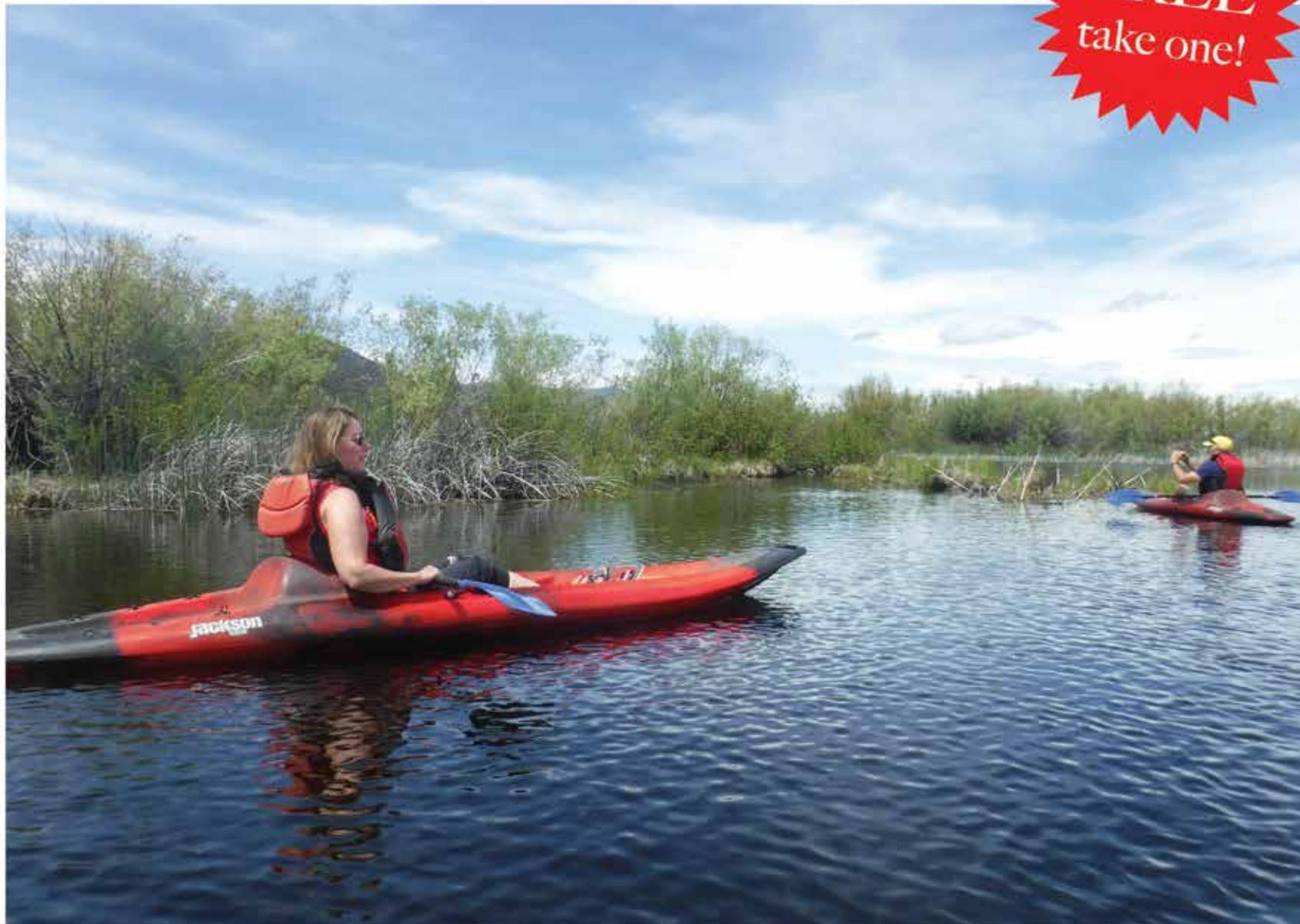


July 2022

FREE
take one!



Touring the marshes around upper Klamath Lake is an excellent adventure for all ages. Photo courtesy of Roe Outfitters.

Enjoying the Klamath Basin in the Summer

Active Seniors

Great places to go! Cool activities to enjoy!

The official monthly publication of the Klamath Basin Senior Citizens' Center

FIND YOUR PURPOSE

The Village



What is it?

Klamath and Lake Counties' Villages are centralized, non-profit, volunteer driven organizations that coordinates services to help people remain independent (in their home) and thrive.

How does it work?

Klamath Village is a managed database clearing house with diversely skilled volunteers and key partnerships to meet the needs of older adults and people with disabilities. Funding is provided through grants and foundations. Staffing is provided through the Klamath Basin Senior Citizens' Center.

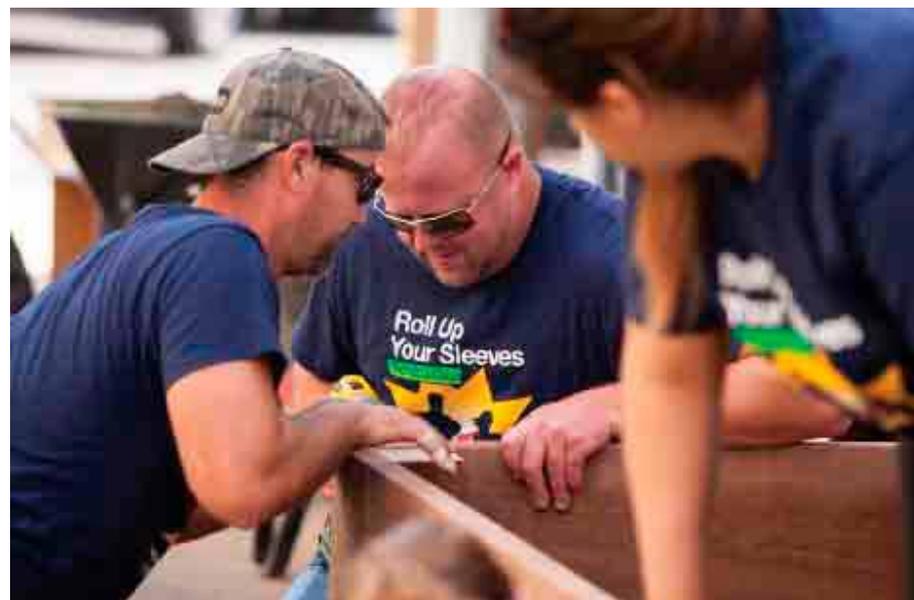
Purpose:

- Reduce isolation, trauma and loneliness
- Provide maintenance for challenged living situations (minor home repairs/safety checks)
- Strengthen connection to the community (Personal contact with clients)
- Avoid unaffordable institutional care (Nursing homes / Assisted Living)
- A way for community members, youth groups and businesses to give back to their community (Volunteer)

Examples of services provided:

- Information referrals to service agencies
- Home health care and physician appointments (In-home visits/ transportation)
- Access to transportation services
- Assistance with household tasks such as moving furniture and general housework
- Handiwork, i.e., repairing broken things in the home, yard work
- Friendly visits (In-home/telephone)

For more information about the Klamath Village, call Ginnie Reed at 541-883-7171 ext. 123



Your Time is Valuable...Share it!

Every year, tens of thousands of volunteers stay connected, find joy, and feel a greater sense of purpose through volunteering.

