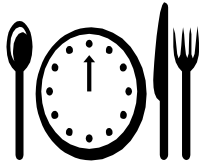


# February 2013

**B**oard Meeting: Tuesday, February 12th, at 10:00 am at the Center. Everyone welcome.



**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 10 am same day.

**F**oot Clinic: Please call the center for the Next Clinic: March 18th



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

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



**L**egal Assistance: Thursday, February 14th.

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.

**Let us do the driving!**

**S**hop at Sandy area stores on Wednesday, February 13th and 27th. 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.



**“Listen to the mustn'ts, child. Listen to the don'ts. Listen to the shouldn'ts, the impossibles, the won'ts. Listen to the never haves, then listen close to me... Anything can happen, child. Anything can be.”**

**Shel Silverstein**

# February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 12:30; Lunch ZigZag	5 10am;Line dancing	6 10am: Tops	7 10am;Line dancing  12:30:Lunch Barlow Trail	8	9
10	11 11am: Legal clinic 12:30; Lunch ZigZag 11am Hear- ing	12 10am; Board Mtg. 10am;Line Dancing Trip today	13 9:30:shop  10am: Tops	14 9am: Legal clinic 10am;Line dancing  12:30:Lunch Barlow Trail	15	16
17	18 Presidents Day Center Closed	19 10am;Line Dancing 1pm:Fabric painting	20 10am: Tops	21 10am;Line dancing  12:30:Lunch Barlow Trail	22	23
24	25 12:30; Lunch ZigZag	26 10am;Line Dancing  Trip today	27 9:30:shop 10am: Tops	28 10am;Line dancing  12:30:Lunch Barlow Trail		