The Eugene Hotel View

Monthly Newsletter of Eugene's Premier Retirement Community | March 2026

Celebrating Oregon's Women

Norma Paulus
1st Female
Secretary of
State

Winona LaDuke
Indigenous
Enviromental Leader

Mercedes Frances
Deiz 1st Black Female
Admitted to Oregon
State Bar & Judge

Barbara Roberts
1st Female
Governor of
Oregon

Maurine
Neuberger
1st & Only
Female Senator

Abigail Scott
Duniway
Oregon's Mother
of Equal Suffrage

Vera Katz
Oregon's 1st
Female Speaker of
the House

Marie Aioe Dorion
1st & Only Female
Fur Empire Purveyor

Gert Boyle
Creator & Founder
of Columbia
Sportswear

Joni Huntley
1st American
Women to Jump
6ft in High Jump

Aurora "Lola"
Greene Baldwin
1st Female Police
Officer

Esther Pohl Lovejoy
Early Physician &
Suffrage Activist

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For more Women's History Month information go to: Oregon Encyclopedia, https://www.oregonencyclopedia.org & Oregon Historic Society, https://www.ohs.org

Friday Book Group

Where can you fall in love with Mr. Darcy, have your heart strings tugged by Oliver Twist, engage your brain to help solve a mystery with Ann Cleves, or soar to magical heights at Hogwarts with Harry Potter? If you are already an avid reader, then you can clearly understand the joy, excitement, adventure and escape from daily life that can be found in a book. If you aren't yet a reader, maybe this month we can encourage you to become one.

The last Friday of each month there is a book group with lively discussion, often on the reading of the same book, sometimes on a book of each person's choosing based on a certain genre. We have a wonderful library on the Lower Level from which you can borrow books, and we also have a free table from which you can exchange, borrow or keep a book.

Reading is not only fundamental but an elemental exercise in keeping your brain engaged and active. Try this month's book group. We are reading ***Sisters in Law***, by Linda Hirshman. This non-fiction book explores the remarkably different lives of Sandra Day O'Connor and Ruth Bader Ginsburg, detailing how they met, served together on the Supreme Court, and formed a long-lasting friendship. Books are provided by The Hotel and members have approximately one month to complete the reading. On the last Friday of each month at 2:30 p.m. in the Lounge, we meet to discuss the book, the author, and our personal thoughts. You are encouraged to join us or share a good read for the book group to consider!

Let the Front Desk know you need a copy of the book for this month

Activities & Special Events

Detox Foot Baths w/Katie
Monday, March 2
at 12:00 p.m.
-Lounge

With ionic foot baths, warm water and natural ionization help your body release toxins while you simply sit back and relax. Many find their mind clearer, energy renewed, & body at ease after a session. The cost is $20 for 20 minutes. Please wear pants that can be pulled up or rolled to mid-calf, since your feet will be in ankle-deep water. Sign up in the Activity Book to reserve your time slot.

Monthly Preview
Monday, March 2
at 2:30 p.m.
-Lounge

Join us in the Lounge as we discuss updates, food service, and all other events for March. Bring your questions and this Newsletter to the meeting to get all the latest news.

Card Bingo
Wednesdays, March 4, 11, 18, 25
at 6:30 p.m.
-Game Room

Please join Edwena to try your luck at Card Bingo, a different version of the classic game. Card Bingo is played with tables of four and one caller.
The first nine games are $0.10 each, and the final game is $0.25. Please sign up in the Activity Book.

Men's Group
Wednesday, March 4
at 10:30 a.m.
Wednesday, March 18
at 11:00 a.m.
-Lower Level

The Men's Group, aka Lower Level Lizards, meet in the Lower Level to catch up & share insights. Topics up for discussion this month are on the 4th, "Are we being replaced?" & on the 18th, EHMen Lunch @ Chapala Restaurant, sign up in the Activity Book.

Special Matinee Oscars Screening of Blue Heaven
Wednesday, March 4
at 11:30 a.m.
-Lounge

Come watch one of this years' nominated movie, Blue Heaven. Enjoy snack, drinks and, of course, popcorn.

