



Senior Center and LINX Transit

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ADVISORY BOARD MEETING October 15, 2025

MTG REPORT

Members Present: Cody Wack, Linda Meredith, Marlene Flyer, Joli Root, Barbara Hemnes, Dorrie Board and Sherry Leist

Excused Absence:

Staff Present: Kindra Oliver

1. WELCOME:

Meeting was opened at 10:00 a.m.

2. MINUTES:

Marlene moved to approve the minutes from the June 18th, 2025 Advisory Board meeting; Linda seconded; motion passed unanimously.

3. REPORTS:

Meal Site:

- Tori continues to look for additional volunteers to drive and help in the kitchen. Tori can utilize volunteers who can drive once a month up to every day of the week.
- The new commercial dishwasher will be installed in the next few weeks.
- We are still working on timing for the two new exterior kitchen doors and stove unit.
- Tori will be retiring next August, in 2026.

Senior Center:

- Our large June event, Rockin' It In Paradise with Elvis, brought in over 140 seniors! Thank you to COG for co-sponsoring the entertainment. Senior Center staff supported by volunteers were able to share a few snacks with a tropical flare. Events are not just entertainment for amusement, as these types of programs encourage seniors to engage in social opportunities that help combat isolation and provide various types of neural stimulation. Our Elvis event is taking many on a walk down memory lane as well. So many of our senior participants took photos with Elvis and brought tears of happiness.
- Our 3rd Annual Fall Prevention program co-hosted with COMP-NW Physical Therapy students went over very well. Sixty-eight seniors and students came together to learn from each other. Twenty-nine seniors had fall assessments done by the students (observed by faculty). Seniors came away feeling more empowered to help keep living life on their terms. Positive aging is an active process, not one that is passive.

Students provided a 30-minute presentation that included information on how falls can impact our overall well-being, 10 minutes of demonstrating exercises that seniors can do at home to help strengthen their bodies and maintain balance and flexibility to reduce falls and a 5 minute presentation on the things one can do to minimize the damage of a fall, if you should fall.

- Seniors have been working with our I-Pad volunteer to create a video that highlights the positive impact and programming offered through the Senior Center. It has been a lot of fun to see seniors using the iPads all over the building trying to catch “the perfect shot.” We hope to debut the video during a Friday movie, so the seniors can show their work on the BIG screen.
- Willamette University Law students have begun to use one of our meeting rooms to meet with seniors, by appointment. These seniors signed up to receive help with a will or trust at Willamette University’s legal presentation earlier in the year.
- Tomato Fest saw big numbers at their event at the Senior Center, with hundreds in attendance.
- FY 24-25 Recap for Evidence Base Classes:
 - **Geri-Fit Strength & Flex:**
 - o Geri-Fit Strength & Flex is a gentle strength training class that can help improve balance and stability. The instructor helps participants improve muscle tone throughout the whole body, with and without weights.
 - o We held a total of 137 classes last FY (24 more than prior FY), with 1,484 participants (281 more than prior FY). This class was well-attended and participants wanted to be able to exercise three times per week, so we did offer three weekly classes most of last fiscal year.
 - **Bingocize!:**
 - o Bingocize is a fun way to mix the game of Bingo with some low-impact exercises and stretches. The program is designed to build strength, flexibility and balance.
 - o We held a total of 96 classes last FY with 1,154 participants, which were similar numbers to the prior FY.
 - o One of the gentleman who comes to the Senior Center a few times week for meals, Bingocize, movies and other activities recently shared some exciting news with staff. He very proudly showed us that he can now raise his hands above his head. He is the sweetest and was so excited to demonstrate for us when he arrived to the Senior Center on the bus.
 - o We have several others that rave about this class and have more range of motion and balance because of taking the class.
 - **TJQMBB!:**
 - o Lebanon Senior Center did a 52 session TJQMBB class, following the evidence-based curriculum, which ended in the fall of FY24-25. One of the issues for our Senior Center was no new participants could join after session 20, as the exercises and motions continue to build on one another. In Q2, we opted to merge the program content of TJQMBB with our Tai Chi/Chair Chi program to be more inclusive and allow

for new comers along the way. We saw a big increase in numbers once we merged and call the class Spirit of Chi.

- o One senior standing up may not sound impressive, inspirational or get attention, but sometimes the most amazing successes come in small numbers. One of the participants in the Tai Chi classes (Chair Chi and Spirit of Chi) has been coming for approximately a year stood up on their own for the first time in a very long time. This senior is a stroke survivor. In this case, the stroke left her right side with some permanent damage making the use of her right leg and right arm very difficult and exhausting. As do many, the defeat and loss set in and this senior let the ability she was at define her life for years. One day, she decided to try our Chair Chi class. She loves the encouragement she receives for just showing up and the comradery of others meeting life where they are and not giving up on sustaining or even working to feel stronger. When we merged our Chair Chi and Tai Ji Quan class together, many were nervous. This intrepid senior kept coming anyway. Though, she didn't feel she could do much of the standing portion, she did go through some of the arm motions (because all effort is good effort in our class). Eventually, she began quietly (trying to hide it) trying to do some of the stand portion. Then something amazing happened, she stood. She sat. Staff could hardly contain and tried not to alert anyone, but when she did it two more times with the class...high fives were in order. Does she still struggle to get from one end of our building to the other to get to and from class, yes. She is no longer sitting on that couch day in and day out though. She can now do 3 sit to stands (which is like doing 3 squats). One may not be a big number, unless you are that one getting stronger and finding community, finding new reasons and ways to live a better life.

- Walk with Ease

- o is a walking group that is designed to keep people active and their bodies moving.
- o We didn't have a great turn out the last few sessions, but will consider starting up again in Spring 2026.

- Other Senior Center exercise classes not tied to OAA grant funding:

- Easy Cardio, two days per week
- Spirit of Chi, two days per week
- Yoga, two days per week
- Social Games, different active game, once a week
- Line Dancing, once a week (very popular class)

- Working on event, class and program planning for September through December.

LINX Transit:

- Following is a ridership summary that shows significant increases in ridership:
 - 75,802 rides for FY24-25
 - 63,948 rides for FY23/24, approximately 33% increase from prior FY
 - 47,851 rides provided in FY22/23, a 58% increase from prior FY
 - 30,021 rides provided in FY21/22, a 36% increase from prior FY
 - approximately 20,000 rides provided prior 10 FY's
- As noted earlier in the year, LINX Transit was awarded \$428,000 in STIF Discretionary Funds through ODOT, for FY2025-27. The grant funding was awarded for a LINX operations expansion to respond to the significant increases in ridership over the last few years and we will be adding a new deviated fixed route this fall. We will be doing a soft roll out to work out any issues before printing schedule materials
- Staff is working on Request for Proposals (RFP's) for two new buses. Grant funding for the reimbursements will be available in Spring of 2026, so trying to time it right.

4. CONTINUING BUSINESS:

5. DISCUSSION / NEW BUSINESS:

- Next Advisory Board Meetings scheduled:

Wednesday, January 21st, 10:00 am

6. ADJOURNMENT