

# October 2012

**B**oard Meeting: Monday, October 15th at 10:00 am at the Center. Everyone welcome.



**L**egal Assistance: Thursday, Oct. 11th. 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 appointment. 38348 Pioneer Blvd. (503) 668-5569.



**C**ongregate Lunch: 12:30pm



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.

**F**oot Clinic:  
Next Clinic:  
November 12th.



**New Pricing:**

Basic: \$15.00;  
With 10 minute massage; \$22.00.

**S**hop at Sandy area stores on Wednesday, October 3rd, 17th and 31st. Suggested donation, \$2.00. Driver can assist with parcels. Please call no later than the day before. We will start picking up riders at 9:30 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: Monday, October 8th -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 constitution only guarantees the American people the right to pursue happiness. You have to catch it yourself.”**

*Benjamin Franklin*

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 12:30: Lunch ZigZag	2 10am: Line dancing	3 9:30am: Shop  10am:Tops	4 10am: Line dancing  12:30: Lunch Barlow Trail Trip today	5	6
7	8 12:30: Lunch ZigZag	9 10am: Line dancing	10 10am:Tops	11 10am: Line dancing  12:30: Lunch Barlow Trail	12	13
14	15 10am; Board meeting  12:30:Lunch ZigZag  1pm: Fabric painting	16 10am: Line dancing Trip today	17 9:30am: Shop  10am: Tops	18 10am: Line dancing  12:30: Lunch Barlow Trail 2pm: Medicare presentation	19	20
21	22 12:30: Lunch ZigZag	23 10am: Line dancing	24 10am: Tops	25 9am: Defensive driving  10am: Line dancing  12:30: Lunch Barlow Trail	26	27 Trip today
28	29 12:30: Lunch ZigZag	30 10am: Line dancing	31 9:30am: Shop  10am: Tops			