



The Eugene Hotel View

Monthly Newsletter of Eugene's Premier Retirement Community October 2024



WELCOME FALL

Time for hay rides,
hot apple cider,
carving pumpkins and
trick-or-treating!



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THE EUGENE HOTEL...

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BOOK GROUP
Residents will discuss A mystery of
your choice..p. 5

A day in the life of The Eugene Hotel

**Breakfast, Trips, Appointments,
Phone Calls, Card Games
and Activities...**



Residents headed out on a day excursion



Karen ready to take you where you need to go



Yoga Ball Drumming in the Lounge



Morning Breakfast Bar with Rachael



**A friendly hello from Dandelion
at the Front Desk**



Evening card players in the Billiard Room



**Monthly Preview
Tuesday, October 1
at 1:00 p.m.**

-Lounge

Join us in the Lounge 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.



**Flu & Covid Shot Clinic
Wednesday, October 2
at 1:00 p.m.**

-Lounge

It's that time of year again so roll up your sleeve and head to the Lounge. Cascade Health will be here to offer both flu and covid shots. Enjoy the music styling of Philip Bayles while you wait. Please see the Front Desk to sign up and pick up the necessary paperwork.



**Piano Meditations w/Philip Bayles
Wednesday, October 2
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 Wednesday of every month.



**Creative Writing
Thursday, October 3
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.

**League of Women Voters November
Ballot Measure Presentation
Friday, October 4
at 2:30 p.m.**

-Lounge

Join us in the Lounge to get informed, a group from the League of Women Voters is coming to give a nonpartisan presentation about the upcoming state and county ballot measures that will be on the November 5 ballot.



Activities & Special Events

**Duck Football
Friday, October 4
at 6:00 p.m.**

-Lounge

Fall season is upon us and that means it's football season. If the game is televised we will have it on in the Lounge. Come support the home team. Go Ducks!



**First Friday ArtWalk
Friday, October 4
at 6:15 p.m.**

-Lobby

Meet Lindsey 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. Wear comfortable shoes and bring a sweater or jacket. This is a wonderful way to spend a Friday evening.



**A Taste of Poland Cooking Demo
Monday, October 7
at 12:00 p.m.**

-Resident Kitchen

Join McKenzie in the Resident Kitchen for an international treat! This resident requested theme may have you trying something new or enjoying a nostalgic treat. Please sign up in the Activity Book.

**Monday Night Football
Monday, October 7 & 21
at 5:15 on 7th & 6:00 p.m. on 21st**

-Lounge

Are you ready for some football? Join Ray or McKenzie on Monday, October 7th for the New Orleans Saints vs. the Kansas City Chiefs at 5:15 p.m. On the 21st the Los Angeles Chargers take on the Arizona Cardinals. Soda, beer and snacks provided. Don't forget your quarters to place your bets!



**Men's Group
Wednesdays, October 9 & 23
at 10:30 a.m.**

-Lower Level

The Men's Group (Lower Level Lizards) will meet in the Lower Level to catch up and share insights. Topics up for discussion on the 9th "Why can't we all just get along?" On October 23rd "What book has had the greatest impact on your life?"



**Icelandic Travelogue of Dandelion's
Adventures
Wednesday, October 9
at 1:30 p.m.**

-Lounge



Late July, Dandelion joined their mom in Iceland for a road trip around the entire country. As a lover of waterfalls, wildflowers, folklore, and stark landscapes, their already-high expectations were surpassed! Join Dandelion in the Lounge for a tour of the island through the eyes of a young adventurer.

**Tea & Poetry with Dandelion
Thursday, October 10
at 2:00 p.m.**

-Lounge

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



**Beverages on Broadway with Gus
Russell
Friday, October 11
at 2:00 p.m.**

-Lobby

One of our favorites, Gus Russell, will entertain us once again while you sit and enjoy a refreshing beverage from the bar. Come to the Lobby and get in on the fun and flavor!



**Microphilharmonic: Sergei Prokofiev
Sunday, October 13
at 3:00 p.m.**

-The Shedd

Michael Anderson and Microphilharmonic open their 2024-2025 season with an evening of music of Sergei Prokofiev (1891-1953): Overture on Hebrew Themes Op. 34 (1919), Quintet in G minor Op. 39 (1924) and Symphony No. 1 in D major, Op. 25 (Classical Symphony). Please sign up at the Front Desk for free tickets.

**Sunday Supper Club at 5th Street
Market Eateries
Sunday, October 13
at 4:00 p.m.**

-Meet in the Lobby

Last month's Sunday Supper Club was such a success it will now be a monthly staple! Join us this month for Sunday supper at the 5th Street Market Eateries. There are many varieties of restaurants to choose from, everything from Thai, Greek and BBQ to Northwest. There is sure to be something to please everyone's taste buds. Please sign up in the Activity Book.



Mall Walking at Valley River Center

Monday, October 14 & 28 at 10:30 a.m.



