

November 2025

ActiveSeniors

Turkey Photo By: Jerry Mathis



FREE
Take
one!

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

Happy Thanksgiving

ALL ARE WELCOME.



Klamath Basin Senior Citizens' Center

ABOUT US

The Klamath Basin Senior Citizens' Center provides activities and services that meet the changing needs of older adults, their caregivers, and families. The Center offers low and no-cost opportunities to promote healthy aging, independence and the well-being of older adults.

We are a place to gather, to learn, to grow.

All are welcome. We look forward to seeing you soon.

OUR MISSION

To build and maintain a supportive community for seniors.



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



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



FOOD

Congregate Meals

Meals on Wheels



HEALTH

Workshops*

Assistive Equipment Loans

Exercise Classes*



TRANSPORTATION

To the Center

To Medical Appointments

To Employment

To Grocery Store



ACTIVITIES

BINGO*

Library Branch

Special Classes*



FINANCIAL

Senior Health Insurance Benefits Assistance

and more!

**Please see Calendar of Events Page for current offerings*

CONTACT INFORMATION

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

Produced in conjunction with the Herald and News.

Director’s Letter to the Community November 2025

Dear Friends,

As we step into November, I find myself reflecting on gratitude — the simple, powerful act of recognizing the good in our lives and in one another. This time of year reminds us how much kindness matters. It’s often said that hurt people hurt people, and that’s true — we never fully know what someone is going through. A little grace, patience, and understanding can make the world a much gentler place.

to stop by the Klamath Basin Senior Center — visit with friends, join a class, or just come say hi. Family and friendship are the heart of everything we do here.

I am deeply grateful for our patrons, volunteers, and staff who make this Center such a special place. Thank you for the kindness, laughter, and love you bring to our community every day.

November is also a time to bring awareness to health and wellness. It’s Diabetes Awareness Month and COPD Awareness Month, both important reminders of how vital it is to take care of ourselves and one another. Small choices — a walk, a healthy meal, a kind word — can make a big difference.

Wishing you all a warm, healthy, and grateful November.

With gratitude and warmth,

Theresa Edwards
Executive Director
Klamath Basin Senior
Citizen’s Center

As the holidays approach, let’s focus on healthy eating, staying active, and celebrating the joy of community. We encourage everyone




Theresa Edwards.

THANKSGIVING
LUNCH
NOVEMBER
21ST
11:30 - 12:30



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

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: _____

What does gratitude and kindness have to do with Volunteering at your local senior center?

Gratitude and kindness are deeply connected to volunteering at a local senior center in several meaningful ways:

1. Kindness as the motivation for service:

Volunteering is an act of kindness — it's about giving your time, attention and care to others without expecting anything in return. When you help seniors by listening to them, playing games, or assisting with activities, you're showing compassion and respect for their experiences and dignity.

2. Gratitude that others have lived and shared:

Spending time with older adults often reminds volunteers of the wisdom, history, and resilience of previous generations. This can create a deep sense of gratitude — for the opportunities you have today, for the stories and lessons seniors share, and for the chance to make a difference in someone’s day.

3. Creating a cycle of appreciation:

When you show kindness to seniors, they often express gratitude in return — sometimes with a smile, a thank-you, or simply the joy they feel from companionship. That exchange strengthens community bonds and reminds everyone involved of the value of human connection.

4. Personal growth through gratitude:

Volunteering helps you appreciate things you might take for granted — health, youth, family, or independence. That gratitude can make you more mindful and compassionate in other areas of your life.

- Kindness inspires the act of volunteering, and gratitude grows from the experience. Together, they make service more meaningful — both for you and for the people you're helping out in the community or at the center. So come on down to the Klamath Basin Senior Citizens Center and pick up a volunteer application today and start making older adults in the community feel special and put that smile on their faces.

WHAT'S NEW!

- No Bingo Kitchen on Saturdays – Outside food is allowed.
- The Aging Journey will be moving to the Klamath County Library please look at their website for more information.
- Paper only bingo, 2nd Thursday on November 13th only, 50 people minimum doors open at 4 starts at 6 at the Klamath Basin Senior Citizens' Center, 2045 Arthur St, Klamath Falls, OR 97603.
- Talk with the Doc Klamath Hospice & Palliative Care. Join Dr. Holly Montjoy and Tricia Shugart, APRN, FNP-C for a discussion on the difference between Hospice and palliative care services. November 6th, 2025, at 10am - 11am. At the Klamath Hospice & Palliative Care, 2751 Washburn Way, Klamath Falls, OR 97603.

Upcoming Events

Christmas at the Center December 19th,
Christmas Bazaar December 6th
Check out our Calendar of Events for changes and special events coming up!





VOLUNTEERS NEEDED

PLEASE CONSIDER BEING A VOLUNTEER at the Senior Center.
HELP NEEDED FOR:

- Kitchen Help
- Yard Work
- Light Housekeeping
- Teaching Computer Classes
- Making Friendly Visits to Older Adults
- Shopping and Errands
- Meals on Wheels Drivers/Runner

To get a volunteer application reach out to Volunteer coordinator
Machel Ramirez@ 541-883-7171 ext 128 or email to volunteer.
coordinator@kbscc.org



Lake County Senior Center November 2025 Current Events

OHP/GOBHI Transportation, Non-Emergency Medical, for appointments, call #877-875-4657. Our trained, friendly and reliable drivers are the same ones you have come to know and trust. For questions, call our transportation office at #541-947-4966 Ext 106.

