

January 2026

ActiveSeniors

Polar Bear Photo - By Emily Edwards



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

HAPPY NEW YEAR

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

General Information - Front Desk

541-883-7171

Donations - Shawn Pierce

541-883-7171 ext 136

Transportation - Cindy Dupart

541-850-7315

Volunteer Coordinator - Machel Ramirez

541-883-7171 ext 128

Health Promotions - Anne Davenport

541-883-7171 ext 122

Executive Director - Theresa Edwards

541-883-7171 ext 117



Rolland Bailey



Maurine Keena-Loprete



Judy Young



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

Produced in conjunction with the Herald and News.

January 2026 Director's Greeting

As winter settles over the Basin with its crisp air and chilly mornings, I'm reminded how each New Year arrives like a fresh blanket of snow—clean, quiet, and full of possibility. January gives us a chance to pause, take a deep breath, and ask ourselves: What do we want this year to feel like?

January is also Mental Wellness Month, and that feels especially important. The colder, darker days can sometimes make us feel a bit lonely or low, so this is our gentle reminder: you are not alone. Your emotional well-being matters just as much as your physical health. A warm meal, a friendly conversation, a shared laugh at the Center—these small moments can do big things for the heart and mind.

With snowy sidewalks and icy roads, please remember snow safety, too. Take your time, use handrails, wear sturdy shoes, and don't be afraid to ask for help. We'd much rather you call us for support than risk a fall. Your safety is one of our highest priorities.

A new year also means new goals and new beginnings. Maybe this is the year you try an exercise class, join a group, make a new friend, or learn something completely new—even if it scares you a little. Growth often lives just on the other side of our comfort zone. Let's set intentions together for healthy mindsets, stronger connections, and a year filled with purpose.

From all of us at the Klamath Basin Senior Center, thank you for being part of this community. Here's to 2026: a year of courage, kindness, and stepping into new things—one safe, steady step at a time.

Warmly,

Theresa Edwards

Executive Director
Klamath Basin Senior
Citizen's Center



Theresa Edwards, lower right, Santa, and employees at an event for the center.

Paper BINGO

2nd and 4th

Thursday January

8th and 22nd

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

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 Mental Health have to do with volunteering at your local senior center?

Volunteering at a local senior center is closely connected to mental health—for both the volunteers and the seniors. Here's how they reinforce each other:

Benefits for your mental health:

- Sense of purpose: Helping others gives meaning and structure, which can reduce feelings of emptiness or depression.
- Lower stress and anxiety: Acts of kindness are linked to reduced cortisol and improved mood.
- Social connection: Regular interaction combats loneliness and isolation, major risk factors for poor mental health.
- Improved self-esteem: Being needed and appreciated builds confidence and emotional resilience.
- Cognitive stimulation: Conversations, games, and activities keep your mind active and engaged.
- Benefits for seniors' mental health
- Reduced loneliness: Many seniors face social isolation, which is strongly linked to depression and cognitive decline.
- Emotional support: Consistent, friendly interaction improves mood and overall emotional well-being.
- Sense of belonging: Feeling valued and remembered can significantly improve a senior's outlook on life.
- Mental engagement: Shared activities help maintain memory, attention, and emotional regulation.

The impact of volunteering:

Volunteering creates mutual healing. Human connection is a powerful

WHAT'S NEW!

No Bingo Kitchen on Saturdays – Outside food is allowed.

Paper only bingo, 2nd and 4th Thursday on January 8th, and 22nd, 50 people minimum doors open at 4 starts at 6 at the Klamath Basin Senior Citizens' Center, 2045 Arthur St, Klamath Falls, OR 97603.

Klamath Basin Senior Citizens' Center is looking for Meals on Wheels drivers and runners. Just one day a month makes a big difference—help deliver meals and smiles to local seniors. Call Machel Ramirez at 541-883-7171 ext. 128 to get involved.

The Klamath Basin Senior Citizens' Center will be closed on January 19th, 2026 in observance of the holiday. We will reopen the following day with regular hours. Thank you for your understanding.

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

protective factor for mental health, and senior centers are spaces where empathy, patience, and understanding naturally grow. Over time, these relationships can foster community, reduce stigma around aging and mental health, and strengthen emotional well-being on both sides.

In short: volunteering isn't just service—it's preventive mental health care, for you and for the people you serve.

If you would like to volunteer at your local senior center.

Please give Machel Ramirez volunteer coordinator a call at 541-883-7171 ext. 128 or send an email to volunteer.coordinator@kbsscc.org

VOLUNTEER HELP WANTED

Klamath Basin Senior Citizens' Center

Meals on Wheels DRIVERS: 8:30 am-11:30 am, weekdays. Current Driver's license ANAuto 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



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

Welcoming a New Year of Wellness and Safety

As we begin a new year and winter settles across our region, January invites us to reflect, reset, and prepare for the season ahead. At the Klamath & Lake Counties Council on Aging (KLCCOA), we are committed to supporting older adults in navigating winter safely while embracing opportunities for health and personal growth.

January is Mental Wellness Month, a reminder that caring for our minds is just as important as caring for our bodies. Shorter days and colder weather can impact mood and energy, so staying connected, engaging in hobbies, and speaking with a healthcare provider when needed are helpful ways to support emotional well-being.

This is also a great time for goal setting. Even small, achievable goals; moving a little more each day, trying a new activity, or practicing simple self-care can make a meaningful difference in maintaining independence and quality of life.

With winter weather upon us, snow safety is essential. Wearing sturdy footwear, keeping walkways clear, and allowing extra travel time can greatly reduce the risk of falls and injuries. If you need assistance with transportation or home safety resources, KLCCOA is here to help connect you with support.

As I continue my tenure as Executive Director, I remain grateful for the opportunity to serve the aging community of Klamath and Lake Counties. I look forward to meeting more of you and ensuring KLCCOA remains a trusted partner in your health and well-being throughout every season.

*Warmest Regards,
Melodi McGee, Executive Director, KLCCOA*



Lake County Senior Center January 2026 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.**

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

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

Expressions of Heart and Mind



Klamath Basin scenic by Ron Loveness

NEW YEAR GOALS

By Sharon Hudson

Happy new year I say with
A smile on my face.
Thinking positive thoughts
That are beginning to race.

There is so much to do,
And many people to see.
Time will go quickly, so
Focusing is the key.

It's time to set goals, and
Work on them as you will.
Do a good job, and
Forget the frill.