-Meet in the Lobby

Let's get out and get moving! 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.

Chair Massage

Mondays, October 14 & 28 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.

Hoppy Sippers

Monday, October 14 at 3:00 p.m.



-Lounge

Join McKenzie and your fellow beer drinkers to explore the wonderful world of beer. Once again we will have a variety of beers to sample along with snacks. This month we will be tasting a variety of beers typically brewed for the fall season. Don't worry, they won't all be pumpkin beers.

Women's Group

Wednesday, October 16 at 10:30 a.m.



-Private Dining Room

Grab a cup of coffee and head to the Private Dining Room to join Bre for a casual round-table discussion and an opportunity to get to know yourself and each other better. Our topic for October is "What are some significant inventions you've been around to see come to life during your years?" And would you say they've had more of a negative or positive affect on the world?

Presentation by Gwen C

Dancing Through Life Wednesday, October 16 at 2:00 p.m.



-Lounge

Join us in Lounge as fellow resident, Gwen shares stories from her life. Gwen cannot remember a time when dance wasn't a part of her life. From the first grade in Long Beach,

California to the Kennedy Center stage in Washington DC and beyond dancing has been central. Performing, choreographing, and teaching has been her career. She went up the very steep and narrow stairway at 6 and never came down. She will share the ups and downs of her story with you.

Music Hour w/Ciro

Friday, October 18 at 3:30 p.m.



-Lobby

Join your neighbors in the Lobby for an hour of music before dinner. Find a seat and enjoy the sounds of the Sax, Bass & Piano.

Apple Tasting

Monday, October 21 at 11:30 a.m.



-Dining Room

Even if you weren't able to make it to the orchard, you're still able to enjoy the fresh taste of fall. Join us in the Dining Room to sample a fresh selection of the over 2,500 varieties of apples that are grown in the U.S. We will also have fresh pressed cider for you to enjoy. Come ready to get your fill of apples.

Spooktacular Trivia with Lucas

Monday, October 21 at 2:30 p.m.



-Lounge

Come to the Lounge and join in the fun! Lucas will be here to test our knowledge and tease our brains with some spooktacular trivia! We will create teams and give away prizes. Come win a festive prize!

Singing Circle with Kevin

Wednesday, October 23 at 1:30 p.m.

-Lounge

Kevin will lead a singing circle in the Lounge. All genres of music will be sung. Bring a song-book if you have one.

Emerald Dog Show Thursday, October 24 at 1:00 p.m.



-Lounge

Help us welcome back our furry friends from the Emerald Dog Show! Adorable pups of different kinds will greet you for a pet and entertain you with tricks and show off their hunting skills. Please join us in the Lounge for an afternoon with our four-legged friends!

Breakfast Brigade at Elmer's Friday, October 25 at 8:30 a.m.



-Meet in the Lobby

Join Ray for this monthly breakfast adventure to Elmer's and be sure to bring your appetite! They offer a huge variety of breakfast options including hand-rolled omelets, stuffed hash browns, pancakes, waffles, crepes, egg plates and their famous German pancakes. Please sign up in the Activity Book.

Crafter's Corner:

Carve or Paint Pumpkins Friday, October 25 at 1:00 p.m.



-Resident Kitchen

Let's celebrate Pumpkin Day!

Join Bre in the resident kitchen to let your creative side play. We will supply everything needed to decorate your pumpkin in style.

Community Trick or Treat Event with Music and Monsters Saturday, October 26 at 2:00-6:00 p.m.



-Lobby

This year Downtown is adding more monsters and ghouls to it's annual trick or treat event. We will be one of the many locations participating by offering candy and a festive atmosphere. The Lobby we be eerily decorated, creepy tunes will fill the air, candy will abound as cute and scary costume clad children come trick or treat.

Halloween Cookie & Cupcake Decorating

Monday, October 28 at 1:00 p.m.



-Resident Kitchen

Join McKenzie to decorate and eat some spooktacular treats. There will be a variety of fun shapes to choose from. It's a chance to be creative and eat something sweet while you're at it. All supplies will be provided along with a glass of milk.

Gather Around the Piano with Badger

Monday, October 28 at 3:30 p.m.



-Lobby

Help us welcome Badger for his first official concert here at the Hotel. He was drawn in by our beautiful piano and has shared his talent with us on multiple occasions. Residents have requested we ask for an official performance and here it is. Stop by the bar for a tasty beverage on your way to find a seat.

Resident Birthday Lunch Wednesday, October 30 at 12:00 p.m.



-Dining Room

For all of you born in October.

Halloween Party
Thursday, October 31
at 1:00 p.m.



-Lounge

Come as you are or dress up in your funniest, creepiest, most creative costume to celebrate Halloween. Enjoy the witch's brew and ghoulish treats. Come ready to hear all the spooky sounds our Dracula of DJ will bring (Costumes will be available in the Clarke's Store to borrow if you need help coming up with an idea.)

