



The Eugene Hotel View

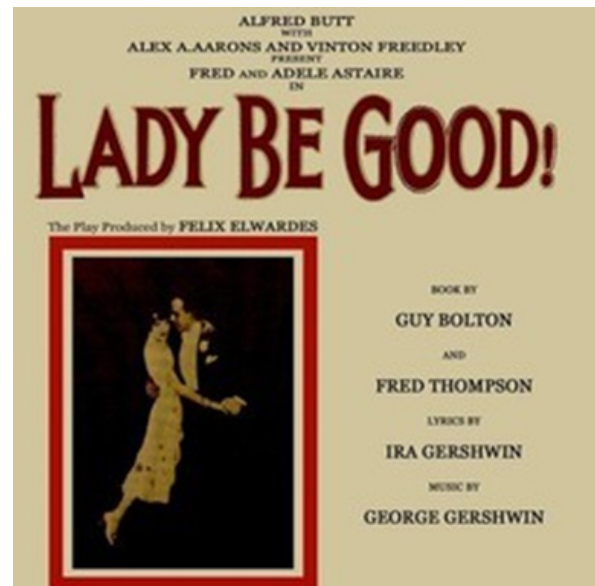
Monthly Newsletter of Eugene's Premier Retirement Community

July 2022

The Oregon Festival of Music

The show that made Fred and Adele Astaire stars, featured the great Cliff “Ukulele Ike” Edwards, and established the Gershwin brothers as a major force on Broadway, ***Lady, Be Good!*** is a zany, fast-paced tale of romance and money, with all the trials and tribulations possible on the path to true love and financial bliss...complete with mistaken identities (of course!), a pair of handcuffs (a must!), a ukulele-playing college “sheik” (hey, it’s the 1920s!), and a classic grand finale multiple betrothal (doh)! From July 8th through the 17th, it will play at The Shedd. Check in with the Front Desk for free ticket opportunities for all OFAM events.

Continuing from The Shedd Institute in July, they are pleased to present their long-standing annual summer Oregon Festival of Music, a two-week exploration and celebration of the roots of American popular music from 1929-39. From July 27th through August 6th, join The Shedd for “Pennies from Heaven: The Music of America in Hard Times,” which celebrates the Golden Age of Radio, the Swing Era, and the years when Hollywood came into its own through a variety of entertaining and lively concerts.



MEET YOUR NEIGHBOR

Getting to know Theresa and Brian. Their bio is on...p. 2

JULY EVENTS

Activities and calendar for July...pp. 3-7

BOOK GROUP

Residents will discuss *Year of Wonders* by Geraldine Brooks...p. 5

Meet Your NEIGHBORS



Brian and Theresa

My name is Brian. When I was 21 years old I embarked on a hitchhiking vision quest that started out in Stockton California, progressed through the Pacific Northwest, across the Midwest and down into Washington DC where I crashed with a friend for a week. I hitchhiked back across the southwestern states and into California via LA. By the time I made it to Santa Monica, I was flat broke, starving, hot, and exhausted to the point of collapse. My faith was hanging by a thread and I simply could not get a ride. Finally I said, "Lord, I'm in your hands," as I walked along by the side of the freeway with both arms extended and both thumbs up. At the moment of spiritual surrender, a car crossed several lanes of traffic and pulled up to give me a ride all the way to Oakland. The experience became etched in my mind. Sometimes you just have to take the leap before the waters part.

I discovered Aikido, a modern self-defense art from Japan, completely by accident. The year was 1989 and I was

having coffee at a local café in Stockton California where I had moved after my time in San Francisco. On a flyer on the wall beside me was an invitation to see an Aikido demonstration. I don't know what inspired me to check it out, I'm not a martial arts kind of guy, but after seeing the demonstration and meeting the sensei I was hooked.

I went back to school to get my degree in counseling when I was in my late thirties. It was strange being so much older than most of my classmates but my maturity worked in my favor. I was completely engaged in all of my coursework and able to make linkages between seemingly unrelated subjects that my younger, less worldly classmates were capable of. After six years of unbroken studying, I graduated with a master's degree in counseling psychology. I got licensed in California in 2013 and have been a practicing therapist ever since. Theresa and I have been collaborating to create an online education program called Enlighten Up Your Day designed to teach people how to be happier and more fulfilled.

