

JANUARY/FEBRUARY

Board Meeting Tuesday, 10:00 a.m., January 13th, February 10th, at the Center. Everyone welcome to share ideas and comments to increase our efforts to support the center.



Legal Assistance , Thursday, January 8th/February 12th. 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.



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NEW: please call before 10:30 a.m. the same day for lunch reservations.

ongregate Lunch: 12:30 p.m. Monday - ZigZag Restaurant and Thursday - Barlow Trail. 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 \$6.00. Glad to pick you up!



Let us do the driving!

Shop Sandy area stores on Wednesday, January 14th, 28th, February 11th, 25th. 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, January 20. 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: March 17th, 2015.**



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.

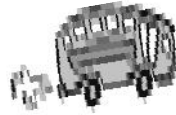
January 2015

tSun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Happy New Year! Center closed	2	3
4	5 10am:Better Bones 12:30:Lunch ZagZig	6 10am:Knit	7 10am:Tops 10am:Better Bones	8 9am: Legal clinic/Sandy 10am:TaiChi 12:30:Lunch, Barlow Trail 2pm: Cards	9	10
11	12 10am:Better Bones 12:30:Lunch ZagZig 2pm: Memoir	13 10am:Knit 10am: board meeting 2pm Book Club	14 9:30:Shop 10am:Tops 10am:Better Bones	15 10am:TaiChi 12:30:Lunch, Barlow Trail 2pm:Cards 2pm: Sing	16	17
18	19 Center closed	20 9:30:Foot clinic 10am:Knit 4:15pm: Trip today	21 9:30am: Trip today 10am:Tops 10am:Better Bones	22 10am:TaiChi 12:30:Lunch, Barlow Trail 2pm:Cards	23	24
25	26 No Better Bones 12:30:Lunch ZagZig 2pm Memoir	27 10am:Knit Trip today	28 9:30:Shop 10am:Tops No Better Bones	29 10am:TaiChi 12:30:Lunch, Barlow Trail 2pm:Cards	30	31

February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10am:Better Bones 12:30:Lunch, ZagZig 2pm Memoir	3 10am:Knit	4 9:30am: Trip today 10am:Tops 10am:Better Bones Trip today	5 10am:TaiChi 12:30:Lunch Barlow Trail 2pm:Cards	6	7
8	9 10am:Better Bones 12:30:Lunch, ZagZig 2pm Memoir	10 10am:Knit 10am:Board meeting 2pm Book Club	11 9:30:Shop 10am:Tops 10am:Better Bones	12 9am: Legal/ Sandy 10am:TaiChi 12:30:Lunch Barlow Trail 2pm:Cards 2pm Sing	13	14
15	16 Presidents' Day Center closed	17 10am:Knit	18 10am:Tops 10am:Better Bones	19 10am:TaiChi 12:30:Lunch Barlow Trail 2pm:Cards	20 8am: Trip today	21
22	23 10am:Better Bones 12:30:Lunch, ZagZig	24 10am:Knit 4:30pm: Trip today	25 9:30:Shop 10am:Tops 10am:Better Bones	26 10am:TaiChi 12:30:Lunch Barlow Trail 2pm:Cards	27	28

Sign up Now!!



February

January



Tuesday, January 20th: Happy Hour at Ringside Steakhouse, since 1944 (eastside). Enjoy tasty treats from the Happy Hour menu. Steak bites, soup of the season, oysters, shrimp, clams, potato skins and more, ranging from \$2.95 to \$5.95. A \$4.00 minimum beverage (of any kind) per person is required. Leave center 4:15 p.m. Transportation \$5.00.

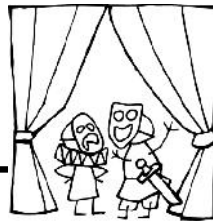


Wednesday February 4th: Natural Grocers, the newest organic and natural food store in Gresham. You won't find free paper and plastic bags so, remember to **bring your own shopping bags.** Then lunch on your own downtown Gresham on main street. Leave center 9:30 a.m. Transportation \$5.00.

Friday, February 20th: Spirit mountain casino in Grand Rhonde. Leave center 8 a.m. and return about 5 p.m. Transportation \$9.00.



Wednesday, January 21st: Tour the New Seasons Market in Happy Valley. Lunch and shopping on your own after our tour. Leave center at 9:30 a.m. Transportation \$5.00.



Tuesday, February 24th: Join us for an enlightening evening of Oregon History in the Blackberry Hall Edgefield Theater at McMenamins Edgefield in Troutdale. Order from the menu, then sit back and enjoy the show. Leave center at 4:30 p.m. Transportation \$5.00.

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.