

**Fifty and Better Activities Luepke Senior Center, 1009 E. McLoughlin Blvd.**

For detailed information call 487-7050.

The 50 and Better Activities Program encourages education, staying active in mind, body and spirit, making new friends and enjoying life. Activities are located at the Luepke Center unless otherwise noted. Pre-registration is required for all classes. No activities 1/17 and 2/21. Check the Senior Messenger website: [seniormessenger.org](http://seniormessenger.org) for current updates for 50+ programs.

**FIFTY & BETTER CLUBS**

**Newcomers are welcome to all clubs unless otherwise noted. \$1 fee per person, per visit.**

- **Bingo:** Tues., 10:30-11:30am. Bring a clean, usable gift in exchange for a bingo card.  
Fri., 10:30-11:30am. Bring a canned or unopened food item in exchange for a bingo card.
- **Blood Pressure:** First Fri. of every month, 8:15-10:15am.
- **Bridge Clubs:** Tues. and Fri. 12:30-3:30pm.
- **Caring For Your Hearing:** First Fri. of every month, 11am-noon. Alcoa Room. Sponsored by Beltone Hearing. Free pack of batteries for all current hearing aid users.
- **Cribbage Club:** Thurs., 1-3pm. Luepke Stage.
- **50+ Computer Lab:** Visit our computer lab in the Alcoa Room. Computers are available during designated hours. Schedule available at Luepke front desk.
- **Financial Clinic:** First Tues. of every month, noon-2pm. Free. Appointments required, please call 487-7050.
- **Hand and Foot Card Club:** Wed., 12:30-3:30pm, Conference Room.
- **Knitting Club:** Mon., 10am-noon.
- **Legal Clinic:** Wed., (except fifth Wed.) 1-3pm. Free half-hour consultation with a volunteer attorney. Appointments required. Call 487-7050.
- **Mah Jongg Club:** Thurs. 1-4pm, Community Room.
- **Monday Morning Mah Jongg:** 9am-noon, Conference Room.
- **Men's Cooking Club:** Fri., 8am-1pm. Marshall Kitchen/Conference Room. Space is limited. Call 487-7055 to register.
- **50+ Volleyball and Basketball Clubs:** Tues. and Thurs. Co-ed drop-in basketball or volleyball. Volleyball Marshall Center Gym North, Basketball Marshall Center Gym South. Noon-2pm. Club fee \$2. Clubs will not on 4/5 and 4/7.
- **Page Turners Book Club:** First Wed. of every month, 10am-noon.
- **Pinochle Club:** Tues., noon-2:30pm.
- **Quilters Club:** Mon., 9am-3pm, Marshall Craft Room East.
- **Racehorse Pinochle:** Fri., 1-3pm, Marshall Elm Room.
- **Red Herring Mystery Book Club:** Second Mon. of every month, 1-2pm, Alcoa Room. New members wanted.
- **Stay Healthy Check In:** Second Mon. of every month, 11:15am-12:15pm. Sponsored by: Clearwater Springs Senior Living.
- **Tap Club:** Need extra time to brush up on your steps or you're a new student and need more help please call 487-7055. Wed., 12:30-1pm Oak Room.
- **Vancouver Metro Senior Softball:** Open to anyone 60+. Contact John Aarhus, president, at 360-574-3017.
- **NEW! Wellness Club:** Discussion of various health and wellness topics. Third Mon. of every month, 1-2pm Alcoa Room. Sponsored by BrightStar.
- **Writing Group:** Fri. (except first Fri.), 10am-noon. Writing experience preferred.

**SPECIAL EVENTS**

All special events will be held in the Luepke Community Room.

**Winter Wellness Fair**

Got the winter blues? Join us for an afternoon discovering resources for good health and well being. **Luepke Community Room.**

W 2/23 12:30-3:30pm Free admission  
Health and wellness vendors wanted for Wellness Fair! \$25 per table, contact Kelly at 487-7055. Vendors register for activity #81867.

