

**August 2025**

Photo by Mary Williams Hyde

See more: [www.buckarocountry.smugmug.com](http://www.buckarocountry.smugmug.com)

**FREE**  
Take  
one!



# ActiveSeniors

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

**On August 16th, 1963 Elvis Presley, the king of rock and roll, died at the age of 42.**



# ALL ARE WELCOME.

## 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.



# Klamath Basin Senior Citizens' Center










**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  
Mailing Address: PO Box JE, Klamath Falls, OR 97602

## OUR SERVICES

 <h3>FOOD</h3> <p>Congregate Meals</p> <p>Meals on Wheels</p>	 <h3>HEALTH</h3> <p>Workshops*</p> <p>Assistive Equipment Loans</p> <p>Exercise Classes*</p>	 <h3>TRANSPORTATION</h3> <p>To the Center</p> <p>To Medical Appointments</p> <p>To Employment</p> <p>To Grocery Store</p>	 <h3>ACTIVITIES</h3> <p>BINGO*</p> <p>Library Branch</p> <p>Special Classes*</p>	 <h3>FINANCIAL</h3> <p>Senior Health Insurance Benefits Assistance</p>
<p><i>*Please see Calendar of Events Page for current offerings</i></p>				
<h2>and more!</h2>				

## CONTACT INFORMATION

<b>General Information - Front Desk</b> 541-883-7171	<b>Volunteer Coordinator - Machel Ramirez</b> 541-883-7171 ext 128
<b>Donations - Shawn Pierce</b> 541-883-7171 ext 136	<b>Health Promotions - Anne Davenport</b> 541-883-7171 ext 122
<b>Transportation - Cindy Dupart</b> 541-850-7315	<b>Executive Director - Theresa Edwards</b> 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.



Dear Community,

As we move through the heart of summer, I’d like to take a moment to reflect on the foundational pillars that contribute to our health and well-being: **family, friends, and home**—the places and people we return to for comfort, support, and healing.

Strong connections with family and friends are more than just emotionally fulfilling—they play a critical role in our physical health. Research consistently shows that meaningful relationships can reduce stress, boost immune function, and even support digestive health. Take time this season to reconnect, share a meal, or simply enjoy each other’s company. These moments matter more than we realize. Equally important is **home safety**—creating a space that is not only welcoming, but secure for all ages. From fall prevention for seniors to safe storage of medications and cleaning products for children, simple changes can go a long way in preventing injuries and fostering peace of mind.

Finally, I’d like to spotlight an area of health we often overlook: our **gastrointestinal (GI) health**. A healthy gut is essential for nutrient absorption, immune function, and overall vitality. Pay attention to your digestive

wellness—whether that means adopting a more fiber-rich diet, staying hydrated, or addressing persistent symptoms with a healthcare provider. Prevention and early care are key.

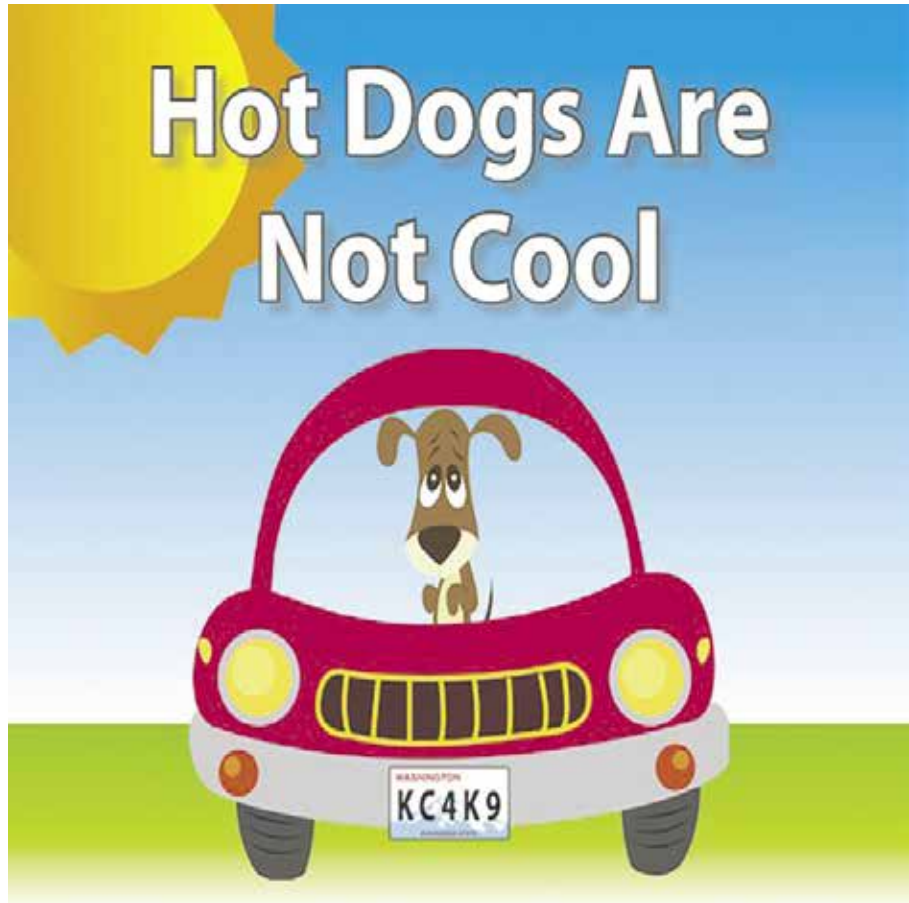
As always, we’re here to support your journey toward health—body, mind, and home. Thank

you for being part of our community.  
Warm regards,

**Theresa Edwards**  
Executive Director  
Klamath Basin Senior Citizen’s Center



Theresa Edwards and two employees of the senior center, Shawn Pierce, and Chauncey Linke



Outside Air Temperature	Inside Car Temperature
70	100
75	110
80	120
85	130
90	140

Even on a mild day, the temperature inside a parked car can quickly rise to 100 degrees or more.

Be kind and leave your pets at home in warm weather!



Regional Animal Services of King County

[www.kingcounty.gov/pets](http://www.kingcounty.gov/pets)  
[f/KingCountyPets](#)  
[@kcpets](#)

To make a fully tax-deductible donation to the



Klamath Basin Senior Citizens' Center

Call 541-883-7171

In person at 2045 Arthur St, Klamath Falls, OR

Online at [klamathseniorcenter.com](http://klamathseniorcenter.com)

Or mail this form to:

Klamath Basin Senior Citizens' Center

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

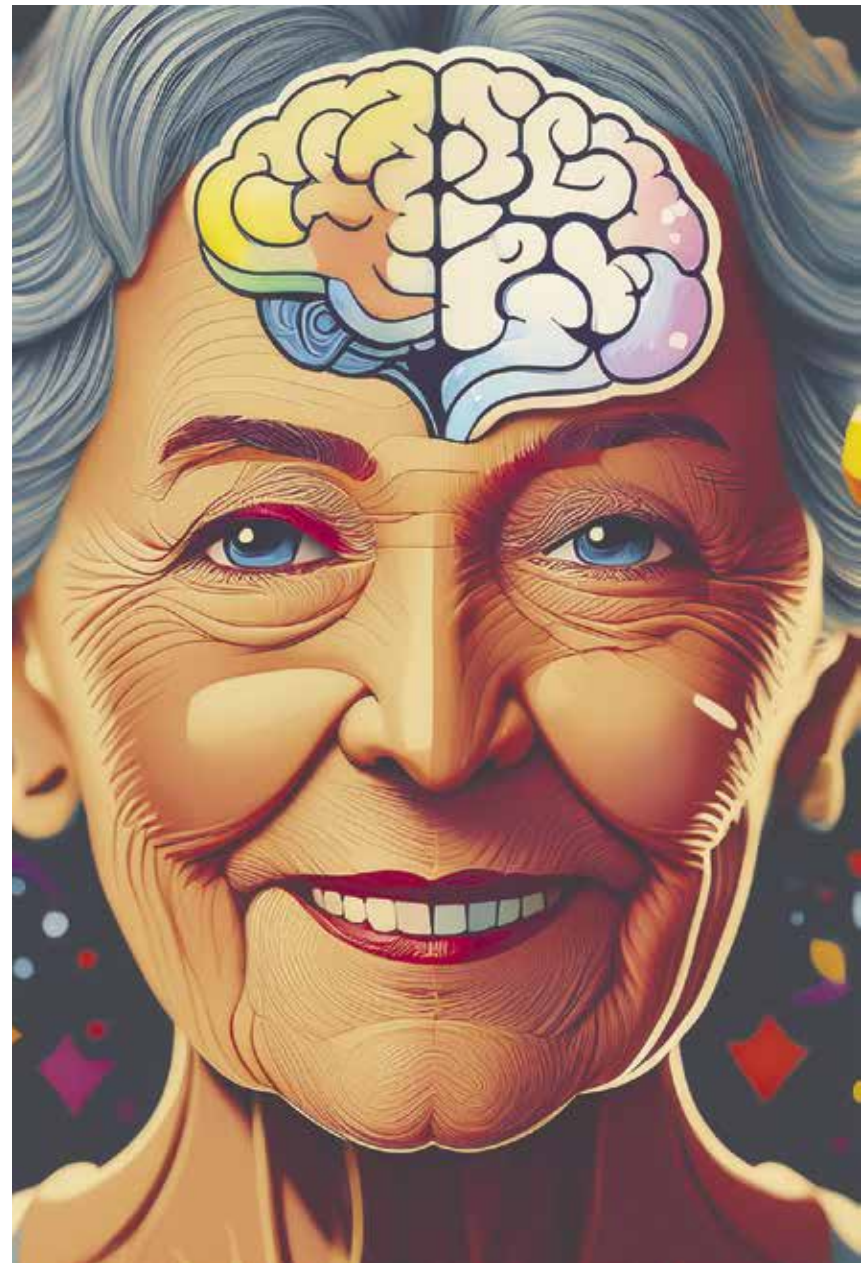
Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_ CSC \_\_\_\_\_

Recurring monthly contribution? ☐ Yes ☐ No

Signature: \_\_\_\_\_





## Volunteering is great for the brain for several science-backed reasons:

Helping others increases levels of dopamine, serotonin, and oxytocin—neurotransmitters linked to happiness and stress reduction. This can reduce symptoms of depression and anxiety.

Volunteering can lower cortisol levels (the stress hormone) and promote a sense of calm and purpose, especially in social or meaningful roles.

Engaging in mentally and socially stimulating activities, like tutoring, organizing events, or mentoring, challenges the brain and keeps it active—potentially lowering the risk of cognitive decline or dementia.

Strong social bonds are linked to better brain health and longevity. Volunteering helps build relationships and gives a sense of belonging, which is vital for emotional and cognitive well-being.

Learning new skills or adapting to new roles through volunteering stimulates neural plasticity—the brain’s ability to form new connections and pathways.

Volunteering can trigger the “helper’s high”—a euphoric feeling followed by a lasting sense of calm—thanks to endorphin release. So please reach out to Volunteer Coordinator. Machel Ramirez, at the senior center Monday through Friday 7:30 to 1:30 at 541-883-7171, ext 128, or email at [volunteer.coordinator@kbscc.org](mailto:volunteer.coordinator@kbscc.org)

No Bingo Kitchen on Saturdays –  
Outside food is allowed.

Aging Journey Thursdays 9 - 10 AM guest speakers Emily Feldberg, Ellen Radcliffe, Nikki Adams, at the Klamath Basin Senior Citizens' Center, 2045 Arthur St, Klamath Falls, OR 97603, See page 7 for more details!

Paper only bingo, 2nd Thursday on August 14th, 50 people minimum, doors open at 4, starts at 6, at the Klamath Basin Senior Citizens' Center, 2045 Arthur St, Klamath Falls, OR

Save the date for the Age Well Expo  
September 23rd, 2025

**Check out our Calendar of Events for changes  
and special events coming up!**

[illegible]



# Join us as an Exhibitor or Sponsor at the 4th Annual Age Well Expo!

The Klamath Basin Senior Center is thrilled to announce the 4th Annual Age Well Expo, on Tuesday, September 23, 2025, from 9 am to 12:30 pm during National Fall Prevention Awareness Week. We invite local businesses, organizations, and service providers to join us as exhibitors and sponsors for this exciting community event.

The Age Well Expo is designed to connect community members to valuable health and wellness resources that help them live well at every stage of life. While the event focuses on supporting older adults, it welcomes people of all ages – because healthy aging begins with healthy habits formed early in life.

As an exhibitor, you will engage directly with the community, share information about your services or products, and inspire individuals on their journey to age well. We encourage interactive booths with games, demonstrations, giveaways, or hands-on activities that make learning fun and memorable.

This year’s event will feature a Community Walk, Community Yoga, activities, and more, offering the community the chance to explore local wellness options. Exhibitors and sponsors play a vital role in creating an event that is lively, informative, and impactful.

Help us empower the Klamath Basin community to stay active, healthy, and connected.

## The call for exhibitors and sponsors is now open! Join us in making this the biggest and best Age Well Expo yet.

To register as an exhibitor or sponsor, visit:  
<https://forms.gle/rFofEkxeqTUsg2W49> Questions? Contact Anne Davenport at [anne.davenport@kbscc.org](mailto:anne.davenport@kbscc.org) or 541-883-7171 ext 122.



## SENIOR CENTER – CLEANING HOUSE SALE

**When – August 16th 8:30 – 3:30**

**Where – in the bus barn at the Senior Center  
2045 Arthur Street**

The Senior Center is cleaning its own house. Older computers (parts), older 15” monitors, some office furniture, copy machine, used tires, kitchen stuff and LOTS AND LOTS of craft stuff and seasonal decorations!!

**WE WILL NOT BE TAKING  
ANY DONATIONS FOR THIS SALE.**



## Lake County Senior Center

### August 2025 Current Events

Outback Thrift Store hours: Mon: 10 – 2:00, Wed.10 – 2 & 1st Sat. of month 10:00 – 3:00.

We are located at 11 N. G Street, Lakeview Oregon, 97630 Phone (541)947-4966. Our Fax number is (541)947-6085. Everyone is Welcome..

We play Bingo every Monday after lunch 12:45 till 1:30.Everyone is welcome.

Board Meetings are held on the second Tuesday of the month at noon.

Birthday Lunch is held on the second Friday, with Birthday Cake and celebrating anyone with a birthday that month.

Grief Relief class is held on the third Thursday from 2:00 till 3:00. Newcomers are welcome.