Outback Thrift Store hours are Monday & Wednesday 10am-2pm and the first Saturday of the month from 10am-3pm.

NEW - The Outback Too (furniture thrift experience) Open Monday-Friday from 9am-2pm. Also taking donations of gently used furniture at this time. Just call to arrange a time for donations.

We play *BINGO* every Monday after lunch! Join us! The more the merrier!

Come and celebrate your birthday with us! Our *BIRTHDAY LUNCH* is the 2nd Friday of the month. Join us for lunch, CAKE and the birthday song!

Grief Relief Class is held on the 3rd Thursday of the month from 2pm-3pm. Newcomers are welcome.

FREE Coffee and Sweets for Veterans on Thursdays from 9am-10am. All ages are welcome.

Move & Groove Classes have started Monday & Wednesday @ 1pm and Tuesday & Thursday @ 12pm. Class is suitable for most adults.

Fly Tying Class continues 1st and 3rd Fridays at noon.

Vision Board Class Fridays from 10am-12pm.

LCSCA Board Meetings are held on the 2nd Tuesday of the month at 11am.

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

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.

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

Expressions of Heart and Mind



Sundown 10.04.25 by Ron Loveness

KINDNESS TODAY

By Sharon Hudson

Kindness is a big word that
Means so very much.
There is nothing more pleasant
Then to feel its touch.

Kindness is a quality that
People seem to lack today,
They just want what you have
So they can play.

It's hard to understand when
Leaders are so cold.
They only care about money,
Themselves, and with power, are bold.

Kind people are usually happy
And are loved by many.
Angry people miss out, because
They just don't have any.

More caring, and love is what
Society needs today.
God would agree, and things
Would go his way.

The quality of kindness is
Full of sweet things.

It brings happiness, and good
Feelings as your heart sings.

Kindness is happy, and
Everyone wins.
It is pleasant, and
Full of smiles and grins.

Dignity and self respect can be
Attained from kindness too
It makes you feel happy about
The things that you do.
Kindness and compassion seem
To work well together.
They are like a beautiful day,
With beautiful weather.

Those who love, and push away
Hate, are the ones to find.
They have a good attitude, and
Are usually very kind.

I think of kind people as
Those with a good heart.
They care about others, and
Always do their part.

The Klamath Basin is alive with wildlife this time
of year! Photos of Pelicans at Putnams Polint, a
Pied-billed Grebe, and a Wilsons Snipe, both at
Lower Klamath National Wildlife Refuge
by Mary Williams Hyde.



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

Interested in joining our community of lifelong learners? Call 541-539-1208 to learn more—you'll be grateful you did!



KLAMATH BASIN SENIOR CENTER

**Christmas
Bazaar**

8:30am - 3:00pm.

December 6th.

2045 Arthur St
Klamath Falls, Or 97602

www.Klamathbasinseniorcenter.com

541-883-7171
Vendors Contact
Kathy Morris



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






AmeriCorps Seniors

Community Volunteer Network
A PRS Organization

Helping Older Adults Take Charge of Their Social Well-Being

From the Office of Disease Prevention and Health Promotion

As the days shorten, cooler weather takes hold, and the urge to retreat indoors to the comfort of home grows, it is the perfect time to remind ourselves of the importance of social connection for older adults, renew support for more engagement in our communities, and make healthy aging a reality for all who live there.

For older adults, social isolation can affect their health. One in four older adults faces social isolation, meaning they have few people they can interact with on a regular basis, which can make it difficult for them to access resources and stay healthy—both physically and mentally. Social isolation negatively affects health and increases risk for high blood pressure, heart disease, depression, dementia, and other conditions.

Who is at risk for social isolation?

As people age, many life changes increase the risk for social isolation and loneliness. These changes may include retiring from work, changes in physical health and the ability to see, hear, or move around, and the loss of friends and family. Other risk factors include:

- Feeling a lack of purpose
- Financial hardships
- Lack of transportation and difficulty leaving home without help
- Being a caregiver for a loved one
- Living alone

Screening is a way to take action

The Administration for Community Living (ACL) has an informational guide on social isolation, which includes a self-assessment to help older adults identify if they are at risk for social isolation or loneliness. Screening can be the first step to motivate older adults to seek social engagement and improve their social well-being.

Commit to Connect

ACL, in partnership with other federal agencies and organizations, created the Commit to Connect social engagement hub with activities and resources to help older adults stay socially connected as they age. (<https://acl.gov/CommitToConnect>) Activities range from attending community meetings for certain hobbies, such as crafting, to free courses and lectures, and visiting local attractions and events. Many of these opportunities are available in-person and online to allow for older adults facing barriers to still become connected.

Commit to Connect also includes resources that professionals can share with older adults to help them develop deeper relationships with the people already in their lives. Other resources connect older adults to hotlines, which can provide crisis support or just casual conversation, a virtual senior center for home-bound individuals, and an online

community to connect with others over games and conversation. Best of all, there are many avenues for engaging with the local community by volunteering and giving back. Volunteering can reduce social isolation, increase connection, and renew a feeling of purpose. In coordination with programs like this, many organizations in communities across the nation, including faith-based organizations, provide older adults with an array of activities, resources, support, and opportunities to volunteer while deepening spirituality and social connection within the community.

