



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



*May the road rise up to meet you.  
May the wind be always at your back.  
May the sun shine warm upon your face;*



*the rains fall soft upon your fields  
and until we meet again,  
may God hold you  
in the palm of His hand.*

*traditional gaelic blessing*

Happy  
St. Patrick's  
Day!

Active Seniors

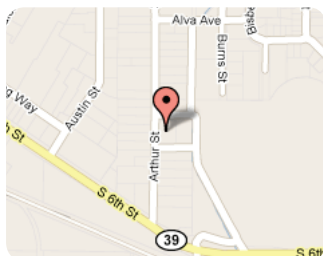
MARCH • 2017

SENIOR Center receptionist  
Joanne Campbell



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

## Where are we located?



**The Klamath  
Senior Center is  
located at 2045  
Arthur street**

## VOLUNTEER TODAY!

Looking to make a contribution to your community in support of your elderly neighbors.

Join our 140 volunteers that are the foundation of the Senior Center. Training is provided. Call our Volunteer Coordinator at 541-883-7171.

**WE HAVE A JOB FOR YOU!**

## Contact Information

General Information -  
Joanne Campbell: 541.883.7171

Donations - Shawn McGahan:  
541.883.7171 ext. 136

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

Transport Dispatcher - Cindy Dupart  
541.850.7315

Bingo Information -  
Linda Breeden:  
541.883.7171 ext. 115

Medicare Counseling -  
541.883.7171

Volunteer Opportunities -  
541.883.7171

Executive Director  
Marc Kane: 541.883.7171 ext. 117  
[www.KlamathSeniorCenter.com](http://www.KlamathSeniorCenter.com)

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## Welcome

Last month I celebrated my fifth anniversary as the Executive Director at the Klamath Senior Center. It's been a great opportunity this late in my working years to have found new ways to serve my community and to honor and support seniors. Thanks to all who have offered encouragement and worked with me in bringing positive change and growth to our center.



Marc Kane, Center Director

We are now nearing the end of Winter and I am certain most are eager to embrace Spring and improved weather. It's been a tough year. We just completed our fourth annual Winter fundraiser in years previous known as the Winter Blues Banquet. We purposely chose this season to offer an event that would relieve the blues of winter with the offering of a great party, great food, and great music. Thanks to all who attended and the many businesses that also lent their support with contributions and silent auction items. The mission of the Senior Center is to build and maintain a community that supports seniors and the annual fundraiser always demonstrates the pride our community has in the senior center.

Spring is also a season of new growth and I am happy to report that our center continues to grow in its service offerings. Bev Fairclo has expanded her arts class offerings including weekend classes and is now offering an evening class in dance exercise on Tuesday evening as well. The line dancing group has moved to Friday evening and is growing. Jon McKellar is now sponsoring Ukulele class once a month. The AARP has tax services here on Tuesday and Thursday throughout tax season. Two attorneys contracted with the AAA will locate here on Mondays beginning in March to offer legal services funded by the AAA with funding from the Older Americans Act. A new creative writing class series will begin in April. And, finally, Mel Murakami's Tai Chi class has expanded its offerings to include new classes on Wednesday evenings. See class schedules on page 4.

Unfortunately the need for Meals-On-Wheels continues to grow and the Area Agency On Aging now reports they again have a waiting list. We have agreed to relieve the wait list but we'll have to find additional

funding to sustain this effort. I have no doubt the community will step up to fill the gap. Please note the donations coupon on this page.

We were especially pleased to have received two grants this last month from the KMSB Foundation and Pacific Crest Federal Credit Union. Both have provided grants now for last four years consecutively. It is this kind of sustaining giving that allows our agency to continue its growth in meeting the diverse demands of today's seniors. They both deserve special recognition for their on-going support.

*Demand for Meals-On-Wheels is increasing. Additional donations now needed to relieve a growing wait list.*

JOIN US! WE CELEBRATE LIFE!

**Annual Fundraiser**  
*Gatherings such as these bring the community together and allow us to celebrate and show pride in the many attributes of our community.*

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*

KBSCC is a 501 (c) 3 non-profit corporation



## Bulletin

### SPOKES Unlimited Schedule

#### SPOKES Unlimited

1006 Main Street, Klamath Falls, OR 97601

541-883-7547 v/tty

*All support groups follow confidentially guidelines.*

#### March

- 4th Skylakes Living Well Community Fair**  
Klamath County Fairgrounds, 3531 South Sixth Street  
**8:00-2:00 pm**
- 14th Brain Injury and Illness Support Group**  
**3:00-4:30 pm, SPOKES office**
- 16th SPOKES Recreation Group Event**  
Join us at the SPOKES office for recreation group fun! We will watch either movie, make a craft, or play games on the Wii. Lunch will not be provided. This event is open to all persons with disabilities.  
10:00am-12:00pm, SPOKES office
- 20th SPOKES Board of Directors Meeting**  
**4:00-5:00 pm, SPOKES office**
- 22nd Social Security Workshop**  
Free Independent Living Skills workshop to learn about eligibility, required paperwork, and medical records in order to start your SSA application. Workshop limited to 15 people, come early as admittance is first come, first served.  
**2:00-3:30 pm, SPOKES office**

All meetings/events listed are held in a wheelchair accessible location. Please notify SPOKES 48 hours in advance if you need an assistive listening system, sign language interpreter or materials in an alternate format. Call 541-883-7547 v/tty.

## Bulletin

### The Senior Dancers Every Wednesday Afternoon

*With LIVE MUSIC By the Take Four Band*

At the Senior Center, 2045 Arthur Street

**1:00 to 3:30 P.M.**

***All Ages Are Welcome***  
***Refreshments will be served.***

Sponsored by:

**Emmett's Line-Up  
and Auto Repair Center.**

**Emmett's**  
**AUTO REPAIR  
CENTER, INC.**

## Bulletin

### Tai Chi Classes

By Popular Demand

#### MORE TAI CHI CLASSES!

##### Tuesdays - Senior Center

Beginners 10:00-11:00am

Intermediate 9:00-10:00

Advanced 12:10-1:10

##### Wednesdays

##### at the Senior Center

Beginners 5:30-6:30pm

Sets 1,2,3,4 6:30-7:30pm



#### ALL ARE WELCOME! JUST COME!

Build Your Strength, Flexibility and Balance

Need More Details? Call Mel Directly at **541 274-1555**

## Bulletin

### Balance and Stability Class

***"Who knew there were so many  
ways to improve your balance?"***

**T.M.**

- **Monday 10:30-11:30 AM**  
Klamath Lutheran Church,  
1175 Crescent Avenue
- **Wednesday 10:30-11:30 AM**  
1175 Crescent Avenue
- **Friday 11:30-12:30 AM**  
SENIOR CENTER



**Just come or call 541 274-1555**

**Tina Mahacek — Licensed Physical Therapist**

**Movement Improvement R US**

## Bulletin



### Muffin Mondays!

#### ***Veteran's Group***

**Every Monday 10:30-11:30 a.m.**

Senior Center, 2045 Arthur St.

