

View EVENTS

Activity Calendar for July 2010



Patriotic Film Festival
July 4 - 11

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ACTIVITY LOCATION</p> <p>GR: Game room - located by the 2nd floor lounge L: Lounge - located on the 2nd floor LIB: Library - located on the lower level of the hotel LL: Lower Level</p> <p>RK: Resident kitchen - located on the 2nd floor PDR: Private dining room - located on the 1st floor DR: Large dining room - located on 1st floor BR: Billiard room - located on 2nd floor ER: Exercise room, lower level</p>						
<p>4</p> <p>11:15 Patriotic Music by the Old Time Fiddlers - Lobby 11:30-1:30 All American Brunch 2:00 Movie - L</p> <p>Independence Day!</p>	<p>5</p> <p>9:30 Exercise Video-ER 10:30-12:00 Clarke's Store 10:30 Safeway & Hiron's 12:30 Bowling 1:00 EH Bridge Club- GR 3:00 Line Dancing - ER 4:00 Piano Music - Lobby</p>	<p>6</p> <p>9:30 Three Rivers Casino or lunch and shopping in Old Town Florence 10:00-3:00 Farmers Market</p>	<p>7</p> <p>The Eugene Hotel Rummage Sale is on Saturday, August 14! Start saving your miscellaneous items now for this annual event!</p>	<p>1</p> <p>10:00 Market of Choice 11:00 Qigong - ER 2:00 Monthly Preview - L 6:30 Red, White & Blue Bingo - GR</p>	<p>2</p> <p>9:30 Move & Be Fit! -ER 10:30-12:00 Clarke's Store 11:00 Art in the Vineyard 1:00 Wal-Mart 1:30 Pinochle - GR 6:00 First Friday Art Walk with Susan</p>	<p>3</p> <p>10:00-5:00 Saturday Market OYO</p>
<p>11</p> <p>11:30-1:30 Brunch 2:00 Movie - L 5:30 Sunday Supper Club</p>	<p>12</p> <p>9:30 Move & Be Fit!-ER 10:30-12:00 Clarke's Store 10:30 Bi-Mart 12:30 Bowling 1:00 EH Bridge Club- GR 3:00 Line Dancing - ER 4:00 Piano Music - Lobby</p>	<p>13</p> <p>8:00 Men's Breakfast at Campbell Center 10:00-3:00 Farmers Market 11:30 Sweet Cheeks Winery for lunch and wine tasting</p>	<p>14</p> <p>9:30 Move & Be Fit!-ER 10:30 Women's Group - Lib 10:35 "Pool Sharks" - BR 12:00-1:30 Clarke's Store 2:00 Owen Memorial Rose Garden (seating available in garden)</p>	<p>8</p> <p>10:00 Market of Choice 11:00 Qigong - ER 2:00 Philippines Peace Corp Presentation - L 4:00 Hearing Clinic - Lib 6:30 Bingo - GR</p>	<p>9</p> <p>9:30 Move & Be Fit -ER 10:00 Bus to Eugene Library 10:30-12:00 Clarke's Store 10:30-3:00 Reflexology Foot Massage 1:00 Valley River Mall 1:30 Pinochle - GR</p>	<p>10</p> <p>10:00-5:00 Saturday Market OYO</p>
