



Find a wide variety of vendors at the Wellness Resource Fair

Wellness Fair for Older Adults

Get ready for a fun and informative day at the Hillsboro Wellness Resource Fair 2025! Happening Saturday, May 31 from 9 am to 2 pm at the Hillsboro Community Senior Center, this free event is all about exploring local resources for older adults in Washington County. Discover everything from health insurance tips and fitness options to retirement living, financial and legal advice, medical equipment, and so much more.

The fair is open to all ages, and you can drop in anytime—no registration needed! Don't miss the chance to fill out a passport as you explore the booths for a shot at some great prizes. Whether you are looking for immediate support, planning ahead, or just curious, it's a great opportunity to learn, connect, and take charge of your wellness. Bring your friends and questions, and get ready for a great time!

**Saturday,
May 31
9 am to 2 pm
Free
Drop-in**



Ride Connection



Exploring Art with Fabric



Volunteer Neil C.



*Melissa Thompson,
Community Senior Center Manager*

Greetings, all!

As we welcome the arrival of spring, it's a beautiful reminder of how change can bring new beginnings. Life sometimes brings us seasons of change - some expected, others not. As we grow older, change can sometimes feel more challenging, whether it's in our health, daily routines, or relationships. But, just as spring brings warmth, growth, and fresh starts, we too can embrace change as an opportunity for renewal.

Spring teaches us that change doesn't have to be feared; it can be a time to reflect, adapt, and grow. As we adapt to changes-whether it's new activities, different schedules, or updated routines-we can embrace them as a chance to try something fresh. It's okay to take small steps as we adjust. Ask questions. Share thoughts in a kind manner, and lean on each other for support. Together, with patience and positivity, let's embrace the changes, knowing they will help us grow and thrive in new ways.

Sincerely,

Melissa

Message from Jo



*Jo Hemenway,
Friends President*

Friends of the Hillsboro Community Senior Center work to raise funds year-round to help enrich programs serving older adults.



Get ready for a fun and informative day at the Hillsboro Wellness Resource Fair 2025! Happening Saturday, May 31 from 9 am to 2 pm at the Hillsboro Community Senior Center, this free event is all about exploring local resources for older adults in Washington County. Discover everything from health insurance tips and fitness options to retirement living, financial and legal advice, medical equipment, and so much more.

The fair is open to all ages, and you can drop in anytime—no registration needed! Don't miss the chance to fill out a passport as you explore the booths for a shot at some great prizes. Whether you are looking for immediate support, planning ahead, or just curious, it's a great opportunity to learn, connect, and take charge of your wellness. Bring your friends and questions, and get ready for a great time!

Respectfully,

Jo

**Day Trippin’ with Ride Connection:
Portland Art Museum**

See how easy riding public transit can be with Ride Connection! Learn how to schedule a ride and learn more about Ride Connection’s many diverse services. Enjoy exploring Portland Art Museum along the historical park blocks. Envelop yourself in masterpieces spanning centuries as well as unique relics and artifacts from around the world. Bring a lunch or grab some food at the museum café before we head home.

50 years+ | Hillsboro Community Senior Center

34462 Thu 6/5 10 am – 4 pm
\$5 Resident, \$8 Non-Resident

**Oregon Gardens & Silverton Mural
Walking Tour**

Welcome summer with a trip to the beautifully curated Oregon Gardens outside of historic Silverton. Hop the tram and explore thousands of rare, native, and exotic plants from around the world. After, visit Silverton for lunch and a stroll to view the town’s murals which help tell some of the history of the area.

12 years+ | Hillsboro Community Senior Center

33923 Thu 6/12 10 am – 5:30 pm
\$66 Resident, \$88 Non-Resident

Shady Dell Train Park

All aboard the fun times express! Visit Molalla’s premier model train park featuring one of the largest arrays of miniature steam and electric model trains in the nation. Ride the trails, grab a bite from the snack stand, and marvel at the ingenuity of this volunteer-run train park!

13 years+ | Hillsboro Community Senior Center

34463 Sun 6/8 10 am – 3:30 pm
\$30 Resident, \$45 Non-Resident

Eugene Pride Festival

Celebrate the diversity and beauty of the LGBTQIA+ community with Eugene’s annual Pride Festival at the Lane County Event Center. Enjoy music, food, activities, and more! Show your support and allyship by learning more about the contributions and accomplishments of the LGBTQIA+ community!

13 years+ | Hillsboro Community Senior Center

34464 Sat 6/28 10 am – 5 pm
\$68 Resident, \$102 Non-Resident

Exploring Art with Fabric

Learn to create beautiful works of art using simple and reusable materials with skills easily adaptable for people of any dexterity.

15 years+ | Hillsboro Community Senior Center

Sachiko & Boro – Japanese Embroidery on Denim Patches

33225 Tue 5/6 1:30 – 3:30 pm
Piñata/Jellyfish Windssock

33226 Tue 5/20 1:30 – 3:30 pm
\$15 Resident, \$27 Non-Resident

Needle Felting

Make wondrous creations from a ball of wool, a needle, and a felt pad.

18 years+ | Hillsboro Community Senior Center

Six Bookmarks with Poppies (Wet Felting Technique)

33195 Thu 5/1 9 am – 1 pm

Majestic Cardinal

33196 Wed 5/7 9 am – 1 pm
\$45 Resident, \$67 Non-Resident

2D Purple Dragonfly

34393 Fri 6/6 11:30 am – 3:30 pm

Garden Gnome & Butterfly

34395 Fri 6/20 11:30 am – 3:30 pm
\$50 Resident, \$75 Non-Resident

Canvas & Coffee

Paint an 8”x10” canvas while enjoying fresh coffee with beans roasted by the instructor herself.

Artist Kelly Lovell helps participants embrace their creativity with step-by-step instructions perfect for all experience levels.

13 years+ | Hillsboro Community Senior Center

33201 Wed 5/14 1:30 – 3 pm

34375 Wed 6/11 1:30 – 3 pm

34376 Thu 6/26 1:30 – 3 pm

\$10 Resident, \$15 Non-Resident

Spring Watercolor

Grab a paintbrush and enjoy the colors of the season—and bring them to life before your eyes! Supplies provided.

18 years+ | Hillsboro Community Senior Center

32270 Wed 5/14 – 6/11 10 – 11:30 am

\$80 Resident, \$105 Non-Resident

Exploring Art with Fabric: Collage Workshop

Create beautiful no-sew fabric wall art with collage. Make one large wall piece called cityscape, or smaller projects of plants and animals. Choose from 1000s of fabric scraps to create your original artwork. All abilities and levels welcome – for beginners to advanced students. All materials provided.

