

Searching for March

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spacing between words.

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AQUAMARINE
ARIES
BASKETBALL
BIRDS
BLOSSOMS
CLOUDS

DAFFODIL
DAYLIGHT SAVING
EQUINOX
HOLI
MARDI GRAS
PISCES

PURIM
RENEWAL
SHAMROCK
SPRING
STORMS
ST. PATRICK'S DAY

DEPARTMENT HEAD DIRECTORY

General Manager: Kim Stokes
 Contoller: Tammie Sells
 Marketing Director: Kimberly Richards
 Plant Engineer: Forest Leonard
 Dining Supervisor: Sara Lascano



Unusual Name. Unmatched Service.

Executive Chef:
 Housekeeping Supervisor: Jessie Wingfield
 Wellness Director: Antigone
 Social Coordinator: Sara Lascano
 Transportation Dir.: Tony Carp

(541) 689 - 0619
 (800) 818 - 7518

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 Eugene, OR 97404
www.terpeningterrace.com

The Terrace Connection



TERPENING
 Elegant Retirement Living
 TERRACE



MARCH

This Month's Highlights

- ◆ *Craft Classes: Paint & Sip with Sara, & Art Therapy*
- ◆ *Musical Performances by: The Angels, Timothy Patrick, and Gus Russell*
- ◆ *Cribbage Club - moved to 2:00 pm in CK1 on Mondays*
- ◆ *Mardis Gras Happy Hour*
- ◆ *Piano Night - With Louis Faro*
- ◆ *Cyber Talk with Forest*
- ◆ *New Group - Terpening Tones Singing Group*
- ◆ *Outings: Coburg Antiques, 4 Spirits Distillery, Casino & Daffodil Drive*
- ◆ *Baking with Jamie -*
- ◆ *Movie Nights with Susie in the Cinema Room - featuring Inside Out 1 & 2*
- ◆ *Master Class: Music & Connection - by Yoyo Ma*
- ◆ *Dog Obedience Presentation*

Sign up sheets will be available at the Front Desk, one week in advance, for events that require sign up.

Social Coordinator's Message

"By March, the worst of the winter would be over. The snow would thaw, the rivers begin to run and the world would wake into itself again."

— Neil Gaiman

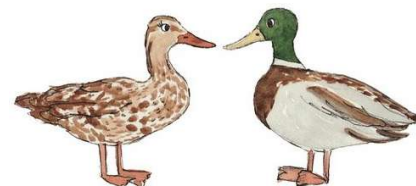
As the warmth of the sun, and the lengthening of the days, awake us from our slow winter selves - embrace the change of the seasons by trying new experiences and outings offered this March. I am excited to introduce a new health support group on Saturdays, as well as a monthly singing group with a highly qualified voice teacher. The fun keeps going with holiday parties celebrating Mardi Gras and Saint Patrick's Day, and the return of monthly piano nights with Louis Faro! Music is a big part of our experience this March, so our Master Class topic will be: Music & Connection by Yoyo Ma. Enjoy the fun and return of the sun! - Sara Lascano

Employee of the Month March, 2025

Congratulations, Melissa Humphrey!



Melissa is a dedicated and passionate employee, who pours her skillsets into her work. Her attention to detail and excellent communication creates a smooth work environment at the front desk, and her helpfulness often spill over into other departments. She is essential to our team and we are so grateful to have her. Congrats!



Tom & Linda Bouse
March 9th

Dean & Ruth Rea
March 16th

Happy Anniversary

HAPPY
BIRTHDAY

Jody Romania
March 3rd

Joan Kastendick
March 3rd

Pop McCommon
March 6th

Aileen Montgomery
March 7th

Sue McClelland
March 8th

Fred Johnson
March 22nd

Margaret Motsinger
March 26th

Jane Steinmetz
March 29th

Inspiration

Chapel Service

Fridays, in Packard Place. This non-denominational service starts at 10:30 am.