Coffee Group for all Veterans every Thursday 9:00 –10:00 in the Sunroom.

Lions Club meets here.

**What the heart gives away is never gone . . .it is kept in the hearts of others.**

## Volunteer opportunities for everyone

Have you considered giving back to your community?

Volunteer opportunities at the Klamath Senior Center include:

- Meals-On-Wheels drivers and kitchen helpers
- Village helpers light housekeeping
- Lawn care
- Computer and tech skills instructors
- Gift Shop clerks and helpers
- Bingo callers and floor helpers (Saturday evenings)

Visit our WEB site at [www.klamathseniorcenter.com](http://www.klamathseniorcenter.com).  
Contact Machel Ramirez at 541-883-7171 Ext 128.



Expressions of Heart and Mind

TIME TO RELATE

By Sharon Hudson

You grow up with your family,  
And they take care of you.  
Each in their own way, who do  
The best they can do.

Some of your family is loving,  
And kind, and some are not.  
You stick close to the kind ones, and  
Be happy with that thought.

Your family takes care of  
you when you are small.  
Your memory will hold fast  
To those times you recall.

Some families have a love  
That runs so very deep.  
Stay close to them, as  
Their love you want to keep

Our heritage comes with  
Our family line.  
We mostly get along  
With that just fine.

Some have greed and power  
On their mind.  
They won't make good chums  
So don't look to find.  
Then friends come along, and  
You feel good about them.  
They help reinforce your positive  
Side where friendship can stem,

They can be young or old,  
Or the same age as you.  
As long as their heart is true,  
And their personality is too.

You can go on camping trips.  
Together, and have a lot of fun.  
Go to the park, and walk the trails  
Eat, and visit til the day is done.

Friends are an important  
Part of your life each day.  
Treat them right, and  
They will want to stay.

Sometimes strangers can be  
Your best friend  
They are unbiased, and advice  
Is usually good that they send.

They can see things  
From other points of view.  
It can give you answers, and  
Can help by giving you a clue.

Enjoy today, and have fun  
As you go.  
Love is for winners,who  
Make it so.

Friends are an important  
Part of your life each day.  
Treat them right, and  
They will want to stay.

Sometimes strangers can be  
Your best friend  
They are unbiased, and advice  
Is usually good that they send.

They can see things  
From other points of view.  
It can give you answers, and  
Can help by giving you a clue.

Enjoy today, and have fun  
As you go.  
Love is for winners,who  
Make it so.



Tulip photo by Emily Edwards



Mt Shasta by Ron Loveness

Do you have a short creative writing piece  
or artwork you would like to submit and share?  
Please submit to  
[emily.edwards@kbscc.org](mailto:emily.edwards@kbscc.org)



# EVER WANTED TO TAP DANCE?



Whether you have never danced or have tapped a lot in your life, our group, the Tappin' Troupers, welcomes you to join us on Fridays at 10:30 - 11:30 am at Rachel's Dance Studio at 638 Klamath Avenue. Although we are all over 65 years old, we have a lot of fun learning choreographed dances to music, like "New York, New York", "42nd Street", "Mame", "Staying Alive", and more. We welcome people of all ages to come and tap with us for a \$5/day contribution to Rachel's Dance Studio. We have a box of used tap shoes from which people are welcome to find shoes that fit them.

Tap dancing is a dance which has its roots in the music and dance of Scottish and Irish immigrants and plantation slaves, blended to become an all-American dance. Featured in vaudeville in the early 20th Century, dancers like Bo Jangles, Shirley Temple, Ann Miller, Sammy Davis Jr, Eleanore Powell, Gene Kelly and Fred Astaire brought this dance into the movies and American culture.

It is easy, great exercise and it challenges your brain to remember the steps. Our group has great camaraderie as well. We all help the newbies, whether experienced dancers or not, so come and join the fun.

For more information, email Leslie Lowe at [inharmony46@charter.net](mailto:inharmony46@charter.net) or call 541-882-6509 landline.



Barrie Pedersen, Leslie Lowe, and Patricia Schumann with the Tappin' Troupers.



*What do you mean I have changes ahead? What are they? How will they impact me? Am I the only one? How will they impact my family? What now?*

This drop-in class will offer a variety of topics to help you understand changes as you age. Topics include Medical/Physical Changes, Medications, Nutritional Needs, Mental Health Changes, Physical Needs, Safety, Walking with Ease, Advanced Directives, how to talk to your doctor, Technology, Alcohol Use and Adults, Understanding Memory Loss, Caregiving, End of Life Stages, Confidentiality, Insurance, Loneliness/Isolation, Leisure, The 5 Senses, and more! Please see the Calendar of Events for upcoming speakers.

## The Aging Journey

### Drop-In Classes FREE TO THE COMMUNITY

Sponsored by Klamath Basin Behavioral Health and the Older Adult Behavioral Health Initiative

Every Thursday  
9:00 - 10:00 am.  
No Virtual Option Available.  
Klamath Basin Senior Center Dining Room  
Facilitators: Kelli Bowers, LCSW/ OABHS,  
Patricia Card, PSS/OABHS  
No registration required. Any questions,  
call 541-883-1030, ext. 2105



# How does volunteering play a significant role in improving home safety, both directly and indirectly? Here’s how you can play a role in home safety:

## 1. Home Repairs and Modifications

Many volunteer organizations focus on helping individuals—especially the elderly, low-income families, or people with disabilities to maintain safer homes. **Some Examples:**  
Habitat for Humanity and similar groups help build or renovate homes. Volunteer handymen/women assist with installing grab bars, smoke detectors, or fixing loose railings. These improvements **reduce the risk of accidents**, such as falls, fires, or structural hazards.

## 2. Education and Awareness

Volunteers often lead or support **community outreach** programs to raise awareness about home safety risks.

Activities might include:  
Distributing fire safety information.  
Teaching families how to create emergency evacuation plans.  
Promoting carbon monoxide alarm installation.  
Educating others leads to **preventative safety actions** in more households.

## 3. Disaster Preparedness

Some volunteer roles are part of emergency preparedness or response efforts, like with the **Red Cross**, **CERT (Community Emergency Response Team)**, or local fire departments.

**Volunteers help by:**  
Running preparedness workshops.

Let us help you keep your retina healthy to prevent blindness



Dr. Mark Fay, M.D.  
Ophthalmologist



Dr. Jonathan Fay, M.D.  
Ophthalmologist



Dr. Scott Stevens, M.D.  
Ophthalmologist

We have three M.D.s who are eye disease treatment specialists!

# Get your annual eye exam

for your best vision while driving around town, playing Bingo, for stylish frames at our optical shop, and for safe eye surgeries close to home at the Klamath Surgery Center!



# KLAMATH EYE CENTER

2640 Biehn Street / [KlamathEyeCenter.com](http://KlamathEyeCenter.com) / 541 884-3148

## INFORMATION ON AVAILABLE SERVICES FOR OLDER ADULTS

Are you interested in or need...

- Meals on Wheels
- Rural Lunch Sites for Seniors
- Support for Caregivers
- Nutritional Information
- Volunteer Opportunities

Come and meet our staff at the Klamath Basin Senior Center Every 2nd Tuesday of the Month from 11:00 am to 12:00 pm!



