

April 2023

# Active Seniors

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

**FREE**  
take one!



Painting by Mona Novotny

Entitled "Spring Almond Tree Pendeli  
Greece"

06-2021

*I said to the Almond tree,  
'sister, speak to me of God.'*

*And the Almond tree bloomed.*

-Anonymous Haiku

# ALL ARE WELCOME.



## Klamath Basin Senior Citizens' Center



### 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](http://klamathseniorcenter.com)



WE ARE LOCATED AT:

2045 Arthur Street  
Klamath Falls, OR 97603

\*See map below

### 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



#### ACTIVITIES

BINGO

Creative Writing &  
Art Classes

Movies



#### FINANCIAL

Senior Health  
Insurance Benefits  
Assistance

**and more!**

## CONTACT INFORMATION

#### General Information - Front Desk

541-883-7171

#### Donations - Shawn McGahan

541-883-7171 ext 136

#### Transport Dispatcher - Cindy Dupart

541-850-7315

#### Volunteer Coordinator - Ginnie Reed

541-883-7171 ext 123

#### Health Promotions - Anne Davenport

541-883-7171 ext 122

#### Executive Director - Marc Kane

541-883-7171 ext 117

#### Front Desk Staff



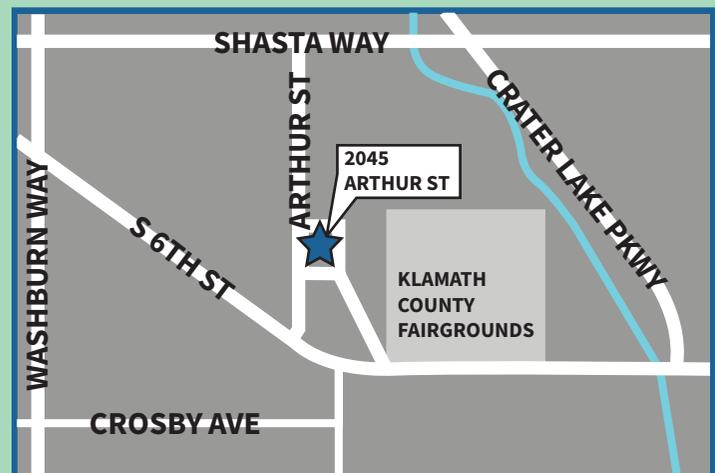
Rolland Bailey



Maurine Keena-Loprete



Judy Young



All content for this publication has been provided by the Klamath Basin Senior Citizens' Center and partners. For questions, suggestions, and general information regarding this publication, please call 541-883-7171.

Produced in conjunction with the Herald and News.

## Director's Greeting

### TAKING NAMES AND PLANNING A FAREWELL.

By the time you read this it may be old news. I'm old enough to retire now at 75 and the Board of Directors is hoping to find a replacement soon. Applications are open until April 28<sup>th</sup> of this month. Note the notice on page 5. It's a great job. I highly recommend it.

You may have noticed an article in the Herald and News last week about the challenges our local transit district is having to recruit and retain drivers for their busses. Route schedules are having to be altered and some services cut back. Your support is needed to keep those in need of transportation moving. Our Senior Center works closely with BTS to complement their services with our own public transportation fleet, and recently we have combined our dispatch efforts so that we are able to pick up part of their ride requests. That will help, but it will take the whole community's support and understanding to solve the challenges the transit district is now facing. Our concerns at the senior center of course relate to the transportation of the older adult population, as many are unable to use traditional public transportation services. BTS has been creative in responding to the needs of the whole community's transportation requirements, especially for those populations with special transportation needs.



Marc Kane, Center Director

Well it's "GAMEON!" at our center this month now that we have repurposed the Pool Room to make room for other activities as

well. See the article on page 11. We can thank the Parkinson's Support Group for their encouragement in helping us find an expanded vision for that room. Apparently Ping Pong is good therapy for those with Parkinsons. So, now we have Ping Pong, chess, puzzle boarding, backgammon, darts and, of course we still have the pool table.

Please take note of the invitation on page 12 from our local poets who call themselves Spoken Word Poets. They are sponsoring a poetry reading on a Sunday afternoon at the Senior Center. I attended an earlier event of their poetry reading last fall at the Canvas Back Book Store downtown. It was well attended and the readings were nothing short of powerful. I promise it will be worth your time. It is our pleasure at the Senior Center to offer this group a venue to present their works.

I wish to especially thank the Klamath Lake Counties Council On Aging for stepping up with some addition funding for our meals programs. We have been running well over budget in meeting food service expenses, and they recognized the need to offer additional support. While it is only through June it does solve this year's budget crisis. We will need to raise substantially more funding in our next fiscal year beginning in July to make ends meet.

Finally, a welcome to two new members of our Board of Directors, Dawn Wallace and Jennifer Paterson. Next month look for an introduction article about these two. One vacancy remains on the board for an interested party.

### ALL ARE WELCOME HERE! COME CELEBRATE LIFE!

**APRIL IS CHILD ABUSE PREVENTION MONTH!**

LEARN ABOUT CHILD ABUSE PREVENTION IN THE BASIN AT [SKYLAKES.ORG/CARES](http://SKYLAKES.ORG/CARES)

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

## Find Your Purpose - Volunteer!

Volunteers are a vital part of our community, offering their time, talent, and skills to every dimension of our services. Volunteering can benefit both you and others. It can provide a healthy boost to your self-confidence, self-esteem, life satisfaction, and sense of accomplishment. Your role as a volunteer can also give you a sense of pride, community, and identity.

For patrons at the Senior Center, you are providing support, connection, reducing isolation, increasing availability of services and activities, and more!

### What Can I Do?

We have many different types of volunteer positions. Some of them are regularly scheduled positions, and some are on an "as needed" basis. All of them are important in helping us to maintain the quality programs and services we provide. You can volunteer as an individual or in a group. Some of the volunteer activities are "volunteer driven," which means an individual volunteer sees a need at the Senior Center and then offers to do the work to meet the need. Please feel free to offer your suggestions if you see a way to help us out.

**NOW IS THE TIME.** Call the Senior Center today and sign up to be a volunteer. Call KBSCC at 541-883-7171

- Lunch desk
  - Meals on Wheels driver and kitchen helpers needed (Drivers are reimbursed mileage)
  - Kitchen & Lunch
  - Cleaning & Maintenance
  - Exercise Class Instructor
  - Art Class Instructor
  - Workshop Instructor
  - Bingo and floor helpers
- on Thursday and Saturday evenings
- Fundraising
  - Activities Support
  - Newsletter
  - Computer Training
  - Gift Shop
  - Clerical & Organizational
- And so much more!



