



## Two strong make a right

A pair of strength training programs for middle-aged and older adults will be on offer in Tillamook and Netarts starting on Jan. 13, as the Tillamook OSU Extension Service presents another run of the Strong Women & Strong People programs.

The programs were developed at Tufts University, based upon research on how strength training improves bone density, reduces falls, alleviates arthritis symptoms and increases flexibility.

The classes will run from Monday, Jan. 13, through mid-March, with women-only sessions at the OSU Extension Office in Tillamook and a co-ed option in Netarts.

The Strong Women class, open to women only, has three session options starting at 8 am, noon or 1:30 pm. Classes are held Mondays, Wednesdays and Fridays at the OSU Extension Office in Tillamook, 4506 Third Street.

The Strong People class is open to everyone and is held Tuesday and Thursday mornings, from 9 to 10 am at the Netarts Community Building.

Weights are provided and participants should wear comfortable clothing and athletic shoes.

Classes are limited to 20 participants per session and registration is required one week prior to the class.

New participants must complete the required screening and enrollment forms and pay the \$30 registration fee. All new participants attending sessions at the OSU Extension Office must attend the mandatory orientation from 10:30 to 11:30 am on Monday, Jan. 13, or schedule an appointment with the program coordinator Nancy Kershaw at 503-842-3433.

Those over 70 or those with other chronic health conditions must obtain a release from their medical provider before starting the course.

Registration packets are available at the OSU Extension Service, 2204 Fourth Street in Tillamook, 503-842-3433 or online at <http://bit.ly/TillamookFamilyHealth>.



The raffle quilt

## Tea up a great day

Tickets are now on sale for the High Tea Benefit from Newport's Samaritan House Family Shelter, the perfect holiday gift for socially conscious tea lovers everywhere.

The 2020 event, taking place on Saturday, Feb. 8, at Newport First Presbyterian Church, will be organized around the theme of "A Sheltering Nest," reflecting what Samaritan House does for homeless families with children.

The theme will be present in an array of creative foods including nests made from mushrooms and from chocolate. Bottomless cup of Earl Grey tea will be on offer alongside chocolate spice scones, sorbets, sandwiches, savories and desserts. Jessie Treon will be on hand to play piano selections.

Samaritan House Executive Director Lola Jones will provide details of the group's mission and activities, including a testimonial video of a graduate.

In addition, a raffle drawing for a quilt made by Teecia Cornelius and quilted by Lisa Taylor will only cost a dollar per ticket for a chance to win. A silent auction will feature more than 25 items, large and small, for any budget.

Tickets, \$30 apiece, are on sale at JC Market in Newport or online at <https://samhousetea.brownpapertickets.com>.

## Forget three wise men. Try two wise women.

Registered nurses Stephanie Marshall and Trista Selfridge will take a little bit of the unexpected out of expecting a baby, with a one-day intensive childbirth class scheduled for Saturday, Dec. 21, in Lincoln City.

Presented by Samaritan North Lincoln Hospital the class will offer guidance on preparing for the challenges of labor and

delivery.

Participants will learn about breastfeeding, relaxation techniques, what to expect when they arrive at the hospital, postpartum care, newborn care and more.

Marshall and Selfridge will also discuss options for handling pain and will cover the basics of medical interventions and possible complications.

The class will run from 10 am to 6 pm and is free for those who plan to deliver at Samaritan North Lincoln Hospital's Family Birthing Center. Refreshments and snacks will be provided, along with the opportunity to tour the Family Birthing Center.

Registration is required; call 541-996-7179.