Our goals are set, leaving
Time for each one.
Spring cleaning is the first
Thing that needs to get done.

You have set new goals, and
Are eager to complete.
When those are done, life
Should be sweet.

Some are hard, but try, and
There's a better chance to win,
Stick with it, and plan well
And then begin.

In the spring there is gardening
And time to plant flowers.
All in good time, and enjoy
The spring showers.

Summer is the time to paint,
Inside and out.
It's going to be better, and
That's what it's all about.

Your goals are being met as
You can look back and see.
You did a good job, now
That's the way it will be.

Remember to spend time on
Yourself, and enjoy life as you go.
Take care of your needs, and
Inside you will grow!

Love one another, and do
Away with the hate.
Life will get better as you
Learn new ways to create!



Elephant by Emily Edwards

Missing Dad

At the end of the road
Near the end of my rope
Searching for answers
Clinging to hope
In front of the mirror
In back of my mind
I know life is ending
There's so little time
A season of sorrows
With no turning back

With fewer tomorrows
And no need to pack
Stay close to my bedside
Tell me you care
Touch my hand, whisper softly
Let me know you are there
My destiny certain
I'm ready to leave
Take care of your mother
Please children don't grieve.

*In memory of my Dad,
Elvin Hammett
1917-1999*

By Vandine Cullins

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

Please submit to

emily.edwards@kbssc.org



Rustic Apple-Cranberry Galette

Go easier on your joints with this easy-to-make, country-style galette that combines antioxidant rich apples and cranberries.

From the Arthritis Foundation. Find more on arthritis.org

About 55 minutes to cook. 271 calories per serving. Serves about 6 people

This country-style galette – really an open-faced apple-cranberry pie – takes about half the time and effort of a whole pie, with equally satisfying results. There's no fussy crimping or peeling involved, and the dough is made in a food processor, so it's easier on joints than a traditional pie. Try it with a dollop of Greek yogurt!

To make this recipe you will need a food processor, mixing bowl, rolling pin, parchment paper and a baking sheet.

Ingredients

For the dough:

$\frac{3}{4}$ cup all-purpose flour

$\frac{1}{2}$ cup whole-wheat pastry flour

Pinch of salt

1 stick ($\frac{1}{2}$ cup) cold unsalted butter, cut into 16 pieces

4 to 5 Tbsp. ice water

For the filling:

2 medium tart apples, cored and cut into $\frac{1}{2}$ -inch pieces

1 cup cranberries (frozen is OK)

$\frac{1}{3}$ cup sugar, plus 1 Tbsp. for sprinkling

1 Tbsp. all-purpose flour

$\frac{1}{2}$ tsp. ground cinnamon

Nutritional Information (per serving):

Calories: (271); Fat: (10.8g); Carbohydrates: (42g); Sodium: (35mg); Sugar: (18g); Fiber: (4g); Cholesterol: (20mg); Protein: (4g)

Directions

Step One

In the work bowl of a food processor fitted with the blade attachment, pulse the flours and salt a few times to blend.

Step Two

Break the butter up as you add it to the flour, then pulse about 20 times, until the butter is the size of small peas.

Step Three

Add the water through the top of the machine one tablespoon at a time, pulsing as you go, until the dough begins to pull away from the sides of the bowl. (The dough is wet enough when it clumps together when you press a bit of it together between your fingers.)

Step Four

Dump the dough onto a 1-foot square of parchment paper or waxed paper and pat the dough into a roughly 6-inch disc. Fold the paper over the dough and chill for about 45 minutes.

Step Five

Meanwhile, make the filling: Stir all the filling ingredients together (reserving 1 tablespoon sugar for sprinkling) until blended in a mixing bowl.

Step Six

Preheat the oven to 375 degrees. Line a baking sheet with parchment paper, and set aside. Fill a small bowl with a few tablespoons of water and set aside.

Step Seven

Remove the dough from its wrapping and roll into a roughly 13-inch round crust on a lightly floured surface with a floured rolling pin. (You may need to wait a few minutes until the dough is soft enough to roll. And don't worry – the beauty of a galette is that it doesn't matter if it's perfectly round.)

Step Eight

Transfer the dough to the prepared baking sheet, and dump the fruit into the center, patting it a little flatter but leaving a roughly 2-inch border around the edges.

Step Nine

Working in one direction, fold a 3-inch or 4-inch section of the dough up and over the fruit. Fold up the next section, so the two pieces of dough overlap a bit. Dip two fingers into the water, and dab them between the two layers of dough to help them stick together. (You can press them together gently with your fingers, if you'd like.) Repeat all the way around the galette.

Step Ten

Sprinkle the crust with the remaining tablespoon of sugar, and bake for 45 to 55 minutes, until the crust is nicely browned and the cranberries have started to burst.

Step Eleven

Cool the galette on the pan for at least 15 minutes. Transfer to a plate or cutting board to serve: First, slide the galette on the parchment paper to the plate, then pull the parchment paper out. Serve warm or at room temperature.

Chef's Notes:

- Cranberries' bioactive plant compounds and antioxidants such as polyphenols are concentrated in their skin. This makes fresh or frozen cranberries a better choice than cranberry juices, which have much lower amounts of these helpful anti-inflammatory substances.

- When combined, many nutrients have a synergistic effect, says Joan Salge Blake, a registered dietitian and assistant clinical professor of nutrition at Boston University. The key is to pair the right partners. Consuming apples and cranberries together make the antioxidants in both more active.

- The mixture of all-purpose and whole-wheat flours makes a great nutty-tasting crust, but you can use all regular flour, if you prefer.

*Disclaimer: All nutritional information provided is approximate and based on USDA measurements. Actual amounts may vary based on exact ingredients used, how they are prepared and serving size.

ADVERTISE EVERY MONTH AND GET THE BEST RATES AND COVERAGE FOR REACHING KLAMATH BASIN SENIORS!

Active Seniors

BROUGHT TO YOU THE FIRST WEDNESDAY OF EVERY MONTH BY THE HERALD AND NEWS AND THE KLAMATH BASIN SENIOR CITIZEN'S CENTER

2026 ACTIVE SENIORS ADVERTISING RATES

AD RATES 1x
 Full page: \$760
 Half Page \$460
 Quarter \$280
 Eighth \$172

AD RATES 3x
 Full page: \$440
 Half Page \$267
 Quarter \$165
 Eighth \$92

AD RATES 6x
 Full page: \$416
 Half Page \$253
 Quarter \$156
 Eighth \$88

AD RATES 12x
 Full page: \$371
 Half Page \$230
 Quarter \$142
 Eighth \$79

CONTACT MARY WILLIAMS HYDE, 541-883-7456, OR TERI MCKENZIE, 503-302-9901 TO PLACE AN AD!