Get active!

Many community programs that facilitate physical activity do so in group settings to connect older adults in the community with each other. Even online classes help older adults improve their health by combining physical activity and social engagement. Community-based organizations and public health entities can discover more promising programs through the Centers for Disease Control and Prevention. (<https://www.cdc.gov/social-connectedness/data-research/promising-approaches/index.html>) The Eldercare Locator, a resource center funded by the Administration for Community Living, can help older adults discover local resources and find transportation. (<https://eldercare.acl.gov/home>) Or use ODPHP’s Move Your Way® tools, videos, and fact sheets for older adults and launch your own program to help older adults get a little more active. (<https://odphp.health.gov/moveyourway#older-adults>)

Raise awareness

It is important for community organizations, local government, and healthcare providers to increase awareness of the risks of social isolation and implement strategies to improve social engagement. The NIH’s National Institute on Aging developed a toolkit with health information, graphics, social media posts, fliers, and videos to use in outreach efforts. (<https://www.nia.nih.gov/toolkits/social-isolation>) Committing to tackling this issue and facilitating social connection among older adults can build healthier and happier communities.

CREATIVE WRITING

A new Creative Writing class to begin November 18, 2025. Every Tuesday through December 30th. Come join us! Have you thought about documenting your family’s history?! Whatever turns you on! Or some exciting event that took your breath away! You just don’t know where to start. Join our class and we’ll help you get motivated and stay focused! Just want to write for fun? Nothing in particular, just whatever comes to mind, you can do that too! Come join like minds and write with freedom and joy. Tuesdays 10-11:30 Downstairs Conference Room.

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!



Call for more information:
541-205-5400
www.klamathlakeareaonaging.org

VOLUNTEERS NEEDED

We are in a high need for Meals on wheels drivers and runners. Are you available a few hours a week? One or two days? Drivers are reimbursed for mileage. Please come down and pick up a volunteer application and join our team of volunteers who make our clients put a happy smile on their faces by dropping them off a hot mile.

So what can YOU do? You can make a huge difference in an older adult’s life just by making a phone call once a week. You can sweep someone’s floor, take out their trash, which these small changes can change their lives. You can also share your computer knowledge or rake a yard for an older adult to make them feel brand new. Being a volunteer is an amazing thing. Gandhi said “The best way to find yourself is to lose yourself in the service of others.” Try it. It’s true.

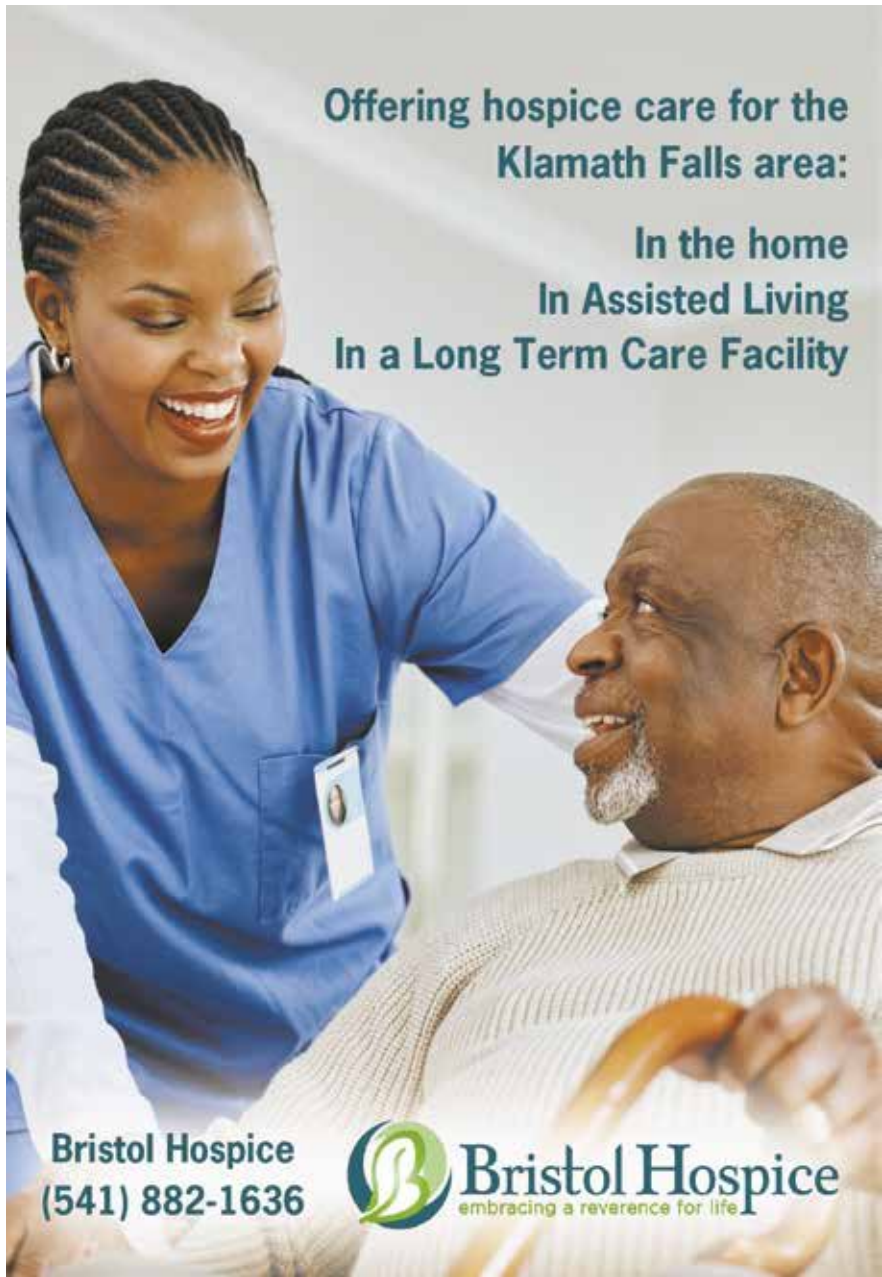
Put the “light” back into your life by being a volunteer at the Klamath Basin Senior Citizens’ Center.

