

Time OF YOUR *Life*

FOR ADULTS OVER 55 YEARS YOUNG 2025



A SPECIAL PUBLICATION OF THE NEWS-REGISTER PUBLISHING CO.



Same Heart. Renewed Commitment.

For over 70 years, Rock of Ages has been a trusted name in senior care. Today, we proudly introduce our refreshed brand: Rock of Ages Retirement Community—the same compassionate services with a renewed commitment.



VALLEY VIEW
*Independent Living.
Enriched by Community.*



AT HOME
*Together in Care.
Thriving in Independence.
(formerly known as M.A.I.D.S.)*



MEMORY CARE
*Experience You Can Trust.
Care You Can Feel.*



TRANSITIONAL LIFE CARE
*Compassionate Care.
Comfort for Families.*

Campus Living at Valley View:

- Live life on your terms—whether you want active engagement or peaceful relaxation
- Enjoy maintenance-free living with vibrant social opportunities on our scenic campus
- Stress-free transportation available—go where you want, when you want.
- Private dining areas that can be reserved

- Home cooked meals without the hassle, served in our dining room or delivered to your home
- Stay engaged, stay inspired with activities that bring you joy:
 - exercise classes • lifelong learning opportunities
 - social gatherings • faith-based events



The best way to see if Rock of Ages is right for you or your loved one is to visit us. Call 503-472-6212.

www.rockofages.org



*Inspired by Faith.
Trusted by Families.*
ROCK OF AGES

Rock of Ages is a Not-for-Profit 501-c-3 and is deemed charitable by both the State and the IRS. Our goal is to serve those needing our services regardless of their ability to pay.

PUBLISHER
Jeb Bladine

ASSOCIATE PUBLISHER
Ossie Bladine

ADVERTISING MANAGER
Christy Nielsen

MARKETING CONSULTANTS
*Kathie Stamper
Bonnie George*

ADVERTISING SALES COORDINATOR
Brandon Russell

GRAPHIC DESIGN
Casey Wheeler

PUBLICATION PRINTING
Oregon Lithoprint, Inc.
oregonlitho.com

©2025 News-Register Publishing Co.
P.O. Box 727 / 1315 NE Miller St.
McMinnville, OR 97128
newsregister.com

Published May 23, 2025

Time of Your Life is a special publication of the News-Register Publishing Co.

Did we miss you?
Give us a call and you'll be on the top of our list for next year! 503-687-1258
advertising@newsregister.com

Time OF YOUR Life



Contents

Transitioning into a seniors' residence4

Activities to keep fit after 508

Have fun with walking soccer10

The benefits of meditation13

How to find a stimulating hobby14

Stay in shape by gardening16

Volunteering in retirement18





Your next chapter starts here

HOW TO CHOOSE THE BEST SENIORS' RESIDENCE: 7 THINGS TO CONSIDER

Choosing a seniors' residence is a significant decision that requires careful consideration. Here are seven criteria to help you find the one that best meets your needs.

1. Your health

Evaluate your current and future healthcare needs and choose a facility that can accommodate them.

2. Food quality

If you choose a residence that provides meals, ensure the food is varied, nutritious and suitable for any dietary restrictions you may have.



3. Available services

Find out which services are included or available for an additional fee, such as housekeeping, laundry and recreational activities. These offerings can heavily influence your decision.

4. Accommodations

Visit the available suites to evaluate their size, soundproofing, brightness and accessibility. A comfortable and functional environment is essential for your well-being.

5. Atmosphere

During your visit, take note of the general atmosphere of the residence. Are the staff friendly? Do the residents seem happy and engaged? A welcoming environment and clean common areas are positive signs.

6. Budget

Set a budget by considering rent and additional expenses, like internet access. Look for a residence that meets your financial needs without straining your budget.

7. Location

Choose a facility that's close to essential services, such as pharmacies, grocery stores and public transportation. You may also want to be near places of interest like libraries, restaurants and boutiques. Don't forget being close to family and friends!



TIPS FOR REDUCING THE STRESS OF MOVING INTO A SENIORS' RESIDENCE

For many people, moving into a seniors' residence can be an exciting but stressful experience. Can you relate? It's normal to feel uncertain about this big life change. A few simple steps can help you make a smooth transition.



HAVE YOUR QUESTIONS READY!

Review the websites or brochures of the residences you're interested in. If you need clarification, prepare a list of questions to ask the person in charge, either over the phone or in person. If necessary, consider contacting a housing consultant to help simplify the process.

