

December 2025

ActiveSeniors

"Winter's Glaze" by Jonne M. Goeller



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Jonne M.
Goeller

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

Merry Christmas

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.

 **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

*Please see Calendar of Events Page for current offerings.

and more!

CONTACT INFORMATION

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541-883-7171

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541-883-7171 ext 136

Transportation - Cindy Dupart

541-850-7315

Volunteer Coordinator - Machel Ramirez

541-883-7171 ext 128

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Executive Director - Theresa Edwards

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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 December 2025

Dear Friends,

As the holiday season settles over the Basin and our Center transforms into a Winter Wonderland, I'm reminded of the joy, warmth, and togetherness that make this time of year so special. This is the season of holding our loved ones close, sharing kindness freely, and celebrating the small moments that make life meaningful.

We have so much holiday cheer happening at the Center this month! Be sure to join us for our Senior Center Bazaar—a wonderful chance to shop local crafts, support our seniors, and find heartfelt gifts. And don't miss Santa's Arctic Workshop, a magical experience for families, kids, and kids-at-heart. This is one of our most joyful traditions, and we can't wait to share it with you.

With the holidays also comes a need for caution. Please be aware of holiday scams, stay mindful of driving safety, and take the proper steps for cold weather preparedness. Your safety matters deeply to us, and we want every one of our seniors to enjoy this season with peace of mind.

December is also a moment to reflect—to look back on a year well spent. It has been an unforgettable first year as your Executive Director. My heart is full, and this place fits me like a glove. I am deeply grateful for the support, kindness, and community spirit that surrounds the Center every single day.

My hopes and dreams for the year ahead are simple yet ambitious: to keep growing, expanding our reach, and welcoming new seniors and community members who have not yet experienced the Center's magic. There's so much more to come—just check out our calendar to see all the wonderful things happening at the Center. From my heart to yours—thank you for making this year extraordinary.

May your holidays be warm, bright, and filled with cheer.

Warmly,

Theresa Edwards

Executive Director
Klamath Basin Senior
Citizen's Center



Chauncey Linke, Emily Edwards, and Theresa Edwards at the Women's Leadership Conference.

MOstash COMPETITION

Do you have mustache or know a mustache that would want to compete?

Come support Men's Health and join us

Thursday, December 11th @ 6:00pm
Klamath Yacht Club
2700 Front St.



follow us
@ healthyklamath



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: _____

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

WHAT'S NEW!

No Bingo Kitchen on Saturdays – Outside food is allowed.

Paper only bingo, 2nd Thursday on December 11th only, 50 people minimum, doors open at 4 starts at 6

New Years Bingo December 31st, doors open at 4pm and start at 6:30pm. Pre-pays open Dec 1st and end Dec 29th.

**Christmas Lunch will be December 19th,
Santa will be present from 11 - 12:30pm**

Family fun day by Cascade Health Alliance, from 12pm - 3:50pm with booths full of information, free lunch, and a bounce house, at the Klamath Basin Seniors Citizens' Center

Upcoming Events

**Christmas Bazaar December 6th,
Santa's Arctic Workshop Dec 13th**

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

What does cold weather safety have to do with volunteering at your local Senior citizens center?

Seniors are more vulnerable to cold weather: Older adults often have a harder time regulating body temperature, may have health conditions (like heart disease or arthritis), or take medications that make them more susceptible to cold-related illnesses such as hypothermia or frostbite.

Volunteers can help prevent cold-related risks:

If you volunteer at a senior center, you can look out for warning signs of cold stress, make sure the building is comfortably heated, and help distribute warm clothing or blankets.

Education and preparedness:

Volunteers can share information with seniors about dressing warmly, recognizing hypothermia symptoms, or safely heating their homes.

Community support during winter:

During cold weather, seniors might have trouble getting groceries or attending appointments. Volunteers can help by checking in, running errands, or providing companionship so that seniors don't have to venture out in dangerous conditions.¹

In short, cold weather safety becomes part of volunteering because protecting seniors' health and comfort — especially in winter — is a key part of caring for seniors in the community.

VOLUNTEER HELP WANTED Meals on Wheels

DRIVERS: 8:30 am-11:30 am, weekdays. Current Driver's license AND Auto insurance is required, mileage reimbursement available.

RUNNERS: ride with driver and deliver food from car to client.

Volunteer one day per month or more! Contact Volunteer Coordinator Machel Ramirez at 541-883-7171 Ext 128


**New Year's
Bingo**

December 31st

**Doors open at 4pm
starts at 6:30pm**

2 - \$1,000 Blackouts; 1 - Winner takes all; Raffles - 50/50 - Door Prizes & Giveaways; Payouts based on # of Players and amounts sold

Pre-pays open Dec 1st ends Dec 29th

Dinner available for purchase from 4:30 to 6:30 pm; Late night snacks provided for free.



Oregon Tech Doctor of Physical Therapy Students and Faculty (left to right: Jesus Egoavil, Class of 2026; Bri Eichelkraut, Class of 2027; Dr. Ron Rea, Faculty) joined Program Manager of Health Promotion Services, Anne Davenport (far right), and Building Maintenance, Robert Smith (not pictured), in organizing the Assistive Equipment Closet in November.

Assistive Equipment Closet Organization Day

Do you or someone you know have assistive equipment that you no longer need? Would you like to host a drive at your school, church, or other group to collect equipment? Are you in need of equipment?

At the Klamath Basin Senior Center, we provide an Assistive Equipment Loan Program which is at no cost to participants with no term limits. We are always in need of new or lightly used equipment in order to continue this program successfully.

We can take most equipment, as long as it is clean and in good working condition. This may include wheelchairs, walkers, canes, shower chairs, bedside commodes, scooters, and more.

Please call 541-883-7171 or email us at seniorcenter@kbssc.org to learn more about donating and borrowing.



Thank you to the City of Klamath Falls and the Parks Division for their generous donation of a bike rack. This contribution supports our ongoing commitment to promoting healthy living and encouraging active transportation within our community. With the addition of the new rack, patrons, staff, and board members alike will be able to safely lock and store their bicycles when they ride to the Senior Center. Not only does this make cycling a more convenient and secure option, but it also helps us continue building an environment that supports wellness, accessibility, and sustainable choices for everyone who visits the Center. We are truly grateful for this thoughtful investment in our community's well-being.



Lake County Senior Center December 2025 Events

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. Don't forget to pick up the Program Guide at the front desk for all the activities going on.

Holmes for the Holidays (play) will be held Fridays December 6 & 13th at 7:00, Saturdays December 7 &14 at 7:00, Sundays December 8 &15th at 3:00 pm.

