

News & Views

Official Publication of Senior Estates Golf & Country Club - Active 55+ Community in Woodburn, OR

Ice Storm Comes with Force

Layers of ice blanket the entire community and force closure of facility.

At first glance, the storm appeared to be rather mild; nothing more than a picturesque powdering of snow. However, upon closer examination, it was not snow at all but rather, a solid sheet of ice. Then the rains came on top of the ice and it turned into a treacherous ice-skating rink. It was



almost impossible to walk on any paved surface. This was the reason for the closure of the facilities for an entire week. The first closure notice went out on Friday via Bugle Blast, notifying the community that, not only would the ProShop, Golf course, and facilities be closed, but also, the Country Cottage. Each day a new announcement was put out, extending the closure. It made it a very long week and created some cabin fever!

Only **54** more days until Spring!



Senior Resources Fair

Saturday, February 3rd - 10am-12pm Dining Room

WE'VE ASKED THESE REPRESENTATIVES TO COME AND TALK ABOUT THEIR PROGRAMS AND TO ANSWER YOUR QUESTIONS!

Mid-Willamette Valley Community Action
Utilities, Weatherization

Mid-Willamette Valley Council of Governments
Home Repair Program

NorthWest Senior and Disability Services
Medicare Savings, SNAP, OHP, Medication Assistance, Employment Support, Wellness Programs

Real Estate
Reverse Mortgages

Veterans Affairs
Health Care, Pensions, Programs

Love, INC

Free Phones, Emergency Utility Help, Referrals, Dues Assistance, Food Resources, Clothes, Blankets

Find Out if You Qualify for Discounts or Free Help!

- | | | |
|--------------------------------|-------------------------------------|---|
| Abuse Reporting | Free Internet | Pension/ Social Security/ Income Advocacy |
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| Caregiver Support | Get Creative- Art | Scam Education |
| Cash For Emergencies | Get Physical-Dance, Exercise | Support for Tough Diagnoses |
| Classes for Your Mind and Body | Health Care | Tax Assistance |
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| Disability Services | Home Repair | Utility Discounts |
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| Employment Assistance | Medical Alert | Wellness Programs |
| Food | Money Management Help | When You Need a Volunteer |

Senior Estates Golf & Country Club

SENIOR RESOURCES FAIR

FEBRUARY 3RD, 2024

10 AM - 12 PM

In the Dining Room

Find out what resources that you are eligible to receive!



Home Weatherization and Repairs



Resources for Food/ Medical premiums Medicine



Help with Mortgage/ Rent / Utilities



Phones / Phone Service / Internet



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Senior Estates Golf & Country Club

Board of Directors Meeting Minutes

January 9, 2024 – 1:30 pm

Auditorium – Listen In (425) 666-4290

Approved January 23, 2024

Call to Order
Pledge of Allegiance
Establish a quorum: President Ken Bourne, VP Steve Garner, Kim Farquharson, Allan Lindberg, Connie Johnson, Dorothy Monnier, Marilyn Sbardellati, Marilyn Plowman, Andrew Nordby

Financial Report - Treasurer Allan Lindberg

Treasurer’s Report for January 9, 2024.
A copy of the financials was included in the billing that was mailed to each homeowner in Senior Estates Golf & Country Club (SEGCC). Due to space limitations, not all payment options were printed on the statement. Homeowners who want to arrange payment options will need to go to the office. They are there to help you. The financials for December will not be ready until the end of the month of January. That is the end of my report.

Motion was made to approve report: Seconded and passed.
Open Mic regarding Motions

MOTIONS

Motion 1: President Ken Bourne: Motions to approve the following committee assignments for year 2024: Motion to approve Dorothy Monnier as chairperson of Activities. Seconded and passed.
Motion to approve Connie Johnson as chairperson of Architectural/RV. Seconded and passed.
Motion to approve Steve Garner as chairperson of Golf. Seconded and passed.
Motion to approve Marilyn Sbardellati as chairperson of House. Seconded and passed.

Motion to approve Kim Farquharson as chairperson of Marketing PC. Seconded and passed.

Motion to approve Marilyn Plowman as chairperson of New Members. Seconded and passed.

Motion to approve Andrew Nordby as chairperson of Rules and Regulations. Seconded and passed.

Motion 2: Treasurer Allan Lindberg: Motion to approve the following for the 2024 Budget Committee:

Connie Watt, Jan Petroski, Mike Hachquet, Stan Maier, and Mike Hepburn, each a member *in good standing*. Finance Manager; Debbie Brown, Facilities Manager; Vince Cantwell, Directors Connie Johnson, and Marilyn Sbardellati. President Ken Bourne is ‘ex-officio member of all committees. Seconded and passed.

Motion 3: Director Dorothy Monnier: Motion to approve the following to the Activities Committee: Lani Biddle, Joanne Delnick, Jone Drury, Dean Farrington, Jacqueline Keith, Marilyn Plowman, Malena Turner, Walt VanRheen, each a member *in good standing*. Seconded and passed.

