

Active Seniors

October 2022

FREE
take one!



Kat Benford has been teaching watercolor classes at the Senior Center for several years. Photo by Mary Williams Hyde

The Klamath Basin Senior Center is celebrating **National Arts & Humanities Month**

This month our focus is on our community and its artists.
Join us at the Senior Center for a watercolor or a writing class.

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

ALL ARE
WELCOME.



Klamath Basin Senior Citizens' Center



Image by Fabio on stock.abode.com

ABOUT US

The Klamath Basin Senior Citizens' Center provides activities and services that meet the changing needs of older adults, their caregivers, and families. The Center offers low and no-cost opportunities to promote healthy aging, independence and the well-being of older adults. We are a place to gather, to learn, to grow. All are welcome. We look forward to seeing you soon.

OUR MISSION

To build and maintain a supportive community for seniors.



For more information:
(541)-883-7171
klamathseniorcenter.com



WE ARE LOCATED AT:
2045 Arthur Street
Klamath Falls, OR 97603

OUR SERVICES



FOOD
Congregate
Meals

Meals on
Wheels



HEALTH
Counseling

Durable Medical
Equipment Loans

Exercise Classes



TRANSPORTATION
To the Center

To Medical Appointments

To Employment

To Grocery Store



FINANCIAL
AARP Foundation
Tax Help

Senior Health
Insurance Benefits
Assistance



ACTIVITIES
BINGO

Creative Writing &
Art Classes

Movies

and more!

Directors Greeting

Our Success Lies In Close Collaborations

This month's **Active Seniors** features the activities at the senior center and the new Alley Beautification Project now showing in the alley between the 1000 block of Main Street and Klamath Ave.

We have strived to expand opportunities at the senior center for our patrons to engage in various arts. Healthy Klamath-A Blue Zones Certified Community and the Klamath Falls Downtown Association were recently 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 includes commissioned art pieces scattered throughout a downtown alley way as an attraction and vandalism deterrent. Patrons at the senior center were pleased to be invited to produce a mosaic for this project which was completed last month and now hangs in the alley with several other pieces from local artists including one from one of our employees, Anne Davenport. See project pictures and notes on page 16.

There are three arts projects currently underway at the senior center. Kat Benford featured on the front cover, has been offering on going watercolor classes. Maurine Loprete has been teaching creative writing classes for several years (note article on page 14), and now we are initiating a Memories In The Making project which applies watercolor arts in a support environment for those challenged with dementia (see article on page 5)

During the last school year two arts projects, the What I Know for Sure Project directed by Carol Imani, and a monthly class offering samples of various types of art mediums taught by Christie Righins, brought us in close collaboration with the schools. We hope to see these kind of joint projects continue this year as well. The Klamath County Cultural Coalition has funded, in part, our arts efforts and now has applications open to fund new projects. Want to collaborate with us?

All of the activities at the senior center depend on close collaborations and our venture into the arts has been no exception. In addition, everything we do relies heavily on a sound foundation of volunteers, nearly a hundred and twenty in all, producing over \$300,000 in donated services.

arts



Marc Kane, Center Director

Another close collaboration we have involves the Klamath County Health Department. Note the announcement of page 12 for the upcoming vaccination clinic for Flu and Covid shots. All provided without cost by our local health department. In addition Jennifer Little, the department director services on the Senior Center Board of Directors

Incidentally, our board of directors is taking applications to fill two vacancies. Applications are available at the center. Again, another example of community collaboration with residents who voluntarily serve on the board to represent the needs and interests of the community and its older adult population.

Well, you can see our success stems from many throughout the community coming together to bring us their time and talents. And many others provide financial support. We publish a donor's report every month for your review. (See page 18).

All are welcome here to participate, to help serve, or both.

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*



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

*Kitchen Help
Yard Work
Janitorial
Maintenance
Light Housekeeping
Teaching Computer
Classes
Teaching Arts &
Crafts
Card Making*

*Making Friendly Visits
to Older Adults
Shopping and
Errands
Meals on Wheels
Drivers/Runners
Lunch Check-in Desk
Gift Shop*

National Arts & Humanities Month was established in 1993 and is celebrated every October in the United States.

It was initiated to encourage Americans to explore new facets of the arts and humanities in their lives.

This month we would like to focus on our community and its artists. Starting with the artists at the Senior Center whose focus is on watercolor.



Kat Benford (right) instructs her students at the center to paint with feeling and see beyond what's hidden in the shadows. See that a mountain is not just brown or green. Feel the eagle's wings in flight. Smell the cold, windy snow and taste the warmth of the hot chocolate by the fireplace. She brings it all to life through the brush, the canvas and the colors.



Maurine Loprete is the Writing instructor at the Senior Center. She has inspired many to put their life and imagination on paper. She is a teacher from within. Her students learn how to give their imagery life from sharing what is within their souls and minds, creating stories that bring a real life experience to the readers' mind.



Senior Center Receptionist
Rolland Bailey

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 –
541-205-5400

CONTACT INFORMATION

Transport Dispatcher –
Cindy Dupart 541-850-7315

Health Promotion Manager
Anne Davenport 541-883-7171
ext. 122

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 Citizen's 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.



Memories in the Making Watercolor Class Starts October 13!

By Anne Davenport, PT, DPT

“For Bill, an increasingly confusing and overwhelming world has been replaced by a blank piece of paper, a brush and a palette of watercolors. He puts his brush to the paper and creates a landscape reminiscent of a past vacation. For Molly, she found that her artistic sensibilities from her younger days are still accessible.”

With Memories in the Making, the focus isn't on the paintings but what they unlock within each person with dementia. It allows participants to go beyond their diagnosis to get in touch with part of who they once were and, most important, who they still are. The main goal of Memories in the Making is to create an emotionally safe and non-judgmental environment for expressing oneself. The program does not try to teach new skills, but facilitate a fun activity that also serves as a communication tool between participants and their families and/or caregivers.

Memories in the Making helps build self-esteem and reduce isolation through the art-making process. Individuals with dementia are often able to paint memories or emotions about which they are longer able to speak or remember. Painting may convey memories that can be recognized by family. Alzheimer's disease and other dementias can bring constant reminders of failure and loss, but Memories in the Making is not about failure. It is about the creative process of making the art and expressing feelings and emotions inside each individual.