**Coffee • Muffins • Conversation**



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



WE HONOR VETERANS

## VOLUNTEER OPPORTUNITIES FOR EVERYONE

**Have you considered giving back  
to your community?**

The School Guardian Project at Ponderosa Middle School and the Citizen Advisory Board of the Coalition for Safe Learning Environments (CSLE) is looking for volunteers. This groundbreaking initiative in support of public schools is helping locate opportunities for the community in our schools. Commitment levels vary from 1 hour a month to board member support, and as many hours as volunteers would like to donate to our local students.

For more information please contact: Rose Beardsley, CSLE coordinator: RMBeardeley@charter.net 541-880-4262

### Volunteer Opportunities At The Klamath Senior Center:

- Meals-On-Wheels Drivers and Kitchen Helpers
- Transportation Drivers Using Senior Center Vans
- Computer and Tech Skills Instructors
- **Gift Shop Clerks and Helpers** (See article on page 14)
- Bingo Callers and Floor Helpers (Thursday and Saturday Evenings)
- Snow Shovelers for Senior Homes

The new Senior Center Volunteer Coordinator, Theresa Criswell is available on Monday and Wednesday afternoons after 1:30 pm. Call her at 541-883-7171 Ext 128

Visit Our WEB Site at [www.klamathseniorcenter.com](http://www.klamathseniorcenter.com)



### Citizens For Safe Schools Volunteer Opportunities Mentor One Child, Change Two Lives

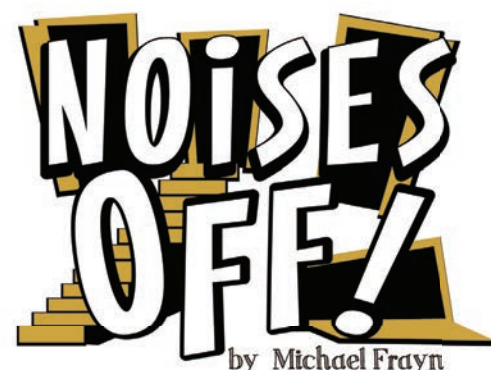
For only one hour a week, you can give valuable time to a child in need in the Klamath Basin. Spend time simply "hanging out"; going bowling, volunteering, going for a walk, playing games, checking out Crater Lake... the possibilities are endless! Simply showing a youth that you care enough to give your undivided time to them each week can make a lasting difference in their young life. We have a list with children waiting to be your friend!

Contact Margot Durand, Program Manager, P.O. Box 243, Klamath Falls, OR 97601, 541-882-3198 to apply as a volunteer.

[www.CitizensForSafeSchools.org](http://www.CitizensForSafeSchools.org)  
[www.facebook.com/citizensforsafeschools](http://www.facebook.com/citizensforsafeschools)

**FIND YOUR PURPOSE** IS A RECURRING COLUMN. WE INVITE ANY AGENCY THAT HAS VOLUNTEER OPPORTUNITIES TO SUBMIT INFORMATION TO BE PUBLISHED IN FUTURE COLUMNS. WE ARE ESPECIALLY INTERESTED IN OPPORTUNITIES FOR SENIORS AND VOLUNTEER EVENTS THAT BRING SENIORS AND OTHERS TOGETHER TO SUPPORT OUR COMMUNITY. PLEASE SUBMIT REQUESTS TO MARC KANE AT THIS EMAIL: [marc.kane@kbscc.org](mailto:marc.kane@kbscc.org)

## Bulletin



**The YMCA of KLAMATH FALLS Senior Trip**  
**Saturday, March 25, 2017**  
**For Y members and Community**  
**55 years and older**

Let's start our 2017 Senior Trips off with a Bang! With a performance of "Noises Off"

Oregon Cabaret Theatre in Ashland  
presents "Noises Off"  
"Noises Off"—A backstage comedy  
by Michael Frayn.

It provides both on stage and off stage  
looks from catastrophic dress rehearsals to  
historically hilarious failures.

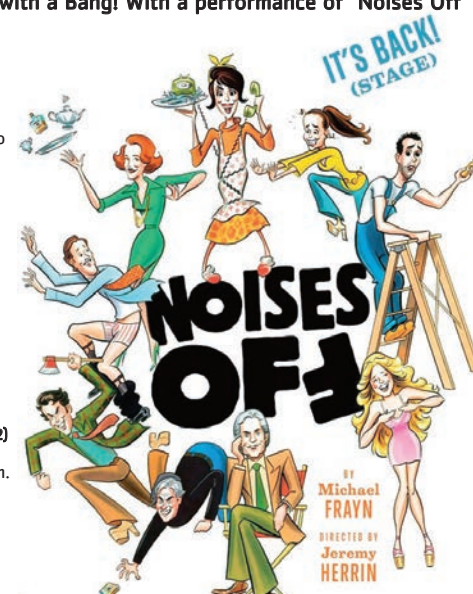
Tickets are:  
\$82.50 for Members  
\$88.50 for Community

The trip includes:  
An 11:15 a.m. Brunch  
(alcoholic beverages are extra)  
(gratuities included)  
The play at 1:00 p.m.  
Transportation to and from Ashland

When- Saturday March 25  
(Registration and payment due by Thursday March 2)

We will leave the Y's parking lot at 8:45 a.m.  
**sharp** and returns about 5:30-ish  
Any questions please contact  
Sande Jipp at 541-884-4149

Minimum participants: 10 Maximum Capacity: 14



## Bulletin

### Upcoming YMCA Senior Trips

**Saturday March 25th:** "Noises Off," Oregon Cabaret Theatre/  
Ashland (register by 3/2)

**Friday April 21st:** Artisan Corridor — chocolate, cheese and wine  
— Lillie Belle Farms, Rogue Valley Creamery and Ledger  
David Cellars/Central Point (register by 4/18)