40 years+ | Hillsboro Community Senior Center

34454 Tue 6/17 – 7/8 1:30 – 3:30 pm

\$60 Resident, \$90 Non-Resident

Summer Watercolor

Experience the inspiring, fresh, and exuberant medium of watercolor with Bonnie Burbidge! Explore a range of empowering skills through fun, freeing activities. Enjoy the colors of the season—and bring them to life before your eyes! Materials provided.

18 years+ | Hillsboro Community Senior Center

34469 Wed 6/25 – 7/23 10 – 11:30 am

\$80 Resident, \$105 Non-Resident

Yoga in the Park

Join instructor Shannon Tuma for adaptive yoga practices in the beauty of Shute Park! These practices designed to be done either on a mat or in a chair are great for all ages and abilities. Whether you are brand new to yoga or have been doing it for years, this is the perfect opportunity to enjoy Hillsboro's natural beauty while improving mindfulness and flexibility. Namaste!

16 years+ | Shute Park Pavilion

34439 Wed 6/4 9:30 – 10:30 am

34447 Fri 6/27 9:30 – 10:30 am

Free | Registration Encouraged

Health & Wellness

Memory Café

Join Jesse Azzopardi of Mobile Memory Enrichment for crafts, coffee, and tea. These gatherings are intended to create connections and provide some fun for caretakers and people experiencing dementia or Alzheimer's. Activities are easily accessible and adaptable for all.

45 years+ | Hillsboro Community Senior Center

34382 Thu 6/12 4 – 5 pm

Free | Registration Recommended

Curating Your Legacy Part 2

The longer we live, the more stuff we accumulate. Sometimes, that stuff can interfere with our lives. This course is designed to introduce you to the principles and process of organizing and decluttering your home to increase productivity, safety, and peace of mind. Less time dealing with our clutter frees up more time to do things we actually enjoy.

18 years+ | Hillsboro Community Senior Center

34399 Fri 6/20 9:30 – 10:45 am

Free | Registration Recommended

Hobbies & Interests

May Day Celebration

Join 5 Euro Step for a traditional May Pole dance to celebrate Spring. Learn some traditional Scottish and English folk dances, enjoy some entertaining jigs, and see some traditional folk dresses and clothing.

Age | Location

Thu 5/1 2:30 pm – 3:30 pm

Free — Just Drop In!

Sourdough Made Easy

Local artisan Cheyanne Hambach shares the secrets of making sourdough bread. Learn about a "starter" and how to keep it healthy so you can bake many more loaves. Take home premade sourdough and a starter of your own.

15 years+ | Hillsboro Community Senior Center

33229 Fri 5/16 9 – 10:30 am

\$45 Resident, \$65 Non-Resident

34403 Fri 6/13 9 – 11 am

\$50 Resident, \$75 Non-Resident

Intergenerational Craft Time

Mother's Day Felt Flowers

Enjoy a seasonal nature craft with friends and family of all ages. One craft per registered participant. All minors must be accompanied by an adult.

All Ages | Jackson Bottom Wetlands Preserve

32775 Sat 5/10 10:30 – 11:30 am
\$8 Resident, \$10 Non-Resident

AARP Smart Driving

Learn how to stay safe behind the wheel and you may save on car insurance and maintenance costs.

50 years+ | Hillsboro Community Senior Center

33335 Wed 5/28 8:30 am – 3:30 pm
\$20 AARP Member, \$25 Non-AARP Member

Charitable Giving & Financial Strategies

Giving back looks different for everyone. Join Sarah Heesacker from Edward Jones Investment as she leads this seminar to help investors find the appropriate charitable-giving path for their unique financial strategy and life stage.

18 years+ | Hillsboro Community Senior Center

34457 Wed 6/4 9 – 10 am
Free | Registration Encouraged

How to be a Grand Ally

Do you know what to say (and what not to say) when a friend or loved comes out as LGBTQ? Most of us want to offer our love and acceptance, but we might not know where to start. In this free class, learn about gender identity, sexual orientation and other basic terms. Explore assumptions, myths and other challenging issues. Get tips on how to be a supportive ally for your community. For grandparents, parents, neighbors and friends.

10 years+ | Hillsboro Community Senior Center

34562 Thu 6/12 10:30 am – 12 pm
Free

Claire Phillips Trivia Night

This event is not just for history buffs and trivia lovers! Enjoy the captivating stories of stage actress, singer, and WWII spy in the Philippines, Claire Phillips! Local Historian Sig Unander will unspool the fascinating story of this nearly forgotten hero and local legend. Then, test your knowledge of what you learned with a fun trivia game with fantastic prizes! Snacks and beverages provided.

18 years+ | Hillsboro Community Senior Center

34460 Thu 6/12 6:30 – 8:30 pm
\$15 Resident, \$23 Non-Resident

Geography of Mexico

Join maestra Cindy Turtledove and discover the amazing geographical and cultural differences that make Mexico a vibrant and colorful nation. Learn Spanish words for different climates through fun and engaging games and activities.

18 years+ | Hillsboro Community Senior Center

Free Trial

34384 Tue 5/27 1:30 – 3 pm

Four-Week Series

34386 Tue 6/3 – 6/24 1:30 – 3 pm
\$40 Resident, \$60 Non-Resident

Independence Day Charcuterie Display

Salute the red, white, and blue and impress your guests with a charcuterie display that will steal the show. The real fireworks will be on your platter as instructor Cheyanne Hambach shares the secrets of a beautiful platter featuring meats, cheeses, nuts, and fruits. Class includes ingredients for charcuterie platter and small container to take the spread home.

15 years+ | Hillsboro Community Senior Center

34156 Fri 6/27 9 – 11 am
\$55 Resident, \$83 Non-Resident

2x per week!

BINGO!

Wednesday Evenings
4:30 pm Doors Open
4:30 pm Bistro Opens | 5:30 pm Games Start

Monday Morning Nickel Bingo
Every Monday | 9:30 – 11:30 am
5 cents per game per card

Sponsored by Friends of the
Hillsboro Community Senior Center

Nature & Science

Summer Birds at Jackson Bottom

See some of the birds that spend the summer at the wetlands with guest instructor John Rakestraw. Start with a brief classroom session to study our local nesters, then walk into the wetlands to see these birds in person. Appropriate for birders of all levels. Bring binoculars and dress for the weather.

16 years+ | Jackson Bottom Wetlands Preserve
34182 Sat 6/21 10:30 am – 12:30 pm
\$25 Resident, \$30 Non-Resident



Nature at Noon

Wednesday, May 7 | 12 – 1 pm | Turner Creek Park

Guided nature walk includes natural history facts and bird and plant identification tips. Meet rain or shine.

