

Downsizing SALE

Mark the date:
May 31, 2025

9:00 am – 3:00 pm



One of the joys of getting older is acquiring and enjoying souvenirs and other “stuff.” But there comes a time when that stuff becomes a nuisance, cluttering up the house and serving no useful purpose. But one man's debris may well be someone else's treasure!

You are invited to sell your no-longer wanted items at the KSCA Downsizing Sale on Saturday, May 31. Table rentals are:

- A: \$10 fee for the 3.5' X 3.5' tables
- B: \$12 fee for the 2.5' X 6' tables
- C: \$15 fee for the 2.5' X 8' rectangular tables and the round table placed near the stage
- D. \$20 fee for the Pool Table at the front entrance

To rent a table, please come to the Center, fill out an application form, and pay. At this time you will be able to pick out your table(s) and location. Set up begins the day before, on Friday, May 30, from 10 am to 3 pm and at 7:00 am the day of or by special arrangement.

Happy April Birthday to:

04-01	Donna Carnahan	Castle Rock
04-10	Loretta Kestell	Longview
04-12	Dennis Bird	Kelso
04-12	Sally Morehead	Longview
04-13	Craig Abercrombie	Kelso
04-16	Rich Carle	Longview
04-17	Linda Wilson	Longview
04-19	Barbara Foster	Longview
04-23	Tamara Kost	Kelso
04-24	M.E. Peggy Morant	Longview
04-25	Susan Fowler	Longview
04-26	Linda Curry	Kelso
04-28	Walt Wilson	Longview

Apologies if we missed your birthday – please let us know we goofed by calling the Center or by email.



*Spring is April's way of saying,
“Let's, Bloom.”*

CHAIR YOGA

Debbie Russell* will be leading Chair Yoga classes beginning the first Tuesday in April from 2:00 – 3:00 pm. Thereafter, the class meets every Tuesday and Thursday at that same time.



The fee is by donation, with the suggested amount being \$10.00 per class. Yoga mats are available.

Chair yoga offers numerous benefits, including improved flexibility, strength, and balance, while also reducing stress and anxiety. It is particularly helpful for individuals with mobility issues, allowing them to practice yoga safely and comfortably.

* Debbie Russell, a member of the Cowlitz Tribe, is a certified Yoga instructor. She is registered with Yoga Alliance and is rated RYT 200 (Registered Yoga Teacher with 200 hours of training).



The new ball blower and display board are in use! Bingo caller **Randy Forrest** learned how to operate the system from **Sue Montano** on March 19. She is from the Woodburn, OR, Eagles that sold the equipment to the KSCA.



GET YOUR COVID-19 AND FLU VACCINATIONS!
STAY SAFE , BE HEALTHY!

KELSO SENIOR CENTER ASSOCIATION MISSION STATEMENT

SENIORS ARE OUR PRIORITY. The mission of the Kelso Senior Center Association (KSCA) is to enhance the quality of life of individuals who have reached age 50 or older. To meet this goal, various activities and services are available at Catlin Center to help seniors interact with peers, develop friendships, expand their knowledge, and enjoy themselves in a safe, comfortable environment.

**CATLIN
CENTER
CALENDAR**

April 2025

**Regular hours are 10 am - 3 pm weekdays.
Meetings in the Blue Room and South Hall are highlighted in blue**

SUNDAY 30	MONDAY 31	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5
<p>Good News 10:00 – 12:00</p>	<p>Bridge Club 10:30 - 2:30</p>	<p>Columbian Artists 10:00 – 1:00 BINGO 11:00 - 1:30 Chair Yoga 2:00 – 3:00 Round Dance 6:30 – 9:00</p>	<p>Pinochle 12:00 – 3:00 Mahjong 1:00 – 3:00</p> <p>RSD Lessons 6:30 – 9:00</p>	<p style="text-align: center;"> </p> <p>Kiwanis Noon</p> <p>Chair Yoga 2:00 – 3:00</p>	<p>Water Color Class 10:00 – 2:00</p> <p>Dementia support group 1:00 – 3:00</p>	<p>CCDW Board 1:00 – 3:00</p>
6	7	8	9	10	11	12
<p>Good News 10:00 - 12:00</p>	<p>Bridge Club 10:30 - 2:30</p> <p>Central Mtg. 6:00</p>	<p>BINGO 11:00 - 1:30</p> <p>Chair Yoga 2:00 – 3:00</p> <p>Round Dance 6:30 – 9:00</p>	<p>Pinochle 12:00 – 3:00 Mahjong 1:00 – 3:00</p> <p>RSD Lessons 6:30 – 9:00</p>	<p>KSCA Board Mtg 9:30</p> <p>Kiwanis Board Noon</p> <p>Chair Yoga 2:00 – 3:00</p> <p>CCDW Mtg. 5:00 – 9:00</p>	<p>Dementia support group 1:00 – 3:00</p> <p>RSD Dance 7:00 – 9:30</p>	<p>Private Event 12:00 – 7:00</p>
13	14	15	16	17	18	19
<p>Good News 10:00 - 12:00</p>	<p>Bridge Club 10:30 - 2:30</p>	<p>BINGO 11:00 - 1:30 Chair Yoga 2:00 – 3:00</p> <p>CCDW Exec. 6:00</p> <p>Round Dance 6:30 – 9:00</p>	<p>Pinochle 12:00 – 3:00 Mahjong 1:00 – 3:00</p> <p>RSD Lessons 6:30 – 9:00</p>	<p>Kiwanis Noon</p> <p>Chair Yoga 2:00 – 3:00</p>	<p>Water Color Class 10:00 – 2:00</p> <p>Dementia support group 1:00 – 3:00</p>	<p>Private Event 12:00 – 4:00</p> <p>Coin Club 6:00 - 8:30</p>
20	21	22	23	24	25	26
<p>Good News 10:00 - 12:00</p> <p>Chuukese New Life Community Church (CNLCC) 12:30 - 6:30</p>	<p>Bridge Club 10:30 - 2:30</p> <p>RSD Mtg. 7:00</p>	<p>BINGO 11:00 - 1:30 Chair Yoga 2:00 – 3:00</p> <p>Round Dance 6:30 – 9:00</p>	<p>Pinochle 12:00 – 3:00 Mahjong 1:00 – 3:00</p> <p>RSD Lessons 6:30 – 9:00</p>	<p>Chair Yoga 2:00 – 3:00</p>	<p>Dementia support group 1:00 – 3:00</p>	
27	28	29	30	<p>From the March 20 Board meeting:</p> <p>Dick Sims will be out six weeks recovering from surgery. Chris Poole will assume the Treasurer's duties during his absence.</p> <p>Kathleen Johnson and Gloria Nichols will organize a Downsizing Sale on May 31.</p>		
<p>Good News 10:00 - 12:00</p>	<p>Bridge Club 10:30 - 2:30</p> <p>CCDW Mtg. 5:00 – 9:00</p>	<p>BINGO 11:00 - 1:30 Chair Yoga 2:00 – 3:00</p> <p>Round Dance 6:30 – 9:00</p>	<p>Pinochle 12:00 – 3:00 Mahjong 1:00 – 3:00</p> <p>RSD Lessons 6:30 – 9:00</p>			

The April KSCA Board Meeting will be held Thursday, April 10, at 9:30 am in Catlin Center.