



# Off The Rocker Dispatch

**January 2025**



## Illinois Valley Senior Center

PO Box 462 / 520 E River St

Cave Junction, OR 97523

Phone: 541-592-6888

Email: [ivseniorcenter@gmail.com](mailto:ivseniorcenter@gmail.com)

## Senior Thrift Store

102 S Redwood Hwy

Cave Junction, OR 97523

Phone: 541-592-6630

## BOARD OF DIRECTORS

### Officers:

Doris Fowers - President

Judy Krouse - 1st Vice President

Jean Shubert - 2nd Vice President

Donna Marie May - Secretary

Rhonda King - Treasurer

### Directors at Large:

Betty Jacobson, David Levison, India Moss,

Jim Shirley and Janice Sommers

### Parliamentarian:

Carol Caswell

**Regular Hours: 9:30am—4:00pm**

**Editor: Doris Fowers**



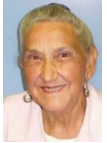
# 2023/25 Board Contact Information



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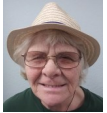
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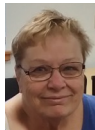
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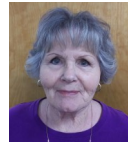
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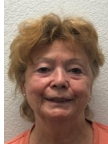
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**Janice Sommers, Director at Large**

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Phone - 541-659-2875

**Correspondence may also be sent to:** Illinois Valley  
Senior Center, P.O. Box 462; Cave Junction, OR 97523

## Business of the Board

Your Illinois Valley Senior Center (IVSC) Board held its regular meeting on Tuesday, December 17, 2024, at 1:30pm. After establishing a quorum, approving minutes, and reading correspondence—the Board:

- ◆ Approved the November 30, 2024 *Treasurer's Report* with \$198,806.63 total liquid assets, including \$6,600.07 in net monthly income. There were \$14,132.88 in gross receipts from the Thrift Store alone!
- ◆ Revised the membership dues changes to be presented to the general membership in the next election.
- ◆ Approved running Bingo from January 8th through March 31st with some cost changes to improve membership.
- ◆ Approved giving IVSC volunteers a \$10 Thrift Store gift card when they volunteer 12 or more hours at the Senior Center.

**Complete meeting minutes are available in the IVSC office once approved (usually at the Board's next meeting).**

## From the Desk of the President . . .



Another year is gone and we are already 25 years into the new century! Hard to believe how quickly time flies.

I hope that your holiday season was wonderful and that you got to spend some quality time with friends and family.

You may notice that the IVSC office looks a little different next time you visit. I did a little rearranging to make it a little more user friendly and give me more room to work. Make sure you stop in and say hi the next time you come by!

As usual, my New Year's resolution is not to make any resolutions :) Life is pretty good just the way it is and I wish the same for all of you.

As always, please contact us if you are able to volunteer at either the Thrift Store (541-592-6630) or the IVSC (541-592-6888). We can always use your help.

*Doris Fowers, President*

## Christmas Potluck

*By Jean Shubert*

Lest you have forgotten, just a little reminder we are having a Christmas Day Potluck & gift exchange at 1pm. We are looking forward to seeing you, your delicious dish, your gift, and your smiling face.

Merry Christmas!

## Who Came Up With That One?

Origins of Commonly Spoken Words, Phrases, and Sayings by Brownielocks & The 3 Bears

**“Blackball”** Along the lines of dropping beans into a jar, many exclusive clubs voted on their new members by dropping white or black balls into a hat or box. A white means “yes” and a black means “no.” After all the votes were cast, if a candidate had so much as one more black ball than white, well he wasn't accepted and the term “he got blackballed” came into being.

## Volunteer of the Month Charlie Hickerson

*By Judy Krouse, 1st Vice President*

1st Vice President Judy Krouse presented the **IVSC Volunteer of the Month Recognition to Charlie Hickerson** at the December 17th Board Meeting.

Charlie has an awesome work ethic and is the right hand for everyone at the Thrift Store and the Senior Center. She is always funny and tells some great stories.

The recognition includes a Certificate of Recognition, a lapel pin, and a \$100 check. **Thank you, Charlie, for all you do for the IVSC!!**



PLEASE NOTE THAT TRANSITIONAL YOGA CLASS WILL BE STARTING 10 MINUTES EARLIER BEGINNING IN JANUARY. CLASS WILL NOW RUN FROM 9:35AM TO 10:45AM.