If you have been diagnosed with Alzheimer's disease or dementia, join Anne Davenport on Thursdays from 10:30 - 11:30 am for a safe and nurturing watercolor class. Weekly sign up is required as there are only 8 available spots. Family, friends, or caregivers may attend as an observer or helper for the participant. Due to a generous grant from the Klamath Community Foundation designated Circle of Hearts fund, there is no cost to participants. *Photo credit: Alzheimer's Association*

WHAT'S NEW?

MUFFIN MONDAYS OCTOBER SPEAKERS

10/3: Speaker pending from the Potato Festival
10/10: Brannon Kaefting – Medicare Open Enrollment (Guest Host,
Emily Feldberg – KHI's Bereavement Coordinator &
Camp Evergreen Director)
10/17: Steven Baker – First-Hand Presentation on Honor Flight



Save the Date
Klamath Basin Senior Center

Christmas Bazaar

When: Saturday, December 3rd
Time: 8:30 am – 3 pm

ONE DAY ONLY. Doors open for sellers 7am to set up tables. Tables must be cleared by 3:30 pm. \$25 per table. Call Kathy for more info.
541-883-7171 ext. 124



MEMORIES IN THE MAKING WATERCOLOR CLASS

Begins Monday 10/13 10 am to 11:30 am call
541-883-7171 to enroll

BOOST YOUR BRAIN AND MEMORY CLASS

Begins 10/19 call 541-883-7171 to enroll

SHIP TALK

(Senior Health Insurance Program)

OPEN ENROLLMENT IS ALMOST HERE!

Mark your calendar: the dates for Open Enrollment (sometimes called Annual Enrollment) are October 15 through December 7, 2022. Open enrollment is the time to make two changes - (1) Changing your Part D drug plan and (2) Switching between an Advantage plan and original Medicare. That's basically it.

So, let's review some of the things you need to check out. Probably the most commonly changed plans are the Medicare Part D prescription drug plans. Every drug plan is different - and has a different price tag. And they all seem to change every year. And your needs may change. When you get your notice of 2023 pricing and formulary from your drug plan, be sure and check it out and make sure you want to keep it. When you make an appointment with SHIBA to check out drug plans, you'll need to bring in a complete list of the drugs and dosages you're taking. Changes made during the open enrollment period will become effective January 2023. (Please note that if you're receiving Extra Help, the Low Income Subsidy (LIS), you can change your drug plan at any time of the year.)

Another change that people can make only during open enrollment period is switching from regular Medicare to an Advantage plan or vice-versa. An Advantage plan covers the same benefits that regular Medicare offers but with a different price tags and co-pays. You can also include your prescription drug package in the Advantage plan. Conversely, if you are currently in an Advantage plan and would like to change into regular Medicare plus a supplement and a stand-alone drug plan, this is the time to do it. The change will take place January 1, 2023.

If you have original Medicare and a supplement (also called Medigap) that has raised its rates substantially or you're dissatisfied with it, and you're interested in changing into another plan, you can do this at any time in the year. Key thing to remember here is that Medicare supplemental plans can refuse to insure you if you have pre-existing health conditions. However, the "Birthday Rule" protects you with a guaranteed issue for the 30 day period after your birthday. That's when you should plan on making the change.

If you want to check prices and if you think you might need help with your Medicare options and decisions, be sure and call the Senior Center at 541-883-7171 and ask for an appointment with a certified SHIBA counselor. - Anne Hartnett, SHIBA Coordinator



Katy Scott, PharmD and Fernando Amaya, PharmD, Sky Lakes Medical Center PGY1 Pharmacy Residents providing valuable information about how medications can affect fall risk.

2022 Age Well Expo Recap

On Tuesday, September 20th, the Klamath Basin Senior Citizens' Center hosted the first annual Age Well Expo. There were over 200 participants in the event, including over 30 exhibitors, a handful of which traveled from Medford and Salem. This event was in observance of National Falls Prevention Awareness week that ran from September 18th - 24th. However, reducing ones' fall risk was only one part of this exciting event.

Attendees learned how to stay active and age well with the support of community organizations, received free functional and home environment assessments, completed Booth Bingo to win raffle prizes, and enjoyed a free lunch sponsored by the Klamath and Lake Counties Council on Aging. Before the event, participants grooved to classic rock during the Stay Active and Independent for Life exercise class and afterwards centered their minds during a Seated and Standing Qi Gong class.

"There is so much out there that I didn't know about. I am so glad I came to learn about what the community offers. The exhibitors provided excellent information and useful goodies. This was fun and enjoyable," Mona, an Expo attendee and longtime Klamath Falls resident, described. Mona went on to highlight upcoming community events she planned to attend, including Senior Center exercise classes and Doggie Swim Day at Ella Redkey Pool in October.

Kathy Crist, of Bliss Yoga & Wellness, a local yoga studio that offers classes, massage, workshops and more, was delighted to be an exhibitor this year. “The Age Well Expo was a great experience. I was able to connect with community members about wellness and the importance of balance in the prevention of falls, as well as network with other wellness providers in the community!”

We would like to thank all attendees, staff, and volunteers, as well as the exhibitors that made this year’s Expo a success and look forward to 2023!

- AccessTechnologies
- Alzheimer’s Association
- Aging & Disability Resource Connection of Oregon
- Atrio Health Plans
- Basin Transit Service
- Bliss Yoga & Wellness
- Ella Redkey Municipal Pool
- Foster Grandparent Program of Southern Oregon
- Healthy Klamath
- High Desert Hospice
- Integral Youth Services
- Klamath Basin Behavioral Health
- Klamath Eye Center
- Klamath County Library
- Klamath County Public Health
- Klamath County Community Emergency Response Team
- Klamath & Lake Counties Council on Aging
- Klamath & Lakes Counties Villages
- Klamath Hospice & Palliative Care
- Mick Insurance Agency
- Norco Medical Equipment
- Oregon Department of Human Services Office of Aging and People with Disabilities
- Oregon Department of Veterans’ Affairs Aging Veterans Services
- OSU Extension Service
- Pelican Pointe Assisted Living
- Quail Trail
- Rogue River Place
- SHIBA Counselor
- Sky Lakes Physical Therapy
- Sky Lakes Occupational Therapy
- Sky Lakes Home Health Services
- Sky Lakes Outpatient Care Management
- Sky Lakes Pharmacy

Expressions of Heart and Mind

RAGS AND MUFFIN

By Sharon Hudson

Two happy cats were out
Playing together,
They were rolling in the leaves
And enjoying the weather.

