

# March/April

**B**oard Meeting Tuesday, 10:00 a.m., March 11 & April 8, at the Center. Everyone welcome to share ideas and comments to increase our efforts to support the center.

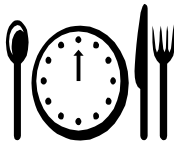


**L**egal Assistance ,  
Thursday, March 13, April 10.  
Volunteer attorney is available with a free 30 minute appointment offering legal assistance in areas such as estate planning, wills, consumer complaints, etc.



Call Sandy Senior Center for appt.  
38348 Pioneer Blvd. (503) 668-5569.

**C**ongregate Lunch: 12:30 p.m  
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 a.m. same day.



**Let us do the driving!**

**S**hop Sandy area stores on  
Wednesday, March 5 & 19. April 2,  
16 & 30. 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 a.m. Make your hair and/or manicure appointments in the morning. We will make every attempt to combine all your appointments.



**F**oot Clinic, Tuesday, March 18, 10 a.m to 11:30 a.m.  
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: May 20.**



## **Fred Meyer Rewards for our center**

The Hoodland Senior Center has signed up for the *community rewards program* at our local store, *Fred Meyer*. In addition to your rewards rebates and discount at the gas pump, now you can help the senior center earn donations from Fred Meyer.

1. Go to [fredmeyer.com/Communityrewards](http://fredmeyer.com/Communityrewards).
2. Follow the steps to link your Rewards Card to the *Hoodland Senior Center* or you can sign up at the senior center.
3. Then simply shop at Fred Meyer with your Rewards Card.

# MARCH 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 12:30 Lunch/Zig Zag 2 pm Cards/Wii	4 10 am knit	5 9:30 am Shop 10 am Tops	6 10 am TaiChi 12:30 pm Lunch/ Barlow 2 pm music jam	7	8
9	10 12:30 Lunch/Zig Zag 2 pm Cards/Wii	11 10 am knit 10 am Board Mtg. 2 pm Book club	12 10 am Tops 2:30 pm Trip	13 9 am Legal clinic/ Sandy 10 am TaiChi 12:30 pm Lunch/ Barlow	14	15
16	17 12:30 Lunch/Zig Zag 2 pm Cards/Wii Happy St. Patrick's Day	18 Foot Clinic/by appointment 10 am knit 12 noon trip	19 9:30 am Shop 10 am Tops	20 10 am TaiChi 12:30 pm Lunch/ Barlow 2 pm: music jam	21	22
23	24 12:30 Lunch/Zig Zag 2 pm Cards/Wii	25 10 am knit	26 9:30 am Trip 10 am Tops	27 10 am TaiChi 12:30 pm Lunch/ Barlow	28	29
30	31 12:30 Lunch/Zig Zag 2 pm Cards/Wii					



# APRIL 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10 am knit	2 9:30 am Shop 10 am Tops	3 10 am TaiChi 12:30 pm Lunch/ Barlow 2 pm Jamm'n music	4	5 10 am Trip
6	7 12:30 pm Lunch/ZigZag 2 pm Cards/Wii	8 10 am Knit 10 am Board mtg. 2 pm Book Club	9 10 am Tops	10 9 am Legal clinic/Sandy 10 am TaiChi 12:30 pm Lunch/ Barlow	11 7 am Trip	12
13	14 12:30 pm Lunch/ZigZag 2 pm Cards/Wii	15 10 am knit	16 9:30 pm Shop 10 am Tops	17 9 am Defensive Driving 10 am TaiChi 12:30 pm Lunch/ Barlow 2 pm Jamm'n mu- sic	18 6 pm Chinese dinner	19
20	21 12:30 pm Lunch/ZigZag 2 pm Cards/Wii	22 10 am knit	23 10 am Tops	24 10 am TaiChi 12:30 pm Lunch/ Barlow	25 8 am Trip	26
27	28 12:30 pm Lunch/ZigZag 2 pm Cards/Wii	29 10 am knit	30 9:30 am Shop 10 am Tops			

## March



## April

### Sign-up for all trips starts on March 3, 2014

**Wednesday, March 12: Let's have dinner!!** We will head out to downtown Troutdale, spend time in the shops and galleries. For great Italian food we will have dinner at the **Restaurant Di Pompello** at 5:30 p.m. Entrée's from \$8.96 - \$10.95. Leave center at 2:30 p.m. Transportation \$5.00.

**Tuesday, March 18: Chariteas Tea House and the Sandy Historical Museum.** We will have lunch at the **Chariteas Tea House**. Menu items include: High tea, soups, salads, tea sandwiches. Shop for specialty tea items and blend your own teas. After lunch we will make a stop at the **Sandy Historical Museum**, a wonderful historical display of the Logging industry from the mid 1800's plus other interesting displays. A library of historical data is available for research or just enjoyment. Leave center 12 noon. Transportation \$2.00.



**Wednesday, March 26,** Trader Joes , Bob's Red Mill and New Seasons. First stop Trader Joes', then Bob's Red Mill. New Seasons if you still want to do more shopping. Leave center 9:30 a.m. Transportation \$5.00.

**Saturday, April 5, Woodburn Tulip Festival:** *Over 40 Acres of Tulips and Daffodils!*



*Buy cut flowers. Order bulbs for fall planting. Visit their Gift Shop.* Activities include; Wine Tasting, Authentic Mexican Food, Tulip Café, Wooden Shoe Making, Entertainment and more. Leave center at 10 a.m. Transportation \$6.00.

**Friday, April 11: A.M. Northwest,** our popular morning show at KATU. We are going to be in the audience for the 9 a.m. "Live" show with Co-Hosts Helen and Dave. After the show we will enjoy breakfast at Portland's famous Cadillac Café near KATU studios. Breakfast on your own. Leave center at 7 a.m. sharp. Transportation \$5.00.

**Friday, April 25,** Spirit Mountain Casino in Grande Ronde. Leave Center at 8 a.m. Return about 5:00 p.m. Transportation is \$9.00.



**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.