

# 50 And Better Activities

## Luepke Senior Center

1009 E McLoughlin Blvd

## Firstenburg Community Center

Trapedero II Lounge – 700 NE 136th Ave

The Luepke Senior Center and Trapedero II Lounge are perfect places for people 50 and older to stay active in mind, body and spirit. Both centers offer computers with internet access, lending libraries, cards, and games.

Vancouver Parks & Recreation invites people of all ages and abilities to fully participate in any of our recreation programs. To request modifications for disabilities or for more information, call 360-487-7057 or 360-487-7060. A modification request should be made 15 business days before the activity start date. For more information visit [cityofvancouver.us/inclusion](http://cityofvancouver.us/inclusion).

## 50 and Better Clubs

**Do you like pinocle, bridge, dominos, folk dancing, etc.?** Visit [cityofvancouver.us/messenger](http://cityofvancouver.us/messenger) for a detailed list of clubs and locations. Club fees are \$2 unless otherwise noted. All clubs are recreation based and leaders regulate games and activities. Players must adhere to all club guidelines and Vancouver Parks and Recreation Code of Conduct. For more information contact Kelly Lund at 360-487-7055.

## SPECIAL EVENTS

### Save These Dates!

**28th Annual Senior Citizen Prom.** In honor of Older Americans month join us Friday, May 19 for dancing, food and fun. Sponsored by Vancouver Pointe Senior Living, *The Messenger* and KISN Good Guy Radio 95.1 FM. Register early by phone at 360-487-7100 or look for details in *The Messenger* newspaper. More questions? Contact Kelly Lund at 360-487-7055. **Luepke Senior Center.**

**5622** F 5/19 6-9:30pm \$16/\$19

**The Young at Heart Senior Theater Club** will be presenting their 2017 musical at 6:30 p.m. on the evenings of Thursday, September 7 and Friday, September 8 along with a 10 a.m. performance on Friday, September 8 at the **Luepke Senior Center.**

**Camp Granada** was a children's summer camp back in the 50s and 60s. Even though Granada went out of business many years ago it is still very much alive in the memories of those who spent summer vacations there as children. The camp has recently been purchased, refurbished, and is ready for a new generation of children. To commemorate the reopening, Camp Granada is inviting alumni to a summer camp reunion celebration. Welcome to "Return 2 Camp Granada."

## DANCES

### Sunday Dances at Luepke Center

Live dance music every Sunday from 2-4pm, \$5 per person at the door. Fees subject to change. Singles and couples are welcome. No dance powder allowed in our facilities. For featured bands or closures refer to the Luepke Center monthly calendar.

## ACTIVITIES

### Monthly & Daily Activities at Luepke Center

**Mondays and Wednesdays** – Dancing with live bands or DJs.

**Tuesdays** – White Elephant Bingo (bring a new or used gift for a bingo card)

**Thursdays** – Game Day Fun

**Fridays** - Bingo (bring box or canned food item)

### Live Entertainment at Luepke Center

Due to special events, weather or other circumstances, daily activities and bands subject to change. See monthly calendar for updated programming.

**1st & 4th Mondays** – The Playmates

**2nd Mondays** – John Harkness "DJ"

**3rd Mondays** – Jack Hillend

**5th Mondays** – Playmates or Featured Musician

**Wednesdays** – John Lazzari Dance Music (dancing)

### Special Daytime Events at Luepke Center

5/1 ..... May Day Dance

5/12..... Magical Mother's Day Lunch

6/8 ..... Elder Abuse Awareness Day Dance

6/16..... Fantastic Father's Day Lunch

7/3 ..... Fourth of July Boogie

7/6 ..... Balloon Bingo

8/26..... Barn Dance



## CLINICS

**Legal Clinics at Firstenburg:** First Monday, 10am-noon. Call 360-487-7015 or 360-487-7036 to schedule your free half-hour consultation with a volunteer attorney.

**Legal Clinics at Luepke Center:** Wednesdays, 1-3pm (no fifth Wednesday). Appointment required. Call 360-487-7050 to schedule free half hour consultation with our attorney. Please note there is a long waiting list. **LC Alcoa Room.**

**SHIBA (Statewide Health Insurance Benefits Advisors):** Second and fourth Mondays, 9:30-11:30am. By appointment only. Call 360-487-7036 to schedule your time.

