

## CENTER Opportunities are for all ages

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seat risers, shower seats, transfer benches and the occasional hospital bed, all of which is donated by the community. Each item is sterilized and prepared for reuse at the Center, and can be borrowed for as long as necessary for a one-time fee of \$10. "We encourage folks to call to see if we have the equipment they are looking for," McKay said. "What we have is thanks to the donations from the community, so our inventory varies." The equipment is available for anyone of any age.

### AARP Tax Aide

The Center hosts the AARP Foundation's Tax-Aide program, which provides free tax preparation for low and moderate income individuals of all ages. The program is administered locally by the Mid-Columbia Community Action Council and run by trained volunteers. It is a first-come-first-served program. During the first weeks the lines are long, said McKay, but don't be intimidated. "They will tell you if they can serve you that day, and approximately when." The program begins Saturday, Feb. 1, and will continue through April 11. They can file your tax returns electronically.

### SHIBA Medicare

The Center also administers the SHIBA program (Senior Health Insurance Benefit Assistance), which provides confidential counseling to help you choose the best Medicare insurance option. The Medicare program, as with any insurance program, is complicated, McKay said. "You can work with your insurance agent, but you can also meet with a trained SHIBA volunteer to better understand your options so you can decide what is best for you." To make an appointment, call the Center at 541-296-4788 or contact SHIBA directly at 541-288-8341.

### Exercise & movement classes

A range of exercise and movement classes take place at the Center. They include Chair Yoga (Tuesdays and Thursdays, 9:30 to 10:30 a.m., \$3); Strength Chair Yoga (Wednesdays and Fridays, 9:15 to 10:30 a.m., \$3); Strong Women, a best-practices program (Tuesdays and Thursdays, 2 to 3 p.m. \$3); Table Tennis (Tuesdays and Thursdays, 3 p.m., free); and Tai Chi (Tuesdays at 1 p.m., \$2.)

### AARP Smart Driver courses

AARP Smart Driver courses

are offered the third Monday and Tuesday of each month, from 8:45 a.m. to noon. Cost is \$20/\$15, and completion of the full two-day program can reduce auto insurance rates.

### Fiber arts

Quilters meet at the Center every Monday from 10 a.m. to 3 p.m., and Needle Nutz (stitching and knitting) meets every Wednesday from 10 a.m. to noon.

### Technical help

A computer and tablet help lab is available by appointment; cost is \$2.

### Card games

Five card-related games attract players at the Center, including Pinochle (Thursdays 1 to 3 p.m., by donation, and Fridays 6 to 9 p.m., \$6 per night); Mahjong (Fridays 1 to 4 p.m., \$1); Dominoes (Tuesdays, 1 p.m., \$1); Bunco (third Tuesday, 1 to 3 p.m., \$3); and Poker (Mondays, 6 p.m., \$1.)

### Health

Chair massage is offered by appointment the first Friday of the month; cost is \$20.

### Recreation

Bingo is offered at the Center every Thursday and Saturday night, beginning at 6 p.m. Games have a minimum \$10 buy in.

### Funding the Center

Except for a contract with the state of Oregon to administer the SHIBA program, which does not include operational costs, the Center is funded entirely by the community, Silver said. "We receive no federal, city, state, or county funding—we are not a part of anyone's budget."

The Center's operational budget is \$120,900, said Silver, and paid staff includes an executive director and janitorial services.

All other work at the Center, from running the front desk to calling Bingo games, is done by volunteers. The Center currently has about 50 active volunteers, McKay said. "At the Center you have opportunities to contribute by volunteering, whether it is with Bingo, the NU-2-U Shop or teaching a class where you have special

skills. We rely on volunteers."

Money is raised through individual events, rentals, leases, memberships, Saturday Bingo and the NU-2-U thrift store, the "smallest little thrift store in The Dalles." The Center is used by a number of groups, including the Toastmasters, Ham Radio Operators, ARC Friendship Club, Pomona Meadows, Boy Scout troop #395, two AA groups and two church services, as well as housing coalition meetings. The Center also rents space for events.

Saturday Bingo is the biggest fundraiser for the Center (Thursday Bingo helps fund the Meals on Wheels program.) The average payout is over \$1,300 a night.

An annual fundraiser is also held each spring. This year it is a "Meal-A-Month Raffle," with three chances to win a dozen \$25 gift certificates from local restaurants (see related story.) Tickets can be purchased at the Center for \$10 a piece or three for \$25, or at the drawing on Feb. 7, which is sponsored by NW Natural and will include wine and appetizers. Doors open at 5 p.m. and the drawing is at 6 p.m.

