

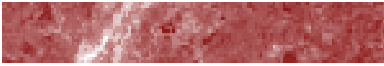


COMMUNITY CONNECTION OF BAKER COUNTY
2810 CEDAR ST., BAKER CITY OR 97814

Dec 2017

SENIOR TALK & TELL

Merry Christmas !!



Activities Calendar
6 Foot Clinic, by appt, call 541-524-7688
19 Dining Center Committee, 11am
25 Merry Christmas Closed for holiday

Closed on Jan. 1st

Volunteers Needed!

- Senior Companions*
- Bingo Volunteers*
- Medical Trans. Drivers*

Christmas Dinner:

Christmas Dinner will be here on **Thur., Dec. 21st.** The suggested donation for seniors is going to be the same as other lunches as usual. Please sign up by December 9th. (this helps us know how much food to order and prepare)

Christmas Dinner for Seniors at the Powder River Correctional Facility

Enjoy a turkey dinner for all seniors on **Thursday, Dec. 14th at 4:30pm.** There will be a sign up here on the white podium, please sign up by the 8th so we can get the numbers to the prison. Please no jeans, cell phones, or purses, they will need your ID.

Heating Assistance Program

It's that time of year again. This year the income limit for a household of one person is \$1,924.58 gross income. For more info contact our office.

Legal Information Presentation

On **Dec 8th, at noon,** Jonathan Dennis, an attorney with the Oregon Law Center, will be presenting on powers of attorney, advance directives, and living wills. Come learn how to protect you and your family members in the event that a person is no longer able to make choices for themselves.

We are now recruiting Entrée Sponsors for 2018!
We have sponsor forms in the office for those who want to reserve their dates in 2018.
See Renee at the front desk.

Community Connection's Busy Bus

It's annual Holiday Shopping Trip to LaGrande will be on **Tues., Dec. 12th.**
Call 541-742-RIDE (7433) to reserve

Weekly Activities

- Mondays**
Stretch & Flex, 9am
Tai Ji for balance 10a
Tai Chi regular, 11am
Dupl. Bridge, 12:30pm
Line Dancing, 1 pm
- Tuesdays**
Blood Pressure Checks, 11-12
Bingo, 1pm
- Wednesdays**
Music/Dancing, 11a
Line Dancing, 1pm
- Thursdays**
Stretch & Flex, 9am
Bingo, 1:00 pm
- Fridays**
Party Bridge, 1pm
Pinochle Nite, 6:30pm

PEARLS— Learn to have fewer 'feeling blue' days

PEARLS is an evidence based national Program Encouraging Active and Rewarding LiveS in individuals who are 60 years of age or older. PEARLS is designed to help individuals to lessen symptoms of minor depression. Over 16 weeks, PEARLS participants complete six to eight in-home sessions with their PEARLS counselors. During these sessions the participants work to find solutions to problems they currently are facing; make plans to participate in an activity within their communities they believe will be enjoyable; and do something they use to enjoy in the past. If you are interested in talking to someone about PEARLS, please contact Amanda @ 541-523-6591.