Reminding everyone to take good care of your eyes in the new year!



Dr. Mark Fay, M.D.

Ophthalmologist



Dr. Jonathan Fay, M.D.

Ophthalmologist



Dr. Scott Stevens, M.D.

Ophthalmologist

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

*Best
Wishes
for a
Happy
New Year
from the
doctors
and staff at
Klamath
Eye
Center*



KLAMATH EYE CENTER

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

INFORMATION ON AVAILABLE SERVICES FOR OLDER ADULTS

Are you interested in or need...

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

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



ADRC
 Aging and Disability
 Resource Connection
 of OREGON
 NO WRONG DOOR
 1-855-673-2372



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

What does goal setting have to do with volunteering at your local senior center?

Goal setting plays a meaningful role in volunteering at a local senior center because it gives direction, motivation, and measurable impact to both the volunteer experience and the services provided. Here's how they connect:

For volunteers

- Clarifies purpose: Setting goals (e.g., "visit twice a week" or "help three seniors learn to use video calls") makes volunteering intentional rather than vague.
- Boosts motivation: Clear goals help volunteers stay committed and see progress, which increases satisfaction and follow-through.
- Builds skills: Volunteers can set personal goals like improving communication, patience, leadership, or empathy.
- Prevents burnout: Realistic goals help volunteers manage time and energy, keeping the experience positive and sustainable.

For seniors

- Encourages engagement: Activities tied to goals (social, physical, or cognitive) give seniors something to look forward to.
- Supports independence: Small goals—like completing a craft project or learning a new game—build confidence and autonomy.
- Improves mental health: Achieving goals fosters a sense of accomplishment and purpose, which is especially important for older adults.

For the senior center as a whole

- Improves program effectiveness: Goal-oriented volunteers can support specific needs (reducing isolation, increasing participation, enhancing wellness programs).

- Tracks impact: Goals make it easier to measure success and improve services.
- Strengthens relationships: Shared goals create collaboration between staff, volunteers, and seniors.

In short, goal setting turns volunteering into purposeful action—it helps volunteers grow, supports seniors' well-being, and ensures the senior center has a lasting, positive impact on your local community. Reach out to your senior center and get a volunteer application to start volunteering today.

Call volunteer coordinator Machel Ramirez 541-883-7171 Ext. 128.



Ella Redkey Pool



ATRIO HEALTH PLAN
ACCEPTED HERE

Senior Discounts 60 YR +	
Drop In	\$5.00
10-Punch	\$45.00
1-Month	\$40.00
3-Month	\$115.00
Annual	\$385.00

General Hours

Sundays	CLOSED
Mondays - Thursdays	6am - 11:55am 4pm - 6:55pm
Fridays	6am - 11:55am
Saturdays	8am - 11:55am

ELLA REDKEY POOL
1805 MAIN ST.
KLAMATH FALLS, OR 97601
541-273-1477

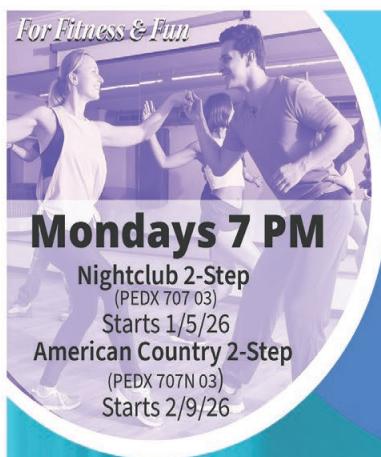
Offering hospice care for the
Klamath Falls area:

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



Bristol Hospice
(541) 882-1636

 Bristol Hospice
embracing a reverence for life



♦KCC | Workforce/Community Education

BALLROOM DANCE CLASSES FOR COMMUNITY & COLLEGE CREDIT

Winter 2026

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

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

Wednesdays 7 PM

Waltz (PEDX 707 01)
Starts 1/7/26
Argentine Tango (PEDX 707N 02)
Starts 2/11/26



Health Comes First

Have you gotten your flu shot yet?
There's still time to protect yourself!

Friday, January 9th from 11:00am -
1:00pm at the Klamath Basin Senior
Center

Free flu vaccines offered by Klamath
County Public Health.



KLA-MO-YA CASINO & HOTEL
888.552.6692 • klamoyacasino.com
SLOTS • FOOD • HOTEL • FUN



WINTER WINFALL DRAWINGS

Fridays, January 2-30 • 6pm-9pm

Win up to \$500 CASH!

Beginning Sunday, December 28 at 8am,
every 10 points earns one Friday night drawing entry.

Drawings every half hour.
May only win once per drawing night.

REEL RESOLUTIONS
7 7 7
SLOT TOURNAMENTS
SATURDAYS, JANUARY 3-31
10AM-8PM
FREE SLOT TOURNAMENT!
WIN UP TO \$500 FREE PLAY!

May only play once per day.

SNOWFALL PLINKO DROP HOT SEATS

**SUNDAYS, JANUARY 4-25
4PM-8PM**

WIN UP TO \$200 FREE PLAY!
Winners will play the Plinko Board
to determine prize.
Drawings every half hour.

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.

NO SENIOR DAY HOT SEATS ON MONDAY, JANUARY 19.
Must be 55+. May only redeem/win once per day.

BONUS POINT STORM
10AM - 8PM
WIN BONUS POINTS!
2X Points on Tuesdays, January 6-27
3X Points on Wednesdays, January 7-28
4X Points on Thursdays, January 8-29

MLK DAY PRIZE WHEEL
HOT SEATS
MONDAY, JANUARY 19 • 1PM-6PM

WIN UP TO \$200 CASH!
Winners will spin the Prize Wheel
to determine prize.
Drawings every half hour.