If your group is larger than four, call first: 503-681-6283.

Free for All Ages | No Registration Required

Hillsboro-Oregon.gov/JacksonBottom

Drop-in Activities at the Hillsboro Community Senior Center

FUN & GAMES



Nickel Bingo
Mondays @ 9:30 am
5¢ per game



Mondays
9:30 am



Mondays 11 am
Fridays 10:30 am



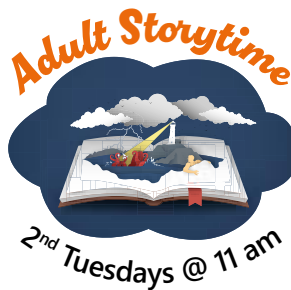
Monday, Noon



Monday & Friday @
1 pm



Line Dancing
Monday, 3 pm
Friday, 2:30 pm



2nd Tuesdays @ 11 am

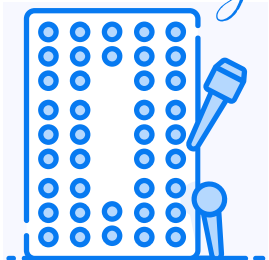
Chair Yoga

Wednesday & Friday,
9:30 am



Morning Coffee
Thursdays 10 am

Club Cribbage



Thursdays @ 1 pm
\$15 buy-in per day



Fridays @ 10 am

A Novel Idea

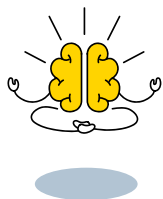
3rd Friday 10:30 am



Friday 1 pm \$1

Drop-in Activities at the Hillsboro Community Senior Center

Health and Wellness



Better Brains & Balance

Tue & Thu @ 9 am
\$4/\$6 or less

Foot Care
Every Tuesday & Wednesday,
1st & 3rd Thursday,
9 am – 4 pm, \$45 by appt



Senior Tech Pals

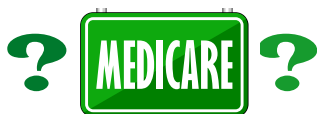
Help with your devices
1st Tuesdays @ 2 pm



SHIBA **Health Insurance & Benefits Assistance**
2nd Wednesday @ Noon

HEARING TESTS

Pacific University EarClinic
1st Thursdays @ 8:30 am



Get your questions answered
1st & 3rd Thursdays @ 10 am

Drop-in classes are free unless otherwise noted
Call 503-615-1090 for info or appointments

ATTENTION:

Lunch price increases to \$6 on July 1

Lunch tickets can be purchased at the Senior Center starting at 10 am on the day of service. Find the monthly menu online. Popular meals will sell out early.

FREE DONATION GROCERIES

- Available Monday, Tuesday, Thursday & Friday
- No donations on Wednesdays
- Available at 1 pm until donations run out
- Please bring your own bag!

\$5 DINE-IN LUNCH (\$6 starting July 1)

- 12 pm, Tuesday – Friday
- Tickets available @ 10 am
- Walk-ins welcome
- 70 meals available
- 20 Salad bars available
- Vegetarian options
- First-come, first served!

HOW TO REGISTER FOR CLASSES

Three ways to Register for Classes:

- Drop by the Senior Center front desk
- Call 503-615-1090 (front desk)
- Online at Hillsboro-Oregon.gov/Register

Create an Account

In order to register online, you must create an online account. Contact the Senior Center front desk to set up an account.

Payment

Online: Credit/debit cards are accepted.

In person: Credit/debit and cash are accepted.

All classes are held at the Hillsboro Community Senior Center unless otherwise stated.

UPCOMING CLOSURES

Memorial Day, Monday, May 26

Juneteenth, Friday, June 18

CONTACT US

Hillsboro Community Senior Center

750 SE 8th Avenue, Hillsboro, Oregon 97123

8:30 am – 5 pm

503-615-1090 | Hillsboro-Oregon.gov/SeniorCenter

In Full Bloom is published every other month.

The Branch Out with Travel brochure is published twice per year.

May Menu

Tuesday through Friday at 12 pm

Menu is subject to change

\$5 per person

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>\$5 DINE-IN LUNCH</p> <ul style="list-style-type: none"> Tuesday – Friday @ 12 pm Walk-ins welcome 70 meals available Vegetarian options 20 Salad bars available First-come, first served 		<p>FREE DONATION GROCERIES</p> <ul style="list-style-type: none"> Available Monday, Tuesday, Thursday & Friday No donations on Wednesdays Available at 1 pm until donations run out Please bring your own bag! 	<p>1</p> <p>Salad of the Day Breaded Chicken Sandwich Sweet Potato Fries Dessert <i>Five Euro Trips</i></p>	<p>2</p> <p>Salad of the Day BBQ Pork Ribs Macaroni Salad Green Beans Dessert <i>Ivan Camacho</i></p>
<p>5</p> <p>Food Distribution Line Only! 1 – 1:30 Please bring your own bag!</p>	<p>11</p> <p>Salad of the Day French Dip Sandwich w/Au Jus Tater Tots Dessert <i>Dusty Walt</i></p>	<p>12</p> <p>Salad of the Day Orange Chicken Jasmine Rice Stir Fried Vegetables Dessert <i>Serenaders Choir</i></p>	<p>13</p> <p>Salad of the Day Pork Loin w/Peach Compote Roast Potatoes Season Vegetables Dessert <i>Matt Neill</i></p>	<p>14</p> <p>Salad of the Day Chicken Fettucine Alfredo w/Garlic Bread Green Vegetables Dessert <i>Ivan Camacho</i></p>
<p>12</p> <p>Food Distribution Line Only! 1 – 1:30 Please bring your own bag!</p>	<p>13</p> <p>Salad of the Day Ham & Veggie Quiche Potatoes O'Brien Dessert <i>Louise & Friends</i></p>	<p>14</p> <p>Salad of the Day Pork Chop Garlic Mashed Potatoes Green Beans Dessert <i>Serenaders Choir</i></p>	<p>15</p> <p>Salad of the Day Chicken Quesadilla Pico de Gallo & Guacamole & Chips Dessert <i>Matt Neill</i></p>	<p>16</p> <p>Salad of the Day Spaghetti w/Meat Sauce Garlic Bread Dessert <i>Ivan Camacho</i></p>
<p>19</p> <p>Food Distribution Line Only! 1 – 1:30 Please bring your own bag!</p>	<p>20</p> <p>Salad of the Day Chicken Breast w/Pesto Cream Sauce Pasta of the Day Seasonal Vegetables Dessert <i>Dusty Walt</i></p>	<p>21</p> <p>Salad of the Day Beef Stew Garlic Bread Dessert <i>Serenaders Choir</i></p>	<p>22</p> <p>Salad of the Day Chicken Fried Steak w/Country Gravy Mashed Potatoes Green Beans Dessert <i>Matt Neill</i></p>	<p>23</p> <p>Salad of the Day Steelhead w/Fruit Salsa Yellow Rice Green Vegetables Dessert</p>
<p>26</p> <p>Food Distribution Line Only! 1 – 1:30 Please bring your own bag!</p>	<p>27</p> <p>Salad of the Day Cheeseburger w/Lettuce and Tomato Tater Tots Dessert</p>	<p>28</p> <p>Salad of the Day Beef Tacos Rice & Beans Dessert <i>Serenaders Choir</i></p>	<p>29</p> <p>Salad of the Day Roast Chicken Rice Pilaf Green Vegetables Dessert <i>Matt Neill</i></p>	<p>30</p> <p>Salad of the Day Shrimp Fettucine Alfredo Peas & Carrots Garlic Bread Dessert <i>Ivan Camacho</i></p>