We will be closed on **Tuesday, December 24th at 2:00 & Wednesday for Christmas**. Outback Thrift Store new hours: Mon:10 – 2:00, Wed.10 – 2 & 1st Sat. of month10- 3.

We are playing **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 ice cream celebrating anyone with a birthday that month..

ALL rides require reservations. We provide transportation to most events.

Lunch bus available for meals on Monday, Wednesday, & Fridays @ 12:00. Please call 541-947-4966 to request a ride to The Center. **Klamath Falls Trips** are on the 1st and 3rd Tuesday for Medical Appointments between 10:00 & 1:00. **FREE Second Tuesday Klamath Falls Shopping Trip.** Must have a minimum of 3 riders.

Home delivered meals are provided weekly. To apply, call (541) 205-5400 **Lakeview Local operates 8:00-5:00 each Thursday of the month.** The service is FREE, so call to schedule a ride. We require 24 hours advance notice.

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.

Weekly shopping trips from Christmas Valley to La Pine go on Wednesdays. We meet at the Community Center.

Lions Club meets here on the 1st & 3rd Wednesdays @ noon.

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

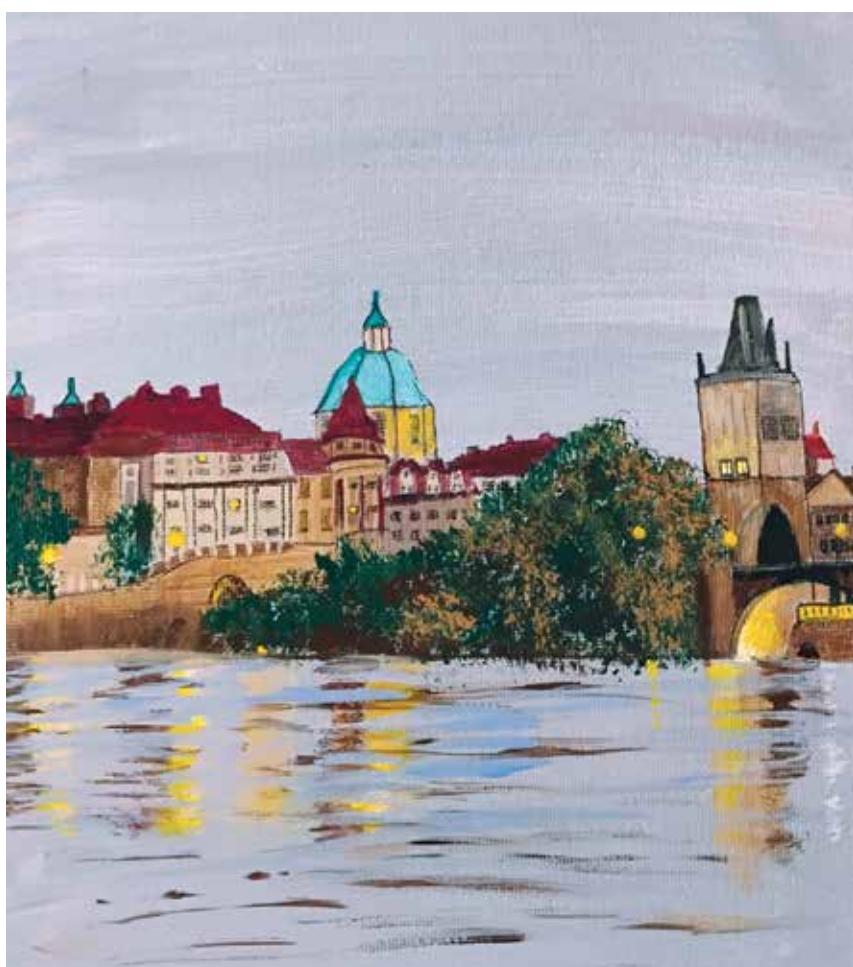
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CREMATION & BURIAL

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Klamath Falls, OR 97601
(541) 887-2919
cascadecremations.com

Expressions of Heart and Mind



CITY PAINTING By Sybil Fulk

WINTER FUN

By Sharon Hudson

Golden leaves blow past my
Window this autumn day.
The grass is still green, and
Raindrops are on their way.

The rain hit hard, and left
Everything was wet and cold.
The temperature dropped, and
The sunshine went on hold.

The rain will soon turn to
Snow, and the winds get cold.
Winter will be upon us,
And ready to unfold.

Things will be white
Everywhere you look,
Like a beautiful scene
In a children's book.

People who love winter sports
Are glad to see the snow.
They work hard, and plan
Things, and get ready to go.

In a nearby park, the park system
Set up a beautiful display,
In celebration of Christmas,
That is coming our way.

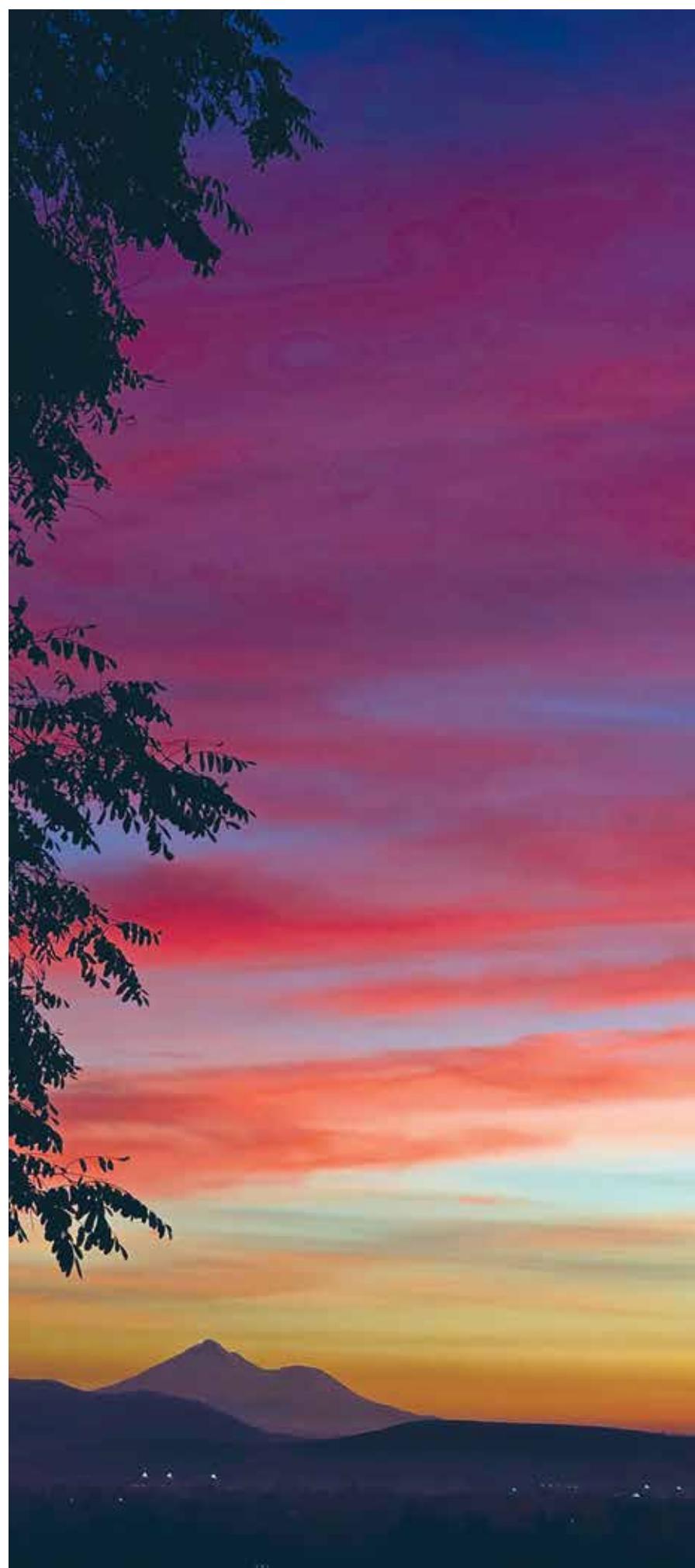
The drive thru loop begins at
The entrance of the park.
It is a winter wonderland, as
You check it out, after dark.