<p>18</p> <p>11:30-1:30 Brunch 2:00 Movie - L 5:30 Sunday Supper Club</p>	<p>19</p> <p>9:30 Move & Be Fit!-ER 10:30-12:00 Clarke's Store 10:30 Safeway & Hiron's 12:30 Bowling 1:00 EH Bridge Club- GR 3:00 Line Dancing - ER 4:00 Piano Music - Lobby</p>	<p>20</p> <p>10:00-3:00 Farmers Market 11:00 Lunch at Denise's rustic cabin on the McKenzie River</p>	<p>21</p> <p>9:30 Move & Be Fit!-ER 10:30 Women's Group - Lib 10:35 "Pool Sharks" - BR 11:30 Resident Birthday Party - DR 12:00-1:30 Clarke's Store 2:00 Beading with Larena - RK</p>	<p>15</p> <p>10:00 Market of Choice 11:00 Qigong - ER 11:30 BP Check - RK 2:00 Round Table Writers - RK 6:30 Bingo - GR</p>	<p>16</p> <p>9:30 Move & Be Fit! -ER 10:30-12:00 Clarke's Store 2:00 Grace Fuss' 101st Birthday Celebration - L</p>	<p>17</p> <p>10:00-5:00 Saturday Market OYO 8:30 Brownsville Citywide Garage Sale</p>
<p>25</p> <p>11:30-1:30 Brunch 2:00 Movie - L 5:30 Sunday Supper Club</p>	<p>26</p> <p>9:30 Move & Be Fit!-ER 10:30-12:00 Clarke's Store 10:30 Trader Joe's 12:30 Bowling 1:00 EH Bridge Club - GR 3:00 Line Dancing - ER 4:00 Piano Music - Lobby</p>	<p>27</p> <p>9:00 Blueberry Picking 10:00-3:00 Farmers Market 2:00 Dessert in Larena's garden</p>	<p>28</p> <p>9:30 Move & Be Fit!-ER 10:30 Men's Group - Lib 10:35 "Pool Sharks" - BR 11:45 Very Little Theatre (VLT) Backstage Tour 12:00-1:30 Clarke's Store 2:00 Book Group - Lib</p>	<p>22</p> <p>10:00 Market of Choice 11:00 Qigong - ER 2:00 Tea & Poetry - L 4:00 Hearing Clinic - LIB 4:30-6:00 Deli & T-shirt Night & Merry Mix-up - DR 6:30 Bingo - GR</p>	<p>23</p> <p>9:30 Move & Be Fit! -ER 10:00 Bus to Eugene Library 10:30-12:00 Clarke's Store 11:30 Nifty Nineties- RK 1:00 Gateway Mall 1:30 Pinochle - GR 4:00 Social Hour with Dario LaPoma - Lobby</p>	<p>24</p> <p>10:00-5:00 Saturday Market OYO</p>
<p>29</p> <p>11:30-1:30 Brunch 2:00 Movie - L 5:30 Sunday Supper Club</p>	<p>30</p> <p>9:30 Move & Be Fit!-ER 10:30-12:00 Clarke's Store 10:30 Trader Joe's 12:30 Bowling 1:00 EH Bridge Club - GR 3:00 Line Dancing - ER 4:00 Piano Music - Lobby</p>	<p>31</p> <p>9:00 Blueberry Picking 10:00-3:00 Farmers Market 2:00 Dessert in Larena's garden</p>	<p>29</p> <p>9:30 Move & Be Fit!-ER 10:30 Men's Group - Lib 10:35 "Pool Sharks" - BR 11:45 Very Little Theatre (VLT) Backstage Tour 12:00-1:30 Clarke's Store 2:00 Book Group - Lib</p>	<p>29</p> <p>10:00 Market of Choice 2:00 Alton Baker Park walk with Susan 6:30 Bingo - GR</p>	<p>30</p> <p>9:30 Exercise Video - ER 10:30-12:00 Clarke's Store 12:00 Eugene Gem & Bead Fair at the Fairgrounds 1:00 Oakway Mall 1:30 Pinochle - GR 4:00 Sing-a-long - Lobby</p>	<p>31</p> <p>10:00-5:00 Saturday Market OYO 11:30 Coburg Quilt Show & High Tea</p>

