

# March 2012

**B**oard Meeting:  
**March**

**13th, Tuesday, 10:00**

**am** at the Center. Everyone welcome to share ideas and comments to increase our efforts to support the center.



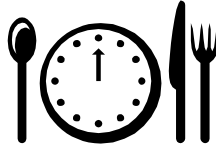
**L**egal Assistance: March 8th, 9:30-noon

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.**



**C**ongregate  
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.



**S**hop Sandy area stores on Wednesday, March 7th, and March 21st. Call no later than the day before. **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.

**Let us do the driving!**



**F**oot Clinic: Monday, 9:30 - noon, March 12th.



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.

**H**earing Clinic: March 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.**



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★  
★ The \$2.99 Special.....If you are a senior  
★ you will understand this one, if you deal with  
★ seniors, this should help you understand them  
★ a little better, and if you are not a senior  
★ yet.....God willing, someday you will be.....  
★  
★ We went to breakfast at a restaurant where  
★ the "seniors" special was two eggs, bacon,  
★ hash browns and toast for \$2.99. "Sounds  
★ good," my wife said. "But I don't want the  
★ eggs." "Then, I'll have to charge you \$3.49  
★ because you're ordering a la carte", the wait-  
★ ress warned her. "You mean I'd have to pay  
★ for not taking the eggs?" my wife asked, in-  
★ credulously. "Yes!" stated the waitress. "I'll  
★ take the special then," my wife said.... "how  
★ do you want your eggs?" the waitress asked.  
★ "Raw and in the shell," my wife replied. She  
★ took the two eggs home and baked a cake.  
★  
★ DON'T MESS WITH SEN-  
★ IORS!!!WE'VE been around  
★ the block more than once!  
★  
★\*\*\*\*\*



# March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10am: Line dance  1pm:Lunch Barlow Trail	2 Trip today	3
4	5 1pm:Lunch ZigZag	6 10am: Line dance	7 9:30am:Shop  10am:Tops	8 9:30:Legal clinic/Sandy 10am: Line dance 1pm:Lunch Barlow Trail	9	10
11 Day Light Savings	12 9am:foot clinic 11am:Hearing clinic/Sandy 1pm:Lunch ZigZag	13 10am:Board Mtg. 10am: Line dance	14 10am:Tops 12-2pm; com- puter class 3-5pm:computer Class Trip today	15 10am: Line dance 1pm:Lunch Barlow Trail	16	17
18	19 1pm:Lunch ZigZag	20 10am: Line dance	21 9:30am:Shop 9:30: Legal clinic/Sandy 10am:Tops computer classes continue	22 10am: Line dance 1pm:Lunch Barlow Trail	23	24
25	26 1pm:Lunch ZigZag	27 10am: Line dance Trip today	28 10am:Tops computer classes continue	29 10am: Line dance 1pm:Lunch Barlow Trail	30	31