

Senior Connection

Newsletter



Fall Registration

Fall registration will take place on two separate dates:

- **Session 1 which covers September and October will be on Thursday, September 3 at 9 a.m.**
- **Session 2 which covers November and December will be on Thursday, October 22 at 9 a.m.**

Fall Registration Options:

- Online at www.GetRec.org
- Phone Campbell Community Center at 541-682-5318
- In-person at another community center

Your best bet is to register online – it will be the fastest method and you'll have a better chance of getting into a class.

Please note that because of physical distancing protocols, class sizes may be smaller and classes will fill up sooner.

Fall Recreation Guide

The Fall Recreation Guide will be fully digital and we will not be offering a printed guide. If you need detailed descriptions of the classes or more information, please go to www.GetRec.org to peruse the Recreation Guide (available by August 31).

On the last page of this newsletter is a listing of Campbell classes offered at other locations for Session 1 of the Fall term. We hope Campbell Center will be reopened by Session 2 and have an expanded set of classes back in the new building.

Contract Tracing

Know the Signs of Contact Tracer Scams

By NerdWallet.com

If you're contacted about possible exposure to the coronavirus, make sure it's legit. Scammers are masquerading as contact tracers and it's smart to verify calls or texts before giving out any information.



A tracer's job is to help contain the pandemic by reaching out to people who may be spreading COVID19. You could be called because your test was positive. Or perhaps someone who tested positive named you as someone they'd been in contact with, and now you need to be tested.

Scammers are trying to capitalize on tracing campaigns. They've even made calls appear to come from the U.S. Department of Health and Human Services. And yet actual tracers can't do their work if we won't pick up the phone. You might be contacted by a state or county health

department, by phone or text. There's no single way that a genuine contact tracer will try to reach you. As a result, it can be difficult to know if a contact is legit.

First, simply pause...you don't have to talk to the caller at that moment.

Take time for due diligence. If a caller says they're a contact tracer from a county or state health department, take their name then hang up and call the department yourself to verify the information. Don't ask for a callback number; instead, call Lane County Public Health directly at (541) 682-4041 or (541) 682-1380.



A legitimate tracer may ask:

- For your name and address.
- For your date of birth. It is suggested that you counter with your age, rather than giving out that key piece of identity data.
- For your whereabouts on certain dates, errands you ran, stores or businesses you visited, etc.
- Questions about your health and whether you've experienced any symptoms.

But a legitimate contact tracer will not:

- Ask for your Medicare, Medicaid or insurance policy number.
- Inquire about your immigration status.
- Ask for your Social Security number.
- Ask for a financial account number or request payment.
- Tell you who among your contacts has tested positive for COVID-19.
- Threaten you.
- Ask you to fill out an online application to be a contact tracer, too.

Shameka Walker, an attorney with the FTC's Bureau of Consumer Protection, advises hanging up and reporting the call if you have reason to believe it's not legitimate.

Healthy Eating

Strawberries and Cream Smoothie



Ingredients:

- 1 Cup Almond Milk (unsweetened)
- 1 Cup Frozen Strawberries
- ½ Cup Vanilla Greek Yogurt
- ½ Banana
- ¼ Tsp Vanilla Extract

Blend and enjoy!

YUM!

Virtual Tours/Online Exhibits – National Museums

- Museum of Modern Art: <https://artsandculture.google.com/partner/moma-the-museum-of-modern-art?hl=en>
- NASA: <https://www.nasa.gov/nasa-at-home-virtual-tours-and-augmented-reality>
- National Museum of the US Air Force: <https://www.nationalmuseum.af.mil/Visit/Virtual-Tour/>
- Detroit Institute of Art: <https://artsandculture.google.com/partner/detroit-institute-of-arts?hl=en>
- National Women’s History Museum: <https://www.womenshistory.org/womens-history/online-exhibits>
- J. Paul Getty Museum: <https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>
- National Gallery of Art: <https://www.nga.gov/global-site-search-page.html?searchterm=virtual+tour>
- Metropolitan Museum of Art: <https://artsandculture.google.com/partner/the-metropolitan-museum-of-art?hl=en>
- The Guggenheim: <https://artsandculture.google.com/partner/solomon-r-guggenheim-museum?hl=en>
- Smithsonian Museum of Natural History: <https://naturalhistory.si.edu/visit/virtual-tour>
- NASA Exoplanet Travel Bureau: <https://exoplanets.nasa.gov/alien-worlds/exoplanet-travel-bureau/>

Campbell Construction Update

Many small but important things are happening with the Campbell construction project like wiring and plumbing being installed. The most obvious is that the new windows and siding have been put in. It’s really starting to look like a community center!



Campbell Fall Registration Information – Session 1

Registration will open at 9 a.m. on Thursday, September 3

You may register online or via phone at Campbell 541-682-5318. Your best bet is to register online – it will be the fastest method and you'll have a better chance of getting into a class.

► Please note that because of physical distancing protocols, class sizes may be smaller and classes will fill up sooner.

Fitness/Wellness

Strong Bones Strong Body (Hilyard Center)

Tuesday	9:30-10:30a	Sep 8-Oct 27	\$32	#10935
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Virtual Strong Bones Strong Body (online)

Tuesday	9:30-10:30a	Sep 8-Oct 27	\$32	#10937
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Strong Bones Strong Body (Hilyard Center)

Thursday	9:30-10:30a	Sep 10-Oct 29	\$32	#10936
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Virtual Strong Bones Strong Body (online)

Thursday	9:30-10:30a	Sep 10-Oct 29	\$32	#10938
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Better Bones and Balance (Hilyard Center)

Tuesday	11:00a-12:00p	Sep 8-Oct 27	\$32	#10939
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Virtual Better Bones and Balance (online)

Tuesday	11:00a-12:00p	Sep 8-Oct 27	\$32	#10941
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Better Bones and Balance (Hilyard Center)

Thursday	11:00a-12:00p	Sep 10-Oct 29	\$32	#10940
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Virtual Better Bones and Balance (online)

Thursday	11:00a-12:00p	Sep 10-Oct 29	\$32	#10942
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Pilates for Vintage Bodies (Lamb Cottage)

Thursday	5:45-6:45p	Sep 10-Oct 29	\$32	#10967
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Qigong (Lamb Cottage)

Wednesday	10:30-11:30a	Sep 16-Oct 21	\$24	#10969
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Other Activities

Urban Homesteading

Canning Basics: Salsa	Monday	6:30-8:30p	Sep 14	\$20	#11177
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Canning Basics: Pepper Jam	Monday	6:30-8:30p	Sep 21	\$20	#11178
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Fermenting: Sauerkraut & Kombucha	Monday	6:30-8:30p	Sep 28	\$20	#11182
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Beyond Sauerkraut	Monday	6:30-8:30p	Oct 5	\$20	#11183
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Bread Making/Sourdough	Monday	6:30-8:30p	Oct 12	\$20	#11184
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Cheese Making	Monday	6:30-8:30p	Oct 19	\$20	#11185
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Fermenting: Kimchi & Kombucha	Monday	6:30-8:30p	Oct 26	\$20	#11285
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Beginning Spanish (Lamb Cottage)

Tuesday	5:30-7:30p	Sep 8-Oct 27	\$72	#11297
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Writing Your Memoir (Lamb Cottage)

Tuesday

1-3p

Sep 8-Oct 27

\$64

#10569

South Eugene Meadows Hike (meets at trailhead on Blanton Rd)

Sunday

10:00a-12:00p

Sep 20

\$5

#11497

Registration for Session 2 (November-December) will begin on Thursday, Oct 22 at 9:00 a.m.