

JULY/AUGUST 2009



Hoodland's Mountain Maturity!

- Volunteer for Events
- Join the Board of Directors
- Experience Programs, Classes, Day Trips



Hoodland Senior Center (non profit 501 c3, #93-1094463)
PO Box 508
Welches, OR 97067
25400 E. Salmon River Rd.
(503) 622-3331
Email: hoodlandseniors@verizon.net
Open Monday–Thursday
9-4 p.m.

July Trips



Tuesday, July 7th: The Oregon Garden consists of more than 20 specialty gardens and features. You'll discover waterfalls, quiet ponds, [fountains](#), a unique [display of conifers](#), the [400-year old Signature Oak](#), a [Northwest Garden](#), a [pet garden](#), beautiful vistas and art. The [Children's Garden](#) is complete with an in-ground Hobbit house; a tree fort, furniture filled with colorful annuals, perennials and other kid-friendly plants. Lunch on your own at the Garden Café. The Café offers a variety of coffee, soup, soft drinks and tasty sandwiches. The patio seating area has a spectacular view of The Garden and the Willamette Valley. Tram ride available, unlimited on and off stops. Transportation & entrance \$14. Leave center at 9 am. Sign-up begins June 25th.

Friday, July 17th: Lavender Farm on Sauvie's Island. What a treat! We are going to visit a great gift shop on the farm with over 40 wonderful lavender products and living plants and cuttings to take home. This trip will put us all in bee heaven. This beautiful farm is like a Victorian garden with lovely paths leading to a flower-filled arbor where visitors can view four snow-capped mountain peaks and hundreds of acres of nursery and farmland. Enjoy some lemonade or tea with a home baked cookie while the proprietor tells us the story of lavender. After our snack and tale, we will have lunch at the Daily Bread Restaurant on our own. Transportation \$12.00. Leave center at 9 am. Sign-up begins July 1st.



Friday, July 31st: Spirit Mountain Casino in Grande Ronde. Spend the day gaming at the tables, relax, enjoy the ride, have lunch at the Casino. Leave center at 8:30 a.m. Return about 5 pm. Transportation is \$9.00. Sign-up begins July 1st.



August Trips

Tuesday, August 11th: Willamette Jet Boat two hour tour including history, wildlife and Willamette Falls. Fast trip, lots of fun; be prepared to get wet and take plastic bags for your electronic equipment such as a camera. The tour starts at 11:45 am and lasts until 2 pm. Lunch on your own. We will pick out a restaurant after the tour. Fee & transportation is \$41.00. Leave at 10 am. Sign up begins August 1st.

Tuesday, August 18th: Mt Hood Cultural Center & Museum in Government Camp. Experience the history in your own backyard. The gallery features fine arts from local artists; artwork produced in classes are for sale with profits used to support the center. Lunch on your own at local restaurant in Government Camp. Leave at 10 am. **Transportation & entrance free.** Sign up begins August 3rd.

Wednesday, August 26th: Spirit Mountain Casino in Grande Ronde. Spend the day gaming at the tables, relax, enjoy the ride, have lunch at the Casino. Leave center at 8:30 a.m. Return about 5 pm. Transportation is \$9.00. Sign-up begins August 3rd.

Registration for trips begins the first working day of the month unless otherwise stated in trip description. Sign up yourself and one other person. You may call our office to be placed on the interested list, your seat is 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.

Activities




Line Dancing:

Mt. Hood Village. Each Tuesday and Thursday at **10:00 a.m.** in the main lodge. Everyone invited!



Summer Walking

We will be walking on **Wednesdays from 9:00 am to 10:00 am** on the Welches School Track. Walk at your own pace and get that exercise your physician recommends. No fee, so take advantage of a pleasant walk. Everyone welcome!! Meet at senior center parking lot.

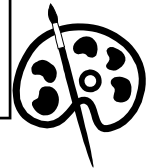


Sue Allen Zig Zag Yoga-- at Evergreen Plaza suite 102 on Welches Road next to Welches Post Office. **Wednesday mornings 9:00-10:15 a.m.** \$10 drop in. Sign up for three classes for \$25:00. We gently cover: breathing, stretching, balance, strength, stillness, and more. Come with an empty stomach and clothes you can move in. Questions? call Sue at (503) 622-3611.

Jeri Gallagher: Fabric painting class, Third Monday, 1:00–3:30 p.m. Bring your item to paint.



Jean Bennett-Sabel: Water Color Class: Class will resume in October



Jean Bennett-Sabel: Stamping Class: Class will resume in October

TOPS

TOPS is a non-profit, non-commercial weight loss support organization; it's two-fold objective is to encourage healthy lifestyles through weight loss support groups and to sponsor obesity research. While it is non-profit there is an annual fee schedule of \$24.00 for a one-year membership which includes 10 issues of TOPS News, which is mailed directly to the member's home. There is also a \$1.00 per attendance fee.