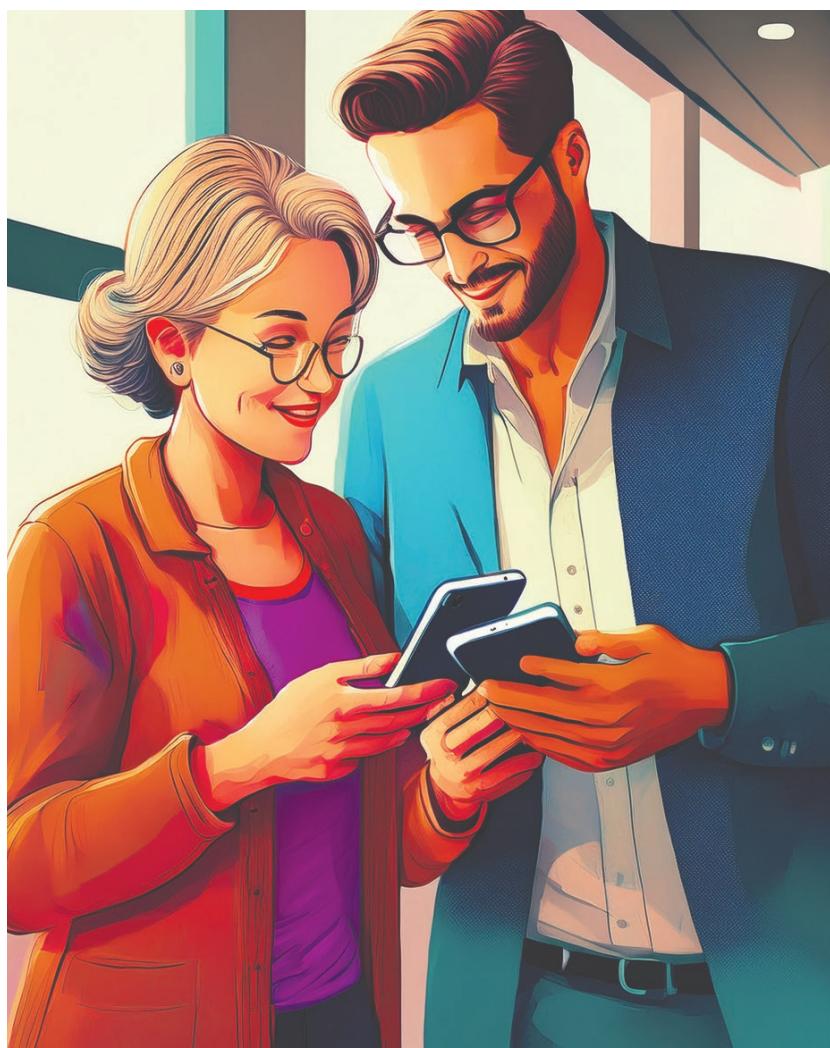
May only win once per day.

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



Volunteers Needed

Ring in the New Year 2026 by becoming a volunteer at the Klamath Basin Senior Citizens' Center

Looking for volunteers who could help patrons a few day and hours a week at the center set up emails and teach them how to use their iPhones. How to check their emails on their phones and adding and deleting apps on their phones.

The senior center needs volunteers to help with frozen meals 2 to 3 days a week from 9:30-12:30 Tuesday, Wednesday and Thursday.

Volunteer Drivers needed for Meals on Wheels 2 to 3 days a week from 8:30 to 11:30 and runners for drivers. Drivers are reimbursed for mileage.

To become a volunteer at the Senior Center give Machel Ramirez volunteer coordinator a call at 541-883-7171 Ext 128 or email her at. volunteer.coordinator@kbssc.org

2026

HAPPY NEW YEAR

As the year transitions, we want to take a moment to express our sincere gratitude for your continued support.

From all of your friends at **KLAMATH HOSPICE AND PALLIATIVE CARE**

Founding Member of Oregon Nonprofit Hospice Alliance

Treasures **Treasures^{too}**
A UNIQUE THRIFT STORE

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.

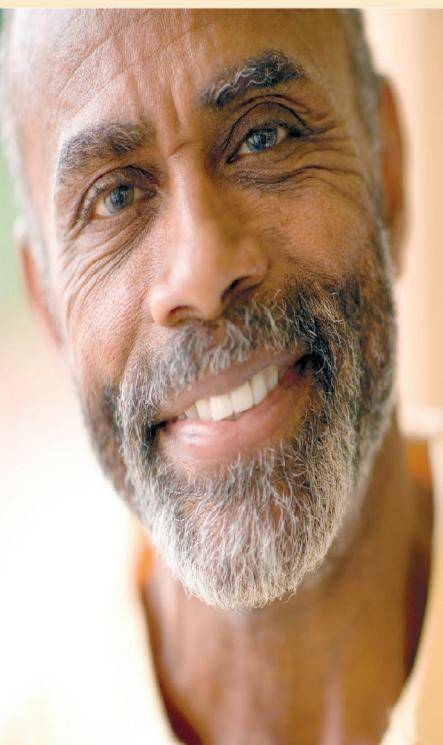
Sign Up Today! Call: 541-539-1208

www.cvnvolunteer.org



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.



Simple steps you can take this winter to reduce your risk of falling.

From the National Council on Aging, ncoa.com

KEY TAKEAWAYS

- Winter weather can put us all at higher risk for slips, trips, and falls.

- Slick surfaces created by rain, sleet, and snow can be especially hazardous to older adults.

While most of us can admire the beauty of a snow-blanketed landscape, we often feel less appreciation when that same winter weather brings extra falls hazards to our doorstep. Falls are the leading cause of injury for older adults, and slippery surfaces from winter weather pose a predictable risk. The good news: When we can predict, we can prepare. You may be wondering, How can I prevent myself from falling in winter? Following these five tips for winter preparedness can greatly reduce everyone's risk of falling this cold season:

Raise awareness: Many of us underestimate our risk of falling, but the truth is that more than one in four older Americans fall every year. Learning about risk factors and prevention efforts can help you reduce your chance of falling, and sharing that information can help others! Head to the ncoa.org for more information.

Ask for a falls risk screening: When you visit your primary care provider, ask your doctor to conduct a screening for falls risk, such as the STEADI fall risk screening (found online at www.cdc.gov/steadi/index.html). Use the results to discuss concerns and strategies to reduce your risk with

Continued on next page

JANUARY AT THE RAGLAND THEATER

This January The Ross Ragland Theater has three great opportunities that are perfect for all ages! Our Teen Theater program is performing **Charlotte's Web** on January 16th at 6:00PM and January 17th at 2:00PM, then on January 23rd the **Peking Acrobats** will take the stage at 7:00PM, and finally on January 18th KCEDA is hosting its 5th annual **Economic Summit: "Next-Level Growth: Navigating Change, Seizing Opportunity"** starting at 8:15AM.