May Activities

Lunch service is Tue – Fri at 12 pm. Food distribution is Mon, Tue, Thu, Fri at 1 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1 8:30 Hearing Tests 9:00 Better Brains & Balance 9:00 Needle Felting 9:00 Foot Care 10:00 Morning Coffee 1:030 Medicare Mark Fuchs 1:00 May Day Celebration	2 9:15 Chair Yoga 10:00 Material Girls 10:30 Zumba 1:00 Mahjong 1:30 Bunco 2:15 Line Dancing
5 9:30 Nickel Bingo 9:30 Dominoes 9:30 Chair Yoga 11:00 Zumba 12:00 Duplicate Bridge 1:00 Mahjong 3:00 Line Dancing	6 9:00 Foot Care 9:15 Anyone Can Write! 9:50 Better Brains & Balance 10:15 Grief Support Group 1:30 Exploring Art w/Fabric	7 9:00 Needle Felting 9:00 Spending & Saving 9:00 Foot Care 9:30 Chair Yoga 10:15 Senior Serenaders 12:00 Nature at Noon 5:30 Bingo	8 9:50 Better Brains & Balance 10:00 Morning Coffee 1:00 Cribbage 1:00 Mother's Day Cards	9 9:15 Chair Yoga 10:00 Material Girls 10:30 Zumba 1:00 Mahjong 1:30 Bunco 2:15 Line Dancing
12 9:30 Nickel Bingo 9:30 Dominoes 9:30 Chair Yoga 11:00 Zumba 12:00 Duplicate Bridge 1:00 Mahjong 3:00 Line Dancing	13 9:00 Foot Care 9:50 Better Brains & Balance 10:15 Grief Support Group 11:00 Adult Storytime 1:30 Exploring art w/Fabric	14 9:00 Foot Care 9:30 Chair Yoga 10:00 Spring Watercolor 10:15 Senior Serenaders 12:00 SHIBA 1:30 Canvas & Coffee 3:30 Adelante Mujeres Tour 5:30 Bingo	15 9:00 Foot Care 9:50 Better Brains & Balance 10:00 Morning Coffee 10:30 Medicare Mark Fuchs 1:00 Cribbage	16 9:00 Sourdough Made Easy 9:00 Curating Your Legacy 9:15 Chair Yoga 10:00 Organizing & Decluttering 10:00 Material Girls 10:30 A Novel Idea Book Group 10:30 Zumba 1:00 Mahjong 1:30 Bunco 2:15 Line Dancing
19 9:30 Nickel Bingo 9:30 Dominoes 9:30 Chair Yoga 11:00 Zumba 12:00 Duplicate Bridge 1:00 Mahjong 3:00 Line Dancing	20 9:00 Grief Support Group 9:00 Foot Care 9:50 Better Brains & Balance	21 9:00 Foot Care 9:30 Chair Yoga 10:15 Senior Serenaders 5:30 Bingo	22 8:30 Smart Driving Course 9:30 Quilted Barn Trail 9:50 Better Brains & Balance 10:00 Morning Coffee 1:00 Cribbage	23 9:15 Chair Yoga 10:00 Material Girls 10:30 Zumba 1:00 Mahjong 1:30 Bunco 2:15 Line Dancing
26 9:30 Nickel Bingo 9:30 Dominoes 9:30 Chair Yoga 11:00 Zumba 12:00 Duplicate Bridge 1:00 Mahjong 3:00 Line Dancing	27 9:00 Foot Care 9:50 Better Brains & Balance 1:30 Exploring art w/ Fabric 1:30 Geography of Mexico	28 8:30 Smart Driving Course 9:00 Foot Care 9:30 Chair Yoga 10:15 Senior Serenaders 10:45 Lawn Games @ The Ackerly 5:30 Bingo	29 9:50 Better Brains & Balance 10:00 Morning Coffee 1:00 Cribbage	30 9:15 Chair Yoga 10:00 Material Girls 10:30 Zumba 1:00 Mahjong 1:30 Bunco 2:15 Line Dancing