Club meetings emphasize nutrition and exercise education focused on a member's effort to manage their weight. We meet every Wednesday in the Dorman Room at the Senior Center at 10:00 a.m. For additional information and questions please contact Donna at 503-668-0901.



The Dorman Room is available upon request for classes, cards, meeting and activities for the community.

Please use the schedule on the next page to volunteer for our pancake breakfast at the Mt Hood Village on Friday, Saturday and Sunday, August 28, 29 and 30th.

Positions are briefly described below. Call the center (503-622-3331) or drop off your schedule request at the Hoodland Senior Center

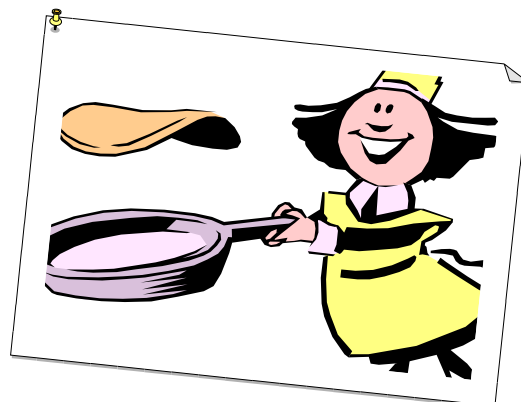
Cooks, 2 people: Cook according to the crowd. Try not to cook too far ahead. Customers appreciate fresh pancakes. Ask the runner to replenish the batter so you don't have to leave your area. Please do not leave your area unmanned.

Kitchen, 2 people: Cut cantaloupes, make coffee, mix pancake batter, cook sausage. Make orange juice.

Tables/condiments, 3 people: Roll a fork/knife in a napkin for individual packets. Hand out the cantaloupes, margarine, pour juice and coffee. Ask runner to replenish your supplies when needed.

Runner, 2 people: Your responsibility is to keep the cooks and the condiment table supplied with food so they do not have to leave their station. Help keep the condiment table supplied with all items including coffee, cantaloupes, forks, napkins, syrup and margarine. Help kitchen volunteers, cook sausage, cut cants, make coffee and batter if necessary. Deliver batter and cooked sausage to the cooks. Provide breaks at the three stations when needed.

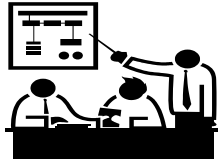
This is one of our most successful fund raising events of the year. Give us a hand! Hope to see you there!



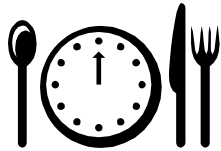
Huckleberry Pancake Breakfast Volunteer Signup Sheet

	Friday, 8/28	Saturday, 8/29	Sunday, 8/30
Shift 1 (7:30 10 am)	NAME	NAME	NAME
Cashier			
Cook #1			
Cook #2			
Table #1			
Table #2			
Table #3			
Kitchen #1			
Kitchen #2			
Runner #1			
Shift 2 (10 am - 12:30 pm)			
Cashier			
Cook #1			
Cook #2			
Table #1			
Table #2			
Table #3			
Kitchen #1			
Kitchen #2			
Runner #1			

July



Board Meeting: Monday, July 13th at 11:00 a.m. at the center. Everyone welcome.



Congregate Lunch: 1:00 p.m., Monday, Wildwood Café; Thursday, Barlow Trail (formerly The Territory). 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.



Foot Clinic: Thursday July 9th. Bring a towel and \$13.00. Clip, file and 10 minute foot massage for \$20.00. Call for appointment, (503) 622-3331.



Hearing Clinic: Thursday, July 9th, from 2:00-4:00 p.m., to check hearing, clean hearing aids and replace batteries. Appointments must be scheduled at the Hoodland Senior Center (503) 622-3331.



Legal Assistance: Thursday, July 9th. Volunteer attorney is available for free 30 minute appointment offering legal assistance in areas such as estate planning, wills, consumer complaints, etc. Call Sandy Senior Center for appointment at (503) 668-5569.

Let us do the driving!

Shop Sandy area stores on Wednesday, July 8th and 22nd. Please call no later than the day before. Transportation \$2.00. Driver can assist with parcels. We need 5 people to make a trip. We will start picking up riders at 10:00 a.m. Make your hair appointment, manicure appointments in the morning. We will make every attempt to combine all your appointments.



Wednesday, July 15th we are celebrating birthdays: Dinner on your own at 4:00 p.m. at the Zigzag Inn. If you would like a ride, please give us a call at (503) 622-3331. If you don't like driving call for a ride.

Five Simple Rules to Be Happy

1. Free your heart from hatred
2. Free your mind from worries
3. Live Simply
4. Give more
5. Expect less

Anyone can start from now and make a brand new ending. Attitude can be a wonderful thing. Decide to enjoy your new day now.

