

# URCC NEWSLETTER



United Way of Jackson County

Upper Rogue Community Center, 22465 Highway 62/PO Box 216, Shady Cove, OR 97539  
[urcc216@earthlink.net](mailto:urcc216@earthlink.net) (541) 878-2702 Website: <http://home.earthlink.net/~urcc216>

## ANNUAL MEMBERSHIP MEETING

Wednesday, June 17<sup>th</sup> 5 PM

The annual meeting of the general membership of the Upper Rogue Community Center will be held on June 17, 2009 at 5 pm to elect members of the Board of Directors.

Board positions numbers 1 through 8 are up for election at this meeting for two-year terms. Position 11 is up for election for the 1 year remaining of a two-year term.

Call the Center for more info @ 878-2702



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## VOLUNTEER OF THE MONTH

The Volunteer of the Month Award for May, 2009 goes to . . . Scarlett Miles! Scarlet has been selected as the recipient of the URCC Volunteer of the Month Award for June. She will receive a gift certificate to the Thrift Store. Scarlet, a former member of the Board of Directors, has provided years of volunteer service to the Center, serving on the Transportation Committee and doing much of the donation solicitation for our annual Duck Race. In addition, she has made many quilts for auction by the Center and made table coverings for our Holiday events and our weekly Wednesday lunches. Congratulations Scarlet!



### **WEDNESDAY LUNCH AT URCC ALL AGES WELCOME FOR THE LUNCH**

There are some activities after lunch for the adults (cards and BINGO). The final "White-Out" Game has a rolling pot that can reach \$10. Come play and see if you can take it all! Pot Luck will be on the last Wednesday, May 27<sup>th</sup> at noon. We have a raffle for various items at the Wednesday lunch. We always welcome your donations for this activity. Thanks to everyone who donates items for our Wed. Lunch Raffle. We can always use more donated items for our raffle.

We can provide transportation to our Wednesday lunches to all who need a ride to the Center. These trips to and from your home are covered through our Emergency Services Program and do not count against our six rider limit. Fares for the trip remain the same. Call the Center at 878-2702 to schedule a ride to the Wednesday lunch.

### **WEDNESDAY LUNCH MENUS**

June 3 <sup>rd</sup>	- Chicken & Rice Stew By Dee
June 10 <sup>th</sup>	- Meat Loaf By Lois
June 17 <sup>th</sup>	- Roasted Pork Tenderloin By Dee
June 24 <sup>th</sup>	- Pot Luck by Us and You!

### **JUNE BIRTHDAYS**

The Center wants to wish a Happy Birthday to all of the following people:

Maxine Peile, Lead Driver – June 17<sup>th</sup>



## **2009 DUCK RACES 10<sup>TH</sup> ANNUAL RACE September 6<sup>th</sup> 10am – 4 pm**

The Ducks are ready for adoption. Come by the Center to adopt a Duck for \$5.00 each. We need people to number the ducks, help with the children's games, and there is much more.

If you are interested in helping this year, call the URCC at 878-2702.

## JUNE ACTIVITIES

### URCC Board Meeting Wednesday, June 17<sup>th</sup>, Following General Membership Meeting

If you have something to add to the Board agenda, please contact Stan Johnson at 878-2702 at least a week before the board meeting.

### Aerobic Class at the URCC Every Monday and Thursday, 8:30 - 9:30 am

Low Impact/Moderate Intensity class led by Cornell Hartford.

Flexible Payment options:

\$25 per month for unlimited classes

\$40 per month includes River Plaza Fitness membership

\$40 for ten (10) classes over two consecutive months or pay \$5 per class

### Music Jam Session Thursday, June 11<sup>th</sup>, 7 pm to 10 pm

Come one come all. Bring an acoustic instrument, your voice or just come and listen, watch and have fun! Admission is by donation.



### GIRL SCOUTS AT URCC

The local Girl Scouts are meeting at the Community Center every Tuesday from 4:00 pm to 5:00 pm. Call 878-9436 for more information.

## 2009 SUMMER CAMP NEEDS

Dried or Silk Flowers  
Floral foam  
Tape and wire  
Yogurt cups  
Balloons

Coffee cups  
Large coffee cans  
Toilet paper rolls  
Glass canning jars  
Clothes pins



*June Activities from page 3*

### **YOGA does a Body Good!**

More doctors, today, encourage their patients to learn yoga in an effort to reduce stress, develop strength, flexibility, improve balance, and learn to relax. We focus on three principals of yoga which include, proper breathing (pranayama), postures (asana), and relaxation (savasana).