Menú de Mayo

Martes a Viernes a las 12 pm

Menú se puede cambiar

\$5 por persona

LUNES	MARTEX	MIÉRCOLES	JUEVES	VIERNES
\$5 Almuerzo Cenar en Salon <ul style="list-style-type: none"> Martes – Viernes a las 12 pm Personas Entradas Bienvenidos 70 almuerzos disponible Opcion vegetariano disponible 20 Ensaladas Disponible Por orden de llegada 		Alimentos Donado Gratis <ul style="list-style-type: none"> Disponible, Lunes, Martes, Jueves, Viernes No hay donaciones de alimentos Miércoles Disponible a la 1 pm hasta no hay mas donaciones Por favor trae su propia bolsa 	1 Ensalada del día Sándwich de pollo empanizado batatas fritas postre <i>Five Euro Trips</i>	2 Ensalada del día Costillas de cerdo a la barbacoa Ensalada de macarrones Judías verdes Postre <i>Ivan Camacho</i>
5 Distribución de alimentos ¡Solo línea! 1 – 1:30 ¡Por favor, traiga su propia bolsa!	6 Ensalada del día Sándwich de salsa francesa con Au Jus Tater Tots Postre <i>Dusty Walt</i>	7 Ensalada del día Pollo a la naranja Arroz jazmín Verduras salteadas Postre <i>Coro de Serenaders</i>	8 Ensalada del día Lomo de cerdo con compota de durazno Patatas asadas Verduras de temporada Postre <i>Matt Neill</i>	9 Ensalada del día Fettucine de Pollo Alfredo con Pan de Ajo Verduras verdes Postre <i>Ivan Camacho</i>
12 Distribución de alimentos ¡Solo línea! 1 – 1:30 ¡Por favor, traiga su propia bolsa!	13 Ensalada del día Quiche de jamón y verduras Patatas O'Brien Postre <i>Luisa & Amigas</i>	14 Ensalada del día Chuleta Puré de papas con ajo Judías verdes Postre <i>Coro de Serenaders</i>	15 Ensalada del día Quesadilla de pollo Pico de Gallo & Guacamole Patatas fritas Postre <i>Matt Neill</i>	16 Ensalada del día Espaguetis con salsa de carne Pan de ajo Postre <i>Ivan Camacho</i>
19 Distribución de alimentos ¡Solo línea! 1 – 1:30 ¡Por favor, traiga su propia bolsa!	20 Ensalada del día Pechuga de pollo con salsa de crema al pesto Pasta del día Verduras de temporada Postre <i>Dusty Walt</i>	21 Ensalada del día Estofado Pan de ajo Postre <i>Coro de Serenaders</i>	22 Ensalada del día Bistec de pollo frito con salsa campestre Puré de papa Judías verdes Postre <i>Matt Neill</i>	23 Ensalada del día Steelhead con salsa de frutas Arroz Amarillo Verduras verdes Postre
26 Distribución de alimentos ¡Solo línea! 1 – 1:30 ¡Por favor, traiga su propia bolsa!	27 Ensalada del día Hamburguesa con queso y lechuga y tomate Tater Tots	28 Ensalada del día Tacos de carne Arroz y frijoles Postre <i>Coro de Serenaders</i>	29 Ensalada del día Pollo asado Arroz Pilaf Verduras verdes Postre <i>Matt Neill</i>	30 Ensalada del día Fettucine de Camarones Alfredo Guisantes y zanahorias Pan de ajo Postre <i>Ivan Camacho</i>

Actividades de Mayo

El servicio de almuerzo es de martes a viernes a las 12 pm.

La distribución de alimentos es de lunes, martes, jueves y viernes a la 1 pm

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
			1 8:30 Pruebas de audición 9:00 Mejor Cerebro y Equilibrio 9:00 Fieltro con aguja 9:00 Atención a los pies 10:00 Café de la mañana 10:30 Medicare Mark Fuchs 1:00 Cribbage 2:30 Celebración del día de mayo	2 9:15 Yoga en Silla 10:00 Mujeres con Materiales 10:30 Zumba 1:30 Bunco 2:15 Baile de Linea
5 9:30 Bingo de Nickel 9:30 Dominó 9:30 Yoga en Silla 11:00 Zumba 12:00 Bridge Duplicada 1:00 Mahjong 3:00 Baile de Linea	6 9:00 Atención a los pies 9:30 Cualquiera puede escribir 9:50 Mejor Cerebro y Equilibrio 10:15 Grupo de apoyo de duelo 1:30 Explorando el arte con la tela	7 9:00 Fieltro con aguja 9:00 Gastos y ahorros 9:00 Atención a los pies 9:30 Yoga en Silla 10:15 Coro de los Serenaders 12:00 Naturaleza al mediodía 5:30 Bingo	8 9:50 Mejor Cerebro y Equilibrio 10:00 Café de la mañana 1:00 Cribbage 1:00 Tarjetas del día de la madre	9 9:15 Yoga en Silla 10:00 Mujeres con Materiales 10:30 Zumba 1:00 Mahjong 1:30 Bunco 2:15 Baile de Linea
12 9:30 Bingo de Nickel 9:30 Dominó 9:30 Yoga en Silla 11:00 Zumba 12:00 Bridge Duplicada 1:00 Mahjong 3:00 Baile de Linea	13 9:00 Atención a los pies 9:50 Mejor Cerebro y Equilibrio 10:15 Grupo de apoyo de duelo 11:00 Adult Storytime 1:30 Explorando el arte con la tela	14 9:00 Atención a los pies 9:30 Yoga en Silla 10:15 Coro de los Serenaders 12:00 SHIBA 1:30 Lienzo y café 3:30 Adelante Mujeres Tour 5:30 Bingo	15 9:00 Atención a los pies 9:50 Mejor Cerebro y Equilibrio 10:00 Café de la mañana 10:30 Medicare Mark Fuchs 1:00 Cribbage	16 9:00 Masa madre simplificada 9:00 Cuidando tu legado 9:15 Yoga en Silla 10:00 Organización y Despejando 10:00 Mujeres con Materiales 10:30 Una idea novedosa Club de Libro 10:30 Zumba 1:00 Mahjong 1:30 Bunco 2:15 Baile de Linea
19 9:30 Bingo de Nickel 9:30 Dominó 9:30 Yoga en Silla 11:00 Zumba 12:00 Bridge Duplicada 1:00 Mahjong 3:00 Baile de Linea	20 9:00 Grupo de apoyo de duelo 9:00 Atención a los pies 9:50 Mejor Cerebro y Equilibrio	21 9:00 Atención a los pies 9:30 Yoga en Silla 10:15 Coro de los Serenaders 5:30 Bingo	22 8:30 Curso de conducción inteligente 9:30 Sendero del granero acolchado 9:50 Mejor Cerebro y Equilibrio 10:00 Café de la mañana 1:00 Cribbage	23 9:15 Yoga en Silla 10:00 Mujeres con Materiales 10:30 Zumba 1:00 Mahjong 1:30 Bunco 2:15 Baile de Linea
26 9:30 Bingo de Nickel 9:30 Dominó 9:30 Yoga en Silla 11:00 Zumba 12:00 Bridge Duplicada 1:00 Mahjong 3:00 Baile de Linea	27 9:00 Atención a los pies 9:50 Mejor Cerebro y Equilibrio 1:30 Explorando el arte con la tela 1:30 Geografía de México	28 8:30 Curso de conducción inteligente 9:00 Atención a los pies 9:30 Yoga en Silla 10:00 Acuarela de primavera 10:15 Coro de los Serenaders 10:45 Juegos de césped — el Ackerly 5:30 Bingo	29 9:50 Mejor Cerebro y Equilibrio 10:00 Café de la mañana 1:00 Cribbage	30 9:15 Yoga en Silla 10:00 Mujeres con Materiales 10:30 Zumba 1:00 Mahjong 1:30 Bunco 2:15 Baile de Linea