Maker's Meet Up

Tuesdays @ 3:15 pm - Packard Place

Do you knit? Crochet? Sketch? Read? Do you find yourself to be more productive with like-minded company? Hang out in Packard Place on Tuesday afternoons with other "makers". The idea is to bring a project you're working on and feel inspired by those around you to keep going. **No sign up needed.**

Creative Writing Class

Tuesday, March 18th
@ 11:30 am - CK3

Express ideas, feelings, and memories through creative writing. From short stories to memoirs, and even poetry, expand your writing skills by sharing with friends.

Guided Meditation Video

Fridays @ 9:30 am - Cinema Room

Join friends for a refreshing break to reset your mind and body. Meditation is proven to improve anxiety, memory, sleep and more.

Women's Bible Study

Thursdays @ 10:30 am - CK3

Please join our new Ladies Study. We will be meeting on Thursdays. Join us for a place for all women to come together to support each other.

Men's Bible Appreciation

Thursdays @ 1:00 pm - Tea Party Game Room

Join us for a dose of wisdom, brotherhood and scripture with fellow residents. Bible appreciation always welcomes new faces.

The Connection

Terpening Terrace, and our sister buildings, have created a page on Facebook where we can all stay connected. On this page you will find videos of Terpening Terrace staff and residents, and some videos from all the other buildings too!

TED Talk & Thoughts

Monday, March 3rd
@ 1:00 pm - Cinema Room

This month's talk:

The History & Future of Women In STEM
- Nathalia Holt



TED Ideas worth spreading

TED is a non-profit that believes powerful ideas, powerfully presented, moves us: to feel something, to think differently, to take action. TED is devoted to curiosity, reason, wonder and the pursuit of knowledge without an agenda.

Fun & Games

Available Game Rooms

FH = Fishing Hole –1st Floor

PP = Packard Place –1st Floor

TP = Tea Party –2nd Floor

CK3 = Connie’s Kitchen –3rd Floor

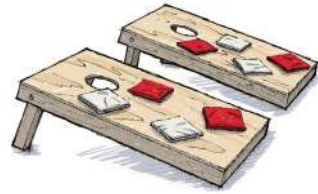
Games with Jamie

Saturdays @ 11:00 am - Packard Place

1st: Ladder Ball

8th: Croquet

22nd: Bean Bag Toss



Weekly Games

Sundays @ 1:30 pm in PP - Manipulation

Sundays @ 3:15 pm in PP - Bridge

Mondays at 2:00 pm in CK1 - Cribbage

Mondays at 6:30 pm in PP - Players Choice

Tuesdays at 6:30 pm in PP - Players Choice

Wednesdays at 3:30 pm in TP - Bridge

Fridays at 6:30 p.m. in PP - Manipulation

These events are resident run, please contact activities if you would like to inquire about starting a new weekly game.



Bingo

Tuesdays @ 2:00 pm - Packard Place

Join Activities in Packard Place for Bingo! Playing regular Bingo, fun patterns and blackout! You will have the chance to win candy or a snack if you get a bingo.

Vegas Bingo

Saturdays @ 2:00 pm - Packard Place

Saturday bingo has higher stakes. Bring some quarters and play to win big!

Each card you play costs 25 cents for the day, so if you want to play 3 cards it will cost 75 cents.

Wii Sports with Antigoni

Tuesdays & Wednesdays @ 11:00 am

Improve your hand-eye coordination using the Wii system with friends. Get your body moving!

Wii Golf on Tuesdays - PP

&

Wii Bowling on Wednesdays - CinRm

Chair Volley Ball

Mon, Wed, Fri @ 2:00 pm - PP

Get energized by bopping a beach ball over a net during chair volley ball. You will laugh, hoot, and holler during this exercise activity!

Community

Community Libraries

Take a vacation in a good book or learn something new! Books from Terpening and the Eugene Library are available to you. Be sure to write your name and book down on the checkout sheet in the library.

There are libraries located on the second and third floors.



Puzzle Room

Located on the Second Floor

See what’s new in the Puzzle Room. The residents are working on new puzzles each week to display in the common area near the dining room. Come add a piece and make a friend.