AARP Magazine

Volunteer today at The Klamath Senior Center

Ginnie Reed 541-883-7171 ext. 123

We are looking for

- Meals on Wheels Drivers
- Light Maintenance
- Kitchen Assistants
- Housekeepers
- Yard Helpers



SENIOR Center receptionist
Rolland Bailey

Contact information

General Information —
Rolland Bailey: 541.883.7171

Donations — Shawn McGahan:
541.883.7171 ext. 136

Meals On Wheels Assistance
Contact Klamath Lake
Counties Council On Aging —
at 541.205.5400

Transport Dispatcher —
Cindy Dupart
541.850.7315

Bingo Information —
Linda Breeden:
541.883.7171 ext. 115

Medicare Counseling —
541.883.7171

Executive Director —
Marc Kane: 541.883.7171
ext. 117

Volunteer Coordinator —
Ginnie Reed: 541.883.7171
ext. 123

Website —
www.KlamathSeniorCenter.com

All content for this publication has been provided by the Klamath Basin Senior Citizens' Center. For questions, suggestions and general information regarding this publication, please contact the Klamath Basin Senior Center at 541.883.7171.

Produced in conjunction with the Herald and News.

Our Basin Presents Many Recreational Opportunities

Directors Greeting

There is no question that we are fortunate to live in a place that offers many opportunities for recreation. There is a joke frequently told here that we have two seasons, winter and August. Yes, it sometimes snows in July and September but the opportunities for the enjoyment of the great outdoors in and around the Klamath Basin are simply stated, awesome all year around. I asked a friend Jean Knight, who hikes throughout the year to write an article about her favorite hikes. You will find her encouraging words on page 7. Jennifer Roe, from Roe Outfitters, has also contributed her Bucket List of great activities in an article on page 18. Additionally, Jeri Kelly from Explore Southern Oregon presents more opportunities in her article on page 12. Oh, and don't miss the Pickle Ball Tournament fundraiser sponsored by the Henley Key Club (see page 19 for details).



Marc Kane, Center Director

You will find many pieces in this issue that, as our cover suggests, are about great places to go, and cool activities to enjoy. One, not so far away, is the senior center itself as we not only offer many activities but also the building as a cooling center for those needing to escape from the heat that occasionally occurs during these next two months.

Three new exercise classes are being added to our calendar of regular events. Rachel Stephens will be adding a seated Qi Gong class and Anne Davenport who recently earned her certificate to teach a SAIL class will instruct on Tuesdays and Thursdays at 10am. See articles on pages 11 and 22.

A unique activity comes to us this month sponsored by the Klamath Falls Downtown Association and Healthy Klamath. Check out the article on page 22 about the Alley Beautification Project. We'll be recruiting the participation of many seniors for this creative watercolor mosaic project on three Wednesdays in July.

As in all our activities it is our mission to keep seniors connected and to bolster socialization. We are hopeful that providing information about new opportunities will encourage more to participate and to get on the move. We are firm in our belief that when we are all more connected and active we live longer, healthier, and happier lives.

I am pleased to call your attention to our donor's report on page 21 this month as it reports on a new grant pledge from the JTMF Foundation. They have stepped up to help us complete three of many capital projects we hope to complete over the next year.

We have yet another \$125,000 to raise in this campaign and are always on the alert for new funding sources. We are fortunate to have this new foundation join our family of foundation supporters.

One capital project completed this last month was the acquisition of a new seven passenger van fully funded with grants from the Federal Transportation Administration, ODOT and our local Basin Transit Service.

Thanks to all who support us in whatever way contributing to the success of our senior center.

Come See Us At The Senior Center! All Are Welcome!

To make a fully tax-deductible contribution to the Klamath Basin Senior Citizens' Center

Call (541) 883-7171
or mail this form to : P.O. Box JE, Klamath Falls, OR 97602

Name:

Email:

Street Address:

City: State: Zip:

Amount of Contribution:

Does your employer have a matching gifts plan? Yes No

My check is enclosed payable to **KBSCC**.

Or charge my contribution to my:

Visa Mastercard AMEX Discover

Card # Exp. Date CSC

Recurring monthly contribution: Yes No

Signature

Klamath Basin Senior Citizens' Center

BUILDING AND MAINTAINING A SUPPORTIVE COMMUNITY FOR SENIORS

WHAT'S NEW?

**Looking For Relief From The Heat?
Drop In At The Senior Center!
IT'S A COOL PLACE TO BE!**

MOVIES ARE BACK

SPONSORED BY THE KLAMATH COUNTY LIBRARY
IN THE SENIOR CENTER CONFERENCE ROOM

FOURTH THURSDAYS AT 1:30 pm

Movie for July 28th is Dog - The film stars Tatum as an Army Ranger who is tasked with escorting the military dog of his fallen friend to his funeral.



ATRIO Ice Cream Social

Tuesday - July 19, 2022 - 10:00 am to 2:00 pm

Details On Page 11

MUFFIN MONDAYS

JULY SPEAKERS

7/11/22: Katherine Silver - Stillwater Hospice House

7/18/22: Doug Bean - BTS Updates with Veterans Programs

7/25/22: Jennifer and Kathy - 40th Anniversary of Klamath Hospice

8/1/2022: Dr. Gailis - Let's Talk About Health

8/8/2022: Sheriff's Office - How To Prevent Fraud



LINE DANCING IS BACK WITH FERN STEERS

FRIDAYS - 7:00 pm in the Senior Center Ballroom

SAIL CLASSES NOW OFFERED
ON TUESDAY AND THURSDAY
WITH ANNE DAVENPORT
SEE PAGE 12 FOR MORE INFORMATION

Recapture That Youthful Feeling this Summer

Submitted by Jessie Wikie, Healthy Klamath

Summer is officially here and with it so is that summer sizzle. The sun shines brighter over the Klamath Basin this season and July is peak summer time.

What is it about summer that calls us back to our youth? Is it fond memories of no school and long summer days? The season always seemed to last so long in our youth, but every year it flies by faster and faster.

Here are a few ideas to recapture some of those youthful summer vibes.

1) Go night swimming

The Ella Redkey Pool is hosting Saturday night swims this summer. Nothing like a night swim to harken back to those youthful feelings. Capture the magic on those warm summer nights this summer and come swim under the lights. Take a friend or your grandkids and enjoy a late night dip.

2) Catch a baseball game at Kiger Stadium

Kiger Stadium is one of America's last all wood baseball stadiums. How cool is that? Although the Gems have left, you can still catch a youth baseball game. There are a handful of travel teams and others who use the stadium.

3) Go to the fair

What better way to call back those youthful summer memories than to go to the Klamath County Fair? This year's fair takes place from August 4th-7th. It's a special one, too, because it marks 100 years at this location.

Ride the rides, play the carnival games, eat the fair food, peruse the vendors, watch the demolition derby, catch a concert, look at the exhibits, and much more. Consider taking a friend, a sweetheart, children, or grandchildren to enjoy the fun.

4) Attend a concert

What better time to catch a concert than during the summer? The Lost River Bluegrass Festival takes place from July 8-10th in Merrill. It's a lot of fun and you can even camp out at the venue for three days or pick and choose the days that you attend. The Falls Taphouse is hosting a summer concert series and Mia and

Pia's often has live music. Check out their Facebook pages to learn more. The Klamath Falls Folk Festival takes place at the Ross Ragland Theater on August 27th.