June Menu

Tuesday through Friday at 12 pm

Menu is subject to change

\$5 per person

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Food Distribution Line Only 1 – 1:30 pm Please bring your own bag.</p>	<p>3</p> <p>Salad of the Day Pork Loin w/Apples Mashed Potatoes Green Mixed Vegetables Dessert <i>Dusty Walt</i></p>	<p>4</p> <p>Salad of the Day Chicken Shawarma Yellow Rice Vegetable of the Day Dessert <i>Serenaders Choir</i></p>	<p>5</p> <p>Salad of the Day Shrimp Melts Tater Tots Dessert <i>Matt Neill</i></p>	<p>6</p> <p>Active Adult BBQ in the Park No Lunch Service</p>
<p>9</p> <p>Food Distribution Line Only 1 – 1:30 pm Please bring your own bag.</p>	<p>10</p> <p>Salad of the Day Chicken Tortilla Soup Chips & Salsa Dessert <i>Louise & Friends</i></p>	<p>11</p> <p>Salad of the Day Spaghetti w/ Meatballs Garlic Bread Dessert <i>Serenaders Choir</i></p>	<p>12</p> <p>Salad of the Day Teriyaki Chicken Jasmine Rice Broccoli Dessert <i>Matt Neill</i></p>	<p>13</p> <p>Salad of the Day White Fish w/ Lemon Cream Sauce Rice Pilaf Vegetable Blend Dessert <i>Ivan Camacho</i></p>
<p>16</p> <p>Food Distribution Line Only 1 – 1:30 pm Please bring your own bag.</p>	<p>17</p> <p>Salad of the Day Grilled Steak Baked Potatoes Green Vegetables Dessert <i>Dusty Walt</i></p>	<p>18</p> <p>Salad of the Day Ramen Noodle Soup topped w/Chicken, Bean Sprouts, Cilantro & Jalapeno Dessert <i>Serenaders Choir</i></p>	<p>19</p> <p>Closed in Observance of Juneteent</p>	<p>20</p> <p>Salad of the Day Orange Chicken White Rice Green Vegetables Dessert <i>Ivan Camacho</i></p>
<p>23</p> <p>Food Distribution Line Only 1 – 1:30 pm Please bring your own bag.</p>	<p>24</p> <p>Salad of the Day Shrimp Fettucine Alfredo Garlic Bread Dessert</p>	<p>25</p> <p>Salad of the Day BBQ Chicken Breast Corn Baked Beans Dessert <i>Serenaders Choir</i></p>	<p>26</p> <p>Salad of the Day Beef Stroganoff over Egg Noodles Green Beans Dessert <i>Matt Neill</i></p>	<p>27</p> <p>Salad of the Day Pork Chop w/ Mushroom Gravy Roast Potatoes Seasonal Vegetables Dessert <i>Ivan Camacho</i></p>
<p>30</p> <p>Food Distribution Line Only 1 – 1:30 pm Please bring your own bag.</p>	<p>\$5 DINE-IN LUNCH</p> <ul style="list-style-type: none"> • Tuesday – Friday @ 12 pm • Walk-ins welcome • 70 meals available • Vegetarian options • 20 Salad bars available • First-come, first served 		<p>FREE DONATION GROCERIES</p> <ul style="list-style-type: none"> • Available Monday, Tuesday, Thursday & Friday • No donations on Wednesdays • Available at 1 pm until donations run out • Please bring your own bag! 	

June Activities

Lunch service is Tue – Fri at 12 pm. Food distribution is Mon, Tue, Thu, Fri at 1 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Nickel Bingo 9:30 Dominoes 9:30 Chair Yoga 11:00 Zumba 12:00 Duplicate Bridge 1:00 Mahjong 3:00 Line Dancing	3 9:00 Foot Care 9:50 Better Brains & Balance 1:30 Geography of Mexico 2:00 Senior Tech Pals 4:00 Every Body Athletics	4 9:00 Charitable Giving 9:00 Foot Care 9:30 Chair Yoga 10:00 Spring Watercolor 10:15 Senior Serenaders 5:30 Bingo	5 9:00 Hearing Test 9:00 Foot Care 9:50 Better Brains & Balance 10:00 Morning Coffee 10:30 Medicare Mark Fuchs 1:00 Cribbage 1:00 Portland Art Museum	6 9:15 Chair Yoga 9:30 Anyone Can Write! 10:00 Material Girls 10:30 Zumba 11:30 Needle Felting 1:00 Mahjong 1:30 Bunco 2:15 Line Dancing 4:00 Memory cafe
9 9:30 Nickel Bingo 9:30 Dominoes 11:00 Zumba 12:00 Duplicate Bridge 1:00 Mahjong 3:00 Line Dancing	10 9:00 Foot Care 9:50 Better Brains & Balance 11:00 Adult Storytime 1:30 Geography of Mexico 4:00 Every Body Athletics	11 9:00 Foot Care 9:30 Chair Yoga 10:00 Spring Watercolor 10:15 Senior Serenaders 12:00 SHIBA 1:30 Canvas & Coffee 5:30 Bingo	12 9:50 Better Brains & Balance 10:00 Morning Coffee 1:00 Oregon Gardens Tour 1:00 Cribbage 4:00 Memory Cafe 6:30 Claire Phillips Trivia	13 9:00 Sourdough Made Easy 9:15 Chair Yoga 9:30 Anyone Can Write! 10:00 Material Girls 10:30 Zumba 1:00 Mahjong 1:30 Bunco 2:15 Line Dancing
16 9:30 Nickel Bingo 9:30 Dominoes 11:00 Zumba 12:00 Duplicate Bridge 1:00 Mahjong 3:00 Line Dancing	17 9:00 Foot Care 9:50 Better Brains & Balance 1:30 Geography of Mexico 1:30 Exploring Art w/ Fabric 4:00 Every Body Athletics	18 9:00 Foot Care 9:30 Chair Yoga 10:15 Senior Serenaders 5:30 Bingo	19 9:00 Foot Care 9:50 Better Brains & Balance 10:00 Morning Coffee 10:30 Medicare Mark Fuchs 1:00 Cribbage	20 9:15 Chair Yoga 9:30 Anyone Can Write! 9:30 Curating Your Legacy 10:00 Material Girls 10:30 Zumba 10:30 A Novel Idea Book Group 11:30 Needle Felting 1:00 Mahjong 1:30 Bunco 2:15 Line Dancing
23 9:30 Nickel Bingo 9:30 Dominoes 11:00 Zumba 12:00 Duplicate Bridge 1:00 Mahjong 3:00 Line Dancing	24 9:50 Better Brains & Balance 1:30 Geography of Mexico 1:30 Exploring Art w/ Fabric 4:00 Every Body Athletics	25 9:00 Foot Care 9:30 Chair Yoga 10:00 Summer Watercolor 10:15 Senior Serenaders 5:30 Bingo	26 9:50 Better Brains & Balance 10:00 Morning Coffee 1:00 Cribbage 1:30 Canvas & Coffee	27 9:00 Independence Day Charcuterie Display 9:15 Yoga in the Park 9:15 Chair Yoga 9:30 Anyone Can Write! 10:00 Material Girls 10:30 Zumba 1:00 Mahjong 1:30 Bunco 2:15 Line Dancing
30 9:30 Nickel Bingo 9:30 Dominoes 11:00 Zumba 12:00 Duplicate Bridge 1:00 Mahjong 3:00 Line Dancing	1	2	3	4