**Friday May 19th:** Dunsmuir's Botanical Gardens and Hedge Creek  
Falls/Dunsmuir

**Friday June 30th:** English Lavender Farm and Red Lily Winery/  
Applegate Valley

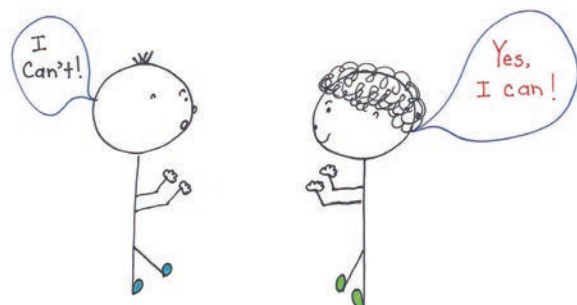
**— Transportation Provided —**

For availability, cost and details: phone Sande Jipp at the YMCA:  
**541-884-4149**

## Writer's Corner

Please submit something for us to consider printing in our next issue. Submittals should be sent to the attention of Marc Kane, Executive Director, Klamath Basin Senior Citizens Center.

### Mumkin's Recipes For Life



When thoughts of "I can't" creep into your mind  
Replace them with thoughts of the positive kind.

Sharon (Johnston) Pappas ©

### My Best Friend Ever

By Dianna Hastings

My best friend ever	And I hope were still
It will soon be two	Together when I turn
Years that we have	Seventy.
Been together;	
I'm three older of	It's like I'm living
The two.	In a dream
And every day I	Because she's beautiful in
Learn some-thing new.	All ways.
She likes to sing	Or so that's the way
And almost to	It may seem;
Anything I do;	Pinch me but I'm afraid
	It will all go away
And teaches me wisdom	And I'll be lonesome
And knowledge these	Again some-day.
Two years through.	
She's the best friend	Please Lord Bless her every day;
There could ever be;	And she's more like my
	Guardian angel is all I
	Can say.

### The Homestead

by Vaudine Cullins

Coyotes prowl at daybreak	were forced to pursue something different
near the tank house on the hill	when the good years came farther apart
Scattered bones lay silent	They loaded the truck with their treasures
in the early morning chill	They boarded the windows up tight
Sagging barns and fences	They took one last look at their farmhouse
Corrals in need of repair	then turned and drove into the night
a Homestead reduced to a memory	As I stand here and study the landscape
when a hardworking family lived there	I remember myself as a child
A mother and dad and their children	with mother and dad and this Homestead
whose struggles could break a man's heart	and through bittersweet tear drops, I smiled

## Expressions of Heart and Mind

### It's Winters Call

By Sharon Hudson

There are sparkles in the air,  
Like glitter sent from God.  
It's twenty below zero, and  
For this time of year it's not odd.

While the cold is intense, the  
Beauty of the countryside stands out  
With a blanket of white snow in  
My mind there is no doubt.

There is beauty all around, you  
Don't have to look very far.  
I'm enjoying the scenery, and  
It's warm in my car.

Let other drivers zoom  
By if they must.  
Their mind is on something else,  
And their driving I don't trust.

Haven't recovered yet from the  
Temperature being twenty below.  
It's been one storm after another,  
Just snow, snow, snow.

The scenery is spectacular with  
Tall trees draped in white.  
Their branches are heavy and  
The snow hangs on tight.

The trees without leaves  
Are beautiful too.  
Snow encases the branches  
Like clothing might do.

A wonderland indeed, it's  
Beauty catches the eye.  
Last week was a different scene,  
And a different kind of sky.

Frozen fog falls from the  
Wires to the street below.  
It's melting with the sunlight  
And now the wires show.

An inch of snow came  
Down in the night.  
Just enough to make roads  
Slick, and driving a fright.

There are some footprints  
Left in the snow.  
Some look like deer, some  
Rabbit, and some  
I don't know.

Today snow is melting  
Off of the roof.  
It must be above freezing  
The melting is proof.

Where is the sunshine that  
Peeks through the cloud,  
Sending warmth and beauty  
To the land and the crowd?

It's sunny outside and  
Snowing a little bit.  
Drops that are melting  
Are noisy when they hit.

The snow is not as pretty  
With the coming of spring.  
It's dirty, it's compressed, but  
It's melting.  
That's the thing!

See you next year winter.  
I say au revoir,  
Good riddance, see you later  
Take a hike, and ta ta.

### Chapters

Sharon (Johnston) Pappas ©

Have you ever considered  
the chapters of your life  
Like turning the pages of a book  
filled with triumph and strife  
From the beginning the  
main character is you  
Transforming the plot in all that you do  
The setting changes  
with the passing of time

Suddenly days of your youth  
are left far behind  
There are chapters ahead  
to shape and mold  
Telling the story that you want told  
Consider what today's  
pages should read  
Then follow your heart... that's all  
you'll need.



## Donor List

### KMSB Foundation and Pacific Crest Federal Credit Union Deliver Grants in February

We are pleased to acknowledge that the KMSB Foundation has made their fourth consecutive annual grant to us this year for \$8,000. In addition funds were also received from Pacific Crest Federal Credit Union, another faithful and loyal annual grantor. Funds will contribute to general operating expenses in support of nutrition programs, health promotion classes, transportation services, the arts and more. The Center is especially thankful to those who make sustaining grants year after year.

The Center also encourages planned giving and advises that contributors contact their accountants and/or attorneys to make these arrangements. Last year we received a large contribution from the Jim and Sheila Scott Trust. Consider making support of the senior community part of your legacy.

**A big thanks to all our contributors for their monetary support and to those who make donations when participating in programs that don't expect to be acknowledged by name. We are most grateful to all who support the Senior Center.**

January Donations of \$12,605 were received from the following organizations and individuals:

Cow Creek Umpqua	Terrel Wagstaff	Cheryl Gibbs
Indian Foundation	Fred Bechdoldt	Carol Darling
Klamath Community	Jon Schnebly	Johnny Jones
Development Corp	Judy Brosterhous	Joyce Moore
Chris & Susan Kandra	Walter Duckworth	Irene McLean
Faith Tabernacle	Ernie Palmer	Gwen Osborne
Dorothy Winters	Etta Holly	Rose Kruezer
Geraldine Schindler	Mary Ellen Sargent	Constance Schuetze
Burl Parrish	Julia McGee	Phyllis McDiarmid
Lynette Harvey	Judith Matthews	Pat Abel
Bill Watson	Mary Kossman	Sandra George
Howard McGee	Rose Chapman	Golden Age Club

Unidentified contributions in January for Meals, Transportation and Other Services amounted to 3,609.

