



The Eugene Hotel View

Monthly Newsletter of Eugene's Premier Retirement Community March 2025



In honor of Women's History Month, we pose as Rosie the Riveter, pictured above.

From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well.

-President Jimmy Carter's Message designating March 2-8, 1980 as National Women's History Week

**SECOND PAGE MEET YOUR
FURRY-FOUR LEGGED NEIGHBORS**

MARCH EVENTS
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for March...pp. 3-7

BOOK GROUP
Residents will discuss a biography or
autobiography of your choice ..p. 5



My name is Jasmine. I live with my Mom, Linda Berg, in apartment 417. I am six months old, give or take a day or two. My Mom adopted me from Amy, a wonderful independent caregiver at the Hotel. Amy's cat had kittens and she, amongst others, thought Linda needed a cat for company. Linda said NO! She had lived with four cats in her adult life and felt that adopting another cat at 77 years old would be too much! She was either weak or Amy was persistent (or both) so she agreed to taking one of the kittens. Linda told Amy that she would prefer a male! Amy said she had just the kitten for her! So, Amy showed up one day with this little ball of fur. She named "him" Tobias (Toby). Toby and Linda settled into getting to know each other. After about a month or two my Mom took me to the Vet for my kitten check-up and shots. Dr. DeWall, a very nice lady Vet, walked into the room, picked me up by the scruff of the neck, and told my Mom she had an adorable GIRL! GIRL!—Needless-to-say, my Mom was a bit shocked! I was wondering why she had given me a "boy's" name! That is how I became "Jasmine." So, Mom and I settled into raising each

other. After all it had been a while since my Mom had had a roommate of the feline variety. I have been working on training my Mom. I think that she has succumbed to my kitten charm feeding me when she thinks I am hungry, petting me in just in the right spots.



My name is Mina, and I'm a four-legged, 5yr-old black cat of the genus *Felix Superious*, and I live with my caregiver Mike on the fifth floor. He provides kibbles (chicken or turkey flavor only!) water, windowsill, soft sunny locations, and cat "toys" that are occasionally mildly amusing for a short time. I came from Greenhill Humane after a stay with a foster family who are friends of Mike: they let him choose among my siblings and he wisely chose me, hence I am the literal "pick of the litter." I remind him of this fact whenever he makes nasty comments about my lineage. A Typical Day: I awake before dawn and start planning my day--get up, eat, run around, eat lunch, nap, eat mid-afternoon snack, nap, explore, sleep, etc. At dawn's first light, I go about

waking up my caregiver. This is a set routine that continues until a sufficient portion of kibbles is placed in my bowl. First I try staring silently into his face while sending, "Guilt Waves." If that doesn't produce a response, I then stare into his face at even closer range and mew with increasing volume. Still nothing? I try a series of gentle pokes to his cheek and forehead. If I am still ignored, I'm cleared to try my ultimate method: I back away a bit, wiggle my butt, and run across his chest at full speed and weight. This has almost always been successful, and I have had to resort to my ultimate method only once. He often accuses me of skipping the first three options and beginning with the run. My neighbor across the hall, Lodene, has a sticker on her door stating that she is the "All -State Champion Cat Petter" and I often visit her to see if this is true (it is!!) Another friend and admirer lives at the other end of my hall, Camilla. I keep amused with various activities-- looking down on humans from the window, chasing a ball of recycled aluminum foil, tipping things over and pushing them onto the floor and, one of my favorites, "Bug Alert." I saw a stink bug crawling on the ceiling once about a year ago, and I've found that I can get a good reaction from Mike if I suddenly assume the Alert Position, widen my eyes, fluff up my tail, mutter quietly, and stare at an empty spot on the wall or ceiling. Works every time.





Activities & Special Events

Tuesday, March 4th

Academy Awards/Casino Night
Sunday, March 2
at 4:00 p.m.



-Lounge

It's award time. On the night of the awards, we'll watch it live as well as enjoy casino games, drinks and appetizers. Glitz and glam are on order for the evening. Come walk the red carpet!

Monthly Preview
Monday, March 3
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.

Energy Work Massage with Lisa
Monday, March 3 & 17
at 12:00-2:00 p.m.



-Exercise Room

Lisa our female masseuse will be at the Hotel on the first and third Monday of each month. Her rate is \$20 for 15min. Sign up in the Activity Book to reserve a time slot.

Men's Group
Wednesday, March 5 & 19
at 10:30 a.m.



-Lower Level

The Men's Group (Lounge Lizards) will meet in the Lower Level to catch up and share insights. Topics up for discussion on the 5th, "Is discrimination ever okay?" On March 19th, "Christian and other nationalisms."

Philip Bayles on Piano
Wednesday, March 5
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.



Mardi Gras Celebration

9 a.m. - 10 a.m.

Fat Tuesday Breakfast

This fun-filled day begins in the Dining Room with a New Orleans breakfast, including king cakes. Ambiance provided by Paul Biondi & Gus Russell.

11 a.m. Mask Decorating

Join us in the Resident Kitchen to decorate a mask to wear for the rest of this festive day.

