LAST CHANCE FOR MEDICARE OPEN ENROLLMENT — Page 2

Give the Gift of TRANSPORTATION — Page 5

Local—Holiday Music Guide — Page 6

plus more... Wednesday, November 13, 2019
Making the Most of Life After 55

The Columbian puts a focus on seniors in this special section with current information about:
- Health and Fitness Trends
- Travel and Leisure Activities
- Financial Planning
- Local Class and Event Schedules
- Lifestyle Options, and Much More!

Look for the next issue on
Sunday, February 16th, 2019

Have a suggestion for a future topic? We'd love to hear from you. Email: Laura.Wenrick@columbian.com

Living 55 Plus is an Advertising Supplement from the Advertising Department of The Columbian Publishing Company. For advertising opportunities call 360-735-4497.

By PAT STEPHENS for The Columbian

One of the advantages of aging is the opportunity to enroll in Medicare. It’s a program that ensures basic health care for those 65 and older (and those under 65 on Social Security Disability Income and with certain diseases), and it is a benefit that has been earned during the recipient’s working years.

As one initially enrolls in the Medicare system, usually individuals will purchase additional health coverage to help pay for some of the things that Medicare does not cover. These plans work alongside or instead of other benefits you may have (ex. Veterans or retiree benefits from an employer).

Everyone’s situation is different – even spouses have different options – and therefore it requires careful coordination as you enroll, and annual reevaluation to make sure your plan is the best one for your situation.

The annual open enrollment period is that time when you can change supplementary plans or Advantage plans, tweak your benefits, and also remain assured that you are already in the best plan for you. For 2020 coverage, open enrollment will run through December 7, 2019.

Following is a directory of deadlines and resources to help with these decisions.

OFFICIAL MEDICARE WEBSITE: www.Medicare.gov
CUSTOMER SERVICE: 1-800-MEDICARE (1-800-633-4227)
TTY FOR HEARING IMPAIRED: 1-877-486-2048

For free help in Clark County with Medicare decisions and other health insurance questions or problems:

Statewide Health Insurance Benefits Advisors (SHIBA), a trained volunteer program:

SHIBA’s Mission: To provide free, unbiased information about health care coverage and access to help improve the lives of all Washington state residents. We cultivate community commitment through partnership, service and volunteering.

“The SHIBA program provides a valuable and free service to the community. Enrolling in Medicare can be a confusing and frustrating process. Our SHIBA volunteers help break that process down and lay out the options without bias to any one health plan. We make sure our clients have the best information that is available to them so they can make informed choices about their healthcare,” said Amy Figoni, Volunteer Coordinator for SHIBA.
Be Prepared for Outages
Report outages online or call 360-992-8000

View the online outage map for updates
Plan now and be prepared with an emergency outage kit
Report outages online or at 360-992-8000
NUMEROUS EDUCATIONAL SEMINARS ABOUT MEDICARE ARE HELD IN THE FALL TO HELP YOU WITH COVERAGE DECISIONS. CHECK www.insurance.wa.gov/shiba-events-calendar AND SELECT CLARK COUNTY FOR LOCAL EVENTS, AND WATCH FOR INFORMATION IN THE COLUMBIAN AND IN YOUR MAIL. OFTEN, MEDICAL CENTERS, CLINICS, SENIOR CENTERS, LIBRARIES AND CLARK COLLEGE WILL HOST SPEAKERS WHO DETAIL THE SPECIFIC PLANS AND HELP YOU FIND PLANS THAT YOUR PHYSICIANS OR CLINICS WILL ACCEPT.

DEADLINES:
Medicare annual open enrollment period: October 15 to December 7
Initial Enrollment Period: Usually begins 3 months before the month you turn 65, includes the month you turn 65, and ends 3 months after the month you turn 65. However there may be exceptions (if you are still working with employer coverage, for instance) so check with a SHIBA volunteer to learn about your individual situation.

THE PARTS OF MEDICARE:

Part A: Inpatient care in a hospital, skilled nursing facility, hospice care, and home health care.

Part B: Medically necessary services needed to diagnose or treat your medical condition that meet accepted standards of medical practice, and preventive services to prevent illness (like the flu) or detect it at an early stage, when treatment is most likely to work best. You pay nothing for most preventive services if you get the services from a health care provider who accepts Medicare assignment.

Part D: Prescription drugs are not covered by original Medicare. Choose from 2 ways to get prescription drug coverage. You can choose a Medicare Part D plan. Or, you can choose a Medicare Advantage Plan (like an HMO or PPO) that offers drug coverage.

Plan definitions according to Medicare.gov:

MEDICARE SUPPLEMENT INSURANCE (MEDIGAP) POLICY:
Helps pay some of the health care costs that Original Medicare doesn’t cover, like copayments, coinsurance, and deductibles. Medigap policies are sold by private companies. Some Medigap policies also cover services that Original Medicare doesn’t cover, like medical care when you travel outside the U.S. If you have Original Medicare and you buy a Medigap policy, Medicare will pay its share of the Medicare-approved amount for covered health care costs. Then, your Medigap policy pays its share.

MEDICARE ADVANTAGE PLAN:
A type of Medicare health plan offered by a private company contracted with Medicare, in a defined service area. Medicare Advantage Plans provide all of your Part A and Part B benefits. Medicare Advantage Plans include Health Maintenance Organizations, Preferred Provider Organizations, Private Fee-for-Service Plans, Special Needs Plans, and Medicare Medical Savings Account Plans. Most Medicare Advantage Plans offer prescription drug coverage.

If you’re enrolled in a Medicare Advantage Plan, most Medicare services are covered through the plan, and Medicare services aren’t paid for by Original Medicare. Visit Medicare.gov for more details about these plans.

Welcome this change in your life, with the benefits that you have earned throughout your working years, but don’t be afraid to ask for information and get help in making the best decisions for your individual situation.

