



The Eugene Hotel View

Monthly Newsletter of Eugene's Premier Retirement Community

July 2024



Gloria gardening



Bob T. on his new E-Bike



Sue received flowers



Ginger received flowers

**Recent photo's
from around the
Hotel...**



**Puddles from the U of O
with our very own
Doorman Duck**

**Recent photos of you and your
neighbors p. 2 & 8**

July Events
Activities and calendar
for July p. 3 & 7

Book Group
Residents will discuss *Clementine* p. 5



Anju & Leigh

Celebrating the Hotel's 99th Birthday!



Residents enjoying the 1920's Jazz Music



Donna & Alice



Anita G., Rudy & Olive



Jim & Beth



Monthly Preview

Monday, July 1

at 2:30 p.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.

Men's Group

Wednesdays, July 3, 17, 31

at 10:30 a.m.

- Lower Level

The Men's Group will meet in the Lower Level to catch up and share insights. Topics up for discussion this month are, on the 3rd: On sabbatical. On the 17th: What's with evangelicals? On the 31st: The immigration issue(s)

Bus to Eugene Library

Wednesdays, July 3 & 24

at 12:00 p.m.

-Meet in Lobby

Come along on our 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.

Philip Bayles on Piano

Wednesday, July 3

at 1:00 p.m.

- Lounge

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

Independence Day Happy Hour

with Patriotic Music by Basil

Thursday, July 4

at 3:30 p.m.

-Lobby

Join us in the Lobby to kick off the days festivities. Basil will be here to play a lively mix of patriotic music for you to enjoy as you sip a tasty beverage. Then march your way into dinner at 4:30 to enjoy the 4th of July spread Chef Ricky has prepared.



Activities & Special Events

First Friday ArtWalk

Friday, July 5

at 6:15 p.m.

-Meet in Lobby

Meet Lindsay in the Lobby for a fun evening of art and exercise. We will visit a few of the many galleries and art spaces right in our neighborhood. Bring a sweater and wear comfortable shoes. This is a wonderful way to spend a Friday evening.



Chair Massage

Mondays, July 8 & 22

at 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.



Singing Circle with Kevin

Monday, July 8th

at 1:30 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.



Women's Group

Wednesday, July 10

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!



Guest Speaker from AARP to Speak About Alzheimer's

Thursday, July 11

at 2:00 p.m.

-Lounge

Come and hear some important information about alzheimer's, the causes, effects, treatment and more. Chances are we all know, or have known someone with this disease. The more we can be informed about these types of diseases the better we can understand and be there for those that suffer from it.



Fika

Friday, July 12

at 1:30 p.m.

-Lounge

(Pronounced "feekah")

This Swedish noun and verb 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 in life. While most Americans take their coffee to go, fika is an important daily Swedish ritual to accompany conversations with family, friends, and colleagues.



Exotic Fruit Tasting

Monday, July 15

at 11:30 p.m.

-Resident Kitchen

Join McKenzie in the Resident Kitchen to sample a variety of fruits that may be new to you. We're hoping to have lychee, rambutan, jackfruit, dragon fruit, star fruit, logan, papaya, cherimoya and others. Come try something new.



Yoga Ball Drumming w/Octopus Rhythm Works

Monday, July 15

at 1:30 p.m.

-Lounge

Octopus RythmWorks will bring health and healing through music to the Hotel. Research shows that active involvement with music and drumming provides neurological benefits and helps reactivate memories. No prior experience with music is needed. Everyone is a drummer! They will bring all the necessary equipment for our drumming experience.

Give Away Table

Wednesday, July 17

All Day

-Lobby

We will have a table in the Lobby where you may share your items you no longer have a use for, but maybe someone else can use them?



New Shopping Trip!

Gateway Mall and Target

Friday, July 19

at 10:30 a.m.

-Meet in Lobby

We have recieved many requests for a Target shopping trip, so we added it to the schedule. In the same strip is Ross, Marshalls & Hobby Lobby. If any of these sounds like fun to you, sign up in



the Activity Book!

Beverages on Broadway with Gus Russell on Piano
Friday, July 19
at 2:00 p.m.

-Lobby

One of our favorites, Gus Russell, will entertain us once again while you enjoy an Ice Cream Soda in celebration of Ice Cream Soda Day. Come down to the Lobby and get yourself a seat and enjoy the show.



Girl Crazy; at The Shedd
Sunday, July 21
at 3:00 p.m.

- The Shedd

The Shedd is delighted to announce *Girl Crazy*, the 1930 musical comedy classic. This production combines Broadway Veterans Guy Bolton and John McGowan. Songs in this show include, "Embraceable You," "But Not For Me," "Could You Use Me?," "Sam & Delilah," "Treat Me Rough," and "Bidin' My Time." If you would like to go, sign up at the Front Desk for your free ticket.



Creative Coloring
Monday, July 22
at 1:00 p.m.

-Resident Kitchen

Join Bre upstairs in the Resident Kitchen for a relaxing coloring session. We have the colored pens, and books provided. See you there!

Senior Day at the Fair
Thursday, July 25
at 10:30 a.m.

-Meet in Lobby

The Lane County Fair is back! They will be honoring senior citizens with \$2 admission all day and a Senior Social from 11am-2pm in the Auditorium. Bre will drop you off and be back to pick you up at 1:00 p.m. Please sign up in the Activity Book.



Nifty 90's Patio Social
Wednesday, July 24
at 11:30 a.m.

-2nd Floor Patio

Let's Celebrate our 90+ Residents! If you have had at least 90 Birthdays then you are invited to our Nifty 90's. Come up to the 2nd Floor Billiard Room, and we will have drinks and appetizers to enjoy on the patio or inside if it's too hot.