Mimosa Morn’ in the Dining Room

Monday, March 31st, 7:00-10:00 am

Need a reward for being an early riser? Or need motivation to become one? Join us for fun flavored mimosas at breakfast! Non-alcoholic options will also be available.

Resident Town Hall Meeting

March 10th

Meetings are usually held on the Second Monday of each month at 10:30 a.m. in Packard Place. December is skipped.

Limited Seating - Sign up to attend!

Gathering Hands for Charity

Tuesday, March 4th & 18th

@1:00 pm - CK1



“Helping children in crisis one Bag of Love at a time”

Give back to the community by helping us tie cozy blankets for children and teens in need. No supplies or experience is needed.

Sunday Drives with Jason

2nd: Fern Ridge Reservoir

9th: Coburg

16th: Mohawk

23rd: Dexter Reservoir

30th: Cheshire



Transportation

Our On-Demand transportation is convenient and reliable, courtesy of our fantastic Transportation Department. Residents sign up for transportation at the front desk. Medical appointments allow a 10 mile radius and all other destinations allow a 6 mile radius of Terpening Terrace. Please provide the time you would like to be at your destination as well as the address.

Monday - Friday 9:00 a.m. - 5:00 p.m.

Saturday 9:00 a.m. - 3:30 p.m.

Sunday 9:00 a.m. - 2:00 p.m.

**Please note: Earlier and later times can be accommodated with advance notice, depending on driver availability.*



Art & Creativity



Paint & Sip with Sara

Friday, March 7th
@ 1:00 pm - CK3

Enjoy a glass of wine, or apple cider, as we all paint a spring scene with acrylic paint on canvas. Following along, or doing your own thing, art will be the magical result. All supplies are provided and no experience necessary.

Please sign up at the desk to attend.

Baking With Jamie

Saturday, March 15th
@ 11:00 am - CK1

Join Jamie in the first floor kitchen for a delicious, and mouthwatering presentation! This month, Jamie will be preparing -

Chocolate Chip Pudding Cookies

Please sign up at the desk to attend.



Social Hour



The Angels

Thursday, March 6th
@ 3:00 pm - Packard Place

The Angels are returning to Terpening for a winter show! Get a good seat with friends for an energetic and festive performance by our favorite Portland Trio.

Timothy Patrick

Thursday, March 20th
@ 3:00 pm - Packard Place

This months performance by Timothy Patrick is straight from Ireland for a fun and exciting celebration of Saint Patrick's Day! Get your dancing shoes on for an Irish jig.

Piano Night w/ Louis Faro

Friday, March 7th @ 4:30 pm - DR

Enjoy an elegant evening in the Grand Terrace Dining Room, with an hour of live music by the Talented Louis Faro.

Gus Russel

Thursday, March 13th
@ 3:00 pm - Packard Place

Enjoy a melodic and jazzy performance by Gus on the piano, joined by his vocalist Laurie. Enjoy wine, snacks, and live music with friends.

Trivia & Root Beer Floats

Thursday, March 27th
@ 3:00 pm - Packard Place

Get your thinking caps on, and sharpen those minds for a fun game of Trivia! Form teams to answer trivia questions and compete for a chance to win prizes!

Please sign up at the desk to attend social hours.

Terpening Tones

Monday, March 17th
@ 1:00 pm - PP

Once a month singing group led by established Choir Director, Voice Teacher, and musical artist - Elias Wolf

Learn songs, exercise your vocal cord and heal our souls with singing and music. No experience is required to join this group.

Please sign up at the desk to attend.

Art Therapy : Acrylic Painting

Monday, March 31st
@ 1:00 pm - CK3

Nurturing your inner artist is good for your health! Proven benefits are improved memory, cognitive function, and motor skills. This months art therapy is preparing us for spring -

Wooden Tulip Painting

Please sign up at the desk to attend.

Movie Night with Susie

@ 6:30 pm - 3rd Floor Cinema Room

Thursday, March 13th - Inside Out

After young Riley is uprooted from her Midwest life and moved to San Francisco, her emotions - Joy, Fear, Anger, Disgust and Sadness - conflict on how best to navigate a new city, house, and school.