**DRIVERS NEEDED TODAY!!**

## WHAT'S NEW

**Easter Dinner for Lunch, April 7**

**Health Awareness Learn'n'Lunch**  
**Second Tuesday of the Month, 11 – 11:30 am**  
**April 11 – LSVT Big Exercise Demo**  
**Learn more on Page 14**  
**Please arrive by 10:45am!**

**Mobility from Head to Toe**  
**Wednesdays at 9am in the Ballroom**  
**Starting on April 12**  
**Learn more on Page 9**

**No Congregate Meal, Tuesday April 18**

**Ping Pong in the Game Room**  
**April 10 and April 24 from 12:30 – 2:30 pm**  
**Learn more on Page 10**

**Springtime Splendor Mixed Media Collage Workshop**  
**Tuesday, April 25 from 10:30 – 12:30 pm.**  
**6 spots available. Registration required.**  
**Learn more on Page 7**

**Poetry Reading by the Spoken Word Poets**  
**Sunday, April 30, 2023 at 2 PM**  
**Flyer on Page 12**



THURSDAYS AND SATURDAYS  
 AT THE SENIOR CENTER 2045 Arthur St.

- 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

FULL Snack Bar Open

**Family Bingo**  
**Sunday April 16**

**Kids 7+ welcome must be  
 accompanied by an adult (18+)**

**Doors open at noon and calling starts at 1:30**

**Buy in: 1 of all games \$10. No hot ball.**

**Pay out: \$50 pack games, special games \$80,  
 double action \$99, blackout \$300.**

**Goody bags and raffle for children**



Klamath Basin Senior Citizens' Center

# Now hiring! Executive Director

**Our Mission:**

**“To build and maintain a supportive community for seniors”**

The Senior Center of Klamath Falls, Oregon is searching for an Executive Director to fill a vacancy created by the retirement of the incumbent. If you enjoy small communities, seasonal weather, friendly people, and outdoor sports, this is the place for you.

This position works forty (40) hours per week for the nine (9) member board of directors to obtain grants and manage the daily operations of services to elderly citizens. Compensation is \$55,000 to \$72,000 per year with a range of benefits such as paid holidays, paid vacations, and paid sick time.

Important requirements of this position include, but are not limited to:

1. Responsible for the generation of revenue through grants or other sources to meet Board approved budget goals.
2. Responsible for leading the Senior Center in a manner that supports and guides the organization’s mission.
3. Responsible for fiscal integrity of the Senior Center to include submission to the Board of a proposed annual budget and monthly financial statements.
4. Responsible for the enhancement of the Senior Center’s image by being active and visible in the community and by working closely with other professional, civic, government and private organizations.
5. Responsible for the hiring, training, and retention of competent, qualified staff.

## INTERESTED PERSONS

Please submit your resume and cover letter to include three (3) references with name, address, phone number, and email.

Submit to: Executive Director

Klamath Basin Senior Citizens' Center

P.O. Box JE

Klamath Falls, OR 97602

Email submittal: [seniorcenter@kbscc.org](mailto:seniorcenter@kbscc.org)

If you have questions or require clarification, please contact us at [seniorcenter@kbscc.org](mailto:seniorcenter@kbscc.org) or call (541) 883-7171.

Want to know more about us?

Visit our website at [www.klamathseniorcenter.com](http://www.klamathseniorcenter.com)

Deadline for all submits is Friday, April 28, 2023, at 5:00PM PDST

Now Hiring Open Until Filled

## Volunteer Coordinator

Part Time – Flexible Schedule

Application Available At The Front Desk

Submit with Resume To Executive Director

[marc.kane@kbscc.org](mailto:marc.kane@kbscc.org)



Looking for great service and competitive rates? Call me today.



### Gary Cheyne, Financial Representative

COUNTRY Farm Certified  
5031 S 6th St  
Klamath Falls, OR 97603-5005  
[www.countryfinancial.com/gary.cheyne](http://www.countryfinancial.com/gary.cheyne)  
[gary.cheyne@countryfinancial.com](mailto:gary.cheyne@countryfinancial.com)  
(541)884-1700

Auto and home insurance policies issued by COUNTRY Mutual Insurance Company®, COUNTRY Casualty Insurance Company®, or COUNTRY Preferred Insurance Company®, Bloomington, IL.  
0621-096MM\_07556-3/9/2023



## 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](mailto: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

12:00 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



## 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.

- Individualized care plans
- Medication management
- Studio and 1-bedroom apartments
- Chef-prepared meals
- Social & recreational programs
- Housekeeping & laundry



### Rogue River Place

Senior Living

2437 Kane Street  
Klamath Falls, OR 97603  
541-882-0440

[enlivant.com](http://enlivant.com)



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

## Expressions of Heart and Mind

### Joy

by Sharon (Johnston) Pappas ©

Have you ever seen joy in a child's eyes

Delighting in the simple things

Bugs, birds or stars in the sky

Such wonder and awe they bring

Their laughter is magical, innocent and true

Can't help but bring a smile

Enthralled in all they say and do

Oh, to see through the eyes of a child

We've all been given this gift from above

To live and embrace each day

Moments to share laughter and love

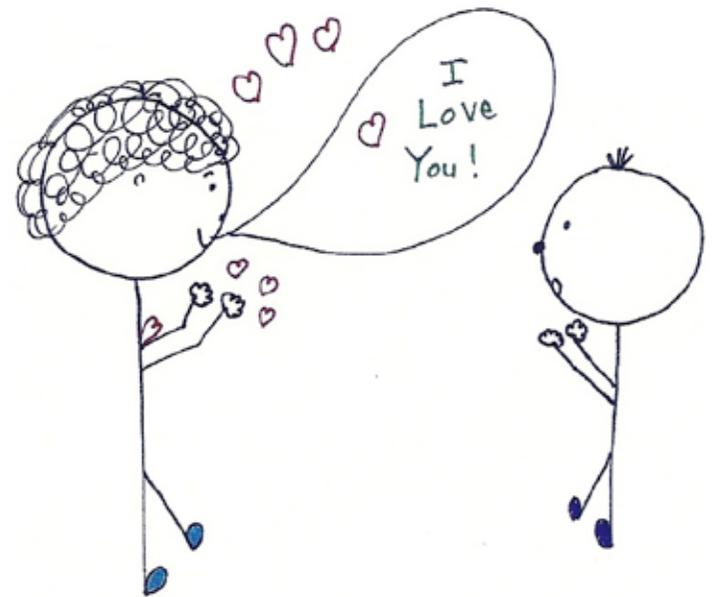
Beholding splendor along the way

Deep down, you too will find

Joy nestled from within

A feeling that was left far behind

Is yours to reclaim once again.



