

# Hillside, a Brookdale Retirement Community

Hillside, a Brookdale Senior Living community, is Oregon's premier Continuing Care Retirement Community.

Hillside offers a variety of floor plans available in apartments and cottages ranging from one to three bedrooms. A total of 3.5 miles of walking paths guide you through our 99 cottages, two apartment and activity buildings, gardening areas and meadows situated on 57 acres. Hillside is 2 miles from the library, aquatic center, fire department and historic downtown McMinnville's Third Street. The area's hospital and clinics are only 4 miles away.



Residents stay healthy by attending our newly remodeled 4,000 square foot Fitness Center that includes yoga, dance, equipment and large group exercise spaces with over 25 comprehensive classes per week. Residents stay engaged by leading and participating in

programs with over 15 committees under a Resident Association. Resident ambassadors and caring employees help others discover new hobbies, enjoy quality dining in two restaurants and meet new people.

Residents may transition through healthcare as needed by aging in place in Assisted Living, Memory Care and Skilled Nursing and Rehabilitation.

Brookdale's Entry Fee Life Care Guarantee ensures your future healthcare costs will stay at a long-term affordable level.

To learn more, call 503.472.9534 or visit [www.brookdale.com](http://www.brookdale.com).

## Speakers

**10:45-11:15 a.m.**  
**Feeling Alive**  
*with Zumba*

**11:45 a.m.-12:15 p.m.**  
**Art and Mind**  
*with BeauxArts*  
**Fine Art Materials**

**12:30-1 p.m.**  
**Volunteering**  
*with CASA*

**1:15-1:45 p.m.**  
**Charitable Giving**  
**with Retirement**  
**Income Benefits**  
*with The Salvation Army*

## Move toward health

Zumba is a Latin-inspired dance fitness party. Martha Ransom and Bobbie Frankhouser are licensed Zumba instructors who teach Zumba Gold at Coastal Fitness & Aquatics, 2285 Highway 101.

Zumba can help you reach your fitness goals, but it's more than that. It can make you feel alive inside. You come to class, you listen to the music, you follow the routines, and you can walk out feeling like a million bucks.

We hope to give you a taste of this. Let's have some fun!



## Focus on art

Jo Beaudreau, with BeauxArts Fine Art Materials, 2285 Highway 101 Suite H, believes in the power of art to help keep minds in shape.

There are plenty of ways to get involved in the arts in Florence. Let Jo tell you a little bit about how to embrace the arts.

Listen to her presentation on Art and Mind and hear how a little bit of creativity worked into a schedule can help bring relaxation, ease stress, motivate projects and rejuvenate a tired body and mind.



## Volunteer for others

Court Appointed Special Advocates of Eugene (CASA), will present on ways you can volunteer to benefit families in your community.

CASA provides supplemental support to young people that are in difficult domestic situations in Lane County.

Volunteers with CASA work directly as advocates for youth in the court system.

To become a volunteer or to donate, contact CASA at 541-868-3087.



## Benefits of giving

Bill Olson, director of gift planning at The Salvation Army and a member of the Financial Planning Association, will speak on Charitable Giving with Retirement Income Benefits.

Listen to his advice for ways to continue to enjoy the fruits of your labors into your golden years while giving to worthy causes and organizations.

He advises people to seek out a good attorney or financial planner for estate and retirement planning.