Yoga Ball Drumming w/Octopus Rhythm Works
Thursday, March 5
at 1:30 p.m.
-Lounge

Join your neighbors for a hotel favorite. Claudia & Lisa from Octopus Rhythm Works bring everything we need for the drum circle. Sign up in the Activity Book!

Crafter's Corner with Oliver
Friday, March 6
at 10:30 a.m.
-Lounge

Oliver has 2 cute crafts for you to try your hand at. The first is an adorable shamrock pin so you can be sure to have something green to wear on St. Patrick's day. The other is a unique embroidered bookmark. No sewing experience needed. All supplies are provided.

Marston Memorial Piano Concert
Friday, March 6
at 3:30 p.m.
-Lobby

Join us in the Lobby for all the classics by Bach, Beethoven, Chopin, Rachmaninoff, and Debussy on piano. All to pay tribute to Mr. Marston who donated our magnificent Steinway grand piano in our Lobby.

Hoppy Sippers
Sunday, March 8
at 5:00 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 selection of beers brewed in Ireland or in an Irish style.

Chair Massage
Monday, March 9 & 23
at 12:00-2:00 p.m.
-Exercise Room

Licensed massage therapist Lawernce Roper returns to provide therapeutic massages. Remain fully clothed while sitting in a massage chair enjoying the relaxing benefits of a short or long massage. The cost is $10 for 10 minutes. Please sign up in the Activity Book to reserve your time slot.

Women's Group
Wednesday, March 11
at 10:30 a.m.
-Resident Kitchen

Grab a cup of tea and head to the Resident Kitchen for a casual round table discussion and an opportunity to get to know ourselves better, as well as each other! This month's topic will be "Changes We Make for Good".

Creative Writing
Wednesday, March 11
at 2:00 p.m.
-Resident Kitchen

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

Capella Market Shopping Trip
Thursaday, March 12
at 10:30 a.m.
-Meet in Lobby

Come check out the newest addition to our shopping locations. This resident request is a great place to find all your grocery needs. A natural foods store located at 2489 Willamette on the south side of Eugene. Their deep roots in the natural foods market are reflected in their commitment to quality. They offer knowledgeable customer service and a produce department stocked with local, organic fruits and vegetables. Additionally, a meat department that features hormone and antibiotic-free selections. Quality is important in everything they do. Sign up in the Activity Book.

Hot Oatmeal Bar
Thursday, March 12
at 11:00 a.m.
-Dining Room

Join your neighbors for a hot bowl of oatmeal. Choose from a variety of healthy toppings to complete your order.

Beverages on Broadway w/Dakota Harris
Friday, March 12
at 3:30 p.m.
-Lobby

Dakota Harris, one of our favorites, is here to entertain us once again. Enjoy a winter warmer from the bar while you listen to some great music.

Special Matinee & Evening Oscars Screening of Frankenstein
Wednesday, March 13
at 1:00 p.m. & 6:30 p.m.
-Lounge

Come watch one of this years' nominated movies, Frankenstein in two parts. Enjoy snack, drinks and, of course, popcorn.

Lane County History Museum: History at the Hotel
Saturday, March 14
at 4:00 p.m.
-Lounge

The Lane County History Museum is hosting History at the Hotel on the 2nd Saturday of every month. This month's guest speaker is Alice Christenson & Dana Merryman, featuring unknown and interesting stories about the orgins of Cottage Grove & Oregon before the railroad.

Academy Awards Oscars Viewing Party
Sunday, March 15
at 4:00 p.m.
-Lounge

It's award time! Walk the red carpet to watch it live while enjoying snacks and drinks so you can cheer for all your favorite pictures from last year.

Mall Walking at Valley River Center
Monday, March 16
at 10:30 a.m.
-Meet in Lobby

The bus will drop us for about an hour at Valley River Center. Use this time to walk at your own pace inside the comfortable mall and where seating is located throughout for you to stop and rest. Sign up in the Activity Book.

Fresh Green Juice
Tuesday, March 17
at 10:00 a.m.
-Dining Room

Start your St. Patrick's Day out right with a tall glass of green juice. Pick out all your favorite ingredients from the menu and leave the rest to McKenzie.