"Seniors' residences offer countless opportunities to connect with others. You'll also experience the joy of being part of a larger community where everyone feels supported and appreciated."



Get informed. Take the time to visit the residence and ask questions. Familiarize yourself with the property, common areas and staff. The more information you have, the more comfortable you'll feel.

Visualize the positive aspects. Spend time imagining your new life, including shared meals, friendships and various activities. Focusing on the advantages of your future home will help transform your anxiety into positive anticipation.

Take it one step at a time. Packing and sorting through your belongings can be exhausting. Create a list of priorities and focus on one task at a time.



Involve your loved ones. Don't hesitate to ask your family and friends for help. Their support can lighten the load and make the transition easier.

Take care of yourself. Set aside time to relax by listening to music, meditating or practicing breathing exercises.

Using these strategies, you can significantly reduce the stress associated with your move. Remember that this is a new adventure, and you're allowed to take your time settling in.

COMMUNITY LIFE: A MAJOR ASSET IN SENIORS' RESIDENCES

Do you ever feel lonely because your loved ones are busy or because certain limitations make it difficult for you to get out and about? This doesn't have to be the case. Seniors' residences are safe and offer the perfect balance of personal privacy and community life.

Living in a seniors' residence allows you to maintain your privacy. You have

your own space to relax and carry out your daily activities in peace. At the same time, you have access to many opportunities to minimize isolation.

Whether through interactions with staff and volunteers, organized activities, shared meals or time spent in common areas, seniors' residences offer countless opportunities to connect with others.

These regular interactions allow you to build relationships and make valuable friendships. You'll also experience the joy of being part of a larger community where everyone feels supported and appreciated.

An active social life has numerous benefits, including improved mental and mood health and reduced stress.

When you choose to live in a seniors' residence, you're gaining much more than just a home; you're opening the door to a fulfilling social life.



Celebrate All the Moments of Your Life

Marjorie House Memory Care Community provides person-centered long term care for individuals suffering from all stages of dementia in a safe, secure, supervised and caring environment. The comforts of home combine with design features specifically intended to enhance the quality of life for individuals with a diagnosis of a dementia, including Alzheimers.

Potential of life through activities

We believe that every individual has potential – of one sort or another – until life ends. We find the potential in each person, design activities and moments to match that potential, and continually assess the change in potential so that we are meeting the needs of each individual.

Quality of life through quality care

The challenges and losses that accompany dementia are many. The life provided by our skilled and loving staff strives to break down those challenges. Our goal is to create a life of potential and peace, lessening the challenges and loss.

Security in life by design

While our highest priority is the safety, security and well-being of each resident, we realize emergencies can and do happen at any time. With that in mind, we designed and equipped our building with a state-of-the-art Nurse Call System featuring Real Time Locating and Mapping.



Marjorie House
Memory Care Community

*Providing support for individuals
with dementia and for their families*

PLEASE CALL
for information
and tours

503-474-4222 | www.MarjorieHouse.com
2855 NE Cumulus Ave, McMinnville



L to R: Executive Directors
Naddine Spare, Cherrywood Memory Care
Hugh Williams III, Maple Valley Memory Care
Elisabeth Jones, Fircrest Senior Living
Amanda Arington, Administrator, Fircrest Assisted Living

At Fircrest Senior Living, we understand that choosing a senior care community is about more than just finding a place to live—it's about finding a place to thrive. Our warm and welcoming environment feels like home, and everyone is treated like family. Our caring team offers personalized assisted living and memory care services, supporting seniors in a nurturing environment where they can flourish. We offer tailored care plans, engaging activities, and round-the-clock support. We aim to improve their quality of life while honoring their dignity and individuality.

Cherrywood Memory Care embodies the belief that “everyone deserves a place that feels like home.” Our friendly community supports individuals with Alzheimer’s and other forms of dementia, offering a warm, enriching environment where residents thrive through personalized care and heartfelt connections. We provide a range of activities designed to stimulate cognitive function and enhance social engagement. Our goal is to create meaningful experiences that inspire joy and make every moment matter.

Maple Valley Memory Care provides compassionate, personalized care for individuals facing cognitive, behavioral, and mood challenges due to Alzheimer’s and dementia. An environment of warmth and understanding is provided by our experienced team to residents and their families. In addition to providing services aimed at protecting the dignity and honor of our residents, we understand each resident’s journey is unique, and we are ready to join them on their journey.