**Newcomers March Mixer**

Come meet new friends and learn about the Luepke Center's 50 and Better programs. Tour of the Marshall and Luepke Community Centers included. **Luepke Community Room.**

81447 W 3/23 1:30-2:30pm \$2

**Golden Note Café Fun Night**

Bring your friends for an evening of musical fun at the **Luepke Center Golden Note Café.** Light refreshments provided. Pre-registration required. Sponsored by Courtyard Village Vancouver.

81562 Sa 4/16 6-8pm \$3

**Entertainers Wanted!**

Break out your old tap shoes, and shine your tuba. Performers are needed for Golden Note Café Fun Night. Share your dancing, musical, poetry and singing talents. If interested please contact Kelly Lund at 487-7055.

**MORNING ACTIVITIES**

Entertainment and dancing begins around 10:15am.

**Anniversary Celebrations:** Second Thursday of every month, 11 am. Sponsored by, Laurie Miller, Keller-Williams

**Birthday Celebrations:** Fourth Monday of every month, 11 am. Sponsored by, Cascade Inn.

**Dancing:** Mon., Wed. and Thurs. See monthly Luepke Center calendar for details

**January – April activities**

See monthly Luepke Center calendar for activity details.

T	1/18	Crazy Hats and Hot Cocoa Bingo
M	2/14	Valentines Day with the Marshallaires
W	2/15	Hearts and Arrows Dance
Th	3/17	Leaping Leprechauns Dance
F	4/22	Blooms, Bouquets and Bonnets
F	5/6	Mother's Day Tea and Lunch

**DANCES**

Singles and couples are welcome. Bands are subject to change.

**Sunday Dances**

Live entertainment. No dance 4/24  
2-4pm \$3 per person at the door

**Evening Dances**

Live bands, door prizes and refreshments provided by our co-sponsors.

	7-9:30pm	\$5 per person at the door
Sa	2/12	Hearts and Romance Dance featuring Lee Nicholas.
F	3/25	Spring Fling Dance featuring Steel & Velvet.

Our thanks to this quarter's valued 50 and Better sponsors! If you're interested in

sponsoring a 50 and Better activity, contact Kelly Lund at 487-7055.

**ENRICHMENT & EDUCATION**

**NEW! Making Choices That Move Your Life Forward**

If life, like a good book, has many chapters, what does your next chapter look like? Let's explore some of the issues seniors face in making decisions about their future.

**Luepke Conference Room.**

T 1-2pm \$12

81884 1/18 81893 3/15

**NEW! A Reverse Mortgage: Is it right for you?**

Since your home is probably your largest investment, it's smart to know more about reverse mortgages. Get the simple explanation from a trusted source. Instructor, Tom Koon, Pinnacle Mortgage.

**Luepke Community Room.**

81797 W 2/16 1-2pm \$12

**Fundamentals of Tap for 50 and Better**

Review steps and incorporate new combinations and routines. Appropriate for new and returning dance students.

**Marshall Oak Room.** Instructor, Jacqueline Bell.

W 1-2pm \$32

81451 1/5-2/9

81452 2/16-3/23

81868 3/30-5/4

All courses and programs must meet minimum enrollment requirements. Classes are usually cancelled 5 business days in advance if they do not meet their minimums. Please register on time and in advance.



Golden Note Café Fun Night

## NEW! Intermediate Bridge

For the average bridge player, (not beginners) learn advanced techniques to improve your bridge game. \$10 supply fee payable to instructor. **Marshall Oak Room.** Instructor, Philip Porter. 6wks.