Trees are covered in snow, and
Colored lights adorn them.
Some lights stay lit, while
Others sparkle like a gem.

It is a beautiful place to be,
And the park service did well.
It has an uplifting affect,
And a happy story to tell.

A winter wonderland is
Not hard to find.
Watch for them, and be
Sure to keep an open mind.

*Wishing you and yours a Merry
Christmas, And a Happy New Year!*



SUNSET 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@kbsscc.org



Sweet Potato Casserole

3 pounds sweet potatoes peeled and cut into cubes

½ cup brown sugar packed

½ cup butter softened

½ teaspoon vanilla extract

¾ cup chopped pecans divided

¼ teaspoon cinnamon or to taste

Salt and black pepper to taste

2 cups miniature marshmallows

3. In a large bowl (or in the pot the potatoes were cooked in), mash the sweet potatoes with brown sugar, butter, cinnamon, vanilla, salt & pepper.

4. Fold in half of the pecans and spread into prepared pan.

5. Sprinkle with the marshmallows and the remaining pecans.

6. Bake for 25 minutes or until marshmallows are golden brown and potatoes are heated through.

Instructions

1. Preheat oven to 375°F. Grease a 9 x 13 pan.

2. Place sweet potatoes in a pot of boiling water. Simmer for 15 minutes or until fork tender. Drain.

CHRISTMAS At the Center

DECEMBER 19TH
11-1PM

Klamath Basin Senior Center
2045 Arthur St
Klamath Falls, Or 97602

MUSIC, GOODIES
AND SANTA WILL BE HERE!
SENIOR LUNCH FROM 11-
12:30PM \$5 DONATION OVER 60.
59 AND UNDER IS \$7.50.

Giving Tree



Starting December 1st

instead of items this year, we will be putting tags on the tree for donations towards the Christmas Baskets. \$5, \$10, \$15 and \$20

We're Fundraising with See's Candies!



Help us earn money for local youth projects and make the holidays even sweeter.

We will be at
Diamond Home Improvement
November 28 - December 24
10am until 4pm Daily



See's CANDIES.

What doctors wish older adults knew about physical activity

By Sara Berg, MS, News Editor of American Medical Association, adapted for space

Staying active is one of the most powerful ways older adults can protect their health and independence. Yet less than 15% of adults 65 or older get the recommended amounts of aerobic and muscle-strengthening physical activity, according to the 2023 Physical Activity Guidelines for Americans. Regular movement, whether walking, swimming or chair-based exercise, can help reduce the risk of chronic conditions, preserve mobility and improve mood.

Even small increases in daily movement can make a meaningful difference in strength, balance and overall well-being. Understanding how to exercise safely and consistently is key to maintaining health and quality of life as people age.

Two physicians discuss what patients need to know about physical activity.

- Aeshta Dwivedi, MD, a cardiologist with Northwell Health in New York City and director of ambulatory cardiac CT at Concorde Medical Center in Manhattan.
- Philip Solomon, MD, a geriatrician director of geriatric education and clinical integration at Northwell Health in Lake Success, New York.

Physical activity helps improve health

“There’s a lot of data—specifically from a cardiac and lung standpoint—that patients who have stents put in or cardiac surgery, such as bypass surgery,” said Dr. Dwivedi, “who are referred to cardiac rehabilitation, which is basically a supervised exercise program, do a lot better than patients who don’t go to cardiac rehab.”

Exercise is a huge stress reliever

“One of my patients once told me that, for him, exercise is not a vanity project—it’s a sanity project,” said Dr. Dwivedi. “I couldn’t agree more because exercise is a huge stress reliever.” Stress is associated with many conditions such as heart disease, high blood pressure and neurological diseases,” she said. “When we exercise our body releases helpful hormones such as endorphins and it lowers our stress hormone cortisol. All of this combined helps with our mental health,” Dr.

Dwivedi added, noting “there are studies that have shown that there’s an improvement in the onset of dementia and it helps to, overall, keep you mentally sharper.”

Get 150 minutes of moderate activity a week

“So, what does that mean? It means if you’re doing some type of brisk walking, that would qualify,” said Dr. Solomon. “Generally, the goal is to reach at least 75 minutes a week of vigorous activity, which would be running or cycling,” he added. Then, “in terms of strength training, the goal is to reach at least two days a week. These are not blocked time, we like to break [it] into sessions,” Dr. Solomon said. “So, if you can do five 30-minute sessions a week of brisk walking... you’re definitely meeting those thresholds.”

Activity recommendations are suggestions

While there are physical activity recommendations, “those numbers are not going to be practical for everybody, especially for older people who may have some mobility limitations, some limitations due to other underlying diseases like arthritis or chronic things that limit people’s mobility,” said Dr. Solomon. “So those numbers are frameworks, not absolutes. Moving 10 to 20 minutes a week is still better than zero.”

Tailor physical activity to health status

“The bottom line is that you have to tailor physical activity to your health status and also your mobility status,” said Dr. Dwivedi, “because the number of steps that might be good for a 50-year-old is different from a 70-year-old, which is different from a 20-year-old.” That is why “it’s always good to ask your doctor about what exercises are safe based on your medical history,” she said. Beyond that, “I always tell my patients, start low and go slow. So, if you’re someone who doesn’t exercise at all, you might want to start with doing three to 4,000 steps and then build up on it over a month or so.”