3 p.m. - 4 p.m. Hurricane Happy Hour with Skip Jones

Come down to the Lobby to enjoy the festive New Orleans music brought to us by the very talented Skip Jones, a delicious hurricane cocktail and get a string of beads!

4:30 p.m. - 6 p.m. New Orleans Theme Dinner

Be sure to bring your appetite for this delicious dinner!



***Whoever finds the plastic "baby" hidden in their slice of king cake, is considered the "king" for the day and is symbolized for good luck and prosperity for the upcoming year.**

Soup for the Soul
Friday, March 7
at 12:00 p.m.



-Lounge

Come to the Lounge and join fellow residents in a warming bowl of soup and good conversation. This will be a nice time to enjoy a light lunch and get to know someone new. No need to sign up, everyone is welcome.

Microphilharmonic Mahler:

Symphony No. 4
Sunday, March 9
at 3:00 p.m.



-The Shedd

Mahler described the Fourth Symphony as the conclusion to the "perfectly self-contained tetralogy" of his first four symphonies: the First depicts heroic suffering and triumph; the Second explores death and resurrection; the Third contemplates existence and God; and the Fourth, as an extension of the Third's ideas, explores life in heaven. The piece builds throughout on his 1892 song "Das himmlische Leben" ("The Heavenly Life"), which presents a child's vision of heaven and is sung by a soprano in the symphony's Finale. Sign up for free tickets at the Front Desk.

Chair Massage with Lawrence
Monday, March 10 & 24
12:00-2:00 p.m.



-Exercise Room

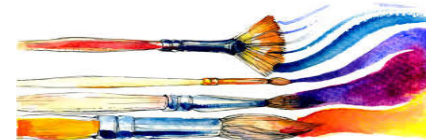
If you need a relaxing therapeutic massage, join licensed massage therapist Lawrence Roper downstairs for a short or long massage of your choice. The cost is \$10 for 10 minutes. Please sign up in the Activity Book to reserve a time slot.

Crafter's Corner: St. Patrick's Day Painting with Savanna
Monday, March 10
at 1:00 p.m.



-Resident Kitchen

Join one of our many staff artists, Savanna, in the Resident Kitchen for a brush and blend on mini canvases. She has come up with a fun painting project to get us ready for St. Patrick's Day. Bring your imagination and creativity, everything else needed for this paint fest will be provided.



Women's Group
Wednesday, March 12
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 March we will discuss the women that have positively impacted our lives.

Song Circle with Kevin
Wednesday, March 12
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.

Irish Dance Performance
Thursday, March 13
at 6:30 p.m.



-Lounge

We are pleased to welcome the talented dancers from Blackthorn Academy to the Hotel. Blackthorn Academy is an Irish Dance school based in Eugene with sister schools throughout the country. Their dancers compete at local and regional competitions and in April 2025 they will be sending their first dancer to the World Championships in Dublin, Ireland. Join us in the Lounge for this special treat!

Beverages on Broadway with Suzanne Otis Playing Jazz Piano
Friday, March 14
at 3:00 p.m.



-Lobby

Join us in the Lobby to welcome back Suzanne Otis. She will play jazz piano for a pre-dinner show. Grab a drink, find a good seat and enjoy this musical treat.



Hoppy Sippers
Sunday, March 16
at 4:00 p.m.

-Private Dining Room

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 in celebration of St. Patrick's Day we will be tasting a variety of beers brewed in Ireland or in an Irish style. Don't worry the green beer is being saved for tomorrow.



Freshly Made Green Juice
Monday, March 17
at 10:00-11:00 a.m.



-Dining Room

Put on your green and head to the Dining Room for a freshly juiced treat! You get to choose from a variety of delicious fruits and veggies to create a custom juice just for you.

St. Patrick's Day Celebration with Soup and Celtic Harp Music
Monday, March 17
at 12:30 p.m.



-Lounge

Starting a new tradition, with an Irish Soup Celebration. As most of you know Soup for the Soul has been quite a popular event. So this year we decided to have a festive soup gathering with Celtic harp music by David Helfand. Don't forget to put on some green before joining your neighbors for a St. Patrick's Day soup lunch filled with music and good company.

Bus to Eugene Library
Wednesday, March 19
at 12:00 p.m.



-Meet in Lobby

Come along on our monthly 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.

WildArt! Painting Class with Ken
Friday, March 21
at 1:00 p.m.

-Resident Kitchen

Wildart! is a fun group art process to paint freely what is in you. There's lots of colors of paint and lots of paper. They are simple instructions on how to free yourself to paint this way. Ken has led diverse groups over a hundred times in the past 33 years. Won't you join us to make some colorful paintings for yourself?

Resident Birthday Lunch
Wednesday, March 26
at 12:00 p.m.



-Dining Room

For those of you born in the month of March, come enjoy a delightful lunch in the company of the other residents who share this Birthday Month. Chef Ricky will prepare your special meal. Don't forget to save room for a slice of birthday cake!

Yoga Ball Drumming
Thursday, March 27
at 1:30 p.m.