BOOKNOTES



Eugene Hotel book group members will meet in the library at 2 p.m. on Wednesday, July 28, to discuss *Seabiscuit: An American Legend* by Laura Hillenbrand.

The Ruin by Kenneth Fenter has been selected for discussion at the August book group. *The Ruin* takes place in rural Southwestern Colorado in the summer and winter of 1954-55. It is a time when corporal punishment is common at school and at home. Boys faced with school yard bullies are expected to "man up." The contemporary portion is set in the year 2000, after successive years of school shootings caused in part by disturbed boys who have been persistently bullied.

The Ruin is a story about bullying, damaged lives, and the tragic consequences that too often end in suicide or even the ultimate tragedy: school shootings.

The Ruin begins with retiring English teacher Clifton Kelley caring for his class during a school lock down, because across town a boy is shooting classmates in the school cafeteria. Kelley flashes back 40 years to himself as a 14 year old boy, who after years of school-yard bullying, is driven to make the decision whether to aim his rifle at the boys who have bullied and beaten him or seek refuge from his rage by fleeing to the wilderness.

Eugene Hotel Bus Schedule

Residents are encouraged to take advantage of free bus service for their visits to the doctor, dentist or other locations around town. Please notify front desk staff of your ride request at least 24 hours in advance.

Please check the Eugene Hotel bus schedule below for available times:

Monday:	9 a.m - 11 a.m and 1 p.m.- 4 p.m.
Tuesday:	Trip day! (No bus service)
Wednesday:	No bus service
Thursday:	(10 a.m. - Grocery Shopping) and 1 p.m. - 4 p.m.
Friday:	9 a.m. - 11 a.m. and 1 p.m. - 4 p.m.

(The bus schedule may change due to holidays.)



Activities & Special Events

*By Larena Sullivan,
Activity Director*

Art and the Vineyard

On Friday, July 2, the Eugene Hotel bus departs at 11 a.m. for one of the Northwest's top art, wine, and music festivals. Art and the Vineyard is staged along the banks of the Willamette River in scenic Alton Baker Park. This is a wonderful way to enjoy a summer day. Admission is \$6 at the gate.

First Friday Art Walk

Meet Susan in the lobby at 6 p.m. on Friday, July 2, for Eugene's First Friday Art Walk. The hotel bus will take us to the first gallery and then we'll stroll back to the hotel, visiting four or five galleries along the way. Bring a sweater and wear good walking shoes.

Brunch with Lady Liberty & Uncle Sam

Start out celebrating July 4th with the Old Time Fiddlers in the lobby at 11:15 a.m. for some great patriotic music. Then head for the dining room to enjoy an "all American buffet." We will have all the regular breakfast items along with hamburgers and hotdogs with all the trimmings. Remember to wear your red, white, and blue!

Three Rivers Casino/Old Town Florence

Tuesday, July 6, may be your lucky day! Residents can choose to go to the casino or enjoy lunch

and shopping in historic old town Florence. The Eugene Hotel bus will leave at 9:30 a.m.

Beauty in the Rose Garden

The Owen Memorial Rose Garden is in full bloom and is most beautiful this time of year. You'll be awed by the varieties and colors the garden offers. Enjoy a leisure walk or just sit and take in the beauty. We'll leave at 2 p.m. on Wednesday, July 7.

Philippines Presentation

Come to the lounge on Thursday, July 8, at 2 p.m., for a slide show presentation about Maggie Keenan's Peace Corp experience in the Philippines. Maggie and her 16 year old daughter returned to Maggie's Peace Corp site in March of this year. This was Maggie's first time back in 20 years.

Reflexology Foot Massage

Start the weekend with cool feet! Enjoy the unique benefits of foot massage using essential oils. Sign up for a 30 minute appointment with April Robyn on Friday, July 9. Cost is \$15.

Men's Breakfast

Calling all men to start your day off with a great breakfast! The men of the Eugene Hotel will board the bus at 8 a.m. on Tuesday, July 13 and head for breakfast at the Campbell Senior Center lo-

cated just a few minutes from the Eugene Hotel. Cost for breakfast is only \$3.00!

Lunch & Wine Tasting

Board the Eugene Hotel bus at 11:30 a.m. on Tuesday, July 13, for a country drive through the scenic Lorane Valley to Sweet Cheeks Winery. Sweet Cheeks has a beautiful wine tasting room with a great view of the vineyard. A delicious picnic lunch will be provided by the winery for \$8 per person. Wine tasting is \$2 per person.

Still Going Strong at 101!