## New Expanded Tai Chi Classes

Beginning January 1st, you will notice that our Friday Tai Chi class has morphed into three classes. Our instructor, Jim Nelson, has decided to add the following classes, since we have been getting many new participants.

Classes are as follows: *Beginner's Tai Chi* meeting from 12:30am to 1:00pm, followed by *Qigong* from 1:00pm to 1:30pm, and finishing up with the *Regular Tai Chi* from 1:30pm to 2:00pm. Hope you can join us!

# Chili/Cornbread Cook-off & Potluck

*By David Levison, Events Coordinator*

Come join us for a fun-filled and tasty afternoon on January 18th as we do our annual Chili Cook-off. This year we will be adding cornbread to the voting event, too! How do I enter, you say? Well, first you sign up at the front desk or call us at 541-592-6888 between 9:30am and 4:00pm and let us know what you are bringing — chili or cornbread or both. OR — you can just bring a side dish or dessert and enjoy the food without entering the contest. I guarantee it's a lot of fun and good food!

We will have a table and electrical outlets for the crockpots to keep those dishes warm. The IVSC will open at 11am if you want to make your chili ahead and then bring it here to warm up prior to the 1pm start time. Top three chilis as well as top three cornbreads will win prizes.

NEW RULE FOR 2025: Please bring a dish to serve at least 4 people or donate \$5 to the IVSC. Members may bring one guest to the party. We hope to see you there!

## AUGUST Volunteer of the Month John Engles

*By Jean Shubert, Kitchen Manager*

John Engles missed his recognition at the Board meeting so I decided the best place for him to receive it would be “on his own Turf” in the Kitchen at the grill.

John has been a “Chef” at McGrews and Taylor’s Papa T’s so we are very fortunate to have his talent and dedication cooking for us, for the past 2+ years and cook forward to many more. The recognition comes with a certificate a pin, a check for \$100.00 and a heartfelt “Thank you and Appreciation.” We look forward to many more year. I thank Judy Krouse for choosing John.





# January Birthdays



Trish Adams	Kathryn Carmody	Terry Hooks	Diane McManus	George Savord
Cindy Alger	Ann Centonze	Jan Kaggerud	James Mitchell	Sharon Seaburg
Jerry Barringer	Deborah Coots	Jackie Kavanaugh	Ross Mitchell	Diane Shaeffer
Carole Bell	Mary Corwin	Donelle Kemmer	Laura Naase	James Smith
Jerilyn Bennett	Linda Crawford	Janet Krogen	Sheri Nelson	Lon Snavelly
Delphin Berglund	Rochelle Gale	Annita LeGaux	William O'Neill	Margie Spreng
Mark Bony	Gail Gutkosky	Marie Lockwood	Ronna Pinkston	Donna Steffens
Jo Brooks	Leon Gwin	George Lucas	Kenneth Plaut	Melinda Tackett
Karlyn Cain	Carole Hanson	Rick Lucrezi	Kathaleen Ponder	Ernie Tetone
Mary Camp	Patrick Holland	Sally Marsh	Bill Powell	Karla van Hemert
Kathleen Carlisle	Linda Holleman	Saranne McDonald	Marjorie Reynolds	Martin van Hemert

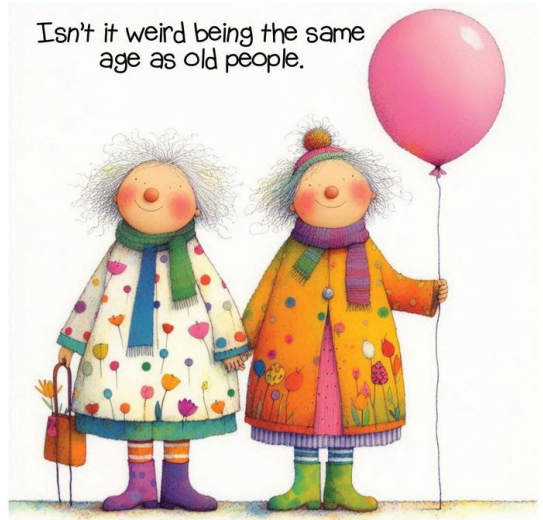
## New Members



Please welcome the following new members who joined this month:

<u>Life Members:</u>	<b>None</b>
<u>Annual Members:</u>	<b>Connie Atkins Jo Brooks Jorge Haro Kenneth Plaut Larry Timmons Jose Luis Valle Solis</b>

Invite your friends to come explore and join the IVSC as well!



