

SENIOR REVIEW

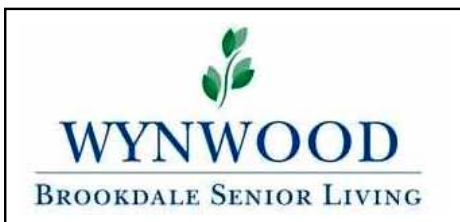
Information and Calendar/Classifieds from Senior Pages

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Tri-Cities



**Advanced Medical
& Respiratory Supply**



Why Women Should Manage Their Own Money

By Kimberly Palmer

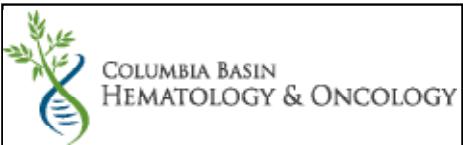
For many women, retirement isn't the relaxing haven it's cracked up to be. Because women earn less over their lifetime than men and live longer in retirement, they also tend to have less saved. According to a Government Accountability Office report, 12 percent of women over age 65 are living in poverty, compared with only 7 percent of men. For divorced and widowed women, the poverty rate is higher, at 21 and 15 percent, respectively. Even those with incomes over the poverty level often face hardship. Nursing homes, which women have a greater chance of entering because they generally live longer, cost an average of \$71,000 a year, and assisted-living facilities can cost \$32,000 annually. What can women do to protect themselves? A lot, it turns out. Here are six strategies: Save more. The Women's Institute for a Secure Retirement recommends that women develop three sources of money: Social Security, a pension or retirement savings plan such as a 401(k), and individual savings. Partly because women frequently take time out of the workforce to care for children or parents, their Social Security benefits and retirement savings tend to be less than men's, making it more important to store up additional dough. Start earlier. Manisha Thakor and Sharon Kedar, authors of *On My Own Two Feet: A Modern Girl's Guide to Personal Finance*, recommend that women dedicate 10 percent of their income to retirement savings, starting in their 20s. Saving 10 percent of a \$50,000 salary beginning at age 25, for example, would result in \$2.2 million at retirement. (That calculation assumes that investments grow at 10 percent a year, gains are reinvested, and annual salary increases offset inflation.) Maintain management skills. Traditionally, marrying couples turned over the finances to one person to manage. But women who want to keep their investing and budgeting skills sharp for life should keep a hand in their finances. Since women live to be 80 on average, versus 75 for men, even those in solid marriages are likely to have to manage their own money one day. According to the Women's Institute for a Secure Retirement, only one third of women between ages 75 and 84 are married. Over 85, the number drops to 13 percent. Consider a spousal IRA. Nonworking spouses, such as those who are taking time out of the workforce to care for children, can still contribute up to \$4,000 a year to a retirement account. (In 2008, the maximum contribution will increase to \$5,000, and after that it will be adjusted for inflation.) While in most cases wives are entitled to at least part of their husbands' retirement savings in the case of death or divorce, pensions often decrease if the working partner is no longer living. Overestimate money needs. Because people are living longer and inflation erodes the value of money, many underestimate their savings needs. The Women's Institute for a Secure Retirement says that women, given their longevity and lower savings, may want to consider replacing 100 percent of their income during retirement to keep up their lifestyle. Manage your own money. A study from the Hartford Financial Services Group and the MIT AgeLab found that couples who divide financial tasks, where one spouse handles day-to-day bill paying and the other investment management, fare better than those who hand over the financial reins to one person while the other takes a back seat. The couples with the divide-and-conquer approach were more likely to have more savings and develop a financial plan for the surviving spouse. Yet only 11 percent of respondents practiced this kind of shared division of labor. In couples where one spouse (usually the husband) took charge of all financial matters, the other spouse (usually the wife) often faced financial struggles later in life. The problem with that approach, practiced by one third of the couples, is that when husbands die, women often find themselves with less money than expected, and they don't know how to manage it.

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Tri-Cities



TriCities Internet Provider



Walla Walla



SEMINARS/CLASSES/EVENTS/MEETINGS

SUNDAY

KENNEWICK: "Family Pancake Breakfast" the first Sunday of every month 8:30-11:30 am. A traditional home cooked breakfast served by volunteers! Also enjoy the sounds of Margie and Her SideKicks Band from 9:00-11:00 am. Pay at the door, Kennewick Senior Center, 500 S Auburn. (509) 585-4303. Sponsored by Kennewick Senior Center and The Manor At Canyon Lakes.

MONDAY

KENNEWICK: "Clay Sculpting" – Meet other enthusiastic sculptors and sculpt new creations or finish an existing project, no experience necessary. Please bring your own supplies and projects. Class is ongoing, join anytime! Join us Mondays, 1 pm – 2 pm, \$1.00 per person. For information call the Kennewick Senior Center at (509) 585-4301

KENNEWICK: Develop a health habit with this free and friendly walking group. Get to know new people and rediscover Keewaydin Park and Downtown Kennewick. For those interested, we will walk on Monday and Wednesday mornings at 9:00 am. Free for anyone interested. For information call the Kennewick Senior Center at (509) 585-43031

HERMISTON: "Look Good, Feel Better" FREE classes sponsored by the American Cancer Society for those seeking makeup and skin care strategies to help when cancer and cancer treatment causes sensitive skin and hair loss issues. Conducted by local cosmetologists with specialized training and licensing. These classes are interactive and provide free makeup kits for all participants. 2:00-4:00 pm at Good Shepherd Community Wellness Center. Please call Mary Hensal at (541) 449-1352 to pre-register.

HERMISTON: "Tobacco Cessation Classes" Have you make a commitment to quit smoking or using chewing tobacco, but need support? This four-class series provides you with effective tools to increase your chances of success. New sessions start every month! 6:00-7:00 pm at Good Shepherd Hospital Conference Centers 6 & 8. \$25 for 4-class series. (541) 667-3509

PENDLETON: "First Aid Class" First Monday of each month (unless holiday then Second Monday) 1:00-5:00 pm or 5:00-10:00 pm. Please call for further information. Certification cards are valid for two years. Registration in advance is required to ensure seat availability. Large group discounts are available. Held at St. Anthony Hospital, 1601 SE Court Ave. Pre-registration required. Contact Lori Weaver (541) 278-3233 \$35 Class + \$15 manual

MONDAY & WEDNESDAY

HERMISTON: "Exercise Band Class" Increase our strength and flexibility. Perfect for seniors! Mondays: 12:00-12:30. Wednesdays 11:30-12:00 pm. Paula Hagel, BS, GSMC Wellness Coordinator, Certified American College of Sports Medicine-Clinical Exercise Specialist. to be held in the Good Shepherd Community Wellness Center. \$15 for 10 weeks; \$5 per resistance band. (541) 667-3509

TUESDAY

KENNEWICK: Free blood pressure test at the Kennewick Senior Center, 500 S. Auburn. A certified nurse from The Manor at Canyon Lakes is at the center from 9:00-10:00 am. No appointments required.

