



Senior Activities

Arts

Art for Relaxation & Recreation

Tap into your inner artist as we celebrate the positive power of creativity. Each class we will have fun exploring the elements of art and color using a variety of media: watercolor, oil pastel, felt-tip, graphite pencil, charcoal, chalk pastel and color pencil.

Campbell Community Center

Instructor: Hollie Roman

Jan 8-Mar 11 M 10:30a-12:30p \$78 #26847

Mar 18-May 20 M 10:30a-12:30p \$88 #26848

No class Jan 15, Feb 19, Apr 8

Artists & Crafters Studio

This workshop is an informal gathering of artists of all kinds. Enjoy a great studio space and great company. No instructor. Bring your own supplies.

Campbell Community Center

Ongoing M 1-4p \$4.50 #26885

Ongoing Tu 1-4p \$5.50 #26887

Ongoing W 9a-12p \$5.50 #26886

No studio Jan 1, 15, Feb 19, May 27

Basic Woodworking

Learn safe and fun woodworking skills. This class is designed for beginners or anyone who wants to learn their way around the Campbell Woodshop. Make a beautiful laminated cutting board or choose a different project. Materials discussed in first class.

Campbell Community Center

Instructor: Len Gould

Jan 17-Feb 14 W 6-8:30p \$120 #26652

Mar 6-Apr 3 W 6-8:30p \$120 #26653

Apr 24-May 22 W 6-8:30p \$120 #26654

Open specifically to those who identify as female

Instructor: Ron Peterson

Jan 16-Feb 13 Tu 6-8:30p \$120 #26670

Mar 5-Apr 2 Tu 6-8:30p \$120 #26671

Apr 23-May 21 Tu 6-8:30p \$120 #26673

★ Uses the lottery system (female classes only), see box on page 41.

Campbell Woodshop

Open to adults who want to use a workspace and tools for wood projects. Sign in and pay at the front desk before entering the shop. Orientation required for new users.

Campbell Community Center

Ongoing M-F 9a-3p

Th 5-8p \$3/day Drop-in

No woodshop Jan 1, 15, Feb 19, May 27

Campbell Woodshop Overview

This single evening class is a tour of the Campbell Woodshop and teaches safe techniques to utilize the bigger tools. Learn how to properly use the table saw, band saw, drill press and planer. Campbell Woodshop is a community space available for woodworking projects.

Campbell Community Center				
Jan 29	M	5:30-8p	\$10	#26084
Mar 11	M	5:30-8p	\$10	#26085
May 20	M	5:30-8p	\$10	#26086

Build a Wooden Clock

Use your woodworking skills to build a unique case for a clock mechanism. Clock and wood choice options discussed in the first class. Basic woodworking and safe tool usage skills required. Clock mechanism and wood stock supplied.

Campbell Community Center				
Instructor: Mike Rau				
Mar 7-28	Th	5-7p	\$115	#27086

Pen Turning

Learn the basics of woodturning on a lathe by creating your own writing pen. Safety, tools and materials will be discussed in first class.

Campbell Community Center				
Instructors: Richard Wright & Larae Palmer				
Feb 5-12	M	5:30-8p	\$48	#26080
Mar 18-25	M	5:30-8p	\$48	#26081
May 6-13	M	5:30-8p	\$48	#26082

Dyed in the Wool Rug Hooking

Create beautiful rugs through this traditional craft. For information on cost and supplies contact Carol Fegles at 541-343-5896.

Campbell Community Center				
Instructor: Carol Fegles				
Ongoing	2nd & 4th Th	9a-12:30p	Membership fee	



Fiber Arts Guild

Play with fiber from wool and paper to bamboo and silk and have fun in the process. New members may attend the first meeting for free. Each month features a different project. Meetings may have hands-on activities or presentations.

Campbell Community Center				
Ongoing	3rd Tu	9a-12:30p		
Membership \$20/year or drop-in fee \$5/meeting				

Quilting, Comforts for Kids

Help make quilts and quilt kits for individuals and community groups to pick up, put together and return for distribution to at-risk children in Lane County through 15 community agencies and shelters. If you like quilting, cutting and sewing, help your community by joining this group.

Campbell Community Center				
Ongoing	Th	12:30-4p	Free	Drop-in

Painting Rock Art

Join us for a relaxing activity and a chance to converse as we paint small rocks to your imagination's desire. Rocks, paint and brushes provided or bring your own.

Campbell Community Center				
Jan 18	Th	1-2p	\$5	#26674
Feb 15	Th	1-2p	\$5	#26675
Mar 21	Th	1-2p	\$5	#26676
Apr 18	Th	1-2p	\$5	#26677
May 16	Th	1-2p	\$5	#26678

Poetry, Beginning

Join a prompt-driven writing group focused on encouraging free verse and prose poetry for the beginning poet. The group is designed to be collaborative in nature, customized to the interests of the participants and a celebration of works by published and unpublished poets.

Campbell Community Center				
Instructor: Megan Wheeler				
Jan 30-Mar 19	Tu	10a-12p	\$52	#26129
Apr 9-May 28	Tu	10a-12p	\$52	#26130

Sumi-e Art Studio

Gathering of artists who enjoy sumi-e and who explore ink and Japanese watercolor and wash. Enjoy studio space and great company. No instructor, bring your own supplies.

Campbell Community Center				
Ongoing	Th	1-4p	\$6	#26882

Senior **Activities**

Community Services

Senior Law Service Ages 60+

Senior Law Service offers free legal services to those with low to modest income. Assistance will be provided concerning any legal matter, including housing, financial or personal.

Campbell Community Center
Ongoing Sa 9-11a Free By appt
To schedule an appointment, call 541-402-2241

SHIBA Appointments

Senior Health Insurance Benefits Assistance conducts one-on-one appointments with individuals to answer questions about Medicare health insurance coverage, forms and more.

