

MAY/JUNE 2013

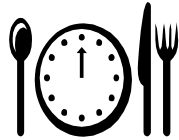
Board Meeting: Tuesday .. **10:00 am, May 14, June 11th** at the Center. Everyone welcome to share ideas and comments to increase our efforts to support the center.



Legal Assistance , Thursday, **May 9th, June 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 10 am same day.



Foot Clinic, Monday, May 13th 10am, to 11:30 am. LPN will provide 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. Next clinic: July 15th.



Let us do the driving!

Shop Sandy area stores on Wednesday, May 8th, May 22, June 5, June 19. 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 am. Make your hair and/or manicure appointments in the morning. We will make every attempt to combine all your appointments.



Remember not only to say the right thing in the right place, but far more difficult still, to leave unsaid the wrong thing at the tempting moment."

Benjamin Franklin

MAY 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10am:Tops	2 10am: TaiChi 12:30:Lunch /Barlow Trail	3	4
5	6 12:30:Lunch/ Zig Zag 1:30:Cards/ Board games	7	8 9:30: Shop 10am:Tops 1:30 movie afternoon	9 9am: Legal clinic/Sandy 10am: TaiChi 12:30 Lunch/ Barlow Trail 1pm:computer class	10 Trip Today	11
12	13 10am: Foot clinic 12:30:Lunch/ Zig Zag 1:30:cards/ Board games	14 10am: Board Mtg	15 10am:Tops Trip 1pm; Leather class	16 10am: TaiChi 12:30:Lunch /Barlow Trail 1pm:computer class	17 trip	18
19	20 12:30:Lunch/ Zig Zag 1:30:Cards/ Board games	21 1pm: Fabric painting	22 9:30: Shop 10am:Tops	23 10am: TaiChi 12:30:Lunch /Barlow Trail 1pm:computer class	24	25
26	27 12:30:Lunch/ Zig Zag 1:30:Cards/ Board games	28 trip today	29 10am:Tops 1:30:Movie afternoon	30 10am: TaiChi 12:30:Lunch /Barlow Trail 1pm:computer class	31	

Can't find the help you are looking for?? Dial 2-1-1. Information and Referral for
Community Health and Human Services