Menú de Junio

Martes a Viernes a las 12 pm

Menú se puede cambiar

\$5 por persona

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<p>2</p> <p>Distribución de alimentos ¡Solo línea! 1 – 1:30 ¡Por favor, traiga su propia bolsa!</p>	<p>3</p> <p>Ensalada del día Lomo de cerdo con manzanas Puré de papa Verduras Verdes Mixtas Postre</p>	<p>4</p> <p>Ensalada del día Shawarma de pollo Arroz Amarillo Verdura del día Postre <i>Coro de Serenaders</i></p>	<p>5</p> <p>Ensalada del día Camarones derretidos Tater Tots Postre <i>Matt Neill</i></p>	<p>6</p> <p>Barbacoa para adultos activos en el parque No hay servicio de almuerzo</p>
<p>9</p> <p>Distribución de alimentos ¡Solo línea! 1 – 1:30 ¡Por favor, traiga su propia bolsa!</p>	<p>10</p> <p>Ensalada del día Sopa de tortilla de pollo Patatas fritas y salsa Postre <i>Luisa y Amigas</i></p>	<p>11</p> <p>Ensalada del día Espaguetis con albóndigas Pan de ajo Postre <i>Coro de Serenaders</i></p>	<p>12</p> <p>Ensalada del día Pollo Teriyaki Arroz jazmín Brécol Postre <i>Matt Neill</i></p>	<p>13</p> <p>Ensalada del día Pescado blanco con salsa de crema de limón Arroz Pilaf Mezcla de verduras Postre <i>Ivan Camacho</i></p>
<p>16</p> <p>Distribución de alimentos ¡Solo línea! 1 – 1:30 ¡Por favor, traiga su propia bolsa!</p>	<p>17</p> <p>Ensalada del día Filete a la parrilla Patatas al horno Verduras verdes Postre <i>Dusty Walt</i></p>	<p>18</p> <p>Ensalada del día Sopa de fideos ramen cubierta con pollo brotes de soja, cilantro y jalapeño Postre <i>Coro de Serenaders</i></p>	<p>19</p> <p>Cerrado en observancia de Juneteenth</p>	<p>20</p> <p>Ensalada del día Pollo a la naranja Arroz blanco Verduras verdes Postre <i>Ivan Camacho</i></p>
<p>23</p> <p>Distribución de alimentos ¡Solo línea! 1 – 1:30 ¡Por favor, traiga su propia bolsa!</p>	<p>24</p> <p>Ensalada del día Fettucine de Camarones Alfredo Pan de ajo Postre</p>	<p>25</p> <p>Ensalada del día Pechuga de pollo a la barbacoa, Maíz Frijoles horneados Postre <i>Coro de Serenaders</i></p>	<p>26</p> <p>Ensalada del día Stroganoff de ternera sobre fideos de huevo Judías verdes Postre <i>Matt Neill</i></p>	<p>27</p> <p>Ensalada del día Chuleta de cerdo con salsa de champiñones Papas asadas Verduras de temporada Postre <i>Ivan Camacho</i></p>
<p>30</p> <p>Distribución de alimentos ¡Solo línea! 1 – 1:30 ¡Por favor, traiga su propia bolsa!</p>	<p>\$5 Almuerzo Cenar en Salon</p> <ul style="list-style-type: none"> • Martes – Viernes a las 12 pm • Personas Entradas Bienvenidos • 70 almuerzos disponible • Opcion vegetariano disponible • 20 Ensaladas Disponible • Por orden de llegada 		<p>Alimentos Donado Gratis</p> <ul style="list-style-type: none"> • Disponible, Lunes, Martes, Jueves, Viernes • No hay donaciones de alimentos Miércoles • Disponible a la 1 pm hasta no hay mas donaciones • Por favor trae su propia bolsa 	

Actividades de Junio

El servicio de almuerzo es de martes a viernes a las 12 pm.

La distribución de alimentos es de lunes, martes, jueves y viernes a la 1 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Bingo de Nickel 9:30 Dominó 11:00 Zumba 12:00 Bridge Duplicada 1:00 Mahjong 1:30 FHCS reunión 3:00 Baile de Linea	3 9:00 Atención a los pies 9:50 Mejor cerebro y equilibrio 1:30 Geografía de México 2:00 Amigos tecnológicos 4:00 Atletismo a Cuerpo	4 9:00 Donaciones benéficas 9:00 Atención a los pies 9:30 Yoga en Silla 9:30 Yoga en el Parque 10:00 Acuarela de primavera 10:30 Coro de los Serenaders 5:30 BINGO!	5 9:00 Pruebas de audición de oídos 9:00 Atención a los pies 9:50 Mejor cerebro y equilibrio 10:00 Café de la mañana 10:00 Portland Art Museum 10:30 Medicare Mark Fuchs 1:00 Cribbage	6 9:15 Yoga en Silla 9:30 ¡Cualquiera puede escribir! 10:00 Mujeres con Materiales 10:30 Zumba 11:30 Fieltro con aguja 1:00 Mahjong 2:30 Baile de Linea 4:00 Café de la Memoria
9 9:30 Bingo de Nickel 9:30 Dominó 11:00 Zumba 12:00 Bridge Duplicada 1:00 Mahjong 3:00 Baile de Linea	10 9:00 Atención a los pies 9:50 Mejor cerebro y equilibrio 11:00 Hora del cuento para adultos 1:30 Geografía de México 4:00 Atletismo a Cuerpo	11 9:00 Atención a los pies 9:30 Yoga en Silla 9:30 Yoga en el Parque 10:00 Acuarela de primavera 10:30 Coro de los Serenaders 1:30 Lienzo y Café 5:30 BINGO!	12 9:50 Mejor cerebro y equilibrio 10:00 Café de la mañana 10:00 Visita Oregon Gardens 10:30 Medicare Mark Fuchs 1:00 Cribbage 4:00 Café de la Memoria 6:30 Claire Phillips Trivialidades	13 9:00 Masa madre simplificada 9:15 Yoga en Silla 9:30 ¡Cualquiera puede escribir! 10:00 Mujeres con Materiales 10:30 Zumba 1:00 Mahjong 2:30 Baile de Linea
16 9:30 Bingo de Nickel 9:30 Dominó 11:00 Zumba 12:00 Bridge Duplicada 1:00 Mahjong 3:00 Baile de Linea	17 9:00 Atención a los pies 9:50 Mejor cerebro y equilibrio 1:30 Geografía de México 1:30 Explorando el arte con la tela 4:00 Atletismo a Cuerpo	18 9:00 Atención a los pies 9:30 Yoga en Silla 10:30 Coro de los Serenaders 5:30 BINGO!	19 Cerrado en observancia de Juneteenth	20 9:15 Yoga en Silla 9:30 ¡Cualquiera puede escribir! 9:30 Cuidando tu legado 10:00 Mujeres con Materiales 10:30 Zumba 10:30 Una idea novedosa Club de Libro 11:30 Fieltro con aguja 1:00 Mahjong 2:30 Baile de Linea
23 9:30 Bingo de Nickel 9:30 Dominó 11:00 Zumba 12:00 Bridge Duplicada 1:00 Mahjong 3:00 Baile de Linea	24 9:00 Atención a los pies 9:50 Mejor cerebro y equilibrio 1:30 Geografía de México 2:00 Amigos tecnológicos 4:00 Atletismo a Cuerpo	25 9:00 Atención a los pies 9:30 Yoga en Silla 10:00 Acuarela de verano 10:30 Coro de los Serenaders 5:30 BINGO!	26 9:50 Mejor cerebro y equilibrio 10:00 Café de la mañana 1:00 Cribbage 1:30 Lienzo y Café	27 9:00 Exhibición de embutidos del Día de la Independencia 9:15 Yoga en el Parque 9:15 Yoga en Silla 9:30 ¡Cualquiera puede escribir! 10:00 Mujeres con Materiales 10:30 Zumba 1:00 Mahjong 2:30 Baile de Linea
30 9:30 Bingo de Nickel 9:30 Dominó 11:00 Zumba 12:00 Bridge Duplicada 1:00 Mahjong 3:00 Baile de Linea				