With the warm weather and the long days, there is ample opportunity to catch a concert this summer. You might even be able to attend one outside.

5) Get out on the water

Water and summer go together like peanut butter and jelly. On those blistering hot July and August days consider getting out on the water.

You could go fishing. Or maybe go kayaking or stand up paddle boarding on the Wood River. If you're feeling adventurous you could go jet skiing at Lake of the Woods. Maybe try your hand at sailing on Upper Klamath Lake. If you're looking for something more slow paced, then take a picnic out to the shore of a lake or river and feel that cool breeze come up off the water.

Here's to a great summer!

EXPLORE SOUTHERN OREGON
www.southernoregontours.com

Kayaking	TOURS Crater Lake	Wine Tasting
\$69 per person	\$129 per person	\$109 per person
Half Day Tour 3 hours 2-7 people	Full Day Trip 6-8 hours 2-7 people	3 Wineries 4-6 hours 2-7 people

BOOK NOW

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exploresouthernoregon@gmail.com



Crystal Terrace
 of Klamath Falls
 MBK SENIOR LIVING

If you're in search of a place where you can be yourself, with extra support and care nearby if and when it's needed, Crystal Terrace of Klamath Falls is just the place for you.

To us, you are a hero, navigating the adventure of your life, and we're here to serve as your trusty guide on this next leg of your journey. Come, sit with us and tell us all about you, and what would make your life even better. We are committed to serving our residents by first building a relationship with you or your loved one, so we can provide a personalized experience and the right amount of care for you.

Together – it's how our community works, and we look forward to working with you. Reach out today to learn more.



1000 Town Center Dr
 Klamath Falls, OR 97601
 541-238-2456

Independent Living

Maintenance-free living at Crystal Terrace of Klamath Falls means more time for you to be you.

Assisted Living

Experience a new level of independence with right-sized care and support when it's needed.

Memory Care

Comfort, support, and new connections for you and your loved one living with memory loss.



SHIP TALK

(Senior Health Insurance Program)

INTERESTED IN VOLUNTEERING?

If you're a regular reader of this column, you just might have some interest in becoming a SHIBA volunteer. Or maybe you have a friend that would fit the profile. Please read on.

We could use another volunteer here in Klamath Falls so today I'd like to talk about who we are, what we do, and how you might just fit into this program. Counselors help people to understand their Medicare choices and rights so they can make informed decisions. SHIBA stands for Senior Health Insurance & Benefits Assistance. It's the Oregon division of the national SHIP program, which is funded by the Older Americans Act. SHIP is the acronym for Senior Health Insurance Program. Each state has its own unique name and here we call ourselves SHIBA.

You should consider SHIBA for volunteer work if.....

- You enjoy working with people and helping others.
- You want to do work that is interesting and engrossing.
- You like to keep learning new things.
- You are computer savvy.
- You will work in a friendly, supportive, and invigorating environment.
- You will set your own time-table.

Here's what your duties will be.....

- Complete the process to become a SHIBA volunteer. This includes an application, screening, and training. This will take some time but it's worth it!
- Maintain certification by completing 12 hours of continuing education each year.
- Evaluate client's resources and health insurance needs.
- Provide one-on-one assistance at the senior center, at a client's home or by phone.
- Document the Client Contact forms on-line on the SHIP computer program.
- Refer clients to other resources as needed.
- Maintain client confidentiality.

And last but not least, if you have any questions about your health insurance coverage, **OR** if you're interested in looking into volunteering, give us a call at the Senior Center (541-883-7171). We're here to help. Anne Hartnett, SHIBA Coordinator



Summer Picnics!

July is National Picnic Month! It's the perfect time to enjoy the outdoors and get active. Many older adults are already enjoying picnics and the summer weather. Here are some tips to help you get active and enjoy the summer:

- Check the weather. Avoid extreme temperatures or thunderstorms by checking the weather before heading out.
- Plan the menu together. Discuss what foods you'd enjoy. Don't forget to include fruits and veggie snacks!
- Get moving. After eating is a great time for an easy walk to catch up with friends and family.
- Add an activity. Blowing bubbles, taking pictures, and other fun activities can make picnics memorable.

Picnics are a fantastic way to spend time outdoors with friends and family while exercising. We encourage you to stay safe by planning ahead and dressing appropriately for weather changes.

Hiking

Swimming

Ride
a
Bike

Camping



Go to the
beach

Picnic

Watch
sunsets

Have ice
cream



Along the Geo Trail



Geo Trail sign

Nearby Hikes for Active Seniors

Jean Knight 6/18/22

Vistas of snow-capped distant mountains, cries of mating Red-Tail Hawks, and scents of sweet sage and Ponderosas...these are some of the sights, sounds and smells explorers of any age can discover while hiking trails within Klamath Falls city limits. Two of these close-in trails include the Geo Trial next to Oregon Institute of Technology (OIT) and the Klamath Ridgeview Trail in Moore Park.

To begin the Geo Trail, my husband, Art, and I drive to the small dirt parking lot, right above the southeast corner of the Oregon Institute of Technology (OIT) campus. Here a large welcome sign informs us about the Geo Trail's history and the large geothermal plant that is near the trail. This plant uses geothermal hot water to run a turbine generator which produces OIT's electricity. The sign informs us that OIT is the only American college campus that is geothermally heated. Further along the trail, we view rows of solar panels lining the hill behind the campus. The energy from these panels help to make OIT energy self-sufficient.

Just past the geothermal plant, we begin walking along the hard packed, wide Geo trail. Green grassy meadows provide an inviting background for Silvery Lupine and yellow Dalmatian

Toadflax wildflowers, as well as scattered Western Juniper trees. Ground squirrels scamper into their holes and jackrabbits jump through the sage and rabbit bush as we pass by. Looking up, we see Red-tailed Hawks and Turkey Vultures gliding above our heads, silhouetted against a cloud studded sky.

The trail runs almost two miles up a gradual incline, then ascends several switch backs to the top of the hill. Along the way, walkers can sit on one of several metal benches and enjoy looking out over the city of Klamath Falls, the OIT campus, Upper Klamath Lake, and the distant snow-capped mountain peaks in the Fremont-Winema National Forest.

We follow the trail down towards East University Drive and find a sign identifying a Monarch Butterfly Waystation. The pollinator garden surrounding the sign provides food, shelter, and water for Monarchs on their migration routes. Across the street, we explore Klamath Community Arboretum, entering through a chain link gate to enjoy a short walk in the shade of native Klamath County trees and plants.

Another trail we enjoy hiking is the Klamath Ridgeview Trail, a Moore Park trail that starts at the intersection of Blueberry Trail and Eulalona Trail. This 4.5-mile trail offers spectacular views of the Klamath Basin, Klamath Lake, and peaks around Crater Lake.



Klamath Ridgeview Trail

If we do not want such a long hike, Art and I often begin our trek at the parking area near the Gingerbread House and walk along the road that passes by Moore Park Bike Skills Trail. A fun challenge for bike riders of all levels of ability, this trail offers climbs, drops, and jumps that thread through the ponderosa forest. Further down the road, we turn off on Gooseberry Trail which leads uphill and intersects with the Ridgeview Trail. Then, we follow the Ridgeview Trail north.

At this point, the Ridgeview Trail starts off as a dirt road, but it eventually narrows to a single path. Since both hikers and dirt bike riders frequent this trail, everyone needs to look out for each other. A few steep rocky sections classify this trail as “intermediate difficulty.”