Rags and Muffin lived on a
Quaint little farm.
They livened things up,
And they added some charm.

It’s the middle of October, and
The season is changing.
It’s getting cooler, and the
Scenery is re-arranging.

Leaves are falling from the trees,
And the wind swirls them around.

They form into little piles as
They gather on the ground.

The cats chase the leaves,
Entertaining themselves well.
Some people chuckle, and
Some people tell.

This is October, a wildly
entertaining
Time for all.

People dress up in costumes, and
Get ready for fall.

The Pumpkin Patch was special,
And people came from all around.
It was a popular place, and the
Perfect one could always be
found.

Rags and Muffin watch the
pumpkin Hunters from the top of
a tall tree.
Their eyes are wide open,
And they enjoy what they see.

They laid in the sun, and
They rolled in the grass.
Being noticed by customers
Who just happened to pass.

They had fresh milk in the
morning,
And prowled the barn at night.
They kept down the rodents, and
Their future looks bright.

Happy Halloween to all of
You spooks out there.
Enjoy your candy, and
Don’t forget to share.

KLAMATH SENIOR CENTER OCTOBER 2022 CALENDAR OF DAILY EVENTS

MONDAYS

- SAILing classes with Mary Noller at 9 am and 10:30 am
- MUFFIN MONDAYS 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 Preregistration Required, Call Kathleen at 541- 622-9562
- GOLDEN AGE BINGO - 12:30
- YOGA 4:00 pm to 5:00 pm with Kim Carson

TUESDAYS

- SAIL Class with Anne Davenport – 9:00 am
- CREATIVE WRITING CLASS call to register 541-883-7171
- WATERCOLOR 10 am – 11:30 am
- Seated QiGONG with Rachel Stephens - 1:30 pm
- QiGONG 2:30 pm with Rachel Stephens
- SHIBA (MEDICARE Counseling) by appointment

WEDNESDAYS

- SAILing classes with Mary Noller at 9 am and 10:30 am
- Boost Your Brain and Memory Class 10:30 am– 12:00 pm with Kate Murphey starts on October 19, preregistration required 541-883-7171
- QiGONG 2:30 pm with Rachel Stephens
- Tai Chi 4:00 pm to 5:00 pm with Andrew Hyun

THURSDAYS

- SAIL Class with Anne Davenport at 9:00 am
- Memories in the Making Watercolor Class 10:30 – 11:30 am, starts October 13, weekly signup required 541-883-7171
- 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

- SAILing classes with Mary Noller at 9:00 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

OCTOBER 2022

NOTE: Menu is subject to change, depending upon availability of supplies. Tea, Coffee, Juice and Milk are available with each meal
Sugar free desserts and salad are available for diabetics.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			POLISH SAUSAGE & SAUERKRAUT Veggie Salad Dessert	BELL PEPPER CASSEROLE Veggie Salad Dessert
CLOSED FOR INDIGENOUS PEOPLES DAY	GOULASH W/GARLIC BREAD STICKS Veggie Salad Dessert	MAC 'N' CHEESE WITH HAM Veggie Salad Dessert	MEATLOAF W/MASHED POTATOES Veggie Salad Dessert	CLAM CHOWDER Veggie Salad Dessert
CHICKEN FRIED STEAK W/MASHED TATERS & GRAVY , Veggie Salad Dessert	BROCCOLI CHEDDAR SOUP Veggie Salad Dessert	BREAKFAST FOR LUNCH Hashbrowns, Biscuits & Gravy, Scrambled Eggs Salad	SPLIT PEA SOUP W/HAM Veggie Salad Dessert	MINESTRONE SOUP Veggie Salad Dessert
MEXICAN LUNCH BEEF TACOS, RICE & BEANS Veggie Salad Dessert	CHEESE RAVIOLI Veggie Salad Dessert	BEANS & HAM CORNBREAD Veggie Salad Dessert	SWEDISH MEATBALLS Veggie Salad Dessert	ROAST PORK Veggie Salad Dessert
MEATLOAF & MASHED POTATOES Veggie Salad Dessert	BREAKFAST BURRITOS Veggie Salad Dessert	SPAGHETTI & MEATBALLS Veggie Salad Dessert	CHICKEN FRIED STEAK W/ MASHED POTATOES & Veggie Salad Dessert	CHICKEN STRIPS & FRENCH FRIES Veggie Salad Dessert

Watercolor For The Fun Of It

*Interview of Class Teacher **Kat Benson** by Stephanie Redfield*

I've been painting for about twelve or thirteen years, and teaching for about ten," says Kat Benson. "The teaching part wasn't planned, I really don't have a background in it. I just had friends start requesting that I show them 'how I painted that', and I was working with a really good teacher who suggested I start teaching art myself.

"The class I teach at the Klamath Senior Center is called '**Watercolor For The Fun Of It**,' and fun was the original point - but it seems to have blossomed into more than that. Some of my students have gone on to sell their paintings. Some use their work to give as gifts, gifts, or to donate - a way to contribute even though they no longer go out and earn a paycheck. Others tell me they benefit mentally and even physically from taking the class - having a creative outlet that's both active, and social.

"I do feel very strongly that active, creative social outlets are essential to our health. Both the mental, and the physical - even mainstream science is finally catching up to the fact that the two are not separate, they're very connected.

"The class is about the experience, and the benefits it brings. It's not about the product. If we get a salable product, that's icing on the cake. But the cake, is the experience. There are simply boundless benefits when people come together and create."

