

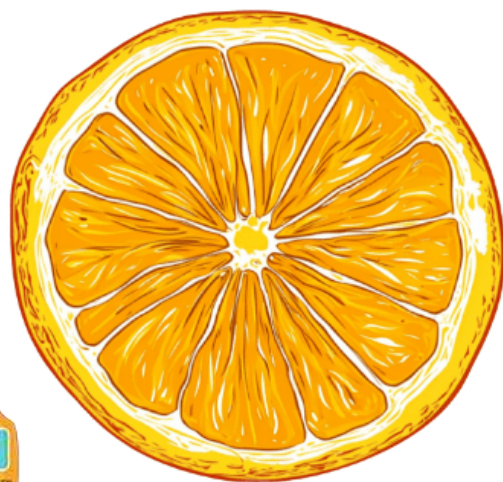


Juicy Citrus Word Search

Orange
Lemon
Lime
Grapefruit
Mandarin
Tangerine
Yuzu
Kumquat
Pomelo
Key Lime
Bergamot
Citron
Calamansi
Sudachi
Ugli Fruit
Satsuma
Tangelo

Y E F J T I U R F E D A N O M E L R
U J M E G N A R O K B E R G A M O T
Z E Y I E Y A E G N A R O L E V A N
U G G D L G T N M A M U S T A S V E
W N O E D R N V O N I R A D N A M N
C A B H G E I A E M K U M Q U A T I
L R U N I N S F R M E D T V A P F R
E O D W S E A E F O I L N O E C E E
M D D E N T M R R A E L I O K I L G
E O H U A I O I O T K L R F R N S N
N O A G M U C E L R L I L E L T G A
T L S L A R N M R N E I H I G A I T
I B H I L F A I H O A T M C V N M C
N D A F A E L L N R L I T E A E I A
E K N R C P B Y O G I E S I L D S F
J B D U F A O E M C M A M R B L U Y
S R G I O R R K E R E U K O E F F S
K M F T T G O O L E G N A T P P Y R

Oroblanco
Kaffir Lime
Clementine
Finger Lime
Desert Lime
Persian Lime
Bitter Orange
Navel Orange
Blood Orange
Amalfi Lemon
Seville Orange
Buddha's Hand
Lemonade Fruit



DEPARTMENT HEAD DIRECTORY

General Manager: Kim Stokes
Controller: Tammie Sells
Marketing Director: Kimberly Richards
Dining Supervisor: Amanda Adams



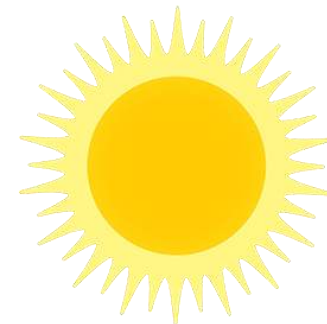
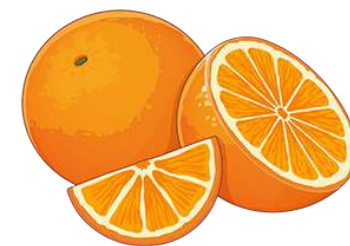
Executive Chef: Jason Wish
Housekeeping Super: Jessie Wingfield
Wellness Director: Antigone Allena
Social Coordinator: Renelle Reese
Transportation Dir.: Tony Carp

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



50 Ruby Avenue
Eugene, OR 97404
www.terpeningterrace.com

Unusual Name. Unmatched Service.



This Month's Highlights

- ♦ **Social Hour:** The Angels, Georges Bouhey, Corwin Bolt & Shane Allen, and Jeff Phillips w/Eugene Astronomy Club.
- ♦ **Outings:** Country Bakery, Florence Day Trip, Scandinavian Festival, Belknap Springs and Sarver Winery.
- ♦ **Piano Night** with Louis Faro and **Saxophone Night** with Nathan Boal
- ♦ **Mystery Pop-Up**
- ♦ **Bunco Group, Shuffle Board and Left Center Right**
- ♦ **Shopping trips** to Bi-Mart, Trader Joe's, Wal-Mart, Thistledown Farms and Thrift Shopping
- ♦ **Movies with Susie**
- ♦ **What's New:** Book Club, Creative Writing, MasterClass, Learn to Play, Healing Art, Heathy Fit and Dance.