The Senior Center would like to especially recognize the following individuals for their regular and/or recurring gifts during 2015 amounting to at least \$600 for the year. They were the following:

Jon Schnebly	Lynette Harvey	Howard McGee
Faith Tabernacle	Ernie Palmer	Carol Darling
Geraldine Schindler	Emmett's Line-up &	Burl Parrish
Stan Neitling	Auto Repair	Rose Chapman
J.L. Transitions	Bill Watson	Jahalla Shaffer
Avril Fischer	Dorothy Winters	Elvin Middleton

**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.**

*FOUNDATION  
AND CORPORATE  
CAMPAIGN  
CONTINUES.  
WE ARE 69% TO  
MEETING OUR  
GOAL OF \$100,000.*

Do you or someone you know struggle with  
anxiety, depression, or substance abuse?

Would you like to ask for help for yourself,  
a family member or friend?

Here is how you can do that.

Call Klamath Basin Behavioral Health at 541-883-1030 ...  
email us at [info@kbbh.org](mailto:info@kbbh.org) ...  
or talk to Jerry Gilmer at the Klamath Basin Senior Citizens' Center.  
Mr. Gilmer will be there Tuesday and Thursday mornings.

There are many ways we can help from counseling to substance  
abuse counseling, and MORE. If you or a loved one is in need,  
we will find a way to help. Contact us today.



2210 North Eldorado Avenue | 541.883.1030  
KBBH.org

Do you or someone you know struggle with:  
(check any that apply)

- |                                       |  |  |
|---------------------------------------|--|--|
| <input type="checkbox"/> Anxiety      | <input type="checkbox"/> Depression                | <input type="checkbox"/> Child Behavioral Issues       |
| <input type="checkbox"/> PTSD         | <input type="checkbox"/> Substance Abuse           | <input type="checkbox"/> ADHD                          |
| <input type="checkbox"/> Suicide Risk | <input type="checkbox"/> Alzheimers<br>or Dementia | <input type="checkbox"/> Psychosis or<br>Schizophrenia |
| <input type="checkbox"/> Other        |  |  |

**REFERRALS ARE 100% CONFIDENTIAL!**

Name of Referral	Phone Number	Address (Optional)
------------------	--------------	--------------------

**Klamath Basin Behavioral Health is here to HELP with all  
these issues and more.**

**A sliding fee program is available.  
No one is turned away for inability to pay.**



**Clip and return to:**

**2210 North Eldorado Avenue  
Klamath Falls, OR 97601**

## CALENDAR OF EVENTS

### SENIOR CENTER ACTIVITIES FOR MARCH 2017

#### Hot Lunches Served Daily

Monday thru Friday 11:30am - 12:30pm

#### NEW Art Classes (Bev Fairclo) News classes

Water Colors Saturday March 3rd and 31st 9:00am - 11:00am

Ink Alcohol Art Wednesday, March 8th 9:00am - 11:00am

Thursday, March 30th 1:00 pm - 3:00 pm

Beginning Beading Saturday March 25th 9:00am - 11:00am

#### Balance and Stability Classes (Tina Mahacek)

Mondays & Wednesdays at Klamath Lutheran Church  
located at 1175 Crescent Avenue 10:30am-11:30am

Fridays at the Senior Center, 2045 Arthur Street 11:30am - 12:30pm

#### Billiard Room Open

Monday thru Thursday 8:00am - 4:30pm

Friday 9:00am-2:00pm

#### Blood Pressure Machine

Monday thru Friday in the Lobby 9:00am - 2:00pm

#### SAIL / Body Recall ( Exercise) (Mary Noller)

Mon - Wed - Friday Classes 8:45am to 9:45am  
10:15am to 11:15am

#### SAIL / Body Recall (Exercise) (Suzan Phipps)

Thursdays Only 10:15am-11:15am

#### Computer Training one on one

New Volunteers Now Ready to Work With You

By Appointment

#### Craft Group

Every Thursday 9:00am-11:00am

#### Dance Day in the Ballroom

Every Wednesday with the Take Four Band 1:00pm - 3:30pm

#### Family Bingo

Next Family Bingo is April 9th Call at 1:30pm

See BINGO events schedule on page 10

#### Golden Age Club (Pinochle & Bingo)

Mondays & Thursdays 12:30pm - 4:00pm

Klamath County Library Services Branch Mondays and Fridays

9:30am to 1:00pm

and Thursdays 1:30pm - 4:00pm

#### Line Dancing

Every Friday NEW DAY 7:00 pm-9:00 pm

#### Living Well

Call Valerie Franklin to Register at 541-274-7250

Call for class time

#### NEW DANCE EXERCISE CLASS

#### Low Impact Dance Exercise (Bev Fairclo)

Tuesdays 5:30 pm - 6:30 pm

#### Monday Muffins

Every Monday 10:30am to 11:30am

(hosted by Klamath Hospice to honor Veterans - all are welcome)

#### Movies

Monday - March 13th - Light Between Oceans 12:30pm

Monday - March 27 - Eagle Hunters 12:30pm

#### Pickle Ball

Sundays: sign-up to reserve court by Thurs 2:00pm-5:00pm

Fridays - Open Court 2:00pm through 5:00 pm players here by 2:00

#### Pickle Ball for Beginners

Every Tuesday - Walk-Ins Welcome 2:30pm - 4:30pm

#### Senior Veterans Social Club

Every Thursday 10:00am-11:30am

#### NEW Stretch and Tone Class (Bev Fairclo)

Every Thursday Openings Available 9:00am to 10:00am

#### SHIBA Medicare Insurance Counseling - Prescription

#### Drug Eligibility Assistance

By Appointment

#### Tai Chi Classes

Tuesdays Intermediate 9:00am-10:00am

Beginners 10:00am-11:00am

Advanced 12:10pm-1:10pm

Wednesdays Evenings NEW Beginners 5:30-6:30pm

Sets 1, 2, 3, & 4 6:30-7:30pm

#### Ukulele Class (Jon McKellar)

Tuesday Date To Be Announced 7:00pm to 8:00pm

Walk-With- Ease Classes are scheduled when registration warrants a new class. Call to sign up.

