



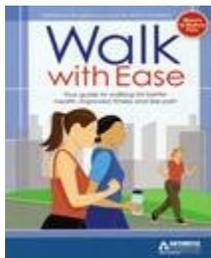
Greetings from the Newport 60+ Activity Center! It is hard to believe September and the vibrant Fall Colors are right around the corner!

Due to Covid-19 Delta Variant some classes/activities have been postponed: Duplicate Bridge, Tai Chi Moving for Better Balance, Intermediate Line Dancing, and the Grand Re-Opening/Peggy Retirement Party.

For those people that do wish to participate in activities at the 60+, there are 5 exercise classes: Move with Mary, Meditation, Chair Yoga, Silver Sneakers Classic, and Arthritis Exercise. Social classes include: Open Pool Games, Mahjong, Wii Bowling, Scrabble, Knitting, Dominoes, and Pinochle.

Silver Sneakers Classic class will not be held on: September 14, 16, and 21st.

Mask are required in all City Facilities, including when exercising.



Walk With Ease

October 4 – November 10, 2021

Monday, Wednesday & Friday from 3:00 – 4:00 pm

Meeting in-person at the 60+ Activity Center

The Walk With Ease 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. This program was developed by the Arthritis Foundation and is proven to help reduce pain and stiffness associated with arthritis and offers benefits for people managing other chronic conditions. This class will meet three times each week for 6 weeks. For the walking portion of this class, the

participants will be using the indoor walking track at the Newport Recreation Center. This evidence-based class is offered in partnership with the Newport Recreation Center, Newport 60+ Activity Center, OSU, Samaritan Health Services, Corvallis Community Center and Albany Parks and Recreation Center.



CLOSED

The Newport 60+ Activity Center will be closed on Monday, September 6, 2021 in observance of Labor Day.



Attorney, Stacey Mealer Wills, Trusts, & Estates

Stacey is an attorney that lives in Sweethome, OR. Prior to Covid-19, she drove to the 60+ Center the third Thursday monthly assisting people with their wills, trusts, and estates. Please let me know if this is a service that you would like to see resumed at the Newport 60+ Activity Center.



Meet and Greet

60+ Advisory Board Needs You!

The 60+ Center Advisory Committee of Newport has created a rather exciting goal: "The 60+ Advisory Committee will continue to meet the needs of the aging population (focusing on physical structure)." This is a five-year goal.

By June, 2026 they plan to obtain funding to:

Option 1: Increase the size of the current physical building, or

Option 2: Purchase land to build a new building, or

Option 3: Purchase an existing building and complete a remodel.

The 60+ Center Advisory Committee needs your help! The workgroup is seeking two members of the Newport 60+ Activity Center to join their workgroup to help complete this goal. The group may possibly meet once per month, but there may be months when more meetings are necessary. To become a part of this exciting work, please contact Ann Way awayjway@gmail.com or 541-270-6728, or Stu Osborn sdosborn@msn.com or 425-463-5406.



Newport Parks and Recreation Center

The Newport Parks and Recreation Center offers some amazing activities and classes. A few that I want to highlight are:

Kickbox Class – begins Saturday, August 28th from 11:00 – 12:00 pm. Class is designed for all levels and is led by a fitness expert that has 30 years of experience to help with fundamentals and guide your progress. This fun class helps build cardio, core strength, toning, flexibility and balance. Class is taught by Jorge.

Tai Chi For Health: Using Tai Chi for Arthritis and Fall Prevention – This class is based on the Tai Chi for Arthritis Program from the Sun style form, emphasizing joint-safe moves and Qigong breathing. Practice will help improve balance, muscle strength, immune function and mental focus. Class will teach 6 basic moves. Class is taught by Susan Cooper

Stretch & Flex Class – This is a fun seated and standing fitness class that includes aerobic intervals, brain fitness, muscle conditioning, and balance, with 15 minutes of stretching at the end. Class is taught by Brenda Luntzel

For more information on these three classes, programs, or aquatics, please call the Newport Recreation Center at 541 265 7783.



Samaritan Health Services Upcoming Free Virtual Classes

Living Well With Chronic Conditions, A Chronic Disease Self-Management Program, Friday, October 1, 2021 – free online workshop. Are you ready to gain control, feel better and take charge of your health? The Virtual Living Well Workshop is for people living with on-going physical and or mental health conditions, including persistent pain. We will support each other and work on: Action Planning, Decision-Making, and Healthy Eating. Learn to break the symptom cycle and deal with frustration, pain fatigue, isolation, sadness, and poor sleep. Learn skills to communicate better, make informed decisions, and problem solving.

Freedom From Smoking, Monday, October 2, 2021 – Are you ready to quit smoking? Enjoy the benefits of better health, better relationships and more money by learning how to quit your craving. You will: set a quit date – Week 4 of the program, design a personal action plan, learn new coping skills, plan for dealing with your cravings, work on your new self-image, weight and stress management ideas, get support and support others.

To sign up for either of these virtual programs, www.samhealth.org/HealthEdHub. Contact phone number is 541 768 6811.



Coast Busters Walk For Breast Cancer

Saturday, October 9, 2021

Newport High School Track

About the walk: 3 mile walk held on the track at Newport High School located at 322 NE Eads Street, Newport, OR. Proceeds raised from the event will stay local

and benefit the Pacific Communities Health District Foundation Women's Cancer Fund. This is an opportunity to proudly raise awareness in our community and inspire hope for all women who have been affected by breast cancer. Wheelchairs and walkers are allowed. Early Bird Registration \$25.00 until September 3rd and guarantees you get a T-Shirt, General Registration \$35.00 from September 4 – October 1st, and \$45.00 On-site Registration. Fees include a Coast Busters Walk T-shirt, race bib, pink ribbon pin (while supplies last), and the power in knowing you are supporting women and their families battling breast cancer. To register go to www.samhealth.org/coastbusters, or call Sonia Graham at 541 961 0386.

Friends of the Newport 60+ Activity Center - will be holding a silent auction in November to raise money for the pickleball courts at Frank Wade Park. More information to come.

UPCOMING Classes

At the Newport 60+ Activity Center

Watercolor Art Class

Basic Computer Class with Ron King

Educational Presentation by Marissa Haner, Youth Mentorship Program

Educational Presentation by David Osti, Songwriting and Home Recording Workshop

Prevent T2 Diabetes, January 2022

Walk With Ease, February 2022



Did you know??

Sept 1st – is National Cherry Popover Day

Sept 4th – is International Bacon Day

Sept 9th – is Teddy Bear Day

Sept 12th – is Chocolate Milkshake Day (my favorite day!)

Sept 16th – is Collect Rocks Day
Sept 19th – is Talk Like A Pirate Day
Sept 22nd – is Elephant Appreciation Day
Sept 28th – is Ask A Stupid Question Day
Sept 30th – is National Mud Pack Day

AND

The Newport MOW (Meals On Wheels) for the month of July racked up 225 volunteer hours and delivered 1270 meals to home-bound seniors? While a lot of our country was shut down because of the Covid-19 pandemic, the dedicated MOW employees and volunteers continued working hard to take care of our senior community.

All of the classes/programs offered at the Newport Recreation Center and the Newport 60+ Activity Center are now available to sign up for online. Go to www.newportoregon.gov/sc and click on the yellow banner to browse the catalog. Also, the Recreation Center home page has really good videos on how to create an account and sign up for classes. Another option is to give me a call and I can sign you up! 541 265 9617

If you no longer wish to receive these email updates, please let me know and I will immediately remove you from the contact list.

Have a wonderful week and hope to see all of you at the Newport 60+ Activity Center!

Dee

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