WALLA WALLA: Free blood pressure/ sugar test at The Center At The Park, 720 Sprague on the second Tuesday of the month at 11:30 am.

TUESDAY & THURSDAY

HERMISTON: "WISE Yoga for Seniors" Free one-month class. Gentle standing and seated yoga for seniors. Increase your strength and flexibility. Improve your balance and focus. October 7-29th, 11:00am-Noon. Sponsored by Good Shepherd Medical Center. To be held in the Wellness Center. Instructor: Judy Ricketts. For information call (541) 289-0656

WEDNESDAY

KENNEWICK: Free Tax Assistance each Wednesday February 2-April 13 from 12:30-3:30 pm. By appointment only. Tax advisors can't guarantee you will be seen if you don't have an appointment. Sponsored by AARP, Tax aid, IRS and the Kennewick Senior Center. (509) 585-4303

This "SENIOR REVIEW" is a free service to and for the advertisers of Senior Pages throughout the Northwest. It is e-mailed to individuals and businesses in the senior industry on Monday of each week. If you have any announcements similar to those below please e-mail them by Friday of each week to dale@seniorpages.com

Walla Walla



NE Oregon



SEMINARS/CLASSES/ EVENTS/MEETINGS (continued)

KENNEWICK: Develop a health habit with this free and friendly walking group. Get to know new people and rediscover Keewaydin Park and Downtown Kennewick. For those interested, we will walk on Monday and Wednesday mornings at 9:00 am. Free for anyone interested. For information call the Kennewick Senior Center at (509) 585-4303

KENNEWICK: "Casual Woodcarving" Have a love for woodcarving? Come meet with others that share the same passion. We have many figurines, ornaments and projects to choose from. Participants provide their own wood, tools, and supplies. Ongoing class at Kennewick Senior Center 1:00-3:00 pm. Fee: 50 cents. To register call (509) 585-4303

PENDLETON: "CPR/AED Class" Every third Wednesday of the month. 1:00-5:00 pm or 6:00-10:00 pm. Our classes are all inclusive, Adult, Child and Infant CPR/AED. Certification cards valid for two years. Registration in advance is required to ensure seat availability. Large group discounts are available. Held at St. Anthony Hospital, 1601 SE Court Ave. Pre-registration required. Contact Lori Weaver (541) 278-3233 Fee: \$35 Class + \$15 manual

RICHLAND: On the first Wednesday of each month, Healthy Ages, a program of Kadlec Medical Center, conducts a class devoted to sorting out Medicare questions. The class is tailored to meet the needs of those with retiree plans as their secondary insurance, and for those who need to find a Medigap or Medicare Advantage Plan. Class also includes information regarding Medicare Part D drug plans. 9:00 am-1:00 pm. and 1:00-3:00 pm. To register call Janet at Health Ages. (509) 942-2700

RICHLAND: Free hearing screenings and hearing aid checks and cleanings the third Tuesday of each month from 10:00-11:00 pm in the wellness room at the Richland Community Center, 500 Amon Park Dr. The free tests are courtesy of Columbia Basin Hearing & Balance Center. To schedule an appointment call (509) 942-7529

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On average, Hartford reports, women experience a 50 percent decrease in income upon becoming widowed and only a 20 percent decrease in expenses. Although women 65 and older are three times as likely as men to survive their spouse, many men face the same challenge. That's why it's important for women—and men—to stay involved in managing their finances. Hartford suggests that every couple should be able to answer these three questions, well before retirement: • If my spouse were to die, how would that affect the household's income? • What would an expensive illness do to our retirement savings? • If either spouse were to die, would the survivor be prepared to take over management of the finances? Each spouse should also know how much the couple spends each month, the location of savings and investments, and how to access the funds. Couples can also involve a trustworthy financial adviser, especially if one spouse is not comfortable with investment decisions. As spouses have long known and behavioral economists confirm, a chief benefit of marriage is that it lets individuals focus on what they are good at—whether it's earning money, running a household, or a mix of the two—and benefit from their partners' skills as well. But too much specialization can one day leave a widow or widower in the dark when it comes to essential financial skills and knowledge. A system that involves both partners keeps either from having to teach himself or herself under stress later.



DON'T FORGET TO THANK A VETERAN THIS MONTH

SeniorPages.com

SEMINARS/CLASSES/EVENTS/MEETINGS

WALLA WALLA: Diabetes workshops at Providence St Mary Medical Center, Mother Joseph Room, 11:00am-2:00 pm on the second Wednesday of each month. Workshops are for newly diagnosed diabetic or those who need a review of diabetes self-management. Workshops provide information that is easily adaptable to your lifestyle. Information will be provided on nutrition, medications, home glucose monitoring, exercise, and avoiding long and short-term complications. Facilitated by certified diabetes educators, dietitians and other health care professionals. For information call (509) 525-3320, etc. 282

WALLA WALLA: Grief support group March 23-May 25. A morning group will meet from 10:00-11:30 am and an evening group meets from 6:00-7:30 pm at the Walla Walla Hospice office. The WWCH bereavement team will facilitate the group. The book *Understanding Your Grief* by Dr. Allan Wolfelt is used as a guideline. There is no charge, but participants are encouraged to register by calling the WWCH office at 525-5561 or by email to info@wwhospice.org before March 17, 2011

THURSDAY

HERMISTON: "Tobacco Cessation Classes" Have you make a commitment to quit smoking or using chewing tobacco, but need support? This four-class series provides you with effective tools to increase your chances of success. New sessions start every month! 6:00-7:00 pm at Good Shepherd Hospital Conference Centers 6 & 8. Fee: \$25 for the four-class series. For more information please call (541) 667-3509

KENNEWICK: "Free Hearing Screenings" Hearing care from our experienced Audiology Certified professionals. Sponsored by Columbia Basin Hearing & Balance Center. Call (509) 396-6950

PENDLETON: "Caregiver Support Group" Presented by the Alzheimer's Association at McKay Creek Estates, 1601 Southgate Pl the third Tuesday of the month at 6:30 pm. Facilitator: Duane Thomson. for additional information call (541) 278-5683

RICHLAND: Free blood sugar and blood pressure testing on the third Thursday each month. A nurse from Richland Rehab & Eagle Assisted Living will be giving the free tests. The test takes just minutes and there is no need to fast prior to being tested. Blood sugar results are given immediately. No appointments are necessary. 1:00-1:30 pm.

