

YMORNINGGLORYGL DZBMCAETYKREQRE SRRXULSQTELRFAA EAOULDILNV ВВ AIYF E V B O C N NKARRTNPRSOTAU HHTFLOOHCSDBXRR Q J E F O S K Y J R Q A E E E GFTCSKNCOZYNT TNOITARGIMNGJTS INDEPENDENCERSA J K A K X B S A U Z V Z M I E IFSIJPIQCRISPYV K B M Z A A R B I L A P X L N

**ASTER** GRANDPARENTS (Day) **MIGRATION AUTUMN** MORNING GLORY **HARVEST BONFIRE** INDEPENDENCE (Day, Mexico) OKTOBERFEST CRISP LABOR DAY **ORCHARD EQUINOX LEAVES SCHOOL FOOTBALL VIRGO** LIBRA

### DEPARTMENT HEAD DIRECTORY

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

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



TERRACE
Unusual Name.
Unmatched Service.

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

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



- Musical Performances by: The Angels & Christopher Sean
- Piano Night With Louis Faro
- Bi-Weekly Bi-Mart Trips & Trader Joes
- Get Crafty with Erin plus a Fall Wreath Class
- Sign up sheets will be available at the Front Desk, one week in advance, for events that require sign up.
- Outings: Florence Casino, High Pass Winery, Hop Valley Brewery & Dahlia Festival
- River Walk & Neighborhood Walk Exercise Outings
- Movie Nights with Susie in the Cinema Room
- Master Class Critical Thinking
- Terpening Tones Choir Group
- Reader's Theater VLT
- Art Therapy with Sara
- Oktoberfest Beer Tasting Social Hour

### Social Coordinator's Message

"By all these lovely tokens, September days are here. With summer's best of weather and fall's best of cheer."

-Helen Hunt Jackson

Instead of grasping for summer as it comes to an end, reminisce on the adventures and accomplishments the season brought us. Then, with open arms, welcome the beginning of autumn weather and tender moments. Embrace the changing of seasons on our many outings this month, including a trip to High Pass Winery and the Dahlia Festival in Canby, OR. Experience the healing power of art and music by attending social hours and the Terpening Tones Choir group. We even have a new musician, Christopher Sean, coming to Terpening on the 11th. Keeping Terpening "health minded" is still a priority! So attend one of our many fitness classes, masterclasses, and the Fall Prevention presentation. For those who need to get vaccinations, a flu and COVID vaccine clinic will be held on September 25th in Packard Place. Enjoy the month and experience the changing leaves as fall arrives! - Sara Lascano

### Employee of the Month September, 2025

Congratulations, Jorge Martinez!



Jorge brings steady leadership and positivity to every shift. He consistently goes above and beyond in his role, whether stepping up to lead, training others, or simply keeping spirits high during busy meal services. His attention to detail and commitment to excellence help create a smooth and pleasant dining experience for residents and staff alike.

Noreen Larsen September 18th

Sandra Schrager September 19th

Darlene Diller September 23rd

Joyce Kulick September 26th





### Inspiration



### **Chapel Service**

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



### Makers' 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, September 16th @ 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.

### Gathering Hands for Charity Tuesday, September 9th & 23rd @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.

#### 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

Ioin 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 videos from all the other buildings, too!

### TED Talk & Thoughts Monday, September 8th @1:00 pm - Cinema Room

This month's talk:

Resident's Choice (browse and vote on the topic)



TED is a non-profit that believes powerful ideas, powerfully presented, move us to feel something, to think differently and 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

#### Weekly Games

Sundays at 1:30 pm in PP - Manipulation

Sundays at 3:15 pm in TP - Bridge

Mondays at 2:00 pm in CK3 - Cribbage

Mondays at 6:30 pm in PP - Players Choice

Tuesdays at 6:30 pm in TP- Pinochle

Wednesdays at 6:30 pm in PP- Players Choice

Mon/Wed/Fri at 3:15 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.

#### Wii Sports

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

Wii Golf on Tuesdays @ 11:00 am - PP

Wii Bowling on Sundays 6:30 pm - PP

### 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!

### Games with Jamie Saturdays @ 11:00 am - Packard Place

<u>6th:</u> Croquet

13th: Ladder Ball

**20th**: Bean Bag Toss

27th: Ring Toss

### <u>UO Football Watch Parties</u> <u>Saturday, September 20th & 27th</u> <u>in Packard Place</u>

Cheer on the ducks this season with friends and neighbors in Packard Place! We will stream two games this month. Chairs and tray tables will be set up for casual viewing. Residents should bring their own snacks and drinks. Activities will provide plates, cups and napkins.

The cinema room can be requested & utilized for games not streaming in Packard Place.

### 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 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.

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.