For more information please contact Machel Ramirez , Volunteer Coordinator KBSCC 541-883-7171 ext. 128


Join Us. We Celebrate Life!

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

November is Diabetic Eye Awareness month –take proactive steps to protect your vision!

People with diabetes are more likely to develop blinding eye diseases, such as diabetic retinopathy, glaucoma and cataracts. Yet recent studies have revealed low awareness of the issue among ethnicities at higher risk for diabetes. The findings signal that many Americans may not be defending themselves against diabetes-related vision loss.

If you have been diagnosed with diabetes be sure to schedule regular eye exams. Early detection and treatment of diabetic eye disease is critical!

Key Facts:

- Over 30 million Americans with diabetes have diabetic eye disease.
- Diabetic eye disease can cause blurred vision, floaters, and loss of central vision.



If you have diabetes, pay attention to any changes in your vision and report them promptly. Early detection and treatment can significantly reduce the risk of vision loss.

KLAMATH EYE CENTER

2640 Biehn Street, Suite #3 / KlamathEyeCenter.com / 541 884-3148

HEALTH CHECKS

Nov 20 2025

Dec 4 2025

8 - 3 PM





KCC

KCC Nursing Students & Faculty Providing Education & Resources

- Blood Pressure and Body Mass Index Health Screening
- Fall Prevention
- Nutrition
- Medication Safety
- Emergency Preparedness

541-883-7171
klamathseniorcenter.com

Good News for Seniors: Meals on Wheels & Senior Dining Will Continue, Plus Local Food Resources

With talk of a federal shutdown and possible SNAP (food stamp) delays, many older adults are asking, “Will my meals be affected?”


Good news — they won’t.

Meals on Wheels and senior dining (congregate) sites will continue without interruption. These programs are funded through the Older Americans Act (OAA), completely separate from SNAP. The OAA’s Title III C Senior Nutrition Program provides meals, nutrition education, and social connection for adults age 60 and older.

Locally, the Klamath & Lake Counties Council on Aging (KLCCOA) serves thousands of nutritious meals each year, helping older adults stay healthy, independent, and connected. If you receive Meals on Wheels or attend a senior dining site, services will continue as planned. For those who rely on SNAP or need extra help, the Klamath-Lake Counties Food Bank (3231 Maywood Dr., 541-882-1223, klamathfoodbank.org) provides emergency food boxes and pantry referrals. Other options include the Salvation Army Pantry (2960 Maywood Dr. #12), Klamath Falls First United Methodist Church (230 N. 10th St.), Klamath Lutheran Church Pantry (1175 Crescent Ave.), and St. Vincent de Paul Pantry (4880 Bristol Ave.). The PALM Dinners at First United Methodist Church also offer free community meals Tuesdays (and some Sundays) from 5–6:30 p.m. — no cost or registration needed.

If you can, please consider donating to KLCCOA at klamathlakeareaonaging.org/donate. Every contribution helps keep local seniors nourished and connected.


For other community resources, dial 211 or visit 211info.org




KLA-MO-YA CASINO & HOTEL

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SLOTS • FOOD • HOTEL • FUN



GOBBLERS GOLD DRAWINGS



Fridays
November 7-21
6pm-9pm

May only win once per day.

HARVEST CELEBRATION SLOT TOURNAMENTS

Saturdays, November 1-29
6pm-8pm

Win up to \$500 CASH!

May play up to three sessions per day.

SENIOR DAY MONDAYS

8AM - MIDNIGHT

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

HOT SEATS
NOON - 3PM

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

Must be 55+. May only redeem/win once per day.

HARVEST TIME HOT SEATS

Thursdays, November 6-27
1pm-6pm

May only win once per day.

Sunday Delights KIOSK

Sundays, November 9-30
11am-7pm

May only redeem once per day. While supplies last.

VETERANS DAY KIOSK

Tuesday
November 11
Noon-6pm

NATIVE AMERICAN HERITAGE DAY KIOSK

FRIDAY, NOVEMBER 28 • 1PM-9PM

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!



Gratitude and Healthy Eating

Reflecting on Summer While We Transition to Winter. October and November are the perfect time to reflect on our summer highlights. With trails lined with colorful leaves and frost on the ground, it's comforting to remember the warmth of the summer sun and the life it gives to all things. Take the time to feel and express gratitude for health as we transition towards winter. Spending time in a warm, cozy indoor space with friends and family is the best way to pass the shorter days and cold weather.