WALLA WALLA: Foot Care by appointment only with Denise Schilling at The Center At The Park, 720 Sprague. For information call (509) 527-3775

WALLA WALLA: Legal Counsel the fourth Thursday of the month with Larry Siegel or Carol Jean Thompson at The Center At The Park, 720 Sprague. For information call (509) 527-3775

CALENDAR

NOVEMBER 1-WALLA WALLA: "American Heart Association CPR" 6:30 pm. One-night class you will learn how to perform cardiopulmonary resuscitation (CPR) and the Heimlich Maneuver on adults as well as infants and children. Participants will receive a participation card. Sponsored by Walla Walla General Hospital. Fee: \$25. (509) 522-2424

NOVEMBER 3-HERMISTON: "First Aid Class" 6:00-9:00 pm. Classes taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. Must pre-register and pre-pay. Fee: \$25 Sponsored by Good Shepherd Health Care, 610 NW 11th St. For information call (541) 667-3509 or email: healthinfo@gshealth.org

NOVEMBER 5-PASCO: "Punch Out Diabetes Now & Stay Healthy Forever" 9:00 am-1:00 pm. Sponsored by the Tri-Cities Diabetes Coalition. 8:30-9:00 am. First 50 people can receive free Glucose and Hemoglobin A1C (available only for those without health insurance) Special presentation on "Best Controlled Practices" from Irene Fera, MD. Presented in English and Spanish. Located at the Columbia Basin College Campus in the HUB buildings' Gjerde Room. Sponsored by Tri-Cities Laboratory, Phillips Respironics and Columbia Basin College. Any additional questions call (509) 735-0699

NOVEMBER 7-KENNEWICK: "Veterans Day Pancake Breakfast" 1:30-3:30 Parkview Estates, 7820 W 6th Ave is hosting this special breakfast. Flag ceremony will be at 9:00. For additional information call Kristen Griswold (509) 734-9773

NOVEMBER 7-PENDLETON: "First Aid Class" 1:00-4:30 pm. Learn what to do for a stroke/heart attack/sock/seizure victim; First Aid Basics - bleeding wounds, allergic reactions, adult/child choking, broken bones/sprains, bandaging and splinting extremities, etc. Certification good for 20year. Advance registration required. Sponsored by St. Anthony Hospital. Fee: \$50. To register call Lori Weaver (541) 278-3233 or email loriweaver@chiwest.com

NOVEMBER 7-HERMISTON: "CPR Class" 6:00-9:00 pm. Classes taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. Must pre-register and pre-pay. Fee: \$25 Sponsored by Good Shepherd Health Care, 610 NW 11th St. For information call (541) 667-3509 or email: healthinfo@gshealth.org

NOVEMBER 7-10-KENNEWICK: "Free Prostate Cancer Screenings appointments available." 5:30-7:30 pm The Tri-Cities Cancer Center, 7350 W Deschutes Ave. still has available appointments for free prostate cancer screenings. Appointments are required and can be made by calling the Tri-Cities Cancer Center at (509) 737-3420

NOVEMBER 8-WALLA WALLA: "Basic First Aid" 6:30 pm. In this one night class you will learn how to perform basic first aid and receive American Heart Assn. First aid Certification. Fee: \$25 Sponsored by Walla Walla General Hospital. To register call (509) 522-2424

Click Here to see our slideshow on SeniorPagesVideos

CALENDAR (continued)

NOVEMBER 8-RICHLAND: "Lose 3-7 Lbs. per week. 6:30-8:00 pm Lourdes Health Network of Pasco presents it's *Ideal Protein* medical fat loss program. If you're looking for a proven diet that comes with a recommendation you can trust, attend one of our Free Ideal Protein Info Nights. It's developed by doctors and is a powerful, scientifically proven Biological Food Replacement Program that causes weight loss by targeting body fat while maintaining muscle mass and vitality. Lourdes Counseling Center, 1175 Carondelet Drive in Richland. Reserve your spot <http://www.lourdeshealth.net/ideal-protein/>

NOVEMBER 8-KENNEWICK: "Reflexology" 9:00 am-Noon Foot reflexology has been clinically proven to relax, rejuvenate and energize every cell in your body by stimulating over seven thousand nerve endings. Allison McGreevy is now accepting 30-minute appointments at the Kennewick Senior Center. Fee \$24, reservations and prepayment are required. For more information call (509) 585-4303

NOVEMBER 9-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-8:30 pm. This course is offered to those individuals requiring a credential (a card) documenting successful completion of a CPR course that provides instruction on Adult, Child, and Infant CPR as well as training in the use of Adult and Child AED. Sponsored by Kennewick General Hospital. Fee: \$35. Pre-registration is required. (509) 586-5119

NOVEMBER 11-HERMISTON: "CPR & First Aid Combo Class" (Taught in one session) 9:00 AM-3:00 pm. Classes taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. Must pre-register and pre-pay. Fee: \$50 Sponsored by Good Shepherd Health Care, 610 NW 11th St. For information call (541) 667-3509 or healthinfo@gshealth.org