In Hatha Yoga, the body responds to stretching and breathing. It begins to relax. Stretching muscles allows them to lengthen, becoming stronger, more flexible, and less prone to injury. A consistent yoga practice helps regulate your metabolism, works the glands and internal organs as well as the nervous system, which ultimately calms the mind and deepens our ability to relax. Students learn how to safely modify yoga poses to accommodate physical limitations.

Inner Wisdom Yoga is pleased to offer ongoing beginner level Hatha Yoga classes on Tuesday evenings from 6:00-7:15 p.m. Learn yogic breathing, basic postures and alignment techniques. We also explore Sun Salutations by dynamically sequencing breath and movement together.

NOTE: No prior yoga experience required. Wear loose, comfortable clothing, and avoid eating at least one hour before class. Bring a yoga mat.

Please contact Sandy Dennis at 541-878-2993 for additional information or visit [www.yogayourlife.com](http://www.yogayourlife.com).

### **URCC 2009 Summer Day Camp**

July 6th – August 14th  
Monday thru Fridays  
9:30 AM to 2:00 PM

1st Session July 6th – July 17th,  
2nd Session July 20th – July 31st  
3rd Session August 3rd – August 14th

Ages – Kindergarten through 6th Grade  
\$15.00 per week for 1st child  
\$10.00 per week for each additional child in household  
(Limited Scholarships will be available)  
Pre-Registration Required.

#### **Weekly Themes**

*Week 1 – Arts and Crafts*

*Week 2 – Music*

*Week 3 – Health and Fitness*

*Week 4 – Outdoor Fun*

*Week 5 – Exploring Rocks and Minerals*

*Week 6 – Science*

Weekly Field Trips on Tuesdays and Water Fun Days on Fridays

CALL 878-2702 FOR MORE INFORMATION



## Center Programs and Services

### EMERGENCY SERVICES PROGRAM

We provide assistance to low and fixed income Upper Rogue residents in need of emergency services. This assistance comes in form of food boxes, a weekly-prepared lunch, rental assistance, overnight motel vouchers, gas vouchers, utility assistance and prescription assistance.

### URCC ACCESS PANTRY

Every Thursday – Noon to 2:00 PM

If you are in need of food assistance or know someone who is, be sure to let them know of this resource.

### NEED HELP AROUND THE HOUSE?

We have the name and phone number of someone looking to help out. Seniors in particular... Low/no cost. Call the Center for Information at 878-2702

### MEDICAL SUPPLIES

We have a few medical supplies/ items available for loan for free as long as they are needed. Items on hand may include bedside toilets, crutches, canes, and walkers. Call URCC at 878-2702 for more info.

### HAVE DENTAL NEEDS?

La Clinica offers low-income dental assistance on a sliding scale at their dental office, located at 1307 W. Main Street, Medford. For information, call 535-6239.

## TRANSPORTATION PROGRAM OPERATION CHANGES

In the last several years, we have experienced considerable funding cutbacks in subsidies from RVTD and gas prices have reached new highs. However, we have been able to access additional funding from other sources so that beginning May 1, 2009, we will be able to add back one day of service to our riders, making services available four days of the week,

**Mondays, Wednesdays, Thursdays and Fridays.**

Medical appointments for the senior and disabled clients of our Center will be given first priority. All others will ride on a space available basis. If you need to make additional stops a total limit of three stops will apply.



Upper Rogue Community Center  
22465 Highway 62  
P.O. Box 216  
Shady Cove, OR 97539  
Phone 541--878-2702 Fax 541-878-2702

UPPER ROGUE COMMUNITY CENTER

MEMBERSHIP/SPONSORSHIP APPLICATION

Please complete the application for membership/sponsorship and return this application to the Upper Rogue Community Center with your check.

APPLICANT \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

ANNUAL HOUSEHOLD MEMBERSHIP \$10.00  
INDIVIDUAL LIFETIME MEMBERSHIP \$100.00  
ANNUAL BUSINESS SPONSORSHIP \$50.00

THANK YOU FOR YOUR SUPPORT FOR THE MANY WORTHWHILE ACTIVITIES OF THE  
UPPER ROGUE COMMUNITY CENTER.



A United Way Agency

## VOLUNTEER OPPORTUNITIES AT THE URCC

### PROGRAMS

The URCC is always interested in opportunities or ideas for new programs or services to offer at through the Center, especially those for youth or families. If you have a program idea you would like to volunteer to run or ideas to better serve the community, please contact the Executive Director, Steve Hauck, at 878-2702.

### VOLUNTEERS NEEDED

#### *Thrift Shop:*

Tyler really needs volunteers for the Thrift Shop, especially on Mondays, Tuesdays and Wednesdays, from 2:30 to 4 pm. Duties include cash register, vacuuming, dusting and other light duties. Call Tyler at the Thrift Shop at 878-4990 for more information.