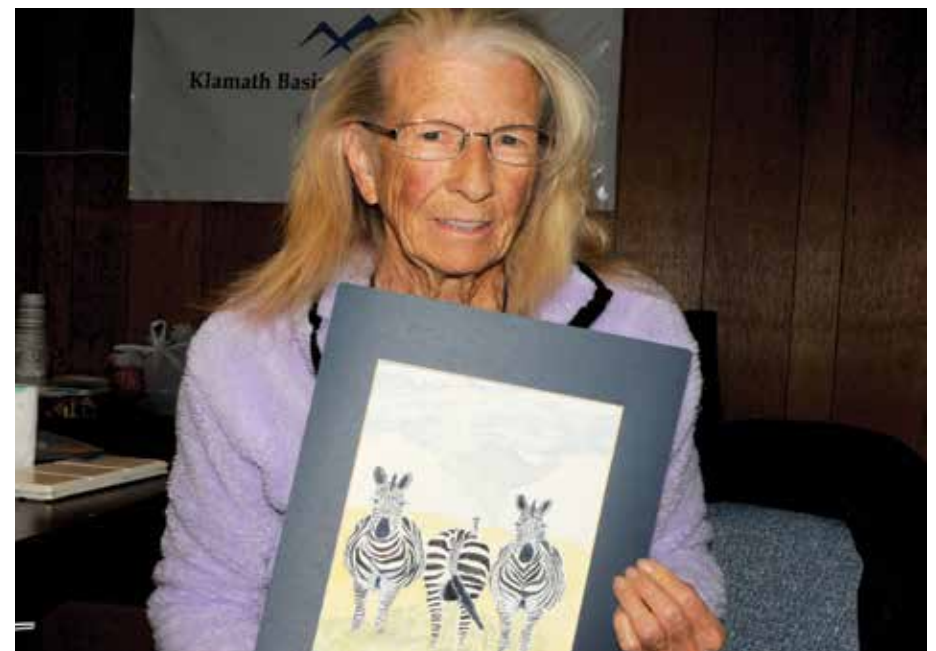
**You are invited to come give
watercolor art a try at the Klamath
Senior Center. Classes are Mondays
and Tuesdays from 10:00 to 11:30**

October 10
Closed for
Indigenous People
Day



Stephanie Redfield

I have been taking classes for only a few weeks. I think learning to paint watercolors is keeping me off anti-depressants. It is really benefiting me alot. I can take prozac or I can paint ...literally...I'm not joking!



Dawn Maupin

In th 80's I took a class that took a different approach to watercolor. I have been taking classes with Kat for two years. It has been a great new learning experience. I love her lectures and the camaraderie of the class.



Marjorie Divine

I had never painted before in my life. Four years ago, when they said they had watercolor classes, I said I'm going to try it. I really enjoy being here!



Helen Cervantes

After I retired from nursing, I had always wanted to do art, so I started classes here one year ago. I got instantly hooked! I love it!! I love it! I consider myself a beginner but I feel there is a whole new world of watercolor to learn and explore. I think everybody can be an artist, but many have not tapped into it or experienced it yet.



Mary Kelly

I have been taking classes for 10 years....I started at 70. I just absolutely love watercolors. The class has changed my life. I think of myself now as an artist. Its been a gift I never knew I had...almost a spiritual calling. I love being able to give my art to my friends.



Chieko Holt

I have been taking classes for maybe two years. I feel emotionally drawn to the subjects I paint. I really like the way Kat teaches.

The month of October is the National Arts and Humanities Month.

Art has played such an important part in human history, so it should come as no surprise that art also plays a part when it comes to health. The World Health Organization has long studied art as a tool for communication and sharing information about health topics to people in different cultures. They currently have an arts and health initiative to explore this area even further.

Observing art in a hospital or doctor’s office can benefit patients and staff. The presence in a home or office can also help boost moods. Being around art is generally a positive thing, but what about creating it yourself?

There have been many studies around how better health can be achieved through creating art. According to a study published in the American Journal of Public Health,

“Engagement with creative activities has the potential to contribute toward reducing stress and depression and can serve as a vehicle for alleviating the burden of chronic disease.”

Using your hands to create can help improve motor function and even help issues like arthritis, which is great on the physical side. On the mental side, working on drawing or painting can help take your mind off of things, which can help with stress, depression and even pain. It’s a powerful tool to focus on the task at hand. Drawing and painting can also help bolster cognitive skills and critical thinking abilities, which is especially important as we age.

So in celebration of the arts and health this October, I want to share a unique challenge with you called InkTober. You can learn more about InkTober at inktober.com. The idea of InkTober is that you do an ink drawing every day of the month. There are prompts for each day:

- | | | |
|-------------|---------------|--------------|
| 1. Gargoyle | 12. Forget | 23. Booger |
| 2. Scurry | 13. Kind | 24. Fairy |
| 3. Bat | 14. Empty | 25. Tempting |
| 4. Scallop | 15. Armadillo | 26. Ego |
| 5. Flame | 16. Fowl | 27. Snack |
| 6. Bouquet | 17. Salty | 28. Camping |
| 7. Trip | 18. Scrape | 29. Oh-oh |
| 8. Match | 19. Ponytail | 30. Gear |
| 9. Nest | 20. Bluff | 31. Farm |
| 10. Crabby | 21. Bad dog | |
| 11. Eagle | 22. Heist | |

It doesn’t matter how good or bad you are at drawing or even whether or not you have drawn, it’s never too late to start. It’s more about the idea of putting pen to paper and going through this creative process and exercise.

I challenge you to participate in InkTober this year whether you’re a seasoned artist, a novice or totally brand new. Try something different and see how you feel! If you’re not ready to tackle a challenge like this, then please consider attending some art lessons at the Senior Center, there are watercolor classes from 10-11:30am on Mondays and Tuesdays.

Finally, please check out a brand new Alleyway Art exhibit at 1012 Main Street in downtown Klamath Falls. This exhibit contains a mosaic done by Senior Center art class members and three other original pieces including one from the Center’s very own, Anne Davenport. Be sure to stop by and check it out, it just might brighten your day!