Campbell Community Center
Ongoing M 1-4p Free By appt
To schedule an appointment, call 541-736-4421

Campbell Community Center and Petersen Barn Community Center are no longer AARP Tax-Aide locations. For more information on this service and Lane County locations go to www.aarp.org/money/taxes/aarp-taxaide/locations or call 888-227-7669.

Games

Asian Mah-Jongg

Gather weekly to play Asian mah-jongg.

Campbell Community Center
Ongoing Th 1-4p \$0.25/day Drop-in

Asian Mah-Jongg Class

This series will teach you the rules, techniques and strategy to play mah-jongg, a fun and social game that combines skill and chance.

Campbell Community Center
Feb 2-23 F 10-11:30a \$25 #27115

Bingo

Penny bingo is played every Wednesday. New players are always welcome.

Campbell Community Center
Ongoing W 1-4p Drop-in
\$0.25 per person, plus a penny per card per game

Bridge

This group meets each week. Partners aren't required.

Campbell Community Center
Ongoing F 12:15-3:30p \$2 Drop-in

Chess Nuts

Chess can help you build your concentration abilities, self-confidence and mental planning. Beginners and experienced players are welcome to participate in friendly competition.

Campbell Community Center
Ongoing W 9a-12p \$0.25 Drop-in

Parkinson's & Table Tennis

Table tennis has been shown to improve motor symptoms of Parkinson's and increase movement, hand-eye coordination and strength. Plus, it's fun and a great way to meet others. Sessions are specifically for those with symptoms of Parkinson's.

Campbell Community Center
Ongoing Tu 2-4p Free Drop-in

Pinochle

Enjoy a game or two of pinochle with area seniors. Newcomers welcome.

Campbell Community Center
Ongoing F 1-4p \$0.25 Drop-in
Petersen Barn Community Center
Ongoing MF 12:45-4p \$0.25 Drop-in
No pinochle Jan 1, 15, Feb 19, Mar 25, 29, May 27

Pool Hall

The pool room is open daily. Come down for a friendly game.

Campbell Community Center
Ongoing M 8:30a-7p
Tu-F 8:30a-4:30p \$0.25 Drop-in
No pool Jan 1, 15, Feb 19, May 27

Scrabble

Exercise your mind while having fun by playing Scrabble.

Campbell Community Center
Ongoing Tu 1-4p \$0.25 Drop-in

Scrabble, Cribbage, Skip-Bo & More

Are you somewhere between bingo and bridge? Try Scrabble, cribbage and Skip-Bo. We'll alternate these games in a regular pattern in this friendly group.

Campbell Community Center
Ongoing W 1-4p #26902
Term fee \$3 or drop-in \$0.25/day



Table Tennis

Table tennis is the perfect game for almost everyone because it provides exercise, recreation and a social outlet. Play in a friendly atmosphere open to all skill levels. Players are encouraged to bring their own paddle.

Amazon Community Center
 Ongoing MF 12-3:30p \$0.50 Drop-in
 Beginning players 12-1:45p, open to all 1:45-3:30p
 No tennis Jan 1, 15, Feb 19, Mar 25, 29, May 27, 31

Campbell Community Center
 Ongoing MF 9-11:45a \$0.50 Drop-in
 No tennis Jan 1, 15, Feb 19, May 27

Languages & Culture

French Club

Develop your confidence through speaking, writing and listening to others. Some French language experience recommended.

Campbell Community Center
 Feb 1-Apr 4 Th 10:30a-12p \$80 #27143

Italian, Beginning

This class will introduce you to the Italian language and culture with a focus on basic conversation skills, useful vocabulary and phrases for the traveler. Small class sizes allow for individual attention. Materials discussed in first class.

Campbell Community Center
 Instructor: Sied Imani
 Jan 8-Mar 18 M 12-2:30p \$126 #26022
 Mar 25-May 20 M 12-2:30p \$126 #26023
 No class Jan 15, Feb 19

Italian, Intermediate

Learn Italian language and culture with a focus on conversation, verbs and tenses in a small class setting. Materials discussed in first class.

Campbell Community Center
 Instructor: Sied Imani
 Jan 8-Mar 18 M 9-11:30a \$126 #26024
 Mar 25-May 20 M 9-11:30a \$126 #26030
 No class Jan 15, Feb 19

Spanish, Beginning

This course will introduce you to the Spanish language and culture while teaching you how to ask questions and comprehend basic information. You'll learn helpful vocabulary and phrases for traveling in a small class. Materials discussed in first class.

Campbell Community Center
 Instructor: Sied Imani
 Beginning
 Jan 2-Mar 12 Tu 9-11a \$110 #26012
 Mar 19-May 28 Tu 9-11a \$110 #26013
 Jan 8-Mar 18 M 6:30-8:30p \$90 #26014
 Mar 25-May 20 M 6:30-8:30p \$90 #26015
 No class Jan 15, Feb 19
 Mid-Beginner
 Jan 5-Mar 15 F 10a-12p \$110 #26016
 Mar 22-May 31 F 10a-12p \$110 #26017

Spanish, Intermediate

A continuation of Spanish, beginning with an emphasis on vocabulary and grammar. With small classes, you'll improve pronunciation and increase comprehension of the language through a guided dialogue. Materials discussed in first class.

Campbell Community Center
 Instructor: Sied Imani
 Jan 3-Mar 13 W 6:30-8:30p \$110 #26018
 Mar 20-May 29 W 6:30-8:30p \$110 #26019

Spanish, Advanced

Go beyond the basics in this conversational class. You'll learn to easily speak Spanish, develop your conversation skills using proper grammar and have some fun too. Small class size guarantees you'll have plenty of personal attention.

