

November 2011

Board Meeting: November 8th, Tuesday, 10:00 am at the Center. Everyone welcome to share ideas and comments to increase our efforts to support the center.



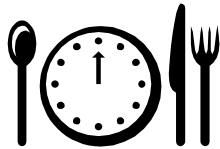
Legal Assistance: Thursday, 9–noon. November 10th

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, November 2nd, 16th, and 30th. 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, November 17th.

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.

Hearing Clinic: Monday, November 14th 11 am–noon. Call Sandy Senior Center for appointment.



A note from one of the Senior Center's old friends who is no longer with us, reads as follows:

"Please, Lord, grant me the senility to forget those I dislike, the retentiveness to remember those I like—and the eyesight to tell the difference."

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10am; Line Dance	2 9:30;shop 10am;Tops 12:30&3:30 computer	3 1pm;Lunch Barlow Trail	4	5
6	7 12:30; Medi- care 2012/ Sandy 1pm; Lunch Zig Zag	8 10am; Line Dance 10am;Board mtg. Trip today	9 10am;Tops 12:30&3:30 computer	10 9am;Legal Clinic/Sandy 10am; Line Dance 1pm;Lunch Barlow Trail 2pm; Medicare insurance agent	11	12
13	14 10am:EngAge meeting 11am;Hearing clinic/Sandy 1pm; Lunch Zig Zag	15 10am; Line Dance Trip today	16 9:30;shop 10am;Tops 12:30&3:30 computer	17 9am;Foot clinic 10am; Line Dance 1pm;Lunch Barlow Trail	18	19
20	21 1pm; Lunch Zig Zag 1pm;Fabric painting	22 10am; Line Dance	23 10am;Tops	24 Happy Thanksgiving Day Closed	25	26
27	28 1pm; Lunch Zig Zag	29 10am; Line Dance	30 9:30; shop 10am;Tops 12:30&3:30 computer			