Share love with family and friends  
Your heart will be happy, as each day  
ends.

Watercolor by PD Hansen

### SPRING IS HERE

By Sharon Hudson

Punxsutawney Phil called

It right this year.

We have had a longer winter

And still using winter gear.

Officially spring is here. It

Is just coming in slow.

Departing from winter.

Now things will grow!

It is a delightful morning,

Full of sunshine and fresh air.

The birds are out and about,

And don't seem to have a care.

The Doves cuddle sweetly and

Stand out among the rest.

The Blue Jays squawk wildly,

And is being a pest.

The other birds vary in

Size and color, as well.

They communicate in bird

Talk, and have things to tell.

Winter still has a grip as

The wind kicks in.

Like a monster full of snow,

And you know it will win.

Warmer temperatures are what

Is making it nice.

The snow melts, and the sun

Shine is precise.

The birds are confused, and

Resilient as they are

Come to their favorite tree, and

Don't stray very far.

They are free to go, yet

They are free to stay.

Free to pick a mate, or

Free to play

There is green grass in sparse

Spaces where the snow is not.

The trees are starting to bud, and

Will show us what they have got.

Spring is here, and

Has made it clear.

Winter go home, and

Disappear!

Do you have a short creative writing piece or artwork you would like to submit and share?

Please contact [stayactive@kbscc.org](mailto:stayactive@kbscc.org) or 541-883-7171 ext 122.



# Move Your Way to Wellness

By Dr Stewart Decker MD FAAFP FWMS  
 Medical Director Sky Lakes Primary Care  
 Medical Director Sky Lakes Wellness Center

There is a not-so-secret secret to feeling good in your body: Moving! Movement, by any means you can, does some amazing things to your body, is free, and is the most accessible exercise we have. There are many ways you can move your body, from walking to running, swimming to tai chi. Activities like chair yoga, chair aerobics, or even just rolling your wheelchair all count as well!

My recommendation is to get to 150-300 minutes a week of moderate intensity movement (aka fast enough that you get a little short of breath). That is about 30-60 minutes a day 5 days a week, but I don't usually recommend starting there. If you currently don't spend any time moving I would suggest starting with 10 minutes twice a week. You can even start with 5 minutes at a time! After a week or two add another day or a few minutes. Once you are moving regularly you can continue increasing at your own pace. This stepwise approach gets your body used to the movement and helps decrease pain. As a good friend is fond of saying: motion is lotion!

So what benefits can you expect from moving your body? Well, the most obvious thing movement does is make your joints feel better. There are three reasons for this. First: as you move you move the pressure of your weight from your joints to your muscles. As you get stronger, your muscles do more and more of the work, relieving joint pain! Second: Most joints don't have a good blood supply. They need movement to squish the blood around, so less movement means less blood to your joints! Blood brings oxygen and nutrients as well as healing factors, so more movement means more blood which means more healing! Finally, movement releases endorphins, which are pain relieving chemicals your body uses to reward you for doing something good for you. Endorphins both lift your mood and decrease pain and last not only while you are moving but also through the rest of the day while your muscle is rebuilding from the exercise you gave it.

Basically, the more movement you do in the day, the less your pain and the better your mood!

Less obviously, movement helps reduce your risk for a lot of negative things. People who move, walk, or exercise often have less insomnia, more energy, 35% less risk of sudden death, lower blood pressure, and a 20-40% lower risk of stroke. Women who walk 30 minutes a day reduce their risk of hip fractures by 40%. Perhaps most impressively, one study found that those who walked more than a quarter of a mile per day decreased their risk of dementia and Alzheimer's disease by half.

As the weather continues to get better and better I hope to see more people out and about in whatever way they can. If you want to maximize not only your health but also your overall well being, I usually say that you can do whatever you want for 23 1/2 hours a day, but you should try to move energetically, however you can, for that last 30 minutes.



**Bliss Yoga & Wellness**



*Bliss Yoga & Wellness is a Klamath Original, combining yoga & wellness all in one space!*

We also offer massage, meditation, reiki, private yoga classes and a variety of workshops. We have fine chocolate from around the world & hand crafted herbal tea by Chocolate Mudra, candles by The Healthy Candle Co., jewelry by Finding Evy, and artwork by Tammy Wanzer, all locally made!



Classes for all levels, please check out our website!!  
 Bliss is located at 2245 Crest St #4,  
 adjacent to the Klamath County Fairgrounds.

[blissyogakf.net](http://blissyogakf.net) 541-851-9537



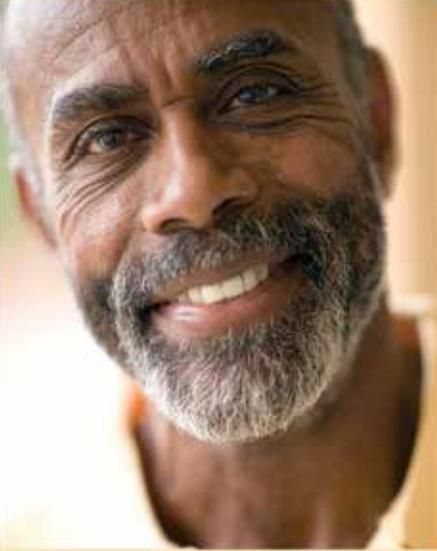
**Our new pharmacy on Washburn Way opens May 2023!**



**The pharmacists you trust, increasing access to pharmacy services in the Basin.**

**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**

**541.622.9562**

*You are not alone.*



# Mobility from Head to Toe

By Anne Davenport, PT, DPT

The human body is designed for movement. Consequently, physical activity at any age is beneficial for keeping us in good physical and mental health. However, with age, wear and tear can take a toll on your muscles and bones. But here's the secret—beginning or continuing any physical activity is important in reducing the debility that can occur with age due to a sedentary lifestyle. In short, keep moving to keep moving! We have several classes at the Senior Center that can help get you started. Check out page 14 for more details.

In addition to the current offerings Monday through Friday, we are excited to offer a new class on Wednesdays at 9 am in the ballroom, entitled "Mobility from Head to Toe." Maybe you have heard of the word "mobility" used before, but what does it really mean?

Typically, it means joint mobility, or how well an individual joint or a group of joints—like your shoulders or hips—can move. A healthy joint can move more and move better, and it's less likely to cause pain or get injured.