**Money Matters Financial Clinic:** Second Friday, 10am-noon, Meet one-on-one with Financial Advisor, Laurel Numbers of Morgan Stanley. To schedule your one-hour consultation contact Kelly Lund at 360-487-7055. **LC Conference Room.**

**Resources For Life:** Tuesdays, Wednesdays and Thursdays. Questions about housing, transportation, mental health or aging. Call 360-487-7050 to schedule your half-hour appointment, noon-2pm. For more details call Kelly Lund at 360-487-7055.

## MEALS ON WHEELS

### Meals on Wheels People

Enjoy a hot, nutritious meal provided by Meals on Wheels People. Anyone 60 years and older is welcome to join us for lunch, regardless of income. To inquire about homebound meal delivery please call 503-736-6325. Cost of meal is \$7.39. M-F 11:30am-12:30pm

Seniors 60+ are encouraged to contribute whatever they can towards the cost of the meal. For more information about home delivery or volunteering contact:

**LC Community Room:** Kim Amery at 360-699-6325

**FCC Lunch Room:** Lacey Acklin at 360-597-5711

**Clark County Operations & Program Manager:** Janice Butzke at 360-695-3847

### Morning Activities at Firstenburg

Coffee hours 8-11am.

Free entertainment in the Lunch Room.

**Karaoke:** 1st Thursdays.

**Bingo:** Fridays noon-1pm. Prizes included.

### 50 and Better Sponsors

If you would like to sponsor a 50 and Better activity or be a sponsor on our marketing bulletin board at Luepke call Kelly Lund at 360-487-7055.

### 50 & Older and New To Our Community?

Call for a tour our community centers and learn about our 50 and Better programs. Call 360-487-7050 for **LC** 360-487-7036 for **FCC**.

LC: Luepke Center MCC: Marshall Center FCC: Firstenburg Center

## HEALTH & WELLNESS

For fitness group exercise see page 27. For information about aquatics program see pages 22-25.

### Foot Care Clinic

Receive routine treatment and fungal nails trimmed, corns and calluses smoothed. Clinician Mona Barber. Call to schedule your 30-minute appointment.

**LC Suite 1.** Call 360-487-7100

Tu 8am-4pm \$35/\$40

5/9 6/13 7/11 8/8

**FCC Special Events Room A.** Call 360-487-7001

Tu/F 8am-4pm \$34/\$39

5/16 6/20 7/18 8/15



## 50+ TRAVEL

### 50+ Travel Program: 360-487-7100

Affordable day trips explore all facets of the Pacific Northwest. Trips depart from and return to Luepke Center. Detailed information is available in the monthly Messenger newspaper and [VanMessenger.org](http://VanMessenger.org). For free subscription to *The Messenger* call 360-487-8701 or send request to PO Box 1995, Vancouver, WA 98668.

### 50+ Travel Expo

Learn about exciting trips planned for July-September 2017. Free admission, refreshments and door prizes. MCC Oak Room. Everyone present will receive a \$5 coupon to use that day for any day trip offered through September 2017.

W 7/12 9-10:30am

## 50+ FOREVER YOUNG HIKERS

**Get outdoors!** Hikes are led by trained volunteers, are approximately 4-8 miles round-trip with varying elevation gain and terrain. Hiking boots, water bottle and walking stick are recommended. Transportation is provided. Pre-registration is required for hikes.

### Orientation Class/Easy Hike for New Hikers

Hike Orientations are held bimonthly on the first Thursday. **Orientation is required prior to participation and registering for hikes.** Learn difficulty categories, what to bring and wear.

Orientation will include approximately one hour classroom time and a four mile easy hike along the Waterfront Trail. This hike will qualify as your required 1st easy hike. Several volunteer hike guides on this hike will evaluate the ability of new hikers. Bring a bottle of water and wear appropriate hiking clothes and hiking shoes/boots for walking four miles. No pre-registration necessary. **MCC Craft Room.**

Th noon-2:30pm Free 6/1 & 8/3

### Monday Easy Hikes

LC Lobby \$13/\$15

- Please arrive for hikes by 9:15am.
- 9:30am-2:30pm Approximate return time.
- Bring a lunch to eat on the trail.
- All easy hikes are 3-5 miles with an elevation gain of up to 300 feet. You must be able to maintain a 20-minute per mile pace.