Grace Fuss is celebrating her 101st birthday! Her family invites you to the party on Friday, July 16, at 2 p.m. in the lounge. There will be music, refreshments and lots of fun!

Brownsville Citywide Garage Sale

Every July, Brownsville residents haul down the clutter from their attics, drag out treasures from their garages and organize accumulations from their barns in anticipation for the Brownsville Citywide Garage Sale. All the usual garage sale items can be found throughout the city as well as some unusual objects and a treasure with your name on it! Garage sale maps will also be available in town. Board the hotel bus at 8:30 a.m. on Saturday, July 17.

Lunch on the River

This wonderful trip will take us up the McKenzie River at 11 a.m. on Tuesday, July 20, to the small community of Rainbow. We will be the guests of Denise and Randy Morrow in their rustic 1920s

cabin built during the Theodore Roosevelt era. President Roosevelt used BLM land to build cabins with the idea of making them available to low income Americans. When their usefulness was over the cabins were sold. This is a classic cabin with a wonderful deck that faces the McKenzie River. We will have a bag lunch and enjoy the view. Randy will talk about the history of the cabin and for those who would like to take a stroll, there are walking trails close by. Cost of lunch is \$7.

T-Shirt and Deli Night

Let's have some summer fun at dinner! Residents may wear their favorite or unusual T-shirt to Deli Night on Thursday, July 22, from 4:30 – 6:00 p.m. There will also be a "Merry Mix-up" which is a great time to meet your neighbors and new residents.

Social Hour

Join your friends and neighbors in the front lobby on Friday, July 23, at 4 p.m. You will enjoy appetizers and champagne while listening to original ambient piano music by Dario LaPoma.

Blueberry Picking

Enjoy the sweet taste of blueberries! The hotel bus will depart at 9 a.m. on Tuesday, July 27, for The Blueberry Patch in Leaburg. You can pick blueberries for approximately \$1.50 per pound or purchase them already picked at a higher price.

Dessert in the Garden

Eugene Hotel residents are invited to enjoy Larena's beautiful garden. This is a good chance to see where

all the breath-taking floral arrangements for our lobby originate. Feel free to walk around or just sit and sip iced tea! Board the bus at 2 p.m. on Tuesday, July 27.

Backstage Tour

We're off to the theatre! On Wednesday, July 28, we'll receive a backstage tour at the Very Little Theatre (VLT) in Eugene. This free tour is an opportunity to go backstage and learn more about one of the country's oldest and most successful community theaters. The tour will start in the front lobby for a brief history of the VLT's beginnings in 1929, then to Stage Left, the dressing rooms, Green Room, and the costume shop. Board the hotel bus at 11:45 a.m.

Alton Baker Park Walk with Susan

Join Susan at 2 p.m. on Thursday, July 29, for a walk around Alton Baker Park which is located on the Willamette River. The park features duck ponds, various walking trails and a small scale model of our solar system. You may sit on a bench to watch children feed the ducks, walk to the DeFazio foot-bridge or just explore the beauty of the park.

Eugene Gem & Bead Show

The Lane County Events Center is holding another bead show this year! This is a great opportunity to freshen up your beading inventory and get a jump on the holidays. The hotel bus will leave at 12:00 noon on Friday, July 30, for a short drive to the Lane County Fairgrounds.

Sing-a-long

Gather in the lobby for an informal sing-a-long with Ali and Aaron at 4 p.m. on Friday, July 30. Residents may sing along to the old time favorites or just come to listen. This is a great way to liven up an afternoon!

Coburg Quilt Show & High Tea

The Coburg Quilt Show is a must see with quilts, all sizes and colors, gently blowing in the breeze while music plays. We will have a tea/lunch at 12:00 noon and then walk around to view more than 300 quilts and other arts and crafts. The hotel bus will leave at 11:30 a.m. on Saturday, July 31. Quilt show admission is free and the tea/lunch is \$8 for adults and \$7 for seniors (60+).