Sign up sheets will be available at the Front Desk, one week before.

Social Coordinator's Message



Hello August,
Summer is still shining and we're adding a fresh splash of citrus-inspired fun to our calendar. This month is bursting with exciting opportunities to connect, learn, laugh, and make wonderful memories together. Be on the lookout for our **Mystery Pop-Up Surprise**, where you never know what exciting treat, activity, or entertainment might appear. It's a fun way to add a little excitement to your month. We're also launching a **Book Club**, giving readers a chance to share great stories and enjoy meaningful conversations. If you've ever wanted to learn a new game or hobby, don't miss our **Learn to Play** sessions, where we'll explore fun games in a relaxed and welcoming environment. Don't miss our social hour with Jeff Phillips from the Eugene Astronomy Club with a special presentation.

This August, squeeze every drop of joy out of the season! Whether you're making new friends, learning a new skill, or simply enjoying time together, there's something for everyone. I hope you'll join us and make this month one to remember.

See you at the next activity!

Warmly, Renelle Reese



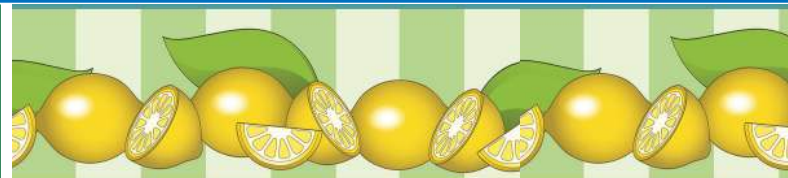
Employee of the Month

August, 2026

Congratulations, Rick Contreras



Rick has been named Employee of the Month for his outstanding performance. He is incredibly quick to respond to maintenance work orders and approaches every task with dedication and efficiency. Rick is always proactive — constantly checking in to see if anyone needs assistance and following up throughout the day. His excellent communication skills make him a true asset to the team. We truly appreciate Rick's unwavering commitment and positive attitude—his hard work does not go unnoticed!



Happy Birthday

Lynda Bouse	August 1
Bonnie Wilkinson	August 8
Randy Prouse	August 11
Ray Stewart	August 17
Sue Bond	August 19
Linda Queener	August 20
Darralynn Nemechek	August 31



August 15th
Ted & Terri Martino

Inspiration

Chapel Service

Fridays in Packard Place.
This non-denominational service starts at 10:00 am.



Women's Bible Study

Thursday August 13th, 20th & 27th
@ 10:30 am - CK3

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

MasterClass - Cellphone

Photography

Monday, August 3rd, 17th, 24th & 31st
11:00 am - Cinema Room



Discover how to take beautiful photos using the camera you carry every day! In this hands-on masterclass, you'll learn simple tips and tricks for capturing clear, vibrant pictures with your cell phone. Topics include lighting, composition, portrait mode, zoom, editing basics and organizing your photos.

Creative Writing Class

Thursday, August 13th

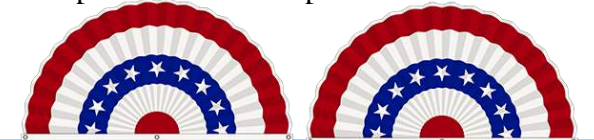
11:00 pm - CK1

Become inspired with writing. Feel free to share your writing or hold it close to you. Creative writing is a great way to express what you feel, as it frees ones mind and comforts the soul. Writing provides us with an opportunity to create inspired life experiences and helps us go beyond difficult moments in life.



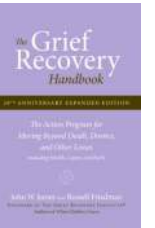
Terpening's Veterans' Board

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



Grief Support Group

Wednesday, August 12th
@3:30 pm - Cinema Room



Let's support one another using The Grief Recovery Handbook

Arts & Crafts Tuesday @3:00pm CK1 - First Floor

Bring a project you're working on and feel inspired by those around you. Fellowship with your Terpening Terrace friends while you craft.



Intro to....