Th 11am-12:30pm \$37

**81954** 1/20-2/24

**81996** 3/10-4/14

## Mah Jongg Camps

Learn the game of Mah Jongg in just four days or brush up on your skills. \$12 supply fee for new students. Instructor, Janet Woodall. **Luepke Conference Room.**

T-F 9-11:30am \$33

**81471** 1/18-1/21

**81960** 2/22-2/25

**81967** 4/19-4/22

## Holiday Mah Jongg Parties

Celebrate the holidays and play Mah Jongg. Prizes and goodies provided. **Luepke Conference Room.**

1-4pm \$6

**81472** M 2/14 Valentines Fun

**81473** F 3/18 St. Patty's Shamrocks

**81977** T 4/26 Bunnies and Chicks

## Tea and Topic

Join us on the first Wednesday of every month for an informative presentation by guest speakers. Tea and cookies served.

W 1pm FREE

**1/5** Traumatic Brain Injury, the Silent Epidemic, Carla-Jo Whitson, MSW, WATBIRCS

**2/2** Why a Will Is Not Enough, Richard B. Schneider, Attorney

**3/2** Spring Forward but Don't Fall Back, Clearwater Springs Assisted Living

**4/6** Real Estate Issues for Seniors, Laurie Miller, Keller-Williams

## MANAGING YOUR MONEY & YOUR LIFE

See the Adult section of this catalog on pages 12-13 for more legal/ finance and computer classes! Interested in private computer lessons? Call 487-7055 for more information.

## NEW! Banking On-line Made Easy

Are you intimidated by online banking? This workshop will help answer your questions and show you a great new way to bank. Sponsored by iQ Credit Union. **Luepke Conference Room.**

**81460** T 2/22 1-2pm \$12

## Veterans Benefit Options Workshop

Are you or a family member a Veteran? Find out what benefits are available to you. Sponsored by Care Options Resources. **Luepke Community Room.**

Th 1-3pm \$6

**81457** 2/10

**81458** 4/14

## Senior Estate Essentials

Important information for anyone 50 and older! Preserve your estate to provide financial security for your spouse and protect your interest for your children and grandchildren. Greg Call, attorney. **Luepke Conference Room.**

W 10-11:30am \$12

**81464** 1/26 Medicaid Eligibility & Long Term Care

**81465** 2/23 Living Trusts & Trustees

**81466** 3/23 Community, Separate & Prenuptial Property Agreements

**81467** 4/27 Estate Planning to Avoid Probate

## HEALTH & WELLNESS

For healthy living classes, group exercise at Marshall Center and for information about aquatics program please see pages 21 and 23.

## NEW! Brain Fitness

Fun, cognitive skill games, puzzles, and mental stimulation. It's an exercise class for the brain. **Marshall Center SPOT.** Instructor, Certified Brain Fitness Trainer, Debra Ochoa. 8wks.

**81953** T/Th 1/25-3/17 noon-1pm \$75

## Foot Care Clinic

Receive routine treatment and fungal nails trimmed, corns and calluses smoothed. Pre-registration is required. Call 487-7100 for your 30-minute session. Clinician, Mona Barber. **Luepke Suite 1.**

T 9:30am-noon \$34

**81196** 1/11

**81197** 1/18

**81198** 2/8

**81199** 2/15

**81200** 3/8

**81201** 3/15

**81202** 4/12

**81203** 4/19



50+ Wellness Fair

## Loaves & Fishes

Enjoy lunch at Luepke from Loaves & Fishes Centers, a non profit, secular organization that provides hot, nutritious meals to seniors 60 and older. Hot lunch meals are delivered by volunteers each weekday to homebound seniors. Suggested donation for meals is \$3. Dave Bowlan, Center Manager 695-3847.

M-F 11:30am-1pm

## FOREVER YOUNG HIKERS

Get outdoors, enjoy the region, and make new friendships along the way. Hikes are guided by Rod Cusic and our team of volunteers. For detailed hike descriptions, pick up a Forever Young Hike brochure or visit [vanclarkparks-rec.org](http://vanclarkparks-rec.org). Pre-registration is required.