TRIPS FOR OCTOBER

Fall Leaves & Covered Bridges
Drive w/Lunch at Stacy's Covered Bridge in Cottage Grove
Tuesday, October 8
at 10:00 a.m.



-Meet in Lobby

Come along to see the beautiful colored trees as we transition into the coming season. Along the way we will visit some of our local covered bridges. As part of the lovely drive we will stop and enjoy lunch in Cottage Grove at Stacy's Covered Bridge Restaurant. Please sign up in the Activity Book.

Jordan Schnitzer Museum of Art
Wednesday, October 9
at 6:00 p.m.

-Meet in the Lobby

This will be an evening treat. The The Calvin and Hobbes showcase. This nearly 40 year old infamous comic strip is timeless, loved by young and old. Come along to enjoy the artistry showcased in our very own local art museum.



Pumpkin Patch Trip to Detering Orchard
Tuesday, October 15
at 10:30 a.m.



-Meet in Lobby

Let's go find the perfect pumpkin and cup of hot cider! First a short drive north to Harrisburg to enjoy lunch at 99 Grill, then just 8 more minutes down the road we will arrive at Detering Orchards. They have a market with a variety of jams, home canned goods, apples, cider and more!

Explore the Town of Lebanon with Lunch at Kristi's 50's Cafe
Tuesday, October 22
at 10:30 a.m.

-Meet in Lobby

Ray and McKenzie will take you on an adventure through the little old town of Lebanon, OR. There are many cute shops to explore. We will enjoy lunch at Kristi's 50's Cafe that is full on nostalgic charm. Please sign up in the Activity Book.

Coast Trip: Drop at Three Rivers Casino or Florence with Ocean View Lunch at Driftwood Shores
Tuesday, October 29
at 10:00 a.m.

-Meet in Lobby

We're heading to Florence. First, we'll stop at Three Rivers Casino and drop off those who are ready to test their luck. Then we will continue on to Driftwood Shores for lunch. They have a little cafe with a beautiful ocean view. If the weather permits we will enjoy a walk on the beach. 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.

Mahjong
Monday, October 7
at 2:30 p.m.

-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.



Bingo
Wednesdays 2, 9, 23,30 & Thursday 17
at 3:00 p.m.

-Game Room

Come join your neighbors every Wednesday afternoon in the Game Room for Bingo. It's only \$.75 to play, so grab two cards and try to win your money back or even a little more. Black out game is cash prize!



Hearing Aid Clinic w/ Jim
Wednesday, October 16
at 3:00 p.m.



-Library

Jim from Goodman Hearing will be in the Library on the Lower Level the third Wednesday of every month. Bring him any hearing aid related questions or concerns. Please sign up for time slot in the Activity Book.

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.

Needle Arts Group
Thursday, October 3 & 17
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.

Pool Sharks
Thursday, October 10 & 24
at 2:30 p.m.



-Billiard Room

Come to the Billiard Room and shoot pool with fellow resident pool sharks. There are stools to sit on if you would rather just watch.

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.

Creative Coloring
Sundays at 2:00 p.m.



-Resident Kitchen

Join your neighbors for a relaxing coloring session upstairs in the resident kitchen. The books and coloring pens, markers and pencils will be in the cupboard under the phone.



Meet Marica and her Salon on the 2nd Floor-

Hi, my name is Marica McCauley, and I am the Cosmetologist at The Eugene Hotel Salon. I am a fully licensed practitioner, which means I hold a license in Barbering, Nails, Hair, and Esthetician. I graduated from Phagans Tigard Beauty School in 1992. For 12 of the 32 years that I have been licensed, I owned and operated a salon called Rhapsody, in the City of McMinnville, OR.

In 2008 I sold Rhapsody, and followed my husband to Sacramento, CA where he was the Director for MetroPCS. I went back to college and began to finish my Bachelor's Degree in Psychology. My senior year, my husband retired from MetroPCS, and we moved back to Oregon. I transferred to Bushnell University, and graduated in December of 2013 with a BA in Psychology. I am also a certified Peer Support Specialist.

I offer all types of haircuts, natural nail, and limited waxing services. I am an American Board Certified Haircolorist, and am proficient at shampoo sets, blow dry styling, iron curls, perms, waxing, color (weaving, all-over color, frosts, or gray reduction), nail trimming, manicures and pedicures.

Prior to going to beauty school I was a Military Police Officer in the Army. I was stationed at Redstone Arsenal in Huntsville, Alabama and USAREUR Army Headquarters in Heidelberg, Germany.

Some things I enjoy doing outside of work, spending time with my husband Jerry, gardening, taking long walks, exploring the beach, rock hounding, playing with my cats and learning new things.

The Salon is currently open on Wednesdays and Thursdays by appointment only. Please feel free to call and schedule at 541-525-1850. Look forward to seeing you!

Marica's business cards and price sheets can be found at the Front Desk.