Motion 4: Director Connie Johnson: Motion to approve the following to the Architectual/RV Committee: Gary Johnson, Larry Osterhoudt, Janice Aiken, Sally Carter, each a member *in good standing*. Seconded and passed.

Motion 5: Director Steve Garner: Motion to approve the following to the Golf

2024 Board of Directors

President	Ken Bourne	president@woodburnestatesgolf.com
Vice President	Steve Garner	vp@woodburnestatesgolf.com
Secretary	Kim Farquharson	secretary@woodburnestatesgolf.com
Treasurer	Allan Lindberg	treasurer@woodburnestatesgolf.com
Activities	Dorothy Monnier	activities@woodburnestatesgolf.com
Architectural/RV	Connie Johnson	arch-rv@woodburnestatesgolf.com
Golf	Steve Garner	golf@woodburnestatesgolf.com
House	Marilyn Sbardellati	house@woodburnestatesgolf.com
Marketing PC	Kim Farquharson	publications@woodburnestatesgolf.com
New Members	Marilyn Plowman	newmembers@woodburnestatesgolf.com
Rules & Regs	Andrew Nordby	rules@woodburnestatesgolf.com

Committee: Fred Bourne, Mike Archer, Marty Smith, Steve Kufeldt, Barbara Lucas, Sally Carter, Paula Kilgore, each a member *in good standing*. Facilities Manager, Vincent Cantwell. Seconded and passed.

Motion 6a: Director Marilyn Sbardellati: Motion to approve the following to the House Committee:

Roger Gonzales, Loretta Wolf, Mary Christensen, Carl Conser, Sue Lucas, Karen Linton, each a member *in good standing*. Seconded and passed.

Motion 6b: Director Marilyn Sbardellati: Motion to approve the following to the Pool Sub-Committee: Loretta Wolf, Linda Haney, Lynda LePoidevin, Carl Conser, Nettie Allen, each a member *in good standing*. Seconded and passed.

Motion 6c: Director Marilyn Sbardellati: Motion to approve the continuation of the Demographic Sub-Committee through 2024. Gwen Dixon, Diana Lindberg, Marilyn Plowman, Marilyn Sbardellati. Seconded and passed.

Motion7a: Director Kim Farquharson: Motion to approve of the following to the Marketing PC Committee: Janice Aiken, Sharyn Cornett, Jone Drury, Pam Garner, Steve Garner, Linda Hepburn, Paula Kilgore, Barbara Lucas, Desiree Seymour, each a member *in good standing*. Seconded and passed.

Motion 7b: Director Kim Farquharson: Motion to approve the appointment of the following members to these positions for year 2024: Stan Hiller (2024 Directory), Diana Lindberg (Admin Facebook), Jim & Linda Hoover (N&V Distribution), Louise Davidson, Karen Ewing, Bunny Buckwalter, Diana Lindberg (N&V Proofreaders), Walt VanRheen (Graphic Art Design, Reader Board). Seconded and passed.

Motion 8: Director Marilyn Plowman: Motion to approve the following to the New Member Committee: Cheryl Fox, Pam Garner, Delane Pennington, Sally Zimmerman, Allie Mathis, each a member *in good standing*. Seconded and passed.

Motion 9: Director Andrew Nordby: Motion to approve 2024-0109 for the following members to the Rules & Regulations Committee: Ginny Heide, Stan Hiller, each a member *in good standing*. Seconded and passed.
Announcement: Next Meeting January 23, 2024 at 1:30 pm
Meeting adjourned.

Next Board of Directors Meeting will be February 27 at 1:30 pm

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Committee Reports from January 23, 2024

from the desk of the GOLF COMMITTEE **Greens Committee Report, January 23, 2024** The committee discussed the need of marshals to monitor walkers on the golf course, making sure that they have their identifying lanyards and, if they have dogs, that they are taking care of dog waste. There have been issues with local people who are not members of Senior Estates walking on the course. Also, we have problems with players driving their carts onto the course when conditions are too soggy to support their weight. We discussed the possibility of locating on and off lanes that have a stronger base in order to avoid damage to the course. In addition, we need to remind players to repair their ball marks on the greens to keep them in good putting condition. We will need to create temporary greens on holes 6 and 15 in order to get those greens back into playing condition. Gretchen Yoder, Director of Handicapping and Course Rating at Oregon Golf Association, has rated the yellow tees for handicap establishment purposes. The committee would like to sponsor a “tent sale” for supplying equipment for new golfers who would like to begin playing since play is free. We want to collect older, used equipment to sell at a reduced price to those wishing to take up this lifelong sport. We are looking into opportunities to provide new users with lessons to get them off to a solid start. We have some holes that need attention to improve drainage. We also have need of replacing two mowers sooner than later as they are nearing the end of their useful lives. We recommend looking at the reserve study to check when they are scheduled to be replaced. We would also like to see the traffic control bumps replaced to avoid carts speeding through the breezeway colliding with people exiting the hallway leading to the breezeway. In addition, we would like to see the creation of an outdoor pickleball court in the patio area between the clubhouse and the pool. Respectfully submitted, Steve Garner, Golf and Greens Committee.

