

MARCH/APRIL



Board Meeting Tuesday, March 10 and April 21, 10:00 a.m., at the Center. Everyone welcome to share ideas and comments to increase our efforts to support the center.



Legal Assistance , 9am-12noon, Thursday, March 12th & April 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.**

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

Congregate 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!**



Foot Clinic, Tuesday, March 17th, 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: May 19th



S *Let us do the driving!*

Shop Sandy area stores on Wednesday, March 11 and 25 and April 8 and 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.



**Wake up smiling
 Seize every moment
 Try new thoughts
 Be bold
 Amaze yourself
 Take chances
 Be optimistic
 Embrace change
 Be legendary
 Live your life with abandon
 Have an open mind
 Be fearless
 This is your time
 Throw caution to the wind
 You only live once**



March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10am: Better Bones 12:30: Lunch, ZigZag 2pm: Tai Chi	3 10am: Knit	4 10am: Tops: Better Bones	5 10am: TaiChi 12:30: Lunch, Barlow 2pm: Cards	6	7
8	9 10am: Better Bones 12:30: Lunch, ZigZag 2pm: Tai Chi	10 10am: Knit. Board Mtg. 2pm: Book club	11 9:30: shop 10am: Tops: Better Bones	12 9am: Legal clinic/Sandy 10am: TaiChi 12:30: Lunch, Barlow 2pm: Cards	13	14 11:30 Trip
15	16 10am: Better Bones 12:30: Lunch, ZigZag 2pm: Tai Chi	17 9:00; Trip 9:30; Foot clinic 10am: Knit	18 10am: Tops: Better Bones	19 10am: Tai Chi 12:30: Lunch, Barlow 2pm: Cards: Sing-a-long	20	21 9am: Trip
22	23 10am: Better Bones 12:30: Lunch, ZigZag 2pm: Tai Chi	24 10am: Knit	25 9:30: shop 10am: Tops: Better Bones	26 10am: Tai Chi 12:30: Lunch, Barlow 2pm: Cards	27 9am: Trip	28
29	30 10am: Better Bones 12:30: Lunch, ZigZag 2pm: Tai Chi	31 10am: Knit				

April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10am: Tops; Better Bones	2 10am: Tai Chi 12:30: Lunch, Barlow 2pm: Cards	3	4
5	6 10am: Better Bones 12:30: Lunch, ZigZag 2pm: Tai Chi	7 9:30: Trip 10am: Knit	8 9:30: Shop 10am: Tops; Better Bones	9 9am:Legal clinic/Sandy/ Safe at Any Age 10am: Tai Chi 12:30: Lunch, Barlow 2pm: Cards;	10	11
12	13 10am: Better Bones 12:30: Lunch, ZigZag 2pm: Tai Chi	14 8am; trip 10am: Knit 2pm:Book club	15 10am: Tops; Better Bones	16 10am: Tai Chi 12:30: Lunch, Barlow 2pm: Cards	17	18 10am: Trip
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Sign up Now!!



March

Saturday March 14th: Portland Train Rides. Enjoy a 45 minute ride along the east bank of the Willamette River, through Oaks Wild Refuge —some of the most scenic views in the heart of Portland. Late lunch after the train ride (bring snack?). Train ticket \$5.00; transportation \$5.00. Leave center at 11:30 a.m.

Tuesday, March 17th: Vista House and Tad's Chicken Dumplings.

Built in 1917, the Vista House is one of the most beautiful scenic points on the Historic Columbia River Highway. Then onto Tad's for lunch. Leave center at 9 a.m. Transportation is \$7.00.

Saturday, March 21st: Milwaukie Center Quilt Show featuring quilt artist, Bill Volckening who will lecture on master piece quilts from the Volckening Collection. Lunch at Pete's Café at the Milwaukie center. Leave center at 9 a.m. Transportation is \$5.00.

Friday, March 27th, Wooden Shoe Festival. Enjoy 4 acre event garden. Walking access through the tulip fields, hay rides, crafters market place, wine tasting and more. Transportation \$5. Money for lunch. Leave center 9 a.m.

April

Tuesday, April 7th: Cabela's in Tualatin. Celebrating the outdoor activities of Oregonians, the store will surround you in an outdoor experience with many museum quality wildlife displays and a large mountain replica. Lunch on your own at the Lazy River Café. Leave center at 9:30 a.m. Transportation \$5:00.

Tuesday, April 14th: Spirit mountain casino in Grand Rhonde. Leave center 8 a.m. and return about 5 p.m. Transportation \$9.00.



Saturday, April 18th: Hood River Blossom Festival, dinner at the Parkdale Grange. Dinner \$10. We will make stops at fruit stands, craft fair and Lavender farm as desired. Transportation \$5.00. Leave center at 10:00 a.m.

Tuesday, April 28th: Robbie's Café and Columbia gorge Interpretive Center Museum, Stevenson, Washington. Experience 15,000 years of local history; first people of the Northwest, Natural History of the Columbia Gorge and more. Transportation \$5. Lunch on your own at Robbie's. Museum entrance \$8.00. Leave center 9 a.m.



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.