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www.lakeshoreac.com

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• Tennis
• Racquetball
• Tai Chi
• Basketball
• Indoor Track
• Selectorized Machines
• Aqua Aerobics
• Yoga
• Swim Classes

OPEN ENROLLMENT ENDS DECEMBER 7
Give the Gift of Transportation

Join Volunteers In Motion and Make A Difference!

Imagine hearing about a holiday concert you would love to attend, or looking in your kitchen and seeing that a grocery shopping trip is needed, or remembering an important doctor’s appointment at a clinic across town … now think about not having any way of getting yourself there. That is the reality for over 3.5 million people every year. They lack transportation…

WHO WE ARE - Volunteers in Motion (VIM) is a new program of the Human Services Council that is recruiting volunteers who would like to give back to Clark County’s aging adults and others who need transportation to maintain their physical and emotional health and independence. Volunteers in Motion will screen and register passengers that need transportation to meet their basic needs and engage willing volunteers to assist them in getting where they need to go. These appointments might be a medical appointment, a shopping or nutrition trip, or some socialization like the library, a movie, a visit with friends or relatives, or other event.

BECOME A VOLUNTEER DRIVER - A volunteer driver can either choose to use their own vehicle to provide rides, or they can volunteer to drive a small group of people using the Human Services Council’s Community Access vans. Drivers using their own vehicle will be reimbursed mileage for these trips. All drivers need to be at least 21, have a current driver’s license, clean driving record, current insurance, and be able to pass a background check. Drivers are provided thorough training and expenses for background checks. Other related requirements will be paid for by the Human Services Council. Even if you only find time in your schedule to drive a few trips a week, it would be greatly appreciated by Volunteers in Motion, the passengers, and their families.

CAN’T DRIVE...DONATE - If being a driver isn’t an option for you right now, could you Give the Gift of a Lift? For $20 you could provide someone a much needed round trip that will allow them to maintain their health and independence. Donate here: www.hsc-wa.org

To volunteer call Volunteers in Motion 360-735-3680 or email volunteersinmotion@hsc-wa.org

Please visit our website www.evergreenstaples.com

Online Arrangements Available

- OUR NEW LOCATION -
3414 NE 52nd Stree
(at St. Johns & 52nd Street)

360-693-3649
Nothing Gets You in the Holiday Spirit Like Music

Here Are Some Local Performances To Get Out And Soak Up The Sounds Of The Season.

December 6-8
**The Nutcracker: Vancouver Dance Theatre**
Vancouver Dance Theatre is a non-profit organization welcoming young dancers throughout our community to participate in a semi-professional performance! Vancouver Dance Theatre’s mission is dedication to the encouragement and appreciation of the dance arts in our local community. Go to www.vancouverdancetheatre.com for show times and tickets. Fort Vancouver High School, 5700 E 18th St, Vancouver

December 7 & 8
**A Celebration of Carols @ First Presbyterian Church**
Celebrate the season with ‘A Celebration of Carols!’ featuring brass ensemble & percussion. Musical selections include “Personent Hodie”, “In Dulci Jubilo”, “Christmas Flourish”, Z Randall Stroope’s “American Christmas”, and selections from Julian Wachner’s “The Snow Lay On The Ground.” Other pieces include Eriks Esenvalds’s “Stars”, which will feature water glasses. The Christmas spiritual “See Dat Babe” and the Christmas classics “Mary Did You Know,” and “The Night Before Christmas.” The Vancouver Master Chorale’s chamber singers will also perform. 4300 Main St, Vancouver

**The Gifts of Winter: A Touch of Class Chorale**
Clark County-based community choir of 40+ singers presents “The Gifts of Winter,” a concert celebrating the gift of family and friends during the holiday season. Performances are:
Saturday, December 7th at 7pm at Unitarian Universalist Church of Vancouver
Sunday, December 8th at 2pm at Mill Plain United Methodist Church
Friday, December 13th, at 7pm at East Woods Presbyterian Church
*There will be a separate performance Saturday, December 21st at the Grotto in Portland, OR at 9pm. Price is admission to the Grotto. Tickets (adults, $12; children 6-16, $10) are available in advance from chorale members or at the door. Half the proceeds from the concerts benefit each venue’s chosen charity. Please join us as we make music, make friends, and make a difference. For more information www.TouchofClassChorale.com.*

December 14 & 15
**A VSO Holiday Celebration @ Skyview High School Concert Hall**
The Vancouver Symphony Orchestra kicks off the holiday season with a celebration of classic pieces by Tchaikovsky, Bach and Strauss. Joining the VSO are renowned Austrian soprano, Charlotte Pistor, and dancers from the local Columbia Dance Studio, who are back by popular demand following last year’s triumphant performance. The concert features the 70+ member symphony orchestra led by Music Director and Conductor Salvador Brotons, now in his 29th season with the VSO. The celebration begins with Rossini’s La gazza ladra, which translates to “The Thieving Magpie.” The familiar piece was famously used in Stanley Kubrick’s A Clockwork Orange. Then the VSO welcomes dancers from Columbia Dance Company, led by Becky Moore, to perform excerpts from Tchaikovsky’s Nutcracker ballet, including Dance of the Sugar-Plum Fairy, Arabian Dance and Waltz of the Flowers. Following intermission, famed soprano, Charlotte Pistor, comes to the stage to perform holiday carol favorites such as O Holy Night and an arrangement by Bruce Chase will take the audience on a tour of holiday music from around the world. Tickets: vancouversymphony.org

December 7, 7pm-8:30pm
**What Can I Give Him @ Adventist Community Church**
An inspiring and festive evening of Christmas music and fellowship. Freec. 9711 NE St Johns Rd, Vancouver