FIRCREST
SENIOR LIVING

213 NE Fircrest Dr, McMinnville
503.472.2200 | fircrestliving.com

CHERRYWOOD
MEMORY CARE

2750 NE Doran Dr, McMinnville | 503.857.0338
thecherrywoodmemorycare.com

MAPLE VALLEY
MEMORY CARE

219 NE Fircrest Dr, McMinnville
503.883-9385 | maplevalleycare.com

SINCE 1908

Mastering Plumbing Problems
Maintaining Complicated Systems
Protecting Homes, Businesses & Facilities

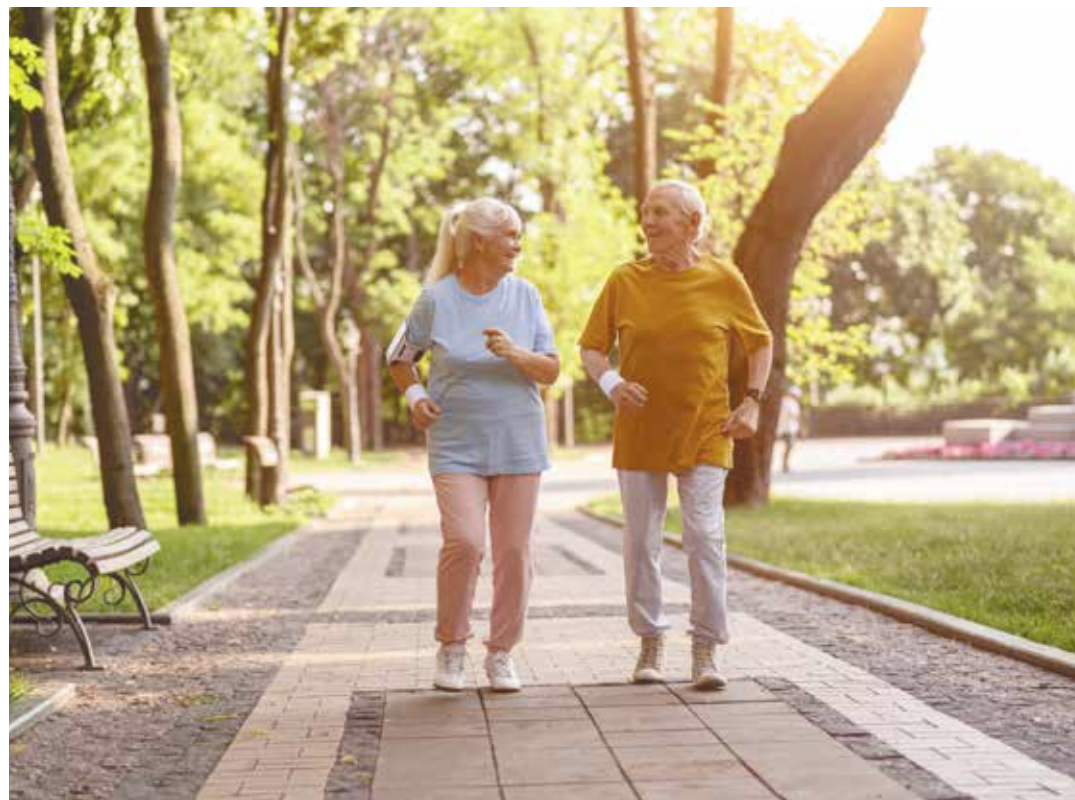


877.GORMLEY (877.467.6539) • GormleyPlumbing.com

Same + Next Day Services • 24/7 Emergency Repairs • Licensed, Bonded & Insured
CCB #48494

Activities to keep fit after 50

Want to stay healthy for as long as possible? In addition to eating well and getting plenty of sleep, keeping active is essential. If you're over 50 and looking for sports or activities that fit your lifestyle, consider these options.



A daily stroll is an accessible and easy way to include exercise in your daily routine. Walking—ideally outdoors—increases your heart rate and helps maintain bone density as you age.

Cycling. Whether you ride outdoors on a flat surface or work out on a stationary bike, cycling is an excellent way to strengthen your heart and legs.

Swimming. This low-impact activity is perfect for improving your cardiovascular health and muscular endurance.

Hiking. Depending on where you live, you can explore trails that wind through forests, wetlands or wide-open meadows. Just make sure the terrain and length of the trail correspond to your capabilities.

Gym training. Gym training can help preserve muscle mass and boost your cardiovascular health. Programs can be tailored to your personal fitness goals.

Line dancing. This group activity provides a fun cardiovascular workout. It also helps stimulate your memory and balance while promoting social interaction.

Gentle gymnastics. Activities like yoga, Pilates, tai chi and Qigong improve muscle tone and balance while reducing stress.