Justin Straus
sunshine and good

Maintaining that gratitude and sense of calm is important as the holidays quickly approach. To keep this time fulfilling and stress-free, here are a few ideas for making the season merry and bright:

- **Prioritize and Delegate:** Focus only on your top 3-5 tasks and delegate the rest to family, or simply let the non-essential items go. We don't have to be perfect.
- **Set a Realistic Budget** (and Stick to It): Establish a firm spending limit for all holiday expenses and track your spending. The value is in the thought, not the cost.
- **Plan for Mindful Eating:** Savor your favorite holiday treats in moderation without skipping meals and focus on enjoyment rather than guilt, and remember to include some healthy options.
- **Schedule "Me Time".** Block out at least 15 to 30 minutes daily just for yourself to disconnect and recharge, as this small break is essential for maintaining your energy and patience throughout the season.

May your November be filled with joy! Contributed by Cascade Health Alliance

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.

Enjoy Healthy, Happy Holiday Eating

The holidays are a joyful time of celebration. It's possible to enjoy your favorite holiday foods and stay healthy by navigating the season mindfully.

Here are three simple tips for holiday eating:

- **Savor Your Favorites:** Choose the holiday treats you truly love, take a modest portion, and enjoy every bite.
- **Balance Your Plate:** Fill your plate first with salads, green vegetables, and lean protein before adding smaller portions of richer dishes.
- **Don't Skip Meals:** Avoid arriving at a party starving, as this leads to overeating. Have a light, healthy snack beforehand.

Wishing you a holiday season filled with joy, warmth, and vibrant health. Your friends at Cascade Health Alliance are here to support your well-being all year long.

www.CascadeHealthAlliance.com November 2025



Southern Cascade WOODCRAFTER’S GUILD

Love working with wood or want to learn? The Southern Cascade Woodcrafters Guild welcomes both beginners and experienced woodworkers to join their friendly community. Members come together to share ideas, techniques, and a passion for crafting with wood. Whether you're interested in furniture making, carving, turning, or simply learning the basics, there's a place for you here. The Guild meets on the first Thursday of each month at 7:00 PM at the Washington Federal Bank Conference Center (behind the bank at 5215 S. 6th St., Klamath Falls, OR). Come share ideas, learn new techniques, and connect with others who enjoy the art of woodworking. Visitors are always welcome! For more information, contact:

- Tom Spangler: 541-882-1810
- Bill Reid: 541-363-2074
- Fred Mott: 541-331-6014

Join in and be part of a creative, hands-on community!

November Awareness: Moving Toward Better Health Together

By Anne Davenport, PT, DPT, Program Manager of Health Promotion Services

November is a perfect time to take charge of your health. It's both National Diabetes Month and National COPD Awareness Month, two observances that spotlight conditions affecting millions of Americans and remind us that small, steady steps can make a big difference.

The CDC estimates about 38.4 million people in the U.S., roughly 1 in 9, are living with diabetes, diagnosed or not, with an additional 97.6 million people have prediabetes. For those with chronic obstructive pulmonary disease (COPD), a progressive lung condition that makes breathing difficult, early detection and active self-management are key to maintaining independence and quality of life. Nearly 16 million U.S. adults have COPD, and many more do not know they have it. It is estimated that about 11% of Klamath County residents have been diagnosed with diabetes, and 8.4% have COPD. Both conditions can be better managed through education, support, and one powerful intervention: physical activity.

Guidelines recommend that adults aim for at least 150 minutes per week of moderate-intensity activity (like brisk walking) plus two days of muscle-strengthening exercises. For people with diabetes or prediabetes, moving more helps the body use insulin better, supports heart health, and reduces the risk of complications over time. For people living with COPD, structured programs like pulmonary rehabilitation, which include supervised exercise, education, and self-management strategies, can improve exercise capacity, reduce breathlessness, and enhance quality of life.

Continued on the next page

NOVEMBER AT THE RAGLAND THEATER

*The holidays are right around the corner and that means The Ross Ragland Theater has an amazing line-up of shows for the whole family. Starting the month off right, our **Klamath Community Band** is performing their fall concert November 2nd at 2:00 PM. **Epic Queen** returns to the Ragland stage November 8th at 7:30PM for an unforgettable night. On November 15th, the **Klamath Symphony** kicks off the winter season with their **Fall Into Winter** concert at 7:00 PM. And to round out the month, **World Ballet Company** will delight audiences of all ages with their classic performance of **The Nutcracker** on November 30th at 2:00 and 6:00PM.*

Ragland

TEL: 541-887-8630 EMAIL: office@ragland.org

Please visit ragland.org for more information and to purchase your tickets. You can also visit the box office at 218 N 7th Street. We look forward to seeing you at the Ross Ragland Theater.

A Community Experience

Continued from the previous page

The Klamath Basin Senior Citizens’ Center can help and support your wellness goals. Group classes, including walking, balance and strength, and both moderate and low-impact movement options provide safe, social ways to be active, especially helpful if you’re getting started or returning after a health setback. Beyond exercise, the Center offers other activities, education, camaraderie, and connections to community resources.

The laughter before class, the check-ins over lunch, and the shared encouragement make healthy living something to look forward to. If you’re new to activity or have questions about what’s right for you, start with a conversation with your healthcare provider and then try a beginner-friendly class (check out our Calendar of Events for descriptions of current offerings). Many people find that splitting activity into 10- to 20-minute segments throughout the day works well at first, and the CDC confirms that “every minute counts” toward weekly goals.