Seniors should incorporate balance workouts

“Stretching, yoga and balance are important for everybody, but that’s so important for older people,” said Dr. Solomon. “The risk of falls increases exponentially with every decade of life, especially when we reach that seventh, eighth, ninth decade of life. There are studies that

[show] if an older adult takes part in Tai chi on a regular basis, it reduces the risk of falls. “So, maintaining that core strength with attention on balance is super important for older adults,” Dr. Solomon added.

Include strength workouts

Beyond aerobic exercises, it is important to also incorporate weightlifting and other strength workouts for seniors, said Dr. Dwivedi, “because strength training helps to support maintaining your muscle mass. It can help to maintain bone density, and it can even aid in daily function for older adults,” she said. Expanding on that, Dr. Solomon noted that “when we reach our sixth, seventh decade of life, it’s really difficult to build muscle and really easy to lose muscle. “So, we really emphasize having some type of strength training, even if it’s very lightweight,” he added. “Especially for older adults at risk of things like bone disease and osteoporosis, that strength training is a really important piece,” said Dr. Solomon.

Try low-impact exercises for older adults

When moving from a more sedentary lifestyle to being active, low impact exercises for older adults can be beneficial. “For example, if you’re someone who wants to eventually go running, start with a few walking sessions, a few incline walking sessions, and then maybe do a walk, run, walk, run,” said Dr. Dwivedi. “You walk for a bit, run for a bit until you build up to running more.” “That’s true for any other exercise too. You want to get into strength training? Body weights are enough,” she said. “So, if you want to do squats with your body or if you want to start with a two-pound dumbbell, that’s totally fine because all of that has additive benefit and then you slowly gradually graduate to higher weights.”

Chair workouts for seniors can help

With mobility concerns, chair workouts for seniors can help with strength and flexibility. For example, there are knee extensions where you sit in the chair and extend one leg straight out in front of you. There are also arm, core

Continued on the next page

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

Continued from the previous page

and balance exercises for chair workouts for seniors. Make sure to warm up and cool down properly.

Stretching exercises are also key

As older adults, it is also important to include stretching in your exercise plan “to help with flexibility, range of motion and balance,” said Dr. Solomon. Flexibility gained from stretching can protect you from injury. Before stretching, warm up with five to 10 minutes of light activities. Then, keep stretches gentle and slow without bouncing. Make sure to breathe through your stretches. If you ever feel pain, stop and back out of the stretch. Some stretching exercises include calf stretch, hamstring stretch, quadriceps stretch and hip flexor stretch.

Listen to your body

Beyond what physical activity or exercise to choose, it is all about listening “to your body,” said Dr. Dwivedi. “Your body is very intelligent. If doing something doesn’t feel right, your body is going to give you signs “Don’t push through it. Just listen to your body,” she added. “If something doesn’t feel right when you’re exercising—whether it’s your heart or your joints—get it checked out so that you can continue safely.”

Talk to your doctor before beginning physical activity

“Speaking to your doctor about exercise is important,” Dr. Dwivedi said, noting “your doctor might want to do some basic testing before they recommend physical activity. If you have certain conditions such, it’s important to get yourself checked out before you start an exercise program,” she said. “Sometimes your doctor might want to do a stress test in the office to see how your blood pressure and heart rate respond with exercise. That’s a good place to start.”

“And then, sometimes for some people—especially if you have joint issues—it’s not a bad idea to go see a physical therapist, to get some sort of basic exercises to learn that work with your body and then build upon it,” Dr. Dwivedi said.

Check out our calendar of events for an activity that is right for you

CREATIVE WRITING

A new Creative Writing class began November 18, 2025. Every Tuesday through December 30th, 10-11:30, Downstairs Conference Room.

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.

The year is almost over...THANK YOU for your continued business!



Dr. Mark Fay, M.D.

Ophthalmologist



Dr. Jonathan Fay, M.D. Dr. Scott Stevens, M.D.

Ophthalmologist



Ophthalmologist

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

*Warm
wishes
for
Happy
Holidays
from the
doctors
and staff at
Klamath
Eye
Center*



KLAMATH EYE CENTER



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

For Fitness & Fun

Mondays 7 PM

Nightclub 2-Step (PEDX 707 03)
Starts 1/5/26

American Country 2-Step (PEDX 707N 03)
Starts 2/9/26

WINTER 2026

BALLROOM DANCE CLASSES FOR COMMUNITY & COLLEGE CREDIT

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

Wednesdays 7 PM

Waltz (PEDX 707 01)
Starts 1/7/26

Argentine Tango (PEDX 707N 02)
Starts 2/11/26

Learn more: classes.klamathcc.edu
TO REGISTER CONTACT CE@KLAMATHCC.EDU OR **541-880-2243**

Offering hospice care for the Klamath Falls area:

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In Assisted Living
In a Long Term Care Facility

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Merry Money DRAWINGS

Fridays & Saturdays
December 5-27 • 5pm-9pm

WIN UP TO \$500 CASH!

May only win once per day.

NEW YEAR'S EVE MEGA CASH HOT SEATS

Wednesday, December 31
8pm-12:15am

Win up to \$2,026 CASH!

OVER \$10,000 in CASH given away.

May only win once per day.

SENIOR DAY MONDAYS
8AM - MIDNIGHT

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

HOT SEATS
NOON - 3PM

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

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

Toy Drive Treasures KIOSK

Tuesdays & Wednesdays
December 2-17 • 10am-8pm

Guest will receive \$15 Free Play!
Bring in an unwrapped toy with receipt valued at \$15 or higher.

MARINE
TOYS FOR TOTS
FOUNDATION

May only redeem once per day.

STOCKING STUFFER SECRETS TIERED BONUS KIOSK

Thursdays, December 4-18
10am-8pm

Earn 75 points and go to the kiosk to swipe your card to receive your prize..

May only redeem once per day.

NORTH POLE HOT SEATS

Sundays, December 7-28
1pm-6pm

Win up to \$400 CASH!

Drawings every half hour.

May only win once per day.

Santa's Lucky Seats HOT SEATS

Wednesday, December 24
3pm-7pm

Win up to \$500 CASH
+ Ninja 12-in-1 Smart Double Oven!

May only win once per day. While supplies last.

SANTA'S WORKSHOP KIOSK

Thursday, December 25
Noon-8pm

Earn various prizes!

Guests may redeem up to four times per day (each redemption is 50 points). While supplies last.

COZY COUNTDOWN KIOSK

Wednesday, December 31
Noon-7pm

Earn a 11' x 9' Mega Family Blanket!

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



Here's to staying healthy.

