

September 2012

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



Legal Assistance: Thursday, September 13th. 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 for appt. 38348 Pioneer Blvd. (503) 668-5569 (503)668-5569.

Congregate Lunch: 12:30 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 10am same day.



Let us do the driving!

Shop Sandy area stores on Wednesday, September 12th and 26th. Call no later than the day before. **Suggested transportation donation of \$2.00.** Driver can assist with parcels. We will start picking up riders at 9:30am. Make your hair and/or manicure appointments in the morning. We will make every attempt to combine all your appointments.



Foot Clinic: Thursday, Sept. 6th, 9:30 to 11:30 am. Basic foot care includes toenail or fingernail trimming, nail filing. Bring a towel and **\$15.00**. Clip, file and 10 minute foot massage for



Hearing Clinic: Monday, Sept. 10th, 11 am to noon. Check hearing, clean hearing aids and replace batteries. Appointments must be scheduled at the Sandy Senior Center (503) 668-5569.

**“The secret to staying young is to live honestly, eat slowly, and lie about your age.”
Lucille Ball**

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Holiday - Closed Today	4 10am: Line dancing	5 10am:Tops	6 9:30am: Foot clinic 10am: Line dancing 12:30: Lunch Barlow Trail	7	8
9	10 10am: Board meeting 11am: Hearing clinic 12:30: Lunch ZigZag	11 10am: Line dancing	12 9:30am; Shop 10am:Tops	13 9:30: Legal clinic 10am: Line dancing 12:30: Lunch Barlow Trail Trip today	14	15
16	17 12:30: Lunch ZigZag 1pm: Fabric painting	18 10am: Line dancing Trip today	19 10am: Tops	20 10am: Line dancing 12:30: Lunch Barlow Trail	21	22
23	24 12:30: Lunch ZigZag	25 10am: Line dancing Trip today	26 9:30am; Shop 10am: Tops	27 10am: Line dancing 12:30: Lunch Barlow Trail	28	29
30						