Pickleball. This playful sport helps improve endurance and agility. It combines the benefits of physical activity with socializing.

By incorporating these accessible activities into a daily routine, older adults can stay active, connected and fulfilled, enhancing their overall quality of life.

“Making time for regular exercise after the age of 50 is vital for your fitness and overall well-being.”

WALKING HAS MANY BENEFITS!

The older you get, the more difficult it can be to stay physically active. However, walking is an excellent way to keep fit without exerting too much effort. Here's a look at some of the benefits of walking

Strengthens your muscles

Walking for 30 minutes daily can strengthen your leg and back muscles, improving your balance and reducing the risk of falls. It's also an excellent way to burn calories and maintain a healthy weight.

Prevents various health problems

Studies have shown that going on regular walks can reduce the risk of cardiovascular disease. It can also lessen chronic pain and help in stroke recovery.

Boost mood

Moderate-intensity walking (which causes slight breathlessness) directly affects your psychological health. It can improve your self-esteem and stabilize your mood. Plus, walking with others can help you feel less isolated. All this boosts your spirits! Walking also has beneficial effects on memory and concentration.



ACTIVITIES FOR OLDER ADULTS WITH LIMITED MOBILITY

For older adults with limited mobility, staying active and engaged can be challenging. However, many activities are tailored to accommodate various physical abilities, ensuring everyone can enjoy a fulfilling and enriching lifestyle. Here are five examples:

Indoor gardening. Tending to indoor plants or a small garden can be therapeutic for older adults with limited mobility. Whether growing herbs, flowers or succulents, gardening promotes sensory stimulation, reduces stress and provides a sense of accomplishment when plants thrive under their care.

Chair yoga. Chair yoga offers a gentle and effective way to improve flexibility, strength and balance while seated in a sturdy chair. It involves a series of modified yoga poses and breathing exercises designed to promote relaxation and enhance overall well-being.

Storytelling groups. Joining a storytelling group allows older adults to intellectually engage in stimulating conversations and share their experiences and memories.

Creative arts and crafts. Creative pursuits such as painting, drawing and crafting can ignite the imagination and provide a creative outlet for self-expression. Older adults can create beautiful artwork or handmade crafts to decorate their living space or share with loved ones.

As cremation has become more popular in recent years, some providers have learned to cut corners. Unfortunately, this has resulted in a growing concern about cremation ethics and has put doubts in the minds of families that choose cremation.

Macy & Son Funeral Directors is the only local funeral provider in Yamhill County to operate a private, on-site crematory and offer a 10-step cremation process backed by our exclusive Cremation with Confidence™ Guarantee. From the moment your loved one arrives at our funeral home, through the cremation process, to the return of the cremated remains to you, your loved one never leaves our care. If your choice is cremation, there is no better choice than Macy & Son Funeral Directors. Call us for more information about our Cremation with Confidence™ Guarantee.

“We believe in our cremation process so much, that we exclusively offer the Cremation with Confidence™ Guarantee.”

Macy & Son
Funeral Directors

135 N.E. Evans • McMinnville • 503-472-6151 • www.macyandson.com

TherapeuticAssociates
ABILITY PHYSICAL THERAPY

Your Physical Therapist For Life
Quality care for a better quality of life.

2191 NW 2nd St. | (503) 434-9594
www.therapeuticassociates.com/AbilityPT

Keep fit and have fun with walking soccer

Some physical activities can become challenging as you get older, particularly traditional team sports that require intense exertion. What if there were a gentler version of your favorite pastimes that you could enjoy during your golden years? That's where walking soccer comes in. This activity is quickly gaining popularity.

WHAT IS IT?
Walking soccer, also known as walking football, is a non-competitive variation of traditional soccer that does not allow running or jogging. Physical contact is prohibited to help minimize the risk of injury. Plus, the field and goals are smaller.

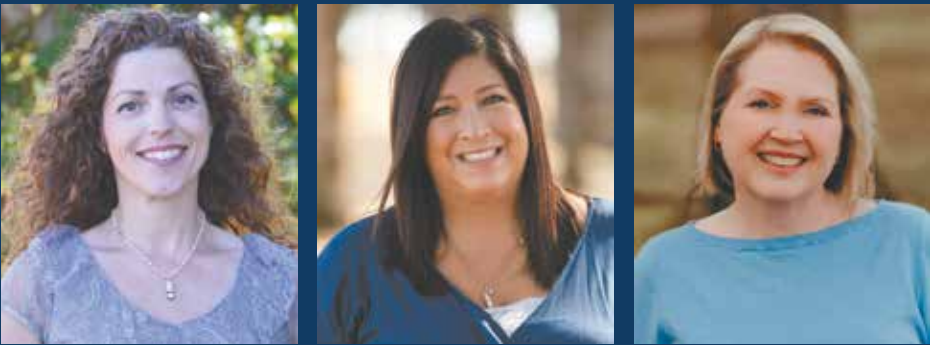
If the idea of playing soccer at a slower pace sounds dull, think again. Walking soccer introduces a strategic element where players must anticipate their opponents' movements. Participants are engaged—both physically and mentally—throughout the match.

