

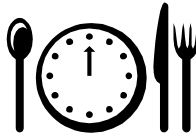
# April 2012

**B**oard Meeting: April 11th, Wednesday, at 10:00 am at the Center. Everyone welcome.



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

**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. Glad to pick you up! Call by 10 am same day.



**L**egal Assistance: Thursday, April 12th, 9:30 am to 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 appointment. (503) 668-5569.



**F**oot Clinic: Next clinic: May 14th.



**S**hop Sandy area stores on Wednesday, April 4th & April 18th. 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!




**H**earing Clinic: April 9th 11 am to noon. Check hearing, clean hearing aids and replace batteries. Appointments must be scheduled at the Sandy Senior Center (503) 668-5569.



Muhammad Ali used to say of himself, "I am the greatest." In this same vein, once, while flying, Muhammad Ali refused to buckle up per the flight attendant's orders, saying "Superman don't need no seat belt." Right back at him, the flight attendant replied "Superman don't need no airplane, buckle up!!"

# April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 1pm:Lunch ZigZag	3 10am: Line dance	4 9:30am:Shop  10am:Tops computer classes continue	5 9am:Safe at Any Age 10am: Line dance 1pm:Lunch Barlow Trail	6	7
8 Happy Easter  	9 11an: Hear- ing clinic/ Sandy 1pm:Lunch ZigZag	10 10am: Line dance	11 10am:Tops 10am: Board Mtg. computer classes continue	12 9:30:Legal clinic 10am: Line dance 1pm:Lunch Barlow Trail	13	14 Trip today
15	16 1pm:Lunch ZigZag	17 10am: Line dance	18 9:30am:Shop 9:30am:Legal clinic/Sandy 10am:Tops computer classes continue	19 10am: Line dance 1pm:Lunch Barlow Trail	20	21 Trip today
22	23 1pm:Lunch ZigZag	24 10am: Line dance	25 10am:Tops  computer classes continue	26 10am: Line dance 1pm:Lunch Barlow Trail	27 Trip today	28
29	30					