from the desk of the MARKETING PC The Market PC Committee met and discussed the three areas in its name: “Marketing – Publications – Communication”. There was a lot of energy and enthusiasm in regards to ideas for Marketing and things that we can do. However, by unanimous consent, it was decided that the first priority and focus of the committee needed to be to improving communications with our members. Our thought is to send out a Bugle Blast each morning, with the calendar of the day’s activities and any announcements from the Office, ProShop and/or Facilities. Then, we will post it to the website so that updates during the day. can be made to it. We will watch the MailChimp count numbers so as not to go over our monthly limit, while still allowing sufficient quantities for BOD business, N&V blasts, and for any emergencies. The committee made the decision to bring the layout of the News & Views inhouse. This represents a savings of \$800 per month for a total savings of \$9,600 per year. We are not professional graphic artists but feel our work can be satisfactory enough considering the savings that it represents. Four different people have expressed interest in learning the process of layout/editor so we will work with them and see if it would be a good fit for them going forward. The committee recommends to the BOD that we set a deadline of December 2024 to accomplish all the steps necessary for the name change. This gives time and opportunity to design letterheads, logo, signage, and will give opportunity to the community to have input in the process. Our intention is to move forward with this as quickly as possible but still have the final deadline in December. During this year, we want to introduce and display many ‘unofficial and unapproved’ letterheads and logos. This will make it possible to showcase different designs and ideas, allowing the community a chance to see them ‘in context’ before giving input as to whether they like it or not. The Marketing PC committee also discussed the domain name with the Management Team. It is our recommendation to register the domain name: SeniorEstatesGCC.COM End of Report 2024 Marketing PC Director, Kim Farquharson

from the desk of the RULES & REGULATIONS Our founders established our HOA governing documents for a reason. We are an active community of 55+ members in over 1500 households. Being a “complaint driven” system pits neighbor against neighbor. At the end of 2023, the Rules & Regulations committee established a new system to deliver “courtesy reminder” letters to homes that are in violation of our documents. These include rules regarding landscaping: maintaining a neat and orderly appearance, dead trees, stump removal, hedges (7-foot rule) parking: 72 hour rule regarding RV’s, trailers, boats parked in driveways, parking on lawns, and garbage can storage: with attention to those who have the “handicap” sticker from Republic. We will also be encouraging neighbors to help neighbors. Over the next month, we will be reviewing all of the public forms and be doing a “clean up on aisle 5” to make sure all forms are following our Rules & Regulations and Bylaws.

from the desk of the ARCH/RV COMMITTEE RV lot rule: it is advisable that the owner has an emergency contact on file who may move the unit if the owner is unable to do so in a situation requiring a move. Alterations and Renovations to property must obtain an Association Architectural Request form and submit to the office for prior approval.

from the desk of the ACTIVITIES COMMITTEE Many hours were spent on the telephone recruiting new members to be added to the Activities Committee. Coffee Hour has been the biggest, long lasting and most popular activity that continues to exist in the SEGCC. Where else can you buy a cup of coffee and a donut for \$2.00. Getting together with old and making new friends, play games, enjoying live entertainment, local Musicians, High School Bands and Chorus members from local schools. We need to get the word out and increase our attendance. Every Thursday in the Auditorium, Doors open at 9:30, entertainment at 10:00. The newest activity that is bringing a lot of enthusiasm is Pool lessons and tournament play. For starters the first SEGCC tournament is scheduled for February 7, 2024, As the attendance grows, there will be League tournaments scheduled for outside players. Emphasis being given to Pool lessons and Women players as well. If you played pool years ago and need a refresher lesson, check bulletin boards and News & Views will keep sending reminders and updates. Our newly established Activities Committee is ready to “hit the road running”. Our committee consists of representation from other groups, i.e. Golf, New Member Committee, Marketing, Coffee Hour, Bingo to name a few. Our Mission is to strengthen and improve communications with other committees, and to tear down the walls that bring division to all homeowners. Submitted by Dorothy Monnier, Activities Chairperson