Ten Best Places to Retire

- Better weather, affordable [housing](#), and plenty of interesting things to do are just a few reasons people move to a new place when they retire. Whether you want to spend your golden years watching the sun set over the water or taking on a second career, we've identified an ideal place. Using data from [Onboard Informatics](#), U.S. News selected 10 key attributes that many people look for in a retirement spot, along with a city that excels in meeting each need. Here are 10 excellent places to retire in 2012. Pleasant year-round weather: [Flagstaff](#), Ariz.
- Flagstaff's high altitude and low humidity generally lead to a pleasant four-season climate throughout most of the year. To select a place with great year-round weather, we used National Oceanic and Atmospheric Administration data to find places with the most sunny days. Among the sunniest cities, we looked for places where the temperature seldom rises above 90 degrees. The sun shines in Flagstaff an average of 78 percent of the year, according to NOAA data, but unlike most other sunny climates, the temperature only rises above 90 degrees an average of three days per year. Flagstaff can receive a significant amount of snow in the winter, but the prolific sunshine often quickly melts accumulation. "There is a lot of sunshine and no extremes of temperature," says Karen Haskins, 71, a retiree who moved to Flagstaff from Amherst, N.H., in 2007. "Summer and early fall are really pleasant. Winters are cold and you do get snow, but because of the intensity of the sun, it melts quickly."
- [In Pictures: [The 10 Best Places to Retire in 2012.](#)] [Affordable mountain town: Boone](#), N.C.
- Pricey Aspen and Vail may be beyond your budget, but that doesn't mean you can't spend your retirement years appreciating spectacular mountain views or making runs on the slopes. Nestled in the [Blue Ridge](#) Mountains, Boone boasts three nearby ski resorts as well as trails for cross country skiing, winter hiking, and snowshoeing. Residents of this small town of 14,000 also have access to one of the country's most scenic roads, the Blue Ridge Parkway. A bonus: Boone provides residents with a free local bus service, AppalCART, and access to many of the amenities at Appalachian State University. In 2010, the median home sale price was \$215,250. [Water views on a budget: Traverse City](#), Mich.
- Dream of retiring to a lake house? The Traverse City area offers more than 180 miles of Lake Michigan shoreline and 149 large lakes measuring 10 acres or more. Residents can climb the high sand dunes and lounge on the freshwater beaches at the Sleeping Bear Dunes National Lakeshore, or take a ferry out to the Manitou Islands. There are also plenty of opportunities for boating on the twin Grand Traverse Bays. Housing prices in this lakeside city average a reasonable \$155,715.
- [[Find Your Best Place to Retire.](#)] [Greenest place to retire: Walnut Creek](#), Calif.

Retirees make up more than a quarter of the population of Walnut Creek, which combines the amenities of a city with abundant access to the wilderness. Downtown is filled with high-end shops, fine dining, and organic eateries, as well as the Leshner Center for the

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CALENDAR (continued)

you're looking for a proven diet that comes with a recommendation you can trust, attend one of our Free Ideal Protein Info Nights. It's developed by doctors and is a powerful, scientifically proven Biological Food Replacement Program that causes weight loss by targeting body fat while maintaining muscle mass and vitality. To be held at Lourdes Counseling Center, 1175 Carondelet Drive in Richland. To reserve your spot click this link: <http://www.lourdeshealth.net/ideal-protein/>

DECEMBER 1-HERMISTON: "First Aid Class" 6:00-9:00 pm. Classes taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. Must pre-register and pre-pay. Fee: \$25 Sponsored by Good Shepherd Health Care, 610 NW 11th St. For information call (541) 667-3509 or email: healthinfo@gshealth.org

DECEMBER 5-PENDLETON: "First Aid Class" 1:00-4:30 pm. Learn what to do for a stroke/heart attack/sock/seizure victim; First Aid Basics - bleeding wounds, allergic reactions, adult/child choking, broken bones/sprains, bandaging and splinting extremities, etc. Certification good for 20year. Advance registration required. Sponsored by St. Anthony Hospital. Fee: \$50. To register call Lori Weaver (541) 278-3233 or email loriweaver@chiwest.com

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Arts. The city also has 22 city parks and 2,704 acres of open space. "There's a great amount of open space available," says Joe Stadum, a resident of Walnut Creek's large 55-and-older gated community, Rossmoor. He enjoys hiking with the Rossmoor Trails Club, which counts more than 200 members. "You can [drive](#) or ride your bicycle or run and hike. It's a great asset." Residents may choose to drive up to the summit of 3,849-foot Mount Diablo or travel to nearby San Francisco. But life in the Bay Area doesn't come cheap. The median home price is \$411,000. A college town for retirees: [Ithaca, N.Y.](#)

[College towns](#) like Ithaca can be an ideal place to retire. For a median home price of just \$176,500, retirees can take classes at Cornell [University](#) or Ithaca College and attend speeches, concerts, and sporting events. They can also spend their days hiking to the more than 100 waterfalls and gorges within 10 miles of downtown or sampling the wares of the [Cayuga Lake](#) Wine Trail. Don Wilson, 65, a retired cardiologist from Rockford, Ill., bicycles throughout the Finger Lakes region three times a week. "The rural roads in the Finger Lakes region have so little traffic that you can ride three or four abreast on a bicycle in continuous conversation, learning from each other," he says. Wilson has also developed an interest in paleontology, and is taking a course on the subject at Cornell University and conducting research on fossils at the Museum of the Earth. "I think that university towns tend to attract interesting organizations, like the Museum of the Earth, and interesting people who may or may not be connected with the college." [See [10 Places to Reinvent Your Life in Retirement.](#)] [Place to launch a second career: Lincoln, Neb.](#)

Clague Hodgson, 65, retired early from a faculty position at the Creighton University School of Medicine and founded his own biotech company, Nature Technology Corporation, in 1998. His Lincoln-based business now employs eight people who investigate the use of DNA as a medicine. Hodgson says the city's low unemployment rate and proximity to the University of Nebraska-Lincoln make it an excellent place to launch a second career. "The University of Nebraska Technology Park really takes a lot of the weight off your shoulders," he says. "For an entrepreneur, remaining affiliated with the university is a good source of information, the library is very helpful, and occasionally we collaborate with researchers there." Nebraska's state capitol had an unemployment rate of just 3.5 percent in 2010, among the lowest in the country. According to Onboard Informatics data, the city has added more than 15,000 jobs since 2000, many of which are in fields known to hire older workers, including government, higher education, and [healthcare.](#) [See [10 Places to Launch a Second Career in Retirement.](#)] [Best mix of affordability and amenities: Pittsburgh, Pa.](#)

Pittsburgh has a low cost of living coupled with a wide variety of amenities that retirees will need as they age. The median home sale price was \$97,900 in 2010, which is unusual for a city with a large university and top-notch hospitals. Senior citizens age 65 and older with proper identification are entitled to ride Port Authority buses and trains for free. You'll just have to decide whether you want season tickets to the ballet, symphony, or Steelers games, assuming all three won't fit into your retirement budget.