Digital Therapeutics

Monday, August 10th
1:00 pm - Cinema Rm





Fun & Games



Community



Available Game Rooms

FH = Fishing Hole —1st Floor

PP = Packard Place —1st Floor

TP = Tea Party —2nd Floor

Cin Rm = Cinema Room - 3rd Floor

RESIDENT LEAD GAMES

Sundays at 1:30 pm in PP - Manipulation

Mondays at 6:30 pm in PP - Players Choice

Wednesdays at 6:30 pm in PP - Players Choice

Mon/Tues/Wed/Fri at 3:15 pm in TP - Bridge

Thursday - Movies w/Susie 6:30 pm Cin Rm

Fridays at 6:30 pm in PP - Manipulation

Saturdays at 3:15 pm in FH - Pinochle

Note: Wii is setup in Cinema Room and available at residents leisure.

RESIDENT LEAD ACTIVITIES

Monday Bi-weekly -Healthy Living Support CK1

Thursday Bi-weekly - Movies w/Susie - Cin Rm

Garden Club Meeting - TBD

Saturday Games with Jamie

11:00 am - Packard Place

1st Ladder Toss 15th Croquet 29th - Baking

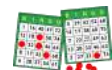
8th Bean Bag Toss 22nd Shuffle Board -FIT



Chair Volleyball

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!



Bingo



Tuesdays @ 2:00 pm - Packard Place

Join Activities in Packard Place for Bingo!
Enjoy regular Bingo, fun patterns and blackout!

You will have the chance to win
candy or a snack if you get a bingo.

Vegas Bingo w/Jamie

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.

Left Center Right Game

****Bring 20 dimes**

Tuesday, August 18th

11:00 am - PP



This dice game has simple setup and rules so anyone
can learn it within a couple of minutes.

BUNCO GROUP

(3rd Tuesday of the Month)



When: Tuesday, August 18th

Time: 6:00 pm

Where: Packard Place

***Sign up with Renelle**



Resident Town Hall Meeting

Monday, August 10th

@10:30 am - Packard Place



Mimosa Monday in the Dining Room

August 10th, 11:00 - 1:00 pm

Join us for fun-flavored mimosas at breakfast!

Non-alcoholic options will also be available.



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.

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.



Transportation Schedule



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. (Church and Sunday Drive)

Coffee, Treats & Stories

Saturday, August 8th & 22nd

9:30 am - Living Area by DR



**Enjoy gathering with neighbors to share
stories, discuss current topics, make
new friends and build meaningful
connections in a welcoming and friendly
atmosphere.**

Creative Writing Class

Thursday, August 13th

11:00 am - CK1



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

Sunday Drives

August 2 - McKenzie East

August 9 - Oakridge - 2.5 l

August 16 - Jasper

August 23 - Mohawk

August 30 - Cheshire





Art & Creativity



Iris Folding w/Janie

Tuesday, August 4th & 25th
11:00 am - CK3



Spend time with Janie in the third floor kitchen creating a iris folding craft. All the supplies will provided.

Watercolor Painting Sunflower at Sunset

Monday, August 10th
@ 1:00 pm - CK3



Paint a black sunflower silhouette a watercolor sunset. Use a cotton ball and a blotting and lifting technique to create a hazy sun .