Visiting in-laws and holiday festivities are no time to be laid-up, so for life's unplanned moments there's SkyCare Immediate Care. Backed by Sky Lakes, we're open 8 to 8, 7 days a week to help you get back on your feet.

skylakes.org/skycare



SKYCARE
Immediate Care

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.



Why Try Nordic Walking?

By Sean Kelley, Arthritis Foundation (arthritis.org)

Trekking poles, traditionally used in Nordic walking, are almost everywhere walkers walk today – and with good reason: Using them burns more calories and has other benefits that regular walking doesn't offer. And here's the good news for people with arthritis: The poles used in Nordic walking help with balance and stability and can make walking easier while still providing a great workout.

Benefits of Nordic Walking

"For people with joint injuries in their lower bodies or lower back, trekking poles can help absorb some of the landing impact with each step, particularly when going downhill," says Martica Heaner, PhD, an exercise physiologist, nutritionist and certified Nordic walking instructor in New York City. The poles help keep the body upright and symmetrical, improving balance, Heaner says.

Research by The Cooper Institute in Dallas shows that Nordic walking burns about 20% more calories and uses more oxygen than just walking – without making you feel you're working harder. And a study of fibromyalgia patients found that Nordic walking helped improve physical function more than a lower-intensity walking program.

Choosing & Using Trekking Poles

The cost of entry-level walking poles starts around \$50. They are sized to fit your stride and height – your elbows should generally be at about 90 degrees when you hold the pole tips by your toes, although that may vary for comfort. Adjustable poles for different terrains and comfort are available. "Good poles should have comfy and easy-to-fit hand straps, and they should have a metal spike on the bottom – to be used in dirt or snow if needed – that can be covered with a rubber 'paw' to be used on asphalt," Heaner says. Hand straps may help people with arthritis in their hands, she says, "but there is still some gripping that must be done."

You can use different types of walking movements, such as speeding up into a gliding motion or even into a walking run. And the poles can help you up and down hills with more support and control, Heaner says, and give you a more "interesting and challenging" workout.

DECEMBER AT THE RAGLAND THEATER

The weather outside might be frightful, but the shows inside the Ragland are so delightful.

*Join us this December for a month full of holiday shows and events. For the first time ever, The Ragland is hosting a **Christmas Bazaar!** It takes place on December 6th starting at 9:00AM. On December 7th, the **Klamath Chorale** will delight audiences with their holiday concert at 2:00PM. Then, on December 10th, our very own **RagTag Children's Choir** takes the stage and brings the holiday magic at 6:00PM, and finally, on December 16th, "**Behold the Lamb of God**", a Nashville-style Christmas concert, will make spirits bright starting at 7:00PM.*

Tickets for all of these shows and many more are available on The Ross Ragland Theater's website or at the box office.

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

Keeping you safe, warm, and well this season

Dear Friends,

As winter settles into Klamath and Lake Counties, I want to share a few reminders to help keep you safe, warm, and well this season. Your wellbeing is at the heart of our work at KLCCOA, and small steps can make a big difference during colder months.

Beware of Holiday Scams:

Scammers often take advantage of the busy holiday season. Be cautious of unexpected calls, texts, or emails that create urgency or ask for money, personal information, or gift cards. Common scams include "grandchild in trouble" calls, fake charity requests, and suspicious package-delivery messages. When in doubt, pause and verify before responding.

Safe Winter Driving:

Icy roads and reduced visibility can make driving more challenging. Before heading out, check your tires, wipers, and battery, keep your gas tank at least half full, and carry a small emergency kit with a blanket, water, and a flashlight. Avoid driving in severe weather whenever possible.

Cold Weather Safety:

Dress in warm layers, use non-slip shoes outdoors, and keep walkways clear of ice. Indoors, maintain a safe temperature and check your carbon monoxide detectors. If you must go outside during very cold weather, keep trips brief and watch for signs of hypothermia.

As always, please look out for neighbors who may need a little extra support this winter. And remember, we are here for you. If you ever need assistance or resource information, please reach out.

Warmly,
Melodi McGee
Executive Director, KLCCOA



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



Enjoy the *Holidays* with us at Klamath Falls Senior Living!

Vibrant Independent & Assisted Living
From cozy apartment homes to inviting community spaces, Klamath Falls Senior Living has just what you need to live well every day.

Scan the QR Code to view our website!

Klamath Falls SENIOR LIVING





Cascade Health Alliance

Walking in a Winter Wonderland: Safety Tips for December

December has arrived! While we haven't yet seen the snow create a beautiful winter wonderland for us in the Basin, we should take a few extra precautions to stay active, happy, and safe.

First, dress for the conditions. The secret to staying warm without overheating is layering. Start with a moisture-wicking base layer to keep sweat off your skin, add a warm middle layer like wool or fleece, and finish with a windproof jacket. Don't forget a hat and scarf. We lose a lot of body heat through our heads and necks.

Second, mind your step. We get a lot of black ice on sidewalks and driveways. Ensure your winter boots have deep treads for traction, or use microspikes for solid traction on ice. If you use a cane, consider purchasing an ice-grip tip attachment for better stability on slippery surfaces.

Finally, stay hydrated. The dry winter air draws moisture from the body, and we often don't feel as thirsty when it is cold. Keep drinking water throughout the day to keep your energy up and your skin healthy. Enjoy the holiday season and the crisp air, but let's make sure we stay safe and warm while doing it!

Stay safe, stay active, and happy holidays from Cascade Health Alliance.

DONOR REPORT

December: A Season of Light, Warmth, and Community

As December arrives and the holidays fill our community with light, we are reminded of the generosity that makes the Klamath Basin Senior Citizens' Center such a special place. Because of your support, seniors across the Basin receive hot meals, friendly visits from Meals on Wheels drivers, safe rides to appointments, and the joy of holiday gatherings. Your kindness ensures that no senior feels alone this season.

We are grateful for every donor, volunteer, and partner who continues to stand beside us. You help us provide warmth, nourishment, companionship, and hope throughout the year. Thank you for making this holiday season brighter for every senior we serve. November Contributors:

Kl County Assoc of Realtors
Jennifer Patterson
Refuge City Church
Cheryl Gibbs

Anonymous
First Presbyterian Church
Burl Parrish
George Hanson

Financial Summary:

November contributions totaled \$12,295.40, including \$7,411.40 in donations from the organizations and individuals listed above. Unspecified January donations included: \$4,884 for Meals, \$508 for Transportation, and \$658 for Exercise Classes.

We encourage you to consider becoming a recurring giver. Ongoing gifts provide stability and show your trust in the Center and its mission. You can donate by mail, in person, by phone, or online at klamathseniorcenter.com. A donation form can also be found on page 3 of this publication.