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

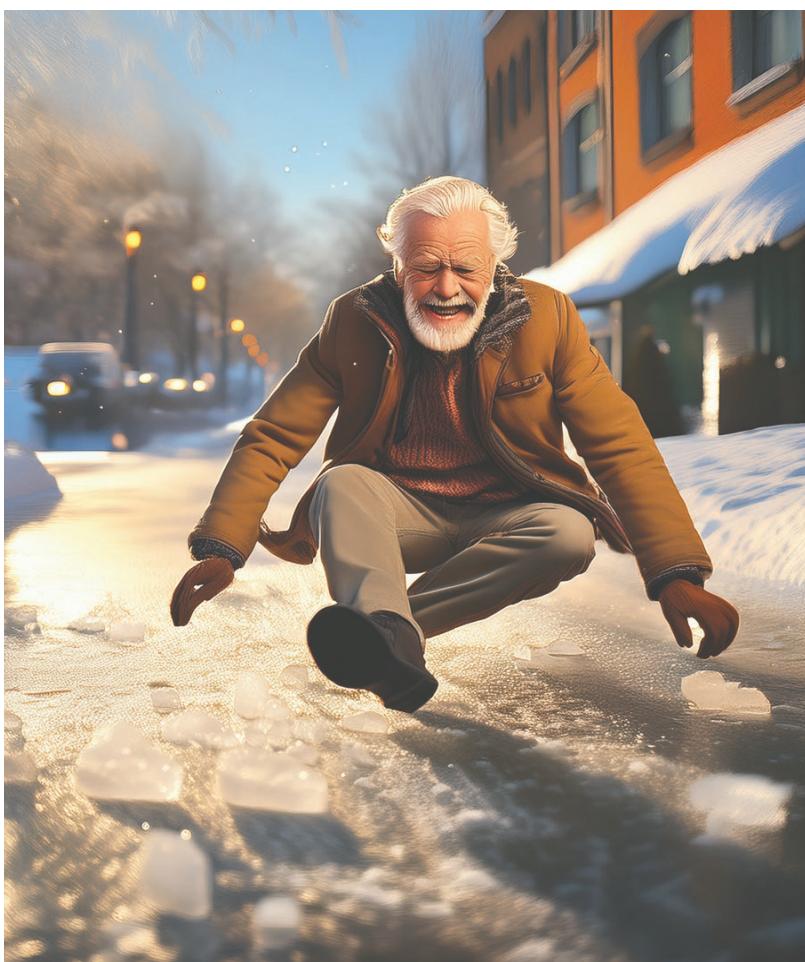
Ragland

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



your doctor, friends, and family. Before your doctor visit, consider taking the Falls Free CheckUp as a starting point at (www.ncoa.org/tools/falls-free-checkup/).

Sprinkle cat litter on slick surfaces: You can reduce your risk of slipping on icy surfaces by creating even a little bit of traction, and sprinkling cat litter is an easy, affordable way to achieve this. Carry a small bag filled with a lightweight cat litter in your pocket and cast it out ahead of yourself as you're walking on slick surfaces.

Give the gift of falls prevention: There are many tools that can be useful in reducing your risk for falls. Consider adding the following items to your shopping list for yourself or others

- Motion-sensored fall alarm systems
- Higher toilet seats
- Multifocal glasses with single vision eyeglass lenses
- Grab bars
- Firm stair railings
- Lights over stairways and by outside entrances
- A table to set down bags while finding keys
- Flashlights to attach to keys and clothing
- “Winterize” shoes, boots, and assistive devices
- Attach spikeless ice and snow shoe gripper sole covers to shoes for extra stability when walking on slippery surfaces. Look for these at sporting goods stores.
- Choose winter shoes with rubber soles to maintain traction on slippery surfaces.
- Attach an ice gripper cane tip that has spikes on the bottom to penetrate the ice and secure a firm grip. Ice grip tips can be purchased online.
- Learn about special precautions and preparedness tips for using a wheelchair safely in the snow (unitedspinal.org/winter-weather-wheelchair-tips/).

While these tips are great for keeping you on your feet in winter weather, did you know you have the power to lower your risk of falling year-round? Visit our Falls Prevention resource page to learn more about steps you can take to stay safe in every season (www.ncoa.org/older-adults/health/prevention/falls-prevention/).

DONOR REPORT

January: New Beginnings, Hope, and Community

As January begins and a new year unfolds, we are reminded that fresh starts are built on care, connection, and community. The start of a new year is a time for reflection, renewed purpose, and moving forward together — and at the Klamath Basin Senior Citizens' Center, we step into the year ahead grounded in gratitude because of you. Your continued generosity allows us to begin the year on the right foot, ensuring the seniors we serve feel supported, valued, and connected. From nourishing meals shared at the Center to Meals on Wheels deliveries that bring comfort and consistency, from reliable transportation to medical appointments to welcoming spaces that foster friendship and belonging — your support touches lives every single day.

January is a time when needs remain great, even after the holidays have passed. Because of you, no senior has to face the winter months alone. Your kindness makes it possible for us to provide warmth, nourishment, dignity, and reassurance as we move into the year ahead. As we look forward, we celebrate you — our donors, volunteers, and community partners — whose generosity sets the tone for the year to come. You help ensure that the Senior Center continues to be a place of stability, compassion, and hope for seniors across the Klamath Basin. From all of us at the Klamath Basin Senior Citizens' Center: thank you for starting the New Year with generosity and heart. Because of you, this year — and every day within it — begins with care, dignity, and community.

Cascade Health Alliance
Valerie Howard
Stephen Keller
Refuge City Church
Elizabeth Western

Klamath County, Oregon
Donald J Williams
Marta Stephens
Terrel Wagstaff
Robert Petrik

Crystal Springs Foundation
Emma Wyatt
Dennis Vander Schaaf
Janet Hall

Grand Total contributions amounted to \$72,427.00 in November. Donations of \$67,950.00 were received from the following organizations and individuals. Unidentified donations in Jan for Meals amounted to \$4727 for Transportation amounted to \$67, and for Exercise Classes amounted to \$683.

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.

WISHING YOU
AND YOUR LOVED
ONES A WARM
AND JOYFUL

holiday season!





Cascade Health Alliance

New Year, New Mindset: Celebrating Mental Wellness Month

Happy New Year from Cascade Health Alliance! As we turn the calendar to January, many of us think about making big changes. Why don't we work on some smaller and sustainable changes? This year let's embrace Mental Wellness Month. Taking care of your mind is just as important as taking care of your body.