July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9am:Yoga 9am:walk 10am:Tops	2 10am:Line Dance 1pm: Lunch Barlow Trail	3	4
5	6 1pm:Lunch Wildwood Cafe	7 10am:Line Dance Trip today	8 9am:Yoga 9am:walk 10am:Tops 10am:Shop	9 9:30:Foot clinic 10am:LineDane 1pm: Lunch Barlow Trail 2pm:Hearing clinic	10	11
12	13 11am: Board Mtg. 1pm:Lunch Wildwood Cafe	14 10am:Line Dance	15 9am:Yoga 9am:walk 10am:Tops 4pm:Dinner ZigZag Inn	16 10am:Line Dance 1pm: Lunch Barlow Trail	17 Trip today	18
19	20 1pm:Lunch Wildwood Cafe	21 10am:Line Dance	22 9am:Yoga 9am:walk 10am:Tops 10am:Shop	23 10am:Line Dance 1pm: Lunch Barlow Trail	24	25
26	27 1pm:Lunch Wildwood Cafe	28 10am:Line Dance	29 9am:Yoga 9am:walk 10am:Tops	30 10am:Line Dance 1pm: Lunch Barlow Trail	31 Trip today	

SERVICES—HOODLAND SENIOR CENTER

BLOOD PRESSURE CHECK: If you are keeping a close watch on your blood pressure, the Hoodland Fire Department will check it for you during working hours from 8 to 5, seven days a week. No appointment necessary. Or, visit

Clackamas County Bank during bank hours to use the Blood Pressure machine provided by the Mt. Hood Lions.

EQUIPMENT LOAN PROGRAM: We have walkers, crutches, wheelchairs and commodes, all at a very affordable rental fee or loan basis.

INFORMATION AND REFERRAL (I&R): Locating and contacting appropriate services to meet the needs of people in our community. Areas include: homemaking, nutrition, home maintenance, health care, legal socialization and financial counseling.

EYE GLASSES: We are a collection site for used glasses and hearing aids for Mt. Hood Lions Club.

FOOT CARE: Each month on the second Thursday, an LPN will provide foot care at the Hoodland Senior Center. Call the Center for an appointment, which begin at 9:30 a.m. Please bring a towel and \$13.00 for the service. Deluxe foot massages are also provided which include nail trimming, filing, and acupressure massage with oil or lotion \$20.00.

HEARING CLINIC; Second Thursday of the month at our center 2-4p.m.

LEGAL SERVICES: Free one half hour legal service for seniors (60 or older). Program provided by local attorney by appointment on second Thursday of each month. Call Sandy Senior Center for appointment at (503) 668-5569.



NUTRITION: We depend on your donation to support the meal program. Please donate what you can toward the cost of each meal, if you are 60 or older. If under 60, please pay \$7.

Home delivered meals are available Monday through Friday. Hot, well-balanced noon meal is delivered by volunteers to older adults to improve nutrition for folks who cannot regularly shop or cook for themselves. Suggest donation \$5.

Congregate lunches: We meet at Wildwood Café each Monday, and at The Barlow Trail each Thursday at 1p.m. For guideline, suggested donation is \$5.

TELEPHONE REASSURANCE: Would you like a telephone friend? Volunteer is available to call you for a daily check-in or just to visit as you desire.

OUTREACH: Center staff will visit elderly residents to coordinate in-home service to maximize independent living in a healthy and safe environment.

SENIOR HEALTH INSURANCE BENEFITS ASSISTANCE PROGRAM (SHIBA). Sponsored by Clackamas County Social Services, volunteers trained to give you unbiased professional information with many of your insurance concerns. For assistance or information, call your Center or local SHIBA Office at (503) 655-8427.

TRANSPORTATION: A driver is available for grocery shopping and congregating lunch. Call Center for scheduling. Volunteers use their private vehicles to provide rides for personal needs and appointments in Portland or Gresham. Door to door transport and lift van is available at the Senior Center. We prefer at least four working days prior to your appointment to give us time to schedule your request. **Suggested donation is what you can afford towards the cost of each ride.**



Ron Jee 1st
 Shirley Grainger 1st
 Jim Stanton 1st
 Berdine Taylor 2nd
 Richard Jones 4th
 Phyllis Farrell, 7th
 Mardell Baessler 9th
 John Notar 12th
 Doyle Gilbert 12th
 Simon Rodriguez 12th
 Lynn Hewitt 13th
 Judy Chambers 14th
 Naomi Quick 16th
 Gary Pack 18th
 Kathleen Olds 22nd
 Dwight Pallander 31st