### Community

## Resident Town Hall Meeting September 15th

(Changed to the 3rd Monday due to labor day.)
Meetings are <u>usually</u> held on the 2nd Monday
of each month at 10:30 a.m. in Packard Place.
December is skipped.

### 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.

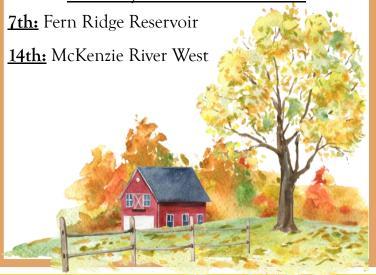
## Puzzle Room Located on the Second Floor

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, September 29th, 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.

### Sunday Drives with Erin



### **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. 9:00 a.m. - 3:30 p.m.

Saturday

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

## Get Crafty with Erin Wednesday, September 10th @ 11:00 am - CK3

Join Erin for a craft! Spend time creating your own creation, alongside friends. This craft will be announced closer to the activity date.

No supplies or experience needed.

Please sign up at the desk to attend.



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

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

Please sign up at the desk to attend.

## Art Therapy Monday, September 22nd @ 1:00 pm - CK3

Nurturing your inner artist is good for your health! Proven benefits are improved memory, cognitive function, and motor skills. This month's art therapy is -

Acrylic Painting on Wood

Please sign up at the desk to attend.

# Fall Wreath Class Tuesday, September 30th @ 11:00 am - CK3

Create your very own seasonal wreath!
Join Jamie and Sara in this easy class, where you choose and design your wreath. The activities team will do the labor of putting it all together for you, but we need your artistic eye!

Please sign up at the desk to attend.





## The Angels Thursday, September 4th @ 3:00 pm - Packard Place

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

### VLT - Reader's Theater Thursday, September 18th @ 3:00 pm - Packard Place

Enjoy another performance by the Very Little Theater's group of actors as they perform a reader's theater! Snacks & drinks provided.

## Piano Night w/ Louis Faro Friday, September 5th @ 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.

## Christopher Sean Thursday, September 11th @ 3:00 pm - Packard Place

This musician has never played for Terpening before, but that doesn't mean he's new to the scene. Check out this 70's & 80's rocker! He was once a contestant on The Voice.

# Oktoberfest Beer Tasting Thursday, September 25th @ 3:00 pm - Packard Place

"Halt deine lederhosen fest!" (hold on to your lederhosen) It's the first week of Oktoberfest! Celebrate with beer, food, and a jolly good time.

Please sign up at the desk to attend social hours.



### Shopping

## Bi-Mart Tuesday, September 2nd & 16th @ 10:00 am - Lobby

Meet in the front lobby and get some shopping done! Reusable bags are encouraged. This store is walker accessible.

Sign up at the front desk.

## Trader Joe's Friday, September 26th @ 11:00 am - Lobby

Meet in the front lobby and head to this popular, organic, grocer! Reusable bags are encouraged. This store is walker accessible.

Sign up at the front desk.





## Florence Casino Wednesday, September 3rd @ 9:30-Lobby

Feeling lucky? Hop on the bus for a scenic drive to the coastal casino, Three Rivers!

Enjoy a day at the slot machines, where you can bring your own lunch or purchase food from the restaurant. We will be leaving Florence and head back to Terpening around 2:00 pm.

### Hop Valley Brewery & Lunch Wednesday, September 17th @11:00-Lobby

Enjoy a nice lunch in town at one of the most popular breweries in the area! Hop Valley is known for their variety of craft beers and offers a full food menu and beer tasting flights.

Sign up at the desk to attend outings.

### High Pass Winery

#### Friday, September 12th @ 11:00 - Lobby

Enjoy wine with a view at High Pass. A picnic lunch will be provided by the kitchen. Not interested in wine? We encourage you to come anyway! You don't need to drink alcohol to enjoy some sunshine and good company.

### Swan Island Dahlia Festival

#### Wednesday, September 24th @ 9:30 - Lobby

Stroll through 50 acres of breathtaking fields and a beautiful garden of stunning dahlias. Treat yourself to a rainbow of colors by taking photos, shopping in the gift shop, and purchasing fresh dahlias to take home. There will be one food truck available to purchase lunch. - OR - let the front desk know, when signing up, if you would like a picnic lunch made by the kitchen. Admission is free, and the festival is 1.5 hours away.

### Movie Nights with Susie

@ 6:30 pm - 3rd Floor Cinema Room

#### Thursday, September 11th - Stand By Me

A classic movie that reflects on childhood friendships, grief and the emotional aspects of growing up. Based in a rural area in Oregon, parts of the film were filmed in Brownsville, Oregon.

