

Lebanon Senior Center
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Press Release

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FOR IMMEDIATE RELEASE
September 2, 2022

THINGS ARE HAPPENING AT THE LEBANON SENIOR CENTER!

80 Tangent Street, Lebanon, OR

Whether you are looking for something to do or a fun place to hang out with new friends, the Lebanon Senior Center is a great resource for area seniors 50 years and older. The Center is not member based. Our monthly newsletter contains all the activities, classes and programs being offered each month. A few of our September activities include:

National Senior Center Month Activities

Celebrated every year in September, Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community.

Thursday, September 15th 10-11:00am Livability Conversation—Let's explore what makes our community livable for seniors. What would make communities better for aging populations? Through conversation among ourselves, we can have a list of ideas prepared for interested community partners.

Tuesday, September 27th 12-1:30pm Picnic— Bring your own picnic lunch and join us out on the lawn (or inside if the weather doesn't cooperate). If you want to bring something to share you are welcome to. Senior Center staff will be serving up cake to celebrate. We will put up extra tables and chairs or you can bring your own lawn chair or picnic blanket.

By Appointment— Share Your Story— Has participating in Senior Center activities had an impact on your life? Have the resources available through the Center made a difference in your quality of life? We would love to hear your story! We hope to record a few seniors sharing their thoughts to make a video to share on social media. If you would like to take part, call to arrange a time to chat with Rebecca, 541-258-4919.

Additional Evidence Based Exercise Classes, Proven to Reduce Fall Risks

Bingocize!: Mondays, 1-2:00pm & Fridays, 11:00am-12:00pm

Join us for a fun time of Bingo mixed with some low-impact exercise. We will have a few small prizes for winners. This Evidence Based Program is designed to build strength, flexibility and balance.

Strength & Flex : Wednesdays, 1-1:45pm & Fridays, 10-10:45am Strength & Flex (a Geri-Fit Program) is an Evidence Based Program that improves muscle tone throughout your whole body, as we use weights, gravity and resistance to remind your muscles how powerful they can be. Gentle strength training can help improve balance, stability and your ability to do daily tasks. Can be done seated or standing. You are welcome to bring your own weights or use our two-pound weights.

Thursday, September 8th 10-11:00am

Advance Care Planning: Starting the Conversation

Lumina Hospice will be presenting on how to begin conversations around care planning. These conversations can be emotional and uncomfortable for families to have. Learn some techniques to successfully start communication and talk about wishes.

Tuesday, September 20th 2-3:00pm

211 Information Line Presentation

Learn about all the resources the 211 line can direct you to. This information service is available via phone or online. If you are looking for help or want to be prepared to help a friend or loved one, this is a great resource to keep at hand.

Thursday, September 22nd 2-3:00pm

Physical Therapy School Tour

In honor of Fall Prevention Week, we have been invited to take a tour of the COMP-NW Physical Therapy building. See behind the scenes of the program and hear from faculty and students that are providing free physical therapy to seniors in our community. Physical therapy can help improve muscle tone, balance and coordination important to preventing falls. Please sign up before September 19th, call 541-258-4919 or stop by the office.

Community Walks

Sign up at least two days before, by stopping by the office or calling: 541-258-4919.

Tuesday, September 13th 9:00-10:30am Cheadle Lake South Shore Trail: We will walk from the Cheadle Lake Park gravel parking lot (where Strawberry Festival is held) along the paved path north toward Cheadle Lake. You can catch a ride (no charge) from the Senior Center or meet us at the parking lot just after 9am.

Tuesday, September 27th 9:30-10:30am Japanese Garden: We will walk from the Senior Center to the Boulder Falls Inn. After a stroll through the Japanese Garden behind the hotel, we will return to the Senior Center.

For additional information about these activities, to learn more about other classes and activities, or to find a copy of our monthly newsletter, please stop by the Lebanon Senior Center main office at 80 Tangent Street, Lebanon. OR or call us at 541-258-4919.