



The Eugene Hotel View

Monthly Newsletter of Eugene's Premier Retirement Community November 2023

Happy Thanksgiving one and all...



Let us Welcome Fall with Gratitude and Good Food

The Eugene Hotel will have its annual Thanksgiving buffet with seatings at 11:30 a.m. & 1:15 p.m. Chef Ricky will prepare his favorite Thanksgiving recipes for residents and guests to enjoy. Residents are asked to sign up at the front desk for their preferred seating time and number of guests. The menu will include both traditional holiday favorites and special treats.

Thanksgiving

A favorite holiday for many Americans, held on the fourth Thursday of November; provides an opportunity to celebrate not only the fall harvest and a table laden with good food, but the gratitude we feel for family and friends, good health, and beauty of autumn and the many other blessings in our lives



Thank You to Our
Veterans

Veterans' Day provides an opportunity to honor and show our appreciation to those who have sacrificed so much in defense of their country.

Meet Your Neighbor

Getting to know
Bio is on pp. 2 and 7

August Events

Activities and calendar
for August..pp. 3 and 7

Book Group

Residents will discuss. p. 5



Nancy has lived a full and fortunate life. She grew up in Michigan and met her husband Hank in college where they got married while finishing their Bachelor's degrees. They were married for 67 years and blessed with four children: two boys and two girls. Now blessed with the addition of seven grandchildren and four great grandchildren.

The marriage began in 1950. The arrival of their firstborn son, Dan came in 1956, daughter Carroll in '58, daughter Laurie in '60, and son Patrick in '61. In 1967, Hank began teaching at the University of Oregon. After seven years of teaching, he took a sabbatical from the University and moved the whole family to Europe for a year in 1974.

During their adventurous year in Europe, they lived four months in Germany, where the children attended school and learned to speak some German. Another four months each was spent in Spain and Italy. They rented houses or large cabins with cooking facilities. While seeing the sights, they ran into numerous ex-pats, hit a lot of farmer's markets, learned that you don't haggle at the markets but you do haggle with the street vendors. When in Spain, they took a boat and stayed on Mallorca and Menorca islands for a short time. Italy proved historic and picturesque. It was a life-expanding year for

the entire family who learned about other cultures and the bigger world.

Once returned to Eugene, Hank resumed teaching at the U of O and Nancy stayed home and raised teenagers. But she managed to fill her life with many additional activities including the crafting of 27 quilts and volunteering with Meal on Wheels. She was also a Brownie and Girl Scout leader and volunteered as a Laubach tutor who helped adults who needed it to learn how to read. Nancy also was able to substitute teach and she was the Chair of Sponsors Inc. which was a program for women released from jail.

During this time as well, Nancy took classes sponsored by Oregon State University about how to become a Master Food Preserver (canning fish and meats and learning how to freeze and dry properly). They would contract with ocean fisherman for large quantities of tuna. Then she and the Master Food Preservers would conduct demonstrations at county fairgrounds to teach people how to can safely.

Once the children were out of the house, Nancy completed a Masters in Educational Psychology at the University of Oregon. Her first job after receiving her Masters in the late '70s, was as a congressional staff member/aide for Congressman Jim Weaver.

Nancy and Hank took many trekking adventures as a couple. With backpacks each, they trekked through England, Italy, Spain, Singapore and Guam. She has taught in Guam, Singapore, China, Michigan, Ohio, and Oregon, mainly elementary but often English as a second language in other countries.

The best trip that she and Hank took was trekking in Thailand

with a guide. They visited all through varying tribes, including the higher up hill tribes. They were so very thirsty when they had reached the very top hill tribe—the trek up was steep—and were quite surprised to be offered warm Coco Cola to quench their thirst. Nancy had an oh-too-memorable close encounter with nature when she was almost run over by a water buffalo: she could feel the heat from its body. In Shang Mi and Shang Ri, by boat the guide led them through the various mountain Thai tribes. The guide was their cook and most of their time was spent trekking these amazing paths up and down the mountain with nothing but packs on their back. It was such a fabulous trip.