ADRC

Aging and Disability Resource Connection of OREGON

NO WRONG DOOR 1-855-673-2372



Call for more information:

541-205-5400

[www.klamathlakeareaonaging.org](http://www.klamathlakeareaonaging.org)



Assembling emergency kits.  
Helping after disasters to ensure homes are safe to re-enter.

4. **Community Building:**

Volunteering fosters stronger communities. When neighbors know and trust each other, they are **more likely to look out for one another**, check in during emergencies, and share safety resources or knowledge

5. **Home Safety Checks**

Some local programs train volunteers to perform **free home safety inspections**, especially for seniors or at-risk families.

These checks might identify:

- Fire hazards.
- Trip hazards.
- Inadequate lighting or ventilation.

**Volunteering contributes to home safety by:**

- Physically improving homes.
- Spreading safety knowledge.
- Enhancing community preparedness.
- Offering support to vulnerable groups.

Would you like to come volunteer locally, we have lots of opportunities related to home safety at the Klamath Basin Senior Citizens Center? Give our volunteer coordinator Machel Ramirez a call at 541-883-7171 ext 128

## 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

OLDER ADULT PROGRAM  
**541.883.1030**

*You are not alone.*





KLAMATH BASIN  
BEHAVIORAL HEALTH  
KB3H

# JOIN US FOR THE 4TH ANNUAL AGE WELL EXPO

## A FREE & FUN COMMUNITY EVENT

This event is for everyone - older adults, families,  
and anyone curious about building lifelong  
habits for health and wellness



### CONNECT TO WELLNESS

Explore resources at the  
Center & in the community.  
Learn tips to stay active and  
independent at all ages. Connect  
with health and wellness experts and  
organizations who support your well-being.

## Tues, Sept 23, 2025

**9:00 am - 12:30 pm**

*Live Well \* Age Well \* Thrive Together*  
at the Klamath Basin Senior Citizens' Center  
2045 Arthur Street, Klamath Falls

**Exhibitors & Sponsors**  
email [anne.davenport@kbscc.org](mailto:anne.davenport@kbscc.org)



# Mutts & Butts

Free Food

Community Resources

Smoking Cessation

Pet Adoption

Raffle Prizes

Photo Booth

Come join us for a family- and dog-friendly, tobacco free event. Learn how you can protect your pet by quitting smoking today!

August 16, 2025

8:30am-12:00pm

Veterans Park

**All dogs must be on a leash!**

For questions, please contact Miranda Hill at [mhill@klamathcounty.org](mailto:mhill@klamathcounty.org) or call 541-882-8846

Sponsored by Klamath County Public Health, the Relief Angels, and Cherish K9.

## NEWS FROM THE GIFT SHOP

COMING SOON! We will have applications for our annual CHRISTMAS BAZAAR available on September 2, 2025 in the Gift Shop! Come in early and pick your table. Our fee for tables this year is \$30.00 per table. The rest of the information will be on the applications or you can ask any of us who work in the Gift Shop.

I would like to THANK all of you out there who donated items for us to sell. We have a lot of new fabric and yarn. Plus notions for your sewing projects. We have new crochet hooks, patterns and idea books for you to buy or just look at to get ideas for your crafting pleasure. Come in and see all the new things we have. Again, thanks to all who have visited our shop. We love to seeing you all, even if it is just to say hello and take a look around at all we have to offer. Ollie especially loves all the attention he gets from all our visitors!

THANKS TO ALL OF YOU FOR SUPPORTING THE GIFT SHOP.  
SEE YOU SOON!  
Kathy

**KLA-MO-YA CASINO & HOTEL**  
888.552.6692 • [klamoyacasino.com](http://klamoyacasino.com)  
SLOTS • FOOD • HOTEL • FUN

**LAUNCH YOUR LUCK**  
Restoration Grand Prize Drawings  
Saturday, August 23 • 6pm-10pm

Win up to a 2025 Tracker Pro Team 175 Boat w/80 HP Mercury Motor and Trailer

Win Free Play, Cash or a Tracker Boat.

**CATCH OF THE DAY**  
HOT SEATS  
Saturdays, August 2, 9, 16 & 30  
6pm-9pm  
Win up to \$500 FREE PLAY!  
Drawings every half hour.

**TACKLE BOX**  
TREASURES KIOSK  
Sundays, August 3-31 • 10am-6pm

- August 3: Portable Camping Chair w/Cooler Bag
- August 10: White Brim Fishing Hat
- August 17: Fishing Scale w/Tape Measure
- August 24: Fishing Rod Carbon Fiber Ultra Light
- August 31: Camping Cooler Backpack

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

**SENIOR DAY MONDAYS**  
8AM - MIDNIGHT  
Must be 55+ Play only redeem/win once per day.

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

**HOT SEATS**  
NOON - 3PM

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

**Cast & Collect Kiosk**  
Thursdays, August 7-28  
Noon-8pm  
Win up to \$250 CASH!  
Earn 75 points and go to the kiosk to swipe your card to receive your prize.  
May only redeem once per day.

**BIG CATCH DRAWINGS**  
Fridays, August 8-29 • 6pm-10pm  
Win up to \$1,000 CASH!  
Beginning Friday, August 1 at 8pm, every 10 points earns one Friday night drawing entry and one Saturday Night Grand Prize drawing entry on August 23.  
Drawings every half hour.

**REEL'EM IN**  
RESTORATION KIOSK  
Saturday, August 23 • 10am-5pm

Guests will choose their prize!

- Prize 1: Fishing Lure Set/Fishing Net
- Prize 2: Extended Range Walkie Talkie
- Prize 3: Collapsible Fishing Pole Set

Earn 100 points and go to the kiosk and swipe your card to receive a prize voucher.  
May only redeem once per day. While supplies last.

**NEW MEMBERS**  
WIN UP TO \$250 FREE PLAY  
Plus, earn up to an additional \$50 Free Play and a \$5 off coupon for the Peak to Peak Restaurant.\*

See Bonus Club for Complete Details

**SMOKE FREE CASINO**

Gambling Problem? Call 1-800-GAMBLER

WHERE WINNING COMES NATURALLY

SMOKE FREE PROPERTY!





## Gut health: the core of your well-being

As we age, maintaining good digestive health becomes more important than ever. A healthy gastrointestinal (GI) system helps your body absorb nutrients, supports your immune system, and keeps you feeling your best.



Justin Straus

### Start with fiber-rich foods like fruits, vegetables, whole grains, and legumes.

These foods keep things in your gut moving but also feed the good bacteria that are foundational to overall health. Staying hydrated is just as essential, aim for 6–8 glasses of water a day to support digestion and prevent constipation.

### Probiotics, found in yogurt, kefir, and fermented foods like sauerkraut, can also help balance your gut microbiome.

If you're considering supplements, talk to your healthcare provider first.

**Physical activity, such as a daily walk, stimulates digestion.** And managing stress is important, your gut and brain are closely connected, so relaxation techniques like deep breathing or gentle stretching can make a big difference.

**At Cascade Health Alliance, we believe wellness starts from the inside out. This month, take a moment to check in with your gut, it's the key to more energy, better mood, and a healthier you.**

*Contributed by Cascade Health Alliance*

### Parkinson's Disease Support Group

Are you, a loved one, or friend living with Parkinson's Disease?

