



# The Eugene Hotel View

Monthly Newsletter of Eugene's Premier Retirement Community

April 2024



## April... A Month of Poetry...



Spider climbing up a wall,  
Super-powered, still may fall  
And your shadow, big and small  
Noticed by no one at all.

Silent though your steps may be  
Who can doubt your energy  
Carry very little cash  
Generate no long-term trash

Silently, you weave and spin  
Mystic traps that welcome in  
Those who fly too near your  
home  
Enter the "no exit" zone

Who provides you with your skill  
Seamstress with the gift to kill  
Death you weave to those who  
land

On your strange transparent  
strand.  
-Anonymous



### MY CAR

I am a VW Beetle  
just sitting in a parking lot  
Waiting for my owner  
to finally give me up  
My other owner loves to drive  
and takes me everywhere  
When I finally said OK  
As I waved goodbye  
Now, I'm the one just sitting  
-Olive W.



On dying  
I will only do it once-  
I want to do it right!  
Shall I leave in the day time  
or wait until it's night? Will it  
matter if it's sunny? Would I  
rather it was storming?  
If I don't get around to it now  
I could wait until morning-  
-Mary Jo

(Written when she was 97)



We find spring  
upon us once more.  
Together we will  
enjoy the longer  
days and sunshine  
to come!  
Please enjoy the  
poetic entries  
from your fellow  
residents, in honor  
of  
National Poetry  
Month!

I can not know.  
I pretend I see the trees,  
understand their cycles,  
accept the crack of branches  
in a windstorm.

The boy on the bicycle will,  
I presume,  
bring back groceries  
to the house beyond the hill  
(except the apple that rolls  
towards the road's edge)  
I only see smoke  
from their chimney on cold  
days.

I shiver, lite the fire,  
and bring in the cat.  
(the mounded sky is clean,  
the wind is rising)  
I shall not know.  
I pretend to shut the door  
on falling suns.  
-Sue H.



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POETRY FROM OUR RESIDENTS

APRIL EVENTS  
Activities and calendar  
for April...pp. 3-7

BOOK GROUP  
Residents will discuss 'The Man Who  
Fell to Earth ..p. 5

This calm clear day; I write a poem;  
Hoping to say what's close to home.  
To write about feeling from the  
light,  
And see the healing, the delight  
Of the sky, the Blue that gives  
pleasure  
To me and you each in strong  
measure.  
This blue sky somehow seems to say  
And show us Now, This is Our Day.  
This is our day this day of light  
And pray joy stays all through the  
night.

Night has now chased away the sun.  
The moon reflection, barely one,  
Small portion, nowhere near,  
The life-giving sun that we hold  
dear.  
Please, night, give us reason for rest,  
For quiet, for time when it is best  
To be calm, quiet, to regenerate,  
To sleep and dream and meditate.  
Quiet night please make us strong,  
And help us tomorrow choose right  
from wrong!  
-Jim Weldy

## DELIGHT

Tending my amaryllis  
Not too wet, not too dry.  
It's already sprouting lightly.  
Reaching for the sky.

Anticipating the color,  
Whispering loving words of praise  
An unopened pod  
Slowly starts to raise.

Pink and white  
Is the perfect bloom  
Opening slowly  
Leaving the womb.

The whole process  
Is a wonderful gift.  
A treat to the eye  
Gives my heart a lift.

Worth the wait.  
Mystery and surprise  
Another blossom  
Starts its rise.

Ecstasy and perfection,  
Mother Nature does it right.  
Surely this creation  
Is love and pure DELIGHT.  
-Lyn F.

## Parting is Not Sweet Sorrow

She lay dying in her bed.  
I sat beside her filled  
with fear.  
All alone, knowing death  
was near.  
Watching consumed with dread.  
She gasped and raised her arms  
As if she were being lifted  
To a place I hoped existed.  
It was over, done, no more alarms.  
She had been courageous until the  
end.

So accepting and brave for  
so long  
I thought she would fuss.  
I was wrong.  
She carried the dying days with her  
God and did not bend.  
She met with Phil who too was  
cancer ridden.  
They both were so tender  
with each other  
They spoke quietly, just  
loving one another  
If there was pain and fear it was  
hidden.  
She passed at home in her bed the  
end of life.

I cried that night.  
I had the right.  
I lost my companion, my one true  
love, my wife.  
Her pain was gone. She earned her  
rest.  
She was brave beyond my  
thought.  
In passing a lesson was  
taught  
When leaving attempt to do your  
best.  
My one last answer:  
"BLEEP" CANCER  
-Bob T.

Upward with powerful wing's  
She fights against the earths forces  
Until at last she finds the stream  
That rips her from her struggle  
and gently, silently, carries her  
forward.  
She rides the invisible current  
yields to its rhythmic flow  
setting her goal within it's  
embracing boundry  
in harmony with all that surround  
her  
strength and change  
she celebrates in golden fight her  
freedom.  
-Nancy D.

