

September 2011

Board Meeting: September 13th, Tuesday, 10:00 am at the Center. Everyone welcome to share ideas and comments to increase our efforts to support the center.

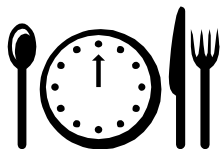


Legal Assistance: Thursday, 9–noon.

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.



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.



Let us do the driving!

Shop Sandy area stores on Wednesday, September 14th and 28th. 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.



Foot Clinic: Thursday, September 8th.

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: November 18th.

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

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



If you think present day living is bad, consider some facts about the year 1500 — Most people got married in June because they took their yearly bath in May, and they still smelled pretty good by June. However, since they were starting to smell...brides carried a bouquet of flowers to hide body odor. Hence the custom today of carrying a bouquet when getting married.

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Make sure your pets have water/ shade during hot weather. Do <u>NOT</u> leave them in your car during hot weather.			1 10am: Line Dance 1pm: Lunch Barlow Trail	2	3 Trip
4	5 Labor Day Center closed	6	7 10am:Tops 10am: shop 12:30: computer class	8 10am: Line Dance 1pm: Lunch Barlow Trail	9	10
11	12 1pm: Lunch ZigZag	13 10am; board mtg.	14 10am: Tops 12:30: computer class	15 10am: Line Dance 1pm: Lunch Barlow Trail	16 Trip	17
18	19 1pm: Lunch ZigZag 1pm: Fabric paint class	20 Trip	21 10am:Tops 10am: shop 12:30: computer class	22 10am: Line Dance 1pm: Lunch Barlow Trail	23	24
25	26 1pm: Lunch ZigZag	27	28 10am: Tops 12:30: computer class	29 10am: Line Dance 1pm: Lunch Barlow Trail	30	