Campbell Community Center
 Instructor: Sied Imani
 Jan 2-Mar 12 Tu 2-4p \$110 #26020
 Mar 19-May 28 Tu 2-4p \$110 #26021

Music

Acoustic Instrument Swing Sessions

Intermediate players welcome with acoustic instruments only. Elevate your mood and playing style with songs from the 1920s to 1950s from Bob Wills to Django to Gershwin. We will focus on vocal harmonies and instrumental improvisation. Music provided or shared and bring a music stand.

Campbell Community Center
 Jan 5-May 17 1st/3rd F 10a-12p #26004
 Term fee \$2 or drop-in fee \$0.25/day

Acoustic Music Jam

This non-amplified musical group is for people who play a stringed instrument or harmonica and enjoy playing music with others. Bring your instrument and join in.

Campbell Community Center
 Jan 4-May 30 Th 10a-12p #25866
 Term fee \$5 or drop-in \$0.25/day

Drum Play Ages 30+

Lightweight frame hand drums are provided to enhance the natural rhythms of breath, nature and vitality. Learn the fundamentals of drumming. Live. Laugh. Drum. Hand Drum Rhythms songbook included.

Campbell Community Center
 Instructor: Le Allen
 Jan 26-Mar 1 F 2-3:30p \$45 #25864
 Apr 5-May 10 F 2-3:30p \$45 #25865

Ukulele, Beginning

This ukulele learning group will get you strumming and singing. Play songs you have heard for decades and songs you may have never heard. Bring a uke or rent one by the month and learn to tune it, hold it and care for it as well as your own hands. Start good fingering habits, learn some chords and elevate your mood as you go. Ukuleles available for rent for \$20 per month paid to the instructor.

Campbell Community Center
 Instructor: David Ouellette
 Jan 3-Mar 6 W 10-11a \$60 #25869
 Mar 20-May 22 W 10-11a \$60 #25870

Ukulele, Intermediate

If you already have the basics of the ukulele down this class will help you begin plucking up the neck, fingering fancier chords and learning chord/melody arrangements. Explore different styles of music that have found a home on the uke and learn a little music theory if you want. Beautiful sounds are at your fingertips. Ukuleles available for rent for \$20 per month paid to the instructor.

Campbell Community Center
 Instructor: David Ouellette
 Jan 3-Mar 6 W 11:30a-12:30p \$60 #25871
 Mar 20-May 22 W 11:30a-12:30p \$60 #25872

Presentations

All presentations are for ages 50+ unless noted otherwise. All presentations are free, but registration is required.

Explorations in Aging

A four-part health and wellness series for older adults.

All presentations at Campbell Community Center
 Presenter: Chris Eilers, older adult behavioral health specialist, Lane County Health & Human Services

The Mind Body Connection

We'll explore the impact of trauma on emotional health and the behavior changes that may occur. Learn ways to improve emotional regulation, decrease the impact of worry and access opportunities that can provide increased resilience.

Jan 8 M 10:30a-12p Free #26708

Social Fitness

Discuss the impacts of aging that can lead to social isolation and why loneliness is a risk factor for your health. Explore ways that relationships enrich our lives, as well as our emotional health and how to maintain social fitness.

Feb 12 M 10:30a-12p Free #26715

Get Activated

Understand signs and symptoms of depression, anxiety and avoidance behaviors and learn about their negative impact on health. Explore ways to get activated, including creating an action plan and recruiting social supports.

Mar 11 M 10:30a-12p Free #26716

The End Is in Sight

Explore the cultural reasons we don't talk about death and opportunities to connect around this topic. Learn the benefits of having an advance care plan and how to integrate death and loss into our lives.

Apr 8 M 10:30a-12p Free #26717

Living with Alzheimer's & Other Dementias

The impact of Alzheimer's disease is growing. Through this series of classes, the Alzheimer's Association hopes to raise awareness in the community and bring education to those affected, their care partners and loved ones.

Presenter: Alzheimer's Association

10 Warning Signs of Alzheimer's

Attendees will gain an understanding of the difference between age-related memory loss and Alzheimer's and what to do if they or someone they know has signs of the disease. The following topics will be covered: 10 warning signs, overview of Alzheimer's disease, risk factors, and what is involved in getting a diagnosis, treatment, planning for the future and participating in clinical trials.

Amazon Community Center

Jan 11 Th 1-2:30p Free #26002

Campbell Community Center

May 10 F 10-11a Free #27132

Understanding & Responding to Dementia Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings, as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. This class covers how to decode behavioral messages and identify common behavior triggers. Attendees will learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's.

Amazon Community Center

Mar 7 Th 1-2:30p Free #26003

Medicare 101

Learn the basics of Medicare. We'll talk about eligibility, enrollment and what parts A, B, C and D cover and cost. If you are new to Medicare or would like a better understanding of it, then this class is for you.

Campbell Community Center

Presenter: Kristy Henning, licensed insurance agent

Jan 23 Tu 1-2p Free #27124

Apr 2 Tu 1-2p Free #27127

May 14 Tu 10-11a Free #27129

Petersen Barn Community Center

Presenter: Mike Whitty, licensed insurance agent

Jan 16 Tu 1-2p Free #26888

Feb 15 Th 1-2p Free #26889

Mar 12 Tu 1-2p Free #26890

Apr 16 Tu 1-2p Free #26891

Estate Planning

A presentation and discussion session on wills, trusts and designated beneficiaries in estate planning. Space is limited.

