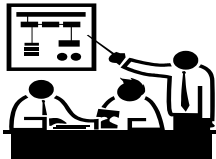


July 2011

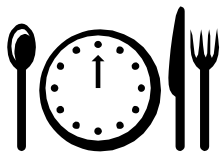
Board Meeting: Monday, July 11th, 11:00 am at the Center.

Everyone welcome to share ideas and comments to increase our efforts to support the center.



Congregate Lunch: Monday, 1:00 pm, ZigZag Restaurant and Thursday, Barlow Trail.

No reservations necessary. Suggested donation is \$5.00 for each meal. Please note! We can accommodate dietary needs prescribed by doctors' orders! We can not accommodate dislikes. Advance notice, please. Under 60 please pay \$6.



Foot Clinic: Thursday, July 21st. Basic foot care includes toenail or fingernail trimming, nail filing. Bring a towel and \$13.00. Clip, file and 10 minute foot massage for \$20.00. Call for appt. (503) 622-3331.

Next foot clinic: September 8th.



Hearing Clinic: Monday, July 11th, 11 am–noon.

Call Sandy Senior Center for appointment. (503) 668-5569.



Legal Assistance: Thursday, July 14th, 9–noon.

Volunteer attorney is available for a free 30 minute appointment offering legal assistance in areas such as estate planning, wills, consumer complaints, etc. Call Sandy Senior Center (38348 Pioneer Blvd.) for appt. (503) 668-5569.



Let us do the driving!

Shop Sandy area stores on Wednesday, July 6th & July 20th. Call no later than the day before.

Suggested donation of \$2.00. Driver can assist with parcels. We need 5 people to make a trip. We will start picking up riders at 10:00 am. Make your hair and/or manicure appointments in the morning. We will make every attempt to combine all your appointments.



More shopping!! At Gresham Station. July 13th. Enjoy shopping at Chico's, Men's Warehouse, The shoe Mill, Borders Books, Bed, Bath, Beyond and more. Pickup 9:30 am. Suggested donation \$5.00. Lunch on your own at a nearby restaurant.

A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today." The grandmother, more than a little surprised, tried to keep her cool. "that's interesting." she said. "How do you make babies?" "It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."

July 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|--|--|--|------------------|-----|
| | | | | | 1 | 2 |
| 3 | 4 1pm: Lunch ZigZag | 5 10am:Line Dance | 6 10am:Tops 10am: shop 12:30:Computer class | 7 10am:Line Dance 1pm:Lunch Barlow Trail | 8 | 9 |
| 10 | 11 11:Board Mtg 11:Hearing clinic/Sandy 1pm: Lunch ZigZag | 12 10am:Line Dance Trip today | 13 10am:Tops 9:30: More Shopping today 12:30:Computer class | 14 9am: Legal clinic/Sandy 10am:Line Dance 1pm:Lunch Barlow Trail | 15 | 16 |
| 17 | 18 1pm: Lunch ZigZag 1pm:Fabric paint | 19 10am:Line Dance Trip today | 20 10am:Tops 10am: Shop 12:30:Computer class | 21 9am:Foot clinic 10am:Line Dance 1pm:Lunch Barlow Trail | 22 Trip today | 23 |
| 24 | 25 1pm: Lunch ZigZag | 26 10am:Line Dance | 27 10am:Tops 12:30:Computer class | 28 10am:Line Dance 1pm:Lunch Barlow Trail | 29 | 30 |
| 31 | | | | | | |