



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

Feb 2019

# Senior Talk & Tell

**Happy Valentine's Day!**

**Activities Calendar**

**5 Foot Clinic, by appt  
541-524-7688**

**18 Presidents' Day**

**19 Mealsite Committee,  
11am**

Visit our website:

[www.ccno.org](http://www.ccno.org)

Find activities, volunteer opportunities, or Donate to any of our programs!

**Entrée Sponsors for 2019**

If you are interested, please contact the office for the form.

**Weekly Activities**

- **Mondays**  
Stretch & Flex, 9am  
Tai Ji for balance 10a  
Dupl.Bridge, 1:30pm  
Line Dancing, 1 pm
- **Tuesdays**  
Blood Pressure Checks, 11-12  
Bingo, 1pm
- **Wednesdays**  
Music/Dancing, 11a  
Line Dancing, 1pm  
Hand & Foot Card Game 1 & 2:30pm
- **Thursdays**  
Stretch & Flex, 9am  
Bingo, 1pm
- **Fridays**  
Party Bridge, 1pm  
Line Dancing, 1pm

**Where did Valentine's Day originated???**

The first Valentine's Day was in the year 496! Having a particular Valentine's Day is a very old tradition, thought to have originated from a Roman festival. The Romans had a festival called Lupercalia in the middle of February - officially the start of their springtime.

**National Diabetes Prevention Program Con't:**

Starting Jan 7th—Feb 25th  
Every Monday 9:30—noon

This program helps you learn how to change your lifestyle to prevent type 2 diabetes.

Call Lori at (541) 523-6591 if you:

- Are at risk for diabetes
  - Have prediabetes
  - Have borderline diabetes
- Have high blood sugar or glucos

**Living Well with Chronic Con't**

Starting Jan 7th -Feb 25th, Every Monday at 1:30pm—4:00 pm. Learn how to manage symptoms and medications, problem solve effectively, relax, and handle difficult emotions.

**I don't want that!!**

Some of the feedback I have gotten from our volunteers is how much food is thrown away when they clean peoples' plates up. I wanted to remind people, just because it is on the menu you do not have to take it. If you don't want the salad, dessert, vegetable or even the gravy, just please let the cooks know and they will leave it off the plate. If you are just full and can't eat the rest, we have containers you can use to bring food home with you; this will maybe give you your supper or breakfast. As always, we want to provide you with a full nutritious meal but we also don't want to waste any of the food if possible.

**Bingo Blues...**

It has been a tough month for our Bingo players, as the Bingo Board has been down for some time now. After research and consideration, we will be moving toward a Bingo computer software and projection.

**No Taxes prepared at Community Connection this year**

There will be no tax preparation at Community Connection Baker this year, as AARP was not able to recruit a new volunteer in charge of the Tax Preparation program for our area. If you or someone you know is

interested in becoming an AARP tax preparer please call (888) 687-2277. If you need your taxes done you can call (541) 963-7532 and may be able to make an appointment at Community Connection in La Grande.