Thursday, March 27th - Inside Out 2

The new emotions in Inside Out 2 are anxiety, ennui, envy, and embarrassment. These emotions join the original emotions from the first film, Joy, Sadness, Fear, Anger, and Disgust

Limited Seating available - please sign up at the front desk to attend.

Our Residents

Terpening's Veterans Board

We are dedicated to honoring our Veterans. Please contact the Activities Department if you would like a photo & name plate made for board display.



Outings

Coburg Antique Mall & Pizza

Wednesday, March 5th

@ 10:45 - Lobby

Enjoy a scenic drive to the city of Coburg for a fresh, hot, delicious lunch at Coburg Pizza.

Then- hop back in the bus for a quick drive over to the Antique Mall we didn't get to browse through on our last trip, back in January.

4 Spirits Distillery

Wednesday, March 12th

@ 10:45 am - Lobby

We are heading to Corvallis for a new experience and lunch at a local distillery. 4 Spirits distills rum, whiskey, vodka, and gin. Try a tasting flight, cocktail, or non alcoholic mocktail with a meal from their full kitchen.



Florence: Three Rivers Casino

Wednesday, March 19th @ 9:30 - Lobby

Put on your lucky socks and hop on the bus for a beautiful drive to Florence, where we will spend a few hours at Three Rivers Casino. Hit the slots then grab some lunch before we head back to Eugene around 1:00 p.m.

Daffodil Drive

Wednesday, March 26th

@ 10:00 am - Lobby

Enjoy a sea of yellow daffodils as we embark on our annual trip through the Eugene countryside. Spring is arriving, say hello!

Please sign up at the desk to attend outings.

Shopping

Bi-Mart

Tuesday, March 11th & 25th

@ 10:00 am - Lobby

Meet in the front lobby and get some shopping done! Reusable bags are encouraged.

Trader Joes

Friday, March 21st

@ 10:00 am - Lobby

Hop on the bus and get those essentials you can only find at this popular, organic, grocery store.

Health Minded Living

Healthy Habits

Monday, March 10th & 24th

@ 1:00 pm - CK1

Join Kimberly and friends for helpful tips and tricks to lead a healthier lifestyle.

Learn how to make choices that are right for you and your body! No person is the same, so making choices to be active and nutritious can look differently from one person to the next.



Healthy Living

Master Class - Music & Connection

Friday, March 14th & 21st

@ 11:15 am - Packard Place

Master Class is an online learning platform using well-known experts in a variety of subjects. Online offerings include hundreds of video lessons and workbooks taught by experts in subjects like cooking, writing, business, and more. This month we are focusing on music & connection. Learn from the talented Yoyo Ma! This will coincide with the start of our new singing group.

Healthy Living Support Group

Saturday, March 1st, 15th & 29th

@ 1:00 pm in CK1

This resident run support group is a place to hold each other accountable, inspire friends, and learn new ways to have a healthy lifestyle.

"A healthy outside starts from the inside."

Robert Urich

March's Special Events

Mardi Gras

Happy Hour

Tuesday, March 4th

@ 2:00 pm - PP

Celebrate Fat Tuesday with exciting Cocktails, Mocktails and snacks! Mardi Gras masks and beads will be provided for extra fun and costume.

Please sign up at the desk

Dog Obedience

Presentation

Tuesday, March 4th

@ 3:15 pm - PP

Enjoy time with a therapy dog and learn how these kind, and loveable, furry friends get trained to be so obedient.

Please sign up at the desk

Cyber Talk with

Forest

Friday, March 28th

@ 11:15 am - PP

Get the latest tech advice from our talented, and experience, Plant Engineer. Ask questions, and learn cyber safety from Forest.

