

September/October



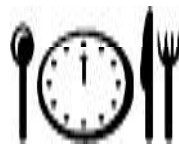
Board Meeting: Wednesday, 10:00 am, September 10th/October 8th-Tuesday, at the Center. Everyone welcome to share ideas and comments to increase our efforts to support the center.



Legal Assistance , Thursday, September 12th and October 10th Volunteer attorney is available with 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.



Foot Clinic, Monday, September 16th. 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: November 18th



Let us do the driving!

Shop Sandy area stores on Wednesday, September 11 & 25, October 9 & 23. 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.



People are like stained - glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within.

[Elisabeth Kubler-Ross](#)

September 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Center closed today	3	4 9am:Walk 10am:Tops 2pm: Wii	5 No TaiChi today 12:30:Lunch Barlow	6 10am:Trip	7
8	9 12:30:Lunch ZigZag 2pm:Cards	10 10am:Board mtg. 2pm: Book Club	11 9am:Walk 9:30:Shop 10am:Tops 2pm: Wii	12 9am:legal Clinic/Sandy 10am:TaiChi 11amTrip 12:30:Lunch Barlow	13 11am:Trip	14 9am: Compassion Clinic Old Sandy High School
15	16 10am:foot clinic 12:30:Lunch ZigZag 2pm:Cards	17 9:30:Trip	18 9am:Walk 10am:Tops 2pm: Wii	19 10am:TaiChi 12:30:Lunch Barlow	20	21
22	23 12:30:Lunch ZigZag 2pm:Cards	24 6pm:Dinner	25 9am:Walk 9:30:shop 10am:Tops 2pm: Wii	26 10am:TaiChi 12:30:Lunch Barlow	27	28
29	30 12:30:Lunch ZigZag 2pm:Cards					

October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10am: Making your money last	2 9am:Walk 10am:Tops 2pm: Wii	3 9am:Defensive driving class 10am:TaiChi 12:30:Lunch Barlow	4 7pm:Trip	5
6	7 12:30:Lunch ZigZag 2pm:Cards	8 10am:Board Mtg. 2pm: Book Club	9 9am:Walk 9:30: shop 10am:Tops 2pm: Wii/ Memory class	10 9am:Legal clinic/ Sandy 9:30:Trip 10am:TaiChi 12:30:Lunch Barlow Pie Orders Due	11	12
13	14 12:30:Lunch ZigZag 2pm:Cards	15	16 9am:Walk 10am:Tops, SHIBA/ Medicare presentation 2pm: Wii/ Memory class	17 8am:Trip 10am:TaiChi 12:30:Lunch Barlow	18	19
20	21 12:30:Lunch ZigZag 2pm:Cards	22	23 9am:Walk 9:30:shop 10am:Tops 2pm: Wii/ Memory class	24 10am:TaiChi 12:30:Lunch Barlow	25	26 10am:Trip
27	28 12:30:Lunch ZigZag 2pm:Cards	29	30 9am:Walk 10am:Tops 2pm: Wii	31 10am:TaiChi 12:30:Lunch Barlow		

September



October

Signup for all these trips starts on August 29th

September 6th, Friday: Mummies at OSMI.

Discover how modern science enables researchers to study mummies through innovative and non-invasive ways, offering unprecedented insights into post cultures and civilizations. What secrets do mummies hold about the past...and what clues do they bring us for the future? Leave the center at 10 am. Transportation/tickets \$20.

Friday, October 4th, Friday, Sandy Actors Theatre presents Arsenic and Old Lace.

A drama critic must deal with his crazy, homicidal family and local police in Brooklyn, NY, as he debates whether to marry the woman he loves. Two spinster aunts poison lonely old men using elderberry wine laced with arsenic, strychnine, and "just a pinch" of cyanide. Transportation and tickets \$12. Leave center at 7 pm.

Thursday & Friday, September 12th and September 13th. Oktoberfest Mt Angel. This is Mt Angel's version of America's Old World Oktoberfest:

Traditional Biergarten, Weingarten and Alpinegarten. Oregon's oldest and best-loved Oktoberfest began in 1966 as a traditional harvest festival to celebrate the bounty of the earth and the goodness of creation. It is Oregon's largest folk festival. Due to popular demand we will do this trip both days to make sure that everyone has a chance to go. Please sign up for one day only. Leave center 11 am. Transportation \$7.

Thursday October 10th, Enjoy a day at Baumans' Nursery Fall Harvest Festival in Woodburn. Food Court, Animal Zone, Café, Gallery Greenhouse, pumpkin patch, corn maze, fall decorations, apple cider barn and more. Leave center 9:30. Lunch at Bauman's. Transportation \$6.

Tuesday, September 17, Tuesday, Senior Day at the Zoo.

Explore the zoo with free admission and train rides. Live music and entertainment will be provided along with refreshments, a petting zoo and animal talks throughout the zoo. Leave center 9:30 am. Bring \$2 for MAX and money for lunch at the Zoo.

Thursday, October 17th, Thursday, Spirit Mountain Casino in Grande Ronde.

Leave Center at 8 am, Return about 5:00 pm. Transportation is \$9.00.



Tuesday, September 24th, Tuesday, Dinner at Lucky Tan Chinese restaurant, Welches. We will meet at 6 pm. For transportation call the senior center or meet us there.

Saturday, October 26th, Swiss-German "Edelweiss Day" our main stop at Mt. View Orchards in Hood River. Live music, hayrides, Swiss recipes, Swiss apples, kraut, Swiss sausage, hot dogs, bratzellies, chocolate pear fudge. Good Food! Rain or shine, there will be covered, heated seating areas. Squeeze your own cider, using heirloom apples. Driver will take requests to stop at other places on the loop. Leave center at 10:00 am. Transportation is \$7.00.

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.