My name is Theresa. As a kid I was called Terri, until the first day of third grade when a boy named Terry showed up in class. At dinner that night I declared that Terri was a boy's name and from now on I wanted to be called by my real name. I appreciate that my family and friends respected my self-identity and took the trouble to change their habit of

behavior. That experience would guide my choices throughout my life.

I married young. We moved about the northwest until landing in Lodi, California. There, a singular significant event occurred. I saw an Aikido demonstration and my then husband signed me up for a beginners lesson. Although we divorced and live happily in different lives, I am forever grateful that he saw my need for something more and dragged me kicking and screaming into it. Not only would Aikido become my life focus for the next twenty-five years, it is where and how I first met Brian. Brian and I were students at New School Aikido Stockton. Brian's sister, Elaine, and I were best buds. Elaine, Brian, and I had many passionate conversations along metaphysical interests. Life flowed on and we moved forward in different directions. I went on to co-own the Aikido Center in Sacramento. For sixteen years I got to lead a vibrant community of students to greater understanding of the Way of Unity. After my partner and I ended our business association, I spent the next five years redefining my self-concept, my purpose, and my joy.

In 2017, I got a Facebook message from a Brian Ford asking if I was the Theresa from the Aikido Center. I was and we made a date to get a coffee and catch up. The Tower Café is an eclectic maze of flowers, knickknacks and art which I usually love to explore but this time I saw Brian and I saw

(continued on page 7)



Sounding Sessions

Fridays in July

at 10:30 a.m.

– Lounge

Sounding stimulates the vagus nerve helping to calm the nervous system. Sounding is meditative, creative, and fun. A group builds more energy which enhances the benefits for everyone. Join Theresa in the Lounge to experience this meditative practice.

Monthly Preview

Friday, July 1

at 1:30 p.m.

– Lounge

This monthly preview will be a single meeting at 1:30 p.m. We will come together to discuss updates, food service, and all the other events for the coming month. Please join us for this meeting to get the latest news and ice cream!



First Friday Art Walk

Friday, July 1

at 6:30 p.m.

– Meet in the Lobby

Meet McKenzie in the Lobby for Eugene's First Friday Art Walk. We will visit a few of the many galleries and art spaces right in our neighborhood. Bring a sweater and wear comfortable walking shoes. This is a wonderful way to spend a Friday evening.

Watercolor Class
with Joneile Emery
Saturday, July 2



Activities & Special Events

from 10:00-12:00 p.m.

– Resident Kitchen

Experienced art instructor, Joneile Emery, will teach her last watercolor class in the series. You will need to sign up in the Activities Book.

Creswell 4th of July Parade

Monday, July 4

at 9:15 a.m.

– Meet in the Lobby

Let's celebrate our independence the small town way. We will head south to Creswell to enjoy breakfast and coffee from our front-row seats for the 4th of July parade. Please sign up in the Activities Book.

Deli Night and "Merry Mix-up"

Monday, July 4

from 4:30 to 6:00 p.m.

– Dining Room

The 4th of July celebration continues with a deli buffet including all the picnic favorites, and a "Merry Mix-up," which is a great way to meet someone new. Wear your red, white and blue and bring a hearty appetite.

National Give Something Away Day

Tuesday, July 5th

All Day

– Table outside Activities Office

Most of us have more than we need. Today offers us an opportunity to share our bounties. Whether we give something material, a skill, a service, or a kind word, the giver and receiver both benefit. On a table located outside Cara's office, you can drop off your give-aways. Feel free to take something you need, as well. At the end of the day, items will be donated to the Assistance League and/or Saint Vincent's.

Men's Group

Wednesday, July 6 and 20

at 10:30 a.m.

– Lounge

The Men's group (Lounge Lizards) will meet in the Lounge to catch up and share insights. Topics up for discussion on the 6th: Can the nation and its ideals survive the summer? On the 20th: Tolerance; what are the rights of all those who "aren't like us?"



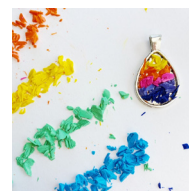
Crayon Craft

Wednesday, July 6

at 12:30 p.m.

– Resident Kitchen

Let's melt crayons to make a work of art. Once again we will melt crayons to make pendants that can be worn as necklaces or used for a keychain. All supplies are here and will be provided.



Walk/Stroll Riverfront Park

Thursday, July 7

at 10:00 a.m.