December 13, 7pm-9pm
**Messiah Sing-Along @ First Presbyterian Church**
Accompanied by First Presbyterian Church pipe organ, played by Organist Laurie Chinn and conducted by Jana Hart. Join a wonderful Christmas musical experience singing all the choruses in all three parts of Messiah. Admission is free. A freewill offering will be taken for Friends of the Carpenter. Please bring a score if you have one. If not, they will have some to borrow. 4300 Main St, Vancouver

Also consider these Holiday Bazaars as you shop unique gifts for your family and friends

November 23, 9am-4pm
**Pleasant Valley School**
14320 NE 50th Ave, Vancouver

November 30, 8am-6pm
**Prairie High School**
11311 NE 119th St, Vancouver

November 30, 9am-5pm
**Heritage High School**
7825 NE 130th Ave, Vancouver

December 7, 10am-2pm
**Touchmark at Fairway Village Retirement Community**
2911 SE Village Loop, Vancouver
Enroll in our high-quality Medicare health plan today

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- **Call 1-855-357-5102 (TTY 711)**, seven days a week, 8 a.m. to 8 p.m.
- **Visit kp.org/seminarfinder** to learn more
- **RSVP for a FREE** Straight-Talk Seminar

**Visit kp.org/seminarfinder** for more seminars

Join us for a FREE Straight-Talk Seminar near you

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<tr>
<th>Location</th>
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<td>Battle Ground</td>
<td>Nov. 13 at 10:00 am</td>
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<td>Community Center</td>
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<td>912 E Main St.</td>
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<td>Woodin Creek</td>
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<td>Cascade Park</td>
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<td>Medical Office</td>
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<td>12607 SE Mill Plain Blvd.</td>
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<td>Vancouver, WA</td>
<td>Conf. Room 7B</td>
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1Free with no obligation. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. For accommodations of persons with special needs at meetings, call 1-855-357-5102 (TTY 711).
WELCOME TO MEDICARE
11/16 Sa CTC Rm. 144 10-11:50AM
FREE
Please pre-register to help us have materials and seating for all.

Do you need help understanding Medicare? Come to a free, informative session that explains Medicare parts A, B, C, and D, as well as advantage plans vs. Medicare supplement plans, and prescription drug coverage. SHIBA (Statewide Health Insurance Benefits Advisors) volunteers will be available to answer your individual questions. SHIBA provides unbiased, confidential information on your Medicare rights and options. SHIBA is a program of the Washington State Office of the Insurance Commissioner.
HEALTH CARE: HOT TOPICS
Do we have a health care system or a disease management system? Does gender bias in healthcare alter outcomes for women? Compare the U.S. system to other countries. Understand how to advocate in the health care system. Learn how pharmaceutical companies are price fixing, altering outcomes and using statistics to obscure results. Review the current research on addiction and which type of programs are most helpful. Learn about the lifestyle approaches to lower risk of dementia.

FOUNDING MOTHERS 1836 - 1900
Learn about the early days of women’s rights, 1836 to 1900. Explore the Seneca Falls Convention, the role of abolition with a focus on Susan B. Anthony, Elizabeth Cady Stanton, Lucy Stone and Lucretia Mott. What were the rights that women sought? Understand the role of the Women’s Christian Temperance Union as an ally and a distraction. How did the two associations – the NWSA and the AWSA “war” with each other over tactics - and ultimately join forces together?

The Uffizi is the oldest museum in Europe, opening its doors in 1591, designed to house the offices of the Duchy of Tuscany. Tour its halls and galleries and admire its artistic treasures. View the creations of the great artists of the Italian Renaissance and explore the history of the Uffizi. The majority of the art was collected by the Medici family, but with the end of their dynasty their art collections were gifted to Florence by the last Medici heiress.

THE VIETNAM WAR PART I
Explore the unequivocally most divisive military action of the 20th Century. Vietnam was the first loss the U.S. experienced since its founding. Part I will focus on the French colonization and establishment of French Indochina, Japanese colonization of Vietnam during WW II, the rise of Ho Chi Min and the Viet Minh, Post War French Indochina, Dien Bien Phu and the Geneva Accords, Finally America’s arrival in South Vietnam.

THE NEZ PERCE
This June to October conflict between the U.S. government and the Nez Perce was one of the most tragic of the many Indian wars of the 19th century. Refusing to accept internment on a reservation, government pressure forced a small band of warriors—never more than 145 men, though burdened with about 500 noncombatants to fight at four major battles. Study the war in the context of the dynamic personalities on both sides, focusing on the cultural, social and political imperatives that led inevitably to conflict.

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Driving provides an almost unrivaled level of independence. The ability to travel beyond a neighborhood or even one’s hometown without a chaperone is probably what excites new drivers so much and makes them eager to get their licenses and cars. Senior drivers also may define their independence by their ability to drive. Few things diminish senior dignity and independence faster than losing the ability to drive.

Despite popular misconceptions, seniors are some of the safest drivers around. The experts at Hartford Auto Insurance indicate that the number of accidents involving older drivers actually decreases as age increases. It’s the risk factors like medical conditions, medication usage and reduced physical function that increase the risk for accidents and injuries involving older drivers. Thanks to technology and some other well-designed devices, seniors may be able to continue driving longer than the aging drivers of years past.