WHAT ARE THE BENEFITS?
While it's less intense than regular soccer, walking soccer still elevates your heart rate to help boost your cardiovascular endurance. The footwork provides a gentle workout, making it an ideal activity for men and women aged 50 and older.



As a team sport, walking soccer fosters collaboration and new friendships. It's an excellent way to stay fit in both body and mind.

Medicare questions?
We have answers.



Hagan Hamilton is proud to support our Senior Community and assist with Medicare Advantage and Supplement Plans

PHONE: 503-472-2165
448 SE BAKER STREET
MCMINNVILLE, OREGON



hagan hamilton
INSURANCE SOLUTIONS

TOP SHELF CANNABIS

Top Quality. Top Service. Top Shelf.

353 SE BAKER ST. MCMINNVILLE | 503.472.2405
M-F 10AM-9PM | WWW.TOPSHELFCANNABISMCMINNVILLE.COM



OREGON'S
TRUSTED
COMMERCIAL
ROOFERS
SINCE 1968

We offer a comprehensive safety policy, outstanding communication, and personalized service. Our crew is easy to work with and provides exceptional, long-lasting results.

LICENSED IN OR + WA | OR CCB# 55201 | WA REG. WASHIRC954DB

503-472-7663

CertainTeed
WARRANTY
SAFETY-SECURED

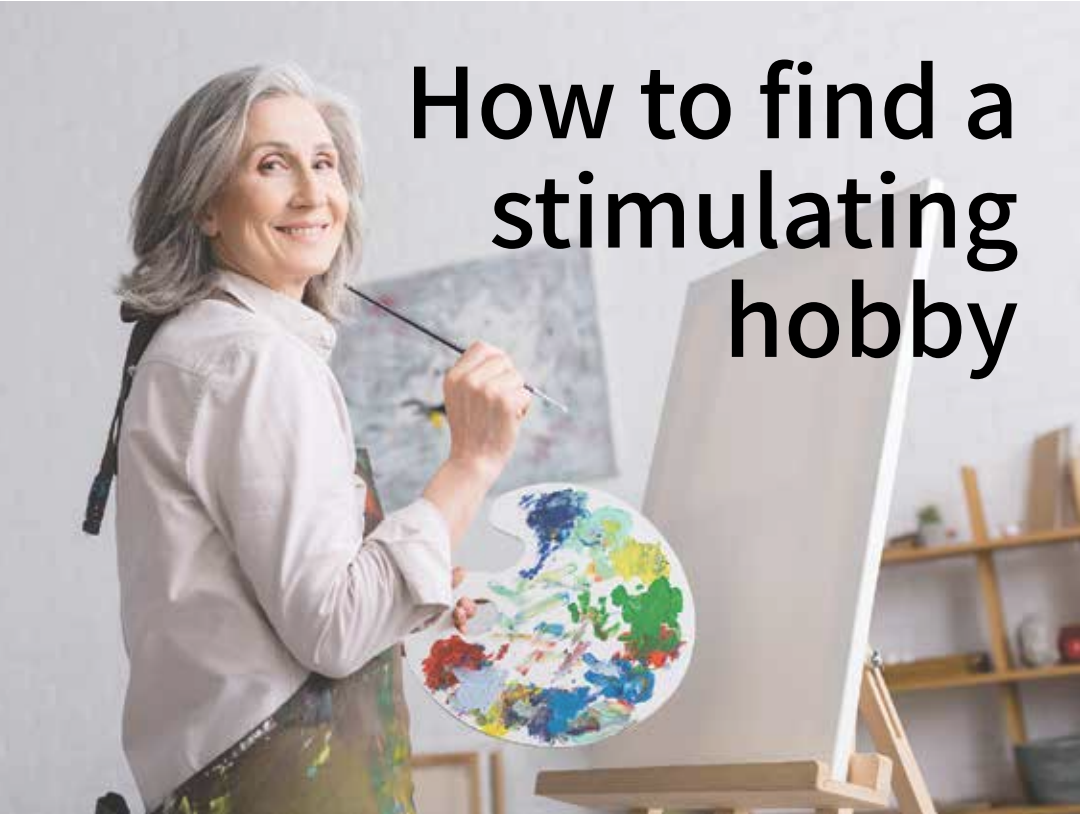
TAYLOR
METAL PRODUCTS

DURO-LAST
THE WORLD'S BEST ROOF

BBB
BETTER BUSINESS BUREAU

A man with a white beard and glasses, wearing a yellow sweater and headphones, is sitting in a meditative pose on a white rug in a living room. He has his eyes closed and hands resting on his knees in a mudra. A smartphone is on the rug next to him. The background shows a blue sofa, a bookshelf, and a lamp.

“Meditation can be practiced alone or in a group. It’s a wonderful way to care for yourself while also building social connections with others.”



Retirement often brings a mix of emotions: the joy of having free time and, at times, a sense of emptiness that can be difficult to navigate. After dedicating most of your life to work, how will you embrace this new chapter? You can enrich your daily life post-retirement by finding a stimulating hobby to keep you active and fulfilled.

BENEFITS

Having hobbies offers numerous benefits. An engaging activity stimulates your brain, reduces stress and improves your mood. It may also help you forge new social connections and boost your self-esteem. Whether you want to stay active or simply unwind, incorporating hobbies into your daily routine is an excellent next step.

OPTIONS

When choosing a hobby, consider your interests. If you enjoy creative activities, explore painting or knitting. If you prefer movement, take up dancing or yoga, or perhaps join a walking group. If you find joy in observing the birds in your backyard, look for a local birdwatching club and

connect with fellow enthusiasts. The key is to explore different hobbies until you find the one that excites you the most. The possibilities are endless!

If you want to check out a wide range of exciting hobbies, look for courses and activities offered by your local community of seniors. From watercolor painting and writing to stamp collecting, gardening, music and photography—which hobby will you choose?



4 HOBBIES YOU CAN DO ONLINE