Port Charlotte home prices were battered by the housing [bust](#),

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CALENDAR (continued)

DECEMBER 6-WALLA WALLA:

"American Heart Association CPR" 6:30 pm. One-night class you will learn how to perform cardiopulmonary resuscitation (CPR) and the Heimlich Maneuver on adults as well as infants and children. Participants will receive an participation card. Sponsored by Walla Walla General Hospital. Fee: \$25. To register call (509) 522-2424

DECEMBER 7-KENNEWICK:

"Heartsaver CPR for the Layperson" 6:00-8:30 pm. This course is offered to those individuals requiring a credential (a card) documenting successful completion of a CPR course that provides instruction on Adult, Child, and Infant CPR as well as training in the use of Adult and Child AED. Sponsored by Kennewick General Hospital. Fee: \$35. Pre-registration is required. Please call (509) 586-5119

DECEMBER 9-HERMISTON:

"CPR & First Aid Combo Class" (Taught in one session) 9:00 AM-3:00 pm. Classes taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. Must pre-register and pre-pay. Fee: \$50 Sponsored by Good Shepherd Health Care, 610 NW 11th St. For information call (541) 667-3509 or healthinfo@gshealth.org

DECEMBER 13-KENNEWICK:

"Reflexology" 9:00 am-Noon Foot reflexology has been clinically proven to relax, rejuvenate and energize every cell in your body by stimulating over seven thousand nerve endings. Allison McGreevy is now accepting 30-minute appointments at the Kennewick Senior Center. Fee \$24, reservations and prepayment are required. For more information call (509) 585-4303

DECEMBER 13-KENNEWICK:

"Heartsaver First Aid" 3:00-5:30 pm. First Aid only. Sponsored by Kennewick General Hospital. Fee: \$40. Pre-registration required. Call (509) 586-5119

DECEMBER 13-RICHLAND:

"Lose 3-7 Lbs. per week. 6:30-8:00 pm Lourdes Health Network of Pasco presents it's *Ideal Protein* medical fat loss program. If you're looking for a proven diet that comes with a recommendation you can trust, attend one of our Free Ideal Protein Info Nights. It's developed by doctors and is a powerful, scientifically proven Biological Food Replacement Program that causes weight loss by targeting body fat while maintaining muscle mass and vitality. To be held at Lourdes Counseling Center, 1175 Carondelet Drive in Richland. To reserve your spot click this link: <http://www.lourdeshealth.net/ideal-protein/>

DECEMBER 15-WALLA WALLA:

"Healthcare Provider CPR" 6:30 pm. A CPR class to meet the requirements for nurses and other healthcare professionals. Sponsored by Walla Walla General Hospital. Fee: \$25. To register call (509) 522-2424

DECEMBER 19-HERMISTON:

"Red Cross Blood Drive" 1:00-6:00 pm. American Red Cross Blood Drives are held the third Monday of each month. at Good Shepherd Health Care, 610 NW 11th St., in the Conference Centers 1 & 2. To schedule an appointment call (800) 733-2767

DECEMBER 21-PENDLETON:

"CPR Class" 1:00-5:00 pm and 6:00-10:00 pm. Healthcare Providers/General public: learn adult/child/infant CPR/AED and obstructed airway/choking. Classes meet every 3rd Wednesday. Certification good for 2-7ears. Advance registration required Sponsored by St Anthony Hospital in the Blues Room. Fee: \$50. Lori Weaver (541) 278-3233.

DECEMBER 28-RICHLAND:

"Lose 3-7 Lbs. per week. 6:30-8:00 pm Lourdes Health Network of Pasco presents it's *Ideal Protein* medical fat loss program. If you're looking for a proven diet that comes with a recommendation you can trust, attend one of our Free Ideal Protein Info Nights. It's developed by doctors and is a powerful, scientifically proven Biological Food Replacement Program that causes weight loss by targeting body fat while maintaining muscle mass and vitality. To be held at Lourdes Counseling Center, 1175 Carondelet Drive in Richland. To reserve your spot click this link: <http://www.lourdeshealth.net/ideal-protein/>

JANUARY 2-PENDLETON:

"First Aid Class" 1:00-4:30 pm. Learn what to do for a stroke/heart attack/sock/seizure victim; First Aid Basics - bleeding wounds, allergic reactions, adult/child choking, broken bones/sprains, bandaging and splinting extremities, etc. Certification good for 20year. Advance registration required. Sponsored by St. Anthony Hospital. Fee: \$50. To register call Lori Weaver (541) 278-3233 or email loriweaver@chiwest.com

JANUARY 18-PENDLETON:

"CPR Class" 1:00-5:00 pm and 6:00-10:00 pm. Healthcare Providers/General public: learn adult/child/infant CPR/AED and obstructed airway/choking. Classes meet every 3rd Wednesday. Certification good for 2-7ears. Advance registration required Sponsored by St Anthony Hospital in the Blues Room. Fee: \$50. Contact Lori Weaver (541) 278-3233.

JANUARY 26-WALLA WALLA:

"Healthcare Provider CPR" 6:30 pm. A CPR class to meet the requirements for nurses and other healthcare professionals. Sponsored by Walla Walla General Hospital. Fee: \$25. To register call (509) 522-2424



Link your website to the Senior Review: \$10.00 per month

SUPPORT GROUPS

COLLEGE PLACE

ALZHEIMER'S SUPPORT GROUP: Do you have a loved one with Alzheimer's Disease or related dementia? Whether you are a caregiver, family member, or close friend, this disease is hard to understand and even harder to accept. It can make a world of difference knowing that other people understand the struggles you go through every day...you are not alone! You are invited to attend our group the third Thursday of each month at 10:00 am in our Ice Cream Parlor at Eagle Springs Memory Care Community, 20 SE Larch Ave. Contact: (509) 525-6335

HERMISTON

ALCOHOLICS ANONYMOUS: Monday and Thursday nights, 6:00-7:00 pm at Good Shepherd Medical Plaza (620 NW 11th) meeting room 2 For information please call (541) 720-1932 (Monday group) or (541) 571-2965 (Thursday Group)

ALZHEIMER'S DISEASE: Meets the third Thursday of each month, 1:00-3:00 pm, Good Shepherd Wellness Center (behind the medical center). For information please call Dona Beck at (541) 720-7657

DIABETES SUPPORT GROUP: Meets the 2nd Thursday of each month. Support group for people dealing with a new or long-term diagnosis of diabetes. Meetings will have an educational presentation as well as group discussion. Sponsored by Good Shepherd Medical Center, Conference Center 2, 610 NW 11th St. For information call: (541) 377-9761

BREAST CANCER: Meets on the third Monday of every month, 6:30 pm, Good Shepherd Medical Plaza (620 NW 11th) Meeting room 1. For information please call Shari at (541) 567-2024

MULTIPLE SCLEROSIS: Meets on the third Wednesday of each month, 7:00-8:00 pm, Good Shepherd Conference Center 5. For information please call John at (541) 564-89104 or Kathy at (541) 922-2753