The AAA Foundation for Traffic Safety, a nonprofit research and education association, says roughly 90 percent of seniors don’t take advantage of simple, often inexpensive features that can greatly improve safety and extend their time behind the wheel. Here are some considerations:

- Cushions and seat pads: Cushions do more than just alleviate hip and back pain while sitting. Cushions and pads can raise drivers up and improve their line of sight over the dashboard. Swivel pads can make it easier to enter and exit the car as well.
- Adaptive cruise control: This feature can adjust speed automatically to maintain a consistent space between vehicles.
- Adaptive headlights: These headlights, also known as steerable headlights, can improve visibility by changing the direction of the light beam with the movement of the steering wheel.
- Pedal extenders: Extenders help short drivers reach the pedals while maintaining a safe distance from the steering wheel and potential airbag deployment.
- Hand controls: Whether one has sensory changes in the feet from surgery or a medical condition, adaptive hand controls can move the “pedals” up to the steering column.
- Blind spot warning and other sensors: Today’s cars can be equipped with any number of sensors that can detect oncoming traffic, cars to the left or right of the vehicle, items or cars behind the vehicle when reversing, and even if the vehicle has drifted out of the lane. These are all great safety features for any driver, but may be especially helpful to seniors.
- Parking assist: Parking assist technology can steer the vehicle into a space with little input from the driver.
- Voice control: Avoiding distractions and keeping hands on the wheel is enhanced by voice controls, which can be set up to do things like turn on the radio or adjust climate control.
- Convex mirrors: Special mirrors increase the field of vision.

Seniors have many tools available to make driving safer and more comfortable, which can prolong their years behind the wheel.
Family Owned Funeral Chapel, Cemetery and On-Site Crematory

Losing a loved one is never easy. When people experience loss, they need a strong support network to provide comfort and offer encouragement.

At Evergreen Memorial Gardens, we take great pride in what we do. Our purpose is to:

• Help families make well-planned preparations in their time of need
• Provide a peaceful and soothing environment where people can gather to honor and celebrate the life of a loved one
• Preserve longstanding traditions and customs

• Offer personalized and affordable services and products
• Reach out to the greater community

We believe that the success of any business requires dedication and professionalism. In our business, in particular, it also requires a great deal of kindness, compassion and attention to detail. You’ll find these qualities in each and every member of our staff at Evergreen Memorial Gardens. Put your trust in us to make this experience as comfortable and carefree as possible.

Evergreen Memorial Gardens
360.892.6060
1101 NE 112th Ave.
Vancouver, WA
EvergreenMemorialGardens.com
What is Inclusion?
Vancouver Parks and Recreation invites people of all ages with disabilities to fully participate in any of our recreation programs. To request modifications for disabilities or for more information, please call 360-487-7057 or 360-487-7060. A modification request needs to be made fifteen business days before the activity start date. [www.cityofvancouver.us/inclusion](http://www.cityofvancouver.us/inclusion). All of our programs have essential eligibility requirements that need to be met in order to participate. Please contact us to make sure that these requirements can be met with or without modifications.

FEATURED ACTIVITIES & EVENTS
Activities begin around 10 a.m. in the Luepke Center Multipurpose Room and around 8 a.m. at the Firstenburg Trapedero rooms, unless otherwise noted.

Christmas Bingo Party
Tuesday, Dec. 20th, 10:30 a.m. White elephant bingo party. Bring a small gift for a bingo card. Extra special gifts will be supplied. LC

Holly Jolly Christmas Lunch with Santa and Elves
Friday, Dec. 20th, 10:30 a.m. Join us for a morning of music and pictures with Santa, Mrs. Clause and the Elves. Special lunch provided by the Meals On Wheels People. There is a suggested donation for people age 60+ (cost is $7.39 if under age 60). LC

Be My Valentine Bingo Party
Friday, Feb. 14th, 10:30 a.m. White elephant bingo party. Bring a small gift for a bingo card. Extra special gifts will be supplied. LC

Welcome the New Year-Roaring 20's Dance
Sunday, Dec. 29th, 6 p.m.-9:30 p.m. Ring in 2020 with an evening of live music, dancing, light refreshments, party favors and sparkling cider. Music will be provided by Charles and the Angels. Pre-registration is required. $15/$18. Online or by phone 360-487-7100. LC

Winter Wonderland Bingo Party
Tuesday, Jan. 7th, 10:30 a.m. White elephant bingo party. Bring a small gift for a bingo card. Extra special gifts will be supplied. LC

Red Hearts & Roses Sweetheart Dance with the Kansas City Rhythm Kings
Wednesday, Feb. 12th, 10:30 a.m. Join us for a morning of dancing. Singles are welcome. Special lunch provided by the Meals On Wheels People. There is a suggested donation for people age 60+ (cost is $7.39 if under age 60). LC

Mardi Gras Bingo Party
Friday, Feb. 14th, 10:30 a.m. White elephant bingo party. Bring a small gift for a bingo card. Extra special gifts will be supplied. LC

Morning Dances and Bingo
Please note: Bands are subject to change.

Tuesdays: 10 a.m.-1 p.m. Party Bridge. FCC

Wednesdays: 12:30-4 p.m. Advanced Bridge. FCC

Fridays, noon-3:30 p.m. Social Bridge for age 50+. On the first Friday of the month, new players arrive at noon for a relaxed game with hands-on instruction. You'll need a basic understanding of how to play, but don't need to be an expert. Conference Room. Questions? Contact 360-487-7055. LC

Bridge Clubs
Tuesdays, noon-3:30 p.m. Advanced Bridge. Conference Room. LC

Fridays, noon-3:30 p.m. Social Bridge for age 50+. On the first Friday of the month, new players arrive at noon for a relaxed game with hands-on instruction. You'll need a basic understanding of how to play, but don't need to be an expert. Conference Room. Questions? Contact 360-487-7050. LC

Tuesdays: 10 a.m.-1 p.m. Party Bridge. FCC

Wednesdays: 12:30-4 p.m. Advanced Bridge. Call Ann at 360-896-8987 before attending. FCC

Chess Club
Tuesdays, 9:30 a.m.-noon. Questions? Call 360-487-7036. FCC
Renovations at Van Mall Senior Living

Van Mall is Vancouver’s premier senior living community, offering residents compassionate care in an active environment that perfectly balances independence and assistance. For seniors entering a new stage of life, Van Mall brings peace of mind and excitement. Challenging the stereotypical senior living experience, Van Mall residents are encouraged to continue activities they love and seek new interests – all while receiving quality care services they need to thrive.