Campbell Community Center

Presenter: Joel T. Smith, attorney, Cascadia Estate Planning

Jan 16 Tu 2:30-4p Free #26661

Feb 20 Tu 2:30-4p Free #26662

Apr 16 Tu 2:30-4p Free #26663

May 21 Tu 2:30-4p Free #26664

Author Talk: Learn the Basics of Writing a Book

Have you thought about writing a book but just needed a little motivation to get started? Oregon author, Joe R. Blakely, has achieved it 18 times. He's written novels and books about history, sports and Bigfoot. You'll hear his process from beginning to end, from resources to editing, publishing and sales.

Campbell Community Center

Presenter: Joe R. Blakely

Jan 22 M 3:30-4:30p Free #27043

Cravings & Weight Gain: The Blood Sugar Rollercoaster

Achieving your healthiest weight is not about dieting or even pure willpower, but understanding how certain foods affect blood sugar levels and appetite. Learn how nutrient-dense meals support healthy metabolism and which supplements support healthy blood sugar levels.

Campbell Community Center

Presenter: Yaakov Levine, nutritional health coach, Natural Grocers

Jan 26 F 2-3p Free #26849

Social Security Basics

Are you getting ready to retire and need help understanding how Social Security works? This AARP Social Security workshop focuses on building an understanding of the implications of Social Security claiming decisions. Discover what Social Security is and how to secure your benefits, as well as explore the future of Social Security. Build confidence in making a decision that is right for you.

Campbell Community Center

Presenter: AARP Oregon

Feb 5 M 10:30-11:30a Free #26843

May 6 M 4-5p Free #26844

Why Can't It All Just Go Away?

One truism of life is you can't take it with you when you are gone. That means those who are left behind get the chore of dispersing the family collection of knickknacks. Hear from experts of waste, reuse and collecting about where you can take the items that need a new home as you downsize or deal with the loss of a loved one. The goal is to walk away with a list of places that will use or reuse your items. This event is part of the Big Read Project led by the Shelton McMurphey Johnson House.

Campbell Community Center
Feb 8 Th 12-1:30p Free #27081

Where to Start to Love Your Heart

February is American Heart Month. Taking care of your heart doesn't have to be complicated. Start by uncovering some common heart care myths and learn simple strategies that will pump up your heart health.

Campbell Community Center
Presenter: Yaakov Levine, nutritional health coach, Natural Grocers
Feb 23 F 2-3p Free #26846

Social Media for Seniors

What is social media? How can seniors keep their information safe? What settings need your attention? We'll cover different types of social media, browsers and platforms you might be using, and both benefits and pitfalls of these modern tools. This information is helpful for users of Mac and Windows computers.

Campbell Community Center
Presenter: Deb Sorensen, Trainerdeb Consulting
Feb 26 M 10a-12p Free #26745

Senior Living Options

Learn how you can age at home, recognize when it's time to move to a care community and what are the options of senior care communities.

Campbell Community Center
Presenter: Ronit Cohen, PT & owner, A Home to Fit You
Mar 4 M 10:30a-12p Free #26989

Advance Directives

The advance directive tells healthcare workers what level of life support and care you wish to receive. Space is limited.

Campbell Community Center
Presenter: Joel T. Smith, attorney, Cascadia Estate Planning
Mar 19 Tu 2:30-4p Free #26665

Senior Strength Training

Fight age related muscle loss and gain independence back in your daily life through strength specific training modalities. Learn the basics of how to start training safely and effectively using resistance training.

Campbell Community Center
Presenter: Thomas Fate, fitness instructor, City of Eugene
Mar 19 Tu 1-2p Free #27156
May 28 Tu 12:30-1:30p Free #27169

How to Stay Motivated

Need help getting motivated? Learn techniques and mindsets for staying consistent and motivated. Help yourself learn how to help yourself and invest in you.

Campbell Community Center
Presenter: Thomas Fate, fitness instructor, City of Eugene
Mar 21 Th 1-2p Free #27170
May 30 Th 12:30-1:30p Free #27171

Six Pillars of Brain Health

It's never too late to focus on your brain health. In this interactive session you will learn about the six pillars of brain health, activities that support brain health and hopefully be inspired by others. This session will provide you with information on the latest research on brain health, lifestyle suggestions and resources to learn more.

Campbell Community Center
Presenter: AARP Oregon
Mar 22 F 2-3p Free #26845

Fight Back Against Stress: Stress Support with Nutrition

Stress is everywhere and takes a significant toll on our bodies. While it's impossible to remove all stress from our lives, incorporating a few specific nutrients and lifestyle changes can help support our ability to adapt and cope with stress.

Campbell Community Center
Presenter: Yaakov Levine, nutritional health coach, Natural Grocers
Mar 29 F 2-3p Free #26970

It's in the Air: Nutrition for Seasonal Immune Support

It seems like every year spring comes with annoying respiratory frustrations for many of us. These seasonal symptoms are often caused by our immune system reacting to harmless airborne substances like pollen. Wave goodbye to your problems with pollen by learning what nutrients help support a balanced immune response to airborne irritants.

Campbell Community Center
Presenter: Yaakov Levine, nutritional health coach, Natural Grocers
Apr 26 F 2-3p Free #26973



Being at Peace in Your Sacred End-of-Life Journey

This session introduces participants to the death doula approach to end-of-life care and planning. End-of-life doulas provide nonmedical holistic physical, emotional and spiritual support to individuals and their families as they go through their end-of-life journey.

Campbell Community Center
 Presenter: Karuna, Karuna Doulas
 Apr 29 M 10a-12p Free #27022

Reduce Overwhelm with Four Strategies for Mental Resilience

Are you tired of feeling like you're drowning in too many to-dos, uncertainties that keep you off-balance and undercutting negative emotions? In this mini class, learn four strategies to more resiliently turn down the overwhelm. You will also create a simple action plan for handling one of your most regular frustrations with greater focus and less effort.