DIABETES SUPPORT GROUP: (Northeast Oregon) Meets the second Thursday of each month, 6:00-7:30 pm at Good Shepherd Conference Center 2. For information please call (541) 377-9761 or (541) 289-7501

...continued from page 5

which could mean bargains for retirees new to the area. The median home sale price was a shockingly low \$59,950 in 2010. And many of these homes are located along canals and waterways. "There are a tremendous number of houses on the water, and everybody's got their boats in their backyard," says retiree Chris Zwirner, 78. "All the people who live on water essentially have access to the Gulf of Mexico, and from there you can go around the world." The Charlotte Harbor Preserve State Park spans 42,000 acres, including 70 miles of shoreline along the Charlotte Harbor. An added bonus: Florida has no state income tax. [See [10 Places to Buy a Retirement Home for Under \\$100,000.](#)] Best place for single retirees: [Pittsfield, Mass.](#)

Dating is increasingly becoming a part of the retirement years. And Pittsfield is the only metro area where the majority of the 55-and-older population (52 percent) is single, according to Census Bureau data. Carol Scott, 60, an event planner who has been widowed for three years, likes to connect with new people online and has arranged five in-person dates so far this year. "I usually like to meet for a coffee or a drink," she says. "If we find we enjoy each other's company, perhaps it runs over into dinner." But even if you move to Pittsfield, we can't guarantee that dating will be easy. There are nearly twice as many single women (14,237) age 55 and older as single men (7,869). "A lot of my women friends are single," says Scott. "And while I have met some very nice people, I have not met someone I am interested in pursuing."

Best place for recreation and culture: [Santa Fe, N.M.](#)

At more than 400 years old, Santa Fe is the country's oldest state capital. The city is known for its unique culture and art galleries, including the New Mexico Museum of Art and Institute of American Indian Arts. "Santa Fe has a character that is unlike other cities," says Karen Ralston, 67, a retired director of marketing for a publisher. She moved to Santa Fe in 2006. "The cultural mix that we get here—the Anglo culture and the Indian culture and the Hispanic culture—blends very beautifully here. We really love that mix," she says. An art history minor in college, Ralston rediscovered that interest by volunteering at the Georgia O'Keeffe Museum and the Center for Contemporary Arts. The creations of artists worldwide are also celebrated at a variety of annual festivals and markets, such as the Native Treasures Indian Arts Festival and the Santa Fe International Folk Art Market.

HOPE FOR HEALING SUPPORT GROUP: Free, ongoing group dealing with loss and grief issues. Second / thursday of each month, 2:00-4:00 pm and fourth Monday of each month, 7:00-9:00 pm Thursday group meets in the Good Shepherd Medical Center conference room 5. Monday group meets in the Hospice office conference room (541) 667-3543

KENNEWICK

ALZHEIMER'S SUPPORT GROUP: Third Thursday of each month. (Light meal served) 5:30-7:00 pm at Callaway Gardens. Held at 5505 W Skagit Ct in Kennewick. Kadlec Neurological Resource Center. (509) 783-5433

ALZHEIMER'S SUPPORT GROUP MEN ONLY: At Callaway Gardens. 4th Monday of the Month 12:30 pm. Lunch provided. Held at 5505 W Skagit Ct in Kennewick. Sponsored by The Kadlec Neurological Resource Center. To confirm times call (509) 783-5433

BETTER BREATHERS SUPPORT

GROUP: This group is for people who have breathing disorders. Education focuses on improved quality of life. Family members are encouraged to attend. 2nd Thursday of each month from 10:30-Noon at Tri-Cities Cancer Center. Contact: (509) 737-3418. www.tccancer.org

SUPPORT GROUPS (continued)

BREAST CANCER SUPPORT GROUP: First and 3rd Friday each month 9:00-11:00 am, 2nd and 4th Tues each month from 6:30-8:00 pm at Tri-Cities Cancer Center. (509) 737-3418 or www.tccancer.org

CANCER SUPPORT GROUP: Held Weekly on tuesdays, 3:00-4:30 pm in the Resource Center, Tri-Cities Cancer Center, 7350 W Deschutes Ave. This support group provides an opportunity for people affected by all types of cancer to share resources and information. Meetings are open to those experiencing cancer their adult family members and caregivers. For information call (509) 737-3418

DIABETES SUPPORT GROUP: Provides continuous educational support to help individuals manage their disease more effectively. Monthly meetings offer the latest information on diabetes self-care, nutrition and an opportunity to talk to others with diabetes. (509) 962-7373

GENERAL CANCER SUPPORT GROUP: 2nd and 4th Tues each month at Tri-Cities Cancer Center from 3:00-4:30 pm. Contact: (509) 737-3418 or visit www.tccancer.org

GRIEF SUPPORT GROUPS: The Chaplaincy offers a variety of grief support groups that ease the pain after the loss of a loved one and promote emotional healing. these groups are open to anyone in the community. Coming to terms with Loss, Grieving Parent's Support Group, Men's Loss Group, Survivors of Suicide, Widowed Support Group, Understanding Grief. for more information about these groups please call (509) 783-6243

MEN'S CANCER SUPPORT GROUP: The primary focus of this group is on prostate cancer, however, men with all types of cancer are welcome. Third Thursday of each month at Tri-Cities Cancer Center from 6:30-8:00 pm. Contact: (509) 737-3418 or visit www.tccancer.org

PENDLETON

CANCER SURVIVORS SUPPORT GROUP: Second Tuesday of each month. 1:00-2:00 pm at St. Anthony Hospital, 1601 SE Court Ave. For additional information please call (541) 276-5121

DIABETIC SUPPORT GROUP: Third Wednesday of each month, 7:00-8:00 pm. St. Anthony Hospital, 1601 SE Court Ave. (541) 276-5121

LIVING WITH GRIEF DROP-IN SUPPORT GROUP: 5:30-7:00 pm A drop in group is a group that individuals can attend one time or as often as they like. The group is an opportunity to be with other individuals who have also lost a loved one to share feelings and gain support. You may also drop-in every 3rd Wednesday at 12:00-1:00 pm. Sponsored by St. Anthony Hospital in the Home Care/Hospice Bldg. on corner of court & SE 17th. Free.

