

MARCH/APRIL 2010



- Volunteer to take seniors and disabled to medical & personal appointments.



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.

March Trips



March 13th, Saturday, Kell's Irish Festival. Celebrate St. Patrick's Day in style! We will begin with a stop at the Scottish Country Shop for all kinds of wonderful items. Next stop, lunch at Kell's Irish Pub in downtown Portland. Enjoy Irish Dancers, Arts, Crafts, and more. Leave Center 10 am. Transportation \$6.00.

March 20, Saturday, Maryhill Museum of Art and Maryhill Winery. Celebrate the opening of Maryhill Museum of Art's 70th-Anniversary Season! View the exhibition *70: Seven Decades of Collecting at Maryhill Museum of Art*. "Without question, one of the most unusual and enchanting museums in America...Nothing is typical, and much is extraordinary." The exhibits of the permanent collections represent the eclectic friendships cultivated by the museum's founder, Samuel Hill. After the museum we will wine taste at the Maryhill Winery. Bring money for lunch on your own. Leave Center at 9:30 am. Transportation \$9.00. Sign-up begins March 1st.

May 30th, Sunday, Smuckers Stars on Ice at the Rose Garden. This year's cast is going to include many of the 2010 Winter Olympics' medalists and competitors. Don't miss your chance to experience this magical combination. Transportation and Ticket \$40.00. Leave Center at 2 pm. **Purchase your ticket now. Deadline to purchase is April 28th.**



APRIL

Trips



April 10th, Saturday, Wooden Shoe Bulb Company. Oh, what a sight for the eyes! Enjoy the colorful tulip and daffodil display fields, gift shop and country store, the Tulip Café, wine tasting, Dutch sausage, Mexican food, wooden shoe making and for the gentlemen, the steam tractor and farm equipment display. Take some bulbs or cut flowers home. Come along with us for this special trip. Transportation \$7.00. Leave Center at 10:00 a.m. Sign-up begins **March 1st.**



April 17, Saturday, Closing night: Sandy Actors Theatre! A Fate Worse Than Death by Dunston - Cassius Carstairs. Skilled in the ways of villainy, a dyed-in-the-wool rogue pursues Carlotta Flower, our beautiful young heroine, who is more sinned against than sinning. Be surrounded by a cast of characters you would not want to invite home for dinner. This is one of the best melodramas we have ever read. Transportation and ticket \$13.00. Leave Center at 7:00 pm. Sign-up begins March 1st.

April 28th, Wednesday, 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 am. Return about 5:00 pm. Transportation is \$9.00. Sign-up begins April 1st.



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. Seniors have Priority.



Activities

Jean Bennett-Sabel: Stamp Class:
March 9th and April 13th. Bring scissors, stamps, and imagination. A few dollars for supplies; experience is not necessary. A fun way to end up with some beautiful results and socialize with friends. Stop by and see for yourself. Call (503) 622-3331 to reserve your space.

Line Dancing:



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



Sue Allen Zig Zag Yoga-- at Evergreen Plaza, suite 102 on Welches Road next to Welches Post Office. Wednesday mornings 9:00-10:15 am. \$10.00 drop in fee. 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
Fourth Monday, March 15th and April 19th, from 1:00–3:30 pm. Bring your item to paint.



TOPS

Club meetings emphasize nutrition and exercise education focused on a member's effort to manage their weight. Every Wednesday at the Senior Center, 10:00 am. For additional information and questions, please contact Donna at 503-668-0901. While it is non-profit, there is an annual fee schedule of \$26.00 for a one-year membership, which includes 10 issues of TOPS News, mailed directly to the member's home. There is also a \$1.00 per attendance fee.



Jean Bennett-Sabel: Water Color class
March 23 and April 27th. All the supplies that you need are provided. Please

bring \$3.00 for each class and your desire to paint! No experience is needed. Call senior center at (503) 622-3331. to sign up. Seating is limited.