To continue providing our residents with the highest quality of life, we are currently undergoing a remodel and refresh of our physical community. Our dedication to our residents extends to every aspect of life and we are excited for the changes coming to our community that will reflect that dedication.

The refresh will bring Van Mall an updated dining area, a new bistro, additional laundry facilities, and enhanced opportunities for fitness options. The new bistro will offer a local craft beer and wine, along with fruit smoothies and new espresso machine.

Stop by and take a look at our progress or follow us on Facebook and be the first to hear about our reveal party, which will coincide with our 30th anniversary party in Winter 2019.

“I enjoy living at Van Mall. The residents and staff here are great!”

– Van Mall Resident Rose Silber

Van Mall has been a fixture in the Vancouver community for nearly 30 years. Over that time, Van Mall has cultivated a strong sense of community, both within our walls and in the larger Vancouver area. Our residents are active in local volunteer opportunities and make our community fun, engaging, and welcoming.

Public Computer Use
Monday-Friday, 9 a.m.-3 p.m. (hours based on availability). Limited to people age 50+ during designated hours. Must sign internet and computer use agreement, and sign in and out at each visit. Computer time is limited to 45 minutes. LC

Computer Club
Thursdays, 2-4 p.m. FCC

Cribbage
Thursdays, 11 a.m.-2:30 p.m. LC

Dominos-Mexican Train
Fridays, 10 a.m.-noon. FCC

Drawing and Painting Club
Wednesdays, 1:15-4:15 p.m. Bring art supplies and draw or paint with the free model guide. For details, or if you would like to model, call 360-487-7055 (models earn $45). No instructor provided. MCC

Knitting/Crochet Club
Bring your own needles and yarn. This is a social club with no instructor. Mondays, 10 a.m.-noon. LC

Knitting/Social Club
Bring your own needles and yarn. No instructor. Tuesdays, 10 a.m.-noon. LC

Mah Jongg
Mondays, 9 a.m.-noon and Thursdays, 10 a.m.-12:45 p.m. and 1-4 p.m. Contact Heidi for more information at 360-487-7055. New members welcome! LC

Chinese Style, 2nd and 4th Mondays, 1:45-3:45 p.m. FCC

NEW! Meditation
Thursdays, 2-3:30 pm. Public conference room. $2 fee payable to instructor. FCC

Hand and Foot Card Club
Wednesdays, 12:30-3:30 p.m. LC
Thursdays, 9 a.m.-11:30 a.m. and Fridays, 12:30-3:30 p.m. FCC

International Folk Dancing Club
Tuesdays, 2:30-4 p.m. No partner needed. Luepke Community Room

International Folk Dancing Club
Tuesdays, 2:30-4 p.m. No partner needed. Luepke Community Room
Page Turners Book Club
All participants will read the same book, and lively discussions will enable all to join and learn.
1st Monday, 10 a.m.-noon. LC
2nd and 4th Thursdays, 11:30 a.m.-12:30 p.m. Contact Marie at reehutch@gmail.com for information on current book selection, or call Jana at 360-487-7025. FCC
Money Matters Financial Clinic
Meet one-on-one with Financial Advisor Laurel Numbers of Morgan Stanley to discuss budgeting, setting or planning an estate, concerns about investments, financial transitions after death or divorce, and planning for aging and long-term care. To schedule your free one-hour consultation please contact Heidi at 360-487-7055. LC
Resources for Life
If you are 50 years or older, and have questions about housing, transportation, mental health, or aging in general, a volunteer social worker is available to make an appointment with you. You must call ahead to schedule. For more information please call 360-487-7090, or 360-487-7055. LC
Quilting Club
1st and 3rd Mondays, 1-3 p.m. Please join our Firstenburg Quilters at the Trapedero II. We create blankets, quilts, bibs, burp cloths and cuddle blankets to benefit Northwest Children’s Outreach. All quilt sale proceeds go to charity. For more information call 360-487-7036. FCC
Red Herring Mystery Book Club
2nd Monday, 1-3:30 p.m. Join this fun group for exciting and interesting discussions. Please call 360-573-5414 for additional information. LC
Vancouver Metro Senior Softball Association
For information about cost, location, etc., contact John Aarhus at 360-574-3017 or jtaarhus@comcast.net
Apple/Android Tech
Instructor Billie Shank will teach you how to use your phones and tablets; so please bring your questions and your equipment with you. Sponsored by Humana.
1st & 3rd Thursday, 10-11 a.m.; iPhones and iPads; 11 a.m.-noon; all other phones and tablets. No classes in December. LC
Medicare Counseling by SHIBA (State Health Insurance Benefits Advisors)
1st Monday of every month, 11:30 a.m.-1 p.m. Please call 360-487-7050 for questions or additional information. LC
Reduced Sewer Rates
Did you know that the City of Vancouver offers a reduced sewer rate for qualifying senior citizens? You will need to meet age, income and usage requirements and then submit an application. For more information, visit us online at www.cityofvancouver.us or call customer service at 360-487-7999.
SENIOR FITNESS
We offer dozens of group classes for all fitness levels, ages and abilities at the Marshall and Firstenburg centers, including Boomer stretch, strength, boot camp and circuit training classes; cardio, step aerobics, chair fitness, Zumba, Tai Chi, yoga and Functional Meditation classes; Firstenburg includes an indoor walking/running track.
Do you love the water? We also offer great, low-impact water exercise classes, including Early Riser, Aqua Deep, Aqua Fusion, Aqua Play, Aqua Power, Aqua Yoga, Deep Core Challenge, Early Riser, Gentle Moves, Going Deep, Latin Waves, Pi-Yo-Chi, Power Express, Silver Splash® and Super Fit Deep.
 Become a pass holder at Marshall or Firstenburg and take as many group exercise classes as you want, plus much more, for one low, monthly fee. Visit our website at www.vanparksrec.org for details on class time and schedules.
We participate in the SilverSneakers® Fitness Program, Silver&Fit® and the Optum Fitness Program, which are designed specifically for Medicare recipients. If you are 65 or older, you may qualify for a free SilverSneakers®, Silver&Fit® or Optum pass, which include the senior fitness classes listed above.
50+ Forever Young Hikers
Wednesday
UrbanEers Walks
Dress for the weather and join us for our walking adventures from 9:30-11:30 a.m.
All Walk & Roll hikes are 3-5 miles with an elevation gain of up to 300 feet. Please bring high energy snacks and water. To register, please call 360-487-7100 or visit www.vanparks-rec.org. $5 resident/$7 non-resident.
ENRICHMENT CLASSES
Please check the Vancouver Parks and Recreation catalog for additional details on classes, registration fees, location, etc. Pre-registration is required for all classes. Call 360-487-7100 or 360-487-7001 for information on dates, etc. or visit our website at www.vanparksrec.org
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Paint & Pour
3rd Thursday, 10-11:30 a.m. Please come and join the fun! This is a great opportunity to paint on canvas, even if you have no experience. LC
Quilting Club
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1st & 3rd Thursday, 10-11 a.m.; iPhones and iPads; 11 a.m.-noon; all other phones and tablets. No classes in December. LC
Legal Clinic
Wednesdays 1st-3rd, 1-3 p.m. (no 4th or 5th Wednesday). Appointment required. Please call 360-487-7050 to schedule your free half hour consultation with our attorney. Please note there is a long waiting list. LC
Optum pass, which may qualify for a free SilverSneakers®, Silver&Fit® or Optum pass, which include the senior fitness classes listed above.
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Quite a number of people take pleasure from finding gifts under the tree and then having the opportunity to tear open the wrapping paper and see which treasures are inside. But there also is a category of people who claim they have all they could ever need and want and insist that gifts are not necessary. In such instances, what are gift-givers to do?