Jessie Wilkie, Blue Zone

Klamath Basin Senior Citizens Center

2045 Arthur St, Klamath Falls

8 a.m. to 12 noon

Tuesday, October 11




Adult flu shots

COVID-19 boosters

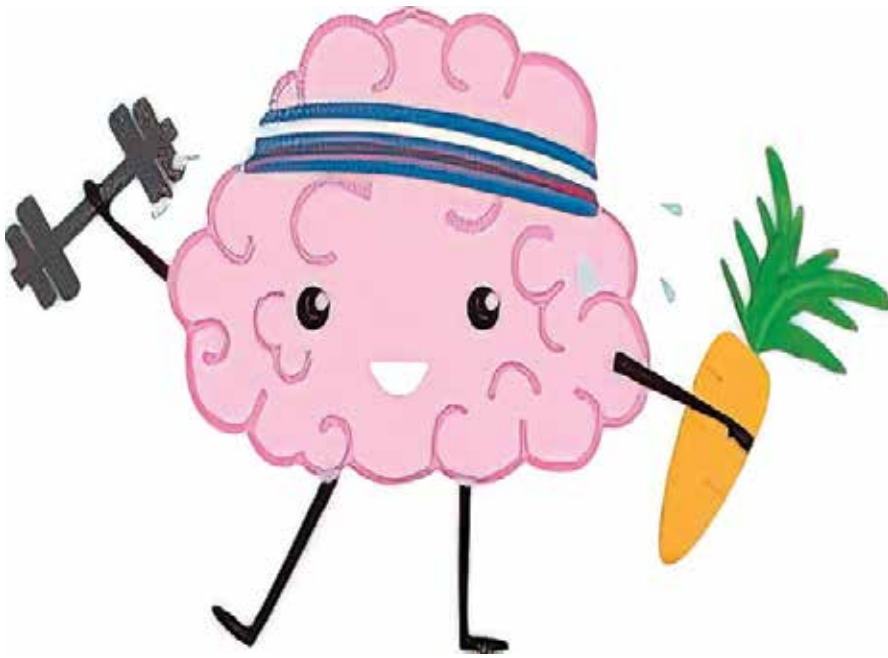
Free food boxes

FIGHT FLU

Get your family vaccinated against flu this season. It's the best way to protect you and your loved ones from getting the flu.

Regular adult doses only

www.cdc.gov/fightflu



Learn Strategies for Keeping Your Brain Healthy as You Age

by Anne Davenport, PT, DPT

Research has confirmed that people of all ages - even those in their 80s - can improve cognitive function and reduce their risk of Alzheimer's disease and other dementias through certain life-style behaviors.

The Klamath Basin Senior Citizens' Center will be hosting a program called, Boost Your Brain and Memory. Boost Your Brain and Memory is a program developed by Mather Lifeways: Institute on Aging. This program uses a unique, whole-person approach to brain fitness, providing you with healthy practices that can help you remember things better, be more organized, pay closer attention, and reduce your stress - as well as reduce your risk of dementia

Boost Your Brain and Memory consists of eight, 90 minute sessions that will take place on Wednesdays from 10:30 am - 12:00 pm starting October 19th, 2022 in the downstairs conference room. The class will be taught by Kate Murphey. There are 12 spots available. This class has a \$10 fee to cover the cost of class materials and pre-registration is required. Please reach out to Anne Davenport at 541-883-7171

To learn more or to register for the workshop, please stop by the front desk or call at 541-883-7171. Please reach out to Anne Davenport at 541-883-7171 ext. 122 or stayactive@kbscc.org if finances are a barrier to attendance.

MICK Insurance Agency

Your Local Health & Medicare Agents
Since 1980

Join us for an informational meeting to
learn the exciting benefits coming in 2023.

Meetings on

Tuesday, Oct 18th 10am

Thursday, Oct 20th 1pm

Tuesday, Oct 25th 10am

Thursday, Oct 27th 1pm

Tuesday, Nov 1st 10am

Thursday, Nov 3rd 1pm

Call ahead as seating is limited!

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800 MEDICARE 24 hours a day, 7 days a week, to get information on all of your options.

\$0 Premium \$0 Deductible \$10 PCP
Includes Dental/Vision/Hearing/OTC/Fitness/Meals



**AUTHORIZED
REPRESENTATIVE**

4509 S. 6th Street, #201
(meetings are held in suite 109)
Klamath Falls, OR 97603
mickinsagency.com
Please call (541) 882-6476
to make an appointment

ATRIO Health Plans has PPO and HMO D-SNP plans with a Medicare contract and a contract with Oregon Health Plan (Medicaid). Enrollment in ATRIO Health Plans depends on contract renewal. Y0084_MKG_NP5_2020_M

It's An Atrio Ice Cream Social

Tuesday - October 18, 2022

Atrio Health Plans will have agents available at an information table from 10:30 am - 2:00 pm to provide information about available health insurance plans and services. Senior Center patrons are encouraged to attend.



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.



Left to right back row: Gary Harter, Tori Burciago, Stephanie Redfield, and instructor, Maurine Loprete. Front row: Roy Weissienger and Ann Woods. The class supports creative writing projects that include poetry, prose, life history books, and children's story books.

Explore your inner muse in our Creative Writing Class Tuesday mornings 10 am. Call 541 883-7171 to register today!

It has been my pleasure to be the instructor for the senior center Creative Writing Class. Over the years I have met some prolific writers. Some of the students have been published. One gal in particular had a book signing at Barnes and Noble in Medford. Others continue to explore their heritage and documenting their family history in the hopes of getting their life stories on paper for their families. Some are just getting their writing wings together and document day to day activities or follow the assignments for each class. It's a fun class. Everyone comes each week excited to hear what each has written and to give critique in a very positive manner. One student is in the process of writing a children's book. They all had to take that initial step forward and sign up for the Creative Writing Class. I hope you do too!

Maurine Loprete

Art is genuinely a gift to the world. It's what we crave in the human experience. Art gives meaning to our lives and helps us understand our world. It is an essential part of our culture because it allows us to have a deeper understanding of our emotions; it increases our self-awareness, and also allows us to be open to new ideas and experiences. Art therefore continues to open our minds and our hearts and shows us what could be possible in our world. -samanthakaplanart.com

Klamath Basin

Active Seniors

Ad Sizes	Open Rate	1 year Rate
Full Page	\$450	\$399
Half Page	\$225	\$175
Quarter Page	\$125	\$99
1/8 Page	\$99	\$75