But there's also total-body mobility, or how well your body moves as a unit to help you get through the day. And for that, you need multiple body parts – joints and muscles – to work together. You can improve mobility by introducing specific exercises that will enhance joint flexibility, strengthen muscles and boost body balance.

What can you expect in this class?

This class will be taught by a licensed physical therapist. Most of this class will be offered in sitting with some aspects may be completed in standing while holding onto a chair. The general intensity will be low and gentle. You will learn breathing techniques, postural control. You will then be guided through each joint range of motion starting at your head and neck, working your way all the way to your big toe! Always complete what feels comfortable for you and what your body allows.

What should I bring and wear?

Please wear comfortable, loose-fitting clothing and tennis shoes so that your body can move freely. Bring a water bottle. We have equipment for use, however, if you would like to bring your own mat, you may.

Before starting any new exercise, we recommend that you consult your primary care physician.

Registration is not required. A participant agreement must be signed prior to joining any Senior Center exercise class. Please see the instructor

before class to sign. Please arrive 10-15 minutes before class starts to find a seat, grab equipment, and be ready to start! A \$3 donation is suggested for each exercise class; however, no one will be turned away for lack of funds. Please call 541-883-7171 with any questions.

## Bristol Hospice

# Grief Support Group

Bristol Hospice is here to help.  
Our trained Volunteers, Chaplains  
and Bereavement Counselors provide grief support  
for adults who have experienced loss.

Second and Fourth Thursdays from 2:30 to 3:30  
Glad Tidings Worship Centre  
1007 Pine Street  
Klamath Falls, OR 97601

special finds  
at the  
Klamath Basin Senior Citizens' Center

# Gift Shop



**Handmade Gifts & More**

- Knitted & quilted goods
- Cards for every occasion
- Jewelry & handbags
- Children's clothing
- Accessories, beadwork
- Specialty food

**Materials**

- Fabrics, yarn, thread
- Buttons, zippers
- Scrapbooking, beads, and more!

Open Mon - Fri | 10 am - 2 pm

Proceeds Benefit Senior Center Programs | Volunteer Operated

## A VA home loan with plenty of benefits

**A VA Cash-Out Refinance converts your home equity into cash.** Use the cash-out to pay off high-interest credit cards, remodel your home, or however you wish. This can be a great solution for refinancing your existing VA loan to a lower interest rate or for replacing a conventional mortgage with a VA-backed loan.

Locally owned and operated



**Scott Bryant**  
NMLS # 2094055  
*Referrals always welcome!*

**Features and benefits**

- Flexible underwriting
- Cash-out funds available at closing with payments spread out over a longer term
- May have a lower interest rate than home equity financing
- Available for 1- and 2-unit homes, condos



**All Seasons**  
MORTGAGE SERVICES GROUP  
Your Lender For Life NMLS#226699

541-850-9020  
1420 Esplanade Ave  
Klamath Falls, OR 97601





PRESENTED BY  
BRANNON KAEFRING

## Medicare Basics - 2023

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

**April Workshops**

April 5 | 5PM  
April 17 | 1PM

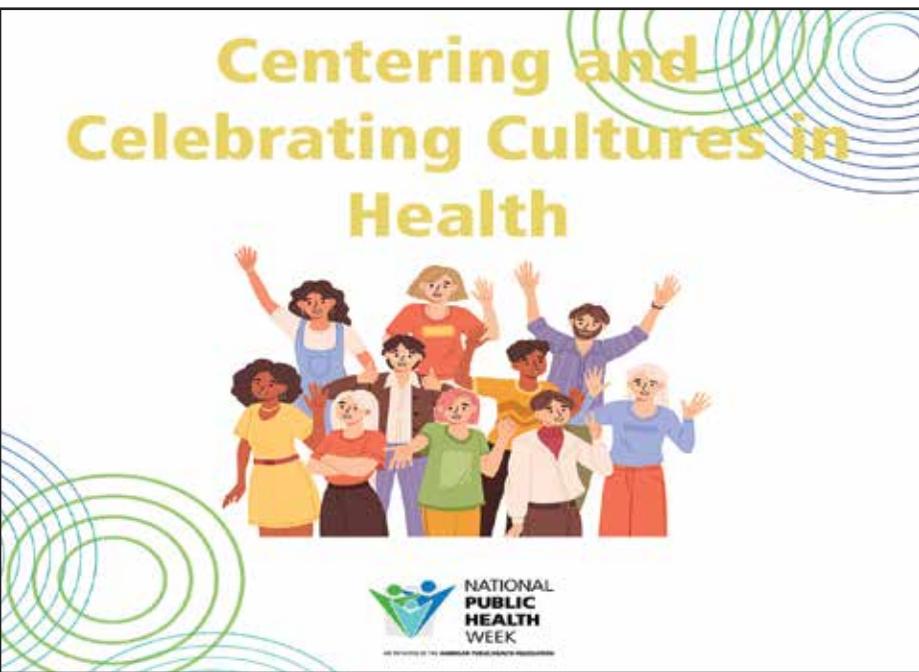
4509 S 6<sup>th</sup> St, Ste 109  
**541.882.6476**  
One-on-One Appointments Also Available



**ATRIO**  
HEALTH PLANS



**MICK**  
Insurance Agency  
Your Local Health & Medicare Agents  
Since 1980



## Did you know that table tennis (also known as Ping Pong) works parts of the brain that are responsible for movement, fine motor skills and strategy?

Research shows that this game enhances brain function, balance, reaction time and can be beneficial for individuals with neurologic conditions (ie, stroke or Parkinson's Disease), and also for older adults in general. Not only is it a sport that improves body movement – it's also a mind sport – requiring critical thinking, deciding on strategy, and movement planning. And with each game, a player can improve and hone these skills! Interested in trying your hand at table tennis? **Join Kate Murphey on Mondays, April 10<sup>th</sup> and 24<sup>th</sup> in the Game Room from 12:30 – 2:30 pm.**

I could have stayed in my own home but after losing my husband of 68 years I was lonely. Here I have made many friends... I love it!



Gloria Cannon

Gloria Cannon, a career long realtor in Klamath says, "I have an overall sense of well being living at Crystal Terrace. The safety factor is most important to me. I enjoy the activities that are offered. Swimming, cards, bingo, and the special events are my favorites."

She adds " We have transportation here that I like to use for my doctor's visits even though I still drive."

Gloria's apartment is beautifully decorated with all her favorite things from her long time home. She's happy!