Besides sweeping vistas of Klamath Falls, and the hills and mountains around the Basin, this trail often provides views of Bald Eagles, Steller’s Jays, Northern Flickers and Black-billed Magpies. In the summer, hikers might see flocks of American White Pelicans soaring overhead before they plunge into the vast, rippling waters of Upper Klamath Lake.

Keeping our eyes on the path, we notice some late spring



Chickweed

wildflowers—wild onions, chickweed, spring beautys, and lupine. Stands of Western Juniper, Klamath Plum, poke cherry shrubs, sagebrush and bitterbrush provide shade for hikers and cover for birds and other animal life.



Moore Park bike skills trail



Looking towards Klamath Lake

There are also plenty of my favorite trees, ponderosa pines. When a ponderosa reaches 110 to 120 years, its black bark begins to peel off, exposing an inner yellow bark, which is why these older ponderosas are often called yellow pines. I select a yellow pine next to the trail and stick my nose into the crack in its bark, first being careful to brush away any spiders that may be hiding there. The yellow pine's sweet vanilla scent reminds me of freshly baked cookies. Scientists believe that the aroma comes from the sun warming a chemical in the tree's sap.

Hikers can continue north along the Ridgeview Trail all the way to Lakeshore Drive, or they can cut it short by making a sharp right at the sign that says "2.5 miles to Buckridge Trailhead." We choose this quicker route. Following a short trail down to the Lynnwood street of Wild Plum Drive, we circle back to the Gingerbread House parking area.

Both the Geo Trail and the Klamath Ridgeview Trail provide stunning views of the lake and mountains surrounding the Basin. They also provide us with a fun and interesting way to immerse ourselves in the beauty of the trees, vegetation, and animal life surrounding our community.

Poke Cherry Bush



Ponderosa Yellow Pine





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SCOTT STEVENS, M.D.
PHYSICIAN/SURGEON OF THE EYE



MARK FAY, M.D.
PHYSICIAN/SURGEON OF THE EYE



JONATHAN FAY, M.D.
PHYSICIAN/SURGEON OF THE EYE

KLAMATH EYE CENTER

New Patients Welcome

2640 BIEHN ST | KLAMATHEYECCENTER.COM | 541.884.3148

JULY 2022 MENU

NOTE: Menu is subject to change depending upon availability of supplies. Tea, coffee, juice and milk are available with each meal. Sugar free dessert, if available, and salads are available for diabetics.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		6 ROAST CHICKEN & ROAST VEGGIES Veggie Salad DESSERT IF AVAILABLE	7 MEATLOAF w/MASHED POTATOES & GRAVY Veggie Salad DESSERT IF AVAILABLE	8 CHILI DOGS & FRENCH FRIES Veggie Salad DESSERT IF AVAILABLE
11 LIVER & ONIONS or CHEF'S CHOICE Veggie Salad DESSERT IF AVAILABLE	12 BREAKFAST FOR LUNCH Veggie Salad DESSERT IF AVAILABLE	13 CHEESEBURGERS & FRIES Veggie Salad DESSERT IF AVAILABLE	14 SLOPPY JOES Veggie Salad DESSERT IF AVAILABLE	15 PIZZA Veggie Salad DESSERT IF AVAILABLE
18 MEXICAN LUNCH BEEF TACOS SPANISH RICE REFRIED BEANS	19 CHICKEN FRIED STEAK MASHED POTATOES Salad ICE CREAM SOCIAL Sponsored By Atrio	20 BEEF GOULASH Veggie Salad DESSERT IF AVAILABLE	21 SALISBURY STEAK w/EGG NOODLES Veggie Salad DESSERT IF AVAILABLE	22 CHICKEN STRIPS & FRIES Veggie Salad DESSERT IF AVAILABLE
25 CHILI BAKERS Broccoli & Cheese Salad DESSERT IF AVAILABLE	26 POLISH DOGS & SAUERKRAUT Veggie Salad DESSERT IF AVAILABLE	27 BBQ CHICKEN SANDWICHES Veggie Salad DESSERT IF AVAILABLE	28 AU GRATIN POTATOES W/HAM Veggie Salad DESSERT IF AVAILABLE	29 FISH & CHIPS Veggie Salad DESSERT IF AVAILABLE
August 1st CHICKEN NOODLE CASSEROLE Veggie Salad DESSERT IF AVAILABLE	August 2nd LIVER & ONIONS OR CHEESE RAVIOLI Veggie Salad DESSERT IF AVAILABLE	August 3rd SPLIT PEA SOUP with CORNBREAD Veggie Salad DESSERT IF AVAILABLE	August 4th ROAST PORK Mashed Potatoes Veggie Salad DESSERT IF AVAILABLE	August 5th SPAGHETTI & MEAT SAUCE Veggie Salad DESSERT IF AVAILABLE

It's An Ice Cream Social

Tuesday - July 19, 2022 - 10:00 am to 2:00 pm

Atrio Health Plans will have agents available at information tables on Tuesday, July 19, 2022 from 10:00 am to 2:00 pm to provide information about available health insurance plans and services. Senior Center patrons are encouraged to attend and enjoy an ice cream social provided as a courtesy during this time by Atrio Health Plans.



This is a paid advertisement from Atrio Health Plans. Vendor tables at the senior center are purchased by the vendor and made available in the interest of public information. The Klamath Senior Center does not endorse products provided by vendors but only provides these opportunities to enable its patrons to make informed choices about available products and services.



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BRANNON KAEFRING

Medicare Basics – 2022

What is Medicare?
When Can I Enroll?
What Are My Coverage Options?
4 Stages of Rx Coverage
Medicare's "Extra Help" Program
Where to Get More Help

July Workshops

July 13 | 10AM, 2PM, 5PM
July 27 | 10AM, 2PM, 5PM

4509 S 6th St, Ste 109 | 541.882.6476
One-on-One Appointments Also Available



Sit, Breathe and Smile

Seated Exercise at the Senior Center

Submitted by Rachel Stephens, Klamath Senior Center

June is Alzheimer's and Brain The Senior Center is now offering a new fitness class where everyone will be sitting in a chair the entire session, and it's fun!

Qigong (pronounced chee KUNG) is a form of exercise that has been practiced for thousands of years by people of all ages and abilities. Because the movements are slow and gentle, Qigong is relaxing and considered safe as well as effective for almost anyone. Qigong is a great exercise for people at any fitness level because you make it as easy or difficult as your body will allow. The movements are easy to learn, and they are fun!

Studies show that Qigong is helpful for older adults in many ways. Qigong has been shown to help boost strength and energy, improve balance and reduce falls, improve cognition and memory and much more.

Take a look at these articles for more on Qigong and it's benefits:
<https://www.qigongworksnow.com/Benefits-of-Qigong> <https://www.nccih.nih.gov/health/qigong-what-you-need-to-know>

Seated classes are Tuesdays
from 1:30 pm to 2:15 pm beginning July 12, 2022.
Regular qigong classes are Tuesdays and Wednesdays
from 2:30 pm to 3:30 pm.

Come join us and enjoy exercising! Please contact the Senior Center for further information.