Please sign up at the desk

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DR = Dining Room PDR = Private Dining Room PP = Packard Place Lobby = Front Lobby CinRm = Cinema Room, 3rd Floor CK3 = Connie's Kitchen, 3rd Floor FH = Fishing Hole Game Rm, 1st Fl. TP = Tea Party Game Room, 2nd Fl. FIT = Fitness Room, Basement BP = Bits - Pieces Puzzle Room, 2nd Fl. CY = Courtyard * (asterisk) = Requires Sign Up						1 9:00 - 3:30 Transportation 10:15 Fitness Video - PP 11:00 Ladder Ball - PP 2:00 Vegas Bingo - PP 1:00 HL Support Group - Ck1
2 9:00 - 2:00 Transportation 10:15 Fitness Video - PP 1:30 Manipulation - PP 2:00 Weekend Drive * Ferm Ridge Reservoir 3:15 Bridge-PP 6:30 Wii Bowling - PP	3 9:00 - 5:00 Transportation 10:15 Total body - PP 11:00 Chair Dancing - PP 1:00 Intro to Fitness Room - FIT 1:00 Ted Talk - CinRm "Women In STEM" 2:00 Cribbage Club - Ck1 2:00 Chair Volleyball - PP 6:30 Games - PP 	4 9:00 - 5:00 Transportation 9:40 Sit and Resist - PP 10:15 Posture and Balance - PP 11:00 Wii Golf - PP 1:00 Gathering Hands - CK1 2:00 Mardi Gras Happy Hour - PP 3:15 Dog Obedience Presentation - PP 	5 9:00 - 5:00 Transportation 10:15 Chair Yoga - PP Resident Outing* 10:45 Coburg Pizza & Antique Mall 11:00 Wii Bowling - CinRm 11:00 Tai Chi Club - PP 2:00 Chair Volleyball - PP 3:15 Bridge - TP 6:30 Games - PP	6 9:00 - 5:00 Transportation 9:40 Meditation & Stretching - PP 10:15 Total Body Fitness - PP 10:30 Ladies Bible Study - CK3 1:00 Bible Appreciation - TP 1:30 Circuit Training - FIT 3:00 Social Hour - PP * The Angels	7 9:00 - 5:00 Transportation 9:30 Guided Meditation Vid - CinRm 10:30 Chapel - PP 2:00 Chair Volley Ball - PP Resident Craft* 1:00 Paint & Sip with Sara 4:30 Piano Night - DR 6:30 Manipulation - PP	8 9:00 - 3:30 Transportation 10:15 Fitness Video - PP 11:00 Croquet - PP 2:00 Vegas Bingo - PP
9 9:00 - 2:00 Transportation 10:15 Fitness Video - PP 1:30 Manipulation - PP 2:00 Weekend Drive * Coburg 3:15 Bridge - PP 6:30 Wii Bowling - PP 	10 9:00 - 5:00 Transportation 10:30 Town Hall - PP * 1:00 Healthy Habits - CK1 3:30 Cribbage Club - PP 2:00 Chair Volleyball - PP 6:30 Games - PP	11 9:00 - 5:00 Transportation 9:40 Sit and Resist - PP 10:00 Bi-Mart - Lobby * 10:15 Posture and Balance - PP 11:00 Wii Golf - PP 2:00 Bingo - PP 3:15 Maker's Meet Up - PP	12 9:00 - 5:00 Transportation 10:15 Chair Yoga - PP Resident Outing* 10:45 4 Spirits Distillery & Lunch 11:00 Wii Bowling - CinRm 11:00 Tai Chi Club - PP 1:00 Intro to Fitness Room - FIT 2:00 Chair Volleyball - PP 3:15 Bridge - TP 6:30 Games - PP	13 9:00 - 5:00 Transportation 9:40 Meditation & Stretching - PP 10:15 Total Body Fitness - PP 10:30 Ladies Bible Study - CK3 1:00 Bible Appreciation - TP 1:30 Circuit Training - FIT 3:00 Social Hour * Gus Russell 6:30 Movie Night w/ Suzie - CinRm "Inside Out" *	14 9:00 - 5:00 Transportation 9:30 Guided Meditation Vid - CinRm 10:30 Chapel - PP Master Class Week One* 11:15 Music & Connection 2:00 Chair Volley Ball - PP 6:30 Manipulation - PP	15 9:00 - 3:30 Transportation 10:15 Fitness Video - PP 11:00 Baking with Jamie - Ck1 2:00 Vegas Bingo - PP 1:00 HL Support Group - Ck1