Arthritis Foundation® Life Improvement Series



Jan Howell will be offering an Arthritis exercise class each Monday and Thursday starting Monday, March 22nd through Thursday, April 29th, at The Church on The Mountain; 11 am-12:15 am/beginning class, 1-2 pm/on-going class will do floor exercise, stretch bands, weights, as well as exercises from previous classes. Registration: New participants will need to fill out an application on the first day of class, Class is limited to fifteen. Fee is \$6.00 for six weeks. For beginners, the take home manual will be an additional \$3.00. Please call the center at 503 622-3331 to sign up.



Book Exchange in the Dorman Room

Bring one, borrow several! Instead of paying up to \$10.00 for a paperback book, borrow one, or several, of ours. Donating some of your own books allows the senior center to offer an up-to-date selection. Everyone benefits!

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

Making Ends Meet

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Fruits and vegetables are usually less expensive when they are in season. Farmer's Markets always carry what is in season.



Look for bargains on day old bread. It costs less but is still nutritious.

Shopping: Before, During, and After

Before Shopping

- Make a shopping list. This helps you stick to your budget.
- Plan your meals. Planning helps put leftovers to good use.
- Look for coupons, sales and store specials.
- For added savings sign up for the store discount card.

During Shopping

- Don't shop when you are hungry. It is easier to stick to your shopping list.
- Try store brands. They usually cost less.
- Compare products for the best deal.
- Check sell by dates. Buy the freshest food possible. It lasts longer.

After Shopping

- Store food right away to preserve freshness.
- Freeze food to prevent spoiling.
- Divide foods into small portions for children and elderly to prevent waste.
- Use foods with the earliest expiration dates first.

Tips: Best Buys for Cost and Nutrition

Breads and Grains

- Look for bargains on day old bread. It costs less but is still nutritious.
- Buy regular rice, oatmeal and grits instead of instant to save on money, sugar and calories.

Vegetables and Salad

- Buy large bags of frozen vegetables. Seal tightly in the freezer between uses.
- Avoid pre-bagged salad mixes. They are usually more expensive and spoil faster.

Fruits

- Buy fresh fruits in season, when they generally cost less.
- Frozen and canned fruits are a smart choice all year round.

Low-Fat Milk Products

- Buy fresh, low-fat milk in the largest size that can be used before spoiling. Larger containers cost less than smaller sizes.
- Ultra-pasteurized milk has a longer expiration date and won't spoil as fast.

Meat and Beans

- Chuck or bottom round roast has less fat and is cheaper than sirloin.
- Dried beans and peas are a good source of protein and fiber. They last a long time without spoiling.
- Look for specials at the meat counter. Buy meat on sale for big savings.
- Buy meat in large bulk packages to save money. Freeze portions you might not use right away to prevent spoiling.

Mt Hood Green Scene

Recycling for (see our web page for more info)

Electronics see web page for info

Batteries

Fluorescent bulbs

Clean Styrofoam

Scrap Metal Hearing aids and

Eye Glasses for the Lions Club

Newspaper for Senior Center

Other materials TBA

Recycling and Sustainability fair and

Friends of the Library Used Book Sale

April 24 – 9am-4pm Welches Middle School

www.mthood-greenscene.com

Local Green Businesses and Groups:

Cherryville Construction – An Earth Advantage Builder

Bliss Sanitary – our area recycler

Mountain Express Line

Community Garden

Friends of the Library Book Sale

Sandy River Basin

Sustainable Hoodland Network

Wy'East Book Store and Gallery

Information for Green Living:

BARK

Natural Step Network

Oregon Electric Vehicle Association

Clackamas County Office of Sustainability

Audubon Society

Green Mountain Energy – for PGE

Solar Oregon

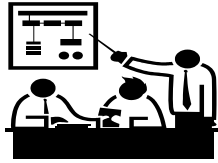
Nature Conservancy

Oregon Institute of Technology – Green Job Training

Displays of local students science and environmental projects and Activities for Kids

Sponsored by Villages at Mt Hood, Sustainable Hoodland Network, Portland Recycling Team and Clackamas County Office of Sustainability – for more information see www.mthood-greenscene.com

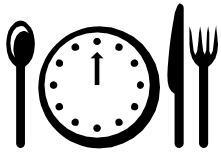
March



Board Meeting: Monday, March 8th at 11:00 am at the Center. Everyone welcome.