St Patrick's Day Party w/Music by The Magpies
Tuesday, March 17
at 2:00 p.m.
-Lounge

Join us in the Lounge for lively Irish music by The Magpies. Enjoy festive fare of green drinks and appetizers as you tap your toes or dance a wee jig.

St Patrick's Day Themed Dinner
Tuesday, March 17
at 4:30 p.m.
-Dining Room

Come to the Dining Room hungry for a selection of traditional Irish food including Irish Soda Bread, corned beef w/cabbage and more. Don't forget to wear green!

Bus to Eugene Library or Kiva Grocery & Deli
Wednesday, March 18
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 so you can browse a wide selection of items and check out everything you want to take home. Or go shopping next door at Kiva Grocery & Deli, for local & organic options in grocery, meats, health & beauty, beer & wine, and a deli. Sign up in the Activity Book.

Soul Food Social w/Guest Chef Hilda McSwane
Thursday, March 19
at 12:30 p.m.
-Lounge

Today in the Lounge, join fellow residents for residents for a light lunch, good conversation and a culinary treat from Hilda. She will prepare a tasty sausage and rice casserole, green salad and French bread. No need to sign up, everyone is welcome.

Tea & Poetry
Thursday, March 19
at 2:00 p.m.
-Resident Kitchen

If you enjoy reading, listening to or writing poetry, we hope you'll join us for an hour of delightful verse and tea. Participants are welcome to bring a favorite poem or one you have written. Share something inspired by Women's History month. All are welcome.

Nutritional Health Guest Speaker: Love Your Liver by Natural Grocers
Friday, March 20
at 1:00 p.m.
-Lounge

Cone learn about nutritional heath from Yaakov Levine. This month he will be sharing how to "Love Our Liver". Did you know the liver is responsible for over 500 vital functions? Explore the biggest threats and ways to support liver health and wellness.

Sunday Supper Club to The Pub at Laurelwood
Sunday, March 22
at 4:30 p.m.
-Meet in the Lobby

Join your neighbors for dinner out in Eugene while enjoying good conversations and food. This month, per resident request, we are going to The Pub at Laurelwood. Where they are serving up a beautiful view of the green along with their delicious spin on pub food. Sign up in the Activity Book.

Waffle Bar
Wednesday, March 25
at 11:30 a.m.
-Dining Room

Come to the Dining Room to enjoy a toasty waffle just the way you like it! We will have a wide variety of toppings from butter & syrup to whipped cream & fruit.

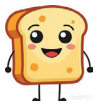
Resident Birthday Lunch
Thursday, March 26
at 12:00 p.m.
-Dining Room

Those residents born in March are invited to a birthday lunch in their honor. Come and enjoy a delightful lunch prepared by Chef Ricky and spend time with your fellow neighbors that share your same birthday month.

Beverages on Broadway w/Gus Russell
Thursday, March 26
at 2:00 p.m.
-Lobby

Gus Russell, one of our favorites, is here to entertain us once again. Enjoy a winter warmer from the bar while you listen to some great music. Always a resident delighter.

Breakfast Brigade to Ye Olde Pancake House
Friday, March 27
at 8:30 a.m.
-Meet in Lobby



Join Ray on this breakfast adventure to Ye Olde Pancake House. They offer all the usual breakfast favorites. Please sign up in the Activity Book.

February Trips

Linn County Covered Bridge Tour & Lunch at
Tuesday, March 3
at 10:00 a.m.
-Meet in Lobby

Today we are going to enjoy a ride through the countryside while seeing a bit of history as we explore the covered bridges of Linn County. As part of today's adventure, we will stop at the Covered Bridge Cafe for lunch. Please sign up in the Activity Book.

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

Join us for a drive to Oregon's Capital 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 a short drive to the Hallie Ford Museum of Art. In addition to their permanent collection, there are two temporary exhibitions. D. E. May: Postcards from Islandsalem, a forty plus year retrospective exhibition for this important Salem mixed media artist who passed away in 2019 from pancreatic cancer just as he was emerging onto the national art scene. The second is Crow's Shadow Institute of the Arts Biennial, a popular biennial exhibition will feature a selection of contemporary prints created at this important printmaking atelier in northeastern Oregon during the past two years. Please sign up in the Activity Book.