**You are not alone!**

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

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

### Klamath Falls Parkinson's Support Group

4th Tuesday  
of the month  
1:00 -2:00 pm meeting  
12:00 pm no host lunch  
Red Rooster Grill & Pub  
3608 S 6th St, Klamath Falls

Contact  
Ron at 541-591-0686  
or Kate at 541-810-2134  
before your first meeting.



**Parkinson's Resources**



## HYDRATION: THE SECRET TO A HAPPY DIGESTIVE SYSTEM

DID YOU KNOW?

Even mild dehydration can slow digestion and cause discomfort. This August, prioritize your gut health with smart hydration habits.

- Drink water regularly
- Choose low-sugar, hydrating beverages
- Eat water-rich foods like cucumbers and melons

**HYDRATION IS MORE THAN A SUMMER TIP...**

**IT'S A WELLNESS ESSENTIAL**



As one, we rise.

“At the root of what we’re doing is creating community pride and sense of place.”

What started as a pilot project with a few farmers and a big idea has become a growing force for local health and connection. Klamath Grown is a food hub created by the people of Klamath—for the people of Klamath.



Watch the Full Story:  
[skylakes.org/AsOneWeRise](https://skylakes.org/AsOneWeRise)





# Give the gift that keeps on giving... volunteering!

*Respectfully submitted by Jennifer Smith, Klamath Hospice and Palliative Care Community Liaison*

When we think of gifts, we often picture boxes wrapped in bright paper. The greatest gift you can give someone is your time. Volunteering is truly the gift that keeps on giving, not only to those you help but to yourself. For many seniors, volunteering provides purpose, friendship, and joy. It keeps you active, engaged, and connected to your community. Whether it's reading to Klamath Hospice and Palliative Care patients, helping at a food pantry, or offering a listening ear, your time and talents make a real difference.

The best part is that there are opportunities for everyone. From Klamath Hospice and Palliative Care, local schools, and even Sky Lakes Medical Center. All of us need your experience, time, and compassion now more than ever.

If you have been wondering how you can make a meaningful impact, start today! Share your talents, skills, your time, and watch the ripple effect of kindness spread throughout the community. Your gift of time can bring comfort, hope, and connection to those who need it most.

**To learn more about volunteer opportunities with Klamath Hospice and Palliative Care, please call Faith Hull at 541-882-2902.**



## VIRTUAL CAREGIVER SUPPORT GROUP

Connect, support and learn about community resources.

**LAST THURSDAY OF THE MONTH**  
2025 Dates: April 24, May 29, June 26, NO JULY, August 28, September 25, October 30, November 20, NO DECEMBER

 **10:30 a.m. – 11:30 a.m.**

 For more information: **541-882-2902**


  
**KLAMATH HOSPICE AND PALLIATIVE CARE**  
Founding Member of Oregon Nonprofit Hospice Alliance

\*In person is an option based on interest

**Pre-register for this group by visiting: [www.klamathhospice.org/grief](http://www.klamathhospice.org/grief)**




## “Discover a New Chapter at Crystal Terrace”



**Tour Today!** 1000 Town Center Dr • (541)885 7250 • [www.crystalterracembk.com](http://www.crystalterracembk.com)

Nestled on 22 acres overlooking Upper Klamath Lake, Crystal Terrace offers resort style senior living with a vibrant, maintenance free lifestyle.



### Crystal Terrace of Klamath Falls

MBK SENIOR LIVING

**Our community includes:**

- Chef prepared dining
- Heated indoor pool
- Movie theater
- Salon & barbershop
- Fitness & activity rooms
- 24/7 personalized care
- Independent, Assisted & Memory Care

Come check out our NEW on site Geo Trail — in partnership with Healthy Klamath & Klamath Trails Alliance



# Volunteer Highlight

**Name:** Shannon Blair

**Position / Duties at the Center:**  
I'm lucky to be able to volunteer in the center. I help in the kitchen and help to serve the clients that come in to eat our lunches that are served daily.

**How long have you been at the Senior Center?** I have been volunteering at the senior center since October 2024 in the kitchen and lunch floor. It's a very rewarding and to put a smile on someone face is even more rewarding.

**What was your favorite thing about volunteering?** My favorite thing about volunteering is I get to meet different people every day. I also see people that are here every day and you get to know them by name and sometimes you even get to learn about their life and family. It's great when I can put a smile on someones face, because you never know what someone is going through and just a kind word can make someones day.

**What do you enjoy doing outside of volunteering/ working?** I enjoy doing crafts, I also enjoy scrapbooking, gardening and most of all I love to fish. There is something great about just getting out in nature.

**Are you retired or working?** Yes, I'm a retired Certified Medical Assistant (CMA) for the sleep center for 30 years. I grew up in Klamath Falls and have lived here all my life. I love our community. We just need more activities for the kids and families to do. This is a great place to retire and enjoy the outdoors.



## DONOR REPORT

As summer shines brightly across the Klamath Basin, we're reminded of the strength and warmth that community support brings to the Klamath Basin Senior Citizens' Center. Because of your generosity, we are able to continue offering vital services that enrich the lives of older adults throughout our community. Your support helps us deliver hot, nutritious meals through our Meals on Wheels program, provide congregate meals that build friendships and reduce isolation, expand physical activity programs that keep our seniors moving and engaged, and maintain transportation services that promote independence and access to essential resources.

These are just a few of the many ways your contributions make a lasting impact. Your ongoing commitment fuels our daily operations and allows us to continue making a meaningful difference. We are so grateful to have you as part of our community—thank you for standing with us. Your generosity helps us change lives every single day!

- |                    |                                  |
|--------------------|----------------------------------|
| Anne Weaver        | Linkville Roofing.               |
| Kiwanis Club       | Eileen Andrewson Thorpe          |
| Donald J Williams  | Linda Bourcy                     |
| Marta Stephens     | Peggy Thomas                     |
| Refuge City Church | Crystal Terrace of Klamath Falls |
| Jen Newton         | Burl Parrish                     |
| Cheryl Gibbs       | Elizabeth Western                |
| Ernie Palmer       | Wilma Petrik                     |

Grand Total contributions amounted to \$18,483.33 in February. Donations of \$13,802 were received from the following organizations and individuals.

Unidentified donations in January for Meals amounted to \$3,548, for Transportation amounted to \$533, and for Exercise Classes amounted to \$530.

KBSCC continues to encourage you to be a recurring giver. These types of gifts are so important to the KBSCC because they add stability to our funding. They also send a clear message to everyone that you have trust in the KBSCC, its future, and its importance to our senior neighbors. Thank you for your support. We are able to offer our programs because of your generosity.

You can donate by mail, personal visit or with a single telephone call to the KBSCC. There is a form on page 3 of this publication or online at [klamathseniorcenter.com](http://klamathseniorcenter.com). Gifts we are able to receive include: time, donor directed investments, retirement account distributions, vehicles, real property and monetary contributions. The IRS has determined that we are a tax exempt organization under section 501(c)(3) of the IRS Code. Our Federal Tax ID # is 46-0716639.

Offering hospice care for the  
Klamath Falls area:

In the home  
In Assisted Living  
In a Long Term Care Facility

Bristol Hospice  
(541) 882-1636

Bristol Hospice  
embracing a reverence for life

Birthday Month Treat  
& Free Raffle!

Every 3rd Thursday Bristol  
Hospice Klamath Falls hosts a  
special birthday month event at  
the Senior Center!

We provide a birthday treat along  
side the resident's meal and a  
FREE birthday raffle that each  
person has a chance to win!