Legal Assistance: Thursday, March 11th. 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 (38348 Pioneer Blvd.) for appointment at (503) 668-5569.



Congregate Lunch: 1:00 pm, Monday, ZigZag Restaurant; 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.

Let us do the driving!

Shop Sandy area stores on Wednesday, March 3rd and 24th and 31st. 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 am. Make your hair appointment, manicure appointments in the morning. We will make every attempt to combine all your appointments.



Foot Clinic: Thursday, March 11th. Bring a towel and \$13.00. Clip, file and 10 minute foot massage for \$20.00. Call for appointment, (503) 622-3331. **NO APRIL FOOT CLINIC**



Hearing Clinic: Wednesday, March 10th, Sandy Senior Center, 503-668-5569. call for appointment.

Within this vale
Of toil
And sin
Your head grows bald
But not your chin

Burma Shave

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 1pm: Lunch ZigZag Res- taurant	2 10am: Line Dance	3 9am:Yoga 10am:Tops 10am:shop	4 10am: Line Dance 1 pm: Lunch Barlow Trail Restaurant	5	6
7	8 11am: board Mtg. 1pm: Lunch ZigZag Res- taurant	9 9am: stamp class 10am: Line Dance	10 9am:Yoga 10am:Tops 11am:hearing clinic	11 9am:Legal clinic 9:30am:Foot clinic 10am: Line Dance 1pm: Lunch Bar- low Trail	12	13 10am: Trip/ Kell's Irish Pub
14	15 1pm: Lunch ZigZag Res- taurant 1pm:fabric paint class	16 10am: Line Dance	17 9am:Yoga 10am:Tops	18 10am: Line Dance 1pm: Lunch Bar- low Trail	19	20 9:30: Trip/ Maryhill Museum
21	22 11am/1pm: AF exercise 1pm: Lunch ZigZag Res- taurant 1pm:fabric painting	23 9:30:water color class 10am: Line Dance 10am: Shop	24 9am:Yoga 10am:Tops 10am:shop	25 10am: Line Dance 11am/1pm: AF exercise 1pm: Lunch Bar- low Trail	26	27
28	29 11am/1pm: AF exercise 1pm: Lunch ZigZag Res- taurant	30 10am: Line Dance	31 9am:Yoga 10am:Tops			



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. Call Sandy Senior Center at (503) 668-5569 for appointment.

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. Suggested donation is \$5.

Congregate lunches: We meet at Zigzag Restaurant each Monday, and at The Barlow Trail each Thursday at 1p.m. For guideline, suggested donation is \$5. **Under 60 years, \$6.50.**

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 congregate 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. *Respect our drivers. Do not call them at their homes to see if they are available. Call the office to arrange your rides.***

MARCH **HAPPY** APRIL

Mary Whitman 3rd
 Bill Blankenship 4th
 Barbara Mennell 6th
 Steve Durham 6th
 Linda Shockey 6th
 Vincent Brown 7th
 Phyllis Takach 8th
 Illomay Van Orsow 9th
 Ed Wever 9th
 Raymond Wilkins 10th
 Carol Jones 11th
 Lorry Lythgoe 13th
 Mona Naft 16th
 Mary Swanson 16th
 Myra Walker 18th
 Liz LaBlue 20th
 Katie Cassatt 20th
 Valerie McMillan 23rd
 Jan Howell 27th
 Richard Smith 31st

Birthstone: Aquamarine or Bloodstone
 Flower: Jonquil or Violet

HAPPY BIRTHDAY TO YOU

Manny Campos 5th
 Dave Arce 7th
 Lee Hart 7th
 Mervin Novinger 7th
 Tom Cassatt 9th
 Kathy Bock 12th
 Patricia Cox-Hllosy 13th
 Adolf Stocker 13th
 Jim Roberts 16th
 Ted Grise 16th
 Josefina Miller 18th
 Ed Thoennes 20th
 Patricia Jones 22nd
 Jerry Sabel 23rd
 Sally Streeter 24th
 Modene Wever 26th
 Linda Bell 26th

Flower: Daisy or Lily
 Birthstone: Diamond

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

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 congregating dining on Mondays and Thursdays



BEGINNING UKULELE FOR SENIORS

This six-week class unit is designed for the “non-musical” or one who considers themselves “non-musical”. And of course, anyone with musical knowledge is invited, also. Within 20 minutes of the first class you will learn three basic chords, and be “hooked”. The ukulele is **THAT EASY!!!**

Cinda will teach you several great songs from the late 1800’s (traditional folksongs) and songs that YOU WANT to learn. This is a great way to connect with your friends and do something new.