We gratefully accept contributions of time, donor-directed investments, retirement distributions, vehicles, real property, and monetary gifts. The IRS recognizes the Klamath Basin Senior Citizens' Center as a 501(c)(3) nonprofit. Federal Tax ID: 46-0716639

Elf-Esteem Workshop

FREE

Grief and Coping Skills Workshop for Ages 5 - 17

December 19, 2025
5:30 p.m. - 7:30 p.m.

Register online: www.klamathhospice.org/elfesteem

Space is limited. Interested in joining? Contact Emily at 541-882-2902

Ask about our grief camps...

CAMP EVERGREEN & PALLIATIVE CARE
EST. 2000

CAMP SAPLING & PALLIATIVE CARE
EST. 2022

LINKVILLE

ROOFING & SIDING

- 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.
- SCHEDULE A PROFESSIONAL ROOF INSPECTION. A ROOFER CAN SPOT HIDDEN ISSUES BEFORE HEAVY SNOW MAKES REPAIRS HARDER.

CALL TODAY TO GET ON OUR FALL ROOF MAINTENANCE PROGRAM!

541-882-2766
WWW.LINKVILLEROOFINFANDSIDING.COM
1916 VINE ST. Klamath Falls

SHIP TALK

(Senior Health Insurance Program)

SIGNING UP - DEADLINES

Now that Open enrollment (Annual enrollment) is ending, let's review the other major schedules and deadlines, which are on-going every year.

If you are already taking Medicare, you have the red, white and blue book put out by Medicare entitled "Medicare and You 2026" I refer you to Section 1, pp. 15 to 24, which details the myriad ways of signing up. This information is briefly (and partially) summarized below. Remember, Open Enrollment was just for changing drug plans or switching between Original Medicare and an Advantage plan.

Initial enrollment: Seven month period beginning three months prior to your birthday month, your actual birthday month, and three months after your birthday month.

General enrollment: January, February, and March - If you miss the seven months above. Coverage will begin the month after you sign up. You may be penalized for late enrollment. You are now free to get drug coverage.

Special enrollment periods - (SEP) available when you lose other coverage you may have had. If you lose your Employer Group Health Plan (EGHP), you do have up to 8 months after active work ends to sign up for Medicare. (You also can sign up for Medicare while still participating in your EGHP and your EGHP will probably become your secondary insurance.) That depends on your employer's policies, so you need to coordinate this with your employer. However - here's where it gets confusing - you only have 60 days after EGHP ends to sign up for Part D drug insurance. So in effect, you should get all of it taken care of within the 60 day time period. During this 60 day period you can choose either regular Medicare or an Advantage plan. Other special enrollment periods (SEP) exist for (1) emergency or natural disasters, (2) release from incarceration, (3) loss of Medicaid, (4) employer error. Most SEP's must take place within 60 days and coverage will begin the month after you sign up.

Finally, and this is very important, if you're in regular Medicare and want to purchase a Medicare supplemental plan, (also called Medigap) you have six months after enrollment of "guaranteed issue" (GI) Guaranteed issue means that the supplemental insurance plan MUST sell you a policy during this initial six month period of signing up for Medicare.. After that they are free to turn you down because of pre-existing condition(s). This means, in effect, you may never be able to get a supplemental plan. BUT, If you chose an advantage plan when first enrolling, you have a 12 month free trial period to switch to original Medicare and still have guaranteed issue for a supplemental plan.

Last but not least, If you already have a supplemental plan and you're dissatisfied, you can SWITCH to another supplemental plan, guaranteed issue (GI during the 30 days before and following your birthday date. This is the birthday rule, recently expanded to include 30 days before and after birthday date.

Don't forget – trained and certified SHIBA counselors are available at the Klamath Basin Senior Citizens Center to help guide you through this maze. Just call 541-883-7171 and make an appointment.

*Submitted by Anne Hartnett
SHIBA Counselor*



Volunteer of the Month

Kathy Morris

Position / Duties at the Center: Kathy Morris is one of our board members for the senior center and also the manager of the gift shop. Just a few of her duties are going to monthly board meetings and voting on items that need the board's approval. Kathy also supports all the volunteers at the center. Duties in the gift shop include approving consignments that people in the community want to sell in the gift shop. She also approves volunteers for the lunch desk and gift shop. Kathy makes sure that profits are tracked and that the clients with consignments are paid on a monthly basis.

How long have you been a volunteer at the Senior Center? I have been volunteer at the center for 10 years, since 2015. It's a pleasant atmosphere that makes you just want to keep coming back.

Why do you volunteer? I love what I do and the senior center is a great place to be. I enjoy knowing I'm a part of the center to make sure we are doing a great job and keeping the center going. I also enjoy all the employees at the center and the great number of volunteers we have.

What's your favorite thing about volunteering? My favorite thing is knowing that if all I have done has made just one person smile for the day that makes my heart happy and content. Also knowing that people in the community bring items in to sell and make a little money is very heart warming.

Where are you originally from? I'm originally from Burlington Alabama. I moved to Klamath Falls in 1973 when I came to visit family. I met my husband and here we have stayed ever since. It's a great place to live.

What do you enjoy doing outside of volunteering? I really like to sew, crochet, bake and read. My most favorite is going shopping with my daughter. Sometimes we do more shopping than we should be doing, but it is so fun.

Are you retired or working? Yes I'm retired for the second time. The last time I retired I was an insurance agent and now I'm a full time volunteer at the senior center, which I really love to do.

News from the Gift Shop

MERRY CHRISTMAS! It's the most wonderful time of the year! The Gift Shop is thriving.

First of all we would like to thank all of those who have generously donated to the Gift Shop this past year. Without you, we wouldn't be here. Thanks to all of our shoppers who have come to us for your crafting needs and purchases of the items we have on consignment made by some very talented crafters. Come in and see some of the items we have for sale. Things you won't find anywhere else.

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



I want to especially thank Geraldine, Ruth, Lori, Debbie & Doreen who work tirelessly in the shop to keep everything neat & tidy. They are always busy keeping our shelves stocked with yarn, fabric & craft items for our shoppers. We also enjoy all of our visitors who come in for a visit & tell us or show us the projects they are working on or to get advice on something they are having a problem with.

We hope everyone has a very MERRY CHRISTMAS & a fabulous NEW YEAR! Hope to see you soon! –Kathy Morris

Tours daily
even walk-ins welcome!



Pelican Pointe
ASSISTED LIVING

Amber has been at Pelican Pointe for almost 14 years, making it feel like a second home. She is our official tour guide. She also enjoys that her mom now lives here. "I moved her here after some serious life changes. She was feeling lonely and down, and now she has a lot of friends and is thriving!"

Cameron, Dani, Amber, Bryson, and Tj.