from the desk of the HOUSE COMMITTEE Many thanks and appreciation to James Taylor for his work as an essential employee during the winter storm shutdown and to Connie and Gary Johnson for their quick response when the alarms went off and for being my eyes on the condition of the parking lot during the facilities closure. Both the House Committee and Pool Committee meetings were canceled last week. We will be meeting this week instead. Northside Electric repaired the electrical issues in the south end outside bathrooms, irrigation pump room and in the mechanical shop. They also repaired the lighting on the outside of the living room/restaurant entrance and added security lighting to the Greens building. Our facility’s fire detection system passed its annual inspection. Integrated Solutions performed a periodic service to our alarm system. Done Right Plumbing began work on the drainage at the east end of the clubhouse near the rose garden. Repairs to the storm drain were made there and outside of the billiard room. Work in this area will continue as the weather permits. The tunnel pump needed repairs in the aftermath of last week’s storm. No other major problems occurred due to the freezing temperatures, thanks to proper weatherization, storm prep and monitoring. Yesterday the restaurant carpets were cleaned again, this time by ChemDry, using a different process. The results were satisfactory. While the restaurant was closed, we took the opportunity to switch out the refrigerators. In the process a faulty cord was discovered on a Country Cottage owned refrigerator. Northside was called out to repair it, as it posed a hazard. This month we also repaired the meat slicer which involved taking it apart and cleaning it. We also fixed two leaking sinks.

from the desk of the NEW MEMBERS No Report



Robert Cornett
Certified Arborist #PN-6032A

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Florist's Secret: Keeping Cut Flowers Fresh

Florists say cut flowers will use water faster and wilt faster if they are placed in bright sunlight or in drafty locations. The cooler they are kept, the longer they will last, which is why florists keep



flowers in a refrigerator. Misting cut flowers also helps to prolong their life. Flowers often wilt because air bubbles trapped in the stem won't let them absorb water. Trimming stems under water will keep this from happening. Stems can also get plugged with bacteria. Changing the water each day helps. Before ever placing flowers in a vase, remove the lower leaves to prevent bacterial overgrowth. If the flowers have been out of water for a while, cut off the bottom inch of the stem for a cleaner cut. Cut at an angle so the stem won't stand flat in the vase. Sometimes you can revive wilted flowers. Wrap them in newspaper so the stems are straight. Put the stem and paper in a vase of water until the stem stands up again.



Meet Your Creative Neighbor - Robert Musser

Once again we discover talented people who live here in the Estates. Bob Musser has studied art at Minneapolis School of Art, American Academy of Art, Chicago Institute and Harper College. He is an accomplished painter and potter as well as the devoted bridge player we know. Enjoy his skilled seascapes. One could be yours! If you are interested in exhibiting your art on the Art Wall in the living room, please contact Linda @302-242-1426. To register for classes, join us at Woodburn Art Center Open Studios at 2551 N Boones Ferry Road, Woodburn, or call 503-982-6450.





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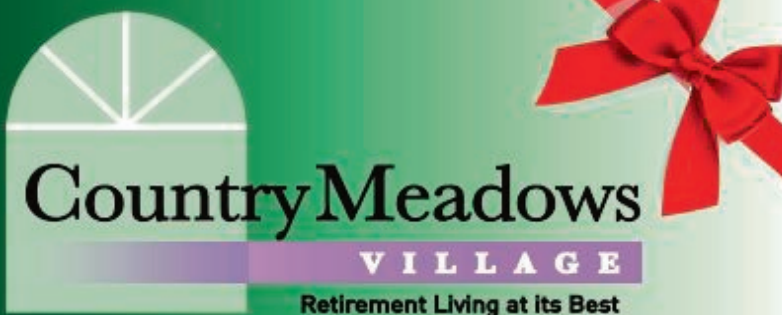


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TRIP TO PORTUGAL

by Alice Tvetan

Leaving Portland on Oct. 31, Lorrie Cox and I headed to Portugal for a week, first spending 3 days in NYC. It was windy and cold in the Big Apple, with spotty rain. In spite of this, we braved the weather for some fun days. On Nov. 1 Times Square was packed with people celebrating the Day of the Dead, a mostly hispanic holiday. We ate the worlds best pastrami sandwich at a famous Jewish deli. We took the ferry to Ellis Island and the Statue of Liberty on a day too nasty to get off the boat to visit either. We zoomed to the top of the One World Trade Center building on a lightning speed elevator for a 360° view of the city. We rode in the open top of the doubledeck Hop On Hop Off bus and froze our ears and toes off. But we still had a great time.

Then on Nov 3 we flew to Portugal and enjoyed somewhat better weather. The first 3 days were in Lisbon, a friendly and fascinating city. It was mostly sunny and in the low 60's. We were surprised to see that most of the buildings and walls were covered in colorful tile, every one different. Many of the cobbled sidewalks had black stones set in various patterns to add interest. Here too, we took the Hop On Hop Off bus to get an overview of the city and decided where to get off to see a favored sight. One such stop was a weekend Christmas market, where we imbibed in white sangria and a delicious sheep cheese sandwich. Two days later all the kiosks were taken down and it was just an empty public square.