Bored of scrolling through the same old social media posts? If you’re looking for a new source of online entertainment, try one — or all — of these hobbies.

1. Learning

Learning a new subject or skill can improve your cognition, mood and sense of social connectedness. Whether you learn to speak a new language or play a musical instrument, you’ll find the resources you need on the web. Find how-to videos to learn a hands-on skill or explore free online university courses.

2. Genealogy

Researching your family’s history means more than building a family tree. Locating unique documents can help you unearth stories of your ancestors through marriages, medical conditions, military service, occupations and more. What a legacy for you to share with your children and grandchildren.

3. Content creation

From blogs to podcasts to videos, whatever your preferred method of communication, the internet has a platform to showcase your talents or share your knowledge. Whether you’re a natural performer or passionate about a specific subject, the web gives you options to put yourself out there from the comfort of your home.

4. Games

The web is a treasure trove of games, from classic video games to online board games and word puzzles. Many online games let you connect socially with other players. Playing online lets you indulge your competitive nature and keep those brain cells humming.

Your local electronics retailer can ensure you have the tools you need to get started on your new hobby.

Learn more here

Love Where you Live

At Baker Street Real Estate, we're proud to offer experienced, personal service tailored to your unique needs. Whether you're buying, selling, or just exploring your options, we're here to help every step of the way.

EXPERIENCED. PROFESSIONAL. LOCAL.

708 NE Baker Street, McMinnville, Oregon | (503) 472 - 0576 | BAKERSTREETREALESTATE.COM

Stay in shape by gardening

If winter causes you to shift into a sedentary lifestyle, the arrival of spring is the perfect time to embrace a more active way of living. Are you looking for an activity that offers physical and mental benefits during the warmer months? It’s an excellent time to give gardening a try.



Gardening is an activity that can be done at any age. Find what works for you and don’t be afraid to get your hands dirty. Don’t have a yard? No problem! Gardening can be done inside your home or on your balcony. You might also consider joining a community garden in your area.

Start slow
Gardening involves various movements like walking, bending and stooping. If you want to enjoy this hobby pain-free, try a little pre-gardening warm-up. Before putting on your gardening gloves, take a few minutes to stretch and rotate your wrists, ankles and shoulders.

As you slowly familiarize yourself with the different movements involved in gardening, you’ll engage all your muscles and joints more effectively. Don’t forget to take breaks.

Better physical condition
Gardening helps improve and maintain your physical fitness. Activities like lifting and digging strengthen your thigh and

arm muscles and increase bone density. Weeding also enhances flexibility and supports good posture. All these activities contribute to improving your overall stamina.