#### *Wednesday Lunch Cooks:*

The URCC is looking for volunteer cooks for the first and fourth Wednesday lunches. A small stipend is available for your help. Call the Center if you are interested in volunteering for this important position!

**"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed it's the only thing that ever has."**

**Margaret Mead  
(1901 – 1978)**

### VOLUNTEER HONOR ROLL

Volunteer	Date Service Began
Pat Brooks	September' 1999
Joan Calhoun	January' 1988
Ivorene Carlton	September' 1988
Murray Cook	January, 2006
Sandy Dennis	February' 2007
Roy Eyman	October, 2008
Alberta Flathers	January' 2006
Ruby Gee	January' 2006
Bob Harris	October' 2002
Daryl Hawkins	July' 2002
Bob Hawkins	July' 2001
Claudia Hayes	June, 2005
Lois Holland	June' 1995
Limarie Hulsey	January' 2003
Lynda Johnson	November' 1999
Stan Johnson	November' 1999
Mickey Manire	March' 1993
Scarlet Miles	December' 2002
Matt Morey	September' 2003
Carla Morey	September' 2003
Carolyn Ratliff	July' 2006
Frank Reed	October' 2008
Melissa Renz	July' 2006
Karen Rickerd	June' 1995
Virginia Rigel	January' 2003
Dee Rowe	January' 2006
Cbr Rowe	January' 2007
Evan Shriner	October' 1989
Loretta Shriner	March' 1991
Linda Smith	March' 2002
June Sutherland	October' 2008
Jennie Young	September' 2008

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**NON PROFIT**  
**US POSTAGE PAID**  
**MEDFORD, OR.**  
**PERMIT NO. 19**

**OR CURRENT RESIDENT**

**JUNE 2009**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					After School Program - 3:00 pm - 6:00 pm	Private Rental
3	4	5	6	7	8	9
River Bend Baptist Church Services	Aerobics - 8:30 - 9:30 After School Program - 3:00 pm - 6:00 pm	After School Program - 3:00 - 6:00 Girl Scouts - 4:00 - 5:00 pm <b>Cinco de Mayo Dinner - 5:30 pm</b>	Adult Activity - 10:00 am - 3:00 pm Card Players - 1:00 - 4:00 pm After School Program - 2:00 pm - 6:00 pm	Aerobics - 8:30 - 9:30 Food Pantry - 12-2:00 After School Program - 3:00 pm - 6:00 pm	After School Program - 3:00 pm - 6:00 pm	
10	11	12	13	14	15	16
River Bend Baptist Church Services	Aerobics - 8:30 - 9:30 After School Program - 3:00 pm - 6:00 pm	After School Program - 3:00 - 6:00 Girl Scouts - 4:00 - 5:00 pm Yoga - 6:00 - 7:15 pm	Adult Activity - 10:00 am - 3:00 pm After School Program - 2:00 pm - 6:00 pm	Aerobics - 8:30 - 9:30 Food Pantry - Noon - 2:00 pm After School Program - 3:00 pm - 6:00 pm Jam Session 7:00 - 10:00 pm	After School Program - 3:00 pm - 6:00 pm	
17	18	19	20	21	22	23
River Bend Baptist Church Services	Aerobics - 8:30 - 9:30 After School Program - 3:00 pm - 6:00 pm URWA - 6:00 - 8:00 pm	Foot Care 9:00 - 5:00 by app't After School Program - 3:00 - 6:00 Girl Scouts - 4:00 - 5:00 pm Yoga - 6:00 - 7:15 pm	Adult Activity - 10:00 am - 3:00 pm Card Players - 1:00 - 4:00 pm After School Program - 2:00 pm - 6:00 pm <b>URCC Board Mtg - 5:30 pm</b>	Aerobics - 8:30 - 9:30 Food Pantry - Noon - 2:00 pm After School Program - 3:00 pm - 6:00 pm	After School Program - 3:00 pm - 6:00 pm	
24 / 31	25	26	27	28	29	30
River Bend Baptist Church Services	Aerobics - 8:30 - 9:30	After School Program - 3:00 - 6:00 Girl Scouts - 4:00 - 5:00 pm Yoga - 6:00 - 7:15 pm	Adult Activity - 10:00 am - 3:00 pm After School Program - 2:00 pm - 6:00 pm	Aerobics - 8:30 - 9:30 Food Pantry - Noon - 2:00 pm USDA Food Boxes - 2:00 - 3:00 pm	Upper Rogue Artists - Noon - 3:00 pm After School Program - 3:00 pm - 6:00 pm	