Some people prefer to eschew gifts because they simply do not have the funds to reciprocate the generosity. Seniors may be reticent to accept gifts because they’ve already obtained many things throughout their lives and could be at a point where they’re downsizing and simply do not need any more material things. Others could be overwhelmed with clutter and have decided that a minimalist approach is the way to go. A little investigation may be necessary to get to the root of the no-gift mindset and then gift-givers can decide whether they should buy a loved one a gift or find another way to show how much they care.

- **Offer something handmade.** Gifts come in all shapes and forms, and handmade gifts — particularly the consumable kind — won’t take up space and can show just how much you care. Craft a personalized batch of wine, bake a cherished family recipe, develop a uniquely scented bath fizzy, or harness another creative talent you may have. If the gift is handmade, there is a bigger chance it will be received with grace, even from someone who is reluctant to receive gifts.

- **Give new life to a cherished item.** Think about an item that may be a loved one’s most prized possession. Perhaps it is a porcelain doll from childhood or a photograph that can use reframing? Offer to have such an item repaired or restored if it’s starting to show its age.

- **Offer an experience as a gift.** Research from Harris says three-quarters of millennials prefer experiences over material items, and are spending more on travel, cultural events and dining out than objects. Even people who are reluctant to receive gifts may appreciate the gift of an experience that can broaden their horizons.

Sometimes the best present is the gift of one’s presence.
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To register for a trip, visit www.vanparksrec.org or call 360-487-7100. If you require the use of a mobility device, service animal or professional caregiver, or if you need special assistance, please contact Inclusion Services at 360-487-7060. You must make your accommodation request 15 business days before the trip start date. Pricing listed for Vancouver resident/non-resident.

TRIP DIFFICULTY LEVELS

Easy: No stairs; minimal standing or walking.
Moderate: Requires ability to stand or walk on uneven surfaces and comfortably climb a flight of stairs. Participants must be able to walk 8-10 blocks and stand for 30 minutes. The trip includes more than one stop and will require getting in and out of the van.
Difficult: Longer trips, including frequent stops that require getting in and out of the van. Likely includes traveling on uneven surfaces, extended standing and walking up flights of stairs. Portions of the trip may not include seating.

Note: All trips involve some degree of walking. Please assess your mobility when considering a trip.

All trips depart from and return to Luepke Center, 1009 E. McLoughlin Blvd., Vancouver. Trips leave promptly at advertised times so please arrive early. Though carefully planned, the return time is dependent on weather and traffic.

CANCELLATION AND REFUNDS

All trip cancellations or changes must be made through the Vancouver Parks and Recreation registration system and must adhere to the 50-Plus Travel refund policy. Cancellations made seven days before the trip are eligible for a credit or refund. There is a $5 processing fee for cancellation of any trip. When the travel program cancels a trip, the fee is credited to the participant’s account or refunded with no charge. 50-Plus Travel participants are not able to transfer trips to another person. Due to certain admission fees, costs, prepaid tickets and circumstances, some trips may be considered a “no credits or refunds” trip. These trips will not be credited or refunded even when requested in advance. Please note: common illnesses like a cold are not considered “medical.” If you wake up feeling ill and choose not to go on your scheduled trip, you will forfeit the trip fees.

RECRUITING VOLUNTEER TRIP PLANNERS FOR THE 50+ TRAVEL PROGRAM

We are looking for creative individuals who like to travel and plan great trips! Volunteers will be trained in First Aid/CPR and blood-borne pathogens, attend a monthly meeting, be in good health, be patient, pleasant and sociable, and provide great customer service. Trip planners must have excellent organizational skills, be detail oriented and be available to plan and lead two trips a month, including weekends. This position provides travel benefits and camaraderie for those who enjoy travel and want to use their talents working with people. Contact Kelly Lund 360-487-7084.

