

# July/August

**B**oard Meeting Tuesday, 10:00 a.m., (July no board meeting) August 12<sup>th</sup> at the Center. Everyone welcome to share ideas and comments to increase our efforts to support the center.



**L**egal Assistance , Thursday, July 10<sup>th</sup>, August 14<sup>th</sup>, 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, July 2, 16, 30, August 13 & 27. 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, July 15, 9:30 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: September 16<sup>th</sup>



**SHIBA** Free information about Medicare for Oregonians

Senior Health Insurance Benefits Assistance

Want to learn how to maneuver the medicare.gov web site.? We have a step by step guide to help you out. You can make an appointment with our SHIBA Volunteer for one on one guidance. Call the center for an appointment. 503-622-3331.

# July 2014

| Sun       | Mon  | Tue   | Wed                                  | Thu  | Fri  | Sat   |
|-----------|--|---|--------------------------------------|--|--|---|
|           |  | <b>1</b><br>10am:Knit                                   | <b>2</b><br>9:30:Shop<br>10am:Tops   | <b>3</b><br>No TaiChi<br>12:30:lunch/<br>Barlow<br>2pm:Sing a long             | <b>4</b><br>Happy<br>Birthday<br>America!! |  |
| <b>6</b>  | <b>7</b><br>10am:Zumba<br>12:30:lunch<br>ZigZag  | <b>8</b><br>10am:Knit<br>2pm:Book<br>club<br>Trip today | <b>9</b><br>10am:Tops                | <b>10</b><br>9am:legal clinic/<br>Sandy<br>10:TaiChi<br>12:30:lunch/<br>Barlow | <b>11</b>                                  | <b>12</b>   |
| <b>13</b> | <b>14</b><br>10am:Zumba<br>12:30:lunch<br>ZigZag | <b>15</b><br>9:30:foot<br>clinic<br>10am:Knit           | <b>16</b><br>9:30:Shop<br>10am:Tops  | <b>17</b><br>10:TaiChi<br>12:30:lunch/<br>Barlow                               | <b>18</b>                                  | <b>19</b>   |
| <b>20</b> | <b>21</b><br>10am:Zumba<br>12:30:lunch<br>ZigZag | <b>22</b><br>10am:Knit<br>Oral Health<br>Screening      | <b>23</b><br>10am:Tops<br>Trip today | <b>24</b><br>No TaiChi<br>12:30:lunch/<br>Barlow                               | <b>25</b>                                  | <b>26</b>   |
| <b>27</b> | <b>28</b><br>10am:Zumba<br>12:30:lunch<br>ZigZag | <b>29</b><br>10am:Knit                                  | <b>30</b><br>10am:Tops<br>9:30;shop  | <b>31</b><br>10:TaiChi<br>12:30:lunch/<br>Barlow                               |  |   |

# August 2014

| 00Sun   | Mon                                       | Tue   | Wed  | Thu   | Fri                        | Sat  |
|---|---|---|--|---|----------------------------|--|
|   |   |   |  |   | 1                          | 2  |
| 3   | 4<br>10am:Zumba<br>12:30:lunch<br>ZigZag  | 5<br>10am:Knit  | 6<br>10am:Tops                             | 7<br>10:TaiChi<br>12:30:lunch/<br>Barlow                                | 8                          | 9  |
| 10  | 11<br>10am:Zumba<br>12:30:lunch<br>ZigZag | 12<br>10am:Knit<br>10am:Board<br>mtg.<br>2pm:Book<br>Club | 13<br>9:30 shop<br>10am:Tops<br>Trip today | 14<br>9am:legal clinic/<br>Sandy<br>10:TaiChi<br>12:30:lunch/<br>Barlow | 15<br>6:00pm<br>Dinner     | 16<br>Trip   |
| 17  | 18<br>10am:Zumba<br>12:30:lunch<br>ZigZag | 19<br>10am:Knit   | 20<br>10am:Tops                            | 21<br>10:TaiChi<br>12:30:lunch/<br>Barlow                               | 22<br>Pancake<br>Breakfast | 23<br>Pancake<br>breakfast<br><br>Mt Hood RV Village |
| 24<br>Pancake<br>breakfast<br>Mt Hood<br>RV Village | 25<br>10am:Zumba<br>12:30:lunch<br>ZigZag | 26<br>10am:Knit   | 27<br>9:30 shop<br>10am:Tops               | 28<br>10:TaiChi<br>12:30:lunch/<br>Barlow                               | 29<br>trip                 | 30   |
| 31  |   |   |  |   |                            |  |

## July



## August

### Sign up Now!!



**Tuesday July 8th: Sack Lunch at Trillium Lake.** What could be nicer? A picnic at Trillium and later a 2 mile walk on the Lake Loop, which loops around the lake with opportunities to view wildlife. There are boardwalks that take you through alpine wetlands. Pack your lunch and beverage. Transportation \$2.00. Leave center at 10:00 a.m.

**Wednesday, August 13th: Senior Day at the Clackamas County Fair.** The Clackamas County Fair has been around for over 100 years, and celebrated its centennial birthday in 2006. The fourteenth annual Golden Wedding Game is open to all couples who have been married for 50 or more years and there will be performances by Gospel Sing Youth Finals, as well as many other things to see and do. Food available at the Fair.



Transportation \$6.00. Entry fees: age 65-74, \$2.00; 75+, free. Leave at 9:30 a.m.



**Saturday, July 12th: The Meadow of Lavender** in Colton. Learn about the many uses of Lavender for mind, body, spirit and gardening needs. Walk the gardens and fields showcasing over 20 varieties of lavender. Take a meditative walk in the Lavender Labyrinth, learn about healing herbs while strolling in the Medicine Wheel, shop for luscious lavender items in the farm store filled with treasures for home, garden, bath. See the blacksmith shop and more. Lunch on your own. Transportation: \$5.00. Leave the center at 9:00 a.m.

**Saturday August 16th: Celebrating its 41st season in 2014, Portland Saturday Market** is the Rose City's largest outdoor arts and craft market. Stroll down row upon row of unique handcrafted items, chat with our artisans, choose from a plethora of exotic foods that will satisfy your appetite while listening to live music on the main stage. Transportation is \$5.00. Lunch on your own at the market. Leave at 10:30 a.m.

**Wednesday, July 23rd: Half-day trip with Canyon River Company,** the Oregon river rafting company dedicated to providing adventurous people with the thrill of a lifetime. Set out from Harpham Flats and tackle Class III and IV rapids, including Wapinitia, 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 7:30 a.m.



**Reservation due by July 17th.**

**Friday, August 29th, 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.** *In order to be fair to everyone, we are eliminating sign-up dates: FIRST COME, FIRST SERVED.* Sign up yourself and one other person. Call our office to be placed on the interested list. Seats are 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.