#### Thursday, September 25th - Lee

The story of photographer, Elizabeth 'Lee' Miller, a fashion model who became an acclaimed work correspondent for Vogue magazine during World War II

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

## Health Minded Living



## Healthy Habits Monday, September 15th & 29th @ 1:00 pm - CK1

Join Antigone 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! The most healthful activities and nutritional choices aren't necessarily the same for everyone. Find what works for you!



Healthy

## Healthy Living Support Group Monday, September 8th & 22nd @ 3:15 pm in CK3

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

## Fall Prevention Class Monday, September 22nd 10:00 am - Packard Place

Join us in this seminar as we get reminders, and learn new ways, to prevent falls. It's fall prevention month in wellness! Be sure to attend Antigone's balance basics classes for weekly exercise and prevention techniques.



# <u>Masterclass -</u> <u>Critical Thinking</u> Thursdays @ 11:00 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.

### Community Garden Boxes Fridays @10:00 am

Help us tend to our edible flower garden. If you can't make it out there Friday mornings, pick a time that works for you!

### Last River Walk of the Year Friday, September 5th @11:00 am

Hop on the bus for some fresh air and exercise! Stroll the river with friends and sunshine one more time before the rain and cooler weather arrive in Eugene.

## Flu & COVID Vaccine Clinic Thursday, September 25th @ 10:00 am - Packard Place

Get your vaccinations here at home! Savon
Pharmacy will be providing vaccines for residents
and staff in Packard Place all morning,
The pharmacist has asked that residents wear a
short sleeved shirt during the clinic. A memo
with more info will be sent out closer to the
clinic date. Forms will be at the front desk.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 - 5:00 Transportation 10:15 Fitness Video - PP 2:00 Cribbage Club - CK3 3:15 Bridge - TP 6:30 Games - PP	2 9:00 - 5:00 Transportation 9:40 Sit and Resist - PP 10:15 Posture and Balance - PP 10:00 Bi-Mart - Lobby * 11:00 Wii Golf - PP 12:45 Terpening Tones - PP * 2:00 Bingo - PP 3:15 Makers' Meet Up - PP 6:30 Pinochle - TP	3 9:00 - 5:00 Transportation Resident Outing * 9:30 Florence Casino 10:15 Chair Yoga - PP 11:00 Tai Chi Club - PP 2:00 Chair Volleyball - PP 3:15 Bridge - TP 6:30 Games - PP	4 9:00 - 5:00 Transportation 9:40 Meditation & Stretching - PP 10:15 Total Body Fitness - PP 10:30 Ladies Bible Study - CK3	5 9:00 - 5:00 Transportation 10:00 Community Gardening - GB 10:30 Chapel - PP 11:00 River Walk - Lobby 2:00 Chair Volley Ball - PP 3:15 Bridge - TP 4:30 Piano Night - DR 6:30 Manipulation - PP	6 9:00 - 3:30 Transportation 10:15 Fitness Video - PP 11:00 Croquet - PP 2:00 Vegas Bingo - PP
7 9:00 - 2:00 Transportation 10:15 Fitness Video - PP 1:30 Manipulation - PP 2:00 Weekend Drive * Fern Ridge Reservoir 3:15 Bridge - TP 6:30 Wii Bowling - PP	8 9:00 - 5:00 Transportation 10:00 Grief Support Group -CinRm 10:15 Total body - PP 11:00 Chair Dancing - PP 1:00 TED Talk - CinRm 2:00 Chair Volleyball - PP 2:00 Cribbage Club - CK3 3:15 Bridge - TP 3:15 Healthy Living Support - Cl	9 9:00 - 5:00 Transportation 9:40 Fitness Video - PP 11:00 Wii Golf - PP 1:00 Gathering Hands - CK1 2:00 Bingo - PP 3:15 Makers' Meet Up - PP 6:30 Pinochle - TP	10 9:00 - 5:00 Transportation 10:15 Yoga Video - PP  Resident Craft *  11:00 Get Crafty with Erin - CK3 2:00 Chair Volleyball - PP 3:15 Bridge - TP 6:30 Games - PP	9:40 Stretching Video 10:15 Fitness Video - PP 10:30 Ladies Bible Study - CK3  Master Class - Week 2  11:00 Critical Thinking 1:00 Men's Bible Appreciation - TP  3:00 Social Hour - PP *  Christopher Sean 6:30 Movie Night w/ Susie - CinRm  "Stand By Me" *	12 9:00 - 5:00 Transportation 10:00 Community Gardening - GB 10:30 Chapel - PP  Resident Outing * 11:00 High Pass Winery 2:00 Chair Volley Ball - PP 3:15 Bridge - TP 6:30 Manipulation - PP	13 9:00 - 1:00 Transportation 10:15 Fitness Video - PP 11:00 Ladder Ball 2:00 Vegas Bingo - PP