At one time, Nancy and Hank lived in Beijing, China as teachers. They were provided rooms inside a guest house in University property and given two young guides to help them navigate the language and the city. Each morning, joined by other adults, teachers, and the young guides, Nancy and Hank would do Tai Chi. Nancy and Hank discovered that Chinese people love to laugh. Plus Hank was very witty and made people laugh easily. When The viewing of the Terra Cotta Warriors was an amazing adventure and from the museum there, they learned that each warrior had originally been painted in reds, greens and blues but now of course they all appear in their tan color. They walked quite a distance on the Great Wall and did visit other sites. They only lived in China for ten months (two years had been the original plan). But they had to return home to Oregon early due to some health issues for Hank.

Bio Continued on Page 7



Monthly Preview
Wednesday, November 1
at 11:30 a.m.

- Lounge

We will come together to discuss updates, food service, and all the other events for the coming month. Bring your questions, this newsletter, and please join us for this meeting to get the latest news.

Covid Shot Clinic
Thursday, November 2
at 1:00 p.m.

-Lounge

If you have signed up for and filled out the necessary paperwork at the front desk then come to the lounge to receive your booster shot.



Good Feet Good Back, Guest Speaker Heather Stone
Friday, November 3
at 1:30 p.m.

-Lounge

Come and learn all about what the Good Feet Store has to offer. Hear some interesting stories of different health concerns that can be alleviated by simply having the correct shoe or even just the right insert! So many health problems can start with your "sole"! It's worth checking out.



Old Time Fiddlers
Friday, November 3
at 7:00 p.m.

-Lounge

Welcome back our old friends, The Old Time Fiddlers return here to the Eugene Hotel the first Friday of each month. Come up to the Lounge after dinner to hear them play.



Philip Bayles on Piano
Monday, November 6
at 1:00 p.m.

- Lounge

Philip Bayles, noted conductor and founder of the Eugene Opera in 1977, returns to share more of his masterful piano stylings. Come to the Lounge to hear him on the piano on the first Monday of every month.



Tea and Poetry w/ Dandelion
Monday, November 6
at 2:30 p.m.

-Lounge

If you enjoy listening to the reading of poetry or writing it, we hope you'll join us for an hour of delightful verse and tea.



Activities & Special Events

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.

Monday Night Football
Mondays, November 6 & 20
at 5:15 p.m.

-Lounge

Are you ready for some football? Join Glenn and Karen on Monday, November 6th for the Chargers vs the Jets. On the 20th watch the Eagles take on the Chiefs. Soda, beer and snacks provided. Don't forget your quarters to place your bets.



Guest Speaker U of O International Student from Egypt
Wednesday, November 8
at 1:00 p.m.

We will have the pleasure of meeting Donia Abueftetouh, who will be sharing with us their life story and teaching us all about their culture growing up in Egypt.

Men's Group
Wednesdays, November 8 & 22
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 8th: Free will? and on the 22nd: Building the Community.

Zuppa Cooking Demo w/ Bre
Thursday, November 9
at 12:00 p.m.

-Resident Kitchen

As the weather cools and the rain begins to fall, soup sounds like the perfect way to warm up. Join Bre in the Resident Kitchen and learn how to make a hot bowl of her famous zuppa, a delicious soup made of sausage, potatoes and kale. Please sign up in the Activity Book and enjoy a bowl.

Health Coach Yaakov Levine: Super Simple Ways to Support Immunity
Friday, November 10
at 2:00 p.m.

-Lounge

Nutritional Therapist/Herbalist Yaakov Levine from Natural Grocers is coming to share his

Simple Ways to Support Immunity presentation. While most people agree vitamins are beneficial to our health, many don't understand how these nutrients provide immune support. Join us to learn more about easy ways to nourish your body to ensure it's ready to handle whatever comes it's way this winter.

Chair Massage
Mondays, November 13 & 27
12:00-2:00 p.m.

-Exercise Room

Licensed massage therapist Lawrence Roper returns to provide therapeutic neck, shoulder, and back massages. You will remain fully clothed while sitting in a massage chair enjoying the relaxing benefits. The cost is \$10 for 10 minutes. Please sign up in the Activity Book.

Bristol Hospice Coffee Circle
Monday, November 13
at 1:30 p.m.

-Lounge

Come to the Lounge and enjoy a cup of coffee and a casual conversation about the myths of death and dying, grief and hospice; Led by Guest Speaker Chandra Bigelow.

Women's Group
Wednesday, November 15, 29
at 10:30 a.m.

- Private Dining Room

Grab a cup of coffee and head to the private dining room for a casual round-table discussion and an opportunity to get to know ourselves better, as well as each other! In the month of November we will discuss Travel...Fun or Foe?

