

May/June



Board Meeting Tuesday, May 12 and June 9, 10:00 a.m. at the Center. Everyone welcome to share ideas and comments to increase our efforts to support the center.



Legal Assistance , 9 a.m. -12 noon, Thursday, May 14 & June 11. 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 11:00 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, May 19, 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**. Scholarships are available. Call for appointment. (503) 622-3331.
Next clinic: July 14.



S *Let us do the driving!*

Shop Sandy area stores on Wednesday, May 6, 20 and June 3, 17. 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.



That is why it is so important to let certain things go. To release them. To cut loose. People need to understand that no one is playing marked cards; sometimes we win and sometimes we lose. Don't expect to get anything back, don't expect recognition for your efforts, don't expect your genius to be discovered or your love to be understood. Complete the circle. Not out of pride, inability, or arrogance, but simply because whatever it is no longer fits in your life. Close the door, change the record, clean the house, get rid of the dust. Stop being who you were and become who you are.

-Paulo Coelho

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May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9am: Trip	2
3	4 10am: Better bones 12:30:Lunch, Zig-Zag 1pm:TaiChi	5 Trip 10am:Knit	6 9:30:Shop 10am:tops/ Better bones	7 10am:TaiChi 12:30: Lunch Barlow 2pm:Cards	8	9
10	11 10am: Better bones 12:30:Lunch, Zig-Zag 1pm:TaiChi	12 Trip 10am;Board mtg. 10am:Knit 1pm:Book Club	13 10am:tops/ Better bones	14 9a.m.;Legal clinic 10am:TaiChi 12:30: Lunch Barlow 2pm:Cards	15	16
17	18 10am: Better bones 12:30:Lunch, Zig-Zag 1pm:TaiChi	19 Trip 9am;Foot clinic 10am:Knit	20 9:30-:shop 10am:tops/ Better bones	21 10am:TaiChi 12:30: Lunch Barlow 2pm:Cards/ Sing-a-Long	22	23
24	25 Memorial Day Center Closed	26 10am:Knit	27 Trip 10am:tops/ Better bones	28 10am:TaiChi 12:30: Lunch Barlow 2pm:Cards	29	30

June 2015

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	1 10am:Better bones 12:30:Lunch/ZigZag 1pm:TaiChi	2 Trip 10am:Knit	3 9:30Shop 10am:tops/ Better Bones	4 10am:TaiChi 12:30: Lunch Barlow 2pm:Cards	5	6
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Sign up Now!!



May

Friday, May 1: Oregon State Button Society Annual Show & Sale in Keizer Oregon. Thousand of vintage antique and contemporary buttons; dealers from across the nation; educational displays; award-winning competition trays, special collection categories and more. Transportation: \$7.00. Leave center 9 a.m.



Tuesday, May 5: Museum of Contemporary Craft. "Living with Glass." Over 200 Italian pieces from a private collection drawn from the red-hot furnaces of Murano, including workshops on the Island: Veini, Vetreia Toso, Seguso and more. Entrance \$3.00. Lunch on your own; the group will chose that day. Transportation: \$5.00. Leave center at 10:00 a.m.

Tuesday, May 12: Indian Head casino in Ka-Nee-Ta. and/or Museum. Go to the museum and Play the games you love and maybe learn some new ones. Lunch at the casino. Leave center 9 a.m. Transportation \$5.00.



Wednesday, May 27: Historic Carousel Studio & Museum, Albany: Located in Historical Albany, volunteers have recorded over 152,000 hours carving and painting this carousel that will become operational in 4years. Will lunch at a nearby restaurant. Transportation \$9.00. Leave center at 9:00 a.m.



June



Tuesday, June 2: Traders Joes', Bob's Red mill and New Season's if you have the energy.

Make a last minute run to these unique stores for your fabulous goodies and healthy snacks.

Transportation. \$5.00. Leave center at 9:30 a.m.

Tuesday, June 16: Wallace Books:

A la Powell's Books, the appealing little blue and yellow house overflows with a treasure trove of new and used books floor to ceiling in every room. Julie, a former Powell's employee, provides that personal touch, should you be wanting something special. Lunch on your own at a nearby restaurant. Leave center at 10:00 a.m.

Transportation \$5.00.



Tuesday, June 30: Spirit mountain casino in Grand Rhonde. Leave center 8 a.m. and return about 5:00 p.m. Transportation \$9.00.



Registration for trips: *FIRST COME, FIRST SERVED.* Suggested donations for Transportation are listed for each trip. Sign up yourself and one other person. Seats are reserved when you call or stop by the center. Please cancel at least 48 hours in advance to give next person on the list the opportunity 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.