RICHLAND

"CAN SURVIVE" SUPPORT GROUP: This group focuses on all kinds of cancer and is for patients, family and caregivers. First and Third Thursday of each month 12:00-1:00 pm. Meets at Cathedral of Joy, 1153 Gage Blvd.. For information call (509) 627-1109

DIABETES SUPPORT GROUP: A free community diabetes education program facilitated by the Diabetes Learning Center staff of Kadlec Medical Center. Topics include a broad range of interest areas to the diagnosed diabetic individual and support person/care partner interested in learning more about the management of this chronic disease. Meets 3rd Wed each month 5:00-6:00 pm. (509) 942-2620

MULTIPLE SCLEROSIS SUPPORT GROUP: First Tuesday of each month. Co-sponsored by the MS Society and The Kadlec Neurological Resource Center. 2:00 pm at 712 Swift Blvd., Suite 1. Contact 943-8455 to confirm time.

NEUROLOGICAL SUPPORT GROUPS: Provides emotional support, education, information and referrals for people with neurological disorders, their families, caregivers, and the community. It sponsors a variety of support groups including Alzheimer's, Parkinson's, chronic pain, and traumatic brain injury. Lending library also available. Located at 712 Swift Blvd., Suite 1. (509) 943-8455 or knrc@kadlecmed.org

STROKE SUPPORT GROUP: third Wednesday of each month, 2:00-3:00 pm at The Kadlec Neurological Resource Center, 712 Swift Blvd., Suite 1. (509) 943-8455

CAREGIVER SUPPORT GROUP: Third Tuesday of each month at The Neurological Resource Center, 712 Swift Blvd., Suite 1. (509) 943-8455

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SUPPORT GROUPS

DIABETES SUPPORT GROUP: Free community diabetes education program facilitated by the Diabetes Learning Center staff of Kadlec Medical Center. Broad range of interest areas to the diagnosed diabetic individual and support person/ care partner interested in learning more about management of this chronic disease. Feature medical professional guest

WALLA WALLA

ALZHEIMER'S SUPPORT GROUP: Meets second and fourth Tuesday each month at 1:30 pm. Professionally led support group for caregivers of people with Alzheimer's. Sponsored by Walla Walla General Hospital Free. Call (509) 522-2424

CANCER SUPPORT GROUP: Meets the second and fourth Mondays of the month from 4:00-5:00 pm in the Marian Room on Level 1 near the cafeteria at Providence St. Mary Medial Center. Helpful for people at any state of the cancer journey, form newly diagnosed or those who are many years out. They do not have to have received treatment at St. Mary in order to attend. Barbara Bates, a social worker, and Mardi Hagerman, RN. (509) 522-5700

COMMUNITY HOSPICE GRIEF

SUPPORT GROUPS: Meets Wednesdays, September 14-November 16. 10:00-11:30 am. Sponsored by Walla Walla Community Hospice. To register call (509) 525-5561 or email info@wwhospice.org

GRIEF SUPPORT GROUPS: "Getting Through The Holidays" grief workshop. Walla Walla Community Hospice announces a new grief series with will focus on grief and the holidays. The two-part workshop will meet November 30 and December 7 at 6:00-7:30 pm. The sessions will focus on the special issues that arise during the holiday season for those who are dealing with the loss of a loved one. Hospice grief support groups are offered to anyone living in Walla Walla, Columbia or northeast Umatilla Counties, not just the family members of hospice patients. No charge, but participants are encouraged to register by calling WWCH office at 5(509) 525-5561 or email to info@wwhospice.org before November 28'

MS SUPPORT GROUP: Second Tuesday of each month at 11:00 am at Trinity Lutheran Church, 109 S Roosevelt St. Contact: Candy S (509)_ 527-3340 or Gail S. (509) 529-7699

STROKE SUPPORT GROUP: The Providence St Mary Medical Center Stroke Support Group meets the third Tuesday of t the month from 6:00-7:00 pm in the Providence Room on Level 1 of Providence St. Mary Medical center. For information contact Becky Betts, Providence St. Mary /stroke Support Group Coordinator (509) 522-5821, ext. 2117

VOLUNTEERS NEEDED

BENTON CITY

Lower Valley Hospice is opening its second thrift store in Benton City, following in the footsteps of their Prosser shop. Volunteer-operated and clothing donated, proceeds go to extend hospice care, bereavement counseling and in-home care for children with complex medical conditions. Store number is (509) 588-3930. 1-800-474-6008

HERMISTON

Hermiston Senior Center is always looking for volunteers in such programs as fund raising, food prep, bookkeeping, Meals on Wheels delivery, public relations and more. If you can help call (541) 564-3582

Regency Hermiston is looking for volunteers to spend time with their residents. Chirelia at (541) 567-8337

Sun Terrace Assisted Living in Hermiston, Oregon would love to speak to you if you are interested in volunteering your time with the wonderful people who live in our community. Robyn (541) 567-8424

PENDLETON

Meals-On-Wheels needs drivers! Would you or someone you know be willing to help our community by volunteering to deliver meals to elderly shut-ins in the Pendleton area. 10:30-Noon any weekday. Mileage reimbursement available and free lunch. For information call the Pendleton Senior Center, (541) 276-1926

St. Anthony Hospital has volunteer opportunities that make a positive difference in peoples' lives every day. Frequent volunteer opportunities include: Auxiliary Gift Shop, Information Desk where you greet and direct visitors, Shawl Ministry, Foundation, Patient Service, sewing including making stuffed animals for pediatric patients and passing quilts for those who are dying an Hospice home visitor. Contact June Mohrland, 1601 SE Court. Phone (541) 278-3218.or junemohrland@chiwest.com



If you are interested in our Logo Sponsor program Please Call Dale at 509 979-6882

VOLUNTEERS NEEDED (continued)

RICHLAND

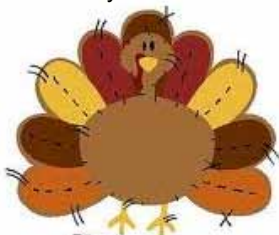
Anyone over the age of 18 can volunteer at *Kadlec Medical Center*. You can become a member of the Auxiliary or work under the direction of the Volunteer Coordinator and Unit Managers in specific areas, including education and rehabilitation. Volunteers undergo orientation & take a TB test before they begin service. Meg Fallows, volunteer coordinator at (509) 946-4611, Ext. 4666

Kadlec's Music Program is another way to volunteer at the Medical Center. Over 20 musical volunteers play a baby grand piano in the main lobby or walk the halls laying their instruments. The musicians range from age 10 to over 70. Volunteers provide music throughout the week which can be heard not only in the Lobby, but also in the Critical Care Waiting Area. For information call Meg Fallows, Volunteer coordinator at (509) 946-4611, Ex. 4666

KENNEWICK

The *Senior Companion Program*, a non-profit Federal program sponsored by Catholic Family & Child Services, is seeking a few committed volunteers. If you like visiting and helping your elderly neighbor and you are 60 years of age or older, you might be eligible to become a Senior Companion. Volunteers are needed to provide transportation, weekly visits, a caring heart and listening ears. Qualified volunteers may receive a tax free stipend and reimbursement of expenses. Background checks are required and training is provided. Volunteers are needed in Benton, Franklin and Walla Walla Counties. Call Diane Hart or Carole Bowles at (509) 545-6145 for more information.

