



The Eugene Hotel View

Monthly Newsletter of Eugene's Premier Retirement Community January 2025

JANUARY



**A fresh new year is upon us.
We are so grateful for each and every one of you
that live here at Eugene Hotel.
We plan to fill this coming year with fun activities,
exceptional entertainment and exciting trips for
you and your neighbors to enjoy!**

SECOND PAGE MEET YOUR NEIGHBOR
LEIGH FILES

JANUARY EVENTS
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Once upon a time in New Jersey, the second oldest, second daughter of five children was born. Her parents wanted to give her a 'pretty name': Elizabeth Leigh. With an Aunt Libby, Aunt Betty and Aunt Liz, she was called Leigh; except when in trouble, then: ELIZABETH!

Her at-home years were like 'a stranger in a strange land (family)': her family didn't understand her, nor she them. School (where she excelled); extended family (who saw her goodness); and art-making (which her family prided in) were saving graces.

In adolescence she started baby-sitting, and before high school graduation decided working was the 'real world', not education. She wanted to do hair. "Go to college first", they said, "then if you still want to do hair..." She transferred every year, traversing the US: finishing school in Massachusetts (they couldn't finish her), art school in Rhode Island (they didn't think her paintings were good enough), liberal arts university in Colorado (there was so much more to life than art); and graduating from the University of Oregon with a degree in painting and print-making.

Not wanting to become one of the many over-qualified, underpaid graduates in Eugene, back to New Jersey she went for teaching certifications in Art, Early Childhood, and Special Education. Her first teaching job didn't pay enough, so she started her first business to augment: a summer day camp for preschoolers.

The lure of The Big Apple drew her to a 3-story walk-up brownstone studio apartment in Chelsea; and 'growing herself up': single, living alone, making collages and learning photography, teaching full-time days, graduate school full-time nights, and three graduate degrees in two years (which to her dismay, she couldn't trade-in for a Ph.D.). If she could 'make it' in NYC, she could make it anywhere! And she did, until one day several years later, there was 'nothing to do' in New York; time to move. Hi-ho, hi-ho, back to Eugene she went in the middle of winter, in a used post office jeep; without heater or radio!

Too many therapists on every street corner, she started her second business: an art therapy training institute; teaching graduate students affiliated with the University of Oregon, Portland State, and Oregon State. Someone who never wanted to possess more than fit in her vehicle, she was offered first refusal on a country home with acreage and rentals; and a city house for her office, also with rentals: an overnight landlady (for several decades)! One fall, many years later, she had no new students: time for a much needed sabbatical in a one room cabin with her two cats on forty acres in Southern Oregon; shared with a herd of elk. A life-changing year of collage-making, meditating; and solitude.

Eugene called again, and she started her third business: contracting with Child Protective Services providing in-home family therapy/parent training reuniting children in foster care with their parents. She offered similar services to St. Vincent de Paul's self-sufficiency program for homeless families; and clients in her private counseling practice. In her 'free' (ha!) time she made/exhibited more collages; and gardened.

A spiritual seeker, she discovered Vipassana meditation leading to Tibetan Buddhism; and both American and Tibetan teachers. Devotion to her Tibetan teacher led to trips to Tibet, helping with his projects; winters in Bodhgaya, North India helping with his courses; ordaining as a Tibetan Buddhist nun, moving to India, and ten years in Bylakuppe, South India, teaching at his monastery; and rekindling her love of photography. Her last three years in India were in the village home of a Muslim family.

Her heart literally led her back to Eugene for surgery, which led her to the realization she was finally fully retired. "Where do I want to live? What do I want to do?" Remembering a recurring Facebook post extolling the joys of retiring to a hotel chain compared to a retirement home, the neon sign caught her eye as she busied daily through downtown. Her curiosity peaked. When every cell yelled, 'Its now or never', she scheduled a tour and dinner; booked a guest room for three nights; and moved into The Eugene Hotel. She will live happily ever after without husband or children because although she thought she should, the Universe had other plans!

Her rendition of 'When I am an Old Woman I Shall Wear Purple':

When I am an old woman I shall wear my pj's as clothes. I will wear stripes with polka dots and mismatched plaids, because they make me smile. And I will sleep in my birthday suit.

I shall gift all my pension to friends and delight in their joy. And gobble up free samples in shops. and laugh until I cry. And follow my heart to downtown and relive the excitement of my youth in NYC.

And take up residence in The Eugene Hotel where life is easy, simple, convenient; and amazingly fun(ny)!

And climb the six flights to my warm, sunny, saffron-painted studio, because why not? And workout as often as I can for as long as I can, while I still can.

You can wear delightfully neon Indian house dresses that hide your rolls, And eat pints of Haagen Dasz at a go, Or only prunes and oatmeal for a week; And hoard rubber bands and paperclips and clean, used ziplock bags.

And because I have no husband to make proud and no grandchildren to set examples for I will start now, So people who know me are not too shocked and surprised When suddenly I am old, and wear my pj's as clothes.



