



# Institute for Continued Learning Digest

Vol. 209, May 20, 2024

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## [Wine Club meeting today at Chemeketa Cellars at Eola: May 20th at 4:30 PM](#)

Chemeketa Eola is at 215 Doaks Ferry Road NW, Salem | [Website](#)

- Wine flights are \$15, refundable with the purchase of two bottles.
- Wine by the glass is \$6/white, \$7/red, and beer and cider are also available.

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## **ICL Tuesday Summer Lunches! Taproot Old Mill Café (1313 Mill Street SE) at 11:30 AM**

Missing your friends at ICL yet? Some folks are meeting for lunch at **Taproot Old Mill Cafe** (across the street from TIUA and Kaneko) on Tuesdays at 11:30 AM.

*'Hope to see you tomorrow! All are welcome! Look for us inside and outside. Here's the [menu](#).*

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## **Visitors Welcome: Bruce Flaming is doing very well and enjoys visitors!**

If any of his ICL colleagues are so inclined, they are very welcome to visit Bruce at **Boone Ridge Retirement Community** (2950 Boone Rd. SE, Salem, OR 97306; possibly Rm #316)

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## **[Movie recommendation: "Above The Trees" at Salem Cinema - Showing now!](#)**

From the director of "[PHOENIX, OREGON](#)" and "[REDWOOD HIGHWAY](#)", "[ABOVE THE TREES](#)" is an original crime drama filmed in Oregon! (2 hr 11 min· Drama; 2024; Directed by Gary Lundgren; in English)

**ABOVE THE TREES** is the story of a local boxer who is charged with the assault of his best friend, an attack that left him in a coma. It follows a mosaic of people linked to the tragedy as they navigate the unfolding trial in Jackson County.

***Editor's note:** This is a delightful Oregon film that employed some out of work Ashland Shakespearean actors during Covid-19; so, excellent acting with cameo appearances of the director as well as Ashland and Medford settings. It starts out slowly as you get to know the characters, but gets more quaint and intriguing as it goes along.*

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## **Keep your memory sharp over the summer while away from ICL...**

Here are five science-based techniques to practice recall, and remember, you're not supposed to remember everything.

- **Pay Attention** – a huge part of forgetting is not really paying attention in the first place. Think about what you are hearing and not how you want to respond.
- **Say it Out Loud** – This helps to engage your auditory cortex. So, saying something as simple as, "I'm putting my glasses on the counter" before you walk away can create that memory.
- **Challenge Yourself Daily** – exercise your brain muscle. Before you choose things at the store from your list, try to remember what is on the list.
- **Create Associations** – studies show that we remember occupations better than names – even when they are the same because jobs come with more context, like baker. Connect what you want to remember to a song, a book title, a rhyme or some clownish image like Cleo wearing a Cleopatra outfit. (Brain Health, May 2024)

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## **Dates to remember (see [Google Calendar](#)):**

- **ICL Lunches during the Summer months:** Every Tuesday at 11:30 AM at Taproot Old Mill Café.
- **ICL Board Meetings:** 2nd Thursday each month at **9:00 AM** on [Zoom](#). All members are welcome. *Subject to change during the Summer.*
- **Curriculum Committee Meetings:** 3rd Thursday of each month at 12:00 PM. Subject to change during the summer. *On [Zoom](#).*
- **Wine Club:** 3rd Monday each month at 4:30 PM. Contact [Dave MacMillan](#) for details or to get on the mailing list. We will continue to meet during the Summer. Cheers! 🍷
- **Friday Virtual Happy Hours** on [Zoom](#) at **4:30 PM**. Open to all *past* members, *current* members, and *new* members! We'd love to see you and chat. *BYOB*