Setting small, doable goals can help us stay positive and connected during these shorter winter days. Here are three goal ideas you can set to boost your mental wellness and support those around you:

- Goal 1: Reach out and connect. Socializing is a powerful tool for brain health. Make it a goal to call one friend or family member each week or invite a neighbor over for a warm cup of tea. A simple conversation will brighten everyone's day.
- Goal 2: Try Brain Games. Keeping your mind active helps maintain cognitive health. This month, finish a puzzle, a crossword, or learn a few words in a new language.
- Goal 3: Practice or Express Daily Gratitude. Before you go to bed, think of three good things that happened that day no matter how small. Focusing on the "wins" helps reduce stress and improves your mood over time.

By focusing on these simple goals, we can ensure a bright and healthy start to the year for ourselves and our community.

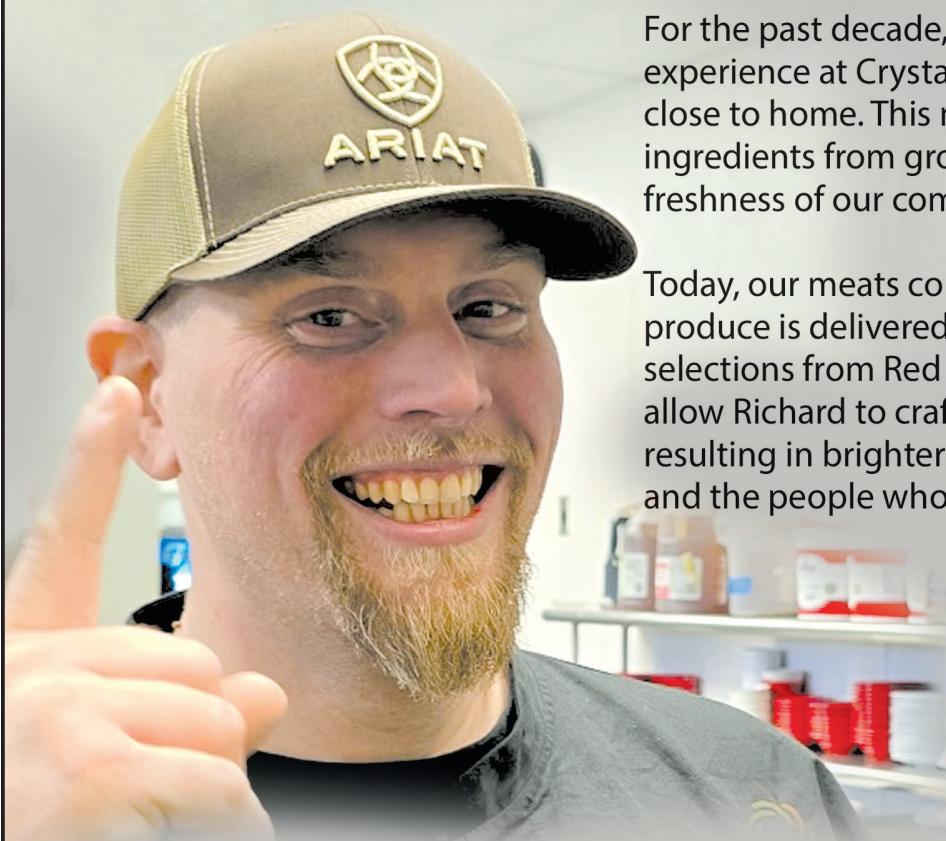


Christmas dinner for lunch at the center.



A booth at our Christmas Bazaar

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.



Crystal Terrace
of Klamath Falls
MBK SENIOR LIVING

1000 Town Center Drive
Klamath Falls, Oregon 97601

541-885-7250

Call for a tour today!
Ask for Chance!

SHIP TALK (Senior Health Insurance Program)

MEDICARE IN 2026

Open Enrollment is over and a new year is ahead of us. Here at the senior center we will continue to write each month about the many different parts of Medicare, the different options available for complete coverage, benefits one might qualify for, what's possible and what's not possible. For long time readers I know there will be lots of repetition; but hang in there faithful readers. For all of you who are new readers, we hope we can help you traverse the maze we call the Medicare program and help you find the best and most comprehensive coverage to suit your needs.

Probably the most immediate thing that comes to mind for a new year are the costs. Your Part B premium is now \$202.90/month, compared to \$185/month in 2024. And your Part B deductible is rising from \$257/year to \$283/year. If your Part B premium is being paid by the State Medicare Savings Program (MSP), you'll not feel the increase at all. And finally, the maximum Part D premium has raised to \$615/year. Many plans have lower premiums or none at all.

Which brings me to a "first of the year" reminder. **ALWAYS** keep all the correspondence you get from Social Security. If you don't have a file, start one now. Each year Social Security sends a letter stating what your gross Social Security benefit will be and how much is being deducted for Part B and Part D. This information is very important to determine any benefits you might be eligible for and to make sure the information is correct.

Yet another reminder: if you think you'll be looking at drug plans for any reason, be sure and bring with you a list of all the drugs and dosages you take, so we can use the Medicare Plan Finder website and see which plan is best for you. The information you provide is anonymous. Finally, if you're in original Medicare and purchasing a supplemental plan (also called Medigap), remember that for 30 days prior your birthday till 30 days after your birthday, you're eligible to switch plans, no questions asked, guaranteed issue (GI). You'd be wise to check out all available plans come your birthday month. You could be amazed at how much you might save. We can easily do this for you here at the senior center, via computer.

Questions? Make an appointment to come into the Klamath Basin Senior Citizens Center to see a certified and trained SHIBA counselor (Senior Health Insurance and Benefits Assistance) and go over your coverage and learn all your options. This is important stuff and is too often ignored – often with disastrous financial and health repercussions. The senior center phone number is 541-883-7171.

*Anne Hartnett,
SHIBA Coordinator*

COMING SOON!!!