Birthstone: Ruby
 Flower: Sweet Pea

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Del Wright 3rd
 Al Buchholz 4th
 Georgia Baylis 6th
 Leo Burgess 8th
 Donna Waltman 11th
 Sue Jones 12th
 Kay Robillard 13th
 Mary Ellen Osborn 13th
 MaryLou Dunham 15th
 Pete Martin 15th
 Robert Dueber 20th
 Farrell, Tom 20th
 Pearl Ullman 21st
 Jean Marks 21st
 Eldon Vandenburg 21st
 Sally Hedlund 22nd
 Marion Bowman 23rd
 Robert Dorman 23rd
 Pat Buckley 28th
 Francie Davidson 28th
 Amy McNamee 28th
 Elaine Thomas 28th
 Barbara Saldivar 31st

Birthstone: Sardonyx or Peridot
 Flower: Gladiola

Board of Directors

Judith Norval
 Chair

Bob Reeves
 Vice Chair

Muriel Bartz
 Secretary

Pat Buckley
 Treasurer

Kathy Olds
 Karen Reeves
 Lora Buckley

Members
 Emeritus
 Althea Dorman
 Bob Dorman

Office Staff

Jeri McMahan
 Center Director

Lilli Sawyer
 Receptionist

Subway Sandwich Drawing for you and a Friend
 Birthday folks make sure to put your name in the box for the drawing at
 congregate dining on Mondays and Thursdays

NEWSLETTER

Our center is a non-profit 501c (3) charitable organization. Our mission is to support and promote activities and services in the community.

If you have not sent in your \$5 Please remember!!
 We are asking you to submit \$5 each year to off set our printing costs.
Bring or mail your \$5 to the center if you have not done so this year.

Hoodland Senior Center, PO Box 508, Welches, Or 97067

Name _____ Birthdate _____
 Name _____ Birthdate _____
 Address _____
 City _____ Zipcode _____

Thank you for your support!!!

August

Board Meeting: Monday, August 10th
11:00 a.m. Dorman Room.
Everyone welcome.

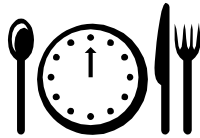


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Territory). No reservations necessary.
Suggested donation is \$5.00 for each
meal. Please note! We can accommo-
date dietary needs prescribed by doctors'
orders! We can not accommodate dis-
likes. Advance
notice please.



Shop Sandy area stores, Wednesday,
August 5th and August 19th. Trans-
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Please call no later than the day before. We
need 5 people to make a trip. We will start
picking up riders at 10 a.m. Make your hair
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morning, we will make every attempt to
combine all your
appointments.

Let us do the driving!



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and 10 minute foot massage. Call for
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Dinner on your own at 4:00 p.m. at
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please give us a call at (503)622-3331.
Don't like driving? Give us a call.

Hearing
Clinic:
Thursday, August
13th, 2:00-4:00 p.m., to check hear-
ing, clean hearing aids and replace
batteries. **Appointments must be
scheduled at Hoodland Senior
Center, (503) 622-3331.**



Stay Cool on a Hot Day

- Run cold water over your inside wrists.
- Set a bowl of ice water in front of a moving fan.
- Eat light, as in fruits & raw vegetables. Go easy on protein: it increases your body's heat production.
- Put your feet in a basin of cool (not cold water).
- Be lazy, When the temperature soars. Sit.

August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 1pm:Lunch Wildwood Cafe	4 10am:Line Dance	5 9am:Yoga 9am:walk 10am:Tops 10am:Shop	6 10am:Line Dance	7	8
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Non Profit Organization
U.S. Postage Paid
Welches, Oregon
Permit 32

Phone: 503-622-3331
Fax 503-622-3331
Email: hoodlandseniors@verizon.net
Www.mthood.org/senior center

Return Service Requested



Coming Soon
Arthritis Foundation Exercise Program

What is it? This is a community-based, non-clinical group exercise program designed to help those who have joint and/or muscle problems achieve improved joint mobility, muscle strength and endurance in order to improve the performance of their daily activities. Research proves that moving is one of the best medicines for folks who are plagued with osteoarthritis, rheumatoid, arthritis, fibromyalgia, osteoporosis and other diseases which fall under the arthritis umbrella.

The class will be held on Tuesday and Thursday from 11 am to 12 pm beginning September 15th through October 22, 2009.

The program consists of four main elements:

Exercise -Gentle, joint-safe, low impact class, sitting down or standing include stretching or range of motion exercises, strengthening exercises and endurance routines.

Health Education-providing up to date information about arthritis self-management and exercise.

Movement Activities- to promote social interaction, movement, balance and body awareness.

Relaxation Exercises-to introduce and practice various stress management techniques which are helpful for stress and pain reduction.

Jan Howell, who recently acquired training for the AF class will be the instructor.

Registration: Participants will need to fill out an application (available at the center) for the class which is limited to fifteen. Fee is \$6.00 for six weeks.

Location of the class will be announced later.