#### YOGA classes

Mondays 5:00pm - 6:00pm

#### Sign Up For Living Well Class - New Classes Starting

#### Every Month

Call Valerie Franklin at Sky Lakes Community Health -  
541-274-7250 to register

#### AARP Taxes Tuesday and Thursday by Appointment

Evening Bingo Games Are Every Thursday And Saturday

4:30pm - First Call At 6:00pm

#### Senior Center Board of Directors Meetings

Wednesday March 22nd 10:00am-12:00pm

#### Hearing Aid Assistance

J.D. Howell - Hearing Aid Check - Thursday March 16th

10:15am - 12:00pm

#### ACB - American Council of Blind

Tuesday, March 21st at Red Roosters Restaurant

12:30pm - 2:30pm

Call Barbara 541-882-8517 for information and rides to the  
ACB Meetings

#### March Birthdays

Tuesday March 14th 11:30am

#### SENIOR CENTER

Front Desk Hours - Monday-Thursday 8:00-4:30

Friday 9:00-2:00 - Call 541-883-7171

Gift Shop Mon-Thurs 10am-3pm, Fri 10am-2pm

*When Caring,  
Quality &  
Commitment make a Difference*

**Assured  
Quality**  
HOME CARE INC  
www.aqhcinc.com

905 MAIN STREET, SUITE 512  
KLAMATH FALLS, OR 97601  
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Certified Foot Care Nurse  
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## Bulletin

### Why ask AARP volunteers to do Your Taxes?

- It's Free
- You don't need to be an AARP member
- There are no income or age limitations
- AARP Volunteers are IRS sponsored & well-trained
- All returns are quality-reviewed before e-filing  
(We don't do farm or rental income.)

Find us here, in Klamath Falls:

Klamath Basin Senior Center	St. Paul's Episcopal Church	County Library
8:30 – 2:00	9:00 – 2:00	1:00 – 7:00
Tues. & Thurs.	Tues. Thurs.-Sat.	Wednesday
By Appointment	Walk-ins	Walk-ins
Call 541-883-7171	access by elevator	Klamath

## Bulletin

# SAIL

## Stay Active & Independent for Life

It is easy to stay fit and healthy. Come and enjoy the SAIL classes. Each class lasts an hour and there are seven class opportunities a week. You will improve your balance and coordination as well as your strength and flexibility. Come and meet the friendly people who have discovered the benefits of regular attendance. You don't have to wait to join in the fun. New students are always welcome.

**Suggested donation is \$2.00 per class.**

**Classes are at: 8:45 Monday, Wednesday & Friday and at 10:45 Monday, Wednesday, Thursday & Friday.**



## Feature

## Astrology and Free Will

by Robert G. Black

The different forms and studies of astrology are all intended to explain the effects of the reflected light of the constellations and the planets upon the lives and character of those living in their physical bodies on the physical earth. These influences are constant and predictable, but these astrological influences are only one of the types of influences that you feel each day of your physical life. The various types of astrological studies are all valid as influences, but that is all that they can outline. The study of astrology assists in predicting the influences on your lives through each day, but astrology cannot cause any happening in your life. Astrology can only influence those daily occurrences and happenings.

Numerology is another of those studies that some feel are the primary guiding forces in their lives. The power of numbers is undeniable, as most of us come to realize in full measure as we learn to handle money and balance our income and expenditures. It has always annoyed me somewhat that so many consider the number 13 unlucky. Quite the contrary, 13 is a sacred number. It was no accident that Jesus chose 12 disciples to make a total of 13 for his spiritual group. The original 13 colonies that became 13 states and founded the United States of America should convince anyone of the sacred and blessed status of the number 13.

Your daily lives are influenced in a number of other ways, and each of these can have an effect on your days of life in this physical world. For example, your financial status is crucial to your continuing life and activities here in this physical world. Poverty is no fun, especially when all others around enjoy the full blessings of adequate money and income.

Weather is also a primary influence in our lives, as it often dictates what we are able or unable to do on any given day. Also, the weather strongly affects our thinking and our emotions, certainly far more strongly than the ephemeral influences of the stars and planets can manage.

However, two other factors are more powerful in influencing your lives and actions. Your karmic indebtedness and the lessons planned for this lifetime have a much stronger influence on each day of your physical lives. Your creative activities progress, improve, and serve you more solidly than do any of these other minor forces.

And above all of these influences is the power and blessing of your free will. Free will can change the effects of any other influence. Free will is absolutely the most powerful force and influence on your daily lives. Free will is inviolable, and even our loving Creator will never, no NEVER interfere with our free will.

None of the other forces are strong enough to require compliance in violation of your free will. Life is certainly complicated, and it is under the influence of many factors, but never forget that your free will always dominates over all other influences.



Robert G. Black

*The author, Robert Black, is a member of the Center's Senior Advisory Council. Opinions and statements made in articles submitted for publication are those of the author alone and are not endorsed by the Klamath Basin Senior Citizens' Center, Inc.*

## Bulletin

### Lake County Senior Citizens Association

#### March 2017 Events:

**Most Tuesdays, 7:30 AM Klamath Falls Trips for Medical & Shopping**

(Stop in to sign up only a \$10 donation.)

**Friday, March 10th is our Birthday Celebration!** (Join us in your Western Best!)

**Friday, March 17th, join us for our St. Patrick's Day feast!**

**Tuesday, March 7th Join us for Tuesday Friends at 2:00.**

**Wednesday, March 15th join us for lunch representing your favorite sports team.**

**Every Tuesday & Thursday our Thrift Shop is open 1:00-4:00PM.**

**Every Friday 12:30 (after lunch) Stock up for the weekend food item sale.**

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

**Tuesdays & Thursdays join us for the Strong People Program! 10:00-11:00AM**

**Wednesday 12:00-1:00 PM Lions – Lunch Meeting**

**Every Monday Bingo at 1:00 (right after lunch)**

**We transport Veterans! Just call to get on our schedule!**

We rent rooms evenings & weekends. For space during working hours, just call to reserve a space for your crafting group, card players, nonprofit, etc. We appreciate donations. We have plenty of space to share, call and see how we could work together.

We serve hot meals to everyone Monday, Wednesday and Friday. It's only \$7 for those under 60 and we request a \$5 donation for those over 60. We also provide home delivered meals to those that qualify. Lunch is served at noon. Join us! Seniors and disabled may request local medical transportation with advance notice.

**You can reach us at:**

**11 North G Street, Lakeview Oregon 97630  
(541) 947-4966**

## Feature

### Sleep Awareness

*Article submitted by Klamath Hospice Inc.*

How much sleep do you really need? According to the National Sleep Foundation, adults need seven to nine hours of sleep per night to function at their best.

