



## News from the 60+ Activity Center

It has been about a year ago that our world experienced the COVID 19 Pandemic. I believe our County and City leaders along with our residents have responded well in taking safety measures seriously. We will get through this! We do not have an update from the Governor's office as to when the 60+ Activity might be able to re-open, but hang on... It will happen ! It is getting lighter and the promise of Spring abounds

### Upcoming 60+ Activity Center ZOOM sessions designed just for you!

Date	Day	Time	Title
<b>3/8</b>	<b>Monday</b>	<b>10:00am</b>	<b>Learn to Zoom</b>
If you are curious about ZOOM please sign up for this fun interactive session. If you want to preview a couple of Zoom web sites prior to joining our session try these. They can walk you through how to set up zoom and how to participate. The first one is through AARP <a href="https://www.aarp.org/home-family/personal-technology/info-2020/how-to-use-zoom.html">https://www.aarp.org/home-family/personal-technology/info-2020/how-to-use-zoom.html</a> and the Second one is zoom <a href="https://support.zoom.us/">https://support.zoom.us/</a>			
<b>3/9</b>	<b>Tuesday</b>	<b>2:00pm</b>	<b>Arty Party</b>
Talk with local artists and share your ideas and processes. Work on projects while attending the arty party.			
<b>3/11</b>	<b>Thursday</b>	<b>11:00am</b>	<b>TAXAIDE Info</b>
We will present, in this virtual Zoom session, information about how Oregon taxpayers can prepare and E-file their own taxes using free software offerings from the IRS and others.			
<b>3/23</b>	<b>Tuesday</b>	<b>10:00am</b>	<b>Learn to Zoom</b>
<b>4/19</b>	<b>M/W/F</b>	<b>2:30pm</b>	<b>Walk With Ease</b>
<b>TRI-COUNTY CLASS</b> Join Linn and Benton County in offering the “Walk with Ease” class. The class is intended to reduce pain, build confidence in being physically active, and to improve overall health. No matter your fitness level, this program will help connect you with other community members who want to improve their health. The Virtual program will last 6 weeks and is taught by trained instructors who can provide information and tools that you can use to help manage chronic condition symptoms and improve your quality of life. You will learn the benefits of how small increases in physical activity can result in big benefits to your health. Thanks to a Grant from Oregon Cascade West Council of Governments we will have ipads available to check out for this program that will include wifi and instructions and support. Please call 541 574 5459 for more information.			

You can register for these sessions at [www.newportoregon.gov/dept/par](http://www.newportoregon.gov/dept/par) . Click on the Orange banner to view the on line catalog, click the 60+ Activities and register for the ZOOM session. If you have problems give me a call at 541 574 5459.

## OTHER COMMUNITY INFORMATION

**3/9                      Tuesdays                      12:00pm                      Hatha Yoga**

Contact [yoga4santosha@gmail.com](mailto:yoga4santosha@gmail.com)

This is an all levels yoga class. E-Mail Kelly Ardinger at the above address for more information. Kelly has been volunteering for the 60+ Activity Center for over 5 years.

**3/11                      Thursday                      12:00pm                      Social Security Overview**

Duane J. Silbernagel, CFP®, CIMA®, a Financial Advisor with Waddell & Reed, invites you to attend Your Social Security Benefits. There is no charge for this event, and you are welcome to bring guests. WebEx Virtual Event. To register for this event, please visit the Events section on this website: [www.Duane.WRFA.com](http://www.Duane.WRFA.com)

## MORE TAX AIDE INFORMATION

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60+ Activity Center Virtual Session: Free Self-service Tax Preparation Options, March 11, 2021 at 11:00am.

We will present, in this virtual Zoom session, information about how Oregon taxpayers can prepare and E-file their own taxes using free software offerings from the IRS and others.

The IRS FreeFile options at [IRS.gov](http://IRS.gov) direct taxpayers to a selection of nine tax preparation websites. Four of those services will allow, for qualified taxpayers, free preparation and E-filing of both federal and state returns. We will do a brief demonstration of how to access and get started on each of the four.