A November Note on Gratitude

As Health Promotion Services Manager, I’m especially grateful this November for every person who walks through our doors, for the courage it takes to show up, to try something new, and to care for your health and community. Each patron brings energy, humor, and heart that make the Center more than a building, it’s a place where wellness and gratitude grow side by side.

This month, let’s move together, breathe together, and give thanks for every moment of progress. Your participation not only improves your own well-being, it inspires others to take that first step too.

Paper BINGO

BINGO

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2nd Thursday

November 13th

50 people minimum

doors open at 4pm, starts at 6pm

Pay outs are based on attendance

Klamath Basin Senior Citizens’ Center,
2045 Arthur St, Klamath Falls, OR 97603



WELCOME HOME

The best way to experience the perks of membership that come with life at Klamath Falls Senior Living is to visit for an in-person tour. There are life-enhancing features and services waiting to enhance your life around every corner. See yourself enjoying freshly prepared, gourmet meals alongside your friends and neighbors in the elegant dining room. Imagine sunny afternoons in the garden and casual visits over coffee and cards on the mezzanine. From cozy apartment homes to inviting community spaces, Klamath Falls Senior Living has just what you need to live well every day.

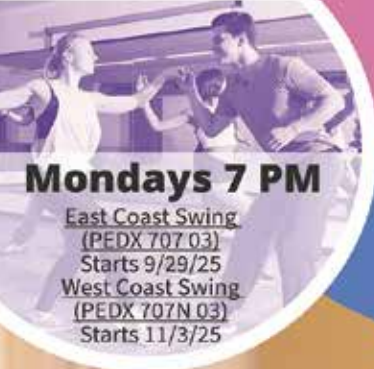


Klamath Falls
SENIOR LIVING



Let me give you a tour of our facility! **Brieauna Nordin**
Sales Director Klamath Falls Senior Living
2130 N Eldorado Avenue, Klamath Falls Oregon 97601
541-882-4830, Cell: 541-880-6379







Mondays 7 PM
East Coast Swing (PEDX 707 03)
Starts 9/29/25
West Coast Swing (PEDX 707N 03)
Starts 11/3/25

BALLROOM DANCE CLASSES FOR COMMUNITY & COLLEGE CREDIT

Fall 2025


Rachel's School of Dance
Instructors:
Manuela Pascual/
Dave Reed





Learn more at
Classes.klamathcc.edu
TO REGISTER CONTACT
CE@KLAMATHCC.EDU OR
541-880-2243

Wednesdays 7 PM
Salsa Style 1 & 2 (PEDX 707 01)
Starts 10/1/25
Cha Cha Cha (PEDX 707N 02)
Starts 11/5/25



DONOR REPORT

November: A Season of Giving and Gratitude

As November arrives and the spirit of thankfulness fills the air, we are reminded of how much we have to be grateful for — especially the generous hearts that continue to sustain the Klamath Basin Senior Citizens' Center. This season is about giving and giving thanks, and it's because of you that we are able to do both.


Your support makes a profound difference in the lives of seniors across the Klamath Basin. Each warm meal delivered through Meals on Wheels, every friendly conversation shared over a congregate lunch, every ride provided to a medical appointment — all are made possible because of your kindness and compassion. Your generosity ensures that our seniors are not only nourished but also seen, valued, and connected. As we move through this season of gratitude, we celebrate you — our donors, volunteers, and community partners — who embody the very best of what it means to give. You remind us that together, we can create a community where every senior feels supported, appreciated, and part of something bigger than themselves.

From all of us at the Klamath Basin Senior Citizens' Center: thank you for your continued trust, generosity, and belief in our mission. Because of you, this season — and every season — is one of dignity, care, and hope for the seniors we serve.


| | | | |
|--------------------|--------------------|-------------------|--------------------|
| Emma Wyatt | Jim Calvert | Sherri Erickson | Micheal Homfeldt |
| John Novak | Marta Stephens | Marilyn Howell | Refuge City Church |
| Barbara Dehlinger | Sharon Cacka | Stephanie Pickern | Janet Hall |
| Richard Card | Sarah Jones | Alison Watah | Burl Parrish |
| Frances Hartsfield | Jack Hapham | Robert Honish | Ernie Palmer |
| Florence Abend | Charlene Covington | Katherine Murphy | Paypal Giving Fund |

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. 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.




TALK WITH THE DOC:
HOSPICE & PALLIATIVE CARE




Join Dr. Holly Montjoy and Tricia Shugart, APRN, FNP-C for a discussion on the difference between hospice and palliative care services.








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


541-882-2902


 www.klamathhospice.org


**NOVEMBER 6, 2025**


 10:00 a.m. – 11:00 a.m.

 Klamath Basin Senior Center
2046 Arthur Street
Klamath Falls, Oregon


**NOVEMBER 18, 2025**

 6:00 p.m. – 7:00 p.m.

 Klamath Hospice & Palliative Care
2018 Wentworth Way
Klamath Falls, Oregon



Linkville
Roofing & Siding
LINKVILLE ROOFING & SIDING
A EVERYTHING EXTERIOR



- ◆ Inspect the Roof Surface. Check for missing, cracked, or curling shingles.
- ◆ Clean Gutters and Downspouts. Remove leaves, pine needles, and debris.
- ◆ Check Attic Ventilation & Insulation. Proper airflow reduces the chance of ice dams.
- ◆ Trim Overhanging Tree Branches. Prevents damage from falling branches in snow or ice storms.
- ◆ Examine Flashing & Seals. Inspect around chimneys, skylights, and roof joints for cracks or gaps.
- ◆ Check for Pest Entry Points. Seal small openings where rodents or birds could nest during colder months.