Have fun attending these popular

Community Events:

Bonanza Days
last weekend of July,
Chili Cookoff Sat 11-4

Third Thursday
Klamath Freedom
4th of July Parade
PNW Regional
Baseball Tournament

Kiger Stadium July 19-23, 2022



A Variety of Hikes for All Skill Levels at Crater Lake National Park

By Jeri Kelly, Owner/Operator at Explore Southern Oregon

If you are looking for an epic adventure at one of the most beautiful places in the world, a visit to Crater Lake National Park is sure to deliver. Along with the beautiful vistas at every turn of Rim Drive, the active adventurer can find a number of short hikes to add to the element of discovery and get you out of the car during your trip.

As Oregon's only national park, and the United States' deepest lake, Crater Lake truly showcases all that the Pacific Northwest has to offer. A caldera formed by the eruption and collapse of Mt. Mazama nearly eight thousand years ago, centuries of rainfall and snowmelt have filled this crater to create the purest large body of water in the world. You can find waterfalls, view wildlife, and enjoy short hikes to a variety of natural wonders and hidden gems.

Below is a list of some favorite hikes that provide a variety of experiences during your visit to the park. Distance is listed in miles, and difficulty rating is included.

Lady of the Woods (0.7 mi, Easy)

Tucked behind park headquarters and the Steel Visitor Center, this short trail meanders through a peaceful forest setting to a 105-year-old sculpture carved into a boulder. A hidden gem in the park, the trail is often not crowded and provides a great glimpse of park history.



Watchman Peak (1.6 mi, Moderate)

Another historic landmark awaits atop this moderate ascent. A fire lookout built in 1932 is still used by rangers today, and the panoramic views over Wizard Island are unmatched.



Plaikni Falls (2 mi, Easy - first $\frac{3}{4}$ all-terrain wheelchair accessible, final $\frac{1}{4}$ may be too steep)

This casual stroll takes you through old-growth forest and along walls of volcanic rock to a beautiful waterfall fed by snowmelt. Located on Pinnacles Road, a drive further down to the south-east corner of the park offers another short hike at the Pinnacles to view volcanic spires.

Sun Notch (0.8 mi, Easy - all-terrain wheelchair accessible with assistance for the uphill)

This lovely loop along a valley carved by glaciers offers excellent views of the Phantom Ship (part of Mount Mazama's skeleton, a 400,000-year-old volcanic rock!).

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541-884-2773

1204 Main St.
Klamath Falls, OR 97601

John 3:16

KLAMATH SENIOR CENTER JULY 2022 CALENDAR OF DAILY EVENTS

MONDAYS

- MUFFIN MONDAYS 10:30 am
- SAIL classes 9 am and 10:30 am
- COUNTY BRANCH LIBRARY 9:30 am to 1 pm
- Dementia Support Group with Kathleen Rutherford - 9:30 am to 10:30 am
Preregistration required, Call Kathleen at 541- 622-9562
- WATERCOLOR 10 am - 11:30 am
- Buried In Treasure Support Group - with K. Rutherford, KBBH - 10:45 am
Pre registration required, Call Kathleen at 541- 622-9562
- GOLDEN AGE BINGO - 12:30
- YOGA 4-5 pm with Kim Carson

TUESDAYS

- Seated Qi GONG with Rachel Stephens beginning July 12th at 1:30 pm
- Qi GONG 2:30 pm with Rachel Stephens
- WATERCOLOR 10 am - 11:30 am
- Sail Class beginning July 19th
- SHIBA (MEDICARE Counseling) by appointment



WEDNESDAYS

- SAIL classes 9 am and 10:30 am with Mary Noller
- Qi GONG 2:30 pm with Rachel Stephens
- Tai Chi 4:00 pm to 5:00 pm with Andrew Hyun

THURSDAYS

- SAIL Class beginning July 21st
- Golden Age Club BINGO and card games 12:30 pm
- COUNTY BRANCH LIBRARY 1:30 pm - 4 pm
- Movies on fourth Thursdays - 1:30 pm
- BINGO Fundraiser open at 4:30 pm call at 6 pm
- SHIBA (MEDICARE Counseling) by appointment
- Individual Health Promotion Counseling by appointment

FRIDAYS

- SAIL classes 9 am and 10:30 am
- Circle of Friends with K. Rutherford, KBBH - 10:30 am to 12
- COUNTY BRANCH LIBRARY 9:30 am - 1 pm
- Line Dancing - 7:00 pm

SATURDAYS

- BINGO Nickel Bingo open at 10 am call at 11:30
- BINGO Fundraiser open at 4:30 pm call at 6pm

Check for event calendar updates at www.klamathseniorcenter.com

Title VI Notice – Klamath Basin Senior Citizens' Center, Inc.

The Klamath Senior Center operates its transportation programs and services without regard to race, color, or national origin in accordance with Title VI of the Civil Rights Act. Any person who believes he or she subjected to any unlawful discriminatory practice under Title VI may file a complaint. Complaints may also be filed by person(s) with disabilities who believe that KBSCC has failed to make reasonable accommodation in its service provision to make its programs accessible to said person(s).

For more information on the Klamath Senior Center's civil rights program, obligations and procedures to file a complaint, contact the Center by phone 541-883-7171, by mail at PO Box JE, Klamath Falls, OR 97602 or visit us at 2045 Arthur Street, Klamath Falls, Oregon 97603

Todd Durkin

World-class coach, trainer,
author, and speaker

Todd is coming
to Klamath Falls!

SAVE THE DATE

Friday October 28th
5:30pm-8pm
Klamath Union High
School

- Keynote Speech
- Community Workout
- Meet and Greet



Get your tickets before they're gone! Tickets are free, but a donation is suggested: healthyklamath.com/todd-durkin

Parkinson's Disease Support Group

Are you or a loved one diagnosed with Parkinson's disease? **You are not alone!**

Join us for a monthly support group to learn, share, and connect. This group is free and confidential.

Contact Ron or Kate to find out more:
Ron: 541.591.0686
Kate: meyemurp@hotmail.com, 541.810.2134

If you are looking for more resources, contact Parkinson's Resources at 800-426-6806.

Klamath Falls
Parkinson's Support
Group
3rd Tuesday of the month
1:00 pm meeting,
12:00pm lunch
Red Rooster Grill and Pub
3608 S 6th St
(across from the fairgrounds)
Contact Ron or Kate before
your first meeting.



**Parkinson's
Resources**
Serving Oregon & SW Washington



Turkey Cranberry Quesadilla

Directions

Wash hands with soap and water.

Lightly grease and preheat a medium skillet over medium heat (300 degrees F in an electric skillet). Lay a tortilla flat on the skillet.

Sprinkle cheese evenly over one half of the tortilla. Add cranberry sauce, turkey and spinach. Fold empty half of tortilla over filling.

Cover and cook on each side for 2 to 3 minutes, or until outside is golden brown and inside is heated through.

Refrigerate leftovers within 2 hours.

Notes

Substitute beans, tofu, or other cooked meat for the turkey.

For extra flavor, add a dash of cayenne pepper or chili powder before folding the quesadilla in half.