– Meet in the Lobby

Let's explore the new Downtown Riverfront Park. Ray will drop us at 8th & Hilyard and pick us up about an hour later near the 5th Street Market. Walk along the path at your own pace; you can also sit and enjoy beautiful views of the river. Please sign up in the Activities Book.



Hotel Birthday Celebration

with Gus Russell

Friday, July 8

at 2:00 p.m.

– Lobby

Help us celebrate the Eugene Hotel's 97th birthday with music by Gus Russell in the Lobby. Enjoy a vintage beverage while taking a trip back in time as you enjoy the Hotel memorabilia display. The party continues with a celebratory dinner and cake at 4:30 p.m. in the Dining Room.

Clothing Exchange
Saturday, July 9
at 11:00 a.m. - 2:00 p.m.

– Lounge

Come shop your neighbor's closet! Thanks to all of your generous donations, we will be having the much-anticipated clothing exchange in the Lounge. All residents welcome!



Women's Group
Wednesday, July 13 and 27
at 10:30 a.m.

– Lounge

Join Judi for a casual round-table discussion and an opportunity to get to know each other better. In July we will continue to sample mind, body, wellness issues.

Cabaret Night Club
w/Matt Barber
Friday, July 14
at 6:30 p.m.

– Lounge

Join us for cocktails and entertainer Matt Barber for an evening at the Eugene Hotel night club. With a passionate, uplifting style reminiscent of Barry Manilow and Michael Bublé, Matt delivers songs we know and love with a sincere, meaningful approach. His passion for his music comes through in every song. Matt's show consists of fun, upbeat, and relaxing music from the heart.



Flower Show
Friday, July 15
at 10:30 a.m. to 12:00 p.m.

– Billiard Room

"A flower blossoms for its own joy" but today we hope this flower show will bring you joy. Saunter around the Billiard Room and enjoy the beauty. Then visit our patio to have a morning drink.

Tea & Poetry
Friday, July 15
at 2:30 p.m.
– Lounge



We will come together to enjoy listening to the reading of poetry. Join us for an hour of delightful verse, tea and light snacks. Participants are welcome to bring a favorite poem or one they have written. You're among friends who like to share their poetry and the stories that go with them.

Lady, Be Good!
at The Shedd Institute
Saturday, July 16
at 7:30 p.m.

We have free tickets for this showing. You must sign up at the Front Desk by Friday, July 15 before noon, then pick up your tickets on the way to the show the following evening. See the front page for more details.

Evening Music at
Mac's on Willamette
Wednesday, July 20
at 6:30 p.m.

– Meet in the Lobby

Let's get out and enjoy summer with an evening of music on the lawn at Mac's on Willamette. Ray is going early to reserve good seats. We can enjoy the music of a few of our favorites: Paul Biondi; Skip Jones; Gus Russell; and Rick Markstrom. Put on your dancing shoes and meet in the Lobby for a quick ride over. Please sign up in the Activities Book.

Breakfast Brigade/Mandy's
Thursday, July 21
at 8:30 a.m.

– Meet in the Lobby

Ride along with Ray to enjoy all of your breakfast favorites at Mandy's Family Restaurant. All residents are invited. Please sign up in the Activities Book.

Senior Social at Lane County Fair
Thursday, July 21
at 10:30 a.m.

– Meet in the Lobby

The Lane County Fair is back!

They will be honoring senior citizens with \$2 admission and a senior social, offering dessert and ice cream in the Auditorium from 11:00-2:00. Ray will drop you off and be back to pick you up at 1:00 p.m. Please sign up in the Activities Book.

Name That Tune
with Amy Adams
Wednesday, July 27
at 2:00 p.m.

– Lounge

Always a good time, enjoy a fun session of Name That Tune with our Eugene Hotel Singers Director, Amy Adams. Test your knowledge and gain a few quarters for your efforts.

Cooking Demo w/Pam
Thursday, July 28
at 11:30 a.m.

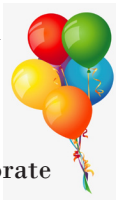
– Resident Kitchen

Spice up your day and join Pam, from the Front Desk, for South of the Border Pinwheels served with salsa. We will enjoy lunch together at the end of the demonstration. Please sign up in the Activities Book.

Resident Birthday Lunch
Monday, July 29
at 12:00 p.m.

– Dining Room

This month we will celebrate those born in July at the resident birthday lunch with food prepared by our own chef. If you have a July birthday, please join us.