-Lounge

Join your neighbors for a Hotel favorite, Yoga Ball Drumming. Claudia and Lisa from Octopus Rhythm Works 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 provide all the equipment needed. You don't want to miss this event!

Breakfast Brigade to Denny's
Friday, March 28
at 8:30 a.m.



-Meet in the Lobby

Join Ray for this monthly breakfast adventure to Denny's. They serve all of the breakfast favorites and are known for their delicious pancakes. Please sign up in the Activity Book.

Sunday Supper Club to Bon Mi
Sunday, March 30
at 4:00 p.m.



-Meet in the Lobby

Join us this month for Sunday supper right in our neighborhood at Bon Mi. They offer delicious sandwiches that came into creation from the French influence in Viet Nam as well as soup, rice or noodle bowls and salads. Sign up in the Activity Book.

Crafter's Corner: Melted Crayon Wearable Art
Monday, March 31
at 11:30 a.m.



-Resident Kitchen

Let's melt crayons to create a work of art. Join McKenzie to celebrate National Crayon Day. Choose your colors, melt and swirl. We will be making pendants that can be worn as necklaces or used for a keychain. All supplies will be provided.



TRIPS FOR MARCH

Hallie Ford Museum of Art at Willamette University and Lunch at the Sassy Onion
Tuesday, March 11
at 10:00 a.m.
-Meet in Lobby

Join us for a drive to Oregon's Capitol where we will start with lunch at the Sassy Onion. They offer sandwiches, salads, burgers, fish and chips along with a nice "lighter side" menu for smaller appetites. After lunch we will take the short drive to the Hallie Ford Museum of Art. In addition to their permanent collection, there are two temporary exhibitions, Nancy Floyd: For The Love Of Trees, is photos from a multi-year project exploring the unique bond that Oregonians have with the forest and trees. The second is Brenda Mallory: The North Star Changes, is based on the idea that humans perceive the North Star as permanent when in fact, different stars have assumed the position and names over thousands of years. Please sign up in the Activity Book.

Coastal Adventure: Drop at Three Rivers Casino in Florence or Drive to Yachats for Lunch
Tuesday, March 18
at 10:00 a.m.
-Meet in Lobby



Join us on a coastal adventure! First we will stop at Three Rivers Casino for those of you who would like to take a chance on hitting the jackpot and having lunch there in the casino restaurant. Then we will continue north on 101 to the town of Yachats where we will have lunch and take in the coastal air and views. Please sign up in the Activity Book.

Belknap Hot Springs with Lunch at Takoda's
at 10:00 a.m.
-Meet in Lobby



Join us for a scenic drive along the McKenzie River. Stopping at a long time staple, Takoda's, for lunch. They offer a variety of pizzas, burgers, sandwiches, salad bar and soup. After lunch we will continue to Belknap Hot Springs. It is \$10 to enjoy an hour long soak in the pool. If hot springs aren't your thing there are acres of nature trails and gardens to explore. Enjoy an afternoon in the beautiful Oregon wilderness. Please sign up in the Activity

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
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, March 3 & 31
at 2:30 p.m.

-Billiard Room

Come to the Billiard Room to try something new, McKenzie will be teaching the Chinese version of Mahjong. There is no card needed making it easier to learn and more like a card game. If you enjoy playing games and are interested in learning something new please join us.



Mall Walking at Valley River Center
Monday, March 10 & 24
at 10:30 p.m.

-Meet in the Lobby

Let's get moving! The mall is a great indoor walking venue. The bus will drop us for about an hour. Please sign up in the Activity Book.



Bingo
Wednesdays 5, 12, 26
Thursday 20
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, March 19
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.



Game Time with Rudy
Thursdays
at 1:00 p.m.

-Billiard Room

Join Rudy and other fellow residents for a friendly board game. No matter the game it will be a good time!



Needle Arts Group
Thursday, March 6 & 20
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, March 6 & 20
at 2:00 p.m.

-Resident Kitchen

Join your fellow residents on Thursday for some fun writing activities that will wake a tired brain up! You may follow creative prompts provided by Dandelion, or free write whatever is on your mind. Some prompts are independent, some are collaborative, and all will encourage your desire to write!



Central Synagogue NY Streaming Service
Saturdays
at 12:30 p.m.

-Lounge

Join Harriet and Erika in the Lounge if you would like to watch the online service.



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

Enjoy a relaxing coloring session in the Resident Kitchen. All supplies provided.



National Poetry Month Coming in April

Maybe you're a poet and you just don't know it. Maybe you do. April is the month we celebrate poetry. So get your poems ready or write some new ones. We look forward to highlighting the poetic artistry of our talented residents in the April Newsletter for all to enjoy. See the Front Desk to submit your poetry.



First Friday Art Walk in April

Calling All Artists... On Friday, April 4th the Lobby of Eugene Hotel will be turned into a pop-up art gallery as we join the Downtown First Friday Art Walk. We will feature works created by our talented residents and staff in a variety of mediums. If you have art you would like to show, please see the Front Desk.



ART
WALK