I met a little red head  
on the dance floor one night  
I then became a sports fan  
with nothing else in sight  
What happened next, you'll never  
guess  
with my own invite I asked  
what games next?  
Before I knew it, I was hooked  
Not only on the game,  
But on the way the red head looked.  
In our many years of wedded bliss  
We always wondered if I hadn't  
asked.  
-Olive W.

## My Name is Hurricane

They used to pray to me, you know?  
Really.  
Make offerings of their lives, blood;  
and even the lives entire  
of their nobles  
and children and slaves  
By The Hundreds

Damnit, I was really somebody

Processions and beating themselves  
and each other with thorn branches  
and whips till the blood covered the  
streets!

And now?

All they say is about my absence  
and they don't crawl up the  
mountain  
to the deserted altars or beg my  
pardon  
for their neglect.

There is a balance that must be  
kept.  
And when I can no longer . . .  
Restrain myself  
and the floods gather  
in the sky  
and I must manifest myself  
in torrents  
they tally up the dead  
and damaged  
and are astonished  
that again I have extracted  
the price not paid

The fury of the Air  
and Water smiting the Earth  
as the shorn branches  
are rendered  
to equal up the pain  
and destruction  
Then as Now

They make no offerings  
but the price is the same

Rain will come                    like it or not.  
-Sheila M.



# Activities & Special Events

## Monthly Preview French Toast Breakfast

Monday, April 1 at 10:30 a.m.

-Dining Room

We're doing things a little different this month. Join us in the Dining Room and enjoy a french toast breakfast as we 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.



## Philip Bayles on Piano

Monday, April 1 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.



## Mahjong

Monday, April 1 & 29 at 1:30 p.m.

-Billiard Room

Come to the Billiard Room for a friendly game of Mahjong. Don't forget your coin purse and a 2023 or the new 2024 National Mahjong Card.

## Deli Buffet with Merry Mix Up

Monday, April 1 at 4:30-6:00 p.m.

-Dining Room

In celebration of April Fool's Day we will be having a Merry Mix Up. When you come down for dinner you will be given a new table for the evening giving you the opportunity to meet someone new while you enjoy a delicious deli buffet. Chef Ricky will prepare a variety of salads along with a smorgasbord of meats and cheeses.



## Carrot Juice

Wednesday, April 3 at 10:00-11:30 a.m.

-Dining Room

Come to the Dining Room for a freshly juiced glass of carrot juice. Fill out your order slip to



add orange, apple, ginger or other delicious fruits and veggies to your juice.

## Women's Group

Wednesday, April 3 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 April we will consider the topics of Creativity, Self-expression and Innovation. By exploring a variety of topics related to wellness, we can better care for ourselves, build healthy relationships and navigate the challenges of our changing lives.



## Needle Arts Group

Thursday, April 4 & 18 at 1:30 p.m.

-Lower Level

Needle Arts isn't just knitting! Bring your project to the new location in the Lower Level and join others that enjoy working with their hands with the company of a needle or two. Knitting, embroidery, crochet, needlepoint, quilting, mending all are welcome.



## Gather Around the Piano with John Crider

Friday, April 5 at 3:30 p.m.

-Lobby

Let's gather around the piano before dinner to enjoy some great music with John Crider. He is happy to have reconnected with us here at the Hotel and looks forward to sharing his talent with us. Drinks will be served for you to enjoy with the music.



## The Saturday Market

Saturdays, April 6, 13, 20, 27 10:00-4:00 p.m. (OYO)  
It's that time of year again, Spring has sprung and the Saturday Market is back!!! The Market is held every Saturday through Fall only a few blocks from the Hotel in the Park Blocks. Enjoy wandering through the colorful artisan booths, listening to live music, eating from one of the many food stalls and checking out the beautiful bounty in the new farmers market area.

## Chair Massage

Monday, April 8 & 22

12:00-2:00 p.m.

-Exercise Room

If you need a relaxing therapeutic massage, join licensed massage therapist Lawrence Roper downstairs for a short or long massage of your choice. The cost is \$10 for 10 minutes. Please sign up in the Activity Book.



## Song Circle with Kevin

Monday, April 8 at 2:00 p.m.

-Lounge

Join Kevin as he leads a singing circle in the Lounge. Everyone is welcome and all genres of music are included. Bring a songbook if you have one.



## Lone Pine Acres Mobile Petting Zoo

Tuesday, April 9 at 2:30 p.m.