Assisted Living includes 24 hour care, housekeeping, laundry, meals, a bus for shopping, banking and doctor's visits, a hairdresser every Wednesday, and lots of social activities including a Christmas Bazaar Dec. 6th, 10-3...open to the public!

PELICAN POINTE PRIDES ITSELF ON ITS ONE BIG HAPPY FAMILY FEELING...NO NEED TO BE LONELY HERE!!!!

Whether your primary reason for living here is to have assistance with your health and wellness needs, needing socialization, or just being ready for the future, feeling connected to a community that cares for one another is equally important. We are all about smiles and joy at Pelican Pointe. We invite you to come see for yourself!

Amber Anderson
Community
Relations Director.



615 Washburn Way, Klamath Falls, OR 97603

541-882-8900,
Amber's cell: 541-205-2018

Driving and Dementia

Lori Stanton, Program Director, Alzheimer's Association Oregon and SW Washington Chapter

Driving is a right of passage, a symbol of freedom and independence. When a person is diagnosed with dementia, it is one of the many losses they face.

Determining when someone can no longer safely drive requires careful observation by family and caregivers. **The following list provides warning signs that it's time to stop driving:**

- Forgetting how to locate familiar places.
- Failing to observe traffic signs.
- Making slow or poor decisions in traffic.
- Driving at an inappropriate speed.
- Becoming angry or confused while driving.
- Hitting curbs.
- Using poor lane control.
- Making errors at intersections.
- Confusing the brake and gas pedals.
- Returning from a routine drive later than usual.
- Forgetting the destination you are driving to during the trip.

Plan to discuss how retirement from driving will be handled before it becomes an issue. Be sympathetic as you address the topic because retiring from driving and the perceived loss of independence is difficult for many. It is important to acknowledge a person's feelings and preserve his or her independence, while ensuring the person's safety and the safety of others.

Starting the conversation

- Initiate a dialogue to express your concerns. Stress the positive and offer alternatives.
- Address resistance while reaffirming your unconditional love and support.
- Appeal to the person's sense of responsibility.
- Ask your physician to advise the person not to drive. Involving your physician in a family conference on driving may be more effective than trying to persuade the person not to drive by yourself. Ask the physician to write a letter or prescription stating that the person with Alzheimer's must not drive. You can then use the document to remind your family member what's been decided.
- Consider an evaluation by an objective third party.

Understand that this may be the first of many conversations about driving.

When the conversation does not go well

Some people give up driving easily, but for others this transition can be very difficult. Be prepared for the person to become angry with you, due to the memory and insight issues that are part of Alzheimer's.

- Be patient and firm. Demonstrate understanding and empathy.
- Acknowledge the pain of this change and appeal to the person's desire to act responsibly.
- Ask a respected family authority figure or your attorney to reinforce the message about not driving.
- If the conversation does not go well, do not blame yourself. The disease can impair insight and judgment, making it difficult for people to understand that their driving is no longer safe. Also the disease can cause mood and personality changes that make reactions more pronounced.
- As a last resort, take away the car keys, disable the car or consider selling the car. When you do any of these things, be sure to provide safe, reliable alternative transportation.



Community Service Opportunity!

Answer the Needs of Isolated Seniors & People with Disabilities

Friendly visits, light household help, read, rake leaves, shovel snow and more Give Machel Ramirez volunteer coordinator a call at the Senior center to volunteer for the Village and make a Senior smile. 541-883-7171 ext 128 or email at volunteer.coordinator@kbsscc.org

Winter Wonderland

By Jennifer Smith, Klamath Hospice & Palliative Care Community Liaison

As the winter season settles in and our community begins to sparkle with holiday lights, we at Klamath Hospice and Palliative Care are excited to celebrate the simple joys that bring us together. This time of year, reminds us of the power of connection, compassion, and shared moments – especially for our seniors and their families, who are at the heart of our community.

This month's publication theme, Winter Wonderland, reflects on the magic that happens when we gather in warmth and togetherness, even in the coldest months. We are thrilled to invite you to two special events that capture that spirit beautifully.

4th Annual Christmas Tree Lighting

Join us as we kick off the holiday season with one of our most cherished traditions. Our Christmas Tree Lighting brings joy, comfort, and a sense of unity to all who attend. Surrounded by twinkling lights, cheerful music, and friendly faces, it's a moment to pause, reflect, and celebrate the beauty of the season. We look forward to sharing this heartwarming evening with you again this year.

Elf Extravaganza – A Magical Kids Event

The holidays wouldn't be complete without a little extra magic for the young – and young at heart! Our Elf Extravaganza is a fun-filled FREE event where children can enjoy crafts, treats, activities, and festive surprises. This joyful gathering brings families together and gives the little ones a chance to experience the magic of the holiday season.

Our mission at Klamath Hospice and Palliative Care is rooted in compassion and connection this holiday season. These events remind us how meaningful it is to share joy, build traditions, and create memories that last far beyond the winter months.

We hope you'll join us as we celebrate this WINTER WONDERLAND together.

KLAMATH SENIOR CENTER December 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
- Debbie covering December 2nd & 16th**
 - *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 **until December 16th** with Karen Doyle Watkins 2:30 pm
 - SHIBA (MEDICARE Counseling) by appointment, call 541-883-7171

WEDNESDAYS **No in-house activities on Dec 31st for New Year's Eve Bingo!

- SAIL with Sherry Hooke 9:00 am ****No SAIL on Wednesday, December 24th.**
- (+) Body Recall with Jack & Mary Noller by video 10:30 – 11:30 am
- Senior Dancing, all are welcome! 1 pm – 3 pm

THURSDAYS **Center closed on December 25th and January 1st

- Walk Your Way to Wellness with Debbie Manzinali 9 - 10 am
- (+) Craft Connection Corner 9 am to 11 am
- Stott Pilates **until December 18th** 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 **No exercise on Dec 19th for "Christmas at the Center." Center closed Dec 26th

- 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 **on December 5th and 12th**
- (+) 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
- ** These support groups offered at the Senior Center provided by KBBH. (+) These 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 DPRredding, 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 DPRredding, 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: DPRredding 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 DPRredding Inc., "we believe that everyone has a right to be treated with respect, dignity, and have access to everything in the community."

Paper Bingo 2nd Thursday: Next December 11th!