***Sign up at the front desk.**

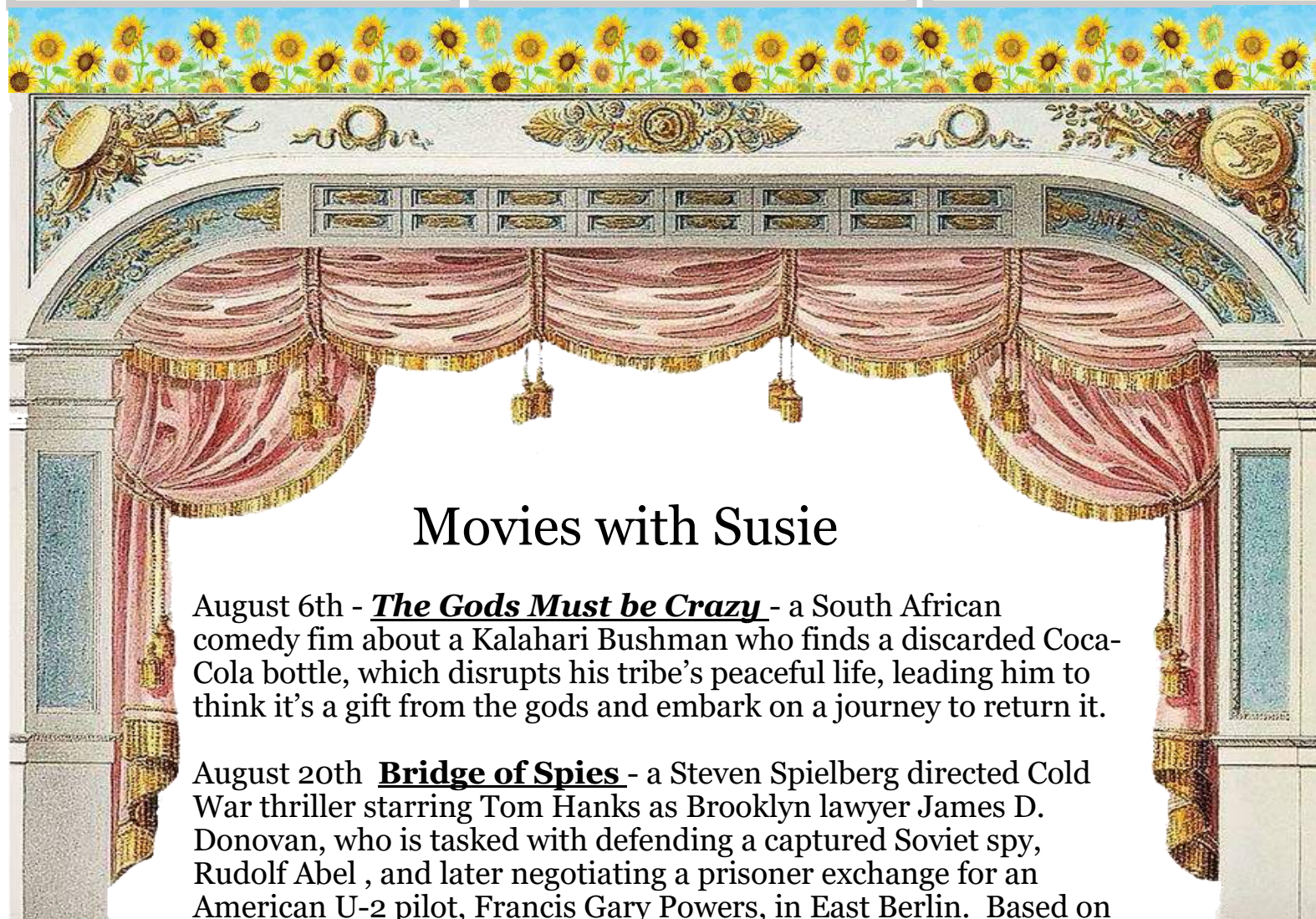
Dried Flower Craft

Tuesday, August 11th
11:00 am - CK3



Add a touch of nature to your space with this handcrafted acrylic coaster featuring real dried flowers from our garden. Each coaster is carefully designed to preserve the natural beauty of delicate blooms, making every piece one of a kind.

***Sign up at the front desk**



Movies with Susie

August 6th - **The Gods Must be Crazy** - a South African comedy film about a Kalahari Bushman who finds a discarded Coca-Cola bottle, which disrupts his tribe's peaceful life, leading him to think it's a gift from the gods and embark on a journey to return it.

August 20th **Bridge of Spies** - a Steven Spielberg directed Cold War thriller starring Tom Hanks as Brooklyn lawyer James D. Donovan, who is tasked with defending a captured Soviet spy, Rudolf Abel , and later negotiating a prisoner exchange for an American U-2 pilot, Francis Gary Powers, in East Berlin. Based on



Social Hour



August Birthday Party w/ our Beautiful and Loved Angels

Thursday, August 7th
3:00 pm - Packard Place



Georges Bouhey

Thursday, August 13th
3:00 pm - Packard Place



The sharply dressed gentleman with an Aura of Accomplishment and serenity playing the piano bringing a special touch of class and elegance to our social time.

Corwin Bolt & Shane Allen

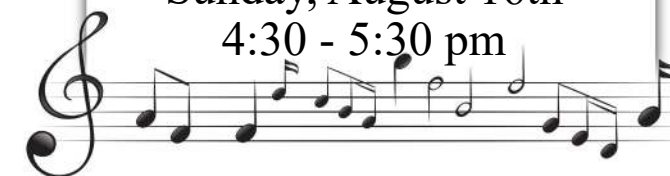
Thursday, August 20th
3:00 pm - Packard Place



Enjoy their multifaceted approach to music and education making them versatile and influential figures in the Oregon music community.