Amazon Community Center
 Presenter: Leilani Saez
 May 6 M 6-8p Free #25975

Bone Builders & Bone Breakers

As part of Osteoporosis Awareness Month, it's never too late to learn to build bone health (men, too). Support lifelong bone health by knowing how to get all the nutrients your bones need.

Campbell Community Center
 Presenter: Yaakov Levine, nutritional health coach, Natural Grocers
 May 31 F 2-3p Free #26971

Social Gatherings

Newcomers Social

This is your opportunity to find out what Campbell Community Center is all about. Join staff and volunteers for information about the variety of programs, services, trips, classes and activities offered and take a tour of the center.

Campbell Community Center
 Jan 5 F 2-3p Free #26856
 Apr 5 F 2-3p Free #26857

Petersen Barn Lunch Club

Monthly potluck lunch followed by an educational presentation. Membership required to attend.

Petersen Barn Community Center
 Jan 8, Feb 5, Mar 4, Apr 1, May 6
 M 11:30a-1p #26121
 Membership dues are \$5 per calendar year (\$6 out of district)

St. Patrick's Lunch

Be sure to wear green for the St. Patrick's Day lunch. Feast on a meal of traditional corned beef, cabbage, carrots, potatoes, rolls and dessert.

Petersen Barn Community Center
 Mar 15 F 12-2p \$8 #26120

Lunch Bunch

A weekly social lunch. Menus vary, call the day ahead to request a vegetarian option. No registration is required. Every fourth Wednesday of the month is a birthday celebration. Each luncheon is followed by penny bingo.

Campbell Community Center
 Ongoing W 12-1p \$7 Drop-in





Special Interest

AARP Smart Driver Program

This course is designed for motorists ages 50 and older but is open to all ages. It will sharpen your skills and help you avoid accidents and citations. Auto insurance discounts may be available to those 55 and older who complete this course.

Campbell Community Center

Jan 19	F	9a-4p	#26859
Mar 1	F	9a-4p	#26860
Apr 19	F	9a-4p	#26861
May 17	F	9a-4p	#26862

Petersen Barn Community Center

Feb 7	W	9:15a-4:15p	#26510
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\$25 fee due at start of first class, payable to AARP, cash or check

\$5 discount to AARP members with proof of membership

Campbell Center Book Club

Like to read? Like to visit? The club meets to discuss storylines, authors and what the next book will be. New members are welcome. List of books available at the front desk. You can choose to stay afterward for Lunch Bunch.

Campbell Community Center

Instructor: Betsy Janeczek

Ongoing 3rd W 10:30-11:30a \$0.25 Drop-in

Checkrite Electronics Repair

Bring a small appliance or electronic device for repair or advice on usage.

Campbell Community Center

Instructor: Ken Check

Ongoing 3rd W 11a-12p Free By appt

To schedule an appointment call 541-682-5318

Petersen Barn Community Center

Instructor: Ken Check

Ongoing 1st M 1-1:30p Free By appt

To schedule an appointment, call 541-682-5521

Creative Writing Workshop

Would you like to be a better writer? Would you like to write a critique, a poem, story or essay? Weave a web, tell a tall tale, or write about your life as a kid? Join a peer-led writing group and enjoy as you improve your writing.

Campbell Community Center

Jan 4-May 30 Th 1-3p

#26057

Term fee \$5 or drop-in \$0.25/day

Death Café

At a Death Café people drink tea, eat cake and discuss death. It's a group-directed discussion of death with no agenda, objectives or themes. It is not a grief support group or counseling session. The goal of this group is to increase awareness of death to help people make the most of their lives.

Campbell Community Center

Facilitator: Older Adult & People with Disabilities Learning Collaborative

Jan 29 M 4-5:30p Free #27028

Feb 13 Tu 10:30a-12p Free #26650

Apr 9 Tu 10:30a-12p Free #26651

May 20 M 4-5:30p Free #27029

Movies from Around the World

Watch movies from Iran, Italy, Mexico, Cuba and more. No knowledge of foreign language required, just come and enjoy the movies and discuss other cultures, traditions and history.

Campbell Community Center

Instructor: Sied Imani

May 8-29 W 1-3:30p \$48 #26056

Successful Caregiving When Caring for a Loved One

Caring successfully for a loved one requires compassion, patience and knowledge of elder care. Learn the importance of your role as a caregiver to help maintain the physical and mental well-being of your loved one while encouraging independence. We'll expand on navigating long-term options, planning for end-of-life care, the importance of self-care and more. This class allows you to meet others with the same challenges and rewards of being a family member caregiver.

Campbell Community Center

Instructor: Ronit Cohen

Feb 2-23 F 10:30a-12:30p \$10 #26986

The Wisdom Exchange Ages 55+

Take part in a facilitated discussion group. Topics will range from health and wellness to current affairs. This program endeavors to provide a safe space for senior women to share their thoughts, opinions and experiences with other women. For adults who identify as female.

Petersen Barn Community Center

Jan 9-Mar 12 Tu 2:30-3:45p Free #26603

Apr 2-May 21 Tu 2:30-3:45p Free #26605

Writing Your Memoir

Learn the techniques and skills to write stories about your life. This group of dedicated writers meets weekly to critique and improve each other's writing.

Campbell Community Center
Feb 6-Apr 9 Tu 1-3p \$62 #26906

Your Heroine's Journey

Create a record of your personal journey using writing, painting, drawing or other craft of your choice. Gain insights and new perspective on your journey as you create a visual map tracing your path to the present. Be prepared to laugh, cry and celebrate your unique heroine's journey. Supply your own materials. Open to those who identify as female.