Boost your mood
Working with plants is an effective way to distract yourself from your daily worries. Focusing on the present moment and the small tasks at hand can help lower your stress levels. Gardening will certainly make you feel calmer, which is excellent for preventing anxiety and depression.

Do you feel like getting your hands dirty? Find everything you need at your nearest garden supply store.

“Gardening will certainly make you feel calmer, which is excellent for preventing anxiety and depression.”

OTHER POTENTIAL BENEFITS

Social opportunities
Gardening can be a collective pastime that allows you to meet new people or spend time with old friends. Studies show that strong social ties increase longevity, lessen cognitive decline and prevent depression among older adults. If you live in a retirement home, inquire about joining or starting a gardening club to connect with residents who share your interests. You can even make gardening a family activity and an opportunity to teach your grandchildren new skills.

Downsizing potential
A balcony garden or an assortment of houseplants will allow you to continue gardening once you’ve moved from a house to an apartment or retirement home. Many plants can thrive in pots and window boxes. If you’re used to growing a vegetable garden, microgreens can be grown in even a small living space. Also, plants make great roommates — they boost your mood, beautify your home and require little upkeep.



12 PRACTICES FOR SAFE GARDENING

1. Warm up before you get started by stretching your neck, back, shoulders and other muscles.
 2. Adopt a comfortable posture. Keep your back straight, work within arm’s reach and use knee pads.
 3. Alternate between tasks to avoid tendinitis and other injuries caused by repetitive movements.
 4. Use the right tools. Move around dirt and cumbersome equipment in a wheelbarrow.
 5. Avoid gardening between 11 a.m. and 3 p.m. when the sun is strongest.
 6. Handle pesticides with care and follow the directions. Or, better yet, learn how to control pests without using these dangerous products.
 7. Take breaks whenever you feel tired. On hot summer days, sit in the shade or retreat to an air-conditioned space.
 8. Make sure to keep a water bottle nearby so you remember to stay hydrated.
 9. Wear a light-colored, long-sleeve shirt and pants and a breathable, wide-brimmed hat.
 10. Apply sunscreen to any exposed skin, and wear sunglasses that protect against UVA and UVB rays.
 11. Keep the rows of your garden clear and put tools away when you’re done with them to avoid tripping and falling.
 12. Opt for telescopic gardening tools rather than using a stepladder. Only climb a ladder if someone else holds it steady.
- Pick up the tools and plants you need at a garden center near you.



Joel Boyce
Pre-Need Counselor

*Macy & Son
Funeral
Directors*

*Planning ahead with Macy & Son
gives peace of mind for you and your loved ones.
Come see us today.*



Tyler Waud
Pre-Need Counselor

- Honoring Veterans
- Celebrating Life
- Pre-Planning
- Grief and Healing

Call or come see us today.
135 NE Evans St. McMinnville | 503.472.6151 | www.MacyAndSon.com

3 benefits of volunteering



Various studies have shown that volunteering can contribute to better physical health. Depending on the type of activities you do as a volunteer, you can actually reduce your risk of high blood pressure and heart disease, lessen symptoms of chronic pain, improve cognitive function and even live longer.

Retirement isn't just the end of a working life — it also brings a new reality for many people: an abundance of free time. Are you looking for a way to keep busy while doing something useful? Here are three advantages of volunteering in retirement.

Improve your physical and mental health

Volunteering often involves physical activity, which can help lower your blood pressure and cholesterol levels in the same way as playing sports. It's also a great way to reduce stress and alleviate symptoms of depression.

Feel useful

Retirement can leave you feeling unproductive, which is perfectly normal when you're going through a change. Volunteering with an organization that aligns with your values will give you meaningful work and a sense of purpose.

Meet new people

Isolation and loneliness are genuine issues for seniors. Volunteering is an excellent way to meet people who share your interests and build new friendships.

Retirement is a unique stage in life, and volunteering is a great way to make the most of it. Contact volunteer or community organizations in your area to find volunteering opportunities.

You have everything to gain by getting involved!

WHAT DOES
Community
MEAN TO YOU?

SUPPORT • NURTURE • AWARENESS
LOCAL • VOLUNTEER • UPLIFT

**Help support your local
journalistic resources by
doing any of the following:**

Subscribe to the News-Register, either online, in print, or both!

Buy classified ads, Milestone celebration ads, or "Happy" ads. Advertising is not just for businesses!

Read ads in the paper, online or in print. Visit businesses and tell them you saw their ad!