LOUIS FARO - Piano
Friday, August 7th
4:30- 5:30 pm

NATHAN BOAL - Sax
Sunday, August 16th
4:30 - 5:30 pm



Jeff Phillips with Eugene Astronomy Club

Thursday, August 27th
3:00 pm - Packard Place



Join us for an enlightening afternoon with a presentation observing and photographing the planets from his home Observatory. Some of the pictures have been printed in Sky and Telescope magazine.

MYSTERY POPUP

Friday, August 21st

3:15 pm - by Packard Place

Get ready for a little unexpected fun! Join us for our Mystery Pop-Up Surprise, where you never know what exciting activity, tasty treat, game, or special entertainment might appear. The mystery is part of the fun, so keep an eye out for clues and be ready to enjoy a delightful surprise with friends. Come curious and leave smiling!!!



Outings

Country Bakery & Scenic Drive

Wednesday, August 7th
@ 10:00 am - Lobby



Enjoy a scenic drive and wonderful bakery selection.
**Sign up at the front desk*

Florence Trip

Drop off at Casino or Old Town
Wednesday, August 12th
9:30 am - Lobby




You can put on your lucky socks and spend a few hours at the casino hitting the slots or venture to Old Town for shopping and shopping lunch.
**Sign up at the front desk*

Shopping

Trader Joe's

Wednesday, August 5th
@ 9:30 am - Lobby



Hop on the bus and get those essentials you can only find at this popular organic store.
**Sign up at front desk*

Bi-Mart

Tuesday, August 4th & 18th
@ 10:00 am - Lobby

Remember Lucky number Tuesday.
**Sign up at front desk*



Thistledown Farm



Friday, August 28th
10:00 am -Lobby

Let's go to the farm stand for some fresh goods and fresh air!
**Sign up at front desk*

Thrift Shopping

Tuesday, August 25th
10:00 am - Lobby



Discover quality products at discounted prices through thrift shopping.
**Sign up at front desk*

Health Minded Living

NEW CLASSES

Healing Art - Mondays 1:00 pm - CK3
Creative expression healing mental, emotional, and physical well being.

Healthy Fit Mon 10-12, Tues 9:30-10:30
Wed 10-12, Fri 9:30 - 11:00
One-on-one coaching fit sessions for overall health and happiness.

Dance - Wednesdays 1:00 pm FIT
Explore chair or standing dance and movement.

Comedy Corner Thurs 11:00 Ctyd
Jokes, stories, and laughter for healthy immune systems, lymphatic systems and glowing skin.

Fluid Movement - Fridays 11:00 FIT
Combines gentle movement with self massage for improved circulation, health and relaxation

Laughter Yoga
Tuesdays - 11:00 Packard Place
Incorporates intentional laughter with easy fun yogic breathing to reduce stress, improve mood and boost overall vitality

Weight Room Intro *
Tuesday, August 11th - 11:00 am - FIT
Wednesday, August 26th - 9:15 am - FIT
Learn the fitness equipment in the FIT room.

Ageless Grace

Mondays at 11:00 am - PP



Ageless Grace is a fun and cutting edge brain and fitness program based on neuroplasticity that activates many functions of the brain-strategic planning, memory, recall, creativity, imagination and Kinesthetics learning.

AGING WELL

Monday, August 10th & 24th
1:00 pm - CK1



Join Antigone and friends for helpful tips and tricks to thrive at Terpening!
Learn how to make choices that are right for you and your body! The most healthful activities and nutritional choices aren't necessarily the same for everyone. Find what works for you!

Balance Basics

Thursdays at 1:30 pm - FIT

Essential class that works on your balance. We don't want you to fall!!



NOTICE.....