Mystery City Tour & Lunch at Mystery Location
Tuesday, March 24
at 10:00 a.m.
-Meet in Lobby

Join us on this mystery city tour. Ray will be at the wheel as we board the bus to this mystery destination. As part of this fun day, we will enjoy lunch at one of this mystery town's special eateries. Sign up in the Activity Book.

Out to Lunch Bunch
w/Ray on his LAST DAY!
Tuesday, March 31
at 11:00 a.m.
-Meet in Lobby

Board the bus w/Ray for this out to lunch adventure! He has selected a special place for this end of an era outing. Please sign up in the Activity Book.

Weekly Events

Exercise Class
with Erica or Phyli
Mondays, Wednesdays, Fridays
at 9:00 a.m.
-Exercise Room

Join Phyli on Mondays & 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 in the Exercise Room at 9:00 a.m. sharp. Everybody is welcome.

Bridge Players
Mondays
at 12:30 p.m.
-Resident Kitchen

Do you play bridge? Come to the Billiard Room Mondays at 12:30 to exercise your brain and have fun with others who enjoy playing bridge.

Rummikub
Mondays
at 6:15 p.m.
-Resident Kitchen

Join your neighbors for a weekly session of Rummikub in the Game Room in the Lounge. This tile based game that is a is easy and fun, even for beginners!

Bingo
Wednesdays
at 1:00 p.m.
-Game Room

Come join your neighbors every Wednesday afternoon in the Game Room for Bingo. Only $.75 to play!

Mahjong
Wednesday, March 4 & 25
at 2:30 p.m.
-Billiard Room

Come to the Billiard Room to try something new, Mckenzie teaches 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 want to try something new, please join us.

Hearing Aid Clinic
With Jim with Goodman Hearing
Wednesday, March 18
at 3:00p.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 a 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
Thursday, March 12 & 26
at 1:30 p.m.
-Lower Level

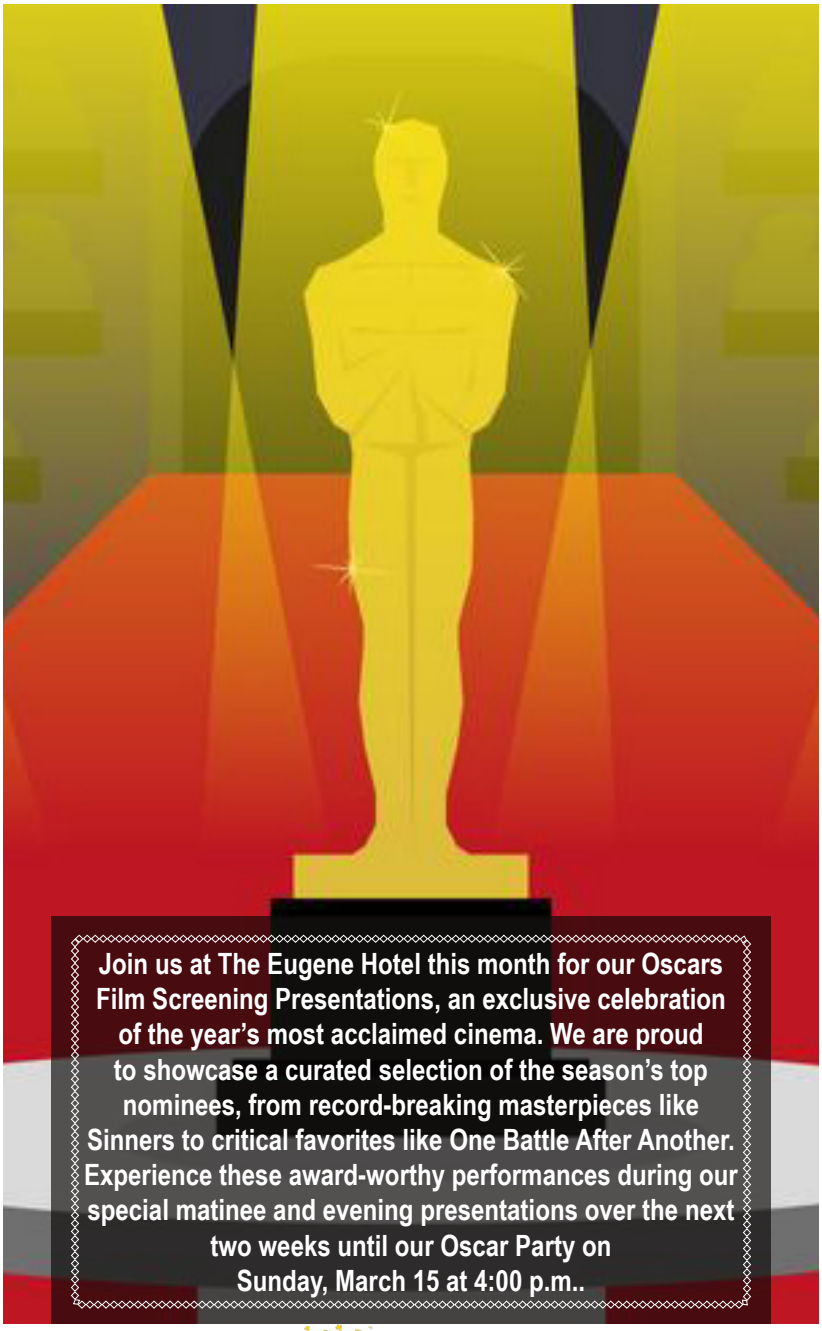
Needle Arts is not just knitting! Bring your project to the Lower Level and join others that enjoy working with their hands and with the company of a needle or two. Knitting, embroidery, crochet, needlepoint, quilting, and mending. All are welcome.