### 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.

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



**Crystal Terrace**  
of Klamath Falls  
MBK SENIOR LIVING

## DONOR REPORT

### Temporary Relief Granted by Klamath Lake Counties Council On Aging.

*Submitted By Marc Kane*

Recognizing the extraordinary increase in food and supply costs and the tremendous increase in the costs to produce a meal, the Klamath Lake Counties Council on Aging Board of Directors approved supplementary funding for our meal services through June of 2023. That was a big help in balancing this year's budget and will assist in maintaining operating reserves for future needs. Beyond June the Klamath Senior Center will need to raise over \$300,000 to complement government funding in order to fully fund the cost of serving nearly 78,000 meals a year. And the demand for meals continues to grow, especially for our congregate meal. Over 175 patrons were served on St. Patrick's Day, likely as many as we have ever served in a single day. In addition more than 140 local residents received a home delivered meal. Our goal is to be sure that no eligible senior goes unfed. Local contributions are needed to make this happen. We are eternally grateful for the generosity of Klamath residents and our foundation grantors.

If you haven't made a contribution please do so, and consider being one of our recurring contributors with a monthly donation. 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 older adult residents.

February 2023 donations of \$23,220 were received from the following organizations and individuals:

KLCCOA	Peggy Thomas	Mildred Miller
Rip City Riders	Refuge City Church	Donna Maloney
Fabian Baker	Kenneth Banes	Robert Petrik
Marta Stephens	Burl Parrish	Mary Lou Beach
Geraldine Schindler	Charlotte Moseley	

Unidentified contributions in February for Meals, Transportation and Other Services amounted to \$3,384

The Senior Center would like to especially recognize the following individuals for their regular and/or recurring gifts during 2022 amounting to at least \$600 for the year. They were the following:

First Presbyterian Church	Jon Schnebly	Cheryl Gibbs
Marta Stephens	Burl Parrish	Ernie Palmer
Refuge City Church	Howard McGee	Peggy Thomas
Geraldine Schindler	Patricia Henderson	Mildred Miller
Dorothy Winters	Rose Chapman	Charlotte Moseley
	Wilma Petrik	Donna Maloney

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.



**Game On!**

*By Klamath Basin Senior Citizens' Center*

We are excited to highlight the Senior Center Game Room / Gary and Fred's Pool Room, now open throughout Senior Center business hours, Mon - Thurs 8am - 4:30pm and on Fri 9am - 2pm. Previously, this door was locked and required paying a small fee (\$1) at the Front Desk for a key. While the Center is always accepting donations, we hope that opening the room throughout the day will increase use of the games and activities that were often forgotten.

The Game Room has something for everyone, including a pool table, a ping pong table (please ask assistance in setting up), chess, backgammon, Clue, and this is also where you can now find the puzzle table and the collection of puzzles that was previously in the back corner of the ballroom. We are working towards the most comfortable layout and we welcome feedback to ensure this space is inviting and functional. We are hopeful that the game room will make for the perfect social atmosphere for fun and connection.

These changes have happened because Senior Center programming is expanding! We have more community partners offering workshops and presentations to our patrons, our support groups and activity classes are growing, and we are serving more meals each day. We want to ensure we create a space that is welcoming to all patrons. As a busy multi-use facility, we want to make sure we have the right space available for each event.

We welcome feedback and suggestions. Please find the suggestions box by the Front Desk.

**Attention!** We are looking to update our current ping pong table to be collapsible and on wheels. If you or someone you know has one to donate, please contact the center at 541-883-7171.

**April is Autism Awareness month!**

*By Brette Bliss, Sky Lakes Medical Center*

Autism in its simplest form, is a different way that people perceive and interact with the world on a neurological level. Much like humans have physical variation, we also have neurological variation.

Growing up and fitting in as an autistic person was difficult and painful for me. Many people with autism routinely and systemically have their needs ignored and misunderstood. Instead of meeting people with autism where we are, we expect autistic people to become socially "normal" often at the detriment of the autistic person. Personally, I spent a lot of time changing who I am to fit into a society that sees my autism as a deficit. Autistic people learn that we must ignore our own needs and comfort for the sake of being perceived as "normal."

As a child I was considered difficult, sensitive, obsessive, and quirky. I was known for intense emotional meltdowns over things others might consider trivial. I couldn't advocate for myself. How does a distraught six-year-old communicate to their equally distraught and frustrated parent that when I say "my socks feel wrong" that I mean the sensory experience of the socks feels like torture?

My parents did their best and looking back they had a lot more wins than younger me gave them credit for. At the time, there weren't many resources for parents to help them understand their children or their needs.

This isn't to say everything is better now, but the way we talk about the autism spectrum has evolved and provided opportunities for autistic children and people to feel safe and understood at home, school, and in general. The world is realizing that we need space for understanding different ways of thinking and experiencing the world.

What most people with autism want is to be understood. We want to be accepted for our differences instead of being forced to assimilate. So what if I'm compulsive, get overstimulated, and have odd special interests? I also understand people on a deeper level because of masking; excel in pattern recognition; my hyper fixations have given me encyclopedic knowledge on many things; and I have a knack for creative problem solving. My autism is a part of me much like my hair or eye color is; it is not a condition I must overcome or cure.

This month, I'm going to celebrate my differences, instead of masking or hiding them.

# Need An Extra Lift?

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**541-884-2773**

1204 Main St.  
Klamath Falls, OR 97601



Top Left to Right: Greg Wall, Larry Green, Debbie Freeman, Connie Ferguson, Carla Ruth. Bottom Left to Right: Cassie Rose, Bev Coffman, Joy Vaughn, Lorna Harris, Lisa Bertash.

## Spring into volunteering with the Foster Grandparent Program

By Kayla Ratty, Volunteer Coordination, The Foster Grandparent Program of Southern Oregon

The Foster Grandparent Program has been growing in our Southern Oregon Community since 1975 and has grown to cover Jackson, Josephine and Klamath counties. Foster Grandparent volunteers cultivate meaningful relationships within the community, with staff at school, the children they interact with, and they grow friendships with fellow volunteers; helping to transform our whole community.

If you are looking for a new beginning, consider volunteering! Please join us for our next in-service meeting Thursday, April 27<sup>th</sup> at WAFED Community Conference Center 5215 S Sixth St, Klamath Falls, OR for 12:00 PM - 3:00 PM, Please call Kayla to RSVP.

Would you like to spring into volunteering with the Foster Grandparent Program?