We took a day trip to the medieval village of Sintra where we stopped first at a famous 100+ year old bakery to be treated with their 2 signature items along with coffee. Among our group was a couple from California, and long time foursome friends from England, one couple now living in Australia. Then we headed to tour the summer castle of 17th century Spanish king, not the typical European castle style. This one is painted red, yellow and white with turrets and balconies jutting out from this castle built upon rocks. Our driver then took us to Cabo de Roca for a photo op as this is the most western point in Europe. Then we traveled to the seaside village of Cascais, described by our driver as the Beverly Hills of Portugal (because of the high cost of living there). We had lunch in a charming and tiny famous restaurant with our new California friends, then walked the cobbled streets to step into small shops filled with local and touristy items.

The next day was our last in Lisbon and one highlight was an afternoon cappuccino and gelato overlooking a little port filled with sailing and motor boats of all sizes. We happened at this spot because we were scheduled to take a sunset sailing trip on the river, but we missed it because we

were late due to heavy traffic. So instead we walked along the riverfront and people watched. Then back to the hotel to pack up for our next day trip to Porto. Incidentally our hotel was on a wide tree lined pedestrian street with a narrow one way vehicle lane. It was a charming area with cafes, bakeries and restaurants within easy walking distance.

We took a 3 hour train ride to Porto, another seaside city and the home of Port winemaking. Our hotel was nice and was adjacent to a large park, but there was a lot of construction nearby that was a distraction. We walked the area and found a small restaurant where we ate what was called the "tourist meal" because it was easily recognized food....salad, chicken, potatoes, wine and dessert. The portions were huge and we took with us enough food for our evening meal the next day. As an aside, we were the only customers because it was about 5pm and the local people have dinner at 8pm or even 9pm.

Once again we took our favored Hop On Hop Off bus the next day, to get an overview of Porto, but it was a rainy and windy day so we stayed on the bus. However, due to my mistake we got off the bus one stop early. No problem, I say, we'll ask directions and walk back to the hotel. We quickly spotted an internet cafe so we went in to ask directions and have a cappuccino and dessert. The husband/wife owner's didn't speak English but their daughter did. They were so friendly and helpful, but much to my surprise we were 4 miles from our hotel stop!! Much too far to walk so Lorrie ordered an Uber. Another surprise was that before we left the wife gave us a box containing two famous Portuguese custard tarts to take with us. This was the dessert to go with our left over dinner that night.

The next day was very rainy on the HOHO bus. We were scheduled for a river cruise but got soaked trying to find our departure spot. After asking directions several times, we found the boat and boarded. Thankfully there was inside seating. When the boat docked an hour later and we disembarked, we found ourselves on unfamiliar grounds. After looking around we discovered the boat had docked on the opposite shore. How did this happen?? Apparently we boarded the wrong boat!! But a new adventure awaited. We found a cafe with outside seating under a canopy, and we each had a cappuccino with Baileys (only to warm up you understand) plus a plate of fries to share, and were very surprised to see our total bill was only €6.50, approximately just under \$7.00. We found out a small boat transported people across the river, so back we went. We got even more soaked waiting for the bus back to our hotel. Dinner in, and a warm bed ended this day.



Our final day in Porto was spent on an all day tour of three historic wineries. This time our companions were a mother and two daughters from Colorado, and three solo travelers....a woman from Florida, a man from Geogia, and another man from Texas. After an hour's countryside drive, we made our first stop at a small quaint winery in an old stone building where we sampled three different wines as an employee described the process. One interesting fact is that all wines in Portugal are made the old fashioned way by stomping the grapes with feet. This has not been modernized due to the staunch belief by the wine makers union that the old ways produce the best wine. Our second stop was at a larger winery in a two story stone building and included a delicious locally produced lunch, and wine of course. Upon arriving we were greeted by the noon church bells. This was a much larger business and offered us samples of

ruby, white and rose' port wines. We also saw a bottle of 150 year old port on display. After driving along the Duoro River for about an hour, we made our third and final stop. Our guide said this was the most famous winery, and we saw many huge wooden vats of aging wine. But for me this was the least interesting of the three, and the port not as good.

Things we found to be very cheap in Portugal were food, wine, gellato, cappuccinos and Ubers. Who knew!!

Lorrie and I agree that we recommend a visit to Portugal if you can possibly go. If not, enjoy the country vicariously by way of reading about our adventure.

PS: Two days after returning home I headed to Salem Hospital for back fusion surgery. Nothing gets in the way of my addiction to travelling!!

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Doctors at the Mayo Clinic say heart disease is often preventable. Their recommendations include:

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Control cholesterol and eat a heart-healthy diet. Saturated fat and trans fats raise blood cholesterol levels and increase cardiovascular disease risk. Cholesterol is particularly worrisome because foods containing this type of fat are common in the American diet. Major sources include beef, butter, cheese, milk, and coconut and palm oils.

Vegetables and fruits are an important part of a heart-healthy diet. They help prevent heart disease, cancer, and other diseases.

Maintain a healthy weight. Weight gain as an adult is mostly fatty tissue, and is a risk factor for high blood pressure, high cholesterol, diabetes, and heart disease.

Get regular health screenings. Healthy adults should have cholesterol levels and blood pressure checked every two years, or more often if their numbers are high.