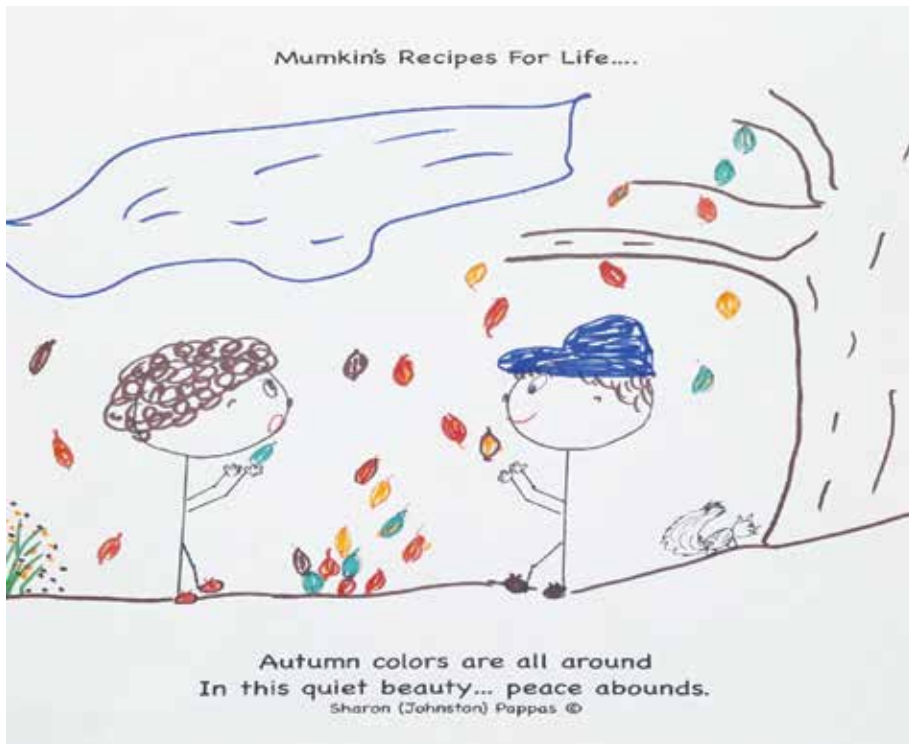
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The Official monthly publication of the Klamath Basin Senior Citizen's Center

Business: _____ Start Date: _____

Authorization: _____ Agreement End Date: _____

Publishes the First Wednesday of Every Month



A Glimpse of Fall

Rooftops glisten and sparkle
 As the sun begins to rise
 Like diamonds in the light
 Of a young bride's eyes
 The colors awaken...
 Yellow, red and brown
 As the wind guides the leaves
 Gently to the ground
 Your breath lingers
 In a puff of white
 Then suddenly the miniature cloud
 Disappears from sight
 You hear the silence
 Early in the 'morn'
 As another beautiful
 Fall day is born.

Sharon (Johnston) Pappas ©



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. Here, you'll find friendly residents and a compassionate care team. Enjoy home-like amenities plus 24/7 care.

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Call 877-302-5471 today to schedule your personalized tour.

Art **helps you process your emotions and understand your surroundings.** It allows you to see life from a different perspective and it makes you feel alive. Art has always been an important part of human society since the beginning of time. Art has been used as a tool for cultural exchange, education, and expression.

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: meymurp@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

12:00 pm 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

The art project committee of the Alley Beautification Project invited all seniors to participate in the creation of one of the first art pieces to be installed in the 1000 block of Main St. This involved the creation of mosaic pieces produced by seniors at the senior center that were then assembled to create an interesting art piece that is now on display for this semi-



permanent art installation. The mosaic portrays Mt. McLaughlin and its reflection in Klamath Lake.

Hanging a piece titled CONCERNING THE SPIRITUAL by Anne Davenport, inspired by the art of Wassily Kandinsky.

NEW SENIOR ART NOW ON DISPLAY DOWNTOWN



Mike McVay and Brycen Loder installing the Art Mosaic produced by patrons at the senior center for the Alley Beautification Project.



Marjorie Divine and other artists from the Klamath Basin Senior Center participated in producing this mosaic for the project.



**THURSDAYS AND SATURDAYS
AT THE SENIOR CENTER 541-833-7171**

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

OLDER ADULT PROGRAM

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



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SUPPORT IS
AVAILABLE**

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You are not alone.





Ghost of a Dog

By Gary Hartter

*"It's true – when I come to you in your dreams, I'm really there.
When you see me out of the corner of your eye, I'm really there.
When you "sense" me around the place, I'm really there.
I haven't left you, not really. My spirit is everywhere, – Unknown*

There is a collection of songs by Edie Brickell and the New Bohemians that has cover art of a white sheet hanging on a clothesline next to a dilapidated dog house. The collection is titled "Ghost of a Dog."

This story is about a ghost of a dog, a schipperke dog that was part of my family for about thirteen years. Her name was Nickie, Nicoal really, because she was black as coal from the coal bin in my childhood home on Lusher Avenue. My ex, "The Cheetah", and I adopted Nickie and then later, her half-brother, Tristan. Nickie was to be Cheetah's dog and Tristan was to be mine. What ended up happening was, Tristan became Nickie's dog, while Cheetah and Nickie were inseparable.

Tristan was suffering with severe diabetes and I decided to put him down before we moved to Oregon. His ashes now reside in the woods around my Oregon home. Nickie made the trip with us and it didn't take long for her and Cheetah to fall into an every morning routine of walking through the pines down our 1/10 of a mile long driveway and back. Cheetah called it their "walkabout."

Nickie died on Super bowl Sunday, 2013. She was snuggled between us on the couch as we watched TV. She had been (continued on page 19)

I have been at Crystal Terrace for seven years. It is wonderful! I've never regretted it one minute.

Pat Mulvey

When we first moved here, my husband and I were in a cottage. Then, he had prostate problems and blood clots. He wound up in the hospital, then Plum Ridge. When it was time for him to be released from Plum Ridge, we moved to assisted living from our cottage... his care was more than I could handle myself. He got wonderful help until he passed away. I could have moved back to independent care but I didn't because I loved my comfortable apartment in assisted living and didn't want to face another move... too many moves already. I knew I would have to move back to assisted living anyway.



To me, Crystal Terrace is home. The staff is friendly and caring! It's just like a great big family. I recommend it to everyone. There are all kinds of activities here every day... 2-3 special things, but I don't participate because I'm a little different ...I still drive. I have three sons and go out and visit a lot with my family or they come in and see me. Here, I enjoy TV, puzzles and my friends. I drove a school bus for 30 years and remember thinking I would enjoy sitting and doing nothing, and I do!