Activities & Special Events

Rose Bowl Oregon Ducks vs Ohio State Buckeyes

Wednesday, January 1
at 2:00 p.m.



-Lounge

The Ducks have made it to the Rose Bowl once again! Come and Cheer on your team and bring your quarters to place your bets. We will provide soda, beer and snacks. Go Ducks!

Monthly Preview Thursday, January 2 at 12:30 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.

Beverages on Broadway w/Gus Russell

Friday, January 3
at 2:00 p.m.



-Lobby

One of our favorites, Gus Russell, will entertain us once again. Enjoy a winter warmer from the bar while you listen to some great music. Always a resident favorite.

Soup for the Soul Monday, January 6 & Wednesday, January 22 at 11:30 a.m.



-Lounge

We've outgrown the Resident Kitchen, so join your fellow residents in the Lounge for a bowl of soup and good conversation. This will be a nice time to enjoy a light lunch and get to know someone new.

New to the Hotel: Energy Work Massage w/ Lisa Diluna Monday, January 6 & 20 at 12:00-2:00 p.m.

-Exercise Room

We have received many requests for a female masseuse so we have invited Lisa Diluna to come on the first and third Mondays of the month. Her rate is \$20 for 15min.



Men's Group Wednesday, January 8 & 22 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. This month we're mixing things up a bit and on the 8th we will meet in the Lobby and Ray will drive the bus to Terry's Diner where we will discuss, "Space Travel-to what end?" On January 22 our topic of discussion is, "Will the US retain it's romance in the world Economy?"

Piano Meditations w/Philip Bayles Wednesday, January 8 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.

Guest Speaker from Brain Electrophysiology Laboratory (BEL): How Sleep Affects Your Memory Thursday, January 9 at 1:30 p.m.



-Lounge

Join us in the Lounge to hear about how sleep affects memory, how aging affects sleep, preventative measures for preserving memory, how BEL aims to help improve sleep to preserve memory with our research.

Rockin Gary on Guitar Friday, January 10 at 3:00 p.m.



-Lobby

A new musician to the Hotel, all the way from Southern Oregon. His specialty is 50's, 60's, 70's Rock and Country. Gary is a one man band, but performs all over the place and you are sure to enjoy his tunes. Come down to the Lobby, grab a drink and enjoy the show before dinner.

Chair Massage Monday, January 13 & 27 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, January 13 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.

Craig Einhorn Playing Spanish Guitar Tuesday, January 14 at 3:30 p.m.



-Lobby

A new musician to the Hotel, come down to the Lobby to hear his unique sounds and enjoy the show. It will be followed by a "Taco Tuesday" dinner buffet you won't want to miss.

Women's Group Wednesday, January 15 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 January we will discuss our New Year's Resolutions.

Bus to Eugene Library Wednesday, January 15 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.

Winter Floral Centerpieces Friday, January 17 at 1:00 p.m.



-Resident Kitchen

Come up to the 2nd Floor Resident Kitchen where we will have everything you need to create a beautiful winter floral centerpiece for you to take home to enjoy. Everything will be provided, however if you happen to have a pair of pruners feel free to bring them along! Sign up in the Activity book to give me an idea of how many flowers we'll need.



National Hat Day: Wear a Hat to Dinner
Friday, January 17
at 4:30-6:00 p.m.
-Dining Room
 Celebrate National Hat Day by Wearing your favorite hat to dinner.



Sunday Supper Club to Falling Sky
Sunday, January 19
at 4:00 p.m.

-Meet in the Lobby
 Join us this month for Sunday supper right in the neighborhood at Falling Sky. They offer a variety of typical pub food with a creative twist. In addition to brewing beer they also make homemade rootbeer. **Please sign up in the Activity Book.**

Hot Oatmeal Bar
Monday, January 20
at 10:30-11:30 a.m.



-Dining Room
 Come to the Dining Room to warm up and fill up with a delicious bowl of oatmeal topped just the way you like it!

Resident Appreciation Luncheon
Tuesday, January 21
at 11:30 a.m.



-Dining Room
 To show our love and appreciation to all of our residents, we will host a special luncheon for you all to enjoy. Lunch will be accompanied with the staff, so please join us in the dining room for this delightful gathering.

Robert Burns Celebration Tea & Poetry w/Dandelion
Thursday, January 23
at 2:00 p.m.



-Lounge
 Join us to honor poet Robert Burns (1759-1796), who was regarded as the national poet of Scotland. We will share his poetry as well as music. Be sure to wear your tartan! Bring your favorite Burns poem to share, or just come to listen (or sing Auld Lang Syne).

Scotland Revisited a Travelogue by Jim and Beth Weldy
Friday, January 24
at 2:00 p.m.



-Lounge
 Keep your tartan on from yesterday when you come to the Lounge to enjoy a Scottish adventure through the travel experience of the Weldys.