Bus to Eugene Library
Wednesdays, November 15
at 12:00 p.m.

-Meet in Lobby

Come along on our monthly bus trip to the Eugene Public Library. You will be dropped off for an hour where you can browse a wide selection of books and check out whatever you would like to take home to read. Please Sign up in the Activity Book.

West Winds Flute Choir
Wednesday, November 15
at 6:30 p.m.

-Lounge

The West Winds Flute Choir is a group composed of musicians from



the surrounding areas of Eugene, playing instruments ranging from the piccolo to the bass flute. They will play a variety of music in Celtic, classical and folk traditions.

The Ultimate Africa Experience by Jim & Beth
Thursday, November 16
at 3:00 p.m.

-Lounge
 Come and hear all about the adventures of Jim & Beth Weldy during their trip to Africa.

Beverages on Broadway w/ Gus Russell
Friday, November 17
at 2:30 p.m.



-Lobby
 Enjoy a fun time of music, favorites and classics, with Gus Russell while you imbibe something to wet your whistle. Pleasure provided for ears and taste buds.

Holiday Trivia w/Lucas
Monday, November 20
at 2:00 p.m.

-Lounge
 Lucas is back to tease our brains with some holiday trivia. Holiday themed drinks & snacks will be served. Don't miss out on the fun!

Thanksgiving Dinner Buffet
Thursday, November 23
11:30 a.m.-2:00 p.m.

-Dining Room
 Enjoy all of your classic holiday favorites prepared by Chef Ricky. There will also be an array of desserts to enjoy. If you will have guests please let the front desk know and select your time of 11:30 or 1:15.



Civil War Game Ducks vs Beavers
Friday, November 24
at 5:30 p.m.



-Lounge
 Wear either your duck or beaver colors and come root for your favorite team! Go Ducks! Go Beaves!

Sing-A-Long w/ Kevin
Monday, November 27
at 1:00 p.m.

-Lounge
 Kevin will lead a song circle in the Lounge. Singing all genres of music. Bring a song-book if you have one!

French Toast Breakfast

Tuesday, November 28
at 9:30-11:00 a.m.

-Dining Room
 Come celebrate French Toast Day with us! The skillet will be hot, the butter soft and the syrup flowing!

Resident Birthday Lunch
Thursday, November 30
at 12:00 p.m.

-Dining Room
 For those of you born in the month of November, come enjoy a delightful lunch in the company of the other residents who share this Birthday Month. Chef Ricky will prepare a special meal.

Breakfast Brigade at Ye Olde Pancake House



Thursday, November 30
at 8:30 a.m.

-Meet in the Lobby
 Join Ray for a breakfast adventure. This morning you will head to Ye Olde Pancake House offering a wide variety of pancakes, all the breakfast favorites and a great senior menu

Concert w/ John Polese & Diane Lou Azo

Thursday, November 30
at 6:00 p.m.



-Lobby
 After dinner join us for a nightcap and musical treat. We are lucky to have John Polese and Diane Lou Azo back to share an eclectic array of music from Frenchy blues to tropical tangos. John frequently performs on keyboard, trumpet, flugelhorn, and accordion in styles ranging from Argentine tango to Zydeco. Diane was raised between the urban beauty of Paris and wilderness of Brittany and the French Alps. Born a sensitive artist, her influences are the result of an emotional bluesy, frenchy, and tropical mix. Be sure not to miss this wonderful performance!



TRIPS FOR NOVEMBER

Museum of Natural & Cultural History (\$4) w/Lunch at the University Food Court
Tuesday, November 7
at 10:30 a.m.



-Meet in the Lobby
 Join us as the museum opens just for us and we are guided by our very own Linda Berg. We will explore the newly opened Underwater Forests- Oregon's Kelp Ecosystems. Sink beneath the waves and experience Oregon's dynamic-yet fragile-kelp forest ecosystems and learn why this species is vital to Oregon and the world. Discover the critters that call Oregon's kelp forests home, the threats facing kelp today, and what we can do to help the kelp. Please sign up in the Activity Book.

Tour of the Eugene Mission w/ Lunch after at the Barger Taphouse
Tuesday, November 14
at 10:00 a.m.

