

January/February



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



Legal Assistance , Thursday, January 9th/February 13th. 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.

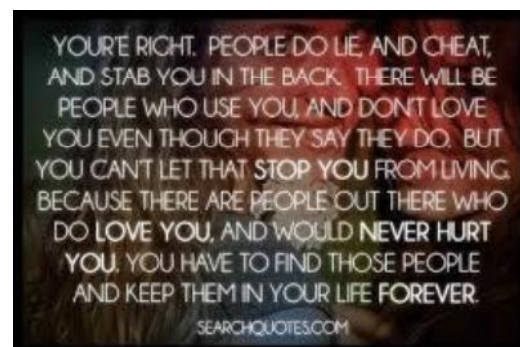
Congregate Lunch: 12:30 pm Monday - ZigZag Restaurant and Thursday - Barlow Trail. No reservations necessary. Suggested donation is \$5.00 for each meal. Please note! We can accommodate dietary needs prescribed by doctors' orders! We can not accommodate dislikes. Advance notice please. Under 60 please pay \$6. Glad to pick you up! Call by 10 am same day.

Let us do the driving!

Shop Sandy area stores on Wednesday, January 8, 22th, February 5, 19th. 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, Tuesday, January 14th. 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: March 18th.

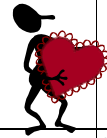


January 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Happy New year!!! Center closed	2 12:30:Lunch/ Barlow	3	4
5	6 12:30:Lunch/ Zig Zag	7	8 9:30:shop 10am:Tops 2pm WII Bowl	9 9am:Legal Clinic/Sandy 10am:TaiChi 12:30:Lunch/ Barlow 2pm: Singing group	10 trip	11
12	13 12:30:Lunch/ Zig Zag T	14 9:30:Foot Clinic 10am: board Meeting	15 10am:Tops 2pm WII Bowl	16 10am:TaiChi 12:30:Lunch/ Barlow 2p.m:Movie	17 9:30 Mt. Express to Timberline	18
19	20 Martin Luther King Day Center Closed	21	22 9:30:shop 10am:Tops 2pm WII Bowl	23 10am:TaiChi 12:30:Lunch/ Barlow 2pm: singing group	24 Trip	25
26	27 12:30:Lunch/ Zig Zag	28	29 10am:Tops 2pm WII Bowl	30 10am:TaiChi 12:30:Lunch/ Barlow	31 Trip	

February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 12:30:Lunch/ Zig Zag	4 Trip	5 9:30:Shop 10am:Tops	6 10am:TaiChi 12:30:Lunch/ Barlow	7	8
9	10 12:30:Lunch/ Zig Zag	11 10am:Board Mtg.	12 10am:Tops	13 9am:Legal clinic/Sandy 10am:TaiChi 12:30:Lunch/ Barlow	14 Dinner Chinese tonight at 6p.m.	15
16	17 President's Day	18	19 9:30:Shop 10am:Tops	20 10am:TaiChi 12:30:Lunch/ Barlow	21	22
23	24 12:30:Lunch/ Zig Zag	25	26 10am:Tops	27 10am:TaiChi 12:30:Lunch/ Barlow	28 Trip	



January



February

Signup for all trips starts on January 2, 2014

Friday, January 10th, Trader Joes & Bob's Red Mill: Trader Joe's will be our first stop on SE 82nd, then on to Bob's Red Mill for more shopping. Lunch on your own at Bob's Red Mill. Leave center 9:30 am. Transportation \$5.

Tuesday, January 21st: OSMI, USS Blueback Submarine Tour: During this 45-minute long guided tour, you will get to peer through a periscope, touch a torpedo, climb in a bunk in the crew's quarters and much more. You will learn how a submarine works and get a glimpse into how a crew of 85 lived and worked within the Blueback's hull for months at a time. OSMI is home to the U.S. Navy's last non-nuclear, fast-attack submarine, the USS Blueback (SS-581)! The Blueback was the first battle-ready class of submarines to use the teardrop hull. It was in official operation throughout the Pacific Ocean for 31 years. The USS Blueback served in the entertainment industry too! It appeared in the hit movie *The Hunt for Red October* and an episode of *Hawaii Five-O* and has been used as a location for a Discovery Channel documentary and various commercials. Entry fee and transportation \$11.00. Leave center at 9:30 am.



Friday, January 31st, Spirit Mountain Casino in Grande Ronde. Leave Center at 8 am, Return about 5:00 pm. Transportation is \$9.00.



Tuesday, February 4th: Mt. Hood College Planetarium to see Deep Sky Wonders. Take a virtual journey through space for an exhilarating experience while adding to your "what's up there" knowledge. Each show is presented under a realistic representation of the night sky, featuring the latest galactic, stellar and planetary images. Leave center at 5:00 pm. Transportation and entry fee is \$7.00.

Friday, February 28th: Mt Angel Wurstfest, celebrating the mighty German (wurst) sausage, invites you to partake of the area sausage makers' best varieties including bratwurst, currywurst, frickadelwurst, etc. plus sauerkraut, grilled onions or the award winning Monastery Mustards. German and other beer on tap. Selected cheeses, baked goods, chocolates, roasted nuts and other great delicacies Non-stop music and local dancing troops will perform their lively dances.



Wurstfest will also celebrate Fasching (Carnival) so be prepared to join in the festivities and merry-making. Come join us—we can almost guarantee that a good time will be had by all!!

Transportation is \$5.00. Leave center at 10:00 am.

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.