Sleep patterns change as a person ages. Those who don't sleep enough are more susceptible to depression, attention and memory problems, and excessive daytime sleepiness. It's more likely they will be affected by more nighttime falls and have a greater sensitivity to pain. It is also speculated that insufficient sleep can lead to serious health problems in older adults. Some of these include cardiovascular disease, diabetes, weight problems and breast cancer in women.

***A few tips for improving sleep from HelpGuide.org***

**Get involved.** Individuals should stay highly involved in social activities, family and work; if retired, try volunteering, joining a seniors' group or taking adult education classes.

**Develop a regular exercise plan.** Regular exercise is shown to release endorphins that can boost your mood and reduce stress, depression and anxiety.

**Expose yourself to more sunlight.** Sunlight is shown to regulate melatonin and sleep-awake cycles.

**Limit stimulants.** Caffeine, alcohol and nicotine are all stimulants and often disrupt the quality of sleep.



**KLAMATH  
HOSPICE**

## Help Support Our Senior Programs

### Have Fun - Win \$\$\$ “BINGO”

**2045 ARTHUR STREET, KLAMATH FALLS, OR**

**THURSDAY AND SATURDAY EVENINGS  
GAMES START AT 6:00 pm - DOORS OPEN AT 4:30**

**PAPER ONLY NIGHTS  
EVERY SECOND THURSDAY**

**Tuesday Afternoon Bingo Games are Discontinued**

**BEST PAYOUTS IN TOWN !  
SATURDAY \$1000 BLACKOUT GAME**

### KLAMATH BASIN SENIOR CITIZENS' CENTER

- Health and Exercise Classes and Pickleball Court
- Meals Programs
- Social Events
- Library
- Educational and Arts Classes
- Transportation
- Entertainment
- Information and Assistance
- Host to the Golden Age Club

Looking to make a contribution to your community in support of your elderly neighbors. Join our 140 volunteers that are the foundation of the Senior Center. Training is provided.

Call our Volunteer Coordinator at

**541-883-7171**



# Bulletin

## Klamath Senior Center – Health Promotion Activities And Classes March 2017

LOCATIONS: **KLC** = Klamath Lutheran Church **SC** = Senior Center (##) = Capacity  
1175 Crescent Avenue 2045 Arthur Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SC:</b> <b>SAIL Exercise</b> Mary Noller <b>Class One</b> 8:45 to 9:45 am (32) <b>Class Two</b> 10:15 to 11:15 am (32)  <b>KLC:</b> <b>Balance / Stability</b> Tina Mahacek 10:30am to 11:30am (10)  <b>SC</b> <b>YOGA</b> Kim Carson 5:00 to 6:00 PM (32)	<b>SC:</b> <b>Tai Chi</b> Mel Murakami <b>Beginner</b> 10:00 to 11:00 am (25) <b>Intermediate</b> 9:00 to 10 am (25) <b>Advanced</b> 12:10 to 1:10 pm (25)  <b>SC NEW NEW</b> <b>Low Impact Dance</b> <b>Exercise Class</b> Bev Fairclo 5:30 to 6:30 pm Starting February 7th	<b>SC:</b> <b>SAIL Exercise</b> Mary Noller <b>Class One</b> 8:45 to 9:45 am (32) <b>Class Two</b> 10:15 to 11:15 am (32)  <b>KLC:</b> <b>Balance / Stability</b> Tina Mahacek 10:30 to 11:30am (10)  <b>SC:</b> <b>Dancing</b> Live Music from the <b>Take Four Band</b> 1:00 to 4:00 pm (Dance Club Asks for a \$4.00 fee)  <b>SC:</b> <b>NEW EVENING CLASSES</b> <b>Tai Chi</b> <b>Beginners</b> 5:30 to 6:30 pm (25) <b>Sets 1, 2, 3, 4</b> 6:30 - 7:30 pm (25)	<b>SC</b> <b>Stretch and Tone</b> Bev Fairclo 9:00 to 10:00 AM (25)  <b>SC:</b> <b>SAIL Exercise</b> Suzan Phipps 10:15 to 11:15 am (32) <b>KLC</b>  <b>SC:</b> <b>Boast Your Brain &amp; Memory</b> Kate Murphey 10:00 am to 11:30 (12) Enrollment is open. Dates to be announced 541-883-7171	<b>SC:</b> <b>SAIL Exercise</b> Mary Noller <b>Class One</b> 8:45 to 9:45 am (32) <b>Class Two</b> 10:15 to 11:15 am (32)  <b>SC:</b> <b>Balance / Stability</b> Tina Mahacek 11:30 to 12:30 (20)  <b>SC:</b> <b>NEW DAY</b> <b>Line Dancing Class</b> Fern Steers 7 pm to 9 pm  <b>Living Well with Chronic Medical Conditions</b> To Register for Future Classes Call Valerie Franklin at Sky Lakes Community Health 541-274-7250

### INDOOR PICKLEBALL COURT

Tuesday Class open to walk-ins 2:30 to 4:30 pm

Friday, Open Court, Arrive between 1:30 & 2 pm, play to 5:00 pm.

Want to reserve the court?

Call us for available days and times. Court shoes required.

**Need Help Deciding Which Class Is Right? Make an appointment with our Health and Wellness Counselor! If Not Now, When?**

#### Fees and Donation Information:

Participants are requested to make a donation of \$2.00 to \$4.00 dollars (donate what you can). Tai Chi participants are asked to pay \$5.00/class or \$20.00/month. **No one refused for inability to make a donation. Participants under 60 pay the estimated class cost.**

#### Enrollment:

Generally classes are fully subscribed well before start dates. Early enrollment is encouraged. Class start and end dates are announced in **Active Seniors** (the monthly newsletter of the Senior Center distributed on the first Wednesday of each month with the Herald & News) and at the Senior Center. Call our receptionist at 541-883-7171.

### AUDIOLOGY-HEAR AGAIN

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## Turning 65 Soon?

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Klamath Falls, Or. 97603  
Phone: 541-882-6476 • Fax: 541-273-2364





Remembrance  
Run/Walk

**May 13, 2017  
9:00 a.m.**

(Race Day Registration Starts at 8:00 a.m.)