November 2019

OLIO NUOVO FESTIVAL

9 a.m. - 3:30 p.m., Friday, Nov. 15.
Difficult. Visit the Oregon Olive Mill in Dundee for their annual celebration of the end of the olive oil milling season. The mill houses a state-of-the-art olive pressing facility, oil storage area, bottling line and event room. Mill tours available throughout the day and you can enjoy free appetizers and wine samples. Stop in at Red Ridge Farms to shop for local food products, books, houseplants and gifts for all occasions. Explore the nursery and browse the selection of herbs, specialty plants and unusual outdoor pottery. Bring money for breakfast/lunch. No wheelchairs or walkers. $34/39.

“LEADING LADIES” AT MASK & MIRROR

11:15 a.m. - 5:30 p.m., Sunday, Nov. 17.
Difficult. Visit the Oregon Olive Mill in Dundee for their annual celebration of the end of the olive oil milling season. The mill houses a state-of-the-art olive pressing facility, oil storage area, bottling line and event room. Mill tours available throughout the day and you can enjoy free appetizers and wine samples. Stop in at Red Ridge Farms to shop for local food products, books, houseplants and gifts for all occasions. Explore the nursery and browse the selection of herbs, specialty plants and unusual outdoor pottery. Bring money for breakfast/lunch. No wheelchairs or walkers. $34/39.

THIS TRIP IS NON-REFUNDABLE.
GLASS BLOWING IN THE DALLES  
8 a.m.-4 p.m., Wednesday, Nov. 20.  
Difficult. Create your own blown glass ornament at Nichols Art Glass Studio in The Dalles, Ore. You will design, melt and be shown how to make your own blown glass ornament by their professional staff. Hang your finished ornament on your holiday tree or leave it out as a work of art year-round on a special stand you can purchase at the studio. When you are not in the studio, you will have time to explore The Dalles downtown area. Bring money for lunch. $110/$120, includes cost of ornament. This trip is non-refundable.

THE OCTETTE BRIDGE CLUB  
AT NEW CENTURY PLAYERS  
10:45 a.m. - 5:30 p.m., Sunday, Nov. 24.  
Difficult. New Century Players Community Theatre in Milwaukie, Ore., presents "The Octette Bridge Club" by P.J. Barry. Set in Providence, Rhode Island, the play follows eight sisters of Irish descent meet to play bridge and gossip every other Friday evening. This is a charming comedy about American life in a bygone era. Bring money for lunch prior to the show. $27/$31. This trip is non-refundable.

December 2019

VICTORIAN BELLE MANSION & CHRISTMAS MARKET  
4:30 p.m.-9 p.m., Friday, Dec. 6. Difficult. Celebrate an old fashioned Christmas at the Victorian Belle Mansion in North Portland, traditionally known as "The Miracle of a Million Lights." The entire 2.5-acre estate is filled with beautiful twinkling lights and unique traditional elements, transforming this historic Portland landmark into a Christmas wonderland! This year, the mansion is also hosting their first-ever Christmas Market. Shop the open-air stalls for holiday gifts and decorations by local makers or listen to live music in the beautifully decorated gardens. Delicious holiday savories, sweets and drinks straight from the Victorian Belle kitchen will be available for purchase! Bring $5 for admission and an optional $5 for house tour and tasting. $22/$25.

ALBANY CHRISTMAS PARLOUR TOUR  
1 p.m.-8 p.m., Sunday, December 8.  
Difficult. Take in the sights and sounds of an old-fashioned holiday celebration in historic Albany, Ore. A tradition since 1979, the Christmas Parlour Tour features historic homes, lovingly restored and beautifully decorated for the holidays. This nostalgic look into the past includes a horse drawn wagon, vintage trolley, refreshments and entertainment. Bring $15 for admission. $56/64.

GROTTO FESTIVAL OF LIGHTS  
3:30 p.m.-6:30 p.m., Monday, Dec. 9.  
Difficult. The Grotto's "Festival of Lights" delights Portlanders each winter with concerts, caroling, puppet shows, holiday fare and even a petting zoo. After a meal at a nearby bistro, get bundled up.

Continued on page 18
to travel through the Grotto’s botanical gardens for this iconic experience. End the trip with a stop at The Grotto Gift Shop. Dress for cold evening weather, a flashlight is recommended for better lighting along the paths. No wheelchairs or walkers. $26/$36.

CHRISTMAS SHOPPING AT BAUMAN’S FARM
10 a.m.-5:30 p.m., Tuesday, Dec. 10. Moderate. The holiday season is the perfect time to visit Bauman’s Farm & Garden in Gervais, Ore. Find unique gifts, home goods, fresh bakery items or fresh pressed cider for the holiday season. Plan to stop for a delicious lunch on the way. $26/$36.

CHRISTMAS TEA AT TEA’S ME
10 a.m.-3 p.m., Thursday, Dec. 12. Moderate. Christmas Tea is a beloved 50-Plus Travel tradition that you won’t want to miss! This year we are visiting Tea’s Me in Hillsboro, Ore. In addition to fantastic tea, you will enjoy fresh baked scones with the usual toppings, savories, tea sandwiches, fruit and sweets. Take care of last minute holiday gifts when you shop for teaware, gifts and gift baskets. No special diet requests. No wheelchairs. Walkers allowed with two weeks advance notice. $67/$77, must pay by Dec. 1. This trip is non-refundable.