Bristol Hospice  
(541) 882-1636

Bristol Hospice  
embracing a reverence for life



SHIP TALK

(Senior Health Insurance Program)

# Medicare Basic Structure

## Part A – after deductible, pays 100% for 60 days

Hospital  
Free - No premium  
Mandatory

## Part B – pays 80%

Medical  
Premium – \$185 (2025)  
Mandatory

## Part D

Drugs – sold by private companies  
Mandatory - prices & coverage varies

## Medigap (Supplemental)

Sold by private companies  
Optional – pays up to full 20%

## Part C – Advantage Plans

Complete Package – includes drugs  
Premium (2025) Atrio \$35.00 and varies for additional coverage  
Co-Pays: varies depending on procedure  
Extra Benefits eg. flex card for dental, vision, hearing, non-prescription drugs, fitness and more. Atrio is the only advantage plan sold in Klamath County.

## Low Income Subsidies

- 1. Medicare Savings Program (MSP) Medicaid pays Part B premium. Also additional levels of assistance depending on income.
- 2. Extra Help (LIS-Low Income Subsidy) Social Security subsidizes drug costs.

For further information on the various caveats and detailed information, contact SHIBA (Senior Health Insurance and Benefits Assistance) at the Klamath Basin Senior Citizen Center for an appointment to learn more. Phone: 541-883-7171.

Submitted by Anne Hartnett  
SHIBA Counselor

Highest-rated, most trusted  
cremation and burial provider  
in the Basin

Prompt, professional, compassionate care  
when you need it most.

Prepaid cremation and funeral plans  
to suit every budget.



1229 E. Main Street  
Klamath Falls, OR 97601  
(541) 887-2919  
cascadecremations.com

Be a Classroom Grandparent

Earn Extra Cash!

You can make a  
difference in  
children’s lives as a  
Foster Grandparent!



**Eligibility:** You must be 55 or older.  
**Stipend:** Earnings are not taxed and do not count against state or federal benefits.  
**Hours:** Hours and locations are flexible.  
You can work as many as 40 hours a week.

Sign Up Today! Call: 541-539-1208  
[www.cvnvolunteer.org](http://www.cvnvolunteer.org)



Community  
Volunteer Network  
A PRS Organization



Register today for our  
August  
Medicare Basics  
Workshops

with Brannon Kaefering

- ✓ 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
- ✓ Learn about ATRIO’s 2025 Medicare Advantage Plans

August Workshop  
August 13 / 2 PM

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

4509 So. 6th Street, Suite 109

541-882-6476

One-on-One appointments  
also available



ATRIO Health Plans is a PPO, HMO and HMO D-SNP with Medicare and Oregon Health Plan contracts. Enrollment in ATRIO Health Plans depends on contract renewal. We do not offer every plan available in your area. Currently we represent 10 organizations which offer 59 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options. For accommodation of persons with special needs at meetings call 1-877-672-8620 (TTY 711). To file a grievance or complaint about marketing efforts with Medicare, contact 1-800-MEDICARE, 24 hours a day/7 days a week. Please provide your agent/broker name and plan name if possible.



“I LOVE TO SEE THE RESIDENTS MAKE PROGRESS!”– CHRISTEN DAVIS



Christen Davis  
Concierge

Christen Davis greets residents and visitors at the front desk as the manager of the front end reception area for the last six months. She also helps residents with the scheduling of their out-of-facility appointments. Does she like her job? “I LOVE MY JOB!!!!” she says. “I love to help the residents and make their day with my bubbly, happy attitude.”

Christen is only 18 and just graduated from high school. But that said, she has worked since she was 14 in her family’s restaurant. “This is my favorite job . I love the residents.....they have a really big impact on my heart!”

Tours  
daily  
even  
walk-ins  
welcome!



The staff of Pelican Pointe, like Christen, have created a friendly, supportive community for all to enjoy. If assisted living would make your life easier, call Amber Anderson and schedule a tour today!

Amber Anderson ....your tour guide...call today!



Pelican Pointe  
ASSISTED LIVING

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

The Ross Ragland Theater is  
proud to provide multiple  
options for safe experiences.  
There’s a show for everyone from  
the young to the young at heart.



The Ross Ragland Theater is committed to accessibility for all our patrons. Thanks to Klamath County Disability Services’ generous award in May 2024, this year, we will install new assistive listening technologies in the theater and develop new programming and classes for sensory-sensitive training and performances.

The staff is working on redesigning some space to accommodate more ADA seating in the future. This year’s programs will be available digitally on our website and will incorporate text-to-speech.

The Ross Ragland Theater has several features that provide accessibility to everyone, including wheelchair-accessible seating, ramps, and handrails.

The Ross Ragland Theater provides options to the hearing impaired.



Discounts are available for Seniors,  
Military, and Students.

Tickets are available for all our performances  
at [ragland.org](http://ragland.org) or our box office.  
Ragland: A Community Experience.  
TEL: 541-887-8630  
EMAIL: [office@ragland.org](mailto:office@ragland.org)

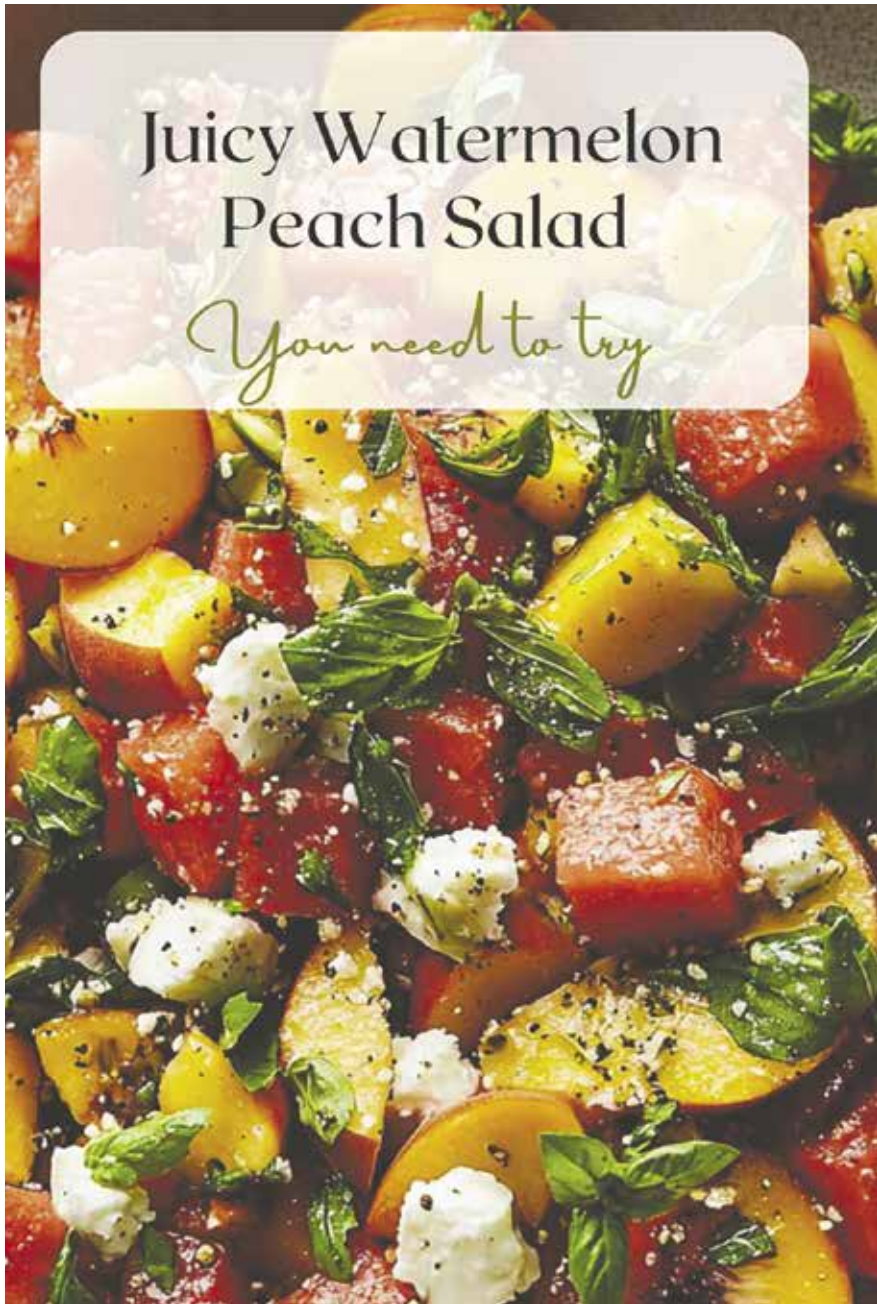
Write a Legally  
Valid Will &  
Create a Lasting  
Legacy with  
Sky Lakes