Please contact:

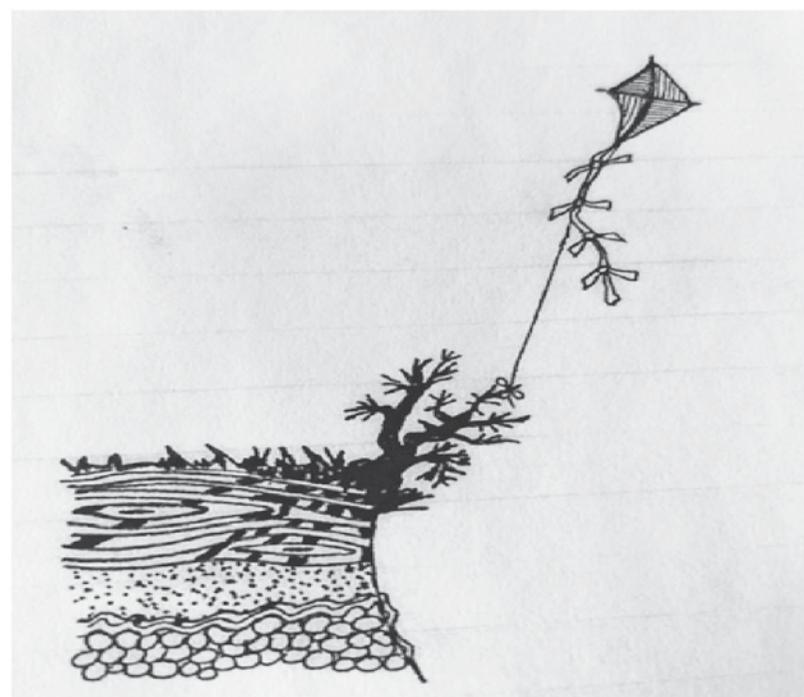
Kayla Ratty, Volunteer Coordinator

The Foster Grandparent Program of Southern Oregon

(541) 857-7786

kratty@retirement.org

*Poetry can keep life itself alive.  
You can endure almost anything  
as long as you can sing about it.”  
James Wright*



You are invited to a poetry reading  
by the Spoken Word Poets  
on Sunday, April 30, 2023  
at 2 PM  
at the Klamath Basin Senior Center  
2045 Arthur Street  
Klamath Falls Oregon

All are welcome.

We look forward to seeing you there!

For more information contact the Senior Center  
or email [klamathspokenword@gmail.com](mailto:klamathspokenword@gmail.com)

*Spoken Word Poets*



Bob and May Risley  
New Pelican Pointe Residents

May and Bob Risley just moved into Pelican Pointe recently but they already are in love with living here. He says, "Our daughter was looking around for a good place for us to live when living at her home was no longer an option. Here we have a bedroom large enough for May's hospital bed and my bed so we can be together. as we have always been."

Both May and Bob, and their daughter, are relieved that May is getting all the assistance she needs..so far so good!

Bob added, "We love it already. We went to bingo... We didn't win but we had alot of fun. We are so happy to be meeting people already. Every time we go downstairs we meet more and more people. Everyone is so friendly and welcoming at Pelican Pointe! In loving memory of May Risley

May and Bob lived in an apartment that wasn't handicapped accessible. When May was unable to walk anymore and needed a wheelchair, a move to Assisted Living at Pelican Pointe was the perfect solution!



**Pelican Pointe**  
ASSISTED LIVING

**Pelican Pointe...**  
where you can relax and  
enjoy having all the help you  
need when you need it.



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

Amber  
Anderson

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

## Lakeview Senior Center



### Lakeview April 2023 Events

Our Birthday luncheon will be on the second Friday, April 14<sup>th</sup>.

ALL rides require reservations.

In conjunction with Lake Health District and Studio 11 3/4, we will be having free guitar lessons. It is a Four Week Class on Tuesdays & Thursdays starting May 16<sup>th</sup> – June 8, 3:30 – 4:30. It will be held at Studio 11 3/4 at the Lake County Senior Center, 11 N. G Street, Lakeview (2<sup>nd</sup> awning basement entrance). The class is free but the space is limited for this grant- funded program.

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 – 12:30.

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. We 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 are accepted during store hours or by appointment through the week before 2:00.

The language of friendship is not words  
but meaning.

## Lakeview Gardens



- Assisted Living
- Long-Term Care

- 24-hour caregiving staff
- Private rooms
- Screened-in patio
- Spa room
- Laundry room
- Housekeeping
- Family-style dining
- 24/7 response system



*Quality care in a home-based environment*



**Mickie Gocken, RN MSN DNS**  
541-947-2114 ext. 5113

*Equal opportunity provider and employer*



New from the Craft Connection Corner!  
Join us Thursdays, 9-11am in the lunch room  
No experience needed, only a desire to connect.



### Powerful Tools for Caregivers

The Klamath and Lake Council on Aging is sponsoring a **Powerful Tools for Caregivers workshop**. This is a 6-week educational program designed to help family caregivers take care of themselves while caring for a relative or friend.

6 classes - Wednesdays  
April 26<sup>th</sup> through May 31<sup>st</sup>  
10:00 a.m. to 12:00 p.m.  
KLCCOA Office – 404 Main St., Suite 6

**REGISTER TODAY!**  
Call **541-205-5400**

**Registration deadline April 19<sup>th</sup>**

*\*Respite funds are available to help you attend these classes.*

## SENIOR AWARENESS FAIR 2023

Celebrating seniors during Senior Awareness Month, bringing awareness and planning for the future.

**FREE**  
Event Entry

Community booths with information and advice

Giveaways

Entertainment

Food vendors

**THURSDAY**  
**MAY 25**  
10 a.m. - 2 p.m.

2751 Washburn Way  
Klamath Falls, Oregon  
Set up by 9:30 a.m.

### VENDOR REGISTRATION

Please RVSP by or before  
Thursday, May 11  
to Jennifer Smith at 541-882-2902  
or [jsmith@klamathhospice.org](mailto:jsmith@klamathhospice.org).

KLAMATH HOSPICE  
AND PALLIATIVE CARE



Organization \_\_\_\_\_  
Name \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

Vendors: Please bring a \$25 value basket to raffle off during our event. Thank you!