Source: foodhero.org

Prep time: 5 minutes

Cook time: 5 minutes

Makes: 1 quesadilla

Ingredients

SALAD

6 ounces fresh spinach (about 7 cups)

3 oranges (any type)

1 ½ cups halved strawberries

1 cup walnut pieces (toasted, if desired)

DRESSING

1 teaspoon sugar

¼ teaspoon paprika

2 Tablespoons orange juice

1 Tablespoon lemon juice

1 ½ teaspoons vinegar (any type)

1 teaspoon finely chopped onion

2 Tablespoons vegetable oil

Expressions of Heart and Mind

Back In Time

My mind travels back in time
As freshly cut hay fills the air
Not so easy, my parents would find
But to this child, there wasn't a care

Running through fields near the sprinkler lines
Alfalfa, grain and grass would grow
Riding on the tractor with the baler behind
As round and round Dad would go

Fresh lemonade awaits in the shade
Bales stacked high in the barn
Another meal Mom lovingly made
A day in the life on the farm

I see many stories as I close my eyes
Feelings that run so deep
As the season of summer in the Basin arrives
Priceless memories, I'll forever keep.

Sharon (Johnston) Pappas

©



Quietly listen to the voice inside
Let that little voice be your guide.

Sharon (Johnston) Pappas ©
www.mumkinsrecipesforlife.com

CELEBRATING FREEDOM

By Sharon Hudson

In the harbor of New York City
Lady Liberty stands tall.
Reminding us of freedom, and
When our enemies took a fall.

She lights the way for
The young and the old.
Each have a story that
Someday will be told.

She welcomes travelers to
Our "Home of the brave."
We stood up to the opposition,
And it's freedom we crave.

We have become a nation
Of free thinkers and all.
Embracing freedom, and
Answering its call.

Today we celebrate, and
Have lots of fun.
By getting outside enjoying
Fresh air, and sun.

There will be barbeques, and
Picnics, and laughter galore.
This includes everyone from
The rich to the poor.

Fried chicken, and hot dogs,
and
Maybe some apple pie
Are favorite foods. So step
up,
And enjoy, and don't be shy.

The fireworks at night are a
Light show in the sky,
Delighting viewers with their
Heads held high.

Streamers of color spiral
To the ground.
They go out before they hit,
And some make a popping
sound.

The city did well with our
Tax money this year,
Presenting an exciting show,
And I heard lots of people
cheer.



A VA home loan with plenty of benefits

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Fourth Annual Butterfly Release

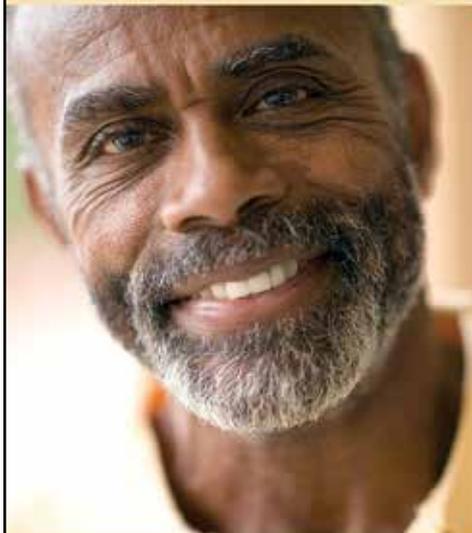
In memory of loved ones who have passed, High Desert Hospice/ Bristol Hospice would like to extend this invitation to our community, for the **Fourth Annual Butterfly Release**. It will be held at Moore Park Marina II Pavilion, Saturday, September 10, 2022 at 3:00 pm.

Registration is free, all we ask is for you to contact either High Desert Hospice at 541-882-1636, or email Cathy at cathy.vandyke@bristolhospice.com. This will help us to get an accurate count for the butterflies needed. In addition there will be commemorative butterfly pins with the year of release.

We appreciate our patients, families and community partners. This is a small way of showing our gratitude and a way of honoring those we have served. For contributions and donations please send to High Desert Hospice Foundation, 2210 Shallock Ave., Klamath Falls, OR 97601. All donations go directly to our non-profit foundation to help our patients and their families.

OLDER ADULT PROGRAM

Are you struggling to connect with others?
Are you feeling lonely, sad, or worried?
Are you feeling hopeless about your life?



**LOCAL
SUPPORT IS
AVAILABLE**

**KATHLEEN
RUTHERFORD, LCSW
541.622.9562**

You are not alone.



Klamath Basin Genealogical Society Field Trip July 14th



Klamath Basin Genealogical Society will not be meeting at the library this month. Instead Nancy Joyner from the The Church of LDS has graciously agreed to a field trip to the Family search affiliate library at 6630 Alva Ave. It will be at our regular time of 6-8 p.m. on **July 14th 2022**. There is a limit of 12 people so we are asking for you to let us know by July 12th @ kbgskf@gmail.com

if you are planning to attend. After 2 years of being closed we are excited to see what is new.

WITH THESE HANDS

Submitted by Patty Card, Klamath Basin Behavioral Health

Through the lens of a camera, we will be spotlighting and celebrating our local older adult's hands and asking them to share their story and wisdom with our community. We are hoping to showcase what they have done with their hands throughout their lives. We want to learn about their compassion, their strengths, their accomplishments, their passions, and their talents.

We are looking for persons 60 and older who would love to take part in this project. We would come to their home or location that works for them, take a photo, ask them to "write the story of their hands", type these up, and then frame and display them in local businesses, local fairs and festivals, anywhere and everywhere we can. We will also give them a copy for their own home.

Celebrating our older adults is something that has always been a passion of mine. My mom, Beverly Murdock Cheyne Ritter, was very much into genealogy and history, not only of family but community. She was a part of the Klamath County historical Society, Klamath Echoes, Shaw Library, and the local museums. Being born and raised here in our amazing Klamath Community, I guess I caught the bug. I have heard some great stories and I think it is time we share them.

Many young people do not think about what our older adults have done in their lives. They presume cell phones and computers, and we all know that is not the case. Many of us have worked in lumber, held our children/grandchildren/great grandchildren, planted farms and gardens, worked cattle, sent telegraphs, chopped wood, played instruments, helped neighbors through hard times, and many other great stories. We need to share these with others.

If you or you know someone that would like to join or learn more about this project, please have them reach out to Patty Card, pcard@kbbh.org or call 458-200-4257.



40 YEARS ANNIVERSARY & OPEN HOUSE

COME CELEBRATE FOUR DECADES SERVING OUR COMMUNITY.

SATURDAY
JULY 30

11 AM - 2 PM
FOOD - DRINKS
ENTERTAINMENT



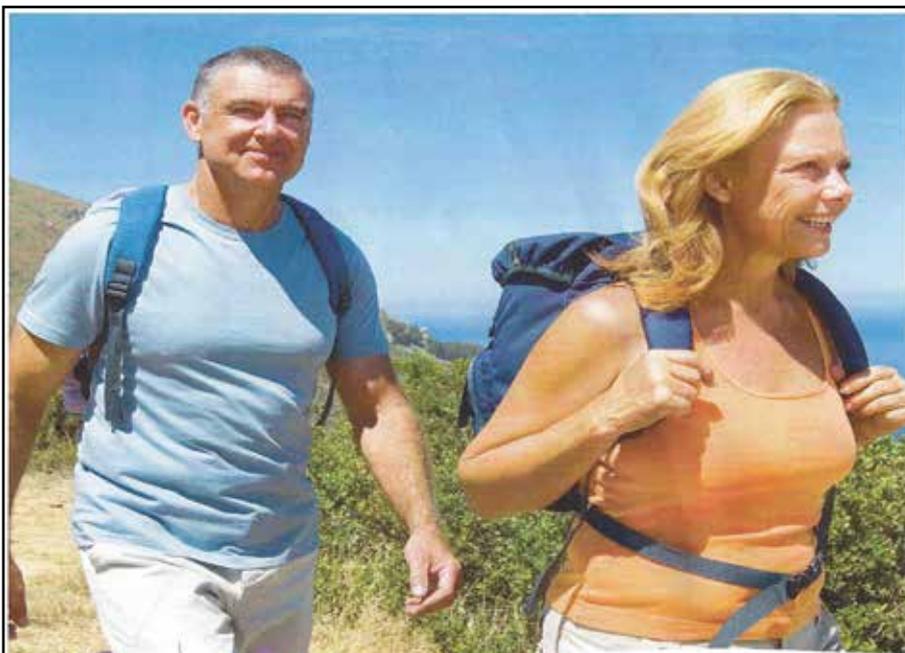
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AND PALLIATIVE CARE