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

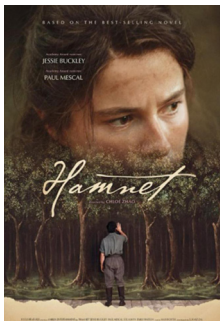
Join Harriet and Erika in the Lounge if you would like to watch the online service from the Central Synagogue in New York.

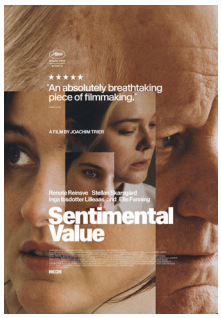
Play Poker
Saturdays
at 2:30 p.m.
-Billiard Room

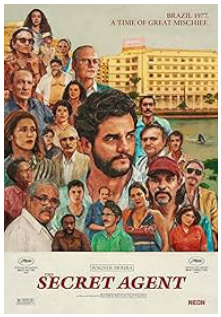
Get ready to lose your money or win big! Join us for a friendly game of poker. Don't forget to bring your quarters.

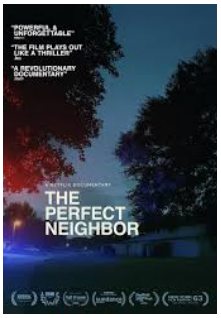


Join us at The Eugene Hotel this month for our Oscars Film Screening Presentations, an exclusive celebration of the year's most acclaimed cinema. We are proud to showcase a curated selection of the season's top nominees, from record-breaking masterpieces like Sinners to critical favorites like One Battle After Another. Experience these award-worthy performances during our special matinee and evening presentations over the next two weeks until our Oscar Party on Sunday, March 15 at 4:00 p.m..









•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 right off the elevator then a left after the restrooms.
•Register to VOTE forms are available at the front desk.
•Personal shopping carts are stored in the closet next to the elevators for anyone to borrow for groceries or whatever you may need it for.
•The Box Room is located on the Lower Level, where you may recycle sturdy clean boxes for others to reuse.
•Eugene Hotel has a Lost & Found, all turned in items are kept safely at the Front Desk.
•The Front Desk sells postage stamps for $.78 each.
•The 3rd Floor Closet across from Apt #311, stores extra walkers, wheelchairs 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! We will 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. Please remember to clean up after each use.