Campbell Community Center
Instructor: Jennifer Tucker, MA Human Development
Jan 18-Mar 7 Th 11a-12:30p \$75 #26077
Apr 4-May 23 Th 11a-12:30p \$75 #26078

Support Groups

See page 13 for:

- ALS Support Group
- Amputee Support Group
- Brain Injury Support Group
- Parkinson's Resources of Oregon

Technology

Computer & Mobile Device Tutoring

Learn or improve your skills using email, the internet, word processing, managing files and more. You can also get help solving problems with your computer or laptop. Set up an hour-long in-person appointment to get help with your computer or mobile device.

Campbell Community Center
Instructor: Bryan Haynes
Ongoing M Th 1-3p \$25/hour By appt
To schedule an appointment call 541-682-5318
No tutoring Jan 1, 15, Feb 19, May 27

Campbell Computer Lab

Use one of the computers in the Campbell Community Center Lab.

Campbell Community Center
Ongoing M-F 9:30a-12:30p Free Drop-in
No lab Jan 1, 15, Feb 19, May 27

Urban Homesteading

See pages 49-51.



Looking for laughs,
fun and a chance
to make friends?
Join the

Petersen Barn BESSIES

We're a group of senior women who gather to "wear purple with a red hat that doesn't suit me."

UPCOMING EVENTS INCLUDE:

- Mosaic Rocks
- Annual Friendship Tea
- Painted Lady Tea Room
- Heceta Head Lighthouse
- Oregon State Hospital Museum

\$5 to join

More info: 541-682-5521

TRIPS OF A LIFETIME



Eastern Canada *Classical Greece* *Sunny Portugal*

- Spain's Classics March 1-12, 2024
- The Best of Eastern Canada May 17-25, 2024
- Classical Greece September 2024
- Sunny Portugal March 13-22, 2025

For the latest updates and information about these incredible trips, contact Diane Sconce at 541-682-6392

Trips



Dates	Day	Time	Title	Charge	Page	Meet At
Jan 11	Th	9:30a-3p	Uniquely Eugene	\$18	82	Campbell
Jan 18	Th	9a-5p	Storm Watching in Yachats	\$37	82	Campbell
Feb 2	F	4:30p-12:30a	Céili Mor in Tualatin	\$41	83	Amazon
Feb 16	F	10a-4p	Mystery Wines & Backroad Finds	\$28	83	Campbell
Feb 22	Th	11:30a-3p	Planetarium Show	\$24	83	Pete Barn
Feb 29	Th	9a-5p	Hopscotch Portland	\$65	83	Campbell
Mar 5	Tu	8:45a-5p	Frugal Fun in Newport	\$26	83	Campbell
Mar 14	Th	9a-5p	Hopscotch Portland	\$65	83	Pete Barn
Mar 28	Th	9a-5:30p	Spring Whale Watching	\$45	83	Campbell
Mar 28	Th	9a-1:30p	Tour of Green Island	\$10	83	Campbell
Mar 28	Th	9a-1:30p	Tour of Green Island	\$10	83	Hilyard
Apr 5	F	9a-3p	The Forest History Center	\$27	84	Campbell
Apr 11	Th	9a-4p	Aurora Colony Antiques	\$34	84	Campbell
Apr 12	F	10:30a-3:30p	Corvallis Museum	\$23	84	Pete Barn
Apr 12	F	5:30p-12:30a	Céili Dancing in Salem	\$38	84	Amazon
Apr 17	W	9:15a-5:45p	Evergreen Air & Space Museum	\$41	84	Pete Barn
Apr 18	Th	8:30a-4:30p	Yaquina Nursery & Succulents	\$38	84	Campbell
Apr 27	Sa	8a-4p	Glide Wildflower Show	\$38	84	Campbell
May 1	W	8:15a-4:45p	Franz Bakery Tour	\$41	84	Campbell
May 3	F	9:30a-2:30p	Tour of the Willamette Confluence	\$10	83	Campbell
May 3	F	9:30a-2:30p	Tour of the Willamette Confluence	\$10	83	Hilyard
May 6	M	9a-5:30p	Crystal Springs Gardens	\$40	85	Campbell
May 17	F	10:30a-4p	Florence Charm Trail	\$27	85	Pete Barn
May 17-25	Overnight		The Best of Eastern Canada, Collette	Varies	85	Campbell
May 21	Tu	8:30a-4:30p	Lan Su Chinese Gardens	\$41	85	Campbell
May 22	W	9a-1p	Goat Yoga	\$21	85	Pete Barn
Sep 5-20	Overnight		Exploring Greece & Islands, Collette	Varies	85	Campbell

Uniquely Eugene

Are you new to Eugene or someone who still has not been to the places that makes Eugene unique? Join us as we tour around to see all the places and spaces that makes Eugene special. Skinner Butte, Pre's Rock, the Whitaker Neighborhood, Voodoo Doughnut, Hendricks Park and much more in this very special tour through Eugene. Purchase your own food.

Meet at Campbell Community Center

Jan 11 Th 9:30a-3p \$18 #27066

Storm Watching in Yachats

The 804 Trail is the perfect place to watch the waves during high tide. Starting at Yachats State Park, the trail provides expansive ocean vistas as you walk along on a level flat path. Should the weather be really stormy, you can tour by bus. Lunch is on your own in Yachats where you can pick from several options.

Meet at Campbell Community Center

Jan 18 Th 9a-5p \$37 #27017

Céili Mor In Tualatin 📍

A céili is a social gathering involving Irish music and dancing. Come try out a céili to live music at the Winona Grange in Tualatin. There will be a lesson from 7:30-8:00 p.m., followed by dancing from 8:00-11:00 p.m. No partner or dance experience required. All the dances will be taught and called. \$15 at the door.

Meet at Amazon Community Center
Feb 2 F 4:30p-12:30a \$41 #26039

Mystery Wines & Backroad Finds 📍

If wine and a good mystery intrigue you then join us on this trip. You will travel some backroads with a destination of wonderful wines awaiting your taste. Who knows what direction we will travel? A great way to escape for the day. Purchase own wine tasting and lunch.

