

LC: Luepke Center MCC: Marshall Center FCC: Firstenburg Center

Luepke Senior Center

1009 E. McLoughlin Blvd. Vancouver, WA 487-7050

Firstenburg Community Center

Trapedero II Lounge

700 NE 136th Ave. Vancouver, WA 487-7015

The Luepke Center and Trapedero II Lounge are perfect places for people who are fifty and older to join in fun and positive activities that encourage staying active in mind, body and spirit, making new friends and enjoying life. Both centers offer computers with internet access, lending libraries, fitness and aquatic facilities. You'll find social clubs, special events, workshops, special interest classes, outdoor adventures and travel. Pre-registration is required for all classes. There are no activities, classes or clubs on 5/28, 7/4.

FIFTY & BETTER CLUBS

Fifty and Better Clubs are located at the Luepke Center (LC), Marshall Center (MCC) and Firstenburg Community Center (FCC). Newcomers are welcome to all clubs unless otherwise noted. There is a club fee of \$1 per person, per visit.

Bingo

- LC 10:30-11:30am
- T Bring a clean, usable gift in exchange for a bingo card.
- F Bring a canned or unopened food item in exchange for a bingo card.
- FCC M 12:30-1:30pm
- 2nd M Bring a gift for a prize.
- 4th M Balloon bingo, prizes provided.

Bridge Clubs

- LC T 12:30-3:30pm
- LC F Intermediate Bridge Plus 12:30-3:30pm
- FCC W 12:30-4pm
- Beginners call 487-7055

Cribbage Club

- LC Th 1-3pm
- FCC F noon-3:30pm

Seniors and Boomers!

Subscribe **FREE** to Senior Messenger

Senior Messenger is the premiere monthly publication for Clark County's active 50-plus adventurer. Each month, you'll read about people doing great things with their lives, travel and trips, legislation, humor, legal information, finance, dining out, eating healthy, meetings, activities and events.



Subscribe today
 Call 360-487-8701 or log onto
www.seniormessenger.org

Computer Labs

- LC Visit the computer lab in the **Alcoa Room**. Computers are available during designated hours and are subject to change; a schedule is available at Luepke front desk.
- FCC Beginning Computer Basics Th 12:30-3pm
- FCC Intermediate Computer Class T 4-5:30pm

NEW Crafters Club

- Bring your own craft or make a fun craft with our club leader. Some supply fees may apply.
- LC 2nd and 4th W 9:30-11:30am

NEW Drawing Club

- Bring your art supplies! Draw or paint with the Free Model Guild. For details contact 360-487-7055.
- MCC W 12:30-3:30pm Elm Room

Hand and Foot Card Club

- LC W 12:30-3:30pm
- FCC Th 9:30am-12:30pm

International Folk World Health Dancing

- MCC W 1:30-2:30pm Oak Room

Knitting/Crochet Club

- 10am-noon
- LC M
- FCC W

Mah Jongg Club

- LC M 9am-noon
- Th 1-4pm
- FCC 2nd and 4th M 1:45-3:45pm

Men's Cooking Club

- MCC F 8am-1pm.
- Kitchen/Conference Room. Call 487-7055 to register.

Page Turners Book Club

- LC 1st W 10am-noon

Pinochle Club

- LC T 12:30-3:30pm
- MCC F 1-3pm
- FCC T noon-3:30pm Double Pinochle

Quilters Club

- MCC M 9am-3pm
- FCC 1st and 3rd M 1-3pm

Red Herring Mystery Book Club

- LC 2nd M 1-2pm

Vancouver Metro Senior Softball

- Open to anyone 60+. Call John Aarhus: 360-574-3017.

50+ Volleyball and Basketball Club

- MCC T and Th noon-2pm \$2

Writing Group

- LC F (except first Fri.) 10am-noon. Writing experience preferred.

You may notice fewer activities than before appear in this publication. 2012 budget reductions have resulted in many programs being downsized.

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CLINICS - Free

Blood Pressure Clinic

LC 1st F 8:15-10:15am Alcoa Room

Diabetes Support Clinic

LC 2nd and 4th Th 1-2pm

Caring For Your Hearing

Sponsored by Audiology Clinic, Inc.

LC Meets every other month on the 1st F
 11am-noon beginning May 4.

Legal Clinic

Half-hour consultation with volunteer attorney. Appointment required.

LC W 1-3pm (except fifth Wed.)

Call 487-7050 to set appt.

FCC 1st M 10am-noon.

Call 487-7036 or 487-7015 to set appt.