## KLAMATH SENIOR CENTER APRIL 2023 CALENDAR OF DAILY EVENTS

### MONDAYS

- Silver Sneakers, Silver & Fit, or SAIL Video 9 – 10 am
- Body Recall with Jack & Mary Noller by video 10:30 – 11:30 am
- Muffin Mondays 10:30 am – See page 15 for speakers
- County Branch Library 9:30 am – 1 pm
- \*\*Dementia/Alzheimer's Caregiver Support Group with Jim Rains and Patty Card – 9:00 – 10:00 am – Registration required – pcard@kbbh.org or 458-200-4257
- Golden Age BINGO & Cards Club 12:30 pm
- Yoga with Kim Carson 4:00 pm to 5:00 pm

### TUESDAYS

- SAIL Exercise with Sherry Hooke 9:00 am
- 4th Tuesday Art & Craft Workshop 10:30 am – 12:30 pm, registration required, call 541-883-7171.
- 2nd Tuesday Learn'n'Lunch 11 am – 11:30 am, please arrive by 10:45 am
- 2nd Tuesday Atrio Ice Cream Social 10 am – 2 pm
- 2nd Tuesday Klamath & Lake Counties Council on Aging Meet and Greet 11 am – 1 pm
- Qi Gong with Rachel Stephens 2:30 pm
- Tai Chi with Andrew Hyun 3:30 pm to 4:30 pm
- SHIBA (MEDICARE Counseling) by appointment, please call 541-883-7171

### WEDNESDAYS

- Mobility from Head to Toe with Anne Davenport 9 – 10 am (Starting 4/12)
- Body Recall with Jack & Mary Noller by video 10:30 – 11:30 am
- Senior Dance Group, all are welcome! 1 pm – 3 pm

### THURSDAYS

- SAIL Exercise with Anne Davenport at 9:00 am
- Craft Connection Corner 9am to 11am
- Golden Age BINGO & Cards Club 12:30 pm
- County Branch Library 1:30 pm – 4 pm
- BINGO Fundraiser open at 4:30 pm call at 6 pm
- SHIBA (MEDICARE Counseling) by appointment, please call 541-883-7171

### FRIDAYS

- Silver Sneakers, Silver & Fit, or SAIL Video 9 - 10 am
- Body Recall with Jack & Mary Noller 10:30 - 11:30 am
- \*\*Circle of Friends for KBBH clients – 10:00 am to 12 pm – To determine eligibility & register, reach out to Patty Card at pcard@kbbh.org or 458-200-4257
- COUNTY BRANCH LIBRARY 9:30 am – 1 pm
- Line Dancing - 7:00 pm Subject to instructor availability, please call Center 541-883-7171 to confirm.

### SATURDAYS

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

### DESCRIPTION OF DAILY EVENTS

**Body Recall:** A lower intensity program of physical fitness, designed to reclaim the natural motion of the body and the strength to help make life pleasurable. This class emphasizes the essential development of full range of movement in all joints and muscles. This class is offered at the Senior Center via video facilitated by community members..

**Circle of Friends:** A support group for clients of Klamath Basin Behavior Health who come together weekly for crafts, presentations, and to make friends. You will need to reach out to KBBH to determine if you are eligible at 458-200-4257 or pcard@kbbh.org.

**Craft Connection Corner:** Free weekly opportunity to engage in conversation, brainstorming, show & tell of projects, and more. Craft topics that have been discussed are potholders and other kitchen wares, crocheting, macramé, knitting, paper beads, and dolls. No experience with crafts needed, only a desire to connect!

**Mobility from Head to Toe** A full-body low intensity mobility class, taught by a licensed physical therapist. Most movement completed in sitting with some in standing while holding onto a chair. You will learn breathing techniques, postural control, guided joint range of motion starting at your head and neck, working your way all the way to your big toe!

**Qi GONG:** Pronounced "chee gong," involves exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. This class can be done in seated or standing.

**SAIL: Stay Active & Independent for Life** is an evidence-based class that includes aerobics, strength, balance and education. This class can be done in seated or standing, with or without equipment. This class is delivered at a moderate to high intensity.

**Tai Chi:** Originally developed for self-defense, tai chi has evolved into a graceful form of exercise for stress reduction, strength, and balance. Described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

**WATERCOLOR:** Weekly art class offered by local artist, Kat Benson, entitled "Watercolor For The Fun Of It," encouraging students to come together, have fun, and create. Current class is full, please call 541-883-7171 or stop by Front Desk to be put on waiting list.

**YOGA:** An ancient mind and body practice that combines movement, postures, breathing techniques, and meditation or relaxation to promote mental and physical well-being.

\*\*These support groups offered at the Senior Center provided by KBBH

*Check for event calendar updates at [www.klamathseniorcenter.com](http://www.klamathseniorcenter.com)*

## Think BIG, Move BIG!

by Anne Davenport, PT, DPT

The Klamath Basin Senior Citizens' Center is excited to continue hosting health promotion presentations on the Second Tuesday of the month to aid in improving health awareness. Presentations provide information about selected monthly health topics, including disease education, lifestyle changes, risk screening and available resources in the community.

April is Parkinson's Awareness Month. Parkinson's Disease (PD) is defined as a progressive disorder of the nervous system, and characterized by uncontrollable movements, resting tremor, muscular rigidity, and slow/small movements. The rate of PD increases with age 65+ and is higher in males as compared to females. The annual incidence of PD among older adults is 90,000 individuals diagnosed annually. A method of treatment, known as LSVT Big®, instructed by

certified physical or occupational therapists, has shown to improve motor performance and functional mobility in individuals with PD. LSVT Big® is built upon foundational principles of increasing amplitude of movements (emphasizing "Big" movements).

We are excited to host Dr. Audra Angeli, PT, DPT, LSVT Big® Certified Clinician at the Center on Tuesday, April 11 to provide information about and a demonstration of LSVT Big®. LSVT Big® begins with 10 maximal daily exercises emphasizing large, high intensity movements. These specific exercises can also be modified to be performed in seated position for individuals who may be wheelchair-bound or who have difficulty maintaining balance.

Learn more on Tuesday, April 11, at 11:00am. Please arrive 10-15 minutes early so that we may start the workshop on time. Registration for Learn'n'Lunches is not required, but *highly* recommended. Please stop by the front desk or call at 541-883-7171.

# APRIL 2023

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.