-Meet in the Lobby
 Today we will be given a private tour of the Eugene Mission. We will also be bringing all of our donations we have been collecting over the last month and a half. They gladly accept clothing for young and old, house-wares, furniture etc. After our tour, we will get back on the bus and head over to the Barger Taphouse to have lunch, only ten minutes away. Please sign up in the Activity Book.

Mystery Small Town Tour w/Lunch
Tuesday, November 21
at 10:30 a.m.



-Meet in the Lobby
 Today everything is a mystery! Ray will be at the wheel as we board the bus to this mystery destination. Clues will be given and a prize awarded if someone is able to guess before we get too close. As part of this adventurous day we will enjoy a lunch stop. Please sign up in the Activity Book.

Unique Eugene Locally Owned Shopping Experience
Tuesday, November 28
at 12:00 p.m.

-Meet in the Lobby
 Join McKenzie on an Excursion thru Eugene for local shopping and treasure hunting. Please sign up in the Activity Book.

Nancy's Bio Continued:

Health issues handled, Hank returned to teaching at the U of O but he and Nancy also returned to trekking. Not all of their adventures were merely to travel. When hurricane Katrina hit, Hank and Nancy went to New Orleans and volunteered with a building crew to ameliorate the devastation. They volunteered in Canada for three weeks rebuilding houses after a flooding disaster hit there. Other volunteer opportunities were helping in Amish warehouses to sort things for distribution. One of the biggest projects was making school bags for refugees that contained books, pencils and other school necessities. They helped make these kits that were sent to other countries in need.

Nancy's life truly reflects full and fortunate. Her family lives within easy traveling distance so they frequently enjoy reunions and seeing each other. Nancy joined the Hotel community at the beginning of September and loves it already.



WEEKLY EVENTS

Exercise Class with Phyli and Erica
Mondays, Wednesdays, Fridays
at 9:00 a.m.

– **Exercise Room**

Join Phyli on Mondays and Fridays and Erica on Wednesdays for a fun and stimulating hour of movement to enhance your ability to maneuver in your day-to-day lives. Classes are held in the Lower Level exercise room at 9:00 a.m. sharp. Everybody is welcome.

Mall Walking at Valley River Center
Mondays 6 & 20

at 11:00 a.m.-12:30 p.m.

– **Meet in the Lobby**

With the weather being unpredictable, it can be difficult to get outside to walk for exercise. The bus will drop us for about an hour at Valley River. Use this time to walk at your own pace inside the dry, comfortable mall. Seating is located throughout the mall for you to stop and rest. Please sign up in the Activity Book.

Bingo
Wednesdays
at 3:00 p.m.

– **Game Room**



Come join your neighbors every Wednesday afternoon 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.

Qigong
Thursdays
at 9:30 a.m.

– **Lounge**

Qigong is the skill of attracting vital energy and self-healing. It combines movement, meditation and visualization, which are employed to enhance the mind/body connection and assist healing. Join instructor Roberta Roth during this quiet exercise time.



Pool Sharks

Thursday, November 2, 16, 30
at 2:30 p.m.

– **Billiard Room**

Bringing back a hotel favorite, come and shoot pool with fellow resident pool sharks. There are stools to sit on if you would rather just watch. The Billiard Room is on the 2nd floor across from the Resident Kitchen.

Creative Writing
Thursday, November 9
at 2:00 p.m.

– **Billiard Room**

Try your hand at literary creation by joining Dandelion for quick and playful writing activities. Exercise your brain, share your creativity, and find expression in pen and paper. "Start writing, no matter what. The water does not flow until the faucet is turned on." -Louis L'Amour



Play Poker with Glenn or Alan
Saturdays

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.



GET READY FOR THE EUGENE HOTEL BAZAAR

A Christmas Tradition
Holiday Market Place at
the Eugene Hotel.

The Eugene Hotel Lobby will be transformed into a traditional marketplace on Saturday, December 2 from 9a.m.-2p.m. The Holiday Bazaar will feature a selection of specialty items, some handcrafted by hotel residents and staff. The historic hotel lobby will glow with beautiful holiday decorations. A traditional Christmas tree shining with lights and live music will set the festive mood.

High Tea will be served in the dining room from 12:00-2:00p.m.

Tables will be available free of charge to residents or their friends who would like to sell items. Start getting your handcrafted items ready now! Let the front desk know if you would like to reserve a table.

**Please Welcome New
Residents:**

**Anju Jain 402/403
Margot Wilson 308
Rudy Wilson 406**