They took wonderful care of us during the pandemic days. Very few residents got it. When the pandemic was first blowing up, they brought us our food everyday.....I felt very safe.

I like the food. They have specials for us each day, but if you don't care for it or can't eat it, you can choose from a menu.

Pat's words of wisdom, "Don't wait until you HAVE to be moved. Do it while you can still decide for yourself and participate in the moving process. Don't wait until something bad has happened, and you can't move yourself."



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of Klamath Falls
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DONOR REPORT

Klamath Defenders Pledges \$30,000 to Senior Center

Submitted By Marc Kane

Recently the Klamath Defenders, a non profit organization of local attorneys, closed and dissolved their corporation. Remaining assets were substantial and have been distributed to several local charitable purposes. The senior center is pleased to announce a pledge from their dissolution fund in the amount of \$30,000.

The senior center is currently engaged in a campaign to raise \$120,000 in general operating funds, and an additional campaign to raise general operating dollars we continue to appeal for funds for a capital improvement program valued at more than \$738,000. The capital campaign has more than \$250,000 yet to raise. New grantors and contributors continue to be sought. Projects include a generator for the building, a lift to the second floor, bathroom remodels, new tables and chairs, new entrance doors, a new seven passenger van with lift, and a general makeover of the building appearance. 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.

August donations of \$ 12,106 were received from the following organizations and individuals:

: Klamath County, Oregon
Valerie Howard
Woodworkers Local Lodge W12
Community Foundation
Dorothy Winters
Marilyn Howell
Marta Stephens
Geraldine Schindler
Refuge City Church
Jon Schnebly
Mildred Miller

Ernie Palmer
Howard McGee
Burl Parrish
Rose Chapman
Connie Lemieux
Cheryl Gibbs
Wilma Petrik
Patricia Henderson
Elizabeth Western
Donna Maloney
Charlotte Moseley
Golden Age

Unidentified contributions in August for Meals, Transportation and Other Services amounted to \$ 3,358.00

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.



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

(Ghost continued from page 17) deathly sick the whole day and I was checking on her routinely. The last time I checked her, she was unresponsive, her eyes were glazed over and her tongue, now the color blue, was hanging out of her mouth. I told Cheetah that I thought she was gone. Cheetah scooped up Nickie in her arms, hugged her as close as possible and sobbed into her fur. We wrapped Nickie in a blanket, put her in a cardboard box and interned her in the pump house in the winter cold. We planned to have her cremated later.

The next morning, I found Cheetah, bundled up on the deck, slowly sipping coffee and looking out at the valley below. I sat down beside her and asked, "How are you doing?" "I saw Nickie this morning," Cheetah responded. "She was sitting on my chest when I woke up. She was all young again. The white fur on her muzzle was gone and her coat shown like onyx or a black diamond. She could talk and she said, 'Momma, it's dark.' I told her, 'You need to go find Tristan.' But Nickie said, 'No, we need to go for a walkabout.' So, I got up and took her for our normal walk and about halfway through it, she disappeared. Somewhere, during that dark morning walk, as the sun was rising, Nickie found Tristan."

Many people have stories of seeing and/or sensing ghosts. I was once walking on Main Street in downtown Elkhart, when I glanced across the street and saw my deceased father in the crowd. A double take made me realize it was just my own reflection in a storefront window. But maybe, in the split second when I first saw him, it really was my father.

We always have a choice to believe or not. We can debunk these stories, saying that the sighting was only a sheet on a clothesline blowing in the wind, a reflection in a window. Perhaps, in an X-Files sort of way, it is more safe and sane to play pragmatic Scully to someone's spooky Mulder, who wants to believe, who does believe.

In my mind, it just doesn't matter. To me, all the stories seem natural, much like being surprised by a fleeting rainbow in a sunny blue sky. Because, there are times when I do sense Nickie and Tristan about the house (as I will my three girls when they have passed.) I do see glimpses of them out of the corner of my eye. I do dream of them. It's not always, their spirits are everywhere. But it's the best times, when they are especially with me.

***Dedicated to all dogs, here and gone and to
the people who love them.***




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BEHIND THE
LEGENDS.**

with
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28**

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*"While we know you entered
this profession with the goal
of supporting patients and
their families, each of you not
only did your job but also took
the time to create a personal
connection for which we are
incredibly thankful."*

- Bud H.



**KLAMATH HOSPICE
AND PALLIATIVE CARE**

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Enjoy these arts events in Klamath Falls!

The Favell Museum Art Show and Sale September 24th through November 5th, 2022. Tuesday through Saturday from 10AM to 5PM, Closed Sunday and Monday. Adults \$10. Seniors, veterans \$9. The Favell Museum Art Show and Sale is an annual exhibition featuring original, contemporary, representational art by 30 artists from across the West. Landscape, plein-air, western, figure, still life, and more in a variety of mediums including oil, pastel, watercolor, acrylic, mixed media, and bronze sculpture will be included in the show.

Mania! A Beatles Tribute Concert **10/16 4:00 PM - 6:30 PM**

The Beatles band Mania! is preparing to hit the Ross Ragland Theatre like the Beatles hit the Ed Sullivan Show in 1964! The original band was formed in 2004 and was named Because. Since then the band

has been playing to packed theatres and screaming crowds.

“Anything’s Possible!” by Artists Greg Beckman and Debbie Beckman at the Klamath Art Association

10/2 - 10/30 Joint photographic excursions to local wildlife refuges and places of beauty give inspiration to both of these artists. Visit the Gallery Thursdays through Sundays, noon to 4 pm. The gallery is closed the last week of the month (Monday-Saturday) for exhibit changes. Free to the public.

Pipes, Pops & Classics Noon Concert Series

10/20 12:00 pm - 1:00 pm Every Third Thursday of the month from now through December 15th join us for a free concert downtown Klamath Falls at the First Presbyterian Church, 601 Pine Street. The music is excellent. You won't believe it's

a free concert. And if you are working downtown, why not enjoy your lunch while listening to excellent music!