Congregate Lunch is served Monday - Friday 11:30 am - 12:30 pm. To apply for Meals on Wheels, please call 541-205-5400.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>BREAKFAST FOR LUNCH</b> Hashbrowns, Biscuits & Gravy, Scrambled Eggs Salad Dessert	<b>SPLIT PEA SOUP W/HAM</b>  Veggie Salad Dessert	<b>EASTER DINNER</b> TURKEY GRAVY & MASHED POTATOES Dessert
<b>CHEESEBURGERS &amp; FRIES</b>  Veggie Salad Dessert	<b>SHRIMP &amp; CORN CHOWDER</b>  Veggie Salad Atrio Ice Cream Social	<b>BBQ PORK</b>  Veggie Salad Dessert	<b>MEXICAN LUNCH TACOS</b> Spanish rice Refried Beans Dessert	<b>ROAST CHICKEN</b>  Veggie Salad Dessert
<b>BROCCOLI CHEDDAR SOUP</b>  Veggie Salad Dessert	<b>UNITED WAY BANQUET</b> Congregate Meal Closed	<b>CHICKEN FRIED STEAK W/MASHED TATERS &amp;</b>  Veggie Salad Dessert	<b>LASAGNA</b>  Veggie Salad Dessert	<b>BEEFY BEAN SOUP w/CORNBREAD</b>  Veggie Salad Dessert
<b>SALISBURY STEAK &amp; NOODLES</b>  Veggie Salad Dessert	<b>LIVER &amp; ONIONS or CHEF'S CHOICE</b> Garlic Breadsticks Salad Dessert	<b>QUICHE</b>  Veggie Salad Dessert	<b>MEATLOAF w/MASHED POTATOES &amp; GRAVY</b>  Veggie Salad Dessert	<b>SLOPPY JOES</b>  Veggie Salad Dessert
<b>BEEF &amp; BARLEY STEW w/CORNBREAD</b>  Veggie Salad Dessert	<b>TORTELLINIS &amp; MARINARA SAUCE</b>  Veggie Salad Dessert	<b>BEANS &amp; HAM CORNBREAD</b>  Veggie Salad Dessert		



**Muffin Monday**

**KLAMATH HOSPICE**

***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

## Oregon Department of Veterans' Affairs Seeks Volunteers Interested in Serving Aging Veterans

For more information about the program, please visit: [www.oregonvetvolunteer.com](http://www.oregonvetvolunteer.com) or contact the Veteran Volunteer Coordinator Mark Newell at 971-720-8911 or [ODVA\\_VeteranVolunteer@odva.oregon.gov](mailto:ODVA_VeteranVolunteer@odva.oregon.gov).

### Muffin Monday for April 2023

- 4/3/23: Cecily Gaudinski – Kingsley Field
- 4/10/23: Darin Rutledge – Discover Klamath
- 4/17/23: Joe Hudon – Herald and News
- 4/24/23: Dr. Glen Gailis – Let's talk health.
- 5/1/23: Speaker Pending
- 5/8/23: Charlie Wyckoff – Farmer's Market
- 5/15/23: Steve Rooker – Migratory Bird Day – Saturday, May 20<sup>th</sup>
- 5/22/23: Jennifer – Senior Awareness Fair (Open to the public)
- 5/29/23: Closed due to observation of Memorial Day



Photo by Mary Williams Hyde

## Step into Spring with the Senior Dance Group

By Klamath Basin Senior Citizens' Center

In the Klamath Basin Senior Citizens' Center ballroom, a large group of community members gather around, drinking coffee and laughing with the sound of upbeat music in the background.

This is the Senior Dance Group, made up of all ages and abilities (the youngest today is 37 and the oldest is 93), with eclectic music tastes, and a variety of dance moves to try out. Throughout the afternoon, from 1 to 3 pm, attendees participate in a line dance, a two-step, a waltz, a fox trot, a swing. Singles and couples alike make their way around the floor, and there is time and space to socialize with old friends and meet new ones. The group is informal, anyone can come to simply listen to music, learn dance steps, or showcase their own moves. Paul Shipman, likely the longest standing attendee, after demonstrating a fast-paced waltz full of partner twirls and quick turns, states, "I'll be 94 in September, people don't have any excuse not to be here."

Willard, who has been dancing with the group since 2005 explains, "before this, I was sitting at home with nothing to do. It gives me something to do each week." Mary Helen, whose favorite dance is the waltz, remarks, "I come for the fellowship, the good exercise, I'm able

to go out and have fun without having to head to a club late at night." She has a vibrant energy, smiling and laughing, jumping up to join as a new song starts. "You gotta keep moving so that you can keep moving!"

The Group officially started back in 1981 and has been dancing ever since. Emmett's Line-up and Auto Repair Center currently sponsors the group, however, they are actively seeking additional sponsorship to bring in a live band who can play covers of old classics up to modern. At this time, music for the afternoon is a CD compilation of favorites from the group, so everyone can dance to music they enjoy.

No membership is required to join, just a desire to come out and have fun. Senior Dance Group happens every Wednesday afternoon from 1 pm to 3 pm provided by community members at the Senior Center. Suggested donation \$3 per person.

Questions? Reach out to Jeanette at 541-884-0402 or Jack at 541-783-2081 or louandjack@gmail.com

## KLA-MO-YA CASINO & HOTEL

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SLOTS • FOOD • HOTEL • FUN

### Foolish Friday

#### DRAWINGS

April 7-28 • 6pm-9pm  
**WIN UP TO \$750 CASH!**

May only win once per day.

#### AMY MILLER BATHROOM COLLECTION SET SUNDAY KIOSK

April 2, 16, 23 & 30 • 11am-7pm

EARN PRIZES!

Earn 75 points and swipe at the kiosk to receive prize voucher. May only redeem once per day. While supplies last.

April 2:  
Plush Robe

April 16:  
Memory Foam Bathmat Set

April 23:  
Bath Set

April 30:  
Cotton Towel Bath Set

### SENIOR DAY MONDAYS

8AM - MIDNIGHT

HOT SEATS NOON - 3PM

WIN UP TO \$100 CASH! DRAWINGS EVERY HALF HOUR.

EARN 2 POINTS, RECEIVE \$5 FREE PLAY, 10% DISCOUNT AT PEAK TO PEAK RESTAURANT. (Must be 55+. May only redeem/win once per day.)

### HOPPING THURSDAY KIOSK

April 6-27 • 10am-8pm

WIN UP TO \$100 CASH!

Earn 50 points and swipe at the kiosk to receive prize voucher. May only redeem once per day.

### EASTER BASKET

SUNDAY HOT SEATS

Sunday, April 9 • 1pm-5pm

Win up to \$200 CASH!

Winners will select an Easter Basket to determine prize. Drawings every half hour. May only win once per day.

### TAX DAY 1040

POINTS GIVEAWAY

Saturday, April 15 • 10am-8pm

Guests will swipe at kiosk and receive 1040 Bonus Points! All Bonus Club members are eligible.

May only redeem once per day.

See Bonus Club for Complete Details

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

Gambling Problem? Call 1-800-GAMBLER

## 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.\*