Meet at Campbell Community Center
Feb 16 F 10a-4p \$28 #27055

Planetarium Show 📍

Enjoy lunch at Oakway Mall, then it's off to the Eugene Science Center to watch two shows in its planetarium. Experience immersive virtual adventures in one of the largest and most technologically advanced planetariums in the Northwest. Purchase your own lunch. Shows are included in the trip fee.

Meet at Petersen Barn Community Center
Feb 22 Th 11:30a-3p \$24 #26966

Hopscotch Portland 📍

Hopscotch is an immersive art experience. Enjoy a wonder-inducing walk through 25,000 square feet of light, sound and art. Hopscotch has 14 galleries, which are large-scale rooms featuring mostly interactive artworks such as a color room, laser graffiti room, a "Rainbow Cave," an acrylic maze and more. Hopscotch lets you interact with the art, create the art and even become the art. Admission is included in the trip fee. Purchase your own lunch. No trip refunds three weeks prior to trip date.

Meet at Campbell Community Center
Feb 29 Th 9a-5p \$65 #27035

Meet at Petersen Barn Community Center
Mar 14 Th 9a-5p \$65 #26961

Frugal Fun in Newport 📍

A fun day that's sure to give you plenty of choices. Explore old town Newport and the docks. Enjoy a fresh seafood lunch or bring your own. It's your choice. Purchase your own lunch.

Meet at Campbell Community Center
Mar 5 Tu 8:45a-5p \$26 #27037

Spring Migration Whale Watching 📍

How many whales will you see off the deck at the whale watching center in Depoe Bay? Guides will be on hand to help you spot the whales during spring migration. Time for lunch and shopping makes for a wonderful day. Purchase your own lunch.

Meet at Campbell Community Center
Mar 28 Th 9a-5:30p \$45 #27056

Tours of the Willamette Confluence Preserve & Green Island 📍

Join McKenzie River Trust and Friends of Buford Park on two small bus tours. These properties offer opportunities to preserve and restore a dynamic and ecologically diverse river system. Volunteers and staff will lead visitors around much of the preserves, highlighting the conservation efforts, human history and natural features. The tours are intended for people who are unable to walk the 4 miles typically required for walking tours. Bring a lunch and water, dress for the weather and consider bringing a portable chair or binoculars.

Tour of Green Island
Meet at Campbell Community Center
Mar 28 Th 9a-1:30p \$10 #26763

Meet at Hilyard Community Center
Mar 28 Th 9a-1:30p \$10 #26794

Tour of the Willamette Confluence
Meet at Campbell Community Center
May 3 F 9:30a-2:30p \$10 #27076

Meet at Hilyard Community Center
May 3 F 9:30a-2:30p \$10 #27078

Activity Level Ratings

Level 1 Little walking. OK for those with walkers, wheelchairs or walking difficulties.

Level 2 Moderate walking. Similar to that at a shopping center or large museum.

Level 3 Walking of 1-2 miles (1-1.5 hours), as on a walking tour of gardens or the zoo. May be steps or hills.

Level 4 Walking of 3-6 miles on moderate trails. May be rough, hilly or at higher altitude. Access to medical help may be limited.

Level 5 Long hikes of 5+ miles. May be very rough, hilly or high altitude. Access to medical help may be limited.

Consult your physician before participating in any trips/activities to be sure they are appropriate for you. Weather and/or trail conditions may change unpredictably. These levels are approximations only; your experience may vary.

Trip Policies

Fees include bus transportation, leadership and insurance, unless noted otherwise. Meals and admission to venues are not included in the fee unless noted otherwise in the description. Every attempt is made to follow the itinerary; if circumstances beyond our control do not allow that to happen, no refunds will be given.



The Forest History Center

The Forest History Center in Salem is both a museum and an archive dedicated to preserving the history of forestry and related activities in Oregon. Learn about and understand the history, people and development over time of Oregon's valuable historic forestry legacy. Purchase your own lunch.

Meet at Campbell Community Center
Apr 5 F 9a-3p \$27 #27070

Aurora Colony Antiques

The Aurora Colony was Oregon's first communal society. It's now home to the Old Aurora Colony Museum and several antique shops. Shop for one-of-a-kind vintage, salvaged, architectural antiques and unique collectibles. Explore history and have fun saying, "I remember this." Purchase own lunch.

Meet at Campbell Community Center
Apr 11 Th 9a-4p \$34 #27072

Corvallis Museum

The Corvallis Museum is home to Benton County Historical Society's massive collection of Oregon's natural and cultural past. It features four galleries of exhibitions comprising art, cultural artifacts, textiles, natural history specimens and more. It also includes the legendary Horner Collection, formerly at Oregon State University. Purchase your own museum admission (\$5) and lunch.

Meet at Petersen Barn Community Center
Apr 12 F 10:30a-3:30p \$23 #26972

Céili Dancing in Salem

Join us for a céili of the Valley Society's monthly dance at the VFW Hall in Salem. There will be live music, a professional caller and a hall full of dancers. Beginners welcome. No dance experience or partner needed. All the dances will be taught and called. Purchase your own ticket (\$10).

Meet at Amazon Community Center
Apr 12 F 5:30p-12:30a \$38 #26040

Evergreen Air & Space Museum

This fantastic museum in McMinnville is home to the world's largest aircraft – the Spruce Goose. The museum's aircraft collection traces the history of aviation from the Wright brothers through WWI and II fighter planes, the first commercial airlines, the space race of the 1950s and 1960s, and the launch of the international space station in 1998. Purchase your own museum admission (\$17) and lunch.