-Lobby

All you have to do is make your way to the Lobby and have a seat, the lovely people from Lone Pine Acres will do the rest. They are bringing the pets to us! They rescue, foster, rehome, raise wildlife and share the animals with the community. There will be a critter to everyone's liking whether it's cute little pigs, a fuzzy squirrel, a slithering snake or a feathered friend.



## Men's Group

Wednesday, April 10 & 24 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 10th, "What about guns?". On April 24th, "What makes life worth living?".

## Bus to Eugene Library

Wednesday, April 10 at 12:00 p.m.

-Meet in Lobby

Come along on our monthly bus 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.





## FIKA

**Wednesday, April 10  
at 1:30 p.m.**

### -Lounge

Fika (pronounced “feekah”) is a Swedish noun and verb that translates to “take a coffee break” usually accompanied by something to eat. Fika isn’t just a coffee break though, it’s a moment to slow down and appreciate the good things in life. Fika is code for “heart to heart.” While most Americans take their coffee to go, fika is an important daily Swedish ritual to accompany conversations with family, friends, and colleagues.

## Guest Speakers Charles & Juliet Bender-Goldsmith

**Thursday, April 11  
at 2:00 p.m.**

### -Lounge

The Bender-Goldsmith’s are coming to share with us a bit about their lives what they are doing to shape today’s youth. They retired from government service to 3 years in the Peace Corps in Mexico. Then landed in Eugene where they founded Central Mexico Youth Fund, a non-profit organization supporting young college students. They will introduce us to their non-profit and the work they do.

## Game Time

**Friday, April 12 & 26  
at 12:30 p.m.**

### -Billiard Room

Join Bre and Rudy in the Billiard Room to learn a new game or play an old favorite. Either way you’ll exercise your brain and have fun doing it! We will be playing Rummikub or Upwords. Feel free to bring a game you’ve been wanting to play.

## Dearie’s Blues: A Tribute to Blossom Dearie

**Sunday, April 14  
at 3:00 p.m. (OYO)**

### -The Shedd

Vickie Brabham and The Jazz Kings welcome Shirely Andress, Siri Vik and Tracey Tooze-Williams for an evening dedicated to the extraordinary jazz pianist and vocalist Blossom Dearie. Sign up for free tickets at the Front Desk.

**Stroll & Walk About  
Mondays, April 15 & 29  
at 10:30 & 11:00 a.m.**

### -Meet in Lobby

Let’s get out and get moving! For those who enjoy a slower pace



we will stroll around the block at 10:30. For a faster pace join us for our second outing at 11:00.

## Presentation from AIMS Mobile Nursing by Tammy Inglis-Drew (Rescheduled from March)

**Monday, April 15**

**at 1:00 p.m.**

### -Lounge

Join us in the Lounge for this resident requested presentation. Tammy will share with us information about AIMS Mobile Nursing & Vascular Access. They deliver registered nurse services to you. Get quality care in the comfort of your own home.

## Beer Tasting

**Monday, April 15**

**at 3:30 p.m.**

### -Lounge

Join us in the Lounge to explore the wonderful world of beer. We will have a variety of beers to sample. Come find something new to sip on the patio this summer!

## High Tea & Poetry Thursday, April 18

**at 12:30 p.m.**

### -Lounge

In celebration of April being poetry month we are having a special high tea to accompany the poetry readings. Bring a favorite poem to share or come to enjoy your neighbor poet.



## Parkinson’s Presentation by Lori from the Parkinson’s Warriors (Rescheduled from March)

**Friday, April 19**

**at 2:00 p.m.**

### -Lounge

Lori, the boxing coach of the Parkinson’s Warriors located in Eugene will share with us her knowledge on what Parkinson’s is and how exercise is essential to arrest the progression of the disease. Join us to learn something new.

## Chuck Redd: Beyond the Sea

**Friday, April 19**

**at 7:30 p.m. (OYO)**

### -The Shedd

Chuck and his Quartet welcome Siri Vik for his 10th annual Now Hear This spring concert in a program that explores “the Great NON-American Songbook”...the notable array of renowned songs peppered throughout 20th century American popular culture which really, in origin, aren’t American at all.

Look for such classics as “La Mer (“Beyond The Sea”), “Die Moritat von Mackie Messer” (“Mack The Knife”), “Ne me quitte pas” (“If You Go Away”) and more. Sign up at the Front Desk for free tickets.

## Recycle, Upcycle Earth Day Crafting Monday, April 22

**at 2:00 p.m.**

### -Resident Kitchen

Feeling crafty? Join Bre and McKenzie in the Resident Kitchen We’ve noticed many residents use old pill containers to carry around their quarters for bingo and poker so let’s give that container a fresh look. Or join us to make note cards or small wall/door hangings with circles cut from old magazines. Feel free to drop any magazines you are done with by Bre’s office.