Ukuleles and music will be provided!!!

Introductory class April 5th
 Six-week class session beginning April 5th—May 10th
 Mondays from 10—11 am
 Hoodland Senior Center in the Dorman Room

Cost: six-weeks—\$50.00
 Drop-in—\$10.00

Call Cinda Tilgner to sign up or ask ???’s.
 503-704-8643 or 503-622-4242



Board Meeting: Monday, April 12th at 11:00 a.m. Dorman Room. Everyone welcome.

Hearing Clinic:
Wednesday, April 14th,
 11am-12noon to check hearing, clean hearing aids and replace batteries. Appointments must be scheduled at the **Sandy Senior Center,** 503-668-5569.



Congregate Lunch: 1:00 p.m., Monday, ZigZag Restaurant; 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.**

Legal Assistance: Thursday, April 8th. 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 (38348 Pioneer Blvd.) for appointment, (503) 668-5569.

Let us do the driving!



Foot Clinic: NEXT FOOT CLINIC IN MAY

Shop Sandy area stores, Wednesday, April 7th and 21st. Transportation \$2. Driver can assist with parcels. 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 appointment, manicure appointments in the morning, we will make every attempt to combine all your appointments.

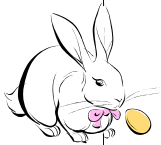


Life is like a sandwich.
 The more you put in it
 The better it gets

.. APRILL ..



Su n	Mon	Tue	Wed	Thu	Fri	Sat
				1 10am: Line Dance 11am/1pm : AF exercise 1pm Barlow Trail	2	3
4	5 11am/1pm: AF exercise 1pm: Lunch ZigZag Restaurant	6 10am: Line Dance	7 9am: Yoga 10am: Tops 10am: shop	8 9am: legal clinic 10am: Line Dance 11am/1pm: AF exercise 1pm Barlow Trail	9	10 10am: Trip / Woodburn tulip festival
11	12 11am: board Mtg. 11am/1pm: AF exercise 1pm: Lunch ZigZag Restaurant	13 9:30 Stamp class 10am: Line Dance	14 9am: Defensive driving class 9am: Yoga 10am: Tops 11am: hearing clinic /sandy	15 10am: Line Dance 11am/1pm: AF exercise 1pm Barlow Trail	16	17 7pm: Trip to-night/ Sandy Theater
18	19 11am/1pm: AF exercise 1pm: Lunch ZigZag Restaurant 1pm: fabric paint class	20 10am: Line Dance	21 9am: Yoga 10am: Tops 10am: shop	22 10am: Line Dance 11am/1pm: AF exercise 1pm Barlow Trail	23	24
25	26 11am/1pm: AF exercise 1pm: Lunch ZigZag Restaurant	27 9:30: water color class 10am: Line Dance	28 8:30am: Trip/ Casino 9am: Yoga 10am: Tops	29 10am: Line Dance 11am/1pm: AF exercise 1pm Barlow Trail	30	



Hoodland Senior Center
25400 E Salmon River Rd.
PO Box 508
Welches, Or 97067



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/seniorcenter

Return Service Requested

Safe at Any Age Defensive Driving Class

Refresh your knowledge of safe driving practices. Safe at Any Age is a six-hour class that is a state approved insurance discounted course. It is most appropriate for drivers over the age of 55. The two part course: Putting on My Other Hat, is a review of the basic defensive driving skills used to avoid collisions and maintain excellent safety records; Safe Driving Practices and the Aging Process, describes the physical factors that may affect driving ability and how one can compensate for the normal effects of aging. Please call (503) 622-3331 to reserve your seat.

April 14h, 9:00-4:00 p.m. Hoodland Fire Station

