



Senior Talk & Tell

Happy New Year!

Activities Calendar

- 1 Closed for Holiday
- 3 Foot Clinic by appt, call 541-524-7688
- 15 Closed for Martin Luther King, Jr Day
- 16 Mealsite Comm., 11am Advisory Council, 1pm

Thought For The Day:

Life isn't about waiting for the storm to pass; It's about learning to dance in the rain.

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

City of Baker Service

The City of Baker has a program for seniors who are unable to shovel their driveways out after the city plows have been by. To get a stake placed by your driveway, so the plows clear your driveway entry, contact the City of Baker at 523-6541

Stay Safe on the Road: Tips for Older Drivers

Aging is a part of life; driving cessation doesn't have to be. Consider the following tips to stay safe behind the wheel:

- Discuss your medication and its effects on driving with your doctor or pharmacist.
- Ensure that your mirrors and seat are properly adjusted for optimal viewing.
- Pay attention to road conditions.
- Get an annual eye exam and wear contact lenses or glasses as recommended.
- Plan to go over your route ahead of time.
- Leave more distance between you and the car in front of you.
- Eliminate distractions like playing radios, talking on cell phones and eating.
- Keep car windows clean inside and out.
- Add a larger review mirror to increase your range of visibility.
- Limit driving to daytime if you have trouble seeing at night.
- Stay physically fit – take a brisk walk daily.
- Stay mentally active – learn a new skill or hobby.
- Carpool or take public transportation whenever possible.

VOLUNTEERS NEEDED

We are still in need of drivers for our Medical Transportation program. Senior Companions are also needed. If you can help please call us at 523-6591.

Let these quotes on aging inspire you

Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.

~Henry Ford

Beautiful young people are accidents of nature, But beautiful old people are works of art.

~Eleanor Roosevelt

Aging seems to be the only available way to live a long life.

-Daniel Francois Esprit Auber-

If I'd known how old I was going to be I'd have taken better care of myself.

-Adolph Zukor-

If wrinkles must be written upon our brows, let them not be written upon the heart. The spirit should not grow old.

- James A. Garfield-

Age is an issue of mind over matter. If you don't mind, it doesn't matter.

~ Mark Twain

Entrée Sponsors for 2018

First, we want to thank everyone for their generous support during our 2017 Entrée program year. We had 145 meals sponsored in Baker, and 38 sponsored meals in Newbridge! Our goal was met and exceeded, thanks to you.

Now is the time to consider sponsoring a meal in 2018. You can submit your sponsor form now and donate at a later time, so reserve your date early. Thanks!