Meet at Petersen Barn Community Center
Apr 17 W 9:15a-5:45p \$41 #27039

Yaquina Nursery & Succulents

Yaquina Nursery, east of Yachats, is home to an incredibly large selection of amazing succulents and cacti. With room on the bus, how many of these fabulous succulents will you take home? After lunch in Yachats there will be time for a beach/trail walk. Purchase your own lunch.

Meet at Campbell Community Center
Apr 18 Th 8:30a-4:30p \$38 #27077

Glide Wildflower Show

See the largest showcase of wildflower species in the Pacific Northwest. When perusing the over 600 species, will you be able to pick out your favorite? A stop for brunch is planned before the show. Purchase your own admission and brunch.

Meet at Campbell Community Center
Apr 27 Sa 8a-4p \$38 #27057

Franz Bakery Tour

Learn about the incredible story of a 15-year-old immigrant and his brothers moving to Portland and founding one of the country's most successful bakeries. Franz Bakery has been baking bread for more than 100 years. Tour the bakery and see and smell the bread baking as they produce thousands of loaves every day. Purchase your own lunch.

Meet at Campbell Community Center
May 1 W 8:15a-4:45p \$41 #27068



Crystal Springs Gardens 📍

Celebrate spring by touring the Crystal Springs Rhododendron Garden, a unique 9.5-acre garden containing an outstanding collection of more than 2,500 rhododendrons, azaleas and companion plants. Stroll by three waterfalls via two picturesque bridges and wander down shaded paths to Crystal Springs Lake. Purchase your own lunch.

Meet at Campbell Community Center
May 6 M 9a-5:30p \$40 #27058

Florence Charm Trail 📍/📍

Follow the Charm Trail and make a personalized keepsake from your adventures in Florence. Pick up your bracelet and a signature charm at a trailhead location. Then visit other Charm Trail locations around Old Town Florence to add charms to complete your bracelet. Purchase your own bracelet, charms and lunch.

Meet at Petersen Barn Community Center
May 17 F 10:30a-4p \$27 #27042

The Best of Eastern Canada with Collette Tours 📍

Take a boat cruise to the base of Niagara Falls and feel the cascading water come over the falls. Visit Toronto, Canada's largest city, enjoy a memorable cruise through the spectacular Thousand Islands National Park located along the St. Lawrence River, get acquainted with Ottawa as you explore the city, and say bonjour to Quebec City, the heart of Canada's French heritage by strolling along the 17th-century cobblestone streets and historic buildings. Travel through the Quebec countryside and learn the traditions of maple syrup-making, visit Montmorency Falls, a natural wonder that is 100 feet higher than Niagara Falls, enjoy a fantastic sightseeing tour of Montreal and much more. Cost includes round-trip airfare from Eugene, taxes, hotels, transfers, nine days and 12 meals. For more information or to request a brochure, call Diane at 541-682-6392. For complete itinerary go to gateway.gocollette.com/link/1196740.

Register through Campbell Community Center
May 17-25, 2024 Single \$4,349, Double \$3,349
Save \$50 now; price goes up after Nov 17
Reserve with a \$698 deposit; final payment due Mar 18
Trip insurance available for \$349
All rates are per person and subject to change

Lan Su Chinese Gardens 📍

The mission of Lan Su Chinese Garden is to cultivate an oasis of tranquil beauty and harmony to inspire and engage the community in the appreciation of a richly authentic Chinese culture. You explore the garden with a guided tour and then have time to explore on your own. Purchase your own admission (\$10) and lunch.

Meet at Campbell Community Center
May 21 Tu 8:30a-4:30p \$41 #27080

Goat Yoga 📍

Imagine attempting a yoga pose and having to contour your body around a goat on your mat. The No Regrets Farm and Sanctuary in Monroe offers goat yoga – a joyful experience that improves mental and physical health through the healing powers of nature and animals. The 30-minute Goat Yoga class is followed by a 60-minute Goat Happy Hour (snuggle goats, take goat selfies, learn more about the goats or have a farm tour). No yoga experience is needed. Bring a sack lunch to eat on site and pay for your Goat Yoga and Happy Hour on the day of trip (\$47 which includes a mat rental).

Meet at Petersen Barn Community Center
May 22 W 9a-1p \$21 #27044

Exploring Greece & Its Islands with Collette Tours 📍

A trip of a lifetime to Greece and its islands awaits you. Explore Mykonos, the whitewashed jewel of the Cyclades Islands. Join a local expert to explore Athens and its famed sights. Explore the grandeur of Olympia, the birthplace of the Olympic Games, visit 600-year-old Byzantine monasteries, experience the Delphi Museum, partake in olive oil and jam at a farm in the Peloponnese countryside, attend a Mediterranean cooking experience followed by a traditional Greek lunch, sample wines with a winery tour in Santorini, view the Parthenon and the Acropolis and so much more. Cost includes round-trip airfare from Eugene, taxes, hotel, transfers, 16 days and 25 meals. For more information call Diane at 541-682-6392. For complete itinerary go to gateway.gocollette.com/link/1184089.

Register through Campbell Community Center
Sep 5-20, 2024 Single \$8,549, Double \$7,249
Save \$150 now; for bookings after Feb 28 call for rates
Reserve with a \$698 deposit; final payment due Jul 7
Trip insurance available for \$449
All rates are per person and subject to change

Collette Trip Presentations

This is an opportunity to hear all about our upcoming "Trips of a Lifetime" with Collette Tours. The Collette representative be here to give you all the details and answer all your questions. Your next adventure awaits you. For more information call Diane at 541-682-6392.

Campbell Community Center
Greece
Dec 18 M 11a-12:30p Free #27061
Greece and New York Holiday
Feb 20 Tu 11a-12:30p Free #27062
New York Holiday and Sunny Portugal
Apr 30 Tu 11a-12:30p Free #27063