

# January 2013



**B**oard Meeting: Tuesday , January 8th, **10:00 am** at the Center. Everyone welcome to share ideas and comments to increase our efforts to support the center.



**L**egal Assistance , Thursday, **January 10th**, 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.

**C**ongregate 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!**

**S**hop Sandy area stores on **Wednesday, January 9th & 23rd** . 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 9:30 a.m.

**F**oot Clinic: **January 14th,,Monday,** 10 a.m, 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 **\$22.00**. Call for appointment. (503) 622-3331.



Make your hair and/or manicure appointments in the morning. We will make every attempt to combine all your appointments.



**H**earing Clinic: **Monday, January 14th,** 11 am to noon. Check hearing, clean hearing aids and replace batteries. Appointments must be scheduled at the **Sandy Senior Center**.



**If you can't feed a hundred people, then feed just one.**

*Mother Teresa*

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Happy New Year!! Center Closed	2 10am: Tops	3 12:30:Lunch Barlow Trail	4	5
6	7 12:30; Lunch ZigZag	8 10am: Board Mtg	9 9:30: Shop 10am: Tops 3-6:Open House	10 11am:Legal clinic/Sandy 12:30: Lunch Barlow Trail	11	12
13	14 10am; foot clinic 11am:Hearing clinic/Sandy 12:30; Lunch ZigZag	15 1pm Fabric	16 10am: Tops	17 12:30: Lunch Barlow Trail	18 TRIP	19
20	21 Martin Luther King Day Center Closed	22	23 9:30; Shop 10am: Tops	24 12:30: Lunch Barlow Trail	25	26
27	28 12:30; Lunch ZigZag	29	30 10am: Tops	31 12:30: Lunch Barlow Trail		