Breakfast Brigade at the Coburg Truck Stop Crossing Cafe
Friday, July 26
at 8:30 a.m.

-Meet in the Lobby

Join Ray for a breakfast adventure! They have all of the tasty breakfast options you'll want. The spacious dining area will fit everyone comfortably. Please sign up in the Activity Book.

Only a Paper Moon
Saturday, July 27
at 5:30 p.m.

-The Shedd

The Shedd Institute's E.Y. Harburg Academy for Musical Theatre presents "Only a Paper Moon", a tribute to the great lyricist E.Y. "Yip" Harburg. Harburg wrote such timeless classics as "Brother, Can You Spare A Dime?", "Over the Rainbow" and all the other songs in 1939's *The Wizard of Oz*. Sign up at the Front Desk for free tickets.

Hoppy Sippers
Monday, July 29
at 3:30 p.m.

-Lounge

Join McKenzie and your fellow beer drinkers, to explore the wonderful world of beer. This month we will have a special guest from Gratitude Brewing. Chris Hardin is excited to come share with us a selection of the beers that he brews as he talks about the brewing process.



Resident Birthday Lunch
Wednesday, July 31
at 12:00 p.m.

-Dining Room

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



TRIPS FOR JULY

Walk at Walterville Wetlands
Tuesday, July 2
at 11:00 a.m.

-Meet in the Lobby

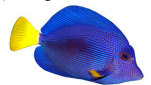
Let's go out and enjoy Summer! First we will head up river, to Craig's Lucky Logger for some lunch. Then we will go on a beautiful walk on the loop path at Walterville Wetlands, where we might even see some wildlife. Please sign up in the Activity Book.



Oregon Coast Aquarium (\$19) with Lunch at Moon Jelly Cafe
Tuesday, July 9
at 9:00 a.m.

-Meet in the Lobby

Join Ray & Bre on a coastal adventure! Today we will go through the woods to get under the sea. The Oregon Coastal Aquarium in Newport is consistently ranked as one of the top 10 aquariums in the U.S., providing visitors with opportunities to connect with 15,000 animals spanning 300 different species. The entrance fee is \$19. We will be eating lunch at the Moon Jelly Cafe at the aquarium, allowing you to enjoy the day at your own pace. Please sign up in the Activity Book and pay your entry fee at the Front Desk.



Pizza & a Park with Pizza at American Dream Pizza and Avery Park & Natural Area
Tuesday, July 16
at 10:00 a.m.

-Meet in the Lobby

We're bringing back a fun combo from last summer with Pizza and a Park. This month we will head about an hour north to Corvallis to the beautiful Avery Park. The park is 75 acres and includes a rose garden with over 250 varieties of roses, horseshoe pits, a one mile trail that travels along the Marys River riparian area, the Avery House Nature Center, as well as many other great features. We will be going for pizza downtown at American Dream Pizza. They offer slices, mini pizzas, salads and calzones. After lunch we will see what downtown Corvallis has to offer. Please sign up in the Activity Book.



You-Pick Blueberries at Anderson Blues Farm w/ Lunch at The Brass Monkey Tuesday, July 23 at 9:30 a.m.



-Meet in the Lobby

It's blueberry season so hop on the bus for a berry good time! Their you-pick price is \$3.50 per pound, and their pre-picked and frozen are \$4.75 per pound, and they only accept cash or check for payment. After our buckets are full, we will head to the Brass Monkey for lunch. Please be sure to eat a hearty breakfast since we will be heading straight to the farm and eating a late lunch. They offer a wide variety of bar and grill favorites. Please sign up in the Activity Book.

Historic Albany Tour with Lunch at Brick and Mortar Tuesday, July 30 at 10:00 a.m.

-Meet in the Lobby

Join us on a trip up north to explore Albany's Historical District. Our new resident, Meredith, was part of the City Planning Commission back in the 70's and helped in the development of the historic buildings in downtown Albany. Another one of our residents, Duane, actually grew up in one of the houses within this historic area across from the court house. After our tour, we will enjoy some lunch at Brick and Mortar. Please sign up in the Activity Book.

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

Play Mahjong Monday at 3:00 p.m. 15

-Billiard Room

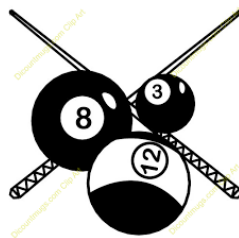
Come to the Billiard Room for a friendly game of Mahjong. Don't forget your coin purse and a 2024 National Mahjong Card.



Pool Sharks Thursdays, July 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.

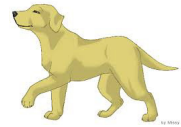


Bingo Wednesdays at 3:00 p.m. - Game Room



Come join your neighbors every Wednesday afternoon in the Game Room for Bingo. Each week there is a different incentive for winning. 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.

Creative Writing Thursdays, July 18 at 2:00 p.m.

- Resident Kitchen



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

The Saturday Market Saturdays, July 6,13,20,27 10:00-4:00 p.m. OYO

The Saturday Market is held every Saturday through July 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 farmers market area.

Play Poker with Alan Saturdays at 2:30 p.m.

- Billiard Room

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



Historic Picture of Albany



Lyn at the Tulip Farm



McKenzie & Harriet at the Kentucky Derby



Sheila in the wooden shoes at the Tulip Farm



Waitstaff Savanna & Ellen

Please Welcome New Residents

Ray Fix -209
**Michelle Holloway &
Robert Brissenden**
-216
Nancy Griffin-222

Coming Next Month...

Luau Theme Dinner
Hotel Sidewalk Sale
Scandinavian Festival