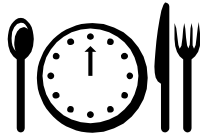


# December 2011

**B**oard Meeting: December 13th, Tuesday at 10:00 am at the Center. Everyone welcome.



**C**ongregate 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.



**F**oot Clinic:

Call Senior Center for 2012 schedule.  
(503) 622-3331.

**H**earing Clinic:  
Monday, December 12th  
11 am to noon. Check hearing, clean hearing aids and replace batteries. Appointments must be scheduled at the Sandy Senior Center  
(503) 668-5569.



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

**L**egal Assistance:  
Thursday, December 8th. 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.



**S**hop Sandy area stores Wednesday, December 7th and 21st.

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!*



If you pretend old age is not going to happen, it will fall right on you!  
Julia Child, American chef

# December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10am; Line Dance  1pm;Lunch Barlow Trail	2 Trip today	3
4	5 1pm; Lunch Zig Zag	6 10am; Line Dance Trip today	7 9:30; shop 10am; Tops	8 9am;Legal clinic/Sandy 10am; Line Dance 1pm;Lunch Barlow Trail	9	10
11	12 11am; hearing clinic/Sandy 1pm; Lunch Zig Zag	13 10am; Board mtg. 10am; Line Dance	14 10am;Tops Trip today	15 10am; Line Dance 1pm;Lunch Barlow Trail	16	17
18	19 1pm; Lunch Zig Zag 1pm;Farbic painting	20 10am; Line Dance	21 9:30 shop 10am;Tops	22 10am; Line Dance  1pm;Lunch Barlow Trail	23	24
25 Merry Christmas	26 1pm; Lunch Zig Zag	27 10am; Line Dance	28 10am;Tops	29 10am; Line Dance  1pm;Lunch Barlow Trail	30	31