Stay Healthy Check-In Clinic

Sponsored by Clearwater Springs Senior Living

LC 2nd M 11:15am-12:15pm

SPECIAL EVENTS

Newcomers Mixer

Meet new friends, learn about Luepke Center's 50 and Better programs, and tour the Marshall and Luepke Community Centers. Meet in the **LC lobby**. Light refreshments will be served. FREE

T 7/17 1-2pm

Newcomers Welcome

Tour the Firstenburg Center and learn about our 50 and Better programs. Meet new people and discover all the things we offer. Meet in the **FCC Lobby** and plan to join us for lunch with Loaves & Fishes.

M 6/4 11-11:30am

9th Annual Musical Antique Road Review

Senior Players Theatre Club – Call for artists! This year's theme, "Golden Rules", will astound and entertain you. If you're fifty and better and want to be a part of this great show contact Kelly Lund at 487-7055. Director, Janet Green. **LC Community Room**. Informational meeting on June 11th from 1-2pm.

89992 M 6/11-8/27 1-3pm
 \$12 club fee

Watch the *Senior Messenger* for September performance dates!

MORNING ACTIVITIES

Morning Activities at Luepke Center

Entertainment and dancing begins around 10:30am in LC Community Room. See monthly activity calendar for details. Free.

- 5/4 Cinco De Mayo Bingo
- 5/11 Celebrating Mom's and Mums
- 6/15 Hawaiian Father's Day Barbeque
- 7/3 Red, White and Blue Bingo
- 7/5 Star Spangled Banner Dance
- 8/8 Soda Shop Sock Hop
- 8/28 Back to School Bingo

Anniversary Celebrations: 2nd Th, 11am

Birthday Celebrations: 4th M, 11am sponsored by Cascade Inn.

Let's Dance Root Beer Floats: 2nd Th, 11am sponsored by Pacific Specialty & Rehabilitation Care.

Morning Activities at Firstenburg Center

Free entertainment in the Loaves & Fishes Community Lunch Room.

Birthday Celebrations: 2nd W, noon

Bob's Karaoke Music: 1st Th, 11am-1pm

Old Time Fiddlers: 3rd Th, 11am-noon.

DANCES

Sunday Dances at Luepke Center

Live dance music every Sunday. 2-4pm, \$3 per person at the door.

Singles and couples are welcome.

ENRICHMENT & EDUCATION

Luepke Tea and Topic

Informative, free monthly presentations by guest speakers. Tea and cookies served. For monthly topics refer to the Senior Messenger. No topic. Sponsored by Cascade Park Care Center.

W 1pm **LC Community Room**

SHIBA

(State Health Insurance Benefit Advisors): Get help on health care issues, Medicare, the Prescription Drug Program and Supplemental insurance. Call for an appointment or drop by any 2nd/4th Mon from 10am-noon. Call: 487-7015 or 487-7036. Free. **FCC Trapedero Lounge area.**

23rd Annual "Orchids and Lace" Senior Citizen Prom

Food, dancing and fun. Featuring the New Horizon band. Sponsored by Courtyard Village Vancouver and the Senior Messenger. Register early at 487-7100 or sign up at the Marshall and Luepke Community Centers. For details contact Kelly Lund at 487-7055.

89744 F 5/18 6-9:30pm
 \$12 per person LC

HEALTH & WELLNESS

For healthy living classes, group exercise and for information about aquatics program please see fitness section pages 12 and 15.

Foot Care Clinic

Receive routine treatment and fungal nails trimmed, corns and calluses smoothed. Pre-registration is required. Clinician, Mona Barber. **LC Suite 1.** Call 487-7100 to set up 30 min. appt.

T 9:30am-noon \$34

89861 5/8 **89858** 5/15 **89859** 6/12
89876 6/19 **89860** 7/10 **89873** 7/17
89863 8/14 **89864** 8/21

FCC Special Events Room A. Call 487-7001 to set up 30 min. appt.

T 1-4pm \$34

89865 5/8 **89874** 5/15 **89866** 6/12
89867 6/19 **89868** 7/10 **89877** 7/17
89869 8/14 **89871** 8/21

Loaves & Fishes Meal Program

Enjoy a lunch provided by Loaves & Fishes Centers, a non profit, secular organization that provides hot, nutritious meals to seniors 60 and older. Suggested donation is \$3. For more detailed information about Meals on Wheels or volunteer opportunities contact:

LC Wendy Egly. 360-695-3847

FCC Andre Parker. 360-597-5711

M-F 11:30am-1pm

LC Community Room and FCC Lunch Room

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50+ FOREVER YOUNG HIKERS

Hikes are led by a guide and volunteers and are for experienced hikers, who can maintain a pace of a 20-minute mile. New hikers must attend an orientation. Check the difficulty rating, distance and elevation gain. Hikes are approximately 4-8 miles round-trip. Hiking boots, water bottle and walking stick are recommended. Arrive 15 minutes early at Luepke Center. Transportation provided. Pre-Registration is required.