16 9:00 - 2:00 Transportation 10:15 Fitness Video 1:30 Manipulation - PP 2:00 Weekend Drive * Mohawk 3:15 Bridge-PP 6:30 Wii Bowling - PP	17 9:00 - 5:00 Transportation 9:30 Intro to Fitness Room - FIT 10:15 Total body - PP 11:00 Chair Dancing - PP 11:30 Holly's Jewelry - PP 1:00 Terpening Tones - PP 3:30 Cribbage Club - PP 6:30 Games - PP 	18 9:00 - 5:00 Transportation 9:40 Sit and Resist - PP 10:15 Posture and Balance - PP 11:00 Wii Golf - PP 11:30 Creative Writing - CK3 1:00 Gathering Hands - CK1 2:00 Bingo - PP 3:15 Maker's Meet Up - PP	19 9:00 - 5:00 Transportation 10:15 Chair Yoga - PP Resident Outing* 9:30 Florence Casino 11:00 Wii Bowling - CinRm 11:00 Tai Chi Club - PP 2:00 Chair Volleyball - PP 3:15 Bridge - TP 6:30 Games - PP	20 9:00 - 5:00 Transportation 9:40 Meditation & Stretching - PP 10:15 Total Body Fitness - PP 10:30 Ladies Bible Study - CK3 1:00 Bible Appreciation - TP 1:30 Circuit Training - FIT 3:00 Social Hour - PP * Timothy Patrick 	21 9:00 - 5:00 Transportation 9:30 Guided Meditation Vid - CinRm 10:00 Trader Joes - Lobby * 10:30 Chapel - PP Master Class Week Two* 11:15 Music & Connection 2:00 Chair Volley Ball - PP 4:00 Lobster Night - DR 6:30 Manipulation - PP	22 9:00 - 3:30 Transportation 10:15 Fitness Video - PP 11:00 Bean Bag Toss - PP 2:00 Vegas Bingo - PP
23 9:00 - 2:00 Transportation 10:15 Fitness Video 1:30 Manipulation - PP 2:00 Weekend Drive * Dexter Reservoir 3:15 Bridge-PP 6:30 Wii Bowling - PP	24 9:00 - 5:00 Transportation 10:15 Total Body - PP 11:00 Chair Dancing - PP 1:00 Healthy Habits - CK1 2:00 Cribbage Club - Ck1 2:00 Chair Volleyball - PP 6:30 Games - PP	25 9:00 - 5:00 Transportation 9:40 Sit and Resist - PP 10:00 Bi-Mart - Lobby * 10:15 Posture and Balance - PP 11:00 Wii Golf - PP 2:00 Bingo - PP 3:15 Maker's Meet Up - PP	26 9:00 - 5:00 Transportation Resident Outing* 10:00 Daffodil Scenic Drive 10:15 Chair Yoga - PP 11:00 Wii Bowling - CinRm 11:00 Tai Chi Club - PP 2:00 Chair Volleyball - PP 3:15 Bridge - TP 6:30 Games - PP	27 9:00 - 5:00 Transportation 9:40 Meditation & Stretching - PP 10:15 Total Body Fitness - PP 10:30 Ladies Bible Study - CK3 1:00 Bible Appreciation - TP 1:30 Circuit Training - FIT 3:00 Social Hour - PP * Trivia & Root Beer Floats 6:30 Movie Night w/ Suzie - CinRm "Inside Out 2" *	28 9:00 - 5:00 Transportation 9:30 Guided Meditation Vid - CinRm 10:30 Chapel - PP 11:15 Cyber Talk with Forest - PP 2:00 Chair Volley Ball - PP 6:30 Manipulation - PP	29 9:00 - 1:30 Transportation 10:15 Fitness Video - PP 1:00 HL Support Group - Ck1 2:00 Vegas Bingo - PP
30 9:00 - 2:00 Transportation 2:00 Weekend Drive * Cheshire (Same activities as above)	31 9:00 - 5:00 Transportation 7:00 Mimosa Monday - DR 1:00 Art Therapy - Ck3 (Same activities as above)					