Veteran Volunteers Needed For Hospice: Hospice at the Chaplaincy is looking for veterans (of any age, fro any branch of service) to volunteer to spend time with hospice patients who are also veterans. Please call our Volunteer Coordinators at (509) 783-7416 if you would like to help.



Happy Thanksgiving

WALLA WALLA

In becoming a part of the volunteer program at *Providence St. Mary Medical Center*, you are joining a team of people dedicated to high-quality patient care. It is our belief that working together as a team sharing a common objective of excellent service has earned Providence St. Mary Medical Center the recognition of being one of the finest health care providers in Southeastern Washington. Volunteer positions available: Information Desk, Escort-Errand, Cancer Center, Emergency Room, Charting, and Gift Shop. For additional information contact Dennis Maughan, Providence St Mary Foundation Director, (509) 525-3320, etc. 2695

The *Volunteer Connection* is the community resource center for volunteers and a coordination center for community agencies and organizations that need volunteers. They have the ability to offer training and technical support to non-profit agencies in the issues and needs that they have. The Volunteer Connection helps match needs and opportunities with the skills and talents of volunteers. To find out more call (509) 527-3775

The *Senior Companion Program*, a non-profit Federal program sponsored by Catholic Family & Child Services, is seeking a few committed volunteers. If you like visiting and helping your elderly neighbor and you are 60 years of age or older, you might be eligible to become a Senior Companion. Volunteers are needed to provide transportation, weekly visits, a caring heart and listening ears. Qualified volunteers may receive a tax free stipend and reimbursement of expenses. Background checks are required and training is provided. Volunteers are needed in Benton, Franklin and Walla Walla Counties. Call Diane Hart or Carole Bowles at (509) 545-6145 for more information.

Walla Walla Community Hospice is currently recruiting individuals to serve as Patient Care Volunteers. Volunteers work in tandem with the professional team of physicians, nurses, social workers, chaplains and aides. Volunteers provide companionship to hospice patients and



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Tri-Cities Diabetes Coalition

November 5, 2011
9:00 a.m. – 1:00 p.m.



“Punch Out Diabetes Now & Stay Healthy Forever”

8:30 a.m. – 9:00 a.m. First 50 people can receive free Glucose and Hemoglobin A1C (available only for those without health insurance)



Also A special presentation on “Best Controlled Practices”
from Irene Feria, MD- Presented in English and Spanish

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buildings’ Gjerde Room.***

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LOCAL VETERANS COULD USE YOUR HELP!

CBC Students along with the Columbia Basin Veterans Coalition (CBVC) veteran organization need your help. Local veterans need donations of household goods to stock their veteran transition home, **The Wagenaar-Pfister Transitional House.**

A list of items needed include, but are not limited to:

- | | | |
|------------------|---|------------------|
| ★ Hygiene Items | Drop Off Locations:
*American Legion in Pasco
*Albertsons
*Columbia Basin College
*Columbia Basin Veterans Coalition
1600 N 20th, Pasco
*Safeway
*Starbucks | ★ Lotions |
| ★ Sponges | | ★ Razors |
| ★ Light bulbs | | ★ Shaving cream |
| ★ Paper Towels | | ★ Shampoo/Soap |
| ★ Toothpaste | | ★ Cleaning items |
| ★ Body wash | | ★ Garbage bags |
| ★ Foot powder | | ★ Coffee/Tea |
| ★ Facial Tissues | | |

Questions, please
Call (509) 545-6558



CBVC, Inc. is a not-for-profit IRS recognized 501(c)(3) organization. Check with your tax advisor regarding the extent your contribution may be tax deductible.

Kennewick Senior Center

November 2011

Greetings!

Thank you for your interest in the Kennewick Senior Center. Please enjoy this summary of our fun and exciting activities. A complete listing is available on our website. Enjoy!



Kennewick Senior Center
500 South Auburn



<http://go2kennewick.com/seniorcenter>

509.585.4303 • seniorcenter@ci.kennewick.wa.us

Reflexology

Foot reflexology has been clinically proven to relax, rejuvenate and energize every cell in your body by stimulating over seven thousand nerve endings in your feet. Some of the benefits include: increased relaxation, improved circulation, reduced tension, relieves stress, and increases energy. Provided by Allison McGreevy, LMP, CR

30 minute appointments available from 9:00am-noon. Reservation and prepayment required. Sessions are \$24 per person.



November 8

December 13

Here's What's Happening

In This Issue

- **Come Fly Away**
- **Reflexology**
- **Bunco Tournament**
- **Poinsettia Farm Nursery**
- **Victorian Country Christmas**

Come Fly Away

A New Musical

Sunday, November 20

\$112 Valued Supporter or \$117

Depart 8:30am and Return 6:30pm

Registration Deadline: October 18



Leave the driving and planning to us! Once in Spokane enjoy lunch at Luigi's, 'Inland Northwest's Best Italian Restaurant.' Choose from a buffet lunch including fettuccine alfredo, lasagna and chicken cacciatore, caesar salad with home-made dressing, fresh baked bread and butter, spumoni ice cream and beverage. After lunch attend the 1:00pm showing of *Come Fly Away*. This new Broadway musical that brings together the legendary music of Frank Sinatra and the creative vision of Tony Award-winner Twyla Tharp (*Movin' Out*). This one-of-a-kind experience combines classic and newly discovered vocal performances from the seductive voice of "Ol' Blue Eyes" with the sizzling sound of a live on-stage big band. Watch as 15 of the world's best dancers tell the story of four couples falling in and out of love, you will experience the exhilaration of a first kiss, the excitement of a first dance, and the bittersweet moments of a first goodbye in a world of sparkling romance and astonishing beauty. Trip Fee includes Motorcoach transportation,



BUNCO TOURNAMENT

FRIDAY, NOV. 18, 1:00-4:00PM

\$5 IN ADVANCE/\$8 AT THE DOOR

All ages and levels welcome. Come play for your chance to win one of many \$20 gift cards or the \$30 grand prize. You're guaranteed to have fun. The more people playing....the merrier...bring a friend!