Trips for July

McKenzie River Scenic Drive
w/lunch at Takoda's
Tuesday, July 12
at 10:30 a.m.

– Meet in the Lobby

Join Ray and Karen for a beautiful scenic drive up the McKenzie River to see mother

nature at work restoring the area after the fire. Enjoy lunch at Takoda's Restaurant and walk around the Cougar Reservoir area. Please sign up in the Activities Book.

**Small Town Tour of Harrisburg
w/lunch at Toreros
Tuesday, July 19
at 10:30 a.m.**

– Meet in the Lobby

This month our small town tour brings us 30 minutes north to Harrisburg. We will start with lunch at Toreros Mexican Restaurant then visit Heritage Park, also known as the Harrisburg Museum. The museum houses antique farm equipment, a renovated Victorian home, Bruce Witmer's exhibit of miniatures, along with an assortment of other things bringing the past back to life. We will end our tour at Riverfront Park to enjoy the view and a sweet treat. Please sign up in the Activities Book.

**Anderson Blues Blueberry Farm
Lunch: The Old Spaghetti Factory
Tuesday, July 26
at 10:00 a.m.**

– Meet in the Lobby

It's blueberry season so let's get picking! We'll head north to Corvallis, stopping first at Anderson Blues to pick blueberries. They only accept cash or check. The U-Pick price is \$2.25 per pound and the We-Pick price is \$3.50 per pound. After our buckets are full, we will head to The Old Spaghetti Factory for lunch. Please be sure to eat a hearty breakfast since we will be heading straight to the farm and eating a late lunch. Please sign up in the Activities Book.



Weekly Events

**Exercise Class with Lin Lin
Monday, Wednesday, Friday
at 9:00 a.m.**

– Exercise Room

Join Lin Lin, a gifted instructor in senior fitness, to get your blood flowing, your muscles limber, strengthen your core and balance as well as improve your overall fitness and well being.

**Eugene Hotel Singers New Time!
Wednesdays at 2:00 p.m.**

– Lounge

The Eugene Hotel Singers continue under the direction of Amy Adams but now one hour later through the summer. For the last Wednesday of the month, enjoy a rousing round of Name that Tune with Amy at the helm.

**Qigong
Thursdays at 9:30 a.m.**

– Lounge

Qigong is the skill of attracting vital energy and self-healing. Join instructor Roberta Roth during this quiet exercise time.

**Stroll About/Walk About
Mondays and Thursdays
at 10:00 a.m. and 10:30 a.m.**

– Meet in the Lobby

Let's get outside and get moving! Join McKenzie Mondays at 10:00 a.m. for a comfortable stroll. For a brisker walk about town, join McKenzie Thursdays at 10:30 a.m. to get your heart rate up.



**Bingo
Thursdays at 6:30 p.m.**

– Game Room

Come join your neighbors every Thursday evening in the Game Room for Bingo. Each week there is a different incentive for winning: prizes; store bucks; and/or money. It's only \$.75 to play.

(continued from page 2)

nothing else. By the time I reached his table I knew that this was the man for me. We have enjoyed our life together ever since.

During the summer of 2021, Brian and I had a short and simple conversation. We talked about life in Sacramento, especially the increasing heat which happens earlier each year. I said, "Let's move to Eugene." Brian responded with, "I love Eugene, let's go." We shook on it and on New Year's Eve we arrived at this luxury retirement community. It was a perfect move. ∞

**Creative Writing with Cara
Thursday, July 7 and 21
at 1:00 p.m.**

– Resident Kitchen

If you've got the writing bug, a need to exercise your brain and would like to get some ideas and share what you write, you can join us this month for a lively discussion with your fellow creatives and exercises that will make a tired brain wake up.

**Let's Play Poker
Saturdays, July 9 and 23
at 2:30 p.m.**

– Billiard Room

Get ready to lose your money or win big! Join Glenn in the Billiard Room for a friendly game of poker. Don't forget to bring your quarters.

Please welcome
new resident
Susan
Mannheimer
in #217

Coming in August

First Friday Art Walk Downtown Eugene



Calling All Resident Artists!

The Eugene Hotel is planning to be part of the August 5th First Friday Art Walk. Submit your pieces for display.



GARAGE SALE
on the 13th

Cats of the Eugene Hotel



Cats of the Eugene Hotel will return to feature those of our residents with cats who have stories to tell. Please contact Cara if you have a cat or cats who would like a moment in the spotlight.