

I was reading an article recently on how we educate ourselves on just about everything in life, except for aging. We learn to read, write and do arithmetic as children and we educate ourselves for the business world, we seek out training and education on other life skills throughout our life and then we end up moving into retirement, or as I like to call it “middle age” with little knowledge on what’s next and what is normal or not normal.

There is a lot to know as our bodies and minds change with age.



Educate yourself – Build those knowledge muscles!

The local Area Agency on Aging is presenting a program called “Normal vs. Not Normal Aging”, here at Stillwaters on May 19th (Next Thursday). We will have coffee and refreshments starting at 9:30 and the presentation starts at 10 a.m.

In addition, we will have resources available to share with attendees. These resources will be focused on services available locally to help us all as we age gracefully at home. Little services like house cleaning, transportation and home deliveries can make a huge difference in coping with the aging process, while still wanting to maintain independence. More advanced services are those that provide home help – in varying degrees from a few hours a week to full time help. This resource table full of local service ideas will be available for you at this meeting.



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Again, from 9:30 to 10:00 a.m. we will have refreshments and a resource event.

At 10:00 a.m. the Aging presentation will start. Please join us for this educational opportunity.

Quote of the Week:


Old minds are like old horses; you must exercise them if you wish to keep them in working order. – John Adams

Happenings this Week:

 **Tonight is movie night at Stillwaters:** Tonight's movie is the 1964 "Kisses for my President", with Fred MacMurray and Polly Bergen. Join the fun at 5:45 p.m. for ice cream and 6:00 p.m. for the movie.

Friday, May 14th: The three Rotary clubs in Lewis County — Centralia, Chehalis and Twin Cities — will be hosting a dinner/auction at 6 p.m. Friday at the Blue Pavilion at the Southwest Washington Fairgrounds. This year's event will be a benefit for the Boys and Girls Club of Lewis County. There will be a dinner catered by Once Upon a Thyme, live and silent auctions, and a dessert dash. Admission is \$50. Tickets may be purchased at

<https://rotary-lewis.auctionreg.org/registration>. For more information, email Julie Johnson, Twin Cities Rotary president, at juliesrotary@yahoo.com.

Saturday, May 14th: The **Stamp Out Hunger Food Drive** will be held  on this Saturday. It's simple, fill up a grocery bag with nonperishable food items

and then leave that bag or bags here at the Gathering Place in or near the designated Orange bin. **The bin is available now until 10 a.m. Saturday.** Items that are needed include; cereal, peanut butter, rice and canned goods, like soup, vegetables, and pasta. Food collected will stay in our community. The Stamp Out Hunger Food Drive is sponsored by the National Association of Letter Carriers.

Saturday, May 14th: Shredathon – 10 a.m. to 1:00 p.m. at Strand Insurance located at 515 Harrison Ave, Suite 101, Centralia. Bring as much as you want shredded in boxes or paper bags. Shredding is free.

Friday and Saturday, May 20th and 21st: Relay For Life is celebrating 30 years in Lewis County. The annual 24-hour event, which raises money and awareness to battle cancer, will be held on Friday and Saturday, May 20th and 21st, at the *Southwest Washington Fairgrounds*. Relay For Life starts at 4pm on Friday, the 20th, with Opening Ceremonies at 6pm. Relay For Life is the world's largest fundraising event to end cancer. Teams and individuals are invited to get involved. For registration information, Head to relay.acsevents.org.

Saturday and Sunday, May 21st and 22nd: The **WSU Lewis County Master Gardener 2016 Plant Sale** will be held at the *Expo Hall at the SWW Fairgrounds*. The event features thousands of plants, all grown by Master Gardeners, including; 40 varieties of tomato plants, annuals, perennials, vegetable starts, berries, herbs, shrubs, native plants and much more. That's Saturday, May 21st from 9am-4pm and Sunday, May 22nd from 10am-3pm at the Southwest Washington Fairgrounds.

Weather:



The weather is warm but get ready to go back to rain and cooler and cloudy days. Today and tomorrow will be unseasonably warm and then back to rain by Saturday. The gardens will love this!