Retro Room Records presents Ragland Comedy Night ft. Victoria Jackson

10/21 7:30 PM - 10:30 PM Victoria Jackson is an American actress, comedian, and singer who was a cast member of the NBC television sketch comedy series Saturday Night Live (SNL) from 1986 to 1992. Tickets: Adults \$35 Upper Section, \$45 Lower Section, \$75

ARTrageous 11/2 7:30 PM - 10:00 PM

ARTrageous, an American touring performance art company that began doing street theater in the 80's before growing into an internationally renowned touring band, as well as performance painters in 1998. In 2014 they combined their diverse artistic backgrounds into one show called ARTrageous.



ARE YOU HUNTING FOR HELP WITH YOUR MEDICARE PLANNING?

*The Medicare Annual Election period
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We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE (24 hours a day / 7 days a week) to get information on all of your options. Not affiliated with or endorsed by the Government or Federal Medicare Program. CA Insurance Lic # 4237951

LAKEVIEW SENIOR CENTER



OCTOBER 2022 Events

We will be having a special Hauntingly delicious lunch on Halloween, October 31st. A special treat for those who come with a tricky disguise.

ALL rides require reservations.

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.

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.

Happiness seems made to be shared.

Remember . . .

Davenport's is there to help as you search for the right way to honor your love one's memory



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Get Comfortable Talking to Your Doctor

Doctors want their patients to feel safe, healthy and comfortable, especially seniors. As you get older and mature in age, new health challenges may arise. It's crucial to have regular conversations about your health and well-being. Your doctor is there to guide you and help you get the answers and care you need, so don't be afraid to speak up.



Doctor visits can feel overwhelming, so think about the questions you want to ask your doctor before you arrive at your appointment.

Everything you share with your doctor remains confidential. They have your best interests in mind. Ask your doctor about everything from nutrition to depression by asking the right questions. If you have any new aches, pains, or unexplained physical changes, go to your next appointment prepared to share your concerns. This not only helps you get answers but also helps you not feel overwhelmed. Remember that your doctor is there for you and wants to help you live a healthy and active life!

October, 2022



You Are Now Entering the Twilight Zone

By Gary Hartler

"Cause the moon shines bright and everything's alright, when the Wolfman, he creeps into town."

Todd Rundgren - Wolfman Jack

Picture a place, if you will - Central Park on Halloween Night.

Zoom in - An oak tree in the park, next to a hiking trail. Dead leaves rustle in the breeze.

Zoom in - My shadowy figure hides in the creaky old branches. My glowing yellow werewolf eyes are watching. The full moon illuminates the trail, but I don't need the light. I see exceptionally well in the dark. My furry ears can hear acutely too.

I hear the sound of footsteps coming down the trail. Maybe my next victims'? Perhaps a defenseless drunk or a vulnerable homeless person. This part of the trail is overgrown, providing lots of places to hide in wait for an ambush. Tsk, tsk, the Parks Department isn't doing their job. All the better for me.

The footsteps are closer, closer. My muscles prepare to pounce!

Ruh Roh, it's three of New York's finest, accompanied by Dr. Van Helsing. I can smell the silver bullets they carry in their guns. I check my watch. Time to go!



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*

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Savory Herb and Cheese Bread

Yuummmm!

INGREDIENTS

- ½ teaspoon garlic salt
- ¼ cup butter, melted
- 2 (16-ounce) cans of jumbo refrigerated buttermilk biscuits
- Herbs and cheeses: chopped parsley, chopped dill, chopped almonds, grated Parmesan, and shredded Cheddar
-

DIRECTIONS

1. Heat oven to 350°F. Generously grease a 9- to 10-inch Bundt pan with butter or spray with nonstick cooking spray
2. Stir garlic salt into melted butter. Cut each biscuit in half and roll into a ball. Dip each biscuit ball in butter, then roll in desired coating. Arrange biscuits in pan.
3. Bake 30 to 35 minutes until biscuits are done and surface is golden brown.
4. Cool in pan 5 minutes. Run a thin, soft rubber spatula around the edge and down the sides of the pan to loosen cheese. Invert onto plate.

As administrators, our main job....supporting the residents and staff!



"When residents and staff have trouble I want them to know they can come to me for comfort and advice."
– Tami Alexander

"I get to know the residents– their history, their family– so that I can custom design their care plan. All of us in the office are available to fill in for staff if anyone needs help or gets sick."
– Tara Dawson

"Everything is done here at Pelican Pointe as a team. The family under the roof makes recommendations that guide us in the services we provide and the improvements we make. My office is always open to anyone who needs me."
– Dorie Reid



Tami Alexander
Office Manager



Tara Dawson
Resident Care Coordinator

**Friendly
Compassionate
Professional**



Dorie Reid
Pelican Point Director

Pelican Pointe
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Amber's cell: 541-205-2018



Amber Anderson

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John 3:16



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SPOOKY FRIDAY DRAWINGS
October 7-28 • 6pm-9pm
WIN UP TO \$1,000 CASH!
May only win once per day.

INDIGENOUS PEOPLES DAY PRIZE WHEEL
Monday, October 10 • Noon-5pm
WIN UP TO \$500 CASH!
Winners will spin the Prize Wheel to determine prize.
Drawings every half hour.
Win Free Play or CASH.
(Once a prize has been won, a "Try Again" will be put in that spot. May only win once per day.)

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.
NO SENIOR DAY HOT SEATS ON MONDAY, OCTOBER 10. (Must be 55+. May only redeem/win once per day.)

GHOSTLY THURSDAY HOT SEATS
October 6-27 • 1pm-6pm
WIN UP TO \$200 FREE PLAY
May only win once per day.

CHALET KITCHEN BAKEWARE KIOSK SUNDAYS
October 9-30 • 10am-6pm
Earn 75 points and swipe at the Kiosk for your chance to win

October 9
Deluxe Pie Dish

October 16
Mixing/Serving Bowl

October 23
Loaf Dish

October 30
Rectangular Baker Dish

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

HALLOWEEN SPOOKFEST KIOSK GIVEAWAY
Saturday, October 29 • 10am-5pm
WIN UP TO \$100 CASH!
May only redeem once per day.

HALLOWEEN COSTUME CONTEST
Saturday, October 29 • 7pm-9pm
Registration begins at 6:30pm at Bonus Club.
See Bonus Club for Complete Details.

NEW MEMBERS
WIN UP TO \$250 FREE PLAY
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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