Additional funding activities include:

### Membership

You can support the Center by becoming a member at \$35 per person or \$60 per couple a year. "We also have fun by offering a Super Duper membership for \$50 per person," McKay said. "Even if you are not a member, you can still participate in all the activities and programs," he added.

### NU-2-U Shop

This tiny thrift shop housed at the Center is operated by volunteers, and all items are donated. New used clothes are added weekly and, because of the size of the store, only the best is displayed for sale. "We have the lowest prices in town," McKay said.

### Quilt Raffles

Every year two beautiful handmade quilts are raffled off as a fundraiser. The next drawing will be at the Cherry Festival Breakfast; the current quilt being raffled is on display in the lobby on the wall behind the front desk. The quilting group at the

Center also sells one-of-a-kind lap blankets they have made, which are displayed throughout the Center. "They also will repair quilts that have a special meaning for folks for a negotiated price," McKay said.

"The Center is a place where you connect with people with similar interests—from the classes to enjoying a Meals-on-Wheels noon dinner," McKay noted. "For many older folks, their closest friends have passed away, but at the Center you can meet new people and make new friends."

Although the Center is serving community members of all ages, they continue to serve as advocates for older adults, and partner with other community efforts such as "Circles of Care," a new program connecting older adults in the Gorge to volunteers that can help with supportive services. That program brings together older adults and teen volunteers, yet another way the Center is, as its slogan proclaims, "enriching the community by sharing and caring."

The Mid-Columbia Senior Center is located at 1112 W 9th St., The Dalles and is online at [www.midcolumbiaseniorcenter.com](http://www.midcolumbiaseniorcenter.com); telephone 541-296-4788.

Flora Gibson contributed to this report.

## NEWS IN BRIEF

### CGCC board vacancy

The Columbia Gorge Community College Board of Education seeks interested district electors in Wasco County for consideration to be appointed the board, serving an interim term from March 2020-June 2021. Interested persons shall send a letter of interest with qualifications, telephone, and address to the Board of Education, Attn: Margaret Myers, Columbia Gorge Community College, 400 East Scenic Dr., The Dalles, OR 97058. Deadline for consideration is Feb. 14.

### SD21 seeks interview committee members

The North Wasco County School District Board of Directors is accepting applications for the Board Advisory Interview Committee. This volunteer advisory committee will provide input to the board on selected superintendent candidates. The board would like representation from students, district staff and community members.

Candidate interviews will tentatively be held March 9 to 11 (depending on the number of candidates). Applicant must confirm they will be available to attend all three interview dates. Tentative times 3 to 4 p.m. each day. Interviews are one hour and predetermined questions will be asked.

Committee members will score each candidate. Applications must be received no later than 4 p.m. Feb. 4. Applications may be submitted online (English: [www.surveymonkey.com/r/92H9T6L](http://www.surveymonkey.com/r/92H9T6L); Spanish: [www.surveymonkey.com/r/DNV9W7B](http://www.surveymonkey.com/r/DNV9W7B)) or by mailing or dropping off a hard copy to the NWCSD Administration Office, 3632 West 10th Street, The Dalles.

### Ag woman honored

There are 29,868 female farmers and ranchers in Oregon, representing 44 percent of the state's agricultural community. To celebrate women's contributions to Oregon agriculture — and the impact of public policy on all farm and ranch families — the Oregon Farm Bureau (OFB) will host a cake-and-coffee reception for lawmakers and the general public at the state capitol on Monday, Feb. 3, 10 a.m. to 3 p.m.

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### CARBON AND OXYGEN REVEAL THE DIVINE PLAN #10

Now that we have established the number 3 in the 6-8-3 pattern we can look further into The Scriptures use of this pattern and how it teaches those with seeing eyes and hearing ears.

This 6-8-3 number pattern is how the Creator intends to "save" not only mankind but His creation, the earth. The only way to save mankind from the very serious dilemma that has evolved is through the same means in which Noah and his family were saved from the flood. Each individual must enter the "ark."

The ark of Noah was a projection to the future true ark of salvation, Yahshua. Look at the pattern. Noah was the 8th person on the 3 story ark along with the fact that he was 600 years old when he was "saved" from the divine judgments that were imposed upon a world of human flesh that was as about as corrupt as we see it today. Again we see the 6-8-3 pattern exactly as seen in the name of the "true" ark of salvation, Yahshua where the 6 letters of his name in Greek, Iesous total 888...3 eights. This pattern is repeated over and over in The Scriptures to ensure that those who want to learn the one truth will see it.

When you add 6-8-3 it equals 17. Now read this of Noah and the flood. "In the 600th year of Noah's life, in the 2nd month, on the 17th day of the month, on the same day all the fountains of the great deep burst open..." The Creator could have stated any day of the month but He chose the 17th. Why?

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## Valentine's Day

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