A heart-healthy lifestyle doesn't have to be complicated. Just find ways to put heart-healthy habits into your life.



TASTE&TOUR

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In Memory of Mary Ann Miller

Mary Ann Miller passed away on Friday, January 12, 2024. She is survived by her husband of sixty-six years, Dick Miller, as well as four sons and a host of grand and great grandchildren. In 2004, Mary Ann and Dick moved to Woodburn to be closer to their family and medical services. Mary Ann was very family oriented, and a great cook who enjoyed making dozens of Christmas cookies of at least a dozen kinds each year. She was a prolific gardener; maintaining a beautiful yard was therapy for Mary Ann and she took great pride in it.

1936-2024

A Celebration of Life is planned for Saturday, January 27, 2024 at 2:00 pm at the Senior Estates Dining Room. In lieu of flowers please consider a donation to the American Diabetes Association. Their donation website allows you to dedicate your donation to Mary Ann and write a personal message and send a card.




Watch for Changes

The 2024 Marketing PC Committee is brain-storming ideas on how it can improve communications with the community. One idea that has come forward is to connect the Bugle Blast announcement with the Website. The Bugle Blast email will give the initial 'blast' with the basic information. Then, the website can be consulted for further information. As additional information comes in, the website can be updated. This will be particularly useful when it comes to the Motions. So often they are delayed because of waiting for all of them to be completed. Now, it will be possible to publish what there is and add to it as more come in. The goal is for the community to feel better informed of the things that are happening.


There are two different 'sign-up' forms. One is the signup to receive the Bugle Blast. This allows us to include your email address in the list to receive the Blasts. To see information on the Members Only part of the website, one must have a user name and password. This is obtained by the 'Member Registration form.


The following QR codes will take you directly to the forms. Use the camera on your phone to scan the code and then click on the screen. You can also find these forms on the webpage itself at the bottom of the page. If you have any problem or question, please write to web@woodburnestatesgolf.com for assistance.

Scan this QR code to take you to the Bugle Blast sign up form.



To be informed of the latest information and alerts:
Sign up for email alerts. Scan QR code to go directly to sign up form. Or visit WoodburnEstatesGolf.com





Senior Estates Golf and Country Club
Registration form:
Scan the QR code with the camera of your phone until it shows a link. Click on the screen and open the registration form on the Website.

Scan this QR code to take you to the website sign up form.

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Pickleball Lingua:

Golden Pickle

The equivalent of a perfect game of pickleball. It occurs when the first team serving wins a game using its first serve only. The opposing team never scores a point and never even gets to serve!

Pickleball for Beginners

Monday Nights 5 to 8 pm

Come down to the Auditorium on Monday evenings as it is 'Beginners Night' for Pickleball. This is your opportunity to learn this game that has taken the country by force. It is the 'fastest growing sport in the USA'!

Come, Learn, Play, Laugh, Enjoy

One key to a more active life:
'unofficial exercise'

A brisk, half-hour walk is good, as are swimming or going to an exercise class. If you really can't find time for official exercise, however, try unofficial exercise. It can be done every day.

- * Treat common chores and housework as exercise. Vacuuming, sweeping, and raking involve arm and leg muscles and burn 245 to 280 calories an hour.
- * Take extra steps. Park farther away from work. At the mall, walk through more stores. At the supermarket, check out the entire market before filling your cart. Walk to a restaurant for lunch.
- * Make a half hour of TV an active time. Use a stationary bike, jog lightly in place, or do floor exercises. Seated, do some leg lifts with toes pointed forward and others with toes pointed up.
- * Dig in the dirt. Gardening and yard work strengthen knees, arms, and hands. Mowing, pulling weeds, and raking improve back, arm, and leg muscles. They burn 350 calories an hour and get you out in fresh air.

Adjust to your limitations, especially if you have conditions such as arthritis or heart disease. Talk to your doctor.

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Golf balls shall Soar No More

Sometimes, there really can be too much of a good thing. At least, that's what the governing bodies of golf have concluded.

In late 2023, the two bodies that jointly write the rules of golf, the Royal and Ancient Golf Club (R&A) and the U.S. Golf Association, announced new restrictions aimed at making golf balls travel shorter distances.




The distance professional players can drive golf balls has steadily increased. The PGA reports that in 1980, the average drive among pro golfers was about 256 yards. In 2021, the average drive for professional golfers topped 295 yards. This is important for a few reasons, including the simple fact that many golf courses were designed to host players who couldn't drive so far. The extra distance could, in a sense, "break" the golf course designs.

Golf course designers put a lot of time into designing challenges for golfers. But with increasingly powerful shots, golfers can simply opt to fly above the fray. Industry insiders have long argued that this could ruin the challenge and strategy behind golfing and might turn the sport into a simple power contest.