Employee Picnic is Wednesday, August 26th

Dining Room will close at 1:00 pm. Sack dinners will be provided. No Transportation after 1:00pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DR - Dining Room FIT - Fitness Room Lobby - Front Entrance Cin Rm - Cinema Room CK1 - Betsy's Kitchen 1st Floor CK3 - Kitchen 3rd Floor FH Fishing Hole 1st Floor	TP Tea Party 2nd Floor PP ~ Packard Place GB Garden Boxes	<u>Class lead by Name List</u> RR - Renelle JK - Jamie AA - Antigone JI - Jessica				1 11:00 - Ladder Toss - FIT JK 2:00 Vegas Bingo - PP - JK 
2 <u>9:00 - 1:00 Church Drives</u> <u>2:00 Weekend Drive *</u> <u>McKenzie East</u>	3 10:00 - 12:00 Healthy Fit - FIT- JI 10:15 Total Body - PP - AA 11:00 Ageless Grace - PP - AA 11:00 MasterClass - Cin Rm RR 1:00 Art for Healing - CK3 - JI 2:00 Chair Volleyball - PP - AA 2:30 Cribbage Club - CK3 - RR 	4 9:30 - 10:30 - Healthy Fit - JI 9:40 Sit and Resist - PP - AA <u>10:00 BiMart - Lobby *</u> JK 10:15 Posture and Balance - PP - AA 11:00 Iris Folding w/Janie - CK3 - RR 11:00 Laughter Yoga - PP - JI 1:00 Garden Club - CK1 - AA 2:00 Bingo - PP - JK/RR 3:00 Arts & Crafts - CK1 - RR	5 <u>9:30 Trader Joes *</u> JK  10:15 Chair Yoga - PP- AA 11:00 Tai Chi - PP - AA 1:00 Dance Fit - FIT - JI <u>1:30 - Book Club - Cin Rm -RR</u> 2:00 Chair Volleyball - PP JI/AA	6 9:40 Stretch & Meditate - PP - AA 10:15 Total Body - PP - AA 11:00 Learn to Play - CK1 - JK/RR 11:00 Comedy Corner - Courtyard - JI 1:30 Balance Basics - FIT - AA <u>3:00 Social Hour - PP*</u> <u>The Angels & July Birthdays</u> 6:30 Movie Night w/Susie - Cin Rm	7 9:30 - 11:00 Healthy Fit -FIT JI <u>10:00 Resident Outing *</u> <u>Country Bakery - Lobby - RR</u> 10:00 Chapel - PP - RR 11:00 Fluid Movement - FIT - JI 2:00 Chair Volley Ball - PP JI/JK  <u>4:30 Piano Night - DR</u> 	8 <u>9:30 Coffee Cake & Stories - by PP</u> -JK 11:00 Bean Bag Toss - PP - JK 2:00 Vegas Bingo - PP - JK 
9 <u>9:00 - 1:00 Church Drives</u> <u>2:00 Weekend Drive *</u> <u>Oakridge 2 - 2.5 hrs.</u>	10 <u>10:30 Town Hall - PP</u> <u>11:00 - 1:00 Mimosa Monday - DR</u> 1:00 Aging Well - CK1 - AA <u>1:00 Digital Therapeutics - PP - RR</u> 1:00 Art for Healing - CK3 - JI 2:00 Chair Volleyball - PP - AA 2:30 Cribbage Club - CK3 - RR 	11 9:30 - 10:30 Healthy Fit - JI 9:40 Sit and Resist - PP - AA <u>10:00 Wal-Mart - Lobby *</u> JK  10:15 Posture and Balance - PP - AA 11:00 Laughter Yoga - PP - JI 11:00 - Weight Intro - FIT - AA 11:00 Dried Flower Craft - CK3 JK/RR 2:00 Bingo - PP - JK/RR 3:00 Arts & Crafts - CK1 - RR	12 10:15 Chair Yoga - PP - AA 11:00 Tai Chi - PP - AA  <u>11:30 Resident Outing Florence Trip *</u> JK/RR 1:00 Dance Fit - FIT - JI 2:00 Chair Volleyball - PP 3:30 Grief Support Group - Cin Rm RR	13 9:40 Stretch & Meditate - PP - AA 10:15 Total Body Fitness - PP - AA 10:30 Ladies Bible Study - CK3 - RR 11:00 Creative Writing - CK1 - RR 11:00 Comedy Corner - Courtyard - JI 1:30 Balance Basics - FIT - AA <u>3:00 Social Hour - PP *</u> <u>Georges Bouhey</u> 6:30 Seasoned Readers Practice - PP - RR	14 9::30 - 11:00 - Healthy Fit - FIT - JI 10:00 Chapel - PP - RR <u>11:00 Resident Outing *</u> <u>Scandinavian Festival JK</u>  11:00 Fluid Movement - FIT JI 2:00 Chair Volley Ball - PP JI/JK <u>3:00 Pop-up Treat - JK/RR</u>	15 11:00 Croquet - PP - JK 2:00 Vegas Bingo - PP - JK