SHIP TALK

(Senior Health Insurance Program)



ANNUAL ENROLLMENT

aka OPEN ENROLLMENT

We’re right in the middle of that time of year again – October 15 through December 7, 2025.

This year it’s especially important that you take a careful look at your coverage

Most of you are familiar with this time period and what it means, but as always, I will be repeating myself for those who need the information. First and foremost, Open enrollment has only two purposes:

- 1 Changing your drug plan if you can find a better one
- 2 Switching from original Medicare into an advantage plan or vice-versa

As many have discovered, Part D has changed so that the insurance company can no longer charge out more than \$2,000. After that everything on its formulary is 100% covered. This may sound like wonderful news to you, but for those with very expensive drugs, it can be bad news. You will probably find that this drug is no longer covered on the plan. This is definitely a year in which you will want to check your insurance plan formulary and see what’s covered. The new prices and formularies should have arrived by now. We will discuss in a future column various ways of making sure you’re aware of ways you might reduce your Rx costs.

As for making the switch between an advantage plan and original Medicare with a supplement, there are a couple things that you must consider. First of all, we have only one advantage plan in Klamath Falls and that is Atrio. Before you choose to switch into Atrio, be sure your providers accept it. Secondly, be aware that a supplemental plan does not have to accept you if you have pre-existing conditions. If you lose your advantage plan through no fault of your own, you will be eligible for Guaranteed Issue (GI). However, if you choose to leave Atrio, you will not have GI for a supplement at the current time.

I know it gets more complicated every year So you need to keep on top of the latest changes and developments. And if you have any questions, or uncertainty, please make an appointment to come in and see a certified and trained counselor to examine your situation. We’re at the Klamath Basin Senior Citizens Center – phone 541-883-7171.

Submitted by Anne Hartnett
SHIBA Counselor



Volunteer of the Month

Phedora (Dollie) O’Duane

Dollie is one of our dedicated volunteers who helps at the lunch desk three times a week. She has been volunteering at the center since August 2025 and enjoys every moment—especially when she can brighten someone’s day with a smile. She began volunteering because she missed the daily interactions that were once a big part of her life. After many years working as a nurse, she found retirement a little too quiet and realized she was becoming a bit of a hermit. Volunteering at the center brought back the social connection and sense of purpose she had been missing.

Her favorite part of volunteering is the daily conversations with clients, staff, and other volunteers. The friendly atmosphere brings her peace, and seeing someone smile is a reward that fills her heart with joy.

Originally from Medford, Oregon, Dollie and her family moved to Klamath Falls in August 2021 after COVID hit. They bought two houses—one they rent to their granddaughter—and rented their Medford home to their grandson. Dollie worked in Klamath Falls until 2020, but after COVID’s challenges and new restrictions, she decided to retire when she could no longer care for her patients the way she wanted to.

Outside of volunteering, Dollie enjoys reading and walking her two chunky beagles, who she lovingly calls her babies. She prefers peaceful moments at home and isn’t one for getting her hands dirty in the garden. For her, life’s best moments come from connection, kindness, and simple joys.



News from the Gift Shop

Hello from the KBSCC Gift Shop! Hope everyone is having a fun fall. The weather is cooler so, it is time to get your crafting skills out of moth balls. We have been receiving donations of yarn & fabric so, come in and see what inspires you. We have beading supplies, stamps and all kinds of things to make your holiday season a little brighter.

A special thanks to all of who have visited our shop and made October an especially good month for us. We enjoy visiting with each of you about your crafting ideas and projects you have been working on. That's the fun part of volunteering in the Gift Shop! Speaking of volunteers, we have 2 new ones. Come in and get acquainted with them.

We have rented all of our tables for the Christmas Bazaar! If you missed out on getting a table for this annual event, come in and leave your name & number with us and if someone can't make it, we will call you.

The Christmas Bazaar is December 6th from 8:30 am til 3:00 pm. We have 60 vendors and I'm sure you will be able to find the perfect Christmas gift for the ones you love. We will also be having our Bake Sale. These baked goods are from our kitchen & employees & volunteers who take the time to make some scrumptious eats!

Hope to see you soon! Kathy

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**

KLAMATH FALLS WAS ONE OF MY FAVORITE PLACES TO VISIT!



Winni Dahl
Pelican Pointe Resident

That is the answer international traveler, Winni Dahl, gave when asked why she chose Klamath Falls as where she wanted to live. On her way to Alaska from California, numerous falls and leg injuries were also a factor that slowed Winni down enough that she now makes Pelican Pointe Assisted Living her home. A resident for one year and one month, she loves living here! "I get the services I need, though I do miss being able to cook my own meals," she says with a twinkle in her eye. Anxious to not fall again, she uses a wheelchair around the building now, and when out and about shopping at her favorite stores.

Winni has lived in many places and has always enjoyed adventurous traveling, including one time biking 1000 miles touring Europe. "I wish I could have gone to outer space or climbed Mt Everest," she says with a grin.

The staff of Pelican Pointe 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!*



Tours daily

even
walk-ins
welcome!