ONGOING ACTIVITIES

Monthly Preview

At the beginning of every month you are invited to attend a preview of the month's calendar of events. The next preview meeting will be on Thursday, July 1, at 2:00 p.m. in the lounge. Root beer floats will be served!

Pool News

Check out the hotel's newly refurbished pool table. The Eugene Hotel "pool sharks" meet every Wednesday in the pool room at 10:35 a.m. All equipment, including pool cues and balls will be provided. Everyone is welcome, including beginners. Revisit your youthful years if you have played before or want to learn a new activity. If you wish more information, see or call Jim Morrison or Verne Andresen.

Line Dancing

Join the Eugene Hotel residents every Monday at 3 p.m. in the exercise room for line dancing instruction by resident Helen Dennis. A line dance is dancing with a repeated sequence of steps in which a group of people dance in one or more lines or rows, executing the same steps at the same time. Dancing helps with balance, strengthens leg muscles, sharpens mental concentration and creates happiness!

Round Table Writers

Bring your writing to read and share with others. Hone your writing skills. Any genre is welcomed: a poem or a selection from a memoir, script, short story, novel or essay. Critiques and input will be given, if solicited. Meet in the resident kitchen on Thursday, July 15, at 2 p.m.

Blood Pressure Check

Get your blood pressure checked by a nurse in the resident kitchen from 11:30 a.m.-12:30 p.m. on Thursday, July 15.

Nifty Nineties

Join with others who have nine decades (or more) of life experiences for our monthly get together on Friday, July 23, at 11:30 a.m. in the resident kitchen.

Monthly Birthday Party

Residents who are having a birthday during the current month will receive a complimentary lunch invitation for themselves and a guest, to join other residents at the birthday lunch on Wednesday,

July 21, at 11:30 a.m. in the dining room.

Beading with Larena

Join Larena in the resident kitchen on Wednesday, July 21, at 2 p.m. for a creative session of beading. She'll help you design a beautiful necklace, bracelet or earrings for summer.

Sunday Night Supper Club

Hungry and you don't want to eat alone? Meet in the lobby on Sunday evenings at 5:30 p.m. and we'll walk together around the corner to Mezza Luna Pizza for the Sunday night special of pizza and salad. This will be an ongoing gathering. **Note: Mezza Luna will be closed on July 4.**

Pinochle

Feel like playing a game of Pinochle? Join your fellow Pinochle players every Friday at 1:30 p.m. in the second floor game room. **Note: There will be no Pinochle on Friday, July 16.**

Shopping Trips

This month the 1 p.m. shopping trips will include:

- 7/2 Wal-Mart
- 7/9 Valley River Mall
- 7/23 Gateway Mall
- 7/30 Oakway Mall

Bingo

Bingo will be called on Thursdays during the month of July, at 6:30 p.m. in the game room. We will have an "All American" bingo on Thursday, July 1. There are lots of prizes to be won!

Off to the Bowling Alley

Don't spend your spare time in the gutter! Step up into the lane for a rolling good time at Emerald Bowling Lanes. Join the bowling group on Mondays at 12:30 p.m. or just come to watch and cheer them on.

Exercise!

Let's Move and Be Fit is offered every Monday, Wednesday and Friday from 9:30 to 10:30 a.m. in the exercise room. You'll learn how to improve your balance, strengthen your awareness of alignment and increase circulation with yoga poses. Denise Thomas-Morrow, owner of a local fitness business, teaches the class. It's important that residents arrive on time, as the class begins with stretching exercises and then builds on them. **Note: Denise will be out of town on Friday, July 5 and 30. She encourages residents to use the exercise video in her absence.**

Qigong

Qigong is the skill of attracting vital energy and a self-healing art that combines movement and meditation. Visualizations are employed to enhance the mind/body connection and assist healing. Regular practice of Qigong can prevent and treat illness, reduce stress, establish balance, integrate mind/body/spirit and bring peace. Join instructor Roberta Roth in the lounge at 11 a.m. each Thursday in the month of July. **Note: There will be no Qigong on Thursday, July 29.**