16  <u>9:00 - 1:00 Church Drives</u> <u>2:00 Weekend Drive *</u> <u>Jasper</u> <u>4:30 Saxophone Night - DR</u>	17 10:00 - 12:00 Healthy Fit - JI 10:15 Total Body - PP - AA 11:00 Ageless Grace - PP - AA 11:00 MasterClass - Cin Rm - RR 11:00 Holly's Jewelry - PP 1:00 Art for Healing - CK3 - JI 2:00 Chair Volleyball - PP - AA 2:30 Cribbage Club - CK3 - RR  	18 <u>9:30 - 10:30 Healthy Fit FIT II</u> 9:40 Sit and Resist - PP - AA <u>10:00 BiMart - Lobby *</u> JK 10:15 Total Body ~ PP - AA <u>11:00 Left Center Right Game -PP RR</u> 1:00 Garden Club - CK1 - AA 2:00 - Bingo - PP - JK/RR 3:00 Arts Crafts CK1 - RR 3:15 Men's Edition - Cin Rm - RR 6:00 Bunco Group - PP - RR	19 <u>9:30 Resident Outing Belknap Springs with Whispering Winds - RR</u> 	20 9:40 Stretch & Meditate - PP AA 10:15 Total Body - PP AA 10:30 Ladies Bible Study CK3 RR 11:00 Learn to Play - CK1 JK/RR 11:00 Comedy Corner - Courtyard - JK 1:30 Balance Basics - FIT AA <u>3:00 Social Hour - PP *</u> <u>Corwin Bolt/Shane Allen</u> 6:30 Movie Night w/Susie - Cin Rm 	21 9:30 - 11:00 Healthy Fit - FIT - JI 10:00 Chapel - PP <u>11:30 Resident Outing*</u>  <u>Sarver Winery RR</u> 11:00 Fluid Movement - FIT - JI 2:00 Chair Volleyball JI/JK 3:15 <u>MYSTERY POP-UP - by PP</u> JK/RR	22 <u>9:30 Scones & Stories - by PP - JK</u> 11:00 - Shuffle Board - FIT - JK 2:00 Vegas Bingo - PP - JK
23/30 <u>9:00 - 1:00 Church Drives</u> <u>2:00 Weekend Drive -</u> <u>23rd -Mohawk</u> <u>30th Cheshire</u>	24/31 10:00 - 12:00 Healthy Fit - JI 10:15 Total Body - PP - AA 11:00 Ageless Grace - PP - AA 11:00 MasterClass - Cin Rm - RR 1:00 Aging Well - CK1 - AA 1:00 Art for Healing - CK3 - JI 2:00 Chair Volleyball - PP - AA 2:30 Cribbage Club - CK3 - RR 31st...  	25 9:30 - 10:30 Healthy Fit FIT JI 9:40 Sit and Resist - PP - AA <u>10:00 Resident Outing JK Thrift Shopping*</u> 10:15 Posture and Balance - PP - AA 11:00 Laughter Yoga - PP - JI 11:00 Iris Folding w/Janie - CK3 - RR 2:00 Bingo-PP JK/RR 3:00 Arts Crafts CK1 - RR	26 9:15 Weights Intro FIT AA 10:15 Chair Yoga - PP - AA 11:00 Tai Chi - PP - AA <u>1pm Annual Employee Picnic - Dining Room Closes at 1:00 pm -</u> <u>No Transportation after 1:00 pm</u> <u>Sack Dinner prepared.</u> 	27 9:40 Stretch & Meditate - PP AA 10:15 Total Body - PP - AA 10:30 Ladies Bible Study - CK3 - RR 11:00 Learn to Play - CK1 - JK/RR 1:30 Balance Basics - FIT - AA <u>3:00 Social Hour - PP</u> <u>Jeff Phillips - Astronomy Club</u> 6:30 Seasoned Readers Practice - PP - RR	28 9:30 - 11:00 Healthy Fit - FIT - JI 10:00 Chapel - PP - RR <u>11:00 Thistledown Farm *</u> JK 11:00 Fluid Movement - FIT - JI 2:00 Chair Volleyball - JI/JK 	29 11:00 Baking w/Jamie - CK1 - JK 2:00 Vegas Bingo - PP - JK