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Quarter Page	\$125	\$99
1/8 Page	\$99	\$75

Publishes the First
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The Bucket List

Contributed by Jenifer Roe, Roe Outfitters

Sure, it is cliché, yet everyone appears to have one. A wonderful thing about bucket lists is they don't have to fit anyone else. The list is unique to you and you're allowed more than one. Places to explore this summer is one of my ongoing lists. Here are some ideas to get you started on your list and some tips for making them happen.



Jenifer Roe takes a break while walking the OC&E Trail.
Photo by Sherise Weast

Hike or bike the OC&E trail. This fantastic resource is a state park and, at 100 miles, the longest linear park in Oregon. The trail begins in the heart of downtown Klamath Falls with a paved trail and traverses diverse terrain over its length. You'll navigate gravel, dirt paths, switchbacks, and hills. Try breaking it up into sections to accomplish over the summer. Get some good hiking shoes, a map and pack plenty of water for the distance you'd like to cover. Then, get going. If you're planning to bike, keep in mind that street bicycles aren't great on gravel. Make sure you have the right bike and tires for the section you plan to tackle. Zach's Bikes in Klamath Falls can help with bike repairs and sales or rentals if you're not ready to buy. Pro-tip: Find a friend that wants to hike or bike too. It's always safer to adventure with someone. If not, be sure to tell someone where you're going and when you plan to return.

Kayak the basin. The Klamath Basin is rich with calm water places to paddle. Like hiking, its possible to break it up into manageable slices. Rather than going for distance, go for time. Decide how long you'd like to be on the water and then plan your



Kayaking Upper Klamath Lake. Photo by Jenifer Roe

outing. Two hours paddling on calm water is about the right amount of time for many people. If you're paddling a river like The Wood River, you'll need to work out where you'll put in and take out. Once you're on a river you are committed to paddling as far as the take-out location. Paddling back upstream to where you launched can be tough, even for experienced kayakers. Save demanding or longer paddles for days when you have more time and have gained some experience. Better yet, if it is in your budget, go with a guide that can manage the logistics. I recommend ROE Outfitters (disclaimer, Roe is my last name, so I am 100% partial, but I also know my guides are amazing, friendly, fun, and knowledgeable) If having a guide isn't your style, you can also rent touring kayaks and paddle boards from ROE Outfitters. Renting a kayak or taking a guided tour is a great way to get help with technique and try out paddling before you commit to buying your own gear. It also eliminates the headache of hauling a kayak to where you'd like to go.

Places I'd like to kayak can be its own bucket list and there are easily enough fantastic places to paddle in the Klamath Basin to fill a sheet of paper. Here are a few of my favorites. Spring Creek, Juanita Lake, Topsey Reservoir, Wood River, and at the top of my list, The Upper Klamath Canoe/Kayak Trail. The trail is peaceful and scenic with abundant bird life. It also covers 9 miles of water trail so crowding isn't usually an issue. Pro tip: Wear a lifejacket. Even though these are calm water paddles, wearing a lifejacket can save your life. Pro-tip: number two, paddle with a friend. It's always safer to paddle with someone. If not, be sure to tell someone where you're going and when you plan to return.



Whatever makes your bucket list, consider inviting a friend to join you on the adventure or look for a local club that offers events that spark your interest. But don't wait! Get outside and explore your region. There is a lot to see and do in Klamath County and it will take some time to cover all 6,136 square miles of it. See you out there. -Jenifer Roe

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KLAMATH HOSPICE

Muffin Mondays

Veteran's Group

10:30-11:30 a.m.
Senior Center
2045 Arthur St.



Every Monday
Coffee • Muffins • Conversation

For more information:
Jennifer Smith • 541-882-2902
jsmith@klamathhospice.org

www.klamathhospice.org


WE HONOR VETERANS

LAKEVIEW SENIOR CENTER



July 2022 Events

Our Elder Abuse Awareness Day on Wednesday June 15th was a big success. There were Resource and information booths, speakers, giveaways

We request a 24 hour notice for transportation to ride the LUNCH BUS to the center for meals on Monday, Wednesday and Fridays @ 12:00. 541-947-4966-X106.

Home delivered meals are provided weekly. Congregate Meals are being served on Mondays, Wednesdays and Fridays in the dining room @ 12:00 - 1:00.

Trips All Rides Require Reservations.

Lakeview Local operates 8-5 on Thursdays of the month. The service is FREE, so call to schedule a ride. We require 24 hours advance notice.

First & third Tuesday, Klamath Falls Trips for Medical Appointments between 10:00 & 1:00.

Second Tuesday Klamath Falls Shopping Trip.

Free weekly shopping trips from Christmas Valley to La Pine on Wednesdays. Will Meet At The C.V. Community Center.

Tuesdays & Thursdays stop in for a puzzle swap. (Bring some to trade/share and take something new for you!)

Outback Thrift Shop days are on Mondays & Wednesdays 10:00 - 2:00 so our shoppers can join us for lunch. Donations accepted during store hours. Watch for updates to our basement space & new classes to follow.

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DONOR REPORT

JTMF Foundation Grants Senior Center \$55,450

Submitted By Marc Kane

I am pleased to announce a generous capital projects grant from the JTMK Foundation. After reviewing the many capital projects the center would like to complete this year the foundation chose three projects to support. They are to complete the funding necessary to install a lift from the first to second floor of the senior center building, complete funding of a back up generator, and funds necessary to replace tables and chairs for the center's dining room. In addition the foundation also made a pledge of \$5,000 to the center's general operating campaign. The two principals of the foundation, along with a staffer interviewed the senior center director last month to review the center's capital projects plan. They were quick to understand the center's need and show appreciation for our mission. Thank you JTMF Foundation! The center has developed a capital campaign to raise \$535,000 and has just \$124,675 left to raise now to complete all its plans. New grantors and contributors continue to be sought. All our gifts are valued the same no matter how large or how small. They all add up to making our community a better place and to our ability to honor our senior residents.