**Wiard Park**

**Kid's Event • 1 Mile Walk • 5K Walk/Run • 10K Run  
Community Booths • Drawings and More!**

**WAYS TO PARTICIPATE:**

- › Sign up to run/walk
- › Donate in honor/memory of a loved one for their name to be displayed on a lantern
- › Become an event sponsor
- › Volunteer
- › Attend the event and cheer on the participants

**Register Today!**

**541-882-2902**

**[www.klamathhospice.org/run](http://www.klamathhospice.org/run)**

All proceeds benefit our community through the services that Klamath Hospice provides.

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1527249

## Feature

## SHIP TALK (Senior Health Insurance Program)

### Enrolling in Medicare?

Last month we discussed the basic components of Medicare. Now we turn to what you need to do to start your Medicare. If you are turning 65 and are already receiving Social Security, you should get a Medicare card and packet in the mail about three months before your birthday. Medicare will mail your Medicare card with the effective dates of both Medicare A (hospital) and Medicare B (medical). You simply keep the card and Social Security will deduct the Part B premium, currently \$134.00 for new enrollees, from your Social Security check. Part A is free.

If you have **not** yet applied for Social Security retirement benefits, you **must** contact Social Security to enroll in Medicare. (If you are employed and have employer, union, or other creditable coverage, you can delay taking Social Security without penalty until this coverage ends or changes.) If you do not have any coverage and delay enrollment, you will be penalized 10% per year for every year you delay. This penalty is forever.

Your initial enrollment period is seven months, i.e., the three months before your 65th birthday, your actual birthday month, and the three months after your 65th birthday month. But benefits are delayed the longer you wait. This means that if you wait until after your 65th birthday month, benefits will not start for two or three months after your application.

If you miss the seven-month enrollment period at age 65, you can enroll from January 1 through March 31 each year, with benefits beginning July 1. However, you may be penalized for late enrollment.

It's important to note that Social Security is the agency that determines eligibility, premiums, and penalties — not Medicare. So if you decide to apply on-line, you must go to the Social Security website, not the Medicare website. Or you can call or visit a Social Security office. There is no longer a Social Security office in Klamath Falls. The closest office is in Medford.

When you turn 65, you must also sign up for Medicare Part D (prescription drug insurance) or be penalized. This process is more complicated and you need to review your options — there are many.

If you are low income, there are government programs that can help pay these premiums. If you think this may apply to you, come in and see us at SHIBA.

Finally, if you have any questions at all about enrollment into Medicare, come in and see a SHIBA counselor at the Klamath Basin Senior Citizens Center (541-883-7171).

Anne Hartnett, SHIBA Coordinator

## Feature

## NANCIE'S CORNER Health and Wellness Counselor BLUE ZONE Reporter

### The Importance of Fall Prevention

Awakening to several inches of new snow recently brought to mind a conversation with a senior friend who has fallen three times in the past few months. She's lucky to be upright! I suspect many of you are concerned, if not downright frightened, about falling. Let's first look at the statistics and then figure out what "fall prevention" looks like.

#### *Did you know that?*

One of every three adults who are 65 years of age and older fall every year. Falls are the leading cause of injury deaths in this age group. Each year ~10,000 people over the age of 65 die from fall-related injuries; and, falls account for 87% of all fractures for people 65 years and older and are the second leading cause of spinal cord and brain injury among older adults.

#### *What can you do?*

For winter tips: 1) use ice-grippers for your shoes or boots. If you can afford to, keep one pair in your home and the other in your car; 2) if you are without ice-grippers, take baby steps and walk like a duck; and, 3) definitely avoid your customary stride on snow and ice.

Building strength, particularly leg strength, along with balance and flexibility are "fall preventers." If you can't afford membership in a fitness center, consider at-home exercise. There are plenty of DVDs, designed for seniors, available to purchase or free at the library. KQED offers "Sit and Be Fit" and "Classical Stretch: The Esmonde Technique" each weekday morning.

Leg strength exercises include squats, leg presses, backward lunges, and leg curls for the hamstrings. Throw in some calf raises by standing with your hands resting on a countertop, slowly rising up on your toes and then lowering. At fitness centers, head for the recumbent bikes, elliptical machines and upright bikes. Set the machines for resistance. At home, try the "Chair Sit & Stand" — a basic movement that works the big muscles of your legs. Sit on a sturdy chair (preferable with arms) rise to a standing position putting the weight on your heels; then lower yourself to the chair. Do this 10 times or more twice a day.

Pick up your feet when you walk! You've probably noticed the shuffle walk in older adults and maybe you are doing this yourself! This indicates a loss of leg and ankle strength and can be a precursor to falling. To strengthen your gait, consider adding these exercises: rotating ankles in different directions; pointing and flexing feet; and, flexing the ankle to the inside and outside.

For balance, a starter: stand on one leg for a few seconds, keeping eyes focused on an object across the room. Have a sturdy chair nearby to grab. Alternate legs. Avail yourself of Balance and Tai Chi classes offered at the Senior Center.

Finally, ask your doctor review your medications; have your hearing and eyes tested — all contributing factors to falls.

#### Further information:

- The Center for Disease Control (CDC) pamphlet on fall prevention at home: [https://www.cdc.gov/HomeandRecreationalSafety/pubs/English/brochure\\_Eng\\_desktop-a.pdf](https://www.cdc.gov/HomeandRecreationalSafety/pubs/English/brochure_Eng_desktop-a.pdf)
- A comprehensive guide: [http://stopfalls.org/wp-content/uploads/2013/09/dont\\_fall\\_for\\_it1.pdf](http://stopfalls.org/wp-content/uploads/2013/09/dont_fall_for_it1.pdf)

I offer free consulting sessions to improve your current exercise regimen or to help you get started. Please give your name and phone number to the receptionist at Senior Center Front Desk.

Nancie Carlson  
Health & Wellness Counselor



## Bulletin

### FREE LEGAL SERVICES\* FOR SENIORS



The Klamath Lake County Council on Aging has entered into a contract with Klamath Falls Attorney Michael Spencer to provide legal services\* to Seniors in Klamath and Lake Counties. The legal services are available to anyone 60 years of age and older. If you have any legal questions or concerns, this is an opportunity for you to meet with an attorney at no cost to you to discuss your issue and for you to get advice on how to proceed with the matter.

Mike Spencer will be working with Mark Runnels, another Klamath Falls attorney, to provide these services. If you want to meet with one of them, please call:

**Mike Spencer 541-891-9426 or**

**Mark Runnels 541-891-2956**

\*Legal services provided do not generally include litigation, drafting of estate planning documents or the like. Please discuss what services are covered by this contract with the attorney.