OREGON GARDEN CHRISTMAS
2:30 p.m.-9 p.m., Saturday, Dec. 14. Difficult. The Oregon Garden in Silverton celebrates a European-inspired Christmas with fire pits, carolers, a biergarten and artisan market. Bask in the glow of one million Christmas lights as you enjoy dinner at the resort, which offers elegant German fare with beautiful garden views. Pop into downtown Silverton’s cute shops and travel over the covered bridge on the way to the garden. Bring money for dinner. $52/$61.

MAGIC AT THE MILL
3:30 p.m.-9 p.m., Friday, Dec. 20. Difficult. Travel to Salem, Ore., for a look back at recent history with a visit to the Mission Mill Living History Museum. The 5-acre site will be dressed up in holiday lights and each building will have a living history guide to show you around and answer questions as you explore the site at your own pace. Dress for the weather and bring money for dinner before the tour and $8 for admission to the site. $39/$45.

January 2020

BONNEVILLE POWER ADMINISTRATION HIGH VOLTAGE LAB TOUR
8:30-11 a.m., Thursday, Jan. 9. Difficult. Visit the Bonneville Power Administration laboratories here in Vancouver. Speak with scientists to learn about the “corona effect” and why it can be an issue for high voltage transmission. See demonstrations of mechanical tests that ensure proper equipment operations for safety of workers. This is a behind the scenes view of what it takes to power our community. Bring picture ID. Security check by wand will be performed. Bring money for lunch. No wheelchairs or walkers. $16/$18.

EGG PRESS CARD PRINTING TOUR
9-11 a.m., Thursday, Jan. 16. Moderate. Egg Press is a small, local printing company. Take a tour and see how they process and press cards involved in creating greeting cards. Egg Press also does custom orders of business cards, stationery, invitations, posters and much more. After the tour, you will have the chance to stock up on

“IT HAPPENED ONE CHRISTMAS” AT BROADWAY ROSE
1 p.m.-5:30 p.m., Sunday, Dec. 15. Moderate. Tigard’s Broadway Rose Theatre Company will take you on a fanciful trip to “Santa’s Chalet” in the heart of Grimble’s Department Store one snowy Christmas Eve. As Walter, the security guard, and Frances, the cleaner, make their evening rounds, their holiday fantasies spring to life in this merry, musical spectacle. The two enjoy a tuneful Christmas dinner together, remembering the magic of the season and discovering that with a wish and remembering the magic of the season

KOUZINA FOR GREEK ADVENTURES IN EATING –
9-10:30 a.m., Thursday, Jan. 16. Moderate. Kouzina Taverna opened its doors in Portland in 2017 as a fast-casual addition to Angelo’s. Kouzina quickly became a popular spot serving things like Greek salads, souvlaki, gyros and spanakopita. The menu is always expanding with new dishes to enjoy. Come try Greek food at a new spot. No wheelchairs or walkers. $22/$25.

THrift SHOP Hop EAST
9:30 a.m.-1:30 p.m., Wednesday, Jan. 15. Difficult. One person’s discards are another person’s treasure. Rain or shine, we will spend the day on our annual Thrift Shop Hop seeking these treasures in Happy Valley, Oregon. There will be plenty of room in the van for the bargains you find and happy friends to help you find them. We will also stop for lunch. Bring money for your purchases (one store only accepts cash). There will be multiple stops and a lot of walking. $22/$25.
BOB’S RED MILL FOOD TOUR
9 a.m.-3:30 p.m., Wednesday, Jan. 22.
Moderate. Learn about the world of stone grinding whole grains on a guided tour of Bob’s Red Mill manufacturing facility in Milwaukie, Ore. After the tour we enjoy lunch and shopping at the Bob’s Red Mill store and explore their various gluten free flours and whole grains. Cross the street to Dave’s Killer Bread after lunch and save room for a tasty chocolate treat on the way home. $17/$20.

WIZARD CON
10:30 a.m.-4:30 p.m., Saturday, Jan. 25. Moderate. Wizards, super heroes, anime and other fanciful scary, and mystical characters of film, TV, and comics will come alive in this convention. You’ll meet stars (and maybe get an autograph) go to talks, watch demonstrations, and by craft, memorabilia and swag. Lots of attendees will be in costume (feel free to join in). Includes admission. $84/$98.

SKAMANIA LODGE, CASCADE DINING ROOM
10 a.m.-2:30 p.m., Wednesday, Jan. 29. Difficult. Located in Stevenson, Wash., the Cascade Dining Room at Skamania Lodge was inspired by the great National Park Lodges. In addition to stunning wood and iron highlights, the wood floor in the dining area is over 200 years old! Take in all of this rugged beauty as you enjoy house specialties including local fish, pork, and Washington beef at a restaurant known for superb dishes and great service. $25/$29.

HELIUM COMEDY CLUB
6:45 p.m.-10:45 p.m., Thursday, Jan. 30. Moderate. Join us for some laughs and fun at the Helium comedy club in Portland. This trip will “lift” your spirits. Famous comedian Chad Daniels from The Late Show and Comedy will be performing live. Bring money for food and beverage available at the venue. $37/$43

February 2020

LUNCH AT OTTO AND ANITA’S
10:30 a.m.-2:00 p.m., Tuesday, Feb. 4. Moderate. We are returning to Otto and Anita’s Schnitzelhaus. This is a Bavarian restaurant. There will be schnitzel, old school German dishes and if you are a bit adventurous, the dill pickle soup is really a treat. The menu gives us plenty of choices for entrees and desserts. $12/$15. No wheelchairs.

I FLY ADVENTURE
10:30 a.m.-3:30 p.m., Tuesday Feb. 11. Difficult. Ever dream of flying? Now you can at iFly INDOOR SKYDIVING in Portland. Experience the thrill of skydiving without having to jump from an airplane! No falling, no parachutes, just you floating on a smooth cushion of air with a trained and professional instructor next to you. No special skills needed, just a sense of adventure to enjoy the experience of a lifetime. $85/$101

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