Hoppy Sippers
Monday, January 27
at 3:30 p.m.



-Lounge
 Join McKenzie and your fellow beer drinkers to explore the wonderful world of beer. This month we have the pleasure of hosting Aaron from Claim 52 Brewing. He is coming to the Hotel to share a selection of their creative brews and talk to us about the brewing process.

Chinese New Year Celebration with Themed Dinner Buffet
Wednesday, January 29
at 4:30- 6:00 p.m.

-Dining Room
 Let's welcome the new Lunar year and kick off the year of the Snake! Chef Ricky is excited to share with us a delicious selection of Chinese delights.

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



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

Yoga Ball Drumming with Octopus Rhythm Works
Thursday, January 30
at 1:30 p.m.



-Lounge
 Join your neighbors for a Hotel favorite, Yoga Ball Drumming. Claudia and Lisa from Octopus Rhythm Works bring everything we need for the Drumming Circle. Research shows that active involvement with music and drumming provides neurological benefits and helps reactivate memories. You don't want to miss this event! Sign up in the Activity Book so we have an idea of how many yoga balls and chairs we need.

Breakfast Brigade at GJ's Family Restaurant
Friday, January 31
at 8:30 a.m.



-Meet in the Lobby
 Join Ray for this monthly breakfast adventure to GJ's Family Restaurant. They have all of the breakfast favorites and the portions are generous so bring your appetite! Please sign up in the Activity Book.

TRIPS FOR JANUARY

Seven Feathers Casino with Lunch at the Casino

Tuesday, January 7
at 10:00 a.m.

-Meet in Lobby
 Let's mix things up this month! Join us for a drive south to test your luck! We will spend the afternoon at Seven Feathers Casino. The casino has multiple dining options for lunch. Please sign up in the Activity Book.



Out to Lunch Bunch at Fins Drive-In

Tuesday, January 14
at 11:30 a.m.

-Meet in the Lobby
 Join Ray for a quick trip to Springfield and a fun retro experience. Milkshakes are popular at this comfy, classic diner known for it's burgers, chicken fried steak and other American eats. Please sign up in the Activity Book.



Small Town Mystery Tour
Tuesday, January 28
at 10:00 a.m.



-Meet in the Lobby
 Today all is a mystery! Ray will be at the wheel as we board the bus to this mystery destination. As part of this adventurous day we will enjoy a lunch stop. Please sign up in the Activity Book.



WEEKLY EVENTS

Exercise Class with Erica and Phyli
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.

Eugene Hotel Bridge Players
Mondays & Fridays
at 12:30 p.m.

-Billiard Room
Do you enjoy playing bridge? If so join us in the Billiard Room to exercise your brain and have fun with others who enjoy playing cards.

Mahjong
Monday, January 6 & 20
at 2:00 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.

Mall Walking at Valley River Center
Monday, January 13 & 27
at 10:30 a.m.

-Meet in the Lobby
Let's get moving! Our indoor walking venue for the cold winter days. If you get tired you can rest on one of the many benches found around the mall. If you get hungry you can grab a bite to eat at one of the many options in the food court. And if all you want is to get in your steps for the day you can window shop as you do. Please sign up in the Activity Book.



Bingo
Wednesdays 8, 22, 29 &
Thursday 16
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.



Hearing Aid Clinic w/ Jim
Wednesday, January 15
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, January 2 & 16
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, crotchet, needlepoint, quilting, mending all are welcome.



Creative Writing
Thursday, January 2 & 16
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.

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.



Please Welcome
New Residents

Andrea Jackson-503

Russ Busey-301

Coming in February-



Groundhog Day Super Bowl Valentines Day



* There is a Clear View Reading Machine that magnifies and enhances small text, located on the Lower Level for all to use.

*The Quiet Room located on the 7th Floor, may be used for meditation, prayer or reflective thinking

*The Eugene Hotel Art Room is located down the hall on the Lower Level. Just take a left after the restrooms.

*Personal shopping carts are stored in the closet next to the elevators for anyone to borrow for groceries or whatever you need.

*The Library is located on the Lower Level, with a variety of books to check out. There is also a large print section.

*The Box Room is located on the Lower Level, there you may recycle sturdy clean boxes for others to re-use.

*The Front Desk Sells Postage Stamps for 73 cents ea.

*Our Lost and Found is located at the Front Desk

*The 3rd Floor Closet across from Apt# 311, stores extra walkers, wheelchair and other items to borrow.

*When going on a trip in our bus, you may ask for a pillow or footstool for your comfort.

*If you ever feel like you could benefit from a tour once you've moved in, just ask and we would be happy to show you around and help you feel even more at home.

*The Billiard Room is on the 2nd Floor for anyone to use.

*The Resident Kitchen on the 2nd Floor is a full kitchen for anyone to use for baking or a family gathering. The sign up list hanging on the fridge is to ensure you have the kitchen all to yourself for whatever you'd like to use it for.