## Bulletin

### AARP DRIVER SAFETY TIP OF THE MONTH

***“The Right of Way is What You Give,  
Not what You Take.”***



## Learn real-life skills for living a full healthy life



**Chronic Disease  
and Diabetes**

**New classes  
begin soon!**

**To register call  
541-274-7252**

**Healthyklamath.org**

**Living Well**  
with Chronic Conditions



## Bulletin

### Senior Center Gift Shop Under New Management

New volunteers have taken responsibility for management of the senior center gift shop and have nearly completed a remodeling. You will enjoy our new look and new offerings as well. We also have new hours, 10am to 3pm Monday through Thursday, and 10 to 2pm on Fridays.

Aside from craft supplies and gifts you will find a great selection of all occasion cards as well. The shop will continue to offer consignment placements and new comers are encouraged.

Senior Center Board Member Kathy Morris has stepped up as a gift shop regular volunteer to assist Elaine Walters our managing volunteer. The gift shop is hoping to develop a group of ten volunteers or more to assist in keeping the store open. Those interested in helping should contact our volunteer coordinator, Theresa Criswell or the manager, Elaine Walters. Others who have already stepped up to volunteer are Crystal Breeden, Sharon Hudson, Pat Helmuth, Mary Ellen Seargent and Muriel Stoneburg.

#### **New Donations Needed**

Donations are needed of yarn and fabric to resupply the crafts part of the shop, and the shop is now accepting new consignment items from local crafters. We are looking for handmade items produced locally.

***Come See The New Shop***



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The Brosmer Lift Chair matches other rocker recliners and wall loungers that we have in stock. Stylish good looks and plushly padded deep comfort make this lift chair stand out from it's competitors. Covered in a durable, easy to clean action velvet. Easy credit terms make The Brosmer affordable for almost any budget. Stop in to Carlson's Furniture today!

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

**MARCH • 2017 | Active Seniors • 15**

## Menu

### March 1, Wednesday:

Polish Sausage, Sauerkraut, Veggie, Salad Bar, Dessert

### March 2, Thursday:

Meatloaf, Mashed Potatoes & Gravy, Veggie, Salad Bar, Dessert

### March 3, Friday:

Beans & Ham, Cornbread, Veggie, Salad Bar, Dessert

### March 6, Monday:

Chicken Fried Steak, Mashed Potatoes & Gravy, Veggie, Salad Bar

### March 7, Tuesday:

Potato Bar, Veggie, Salad Bar, Dessert

### March 8, Wednesday:

Bbq Chicken, Sliders, Veggie, Salad Bar, Dessert

### March 9, Thursday:

Swiss Steak, Mashed Potatoes, Veggie, Salad Bar, Dessert

### March 10, Friday:

Fish & Chips, Veggie, Salad Bar, Dessert

### March 13, Monday:

Cheeseburgers, Veggie, Salad Bar, Dessert

### March 14, Tuesday:

HAPPY BIRTHDAY  
Pasta & Meat Sauce, Garlic Bread, Veggie, Salad Bar, Dessert, Birthday Cake & Ice Cream

### March 15, Wednesday:

Roast Chicken, Veggie, Salad Bar, Dessert

### March 16, Thursday:

Mac & Ham, Veggie, Salad Bar, Dessert

### March 17, Friday:

ST. PATRICK DAY  
Corned Beef, Cabbage, Veggie, Salad Bar, Dessert

### March 20, Monday:

Chef's Special, Veggie, Salad Bar, Dessert

### March 21, Tuesday

Chili Dogs, Veggie, Salad Bar, Dessert

### March 22, Wednesday

Teriyaki Chicken, Rice, Veggie, Salad Bar

### March 23, Thursday

Baked Pasta, Garlic, Veggie Salad Bar, Dessert

### March 24, Friday

Pulled Pork, Sliders, Veggie, Salad Bar, Dessert

### March 27, Monday

Chicken Stew, Veggie Salad Bar, Dessert

### March 28, Tuesday

Sloppy Joes, Veggie, Salad Bar, Dessert

### March 29, Wednesday

Au Gratin Potatoes & Ham, Veggie, Salad Bar, Dessert

### March 30, Thursday

Barley Beef Stew, Veggie, Salad Bar, Dessert

### March 31, Friday

Chicken Strips, French Fries, Veggie, Salad Bar, Dessert

### April 3, Monday

Mexican Dinner, Spanish Rice, Veggie, Salad Bar, Dessert

**NOTE:** The menu is subject to change, depending upon availability of supplies. Tea, coffee, milk & juice are available at each meal. Sugar free desserts and salads available for diabetics.



Scott Stevens, M.D.  
Physician/ Surgeon of the Eye



Mark Fay, M.D.  
Physician/ Surgeon of the Eye



Edwin Tuhy, O.D.  
Optometrist



Jennifer Sparks, O.D.  
Optometrist

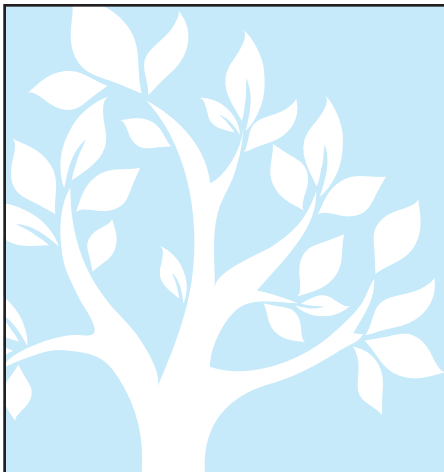


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## **MEGA MONEY DRAWINGS\$** **YOUR CHANCE TO TAKE HOME MEGA WINNINGS!!!**

**CASH AND FREE PLAY GIVEAWAY - FIRST AND THIRD FRIDAY OF THE MONTH**  
**MARCH 3RD AND 17TH & APRIL 7TH AND 21ST**

EVERY DRAWING DAY WE WILL GIVE AWAY \$7,500 - THAT'S RIGHT TOTAL OF \$15,000  
UP FOR GRABS AT KLY-MO-YA CASINO EVERY MONTH!!

Drawings starts at 7 P.M. - 11 P.M. Ticketed drawings and hot seats each half hour.  
Every 200 points on your Bonus Club Card will get you 1 entry. Be here every Tuesday and Wednesday when you will earn 4X the entries.  
Restrictions apply. Management reserves the right to review, revise or cancel this promotion at any time. See Bonus Club for Details.

## **ST. PATRICK'S** **DAY CELEBRATION!**

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