14 9:00 - 2:00 Transportation 10:15 Fitness Video 1:30 Manipulation - PP  2:00 Weekend Drive *  McKenzie River West 3:15 Bridge - TP 6:30 Wii Bowling - PP	15 9:00 - 5:00 Transportation 10:30 Town Hall - PP * 11:30 Holly's Jewelry - PP 1:00 Healthy Habits - CK1 2:00 Chair Volleyball - PP 2:00 Cribbage Club - CK3 3:15 Bridge - TP 6:30 Games - PP	16 9:00 - 5:00 Transportation 9:40 Sit and Resist - PP 10:15 Posture and Balance - PP 10:00 Bi-Mart - Lobby * 11:00 Wii Golf - PP 11:30 Creative Writing - CK3 11:30 Walking Group - Lobby 12:45 Terpening Tones & Elias - PP* 2:00 Bingo - PP 3:15 Makers' Meet Up - PP 6:30 Pinochle - TP	17 9:00 - 5:00 Transportation 10:15 Chair Yoga - PP  Resident Outing * 11:00 Hop Valley Brewery & Lunch 11:00 Tai Chi Club - PP 2:00 Chair Volleyball - PP 3:15 Bridge - TP 6:30 Games - PP	18 9:00 - 5:00 Transportation 9:40 Meditation & Stretching - PP 10:15 Total Body Fitness - PP 10:30 Ladies Bible Study - CK3	19 9:00 - 5:00 Transportation 10:00 Community Gardening - GB 10:30 Chapel - PP 2:00 Chair Volley Ball - PP 3:15 Bridge - TP 4:00 Lobster Night - DR 6:30 Manipulation - PP	20 9:00 - 1:00 Transportation 10:15 Fitness Video - PP 11:00 Bean Bag Toss - PP 2:00 Vegas Bingo - PP  UO vs Oregon State - PP (Time TBD) (Home)
21 9:00 - 2:00 Transportation 10:15 Fitness Video 1:30 Manipulation - PP 3:15 Bridge - TP 6:30 Wii Bowling - PP	22 9:00 - 5:00 Transportation  Presentation  10:00 Fall Prevention Class - PP  1:00 Art Therapy - CK3*  2:00 Chair Volleyball - PP  2:00 Cribbage Club - CK3 AUTUMN  3:15 Bridge - TP  3:15 Healthy Living Support - CK3  6:30 Games - PP	23 9:00 - 5:00 Transportation 9:40 Sit and Resist - PP 10:15 Posture and Balance - PP 11:00 Wii Golf - PP 11:30 Walking Group - Lobby 1:00 Gathering Hands - CK1 2:00 Bingo - PP 3:15 Makers' Meet Up - PP 6:30 Pinochle - TP	24 9:00 - 5:00 Transportation 10:15 Chair Yoga - PP 11:00 Tai Chi Club - PP Resident Outing * 9:30 Swan Island Dahlia Festival 2:00 Chair Volleyball - PP 3:15 Bridge - TP 6:30 Games - PP	25 9:00 - 5:00 Transportation 10:00 Flu Clinic - PP 1:00 Men's Bible Appreciation - TP 1:30 Balance Basics - FIT* 3:00 Social Hour - PP* Octoberfest Beer Tasting 6:30 Movie Night w/ Susie - CinRm "Lee" *	26 9:00 - 5:00 Transportation 10:00 Community Gardening - GB 10:30 Chapel - PP  11:00 Trader Joes* 2:00 Chair Volley Ball - PP 3:15 Bridge - TP 6:30 Manipulation - PP	27 9:00 - 1:00 Transportation 10:15 Fitness Video - PP 11:00 Ring Toss - PP 2:00 Vegas Bingo - PP 4:30 UO vs Penn State - PP (Away)
28 9:00 - 2:00 Transportation 10:15 Fitness Video 1:30 Manipulation - PP 3:15 Bridge - TP 6:30 Wii Bowling - PP	299:00 - 5:00 Transportation 7:00-10:00 Mimosa Monday - DR 10:15 Total body - PP 11:00 Chair Dancing - PP 1:00 Healthy Habits - CK1 2:00 Chair Volleyball - PP 2:00 Cribbage Club - CK3 3:15 Bridge - TP 3:30 Grief Support Group - CinRm 6:30 Games - PP	30 9:00 - 5:00 Transportation 9:40 Sit and Resist - PP 10:15 Posture and Balance - PP Resident Craft * 11:00 Fall Wreath Class - CK3 11:00 Wii Golf - PP 11:30 Walking Group - Lobby 2:00 Bingo - PP 3:15 Makers' Meet Up - PP 6:30 Pinochle - TP		TEM		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 GB = Garden Boxes CY = Courtyard * (asterisk) = Requires Sign Up
6	Terpening Terrace - Un	usual Name, Unmatched Servi	ce. (541)	1689 - 0619 (800) 818 - 7518 v	www.terpeningterrace.com	7