Visit [Freewill.com/skylakes](http://Freewill.com/skylakes) to  
get started. Questions?  
Contact Merritt Driscoll at  
[merritt.driscoll@skylakes.org](mailto:merritt.driscoll@skylakes.org)







# Juicy Watermelon Peach Salad

*You need to try*

## Ingredients

- 2 cups fresh peaches, sliced
- 3 cups seedless watermelon, cubed
- Cheese and Herbs
- ½ cup feta cheese, crumbled
- ¼ cup fresh mint leaves, chopped

## Dressing

- Juice of 1 lime
- 1 tablespoon honey (optional)

## How to Make Watermelon Peach Feta Salad

### Step 1: Prep the Fruit

- Wash all fruits thoroughly.
- Cut the watermelon into bite-sized cubes.
- Slice peaches into thin wedges.

### Step 2: Combine

- In a large mixing bowl, gently combine the watermelon cubes and peach slices.

### Step 3: Add Flavor

- Sprinkle crumbled feta and chopped mint over the fruit mixture.

### Step 4: Make the Dressing

- In a small bowl, whisk together lime juice and honey until smooth.

### Step 5: Dress and Toss

- Drizzle the dressing over the fruit mixture.
- Gently toss to coat everything evenly without breaking up the fruit.

# KCC ATHLETICS GOLF TOURNAMENT



JOIN OUR ATHLETICS INAUGURAL 4-PERSON  
SCRAMBLE GOLF TOURNAMENT

**FRIDAY, AUG 15 | 8:00 AM**  
**RUNNING Y GOLF COURSE**  
**\$150 PER PLAYER**  
**\$600 TEAM**



GOLF, CART, LUNCH, FUN  
EVENTS, SWAG BAG &  
PRIZES INCLUDED

SCAN TO REGISTER

FOR SPONSORSHIP OPPORTUNITIES,  
PLEASE CONTACT LUPE GONZALES  
KLAMATHCC.EDU OR (971) 380-5162



# KLAMATH SENIOR CENTER AUGUST 2025 CALENDAR OF DAILY EVENTS

\*Calendar changes in RED

## MONDAYS

- SAIL with Debbie Manzinali 9-10am
- (+) Body Recall with Jack & Mary Noller by video 10:30 –11:30 am
- Muffin Mondays 10:30 am – See Menu Page for speakers
- County Branch Library 9:30 am – 1 pm
- \*\*Dementia Caregiver Support Group with Patty Card & Kelli Bowers. 9- 10 am. No registration required. Call 541-883-1030, ask for Patty or Kelli.
- (+) Golden Age BINGO & Cards Club 12:30 pm

## TUESDAYS

- Mobility from Head to Toe with Anne Davenport 9 am
- \*2nd Tues Atrio Ice Cream Social 10 am – 2 pm
- *Better Bones & Balance 10:30-11:30am. Current class full. **Class ends Aug 21! Join the waitlist for January class!***
- **Stott Pilates is back starting Sept 2! With Karen Doyle Watkins 10:30 am**
- \*2nd Tues Klamath & Lake Counties Council on Aging 11am–12pm
- Art & Craft Workshop with D.P. Redding 12:30 – 2 pm
- Qi Gong with Rachel Stephens 2:30 pm
- SHIBA (MEDICARE Counseling) by appointment, call 541-883-7171

## WEDNESDAYS

- SAIL with Sherry Hooke 9:00 am
- (+) Body Recall with Jack & Mary Noller by video 10:30 –11:30 am
- Senior Dancing, all are welcome! 1 pm – 3 pm
- (+) Stroke Support Group with Vicky Banta 3 - 4 pm

## THURSDAYS

- Walk Your Way to Wellness with Debbie Manzinali 9 - 10 am
- (+) Craft Connection Corner 9 am to 11 am
- The Aging Journey Workshop; 9 – 10 am. Call 541-883-1030 ext 2105
- *Better Bones & Balance 10:30-11:30am. Current class full. **Class ends Aug 21! Join the waitlist for January class!***
- **Stott Pilates is back starting Sept 2! With Karen Doyle Watkins 10:30 am**
- \*3rd Thurs Bristol Hospice Birthday Celebration
- (+) Golden Age BINGO & Cards Club 12:30 pm
- County Branch Library 1:30 pm – 4 pm
- SHIBA (MEDICARE Counseling) by appointment, call 541-883-7171

## FRIDAYS

- SAIL 9 - 10 am
- (+) Body Recall with Jack & Mary Noller by video 10:30 –11:30 am
- County Branch Library 9:30 am – 1 pm
- Game Day with D.P. Redding 12 – 2 pm
- Qi Gong with Colleen Lennard 12:30 pm
- (+) Line Dancing 7 pm, Call 541-882-4715 to confirm

## SATURDAYS

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

\* Meet & Greet with Community Resource Providers

\*\* Support groups offered at the Senior Center provided by KBBH.

(+)Activities offered at the Senior Center provided by Community Members.