**In January, we will be initiating a
"Rememberance Wall"
For a donation on \$5, an angel will be furnished to
place your loved ones name and date on and hung on
the wall between the Barber Shop and Gift Shop.
It can be displayed for up to 30 days,
then can be taken it home.**



Volunteer of the Month Jaylene Rubio

Jaylene is a dedicated volunteer who helps on the lunch floor twice a week, where she plays an important role in creating a welcoming and comfortable environment for patrons. Her responsibilities include keeping the coffee pots filled, making sure lemonade and ice are always available, and wiping down tables once lunchtime is over. Jaylene enjoys volunteering because it makes her feel good knowing she is helping others who may need support, and seeing smiles on people's faces gives her a strong sense of purpose and motivation to get out of the house. Her favorite part of volunteering is ensuring that patrons start their day with a hot cup of coffee or a refreshing glass of ice-cold lemonade, along with a friendly "good morning" that often brings a smile. Jaylene was born in San Luis Obispo, California, and spent much of her early life moving around different parts of the state. In 2015, her family moved to Klamath Falls, Oregon, which has been her home ever since. Outside of volunteering, Jaylene enjoys spending her time reading, which is her favorite hobby, as well as relaxing by watching television and a variety of movies.

Goal Setting with a Focus on Health

Goal setting plays an important role in maintaining our overall health and well-being. As the Community Liaison at Klamath Hospice and Palliative Care, I often encourage people to approach their health goals in a gentle, realistic manner – not as something overwhelming, but as something achievable.

Health-related goals don't have to be complicated. Simple actions, such as taking a short walk, stretching, or finding small ways to move throughout the day, can have a positive impact on both physical and emotional health. Movement helps improve circulation, boosts mood, and supports a sense of independence and purpose.

The most important part of goal setting is meeting yourself where you are today. Start small, be consistent, and give yourself GRACE. Every step, no matter how small it may seem, is progress. When we focus on intention rather than perfection, we create healthier habits that support our well-being today and into the future.

News from the Gift Shop

HAPPY NEW YEAR! All of us at the Gift Shop hope everyone has a very good 2026! Personally, I can't believe another year has gone away. It was an awesome year for the Shop and I am so very proud of our volunteers. They are amazing!

We continue to receive donations of fabric, yarn & craft items. Come in and see all the new stuff we have for sale. Our shop is overflowing with new & different items.

Starting in February, we will highlight one of our vendors and the items they have for sale in the shop. We have some very talented crafters.

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



You will be excited to see all the wonderful things they make. We have washcloths, scrubbies, plant stakes, cell phone holders & jewelry just to mention a few. The Christmas Spiders that one of our vendors makes have been very popular, we had a donation of some very beautiful scarves that have been flying off the shelf. They are very warm and beautiful to boot. I hope everyone has an amazing 2026. I'm looking forward to it!

Thank you
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

12 Benefits of Walking

From the Arthritis Foundation, arthritis.org

What's not to like about walking? It's free. It's easy to do, and it's not just easy on joints but it also keeps them lubricated and flexible. There's no question that walking is good for you. A University of Tennessee study found that women who walked had less body fat than those who didn't walk. It also lowers the risk of blood clots, since the calf acts as a venous pump, contracting and pumping blood from the feet and legs back to the heart, reducing the load on the heart. If you want to up your game with this easy aerobic exercise, use some trekking poles for more movement and to help with balance. Here are some of the many other benefits of walking:

1. Improve Circulation

Walking wards off heart disease, brings up the heart rate, lowers blood pressure and strengthens the heart. Post-menopausal women who walk just one to two miles a day can lower their blood pressure by nearly 11 points in 24 weeks. Women who walk 30 minutes a day can reduce their risk of stroke by 20%, and by 40% when they stepped up the pace, according to researchers at the Harvard School of Public Health in Boston.

2. Shore Up Your Bones

Walking can stop the loss of bone mass for those with osteoporosis, according to Michael A. Schwartz, MD, of Plancher Orthopedics & Sports Medicine in New York. In fact, one study of post-menopausal women found that 30 minutes of walking each day reduced their risk of hip fractures by 40%.

3. Enjoy a Longer Life

Research finds that people who exercise regularly in their fifties and sixties are 35% less likely to die over the next eight years than their non-walking counterparts. That number shoots up to 45% less likely for those who have underlying health conditions.

4. Lighten Your Mood

Walking releases natural pain-killing endorphins to the body – one of the emotional benefits of exercise. A California State University, Long Beach, study showed that the more steps people took during the day, the better their moods were.

5. Lose Weight

A brisk 30-minute walk burns 200 calories. Over time, calories burned can lead to pounds dropped.

6. Strengthen Muscles

Walking tones your leg and abdominal muscles – and even arm muscles if you pump them as you walk. This increases your range of motion, shifting the pressure and weight from your joints to your muscles.

7. Improve Sleep

Studies found that women ages 50 to 75 who took one-hour morning walks were more likely to have less insomnia than women who didn't walk.

8. Support Your Joints

The majority of joint cartilage has no direct blood supply. It gets its nutrition from joint fluid that circulates as we move. Movement and compression from walking "squishes" the cartilage, bringing oxygen and nutrients into the area.



9. Improve Your Breath

When you are walking, your breathing rate increases, causing oxygen to travel faster through bloodstream, helping to eliminate waste products and improve your energy level and the ability to heal.

10. Slow Down Mental Decline

A study of 6,000 women ages 65 and older found that age-related memory decline was lower in those who walked more. According to the University of California, San Francisco, study, women walking 2.5 miles per day had a 17% decline in memory compared to a 25% decline in women who walked less than a half-mile per week.

11. Lower Alzheimer's Risk

A study from the University of Virginia Health System in Charlottesville found that men between the ages of 71 and 93 who walked more than a quarter of a mile per day had half the incidence of dementia and Alzheimer's disease than those who walked less.

12. Do More for Longer

Aerobic walking and resistance exercise programs may reduce the incidence of disability in the activities of daily living for people who are older than 65 and have symptomatic osteoarthritis, a study published in the Journal of Clinical Outcomes Management found.

Join us at the Senior Center on Thursdays at 9am for a Walk Your Way to Wellness Class! Depending on the weather, we will walk inside or out on the Age Well Path around the Center. Check out the Calendar of Events for more activities.