The new rules for "legal" golf balls, which won't go into effect until 2028 for pro golfers and 2030 for lower-level golfers, should result in shorter drives. Authorities argue that the new regulations will only decrease averages by about five yards from where they are now. Of course, since driving averages have been slowly ticking up, the new golf balls could also cap that growth.

So, if you're not playing professionally or for money, and you happen to enjoy long drives, you might want to stock up on golf balls now before current models become contraband.



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CALENDAR OF ACTIVITIES & EVENTS

Sunday, January 28
1:00pm-4:00pm MusicJammers(Aud)

Monday, January 29
8:00am-9:00am MermaidWaterAerobics(Pool)
8:30am-12:00pm Sr.EstatesQuilters(CraftRm)
9:15am-10:00am SeniorYoga(Aud)
9:30am-11:00am Laugh&Chat(BlueRm)
10:00am-12:00pm Pickleball(DiningRm)
10:15am-11:15pm Senior Cardio(Aud)
11:15am-12:15pm TaiChiClass(Aud)
12:00pm-4:00pm MondayBridge(BlueRm)
2:00pm-3:00pm WaterAerobics(Pool)
5:00pm-8:00pm Pickleball4Beginners(Aud)
5:45pm-8:00pm WaterVolleyball(Pool)

Tuesday, January 30
8:00am-9:00am MermaidWaterAerobics(Pool)
10:00am-10:50am SeniorFitness(Aud)
10:00am-12:00pm Needlecraft(CardRm)
10:00am-12:00pm PingPong(DiningRm)
11:00am-2:45pm UkuleleUke-de-dos(CraftRm)
11:15am-3:30pm ProgressiveHand&Foot(BlueRm)
1:30pm-2:30pm BibleStudy(Conference1)
2:45pm-5:00pm WaterVolleyball(Pool)
5:00pm-9:00pm TuesdayNightPoker(CardRm)
6:00pm-7:00pm BeginnerLineDancing(Aud)
7:00pm-8:00pm IntermediateLineDancing(Aud)

Wednesday, January 31
8:00am-9:00am MermaidWaterAerobics(Pool)
9:00am-10:00am PingPong(DiningRm)
9:15am-10:00am SeniorYoga(Aud)
9:30am-11:00am Laugh&Chat(BlueRm)
10:00am-12:00pm Pickleball(DiningRm)
10:15am-11:15pm Senior Cardio(Aud)
12:00pm-1:00pm FriendsOfBillW(CraftRm)
12:00pm-4:00pm DoubleDeckPinochle(CardRm)
12:30pm-4:30pm FabricQuiltingArts(DiningRm)
1:00pm-3:45pm WiiBowling(Aud)
2:00pm-3:00pm WaterAerobics(Pool)
6:00pm-9:00pm Bingo(starts@7pm)
6:00pm-9:00pm Pinochle(BlueRm)

Thursday, February 1
8:00am-9:00am MermaidWaterAerobics(Pool)
8:30am-12:00pm Sr.EstatesQuilters(CraftRm)
9:30am-11:00pm CoffeeHour(Aud)
12:00pm-3:00pm LadiesPinochle(BlueRm)
4:00pm-5:45pm TopsWeightLossGroup(Dining)
5:00pm-9:00pm ThursdayNightPoker(CardRm)
5:45pm-8:00pm WaterVolleyball(Pool)
6:00pm-9:00pm Pinochle(BlueRm)
6:00pm-7:30pm AdvancedLineDancing(Aud)

Friday, February 2
8:00am-9:00am MermaidWaterAerobics(Pool)
9:15am-10:00am SeniorYoga(Aud)
9:30am-11:00am Laugh&Chat(BlueRm)
10:00am-12:00pm CardMakingClass(CraftRm)
10:00am-12:00pm Pickleball(DiningRm)
10:15am-11:15pm Senior Cardio(Aud)
1:00pm-3:30pm Bunco(CraftRm)
2:00pm-3:00pm WaterAerobics(Pool)

Saturday, February 3
10:00am-12:00pm Senior Resource Fair
10:00am-12:00pm Pickleball(Aud)
2:45pm-5:00pm WaterVolleyball(Pool)

Front Office

1776 Country Club Rd, Woodburn OR 97071

(503) 982-1776

M, Tu, Thu, Fri - 9 am to 4 pm

Closed on Wednesdays

Facilities Manager - Vincent Cantwell

maint@woodburnestatesgolf.com

Financial Manager - Debbie Brown

accounting@woodburnestatesgolf.com

Front Desk - Alisha Bailey

info@woodburnestatesgolf.com

Sunday, February 4
Monday, February 5
8:00am-9:00am MermaidWaterAerobics(Pool)
8:30am-12:00pm Sr.EstatesQuilters(CraftRm)
9:15am-10:00am SeniorYoga(Aud)
9:30am-11:00am Laugh&Chat(BlueRm)
10:00am-12:00pm Pickleball(DiningRm)
10:15am-11:15pm Senior Cardio(Aud)
11:15am-12:15pm TaiChiClass(Aud)
2:00pm-3:00pm WaterAerobics(Pool)
5:00pm-8:00pm Pickleball4Beginners(Aud)
5:45pm-8:00pm WaterVolleyball(Pool)