Difficulty Ratings:

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.

Hike Orientation Class

If you are new to our hiking program, an orientation is required prior to participation. Free admission.

Th 12:30-2pm 5/3, 6/7, 7/5, 8/2 LC Conference Room

Tuesday Hikes LC Lobby

8am-5pm \$16 Bring a lunch

Gales Creek/Step Creek, Tillamook Forest, OR

Moderate. 5-7 miles, 900-ft. elevation gain

89623 5/1

Manzanita, Nehalem Beach, OR

Easy. 6 miles, minimal elevation gain

89624 5/8

Tom McCall Preserve, OR

Moderate. 4-5 miles, 1,100-ft. elevation gain

89625 5/15

Seven Mile Hill, OR

Moderate. 6 miles, 1,250-ft. elevation gain

89626 5/22

Weldon Wagon Trail, WA

Moderate. 6 miles, 1,300-ft. elevation gain

89627 5/29

Bald Butte, OR

Moderate. 6 miles, 1,000-ft. elevation gain

89636 6/5

Grassy Knoll, WA

Moderate. 6 miles, 1,200-ft. elevation gain

89635 6/12

Silver Star Mountain, WA

Difficult. 6 miles, 1,400-ft. elevation gain

89637 6/19

Hummocks Trail Loop & Cold Water Lake, Mt. St. Helens, WA

Easy/Moderate. 4-6 miles, minimal elevation gain

89639 6/26

Ramona Falls, OR

Moderate. 6 miles, 1,000-ft. elevation gain

89628 7/3

Bald Mountain, OR

Difficult. 6.8 miles, 1,600-ft. elevation gain

89638 7/10

Harts Cove, OR

Moderate. 5.5 miles, 900-ft. elevation gain

89629 7/17

Mt. Defiance, OR

Moderate. 4 miles, 1,200-ft. elevation gain

89630 7/24

Falls Creek Falls, WA

Moderate. 6 miles, 1,150-ft. elevation gain

89631 7/31

Lewis River Falls Trail, Gifford Pinchot NF, WA

Moderate. 6 miles, 500-ft. elevation gain

89632 8/7

Siouxon Creek, WA

Moderate. 6 miles, 700-ft. elevation gain

89633 8/14

Hardy Ridge – Hamilton Mountain, WA

Difficult. 7 miles, 2,300-ft. elevation gain

89634 8/21

Lower Salmon River, OR

Moderate. 4-6 miles, 300-ft. elevation gain

89640 8/28

50+ TRAVEL PROGRAM

487-7100

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.

Use a wheelchair, motorized scooter, walker, service animal, caregiver, other assistive device or are in need of special assistance? Call Inclusion Services at 360-487-7057 at least 10 business days before the trip date.

Courtesy on Trips:

Please refrain from using perfume or scented lotions due to allergies. Smoking and/or chewing tobacco not allowed in or near vans. 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 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.

Detailed trip information is available in the monthly *Messenger* newspaper. For a free subscription to the *Messenger* call 360-487-8701 or send request to PO Box 1995, Vancouver 98668.

50+ Travel Expo

Learn about exciting trips planned for May-August. Free admission, refreshments and door prizes for \$25, \$10 and \$5 off of trips. Everyone present will receive a \$5 coupon to use that day for any day trip offered through August.

MCC Oak Room.

Th 6/6 9-10am Free

A special thanks to our FCC Trapadero II and Luepke Center sponsors:

- Glenwood Place Senior Living
- Home Instead Senior Care
- Humana Market Point
- Knights of Phythias Active Retirement Center

- Cochran Home Care
- Clearwater Springs Assisted Living
- Columbia River Benefits
- Providence Home Medical Equipment
- Courtyard Village Retirement
- The Bedford Independent Retirement Living
- Bright Star Health Care
- Mallard Landing Assisted Community
- Merrill Gardens at Orchard Village

- Cascade Park Care Center
- Discovery Nursing & Rehab

If you would like to sponsor a 50 and Better activity call Kelly Lund at 487-7055 to learn how! Sponsorships are affordable and give your business exposure in the Vancouver-Clark Parks and Recreation catalog, on our website and more. Limited space available. Call today.