# A Note of Concern

Dear Volunteers + members

I have a concern that I feels needs addressing. There seems to be a problem with items at the Center being moved, thrown away or otherwise not found or found after dilligent serches which fore one do not have time to waste doing them.

Recently I found myself looking for an item and when I inquired about it I was told it had been disposed of because there wasn't a place for it and that it was not used, sorry but if I hadn't have needed it I would not have spent time searching for it.

That being said I would like to ask everybody that uses items to please return them to their proper place and as far as disposal please ask if the item is used by others before you dispose of it.

Not all items are used by everyone but they are needed.

I will appreciate your consideration

Jean Shubert

# January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Transitional Yoga 9:35a-10:45a Ongoing Yoga Practice 11a-12:30p Beginning Yoga w/ Chair 1p-2p	2 Canasta 1p-4p Ladies Pool 1p-3p	3 Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p	4 <b>Breakfast</b> 8a-11a 
5	6 Food & Friends Lunch 11a-12p Pinochle 1p-4p	7 Pine Needle Basket Class 11a-1p Ladies Pool 1p-3p	8 F & F Lunch 11a-12p Transitional Yoga 9:35a-10:45a Ongoing Yoga Practice 11a-12:30p Beginning Yoga w/ Chair 1p-2p BINGO 6p	9 Canasta 1p-4p Ladies Pool 1p-3p	10 Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p	11
12	13 Quilting 10a-2p Food & Friends Lunch 11a-12p Pinochle 1p-4p	14 Pine Needle Basket Class 11a-1p Library in use 11a-4p Ladies Pool 1p-3p	15 F & F Lunch 11a-12p Transitional Yoga 9:35a-10:45a Ongoing Yoga Practice 11a-12:30p Beginning Yoga w/ Chair 1p-2p BINGO 6p	16 Canasta 1p-4p Ladies Pool 1p-3p	17 Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p	18 <b>Chili Cook-Off</b> 1p 
19	20 Pinochle 1p-4p	21 Pine Needle Basket Class 11a-1p Ladies Pool 1p-3p <b>Board Meeting</b> 1:30p	22 F & F Lunch 11a-12p Transitional Yoga 9:35a-10:45a Ongoing Yoga Practice 11a-12:30p Beginning Yoga w/ Chair 1p-2p BINGO 6p	23** Canasta 1p-4p Ladies Pool 1p-3p	24 Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p	25 <b>Volunteer Awards Luncheon</b> <b>PRIVATE EVENT</b> 1p
26	27 Quilting 10a-2p Food & Friends Lunch 11a-12p Pinochle 1p-4p	28 Pine Needle Basket Class 11a-1p Ladies Pool 1p-3p	29 F & F Lunch 11a-12p Transitional Yoga 9:35a-10:45a Ongoing Yoga Practice 11a-12:30p Beginning Yoga w/ Chair 1p-2p BINGO 6p	30 Canasta 1p-4p Ladies Pool 1p-3p	31 Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p	

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## Illinois Valley Thrift Store

102 S Redwood Hwy  
Cave Junction, OR 97523  
541-592-6630

Monday through Friday 10:00am—4:00pm  
Saturday 11:00am—3:00pm

**Donations accepted at back door!  
11:00am until 3:00pm**



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Business card space — \$10.00/month

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(or 12 months for 10 months prepayment of all these options)

**Please help seniors support your business and call (541-592-6888) for info!**

**THANK YOU TO THE ABOVE COMPANIES THAT SUPPORT THE IVSC. MAKE SURE TO SUPPORT THEM WITH YOUR BUSINESS!**

## Country Breakfast

520 E. River Street  
Cave Junction, OR 97523

Hours 8:00am—11:00am  
First Saturday each Month

**All You Can Eat**  
**\$9 Adult/\$4 for 11 and Younger**

## Suggestion Box

Did you know we have a **Suggestion Box**? Share your ideas, tell us how we can improve things. No suggestion is too big or small!

The Suggestion Box is located between the office and kitchen doors.

## JOIN US FOR BINGO!

**Every Wednesday night:**

**6:00pm Early Bird**

**6:30pm Regular Bingo**

**Snacks & drinks available for purchase, or bring your own.**

## IVSC Member Notice

Did you know . . .  
old glasses and hearing aids can be turned in to the IVSC?

Mondays through Fridays  
9:30am until 4:00pm

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January 2025

The Post office will not forward this Newsletter.  
Please send us your updated information if you have moved or anything has changed! Email to: [ivseniorcenter@gmail.com](mailto:ivseniorcenter@gmail.com)  
Dues are \$20.00 per year or \$100.00 for lifetime.