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Turkey Time!

See how you can help to keep your friends at Home Life in the holiday spirit by checking out the Calendar.



Happy Thanksgiving!



We have many things to be thankful for at Home Life this year! We have recently been joined by several new and eager volunteers, and a dedicated intern, who will begin during the upcoming OSU Winter term. On top of the valuable help we will be receiving from our great volunteers, Home Life was

donated an *entire* Thanksgiving meal by a local family.

The Kildea Family will be dropping by Mumford House on Thanksgiving at approximately 2:00 PM with an “all the fixings, ready to salivate and devour, no need to cook” feast. I know what I’m thankful for this year. **Thank you new volunteers and interns, and thank you Kildea Family!**

Holiday Parade Friday, November 28th.

For a few years now, Home Life has participated in the Holiday Parade sponsored by the Corvallis Lions Club. This gives our agency a chance to shine in front of our community. Volunteers decorate the bus, and clients, staff, or volunteers walk the parade. The decorative theme for Home Life’s Bus in the 24th annual Holiday Parade is a *ski lodge*.

Join us downtown at 7:00 PM on 4th street to give your support for many local agencies and businesses, and of course, Home Life. Look for our ski bunnies in the big white activity bus with the red stripe.

Happy Holidays everyone! We hope to see you there!
Pictures will soon follow.

Mondays:

- Men's Night Out
5:00 PM

Wednesdays:

- Supported Living
Social & Bowling
4:00 PM
- My Club 4:00 PM
- Belly Dancing 8:00
PM
- Women's Night Out
5:00 PM

1:1 Volunteer

Trainings:

- 12-02-08
GER/MART/BBP
9am - 12pm
- 12-05-08 CPR/FA
9am - 5pm

***To sign up please
contact the Volunteer
Coordinator at 754-
6163.**

Volunteer

**Vacancies: To be
filled ASAP**

- Walking buddy for
Olleman Client 1-2
times per week
- Walking and
soda/coffee buddy for
group of men/women
once per week at
Mumford
- Lawn care at client
residence every other
week. Mower
provided.
- Tuesday Sing-a-longs
buddy at the Corvallis
Senior Center 10:00
AM

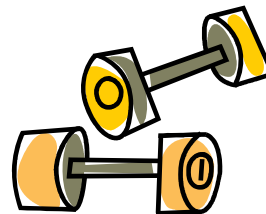
Winter Term Fitness Class

Home Life provides three to four ten week fitness classes per year. These classes emphasize cardiovascular fitness with aerobics, light-weight training, circuits, and movement to music.

The Adaptive Fitness Class will begin again on January 6th, 2009. The Winter Term class will be held at 3:00 PM on Tuesdays at the LBCC Benton Center, and at 3:15 PM on Thursdays at Wow! Fitness. This is a tentative schedule, as we are currently looking for a location that will allow us to hold classes at a later time. It is very important to many of our clients and other MRDD clients within our community to maintain an active and healthy lifestyle. After all, a healthy body contributes to total wellness.

Home Life would appreciate any help on this matter, and if you are aware of a location where we could hold a fitness class free of charge, or at a very discounted rate, please contact the Volunteer Coordinator. We take pride on the ability to offer the class free of charge to anyone in the community who would like to attend. Because we do not charge for the class, we are most likely unable to pay for a space.

The class is open to anyone (not just adults with disabilities) who would like some assistance in maintaining a healthy lifestyle. Home Life encourages staff to participate. If you are interested in attending the class, or know someone that might also be interested, please contact the Volunteer Coordinator to complete a Medical Profile and Release Form. (These are submitted once each calendar year.) Feel free to contact me with any questions or comments. I look forward to another productive and successful term of the Adaptive Fitness class!



Home Life Inc
Serving People with Disabilities

2068 NW Fillmore
Corvallis, OR

541-753-9013
homelife@peak.org

Emily Steadman,
Volunteer Coordinator
2068 NW Fillmore
Corvallis, OR 97330

Phone:
(541) 754-6163
Fax:
(541) 753-1304

E-Mail:
steadman@peak.org