Tuesday, February 6
8:00am-9:00am MermaidWaterAerobics(Pool)
10:00am-10:50am SeniorFitness(Aud)
10:00am-12:00pm PingPong(DiningRm)
10:00am-12:00pm Needlecraft(CardRm)
11:15am-3:30pm ProgressiveHand&Foot(BlueRm)
2:45pm-5:00pm WaterVolleyball(Pool)
5:00pm-9:00pm TuesdayNightPoker(CardRm)
6:00pm-7:00pm BeginnerLineDancing(Aud)
7:00pm-8:00pm IntermediateLineDancing(Aud)

Wednesday, February 7
8:00am-9:00am MermaidWaterAerobics(Pool)
9:15am-10:00am SeniorYoga(Aud)
9:30am-11:00am Laugh&Chat(BlueRm)
10:00am-12:00pm Pickleball(DiningRm)
10:15am-11:15pm Senior Cardio(Aud)
12:00pm-1:00pm FriendsOfBillW(CraftRm)
12:00pm-4:00pm DoubleDeckPinochle(CardRm)
12:30pm-4:30pm FabricQuiltingArts(DiningRm)
1:00pm-3:45pm WiiBowling(Aud)
2:00pm-3:00pm WaterAerobics(Pool)
6:00pm-9:00pm Bingo(starts@7pm)
6:00pm-9:00pm Pinochle(BlueRm)

Thursday, February 8
8:00am-9:00am MermaidWaterAerobics(Pool)
8:30am-12:00pm Sr.EstatesQuilters(CraftRm)
9:30am-11:00pm CoffeeHour(Aud)
1:00pm-4:00pm Genealogy(BlueRm)
4:00pm-5:45pm TopsWeightLossGrp(DiningRm)
5:00pm-9:00pm ThursdayNightPoker(CardRm)
5:45pm-8:00pm WaterVolleyball(Pool)
6:00pm-9:00pm Pinochle(BlueRm)
6:00pm-7:30pm AdvancedLineDancing(Aud)

Friday, February 9
8:00am-9:00am MermaidWaterAerobics(Pool)
9:15am-10:00am SeniorYoga(Aud)
9:30am-11:00am Laugh&Chat(BlueRm)
10:00am-12:00pm Pickleball(DiningRm)
10:15am-11:15pm Senior Cardio(Aud)
1:00pm-3:30pm Bunco(CraftRm)
2:00pm-3:00pm WaterAerobics(Pool)

Saturday, February 10
10:00am-12:00pm Pickleball(Aud)
12:00pm-3:00pm Private Event(BlueRm)
2:45pm-5:00pm WaterVolleyball(Pool)

coffee hour

SENIOR ESTATES GOLF & COUNTRY CLUB

Feb 1 TRIVIA

Feb 8 MAJORITY RULES + MAYOR

Feb 15 TBA

Feb 22 BINGO FOR FUN

Feb 29 TBA

Thursdays @ 9:30

\$2 Cover Charge

Weekly Drawings and featured Entertainment

Entertainment listed is subject to change without notice.

Upcoming Events

Wednesday, February 7th

SENIOR ESTATES GOLF & COUNTRY CLUB

8 Ball Pool TOURNAMENT

WEDNESDAY FEBRUARY 7, 2024 @ 1 PM

SEGCC Billiards Room

\$3 per player / Goodies & Cash Awards

MEN & WOMEN PLAYERS WELCOME

Newly Recovered Tables plus New Cues & Balls

Sign up in Billiards Room

For more information please call
Bob Bearden 425-563-3316 or John Evans 503-490-6105

Saturday, February 10th

Valentine's Special

Saturday, Feb. 10th 4 - 8pm

Lobster & Prime Rib

includes Salad, Potato, Vegetable, Bread, Dessert & Non-Alcoholic Beverage

\$75 for Two / \$40 for One

LIMITED QUANTITY

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Regular Menu Also Available No Coupons

Sunday, February 11th

SUPER BOWL PARTY & POTLUCK

on the Auditorium HUGE SCREEN

Sunday, Feb. 11th

Party starts @ 3:00 Kickoff @ 3:30

Bring your favorite POTLUCK DISH to share!

Senior Estates Golf & Country Club Members and Guests Only!

Saturday, February 17th

Help Needed!

Cut & Tie No-Sew Double Layer Fleece Blankets for charities

Saturday, Feb. 17th 12 - 4 in the Blue Room

Help needed to cut and tie two pieces of fleece together to make warm blankets for local non-profits.

Please bring sharp scissors to cut fleece and your fingers to tie the pieces together.

BYOB and a small snack to share, along with fun stories.

Call Sharyn Cornett at 971-313-4198 for more information.