Stock our specialty publications to hand out to Yamhill Valley visitors as a local source of info.

News-Register Publishing Co. | McMinnville
503.472.5114 | newsregister.com

Where Dignity, Independence, and Compassion Meet.

At Rock of Ages At Home, we believe everyone deserves to thrive in the place they love most — their home.

Since 1995, we've helped seniors live in their homes with dignity, independence, and trusted support, backed by over 70 years of Rock of Ages' commitment to compassionate care.

Caregiver screening • RN oversight • Transparent communication • Family involvement • Flexible services to fit your lifestyle • Extensive continuing education • Established reputation • Personalized care plans

- Companion Care & Social Engagement
- Light Housekeeping & Home Safety
- Personal Care Assistance
- Meal Preparation
- Medication Reminders & Wellness Checks
- Transportation & Errands
- Respite Care for Family Caregivers
- Priority Access to On-Campus Services

Schedule a Free In-Home Care Consultation.
Call 503-472-6212.
www.rockofages.org

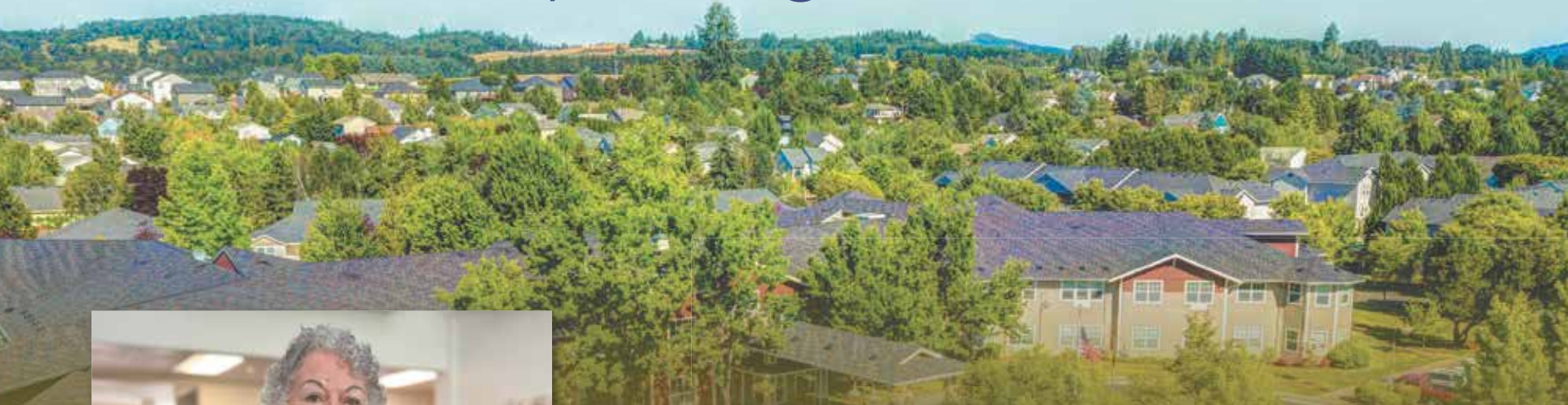
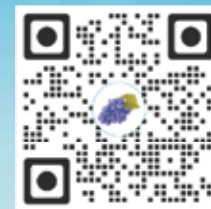
Together in Care.
Thriving in Independence.
ROCK OF AGES

Rock of Ages is a Not-for-Profit 501-c-3 and is deemed charitable by both the State and the IRS. Our goal is to serve those needing our services regardless of their ability to pay.

2025 TIME OF YOUR LIFE

19

Experience Compassionate Community Living at Vineyard Heights



Nestled in the scenic heart of Yamhill County, our community is designed for those who seek a vibrant and supportive environment. Enjoy our lush gardens, participate in a variety of social activities, and benefit from personalized care tailored to meet your needs.

At Vineyard Heights, we are guided by our compass true north values of goodness, loyalty, faith, and fun, ensuring every day is filled with enriching experiences.

Discover how we celebrate life at Vineyard Heights, where every detail is crafted to enhance your well-being and foster a spirit of community.



**Explore the difference at Vineyard Heights.
Call or email today to schedule a tour!**

VINEYARD HEIGHTS

Assisted Living & Retirement Cottages

a Compass Senior Living
Community



Guided by goodness, loyalty, faith, and fun

503-435-1000

sayhello@vineyardheightsassistedliving.com

345 SW Hill Road S., McMinnville, OR 97128

vineyardheightsassistedliving.com