May donations of \$ 15,178.96 were received from the following organizations and individuals:

Reser Family Foundation
Anonymous
Sherry McManus
First Presbyterian Church
Marilyn Howell
Mary Ellen Sargent
Marta Stephens
Refuge City Church
Walter & Kay Duckworth
Howard McGee
Jon Schnebly

Burl Parrish
Rose Chapman
David Misso
Cheryl Gibbs
Wilma Petrik
Ed Hampton
Leslie Wilkenson
Richard & Eugenia Wheeler Estate
Albert & Delores Errecart
Charlotte Moseley
Mary Waters

Unidentified contributions in April for Meals, Transportation and Other Services amounted to \$ 3,255.00

The Senior Center would like to especially recognize the following individuals for their regular and/or recurring gifts during 2021 amounting to at least \$600 for the year. They were the following:

First Presbyterian Church
Dorothy Winters
Refuge City Church
Marta Stephens
Jon Schnebly
Howard McGee
Burl Parrish
Geraldine Schindler
Rose Chapman

Patricia Henderson
Donna Maloney
Ernie Palmer
Cheryl Gibbs (1)
Albert & Delores Errecart
Wilma Petrik
Mildred Miller
Mary Reta
Joe Primm.

The Center continues to encourage you to be a recurring giver. These types of gifts are so important to the Center because they add stability to our funding. They also send a clear message to everyone that you have trust in the Center, its future and its importance to our senior neighbors. You can become an on-going or recurrent giver by authorizing the Center to charge to your card periodically, such as monthly. You can also contribute by mail, personal visit or with a single telephone call to the Center. **There is a giving form on page 3 of this publication.**

The IRS has determined that we are a tax exempt organization under section 501(c)(3) of the IRS Code. Our Federal Tax ID # is 46-0716639.



There Are Many Reasons To Call Rogue River Place in Klamath Falls "Home Sweet Home."

Choose to make your new home at the beautiful Rogue River Place, located in Klamath Falls down the street from Black Bear Diner. You'll find a compassionate care team and a friendly community where daily life is sweet.

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New Location: Klamath Memorial Park • 541-883-3458



Stay Active & Independent for Life (SAIL)

a strength, balance, and fitness class for adults 65+

Join Us for SAIL - ALL WEEK LONG!

By Anne Davenport, PT, DPT

Do you want to increase your energy, feel stronger and more confident? Would you like to improve your walking, flexibility and strength? Is your goal to decrease your risk of falling, maintain a healthy weight, or sleep better? Overall, want to make new friends and have fun?

The SAIL (Stay Active and Independent for Life) class is a strength, balance, and fitness class. It can be done in sitting or standing. It includes aerobics, balance, strength training with weights, and stretching. Classes are led by certified instructors.

In addition to exercise, educational information is given to support individuals in Staying Active and Independent. SAIL is an evidence-based intervention to reduce fall risk factors in older adults. SAIL is recognized as a Title IIID Evidence-based Health Promotion Program by the Administration for Community Living.

Starting Tuesday, July 19, we will offer SAIL class ON Tuesdays and Thursdays at 10:00 AM. On Mon / Wed / Fri, attend SAILing at 9 am or 10:30 am with Mary Noller to participate in SAIL activities, floor exercises, a dance sequence, and play! On Tues / Thurs, attend SAIL with Anne Davenport for aerobic conditioning, balance, strength, and stretching, as well as “fitness checks” at regular intervals to keep you on track to reach your goals. \$3 suggested donation per class.

Have questions or interested in becoming a certified SAIL instructor to help offer classes at the Senior Center? Email at stayactive@kbscc.org or call 541-883-7171 ext 128

Alley Beautification Project

Calling all Seniors!



Healthy Klamath-A Blue Zones Certified Community and the Klamath Falls Downtown Association are thrilled to announce that they have been awarded a 2022 AARP Community Challenge Grant for an Alley Beautification Project in downtown Klamath Falls. Both organizations understand the importance of public art in a healthy and vibrant community. This project will include commissioned art pieces scattered throughout our downtown alley ways as an attraction and vandalism deterrent.

The art project committee would like to invite all seniors to participate in the creation of the first art piece that will start the program off in the 1000 block of Main St. This will include mosaic pieces produced by seniors and then assembled to create an interesting art piece that we can proudly display for this semi-permanent art installation. This piece will serve as the inspiration for the procurement of future art pieces.

Please join us for any or all three sessions planned for July 13, 20, 27 at the Senior Center. It will take place from 1 pm to 3 pm on these days in the conference room.

No need to have painting experience! This is something anyone can do. You can do one piece or 20! We will provide all supplies. Grab a friend and join us for this fun project.

Please contact Kendall Bell at (541) 591-0024 if you have questions.

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2022

August 4th-7th

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"We love the activities...and our friends!"

Pelican Pointe offers a full range of opportunities for socializing and companionship on a daily basis. Our community has the unique opportunity to always try something new, such as lunch by the lake, gardening, arts & crafts and much more. These are examples of activities our residents enjoy:

- Spark Program - an adult form of the Montessori program
- Happy Hour every Thursday sometimes with a DJ or live music
 - Newspapers with Norma
 - Card Games
- Painting and Adult Coloring
 - Cooking together
 - Dining with others



Cathy

Norma

Sally

Interactions with others helps emotional and mental status. It brings joy to see others!



Pelican Pointe
ASSISTED LIVING

615 Washburn Way, Klamath Falls, OR 97603
541-882-8900,
Amber's cell: 541-205-2018

Here at Pelican Pointe, we value creating special moments and experiences for our residents and their loved ones. We host many exciting community events including car shows, carnivals, Solid Ground Equine Therapy, family movie nights, and ice cream socials.



Amber Anderson

Look no further than Pelican Pointe... call me for a tour TODAY!



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PADDLING THE RIVER FRIDAYS
JULY 8-29 • 6PM-10PM

WIN UP TO \$500 CASH OR A KAYAK + \$200 CASH!

Beginning Friday, July 1 at 8am, earn one drawing entry for every 10 points. Drawings every half hour. Win Free Play, CASH, or a KAYAK.
(May only win once per day. While supplies last.)

OUTDOOR SUNDAYS
JULY 10-31 • 10AM-8PM

JULY 10: Avalanche 90pc First Aid Kit
JULY 17: Avalanche Light Weight Blanket
JULY 24: Avalanche Hydration Camelback
JULY 31: Avalanche Double Nylon Hanging Hammock

EARN 50 POINTS AND SWIPE AT THE KIOSK FOR YOUR CHANCE TO WIN.
(May only redeem once per day. While supplies last.)

SENIOR DAY MONDAYS
8AM - MIDNIGHT

EARN 2 POINTS, RECEIVE \$5 FREE PLAY, 10% DISCOUNT AT PEAK TO PEAK RESTAURANT.

HOT SEATS NOON - 3PM
WIN UP TO \$100 CASH!
DRAWINGS EVERY HALF HOUR.
(Must be 55+. May only redeem/win once per day.)

NO SENIOR DAY HOT SEATS ON MONDAY, JULY 4.

HOT SEAT WEDNESDAYS
July 6-27 • 1pm, 2pm, 6pm & 7pm

WIN \$50 FREE PLAY!
(May only win once per day.)

GEAR IT UP KIOSK THURSDAYS
July 7-28 • 10am-8pm

Win Various Prizes, Free Play, or CASH! Earn 50 points and swipe at the Kiosk for your chance to win.

Telescoping Pole, Sun Shade, Cooler Backpack, Camp Chair, Tackle Carryall, Camping Table

(May only redeem once per day. While supplies last.)

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Plus, earn up to an additional \$50 Free Play and a \$5 off coupon for the Peak to Peak Restaurant.*

See Bonus Club for Complete Details

No smoking or vaping will be allowed in the Casino, Restaurant or the Sleep Inn Hotel.

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