**50+ Forever Young Hiker Orientation Class**

If you are new to our hiking program, a one-hour orientation class is required prior to participation. Learn difficulty categories, what to bring and wear. Questions will be answered by the program guide. Luepke Center Conference Room.

Th 12:30-2pm 1/6, 2/3, 3/3, 4/7 FREE

**50+ Forever Young Hikers**

These Tuesday hikes are for experienced hikers, who can maintain a pace of a 20-minute mile. New hikers must attend an orientation class before hiking. Check the rating on the hike and note the distance and elevation gain. Hikes are approximately 4-8 miles round-trip. A short, second hike may be added if time permits.

**Easy** – Able to walk a 20-minute mile on fairly level ground with little elevation gain.

**Moderate** – May include slopes and/or steep areas.

**Difficult** – Harder climbing, rocky terrain, possible steep and/or narrow paths.

Hiking boots, a water bottle and a walking stick are recommended. Arrive 15 minutes early at Luepke Center. Transportation is provided. Bring money for a beverage/snack stop. Pre-Registration required.

T 1/4-3/28 9am-4pm \$15 Bring lunch money

T 4/5-4/26 8am-5pm \$16 Bring a lunch

**Sacagawea Park, Longview WA**

Easy 4 miles, minimal elevation gain

**81159** 1/4

**Reed College and East Moreland Park, Portland, OR**

Easy. 4.5 miles, minimal elevation gain

**81160** 1/11

**Hoyt Arboretum to OHSU, Portland, OR**

Moderate. 5.6 miles, 500-ft. elevation gain

**81161** 1/18

**Woodburn Outlets & Wilsonville Memorial Park, OR**

Easy. 6 miles, 100-ft elevation gain

**81162** 1/25

**Forest Grove Historic Loop, OR**

Easy. 4.1 miles, minimal elevation gain

**81163** 2/1

**Mt. Talbert, OR**

Moderate. 4.5 miles, 300-ft. elevation gain

**81164** 2/8

**Cottonwood Beach & Steigerwald Trail, WA**

Easy. 6 miles, minimal elevation gain

**81165** 2/15

**Oxbow & Dabney Parks, OR**

Easy. 6 miles, 500-ft. elevation gain

**81166** 2/22

**Baskett Slough & State Capitol, Salem, OR**

Easy. 2 mile loop, 200-ft. elevation gain

**81167** 3/1

**Dry Creek Falls, OR**

Easy/Moderate. 6 miles, 700-ft. elevation gain

**81168** 3/8

**Astoria Historic District & Column, OR**

Easy. 5.6 miles, 590-ft. elevation gain

**81169** 3/15

**Ferry Springs, Deschutes River, Wahkeena Falls, OR**

Moderate, 4.4 miles, 560-ft. elevation gain

**81170** 3/22

**Swale Canyon, WA**

Moderate. 8 miles, 300-ft. elevation loss

**81171** 3/29

**Cherry Orchard, Lyle, WA**

Moderate. 5 miles, 1,000-ft. elevation gain

**81172** 4/5

**Columbia Hills State Park, WA**

Moderate. 7 miles, 800-ft. elevation gain

**81173** 4/12

**Silver Falls State Park, OR**

Moderate, 7 miles, 700-ft. elevation gain

**81174** 4/19

**Chenoweth Table, OR**

Moderate. 7 miles, 300-ft. elevation gain

**81175** 4/26

For info about the "Get Out There Hikes" on Saturdays, see the Family Activities and Events section on page 9 .



**50+ Travel Expo**

Learn about exciting trips planned for January through April, 2011.

Free admission, refreshments and door prizes for \$25, \$10, and \$5 off of trips. Every person present will receive a \$5 coupon to use that day for any day trip offered through April. **Luepke Center Community Room.**

T 2/1 9-10am

**Portland Civic Theatre Guild's All in the Timing Play Reading** Easy

**82588** T 3/1 9am-3pm \$25  
Bring money for lunch and \$6 admission.

**Puyallup Sewing and Stitchery Expo**

Moderate  
**82596** Th 3/3 8am-5:30 pm \$58  
Bring money for lunch. Must pay by Feb. 21. No refunds or credits.