SAVE THE DATE: Klamath Basin Senior Center Christmas Bazaar December 6th, Christmas at the Center December 19th, Santa's Artic Workshop Dec 13th, Family Fun Day Dec 20th

Aging Journey is moving to the Klamath County Library

Come join us on December 19th for a Christmas Dinner for lunch

December 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
1	2	3	4	5
BRUNCH FOR LUNCH	PARTY CHICKEN	MEATLOAF MASHED POTATO GRAVY	BAKED CHICKEN ROASTED POTATO VEG	FISH AND CHIPS
8	9	10	11	12
BAKED POTATO BAR	TACO TUESDAY	TURKEY CASSEROLE	MEATBALL SUBS	FISH AND CHIPS
15	16	17	18	19
SPAGHETTI AND MEATSAUCE	CLAM CHOWDER	CHICKEN FRIED STEAK MASHED POTATO GRAVY	CHICKEN STRIPS FRIES BRISTOL HOSPICE BIRTHDAY CELEBRATION	CHRISTMAS DINNER
22	23	24	25	26
EGGROLL IN A BOWL	MEXICAN CASSEROLE	CHICKEN ALFREDO	CHRISTMAS DAY CLOSED	CLOSED
29	30	31	1-Jan	2-Jan
CHEESY CHICKEN BROCCOLI CASSEROLE	HAM AND CHEESE MONTE CRISTO	NEW YEARS EVE! NO CONGREGATE COOKS CHOICE	HAPPY NEW YEARS CLOSED	CLOSED
Jan 5	Jan 6	Jan 7	 MEALS ON WHEELS AMERICA 2023 MEMBER	
POLISH DOG SAURKRAUT	BROCCOLI CHEESE SOUP	LASAGNA BREADSTICK		



Muffin Monday Veteran's Group

Coffee - Muffins - Conversation

Mondays 10:30 a.m. - 11:30 a.m.

Klamath Basin Senior Center - 2045 Arthur Street

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 Shallowock 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

12/8/25: Speaker Pending

12/15/25: Dave Loew - One Man Band - From Klamath Hospice and Palliative Care

12/22/25: Dan Hill - Oldies but Goodies- One Man Band

12/29/25: No Muffin Monday - Happy New Year!



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



We Honor Veterans

541-882-2902 • www.klamathhospice.org



4th Annual Christmas Tree lighting

December 5 at 6 p.m.
2751 Washburn Way

Sponsored by:
DUTCH BROS
Modoc Contracting

Come celebrate the holidays with:
Santa
Henley Choir
Cocoa
Questions? 541-882-2902

KLAMATH HOSPICE & PALLIATIVE CARE



Elf Extravaganza

DECEMBER 6, 2025

10:00 A.M. – 2:00 P.M.

JOIN US FOR FREE FAMILY FRIENDLY FUN.

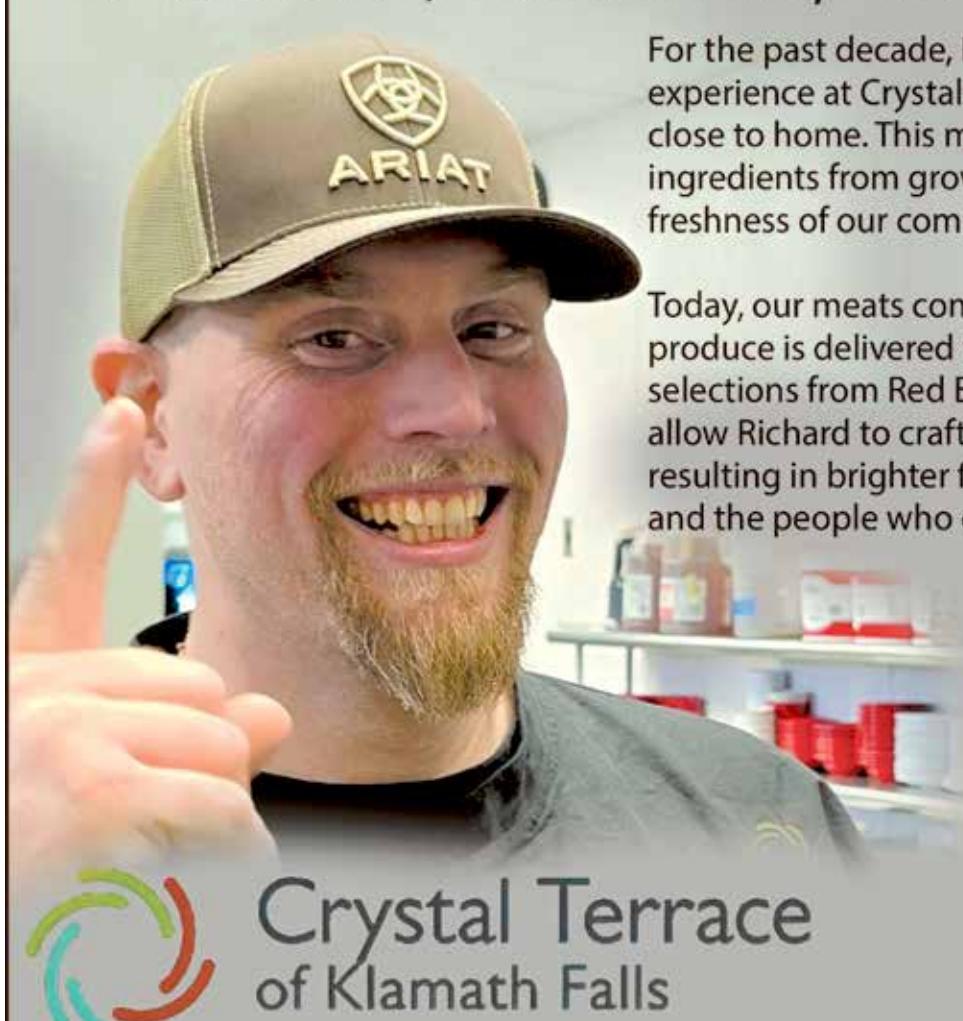
2751 WASHBURN WAY KLAMATH FALLS

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

COME VISIT SANTA!

Snowflake Festival KLAMATH FALLS, OR

Meet our Executive Chef, Richard Brown.....he takes pride in serving food that nourishes both body and community.



For the past decade, Executive Chef Richard Brown has shaped the dining experience at Crystal Terrace with one simple belief: great food starts close to home. This milestone year marks his renewed focus on sourcing ingredients from growers and producers within our region—bringing the freshness of our community straight into our kitchen.

Today, our meats come from Howard's Meat Center, and much of our produce is delivered through Caruso Brothers, including seasonal selections from Red Bluff and farms across the Basin. These partnerships allow Richard to craft meals with ingredients that haven't traveled far, resulting in brighter flavors and a more personal connection to the land and the people who cultivate it.

Residents know Richard not just as the chef behind the meals, but as a familiar and caring presence—someone who takes pride in serving food that nourishes both body and community. His ten-year commitment to Crystal Terrace is reflected in every dish, and his dedication to local sourcing continues to elevate the standard of dining our residents enjoy every day.

Call for a tour today!
Ask for Chance!