## DESCRIPTION OF DAILY EVENTS

- THE AGING JOURNEY:** Drop in class offering a variety of topics to help you understand changes as you age. Free to the Community, sponsored by Klamath Basin Behavioral Health and the Older Adult Behavioral Health Initiative. **Call 541-883-1030 ext 2105**
- ART & CRAFT WORKSHOP WITH D.P. REDDING^:** Explore your creative side with DPRedding, Inc. Materials & guidance provided!
- BETTER BONES & BALANCE BOOT CAMP:** Comprehensive program with lower body resistance training & guided balance exercises to improve independence, mobility & reduce fall & fracture risk. Can be done with/without equipment at your level. Instruction by Ellen Radcliffe, MPH, CHES. Registration required. **Current class ends Aug 21, next class January. Join the waitlist at the front desk. Note, joining the waitlist does NOT mean that you are registered. You will be contacted in December to finalize!**
- BODY RECALL:** A lower intensity program of physical fitness, designed to reclaim the natural motion of the body & strength. Class offered at the Center via video facilitated by community members.
- CRAFT CONNECTION CORNER:** Engage in conversation, brainstorming, show & tell of projects, & more. No experience with crafts needed, only a desire to connect!
- GAME DAY WITH D.P. REDDING^:** Grab a friend and join DPRedding, Inc. for a fun afternoon of games, puzzles, and social connection!
- MOBILITY FROM HEAD TO TOE:** Full-body low intensity mobility, based on the Arthritis Foundation Exercise Program. Completed in sitting, in standing, & optional floor mat work at the end. Learn breathing techniques, postural control, guided joint range of motion from your head to your big toe!
- QI GONG:** Pronounced “chee gong,” Qigong combines slow, gentle movements with deep breathing for a relaxing workout that benefits the entire body. This class can be done in seated or standing.
- SAIL:** Stay Active & Independent for Life (SAIL) is an evidence-based class that includes aerobics, strength, balance and education. Class can be done in seated or standing, with or without equipment and is delivered at a moderate to high intensity.
- STOTT PILATES:** A contemporary approach to the original Pilates method, focusing on improving core strength, flexibility, balance, and body alignment through mindful movement and breathwork, with reduced stress on joints. **Classes held Sept to Dec 2025.**
- STROKE SUPPORT GROUP:** A supportive atmosphere for stroke survivors & their caregivers. Connect with others for healing & recovery in the downstairs conference room! Call Vicky for more information at 541-880-3699
- WALK YOUR WAY TO WELLNESS:** A program that includes walking, stretching, strengthening, & wellness education, based on Walk with Ease. Walks take place in or outside, depending on weather. Participants can choose their own intensity level.

^Note: DPRedding Inc is a local agency that supports people to live and work in the community. Their Mission is to change people's lives and help them overcome barriers. At DPRedding Inc., “we believe that everyone has a right to be treated with respect, dignity, and have access to everything in the community.”

**Aging Journey Thursdays 9-10 AM. Join KBBH at the Center for this FREE informative weekly workshop!**  
Upcoming Guest Speakers:  
Aug 7th - Emily Feldberg  
Aug 14th - Ellen Radcliffe  
Aug 28th - Nikki Adams

**August’s topics:** Grief and loss, Nutritional Needs, Sex and older adults

**Paper Bingo 2nd Thursday:  
Next August 14th**


**SAVE THE DATE: 4th Annual Age Well Expo on Tuesday, September 23rd at the Klamath Basin Senior Center!**



AUGUST 2025

NOTE: Menu is subject to change, depending upon availability of supplies. Tea, Coffee, Juice and Milk are available with each meal.  
All meals are served with a Veggie and Salad. Dessert is served with each meal *depending on availability*.  
Sugar free desserts and salad are available for individuals with diabetes.

Congregate Lunch served Mon - Fri, 11:30 am - 12:30 pm  
Cost: Age 60+ - Seated \$5 suggested donation. Under 60 - Seated \$7.50. Take Out \$8 for all  
To apply for Meals on Wheels, please call 541-205-5400

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
CHICKEN STRIPS SWEET POTATO FRIES	SLOPPY JOE	CHEESEBURGER MAC	BAKED POTATO BAR	FISH AND CHIPS
11	12	13	14	15
POLISH DOG SAURKRAUT	TACO CASSEROLE	SALSBURY STEAK MASHED POTATO GRAVY	WHITE BEAN AND HAM SOUP	PIZZA
18	19	20	21	22
BROCCOLI AND CHEESE SOUP	HAM AND CHEESE MONTE CRISTO	CHICKEN FRIED STEAK MASHED POTATO GRAVY	MEATLOAF AUGRATIN POTATO BRISTOL HOSPICE BIRTHDAY CELEBRATION	BAKED FISH RICE
25	26	27	28	29
BAKED CHICKEN ROASTED VEGGIES	TACO TUESDAY	SPAGHETTI W/ MEATBALLS	BRUNCH FOR LUNCH	CHICKEN STRIP POTATO WEDGES
Sept 1	Sept 2	Sept 3		
CHEESEBURGERS FRIES	CHICKEN BROCCOLI CASSEROLE	BEEF STEW		



# Muffin Monday Veteran's Group

Coffee - Muffins - Conversation  
Mondays 10:30 a.m. - 11:30 a.m.  
Klamath Basin Senior Center - 2045 Arthur Street



**KLAMATH HOSPICE  
AND PALLIATIVE CARE**  
Founding Member of Oregon Nonprofit Hospice Alliance



**WE HONOR VETERANS**

**541-882-2902 • [www.klamathhospice.org](http://www.klamathhospice.org)**

Bristol Hospice (formerly High Desert Hospice) is excited to celebrate birthdays with you on the **3rd Thursdays of each month from 10:30am - 12:30pm.**

Their team will be at the Senior Center to provide birthday dessert during the lunch hour, as well as to answer questions about services, support groups, and upcoming events.



**Bristol Hospice**  
enhancing & transforming the lives of  
Klamath Falls

2210 Shallock Avenue,  
Klamath Falls, OR 97601  
541-882-1636  
[bristolhospice.com](http://bristolhospice.com)

## Klamath Hospice & Palliative Care

### Upcoming Speakers for Muffin Mondays

10:30 AM to 11:30 AM

7/28/25: Rotary - Brews, Brats, and Blues Festival  
8/4/25: Gabriele – Avista Corp.  
8/11/25: Earl Perry and Randy Baley - Fire Department – The Community Risk Reduction Program.  
8/18/25: Ben Ebner – Oregon Department of Transportation  
8/25/25: Dave Lowe – Klamath Hospice & Palliative Care Sing Along  
9/1/25: Closed for Labor Day  
9/8/25: Bethany Holmes – Hearts with Admission  
9/15/25: Jesse Snoozy – BestMed Urgent Care



The 74<sup>th</sup> Annual  
Tulelake Butte Valley FAIR

The Royal AfFAIR

SEPTEMBER 4-7, 2025

**FAIR ADMISSION:**  
KIDS UNDER 6 GET IN FREE // \$5 PER DAY  
FOR AGES 6 AND UP // \$10 FOR SEASON FAIR  
ADMISSION PASS

CELEBRATING 50 YEARS  
OF COURT ROYALTY!

GRANDSTAND  
EVENTS



DESTRUCTION  
DERBY

“SUPER MOTO”  
MOTOCROSS  
RACES



NONSTOP LIVE MUSIC  
BROUGHT TO YOU BY



CARNIVAL PRE-SALE  
ENDS SEPT 3  
\$35  
PER DAY  
\$85 FOR A 4 DAY UNLIMITED  
WRISTBAND

BUY TICKETS HERE

Tulelake-Butte Valley Fair Office - Tulelake  
Vallarta Grocery - Tulelake  
Martin's Food Center - Merrill  
Stateline Auto Parts - Stateline Rd.  
Coastal Farm and Ranch - Klamath Falls  
Grange Co-Op - Klamath Falls  
Kalina Hardware - Malin  
First and Last Coffee Lounge - Dorris

FAIR PARADE  
SATURDAY  
SEPT 6 AT  
NOON

TULELAKE ROTARY  
LIVESTOCK  
AUCTION SUNDAY  
SEPT 7 AT 2PM

MORE  
INFO  
HERE!