#### Skamania Lodge Trails

**6011** 5/8

#### Milo McGyver State Park

**6013** 5/22

#### Forest Grove Historic Loop

**6019** 6/12

#### Oaks Bottom Wildlife Refuge

**6020** 6/26

#### A Tree Hike in Portland

**6021** 7/10

#### Washington Park to Rose Garden

**6041** 7/24

#### Ridgefield Refuge to boat dock

**6042** 8/14

#### Strawberry Island/Ft Cascade

**6090** 8/28

### Tuesday Hikes

LC Lobby. \$16/\$18 (unless otherwise noted.)

- Please arrive for hikes by 8:15am.
- 8:30am-5:30pm approximate return time.
- Bring a lunch to eat on the trail.
- For experienced hikers who can maintain a 20-minute per mile pace.

### Difficulty Ratings

**Easy:** 4-6 miles, elevation gain up to 600 feet. Must be able to walk a 20-minute mile on fairly level ground with little elevation gain.

**Moderate:** 4-6 miles, elevation gain up to 1500 feet. May include slopes and/or steep areas.

**Difficult:** 6-8 miles, elevation gain up to 2500 feet and involves harder climbing, rocky terrain, and possible steep and/or narrow paths. Difficult hikes are only for those who are fit enough to hike these ratings.

**Expert:** 8+ miles, elevation gain of 2500+ feet and involves harder climbing, rocky terrain and possible steep and/or narrow paths. Expert hikes are only for those who are fit enough to hike these ratings.

#### Hummocks/Coldwater Lake-Easy

**6114** 5/2 7:30am departure

#### Larch Mtn Crater-Moderate

**6122** 5/9

#### Dry Creek-Difficult

**6254** 5/16

#### Dog Mtn Augsburg-Expert

**6263** 5/23

#### Memaloose State Park-Moderate

**6268** 5/30

#### Smith Rock State Park Misery Ridge-

Difficult

**6269** 6/6 7am departure \$17/\$19

#### Smith Rock State Park Perimeter Trail-

Difficult

**6270** 6/6 7am departure \$17/\$19

#### Beacon Rock/Hamilton Mtn to Rodney

Falls State Park-Moderate

**6273** 6/13

#### Sheep Canyon to Loowit Trail-Expert

**6299** 6/13

#### Mosier Plateau-Easy

**6315** 6/20

#### Ft. Stevens Columbia River State Park-Easy

**6453** 6/20

#### Columbia Hills State Park/Dalles Mtn-Moderate

**6508** 6/27

#### Cape Lookout State Park-Moderate

**6514** 6/27 7:30am departure \$17/\$19

#### Multnomah Falls to Angels Rest-Difficult

**6515** 7/11

#### Bull of the Woods-Moderate

**6516** 7/11

#### Molalla Bluffs-Expert

**6584** 7/18 7:30am departure

#### Bird Creek Meadows-Moderate

**6585** 7/18 7:30am departure \$17/\$19

#### Harts Cove-Moderate

**6586** 7/25 7:30am departure \$17/\$19

#### Mt. Rainier National Park Panorama Point-Difficult

**6587** 7/25 7:30 am departure \$17/\$19

#### Tom Like-Moderate

**6588** 8/1

#### Coldwater Lake Loop-Expert

**6589** 8/1

#### Bay Ocean Spit-Easy

**6590** 8/8

#### Astoria Historic Loop/Column/Slough-Easy

**6591** 8/8 \$17/\$19

#### Portland Heights to Council Crest-Moderate

**6592** 8/15

#### Neahkanie Mtn-Moderate

**6593** 8/15 7:30am departure \$17/\$19

#### Saddle Mtn-Difficult

**6594** 8/22 7:30am departure \$17/\$19

#### Flag Mtn-Difficult

**6595** 8/22

#### Stahlman Point-Moderate

**6596** 8/29

#### Owl Point-Easy

**6597** 8/29

Fees listed as: City Resident/  
Non-Resident