Hillsboro Community Senior Center
750 SE 8th Ave
Hillsboro, OR 97123

Free!

Join us for an Older Adult Wellness Resource Fair

Saturday, May 31 | 9 am – 2 pm
Hillsboro Community Senior Center
Open to all ages | No Registration Needed

Explore resources available in the area:

- Health Insurance
- Financial Planning
- Retirement Community
- Legal Planners
- Fitness
- More!



Win Prizes!

✉ Hillsboro-Oregon.gov/SeniorCenter
☎ 503-615-1090

CRUISE-IN CAR SHOW

SIP N' SHOP

**Saturday
June 14, 2025**



Charity Event
for the
Hillsboro
Community
Senior Center



1500 NE 48th Avenue, Hillsboro

VOLUNTEER

of the MONTH

Neal C.

We are excited to spotlight Neal C. as our Volunteer of the Month!

Neal has been a dedicated volunteer at the Hillsboro Senior Center since April 2023, and his contributions have made a lasting impact on our community.

Neal's journey with volunteering started when he was helping out at his church, and then one of his Job Coaches from Edwards Center, Eva, suggested he volunteer with us. We're so glad that Neal took the suggestion!

One of Neal's favorite memories at the Senior Center was the first time he heard Dusty and Ivan play their guitars and sing. He loved the music and the positive energy it brought to the center. Neal's friendly, kind nature shines through in everything he does, and he quickly became a familiar and beloved face among our staff and patrons.

When asked about his strengths, Neal says that his familiarity with the routine is one of his greatest assets. He knows exactly what needs to be done and handles it with ease, allowing him to contribute his time and skills independently. Our patrons consistently describe Neal as warm, friendly, and approachable, and they often mention his amazing taste in music—something that adds a special touch to the atmosphere here.

Neal encourages others to volunteer in places where they feel comfortable and familiar, which aligns perfectly with his own experience. "Talk to the friendly staff at the Hillsboro Senior Center," Neal suggests, "and they will help you become a volunteer."

We are so grateful for Neal's ongoing dedication to our center. His leadership, compassion, and great attitude make him an invaluable member of our volunteer team. Neal, we want to say a huge thank you to you for all you do—you're truly making a difference here!

What our patrons say about Neal:

"Always warm and friendly—he has amazing taste in music!"

We look forward to seeing more of Neal's positive impact at the Hillsboro Senior Center!



Apply for an annual membership as a Friend of your Community Senior Center!

Pick up an application on your next visit. Friends are mailed each issue of In Full Bloom.

\$20 per year
Tax deductible

Stop by our board meeting!

Meetings are held the first Monday of every month at 2 pm in the dining hall at the Hillsboro Community Senior Center.





Volunteer Spotlight:

Karen A.

At the Hillsboro Community Senior Center, Karen A. has been a remarkable volunteer since spring 2022, becoming an integral part of our community. Known for her leadership and dedication, Karen has made a lasting impact on both our patrons and staff.

Karen's volunteer journey began when she inquired about a foot care appointment, which led her to discover the many services we offer to seniors. "I became aware of all the services available and quickly got involved," Karen says, finding an opportunity to combine her passion for service with her desire to help others.

The most rewarding part of volunteering for Karen is the connections she makes with seniors from diverse backgrounds. She cherishes daily interactions with patrons and recalls a memorable moment involving her grandson. "I regret not introducing him to someone from Azerbaijan, as he would have loved the opportunity," Karen reflects. Unfortunately, Jacob passed away unexpectedly earlier this year, making this connection all the more meaningful.

With over 30 years of experience as a pediatric nurse, Karen's commitment to helping others is deeply ingrained. "The hospital's mission was 'serving those most in need,'" she explains, a philosophy she continues to embrace. As the second of 12 children, Karen learned early on to share, be kind, and offer grace.

Through volunteering, Karen has gained a deeper appreciation for perspective. "Whatever challenges you face, there's always someone who may be struggling more," she shares. Her advice to potential volunteers? "Welcome! Come with an open heart and mind."

Karen's natural leadership and caring nature have made her a favorite among patrons and staff. Her presence—whether picking up groceries for seniors or simply lending a listening ear—has a positive influence at the Senior Center.

Karen encourages others to find something they're passionate about and help in any way they can. "Volunteering brings personal fulfillment while making a difference in others' lives."

We are grateful for Karen's ongoing contributions and leadership. Her story reminds us that even small acts of kindness can make a big impact. Thank you, Karen, for everything you do!



VOLUNTEER with US

The Friends are always looking for help in many areas of our organization.

For more information on volunteer opportunities, fill out an application at the Hillsboro Community Senior Center.