**Broadway Rose Joseph and the Amazing Technicolor Dreamcoat** Easy

**82589** Su 3/6 1-6:30pm \$64  
Bring money for dinner. Must pay by Feb. 1. No refunds or credits.

**Lend me a Tenor at Lakewood Theatre** Easy

**82590** Su 3/27 12:45-5:30pm \$49  
No refunds or credits.

**Portland Civic Theatre Guild's The Cocktail Hour Play Reading** Easy

**82591** T 4/5 9am-3pm \$25  
Bring money for lunch and \$6 admission.

**Broadway Rose I left my Heart** Easy

**82592** Su 4/17 1pm-6:30pm \$64  
Bring money for dinner. Must pay by Feb. 15. No refunds or credits.

**TRIPS**

**Russian Baroque Christmas** Moderate

**82593** F 1/7 4:30-10:30pm \$30  
Bring \$15 admission + money for dinner.

**Kennedy School Lunch and Movie** Easy

**82581** T 1/11 11am-5pm \$23  
Bring money for lunch and \$3 for movie.

**Portland Walking Tour** Difficult

**82582** F 1/14 9am-3pm \$26  
Bring \$10 for tour + money for lunch.

**Long Beach Crab Festival** Moderate

**82594** Sa 1/15 10am-6:30pm \$40  
Bring money for lunch (2010 price was \$14 for 1 crab, \$22 for two crabs)

**Backstage Tour of Gerding Theatre**

Moderate  
**82583** Sa 1/15 11:15am-2:30pm \$23  
Bring money for lunch.

**Piano Hospital Tour** Easy

**82595** T 1/18 11:30am-3:30pm \$24  
Bring money for lunch.

**Rose City Dog Show** Moderate

**82584** Sa 1/22 9:30am-3pm \$25  
Free for 62 or older; bring ID. Others pay \$10 admission.

**Chocolate Fest at Oregon Convention Center** Moderate

**82585** Sa 1/22 11am-3:30pm \$28  
Bring money for lunch and \$9 Seniors/\$10 Adult admission.

**Portland Civic Theatre Guild's The Effect of Gamma Rays on Man in the Moon Marigolds** Easy

**82586** T 2/1 9am-3pm \$25  
Bring \$6 admission.

**The Hollow at Lakewood Theatre** Easy

**82587** Su 2/20 12:45pm-5:30pm \$49  
No refunds or credits.

Meet new friends and see new things. Join us for affordable day trips exploring attractions, events, festivals and culture in the Pacific Northwest. Trips are planned and escorted by trained volunteers. Trips depart from and return to Luepke Center.

Additional trips, detailed trip information and handicap accessibility is available in the monthly Senior Messenger, at [seniormessenger.org](http://seniormessenger.org).

If you're registering for a trip and using a wheelchair, motorized scooter, walker, service animal, caregiver, other assistive device or are in need of special assistance, please contact Inclusion Services at 360-487-7057. An accommodation request must be made ten business days before the trip start date.

**Courtesy on Trips:**

Please refrain from using perfume or scented lotions due to allergies. Smoking and/or chewing tobacco are not allowed in or near vans. Please refrain from using cell phones on vans, at meals or while with the group.

**Trip Difficulty Levels:**

- Easy:** No stairs, minimal standing or walking.
- Moderate:** Requires ability to stand or walk on uneven surfaces. Comfortably climb a flight of stairs, and walk 8-10 blocks, stand 30 minutes and get in and out of the van multiple times.
- Difficult:** Longer trip, frequent stops requiring getting on and off van, extended standing, walking and/or stairs. The destination may not include seating. Probably includes uneven terrain and challenging tours requiring endurance.