

JULY/AUGUST 2013



Board Meeting: Wednesday, 10:00 am, July 10th, Tuesday, August 13th, at the Center. Everyone welcome to share ideas and comments to increase our efforts to support the center.



Legal Assistance , Thursday, July 11, and August 8th, 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.

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.

Let us do the driving!

Shop Sandy area stores on Wednesday, July 3rd, July 17th, July 31st, August 14th and August 28th. 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.



Foot Clinic, Monday, July 22nd 10 am, 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: September 15th.



Remember, if you ever need a helping hand, you'll find one at the end of your arm ... As you grow older you will discover that you have two hands. One for helping yourself, the other for helping others.

[Audrey Hepburn](#)

JULY 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 1230: Lunch/ ZigZag 2pm:Cards	2	3 9:30:Shop 10am: Tops 2pm: Wii bowling tournament	4  Happy Birthday America!! Celebrate!! Closed today	5	6
7	8 9:30: Hike 12:30: Lunch/ ZigZag 2pm:Cards	9 2pm book club 4pm: Neigh- borhood Watch Presentation	10 10am: Tops 10am: Board Mtg. Trip today 2pm: Wii bowling tournament	11 9am:Legal clinic/ Sandy 10am:TaiChi 12:30: Lunch/ Barlow	12 Trip Today	13
14	15 12:30: Lunch/ ZigZag 2pm:Cards Trip today	16 1pm:Fabric painting	17 9:30:Shop 10am: Tops 2pm: Wii bowling tournament	18 10am:TaiChi 12:30: Lunch/ Barlow	19	20
21	22 10:00 Foot Clinic 12:30: Lunch/ ZigZag 2pm:Cards	23	24 10am: Tops 2pm: Wii bowling tournament	25 10am:TaiChi 12:30: Lunch/ Barlow	26	27
28	29 12:30: Lunch/ ZigZag 2pm:Cards	30	31 9:30:Shop 10am: Tops			

AUGUST 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 No TaiChi today 12:30: Lunch/Barlow	2	3
4	5 12:30: Lunch/ ZigZag 2pm: Cards	6 Trip today	7 10am: Tops 2pm: Wii bowling tournament	8 9am: legal clinic/Sandy 10am: TaiChi 12:30: Lunch/Barlow	9	10
11	12 12:30: Lunch/ ZigZag 2pm: Cards	13 10am: Board Mtg. 2pm: Book club	14 9:30: Shop 10am: Tops 2pm: Wii bowling tournament	15 10am: TaiChi 12:30: Lunch/Barlow	16 Trip today	17
18	19 12:30: Lunch/ ZigZag 2pm: Cards	20 Trip today 1pm: Fabric	21 10am: Tops 2pm: Wii bowling tournament	22 10am: TaiChi 12:30: Lunch/Barlow	23 Pancake Breakfast	24 Pancake Breakfast
25 Pancake Break- fast	26 1230: Lunch/ ZigZag 2pm: Cards	27	28 9:30: Shop 10am: Tops 2pm: Wii bowling tournament	29 10am: TaiChi 12:30: Lunch/Barlow	30	31

July



August

Signup for all these trips starts on July 1st.

Wednesday, July 10th, Promontory Park in Estacada: Float the Pontoon Boats on the Clackamas River. Estacada Senior Center will provide our picnic lunch. Leave Center at 10:15 am. Picnic lunch, boat ride & transportation \$20.

Tuesday, August 6th, Chinook Winds in Lincoln City: Leave Center at 8 am, leave casino about 3:30 pm. Return about 6:30 pm. Transportation is \$9.00.



Friday, July 12th, Oregon Garden in Silverton: 80-acre botanical garden, featuring more than 20 specialty gardens showcasing the diverse botanical beauty that can be found in the Willamette Valley and throughout the Pacific Northwest. Tram tours are complimentary and offer a 25-minute narrated tour of the Garden, stopping at six points throughout the Garden for you to get on or off, to explore on your own or walk through on your own. Bring a sack lunch to enjoy in the picnic area or purchase lunch at the Garden Café. Entrance and Transportation \$15. Leave center at 9:30 am.



Friday, August 16th, Multnomah Falls and Vista House: The Vista House was built in 1917 on one of the most beautiful scenic points on the Historic Columbia River Highway, Magnificent and memorable as any in the country. A 611-foot-tall roaring, awe-inspiring cascade of icy water, lets you experience the power and beauty of nature up close and with ease. From the parking area off of I-84, a 5-minute walk is all that separates you from the exhilarating spray at the base of the falls. Lunch at the fall's restaurant. Transportation \$7. Leave center at 9:30 am.

Monday, July 15th, Tillamook Cheese Factory: Find out how Tillamook Cheese is made and get answers to your cheesiest questions, like how did they get these curds so darn squeaky? Self guided tour, gift shop for cheese products and souvenirs. Bring money for lunch. Transportation \$9. Leave center 8:30 am.

Tuesday, August 20th, Deschutes River Rafting: a half day whitewater rafting trip. Set out from Maupin Flats and tackle Class III and IV rapids, including Box Car and Oak Springs. The trip includes a delicious BBQ steak and chicken lunch at Maupin City Park after 3 hours and 13 miles of rafting with a professional guide. Transportation and fee is \$75.00. Unlimited fun!!! Leave center at 8 am. Sign-up begins July 1st.

Reservation due by August 12th.



Registration for trips begins the first working day of the month unless otherwise stated in trip description. Sign up yourself and one other person. You may call our office to be placed on the interested list. Your seat is reserved when fees are collected. No refunds will be made for cancellations made less than 48 hours (two working days) before trip unless the trip is canceled by the Center. Check in 10 minutes before departure time. These trips are for Seniors over age 60. Under 60 may go on trips if seats are available on the Bus. Seniors have Priority.