For those who do not qualify for one of the IRS offerings, AARP Tax-Aide is making available a free software program, used by Tax-Aide preparers, to allow taxpayers to complete their returns. This Alternative Tax Program (ATP) will also include telephone support by TAXAIDE certified counselors to allow completion of returns from home.

We will also discuss an offering from Volunteer Income Tax Assistance (VITA) administered by OSU. This service will have a trained tax preparer work with the taxpayer to complete the returns.

And finally, we will describe the 2021 Tax-Aide service for anyone who is not comfortable with, or cannot, prepare their own returns.

**Also, Oregon State University College of Business Center for Advancing Financial Education. Is offering free tax preparation services to low and middle-income individuals and families.**

The Volunteer Income Tax Assistance (VITA) program is an IRS initiative to support free tax preparation services. To qualify, individuals or families must make less than \$72,000 annually and meet other eligibility guidelines. Volunteers including IRS-certified accounting students, university staff and community members will prepare taxes for participants.

The service is available in February and March, and appointments are now being taken. Participants will have an initial interview by phone or Zoom to confirm qualifications, ensure they have their tax documents and go over intake forms. Appointments will be scheduled after that, with most tax preparation taking place virtually. A limited number of face-to-face tax preparation appointments are also available, following COVID-19 health and safety protocols.

To learn more about eligibility or to register for an appointment, click [here](#) or call 541-737-7962. Assistance is also available in Spanish.

## VACCINE INFORMATION

I want to remind you of the number to call if you have not made an appointment to get your vaccine. **541-265-0621**.

The next groups eligible when more COVID-19 vaccines are available in Lincoln County

- **People 70 and older - February 21**
- **People 65 and older - February 28**

There is also a place to get registered on line. This site provides a lot of additional information on vaccines. <https://www.co.lincoln.or.us/hhs/page/lincoln-county-covid-19-vaccination-schedule>

## AARP DRIVER SAFETY

The online classes are still available, with the discount of 25% now in place through *August 31, 2021*. For any persons interested in the online class, the website is [www.aarpdriversafety.org](http://www.aarpdriversafety.org); the online classes can be accessed through this website. The promo code for the 25% discount is DRIVINGSKILLS.

In addition, CarFit has videos online that are available for viewing by anyone interested. They can be accessed through Car-Fit.org; then choose “Videos” from the menu.

Smart DriverTEK has an online workshop at [aarp.org/SDTEK](http://aarp.org/SDTEK), as does We Need to Talk.

And be prepared for the road ahead with AARP Driver Safety’s free educational resources on vehicles, driving and alternative transportation:

<https://learn.aarp.org/driver-safety-quick-learnings>

**3/6                      Saturday                      11:00am                      OHSU Concussion Basics**

**OHSU's ThinkFirst Program Presents Concussion Basics. Please register at**

<https://attendee.gotowebinar.com/register/5026083568038589456>

After registering, you will receive a confirmation email containing information about joining the webinar.



**Concussion Basics will cover:**

• Brief Brain Anatomy and Function • Definition of a concussion • How concussions affect the brain • Signs and symptoms of concussions • Healing from concussions • Second Impact Syndrome • Post-Concussion Syndrome • Concussion Prevention Sherry Stock Executive Director of the Brain Injury Association of Oregon will add insight to brain injuries and concussions and discuss concussion research.

And Lastly.... It is with pleasure and a certain sadness that I announce my retirement from the City of Newport’s 60+ Activity Center. Working for the 60+ Community has been extremely enjoyable and a very rewarding experience, especially to be surrounded by so many wonderful people. I will leave enriched by my 17 years with the patrons, volunteers and city staff. I will miss you all. We have accomplished so much at the Newport 60+ Activity Center!!

I have a grandchild due in late March and I look forward to building that relationship!

All The Best

Peggy O’Callaghan