

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

JUNE 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 12:30:Lunch/ ZigZag 1:30:Cards/ Board games	4	5 9:30: Shop 10am:TOPS	6 10am: TaiChi 12:30:Lunch / Barlow Trail 1pm:computer class	7 Trip today	8
9	10 12:30:Lunch/ ZigZag 1:30:Cards/ Board games	11 10am:Boar d	12 10am:TOPS 1:30:Movie	13 9am:Legal clinic/Sandy 10am: TaiChi 12:30:Lunch / Barlow Trail 1pm:computer	14 Trip today	15
16	17 12:30:Lunch/ ZigZag 1:30:Cards/ Board games	18 1pm:Fabric painting	19 9:30: Shop 10am:TOPS	20 10am: TaiChi 12:30:Lunch / Barlow Trail 1pm:computer class	21	22
23	24 12:30:Lunch/ ZigZag 1:30:Cards/ Board games	25 Trip today	26 10am:TOPS 1:30:Movie	27 10am: TaiChi 12:30:Lunch / Barlow Trail 1pm:computer class	28	29
30						

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