Pelican Pointe
ASSISTED LIVING

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

it warm and distribute its smoky undertones throughout the soup.

5. Consistency and Finishing: If desired, create a cornstarch slurry to adjust thickness, stirring gently and simmering for a few minutes. Conduct a final the flavor seasoning evaluation, balancing salt and pepper to elevate. Garnish with freshly chopped parsley and serve steaming hot.



Mick Insurance Agency
Your Local Health & Medicare Agents
Since 1980

4509 So. 6th Street, Suite 109
541-882-6476

It's Medicare Annual Enrollment season!

Are you unsure of what to do?
Let us help you pick the right plan!!!

- ✓ 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

KLAMATH SENIOR CENTER OCTOBER 2025 CALENDAR OF DAILY EVENTS

*Calendar changes in RED

- MONDAYS
- SAIL with Debbie Manzinali 9-10am ****Sherry covering Nov 3rd**
 - (+) 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 **Debbie covering November 25th**
 - *2nd Tues Atrio Ice Cream Social 10 am – 2 pm
 - Stott Pilates is back starting Sept 9! With Karen Doyle Watkins 10:30 am. Will be at 10:00am during Age Well Expo on Sept 23.
 - *2nd Tues Klamath & Lake Counties Council on Aging 11am–12pm
 - Art & Craft Workshop with D.P. Redding 12:30 – 2 pm
 - Chair Pilates Starts on October 7th until December 16th with Karen Doyle Watkins 2:30 pm
 - SHIBA (MEDICARE Counseling) by appointment, call 541-883-7171

- WEDNESDAYS
- SAIL with Sherry Hooke 9:00 am ****Anne covering Nov 19, No SAIL on Wednesday, November 26th**
 - (+) Body Recall with Jack & Mary Noller by video 10:30 – 11:30 am
 - Senior Dancing, all are welcome! 1 pm – 3 pm

- THURSDAYS ****Closed Nov 27th for Thanksgiving**
- 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
 - Stott Pilates is back starting Sept 9! 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 ****Center closed on Friday, November 28th**
- SAIL 9 - 10 am
 - (+) Body Recall with Jack & Mary Noller by video 10:30 – 11:30 am . **Thanksgiving Luncheon held on Nov 21, class may end a little early – please stay for lunch!**
 - 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

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. Registration required. **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.**

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 is moving to
the Klamath County Library
Come join us on November 21st
and enjoy our Thanksgiving
Luncheon


Paper Bingo 2nd Thursday:
Next November 13th!


SAVE THE DATE: Klamath Basin Senior
Center Christmas Bazaar December 6th,
Christmas at the Center December 19th

November 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 |
|--------------------|-----------------------------|--|---|-------------------------|
| 3 | 4 | 5 | 6 | 7 |
| BAKED POTATO BAR | TUNA CASSEROLE | CHICKEN FRIED STEAK MASHED POTATO GRAVY | POLISH DOG SAURKRAUT | VEGETABLE SOUP |
| 10 | 11 | 12 | 13 | 14 |
| EGG ROLL IN A BOWL | TACO TUESDAY | SALSBURY STEAK MASHED POTATO GRAVY | CHICKEN CHILI CORNBREAD | CHICKEN STRIPS FRIES |
| 17 | 18 | 19 | 20 | 21 |
| CHILI DOG | TACO SOUP BREADSTICK | CHICKEN STIR FRY RICE | SHEPARDS PIE BRISTOL HOSPICE BIRTHDAY CELEBRATION | TURKEY DINNER |
| 24 | 25 | 26 | 27 | 28 |
| PIZZA | CHEESEBURGER BAKED BEANS | QUICHE | THANKSGIVING CLOSED | THANKSGIVING CLOSED |
| Dec 1 | Dec 2 | Dec 3 |  | |
| BRUNCH FOR LUNCH | PARTY CHICKEN | MEATLOAF MASHED POTATO GRAVY | | |



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

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

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.



2210 Shallock Avenue,
Klamath Falls, OR 97601
541-882-1636
bristolhospice.com

Klamath Hospice & Palliative Care
Upcoming Speakers for Muffin Mondays
10:30 AM to 11:30 AM

- 10/27/25: Dale Geigle – Klamath County Stroke Survivors Support Group
- 11/3/25: Kathy Neese – Heroes Breakfast
- 11/10/25: Dutch Brothers Celebrating Veterans’ Week
- 11/17/25: Brannon Kaefring – Medicare Open Enrollment
- 11/24/25: Misty Sullivan – Klamath & Lake Counties Council on Aging
- *Sounds of Music - December’s Muffin Monday Starting at 11:30 AM*
- 12/1/25: Henley High School Choir – Led by Christopher Benjamin.



We love
making a
difference in
someone’s
day
everyday!

Krystal Cleveland
Executive Director

Krystal recently joined the Crystal Terrace team as our Executive Director and brings 23 years of experience with Senior Living to the table. “It’s a big job, but I am more than up for the challenge,” she says cheerfully.

“The Crystal Terrace campus is absolutely beautiful! I invite you to take a tour today!

Krystal has lived in Klamath Falls for six years with her three children and two adorable Frenchies.



Crystal Terrace
of Klamath Falls
MBK SENIOR LIVING

1000 Town Center Dr
Klamath Falls, OR 97601
541-885-7250



**Independent
Living**

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

**Assisted
Living**

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