## Breakfast Brigade at Mandy’s

**Thursday, April 25**

**at 8:30 a.m.**

### -Meet in the Lobby

Join Ray for a breakfast adventure and head right down the street to Mandy’s Family Restaurant. You can choose from a wide variety of traditional breakfast favorites including biscuits and gravy, eggs benedict, french toasts and more. Please sign up in the Activity Book.



## Resident Birthday Lunch

**Thursday, April 25**

**at 12:00 p.m.**

### -Dining Room

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



## Creative Writing

**Thursday, April 25**

**at 2:00 p.m.**

### -Resident Kitchen

Join Dandelion on Thursday. If you’ve got the writing bug, and need to exercise your brain and would like to get some ideas and share what you have written, you can join us this month with your fellow writers for lively discussion and exercises that will make a tired brain wake up.



**STAR Voting Presentation by Kellyn Standley**  
Friday, April 26  
at 2:30 p.m.



**-Lounge**

STAR Voting will be on the ballot in May, so let's get informed.

Kellyn was recommended to the Hotel by the League of Women Voters. She is coming to explain what STAR Voting is. After her 20 minute presentation there will be plenty of time for Q&A so you will be sure to understand how it works.

**Eric Richards Jazz Band**  
Monday, April 29  
at 3:30 p.m.



**-Lobby**

Celebrate Jazz Day with us by coming to the Lobby for a musical treat and sparkling beverage. Eric Richards is bringing a few more friends this time to really liven things up so you'll be sure to have a jazzy Monday.

## TRIPS FOR APRIL

**Bargain Bus to Junction City with Lunch at Dairy Queen**  
Tuesday, April 2  
at 10:30 a.m.

**- Meet in the Lobby**

If you are looking for a bargain join us today as we head to Junction City stopping at Grocery Outlet, Dollar Tree and St. Vinnie's. We will be having lunch at Dairy Queen where the bargains continue, they offer a \$7 meal deal which includes a cheeseburger or chicken strips along with fries, a soda and a sundae. Please sign up in the Activity Book.

**Tour the New YMCA Facility**  
Tuesday, April 9  
at 10:30 a.m.



**-Meet in the Lobby**

The long awaited new YMCA building is open and operating! Join us for a tour to see all they have to offer in their new larger space, including a lap pool, wellness coaches, yoga, free weights, warm water pool and lots of parking just to name a few things Be sure to eat a hearty breakfast since there will be no lunch stop today so we can be back in plenty of time for the petting zoo. Please sign up in the

**Wooden Shoe Tulip Farm (\$10) with Food Truck Lunch Options**  
Tuesday, April 16  
at 10:00 a.m.

**-Meet in the Lobby**

It's tulip time! Come along for a beautiful drive and colorful afternoon. We will head straight to the tulip farm that will be bustling with activity. There are field after field of gorgeous tulips, a tulip market for fresh cut or bulbs, a hemp barn where you can learn about the production of hemp oil and a variety food trucks to satisfy your appetite. **Entry to the Farm is \$10, paid to the Front Desk by Friday, April 12th** so we are able to purchase tickets in advance and secure our time slot. Please sign up in the Activity Book and pay the Front Desk by April 12th.

**Bookstore Explore: Visit a Few of Eugene's Unique Bookstore with Lunch at a Mystery Location**  
Tuesday, April 23  
at 10:30 a.m.

**-Meet in the Lobby**

Let's celebrate National Book Day in search of the perfect book. We will visit 3 of Eugene's unique bookstores along with enjoying lunch at a mystery location. Please sign up in the Activity Book to be part of this fun afternoon.

**Coast Trip: Three Rivers Casino Drop or Yachats Lunch and Explore**  
Tuesday, April 30  
at 10:00 a.m.

**-Meet in the Lobby**

Join us on a coastal excursion. First stopping at Three Rivers Casino to drop those looking to test their luck. Or stay on the bus and enjoy the scenic drive a little farther north to Yachats where we will have lunch and explore town. Please sign up in the Activity Book.

## WEEKLY EVENTS

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

**-Exercise Room**

Join Phylli 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 Exercise Room at 9:00 a.m. sharp. Everybody is welcome.

**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; surprises 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, April 11 & 25  
at 2:30 p.m.

**-Billiard Room**

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.

**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 or Alan in the Billiard Room for a friendly game of poker. Don't forget to bring your quarters.



**Please Welcome  
New Residents**

**Myrna Seifert -305  
Anita Going -704/705**





Lunch at Takoda's Restaurant

# Pictures from our trip last month to Belknap Hot Springs



Bre & Mel



Ray & Mel



Erika loving the water!



Judith K. is a happy camper!



Annette & Bre



Anju enjoying the warm water



Carol Link swimming



Sheila floating around

## Last Month's Rosie the Riveter Special Guest Speakers

