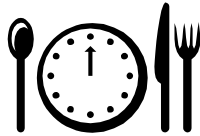


October 2011

Board Meeting: October 17Th, Monday, at 10:00 am at the Center. Everyone welcome.



Congregate Lunch: 1:00 pm Monday, 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: Next foot clinic is November 17th. Call Senior Center for appointment on (503) 622-3331.

Hearing Clinic: Monday, October 10th 11 am to noon. Check hearing, clean hearing aids and replace batteries. Appointments must be scheduled at the Sandy Senior Center (503) 668-5569.



Volunteers needed !!! We need drivers for personal errands and Meals on Wheels. Please call our office 503-622-3331.



Legal Assistance: Thursday, October 13th. 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 appointment. (503) 668-5569.



Shop Sandy area stores Wednesday, October 5th and 19th.

Suggested donation, \$2.00. Driver can assist with parcels. Please call no later than the day before. We need 5 people to make a trip. We will start picking up riders at 10 am. Make your hair and/or manicure appointment in the morning. We will make every attempt to combine all your appointments.

Let us do the driving!



Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another.

Erma Brombeck

October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 1pm: Lunch ZigZag	4 10am: Line Dance 10am:computer class	5 10am:Tops 10am: shop 12:30: computer class	6 10am: Line Dance 1pm: Lunch Barlow Trail	7 Trip	8
9	10 11am: hear- ing clinic/ Sandy 1pm: Lunch ZigZag	11 10am: Line Dance10am:com puter class Trip	12 10am: Tops 12:30: computer class	13 9am:kegal clinic/ Sandy 10am: Line Dance 1pm: Lunch Barlow Trail	14	15
16	17 10am;board mtg. 1pm: Lunch ZigZag 1pm:Fabric paint class	18 10am: Line Dance10am:com puter class Trip	19 10am:Tops 10am: shop 12:30: computer class	20 10am: Line Dance 1pm: Lunch Barlow Trail	21	22
23	24 1pm: Lunch ZigZag	25 10am: Line Dance 10am:computer class Trip	26 10am: Tops 12:30: computer class	27 9am: Defensive driving 10am: Line Dance 1pm: Lunch Barlow Trail	28	29
30	31 1pm: Lunch ZigZag					