

September/October

Board Meeting Tuesday, 10:00 a.m., September 9, October 14th. at the Center. Everyone welcome to share ideas and comments to increase our efforts to support the center.



Legal Assistance , Thursday, September 11th October 9th. 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 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.



Shop Sandy area stores on **Wednesday, Sept 10, 24, October 8, 22.** 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.




Foot Clinic, Tuesday, September 16th, 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: November 18th**



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.



SEPTEMBER 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day closed	2 10am:Knit	3 10:Tops	4 10:TaiChi 12:30:Lunch Barlow	5	6
7	8 12:30: Lunch/ ZigZag	9 10am:Knit 10am:Board Mtg. 2pm:Book Club	10 9:30:Shop 10:Tops	11 10:TaiChi 11am: Trip 12:30:Lunch Barlow 2pm:sing a long	12 11am:Trip	13
14	15 12:30: Lunch/ ZigZag	16 10am:Knit 9:30:Foot Clinic/Trip	17 10:Tops	18 10:TaiChi 12:30:Lunch Barlow	19	20
21	22 10am: Better Bones 12:30: Lunch/ ZigZag	23 8am:Trip 10am:Knit	24 9:30:Shop 10:Tops 10am: Better Bones	25 10:TaiChi 12:30:Lunch Barlow 5pm:Dinner	26	27
28	29 10am: Better Bones 12:30: Lunch/ ZigZag	30 10am:Knit				

October 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:30:Trip 10:Tops 10am: Better Bones	2 10am:TaiChi 12:30:Lunch Barlow 2pm:Cards	3 7:15pm:Trip	4
5	6 10am: Better Bones 12:30: Lunch/ ZigZag	7 10am:Knit	8 9:30:Shop 10:Tops 10am: Better Bones	9 10am:TaiChi 12:30:Lunch Barlow 2pm:Cards	10	11
12	13 10am: Better Bones 12:30:Lunch/ ZigZag	14 10am;Board mtg. 10am:Knit 2pm:Book	15 10:Tops 10am:Medicare presentation	16 10am:TaiChi 12:30:Lunch Barlow 2pm:Cards/ Sing a long	17 8am:Trip	18
19	20 10am: Better Bones 12:30: Lunch/ ZigZag	21 10am:Knit	22 9:30:Shop 10:Tops 10am: Better Bones	23 9am:defensive driving 10am:TaiChi 12:30:Lunch Barlow 2pm:Cards	24	25 9:30:Trip
26	27 10am: Better Bones 12:30: Lunch/ ZigZag	28 10am:Knit	29 10:Tops 10am: Better Bones	30 10:TaiChi 12:30:Lunch Barlow 2pm:Cards	31 Happy Halloween 	

September



October

Sign up Now!!

Mt Angel Oktoberfest, Thursday, September 11 and Friday, September 12. An annual celebration of the harvest Bavarian style. 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. Leave center 11a.m. leave festival at 4:30 Transportation \$7.

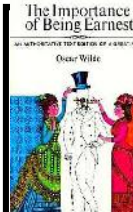


Tuesday, September 16th: Senior Day at Zoo. The Oregon Zoo will host its annual free day for seniors age 65 and older. Seniors can bring in a guest for free. Senior Safari features animal talkers, birds of prey on display, pettable creatures, and a lunch special. Come see why the zoo isn't just for kids! Leave center at 9:30 a.m. Transportation is \$5.00.

Tuesday, September 23rd: Cannon Beach. Walk on beach, browse through art galleries, shop and dine in the local restaurants. Leave center 8a.m. Transportation \$9.

Thursday, September 25, dinner at The Sextant Restaurant located on Marine Drive by the Columbia River. Entrees range from 1/2 sandwich & cup of soup for \$5.25 to a full Captain's platter for \$17. Bring a coat for possible dining enjoyment on the deck. Leave center 5pm. Transportation \$5.00

Wednesday, October 1st: Trader Joes, Bob's Red Mill, and New Seasons stop if you have energy left. 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.



Friday, October 3rd Sandy Actors Theater: *The Importance of Being Earnest* by Oscar Wilde

A Trivial Comedy for Serious People. Two upper-crust gallants live as Jack and Algernon in London and both as Earnest in the country. And both the ladies they love will only marry a man named Earnest. Wilde's most enduringly popular play revels in the triviality with which late Victorians treated institutions such as marriage and the importance of social customs. Leave center at 7:15 p.m. Ticket and transportation: \$17.00.

Friday, October 17th, Spirit Mountain Casino in Grande Ronde. Leave Center at 8 a.m. Return about 5:00 p.m. Transportation is \$9.00.



Saturday, October 25th - Mountain view Orchards, Swiss German Party - "Edelweiss Day", 11am - 4pm. Live music, sausage, Swiss apples, hay rides. Good food! Tell us your favorite place. We will do our very best to make a stop. Leave center 9:30am. Transportation \$7.



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.