KLAMATH SENIOR CENTER January 2026 CALENDAR OF DAILY EVENTS

*Calendar changes in RED

MONDAYS **Center closed on January 19th

- SAIL with Debbie Manzinali 9-10am **Sherry covering on January 5th**
- (+) 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
- Better Bones and Balance 10:30 – 11:30 am – Class currently full, next class in June/July
- *2nd Tues Atrio Ice Cream Social 10 am – 2 pm
- *2nd Tues Klamath & Lake Counties Council on Aging 11am–12pm
- Art & Craft Workshop with D.P. Redding 12:30 – 2 pm
- Qi Gong with Colleen Lennard 2:30 pm **Jan 13th, 20th, 27th. Participants may use video on stage TV on days with no instructor.**
- SHIBA (MEDICARE Counseling) by appointment, call 541-883-7171

WEDNESDAYS

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

THURSDAYS

- Walk Your Way to Wellness with Debbie Manzinali 9 - 10 am **Karen covering on January 8th**
- (+) Craft Connection Corner 9 am to 11 am
- Better Bones and Balance 10:30 – 11:30 am – Class currently full, next class in June/July
- *3rd Thurs Bristol Hospice Birthday Celebration
- (+) Golden Age BINGO & Cards Club 12:30 pm
- County Branch Library 1:30 pm – 4 pm
- SHIBA (MEDICARE Counseling) by appointment, call 541-883-7171

FRIDAYS

- SAIL 9 - 10 am with Karen Doyle Watkins **Debbie covering on January 16th**
- (+) 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 **Jan 2nd, 16th, 23rd, 30th. Participants may use video on stage TV on days with no instructor.**
- (+) 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

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.

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.

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.”

*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.

When winter roads are icy or snowy, please prioritize your safety. If getting to the Senior Center feels risky, you can still stay active at home! Visit our website (klamathseniorcenter.com/online-fitness-resources/) or our YouTube channel (www.youtube.com/@stayactivekbseniors) for access to hundreds of exercise classes from the Arthritis Foundation, Walk at Home with Leslie Sansone, SilverSneakers, Silver&Fit, and videos led by our very own instructors.

Paper Bingo

2nd and 4th Thursday:

Next Jan 8th & 22nd

January 2026

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
			HAPPY NEW YEAR Closed	SLOPPY JOES
5	6	7	8	9
POLISH DOG SAURKRAUT	BROCCOLI CHEESE SOUP	LASAGNA BREADSTICK	CHICKEN STIR FRY	CHILI DOG
12	13	14	15	16
BAKED POTATO BAR	TURKEY TACO TUESDAY	CHICKEN FRIED STEAK MASHED POTATO COUNTRY GRAVY	PORK STEW BRISTOL HOSPICE BIRTHDAY CELEBRATION	QUICHE
19	20	21	22	23
Closed	EGG ROLL IN A BOWL	BEEF STROGANOFF	BAKED SPAGHETTI	CHICKEN STRIP FRIES
26	27	28	29	30
COLD TURKEY AND CHEESE SANDWICH	BAKED CHICKEN MASHED POTATO GRAVY	PARTY CHICKEN	CHEESEBURGER FRENCH FRIES BAKED BEANS	FISH AND CHIPS
Feb 2	Feb 3	Feb 4	 MEALS ON WHEELS AMERICA 2023 MEMBER	
PIZZA	CHICKEN ENCHILADAS	SALSBURY STEAK 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

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 Starting at 10:30 AM

1/5/26: Dr. Glenn Gailis - Preventing Falls

1/12/26: Nurse Practitioner, Tricia Shugart - Klamath Hospice and Palliative Care

1/19/26: Jessica Kostick - Healthy Klamath

1/26/26: Barb Dehlinger - Lion's Club

2/2/26: Speaker Pending



**KLAMATH HOSPICE
AND PALLIATIVE CARE**

Founding Member of Oregon Nonprofit Hospice Alliance



WE HONOR VETERANS

541-882-2902 • www.klamathhospice.org

Caring for our Mental Wellness as We Age

By Kelli Bowers, LCSW at Klamath Basin Behavioral Health

January is recognized as Mental Wellness Month although it is always important to focus on our mental health as mental wellbeing is an important part of our daily life. This month is a great way to start the year in raising awareness, reducing stigma (negative conceptions about mental health challenges), promoting proactive care, and encouraging self-care. Mental wellness includes emotional, psychological and social wellbeing and it influences how we think, behave and feel. Emotional wellbeing includes how we manage our emotions, understand our feelings and how we develop healthy coping mechanisms. Psychological wellbeing is our mental state, including our thoughts, beliefs and sense of self. Social wellbeing consists of having strong relationships, feeling connected to others and contributing to society.

In Klamath County, we have a higher percentage of adults 65+ and a higher rural-dwelling population than Oregon overall. Although depression is not a normal part of aging, we can experience a higher rate of disconnection through loss of friends and loved ones, reduced options for transportation, physical health decline, and other factors. The good news is we can improve our mental wellbeing and overcome mental health challenges. Things you can do are:

- **Practice self-care** which includes engaging in activities that help you relax and recharge, such as exercising, working on hobbies, meditating, or enjoying nature.
- **Make sure to set realistic goals** in achievable steps and celebrate your accomplishments.
- **Connect with others**, perhaps reach out to those you haven't connected with for a while, volunteer, or join a social club.
- **Always prioritize sleep**, getting 7-9 hours a night using a routine bedtime – this allows your body and mind to recharge and fight off illnesses.

- **Stay physically active** at your level and pace choosing walking, dancing, yoga, or something you enjoy – this helps in reducing stress and can improve your mood.
- **When needed, seek professional help.**

Klamath Basin Behavioral Health (KBBH) provides services to all ages to include crisis support, resource connections, skills training, medication management, therapy, and peer support services, to name a few. These services can be provided in person, on the phone and through video conferencing, either individually or in groups. KBBH supports participants in their journey to mental wellbeing and recovery. You can get more information by calling 541-883-1030. Our crisis services are available 24/7 and can also be reached at 541-883-1030.

Oregon's Lines for Life has a chat line for seniors called the Senior Loneliness Line that is staffed between 5:30 a.m. and 11:30 p.m. daily for any Oregonian 60+. They help you in making meaningful connections and enjoying uplifting conversations with their friendly team. They are ready to listen, chat and connect with you today. The line is staffed with English and Spanish-speaking counselors, as well, interpreters are provided for other languages. Call 1-800-282-7035 or 503-200-1633 to chat. 988 is the national 24/7 crisis line. You can call or text anytime to connect with a crisis counselor. Veterans call 988 then press 1. Program 988 into your phone to have ready to call on behalf of yourself or anyone else at any time.

Klamath Basin Senior Citizens Center has many social, educational, creative, and physical health activities, as well as a congregate lunch. Explore their activities listing and menu pages in this newsletter and ask them about transportation they offer. Remember, your mental health matters. **Take care of yourself and your mental wellbeing.**

Enjoy the New Year 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.

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SENIOR LIVING

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