

January 2012

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

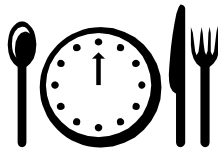


Legal Assistance: Thursday, 9–noon. January 18th.

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. Join us, don't drive!!! Glad to pick you up! Please call by 10 am same day.

Shop Sandy area stores on Wednesday, January 4th and 18th. Call no later than the day before.

Let us do the driving!

Suggested transportation 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, 9:30 - noon, Jan. 19th.

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: Canceled for the month of January. Next clinic is February 13th.



Inclement Weather

Meals on Wheels - If the roads are reported to be icy or slick, the volunteer driver will decide if he/she is comfortable driving.

Be sure to have some ready to eat, backup cold meals available, manual can opener, 3 day supply of water, battery-operated radio, blankets, batteries for flash lights and candles, whistle (to attract attention of emergency personnel), pet supplies, family and friends' emergency contact information

If you have an emergency call 911.

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1	2 1pm; Lunch ZigZag	3 10am;line dance	4 9:30am;shop 10am; Tops	5 10am;line dance 1pm;Lunch Barlow Trail	6	7
8	9 10am;engAge mtg. 1pm; Lunch ZigZag	10 10am;line dance 10am;Board Mtg.	11 10am;Tops	12 9am;legal clinic/ Sandy 10am;line dance 1pm;Lunch Barlow Trail	13	14
15	16 Martin Luther King Day Center closed	17 10am;line dance Trip	18 9:30am;shop 10am; Tops 9:00 Legal clinic/Sandy 12noon- 5pm;computer class	19 9:30;foot clinic 10am;line dance 1pm;Lunch Barlow Trail	20	21 Trip
22	23 1pm; Lunch ZigZag 1pm; fabric painting	24 10am;line dance	25 10am;Tops 12noon- 5pm;computer class	26 10am;line dance 1pm;Lunch Barlow Trail	27	28
29	30 1pm; Lunch ZigZag	31 10am;line dance				