

September/October 2010



Hoodland's Mountain Maturity!

Give the gift of mobility to an older adult in our community. Provide transportation to medical/dental and personal appointments using your own car. Sign up today as an on call volunteer driver!!



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@frontier.com
Open Monday–Thursday
9-4 p.m.

September

Friday, September 10th, Tad's Chicken and Dumplings in Troutdale: Nestled on the banks of the Sandy River in Troutdale, Oregon, Tad's offers a warm, comfortable and inviting dining experience. Tad's has been serving wonderful American food since the 1920's. Transportation is \$7.00. Leave center at 5:00 pm. Sign-up begins September 1st.



Thursday September 16th., Mt Angel October fest. Settled by German pioneers in the 1800's, Mt. Angel reminds one of the Bavarian countryside. Began in 1966, to celebrate the bounty of the earth and goodness of creation, it is Oregon's largest folk festival. Be sure to see the



Glockenspiel clock's animated figures at the appointed hours: 11 am, 1, 4 & 7 pm daily. Some points of interest: continuous live music, over 50 Alpine food chalets, arts and crafts show, Biergarten, Weingarten and Alpinegarten and Cruz-n-Car Show. Transportation is \$7.00. Leave center at 10:00 am. Sign-up begins September 1st.

Tuesday, September 21, Senior Safari: You are invited to explore the zoo with a day of free admission and train rides for yourselves and a companion. Live music and entertainment will be provided along with refreshments, a petting zoo and animal talks throughout the zoo. Leave center 9:00 am. Transportation \$7. Lunch at the zoo on your own. Sign-up begins September 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.

October



Tuesday, October 5th, Wenzel Farm: Take a Halloween walk through a lighted, wooded, "Fantasy Trail", decorated with spooky sights and sounds.



Walk through a 40 foot castle with Halloween scenes. Also, walk through a tunnel, maze, crooked house, suspension bridge and more.

Pumpkins and refreshments are available. Transportation and entry fee: \$10.00. Leave center at 6:00 pm. Sign-up begins September 27, 2010.

Saturday, October 16, Hood River Fruit Loop to highlight Fiesta Days at the Kiyokawa Family Orchards & Fruit Stand where we will



buy apples, listen to a live Mariachi band, buy authentic Mexican food, see piñatas, and take a hay wagon ride. We can make a quick stop at the Good Fortune Farms Alpaca boutique for apparel and accessories. Transportation: \$7.00. Leave center at 10:00 am. Sign-up begins September 27th.

Tuesday, October 26th, Spirit Mountain Casino in Grande Ronde: Leave Center at 8:00 am. Return about 5:00 pm. Transportation is \$9.00. Sign-up begins September 27th.





Activities

Line Dancing:



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

Beading workshop with Kathy. Starting Tuesday, September 28th, continuing on October 12th & 26th from 1pm–3pm in the Dorman Room at the center. Fee: \$10. To get started Kathy will have bead kits available for purchase for \$5; or you bring your own beads or broken jewelry that needs re-stringing. Call center to reserve your space.



Zig Zag Yoga- with Sue Allen 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.



Fabric painting class with Jeri Gallagher Monday, September 20 and October 18th from 1:00–3:30 pm. Bring your item to paint.



TOPS

Club meetings emphasize nutrition and exercise education focused on the members' 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.

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.

Entertainment Books on sale now

Entertainment Book Sales help the Hoodland Senior Center continue to provide hundreds of meals every year to **Meals on Wheels** recipients. Thank you for helping us to help them.



The Entertainment Book is filled with hundreds of 50% off and 2-for-1 discounts for your area on the things you do everyday like dining, groceries, shopping, services, and attractions. Plus great discounts on travel, home furnishings and much more!

The Membership Card. An Entertainment Membership Card is included with each book purchase to use at select fine dine restaurants, as well as to receive discounts when traveling.

Online Printable Coupons. With each book purchase, you also have online access to hundreds of additional local printable coupons and incredible online shopping discounts. coupons and incredible online shopping discounts .

\$25 each. Hoodland Senior will receive 50% of the proceeds.



To give without any reward, or any notice, has a special quality of its own
Anne Morrow Lindbergh



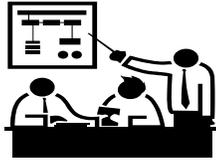
THE NEW YORKER



S. GROSS

"Who gets Meals on Wheels?"

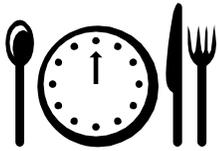
September



Board Meeting: Monday, September 13th at 11:00 am at the Center. Everyone welcome.



Legal Assistance: Thursday, September 9th. Volunteer attorney is available for a 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, September 1st and the 15th. 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, September 9th. Bring a towel and \$13.00. Clip, file and 10 minute foot massage for \$20.00. Call for appointment, (503) 622-3331. Next foot clinic November 18th.



Hearing Clinic: Wednesday, September 8th. Sandy Senior Center, 503-668-5569. call for appointment.

WORDS

The six most important words in the English language:

I admit I made a mistake.

The five most important words: **You did a good job.**

The four most important words: **What is your opinion?**

The three most important words: **If you please.**

The two most important words: **Thank you.**

The one most important word: **We.**

The least most important word: **I.**

September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9am:Yoga 10am: Tops 10am:shop	2 10an:line dance 1pm: Lunch Barlow Trail	3	4
5	6 1pm: Lunch ZigZag Res- tauriant	7 10an:line dance	8 9am:Yoga 10am: Tops 11am: hearing clinic	9 9am: Legal clinic 9:30: Foot Clinic 10an:line dance 1pm: Lunch Barlow Trail	10 TRIP TODAY	11
12	13 11am; Board mtg. 1pm: Lunch ZigZag Res- tauriant	14 10an:line dance	15 9am:Yoga 10am: Tops	16 10an:line dance 1pm: Lunch Barlow Trail TRIP TODAY	17	18
19	20 1pm: Lunch ZigZag Res- tauriant 1pm:Fabric paint	21 10an:line dance TRIP TODAY	22 9am:Yoga 10am: Tops 10am: shop	23 10an:line dance 1pm: Lunch Barlow Trail	24	25
26	27 1pm: Lunch ZigZag Res- tauriant	28 10an:line dance 1pm;beading workshop	29 9am:Yoga 10am: Tops	30 10an:line dance 1pm: Lunch Barlow Trail		

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

September **HAPPY BIRTHDAY TO YOU** October

Erna Boldt 1
 Jackie Manselle 4
 Tom Blessing 5
 Althea Dorman 7
 Lucille Tholen 9
 Thomas Jackson, 10
 Robert Schetter 13
 Barb Hergert 14
 Alice Hewitt 14
 Russ Davidson 16
 Robert Brown 18
 Ann Morten 20
 Robert Miller 22
 Edee Jones 23
 Doug Morten 28
 Ann Brown 30

Flower: Aster
 Birthstone: Sapphire

HAPPY BIRTHDAY TO YOU

Sally Schneider 3
 David Olson 6
 Richard Robillard 6
 Clayton Nelson 8
 Cass Castle 10
 Louise Notmeijer 19
 Muriel Bartz 21
 Brenda Pallander 23
 Rudy Kasch 26
 Everett Naft 26
 Joe Manselle 26
 Barbara Waterhouse 27
 Ted Park 28
 Pat Brown 29
 Carol Haugk 29
 Betty Hartel 31

Flower: Dahlia
 Birthstone: Opal or Tourmaline

Board of Directors

Judith Norval
 Chair

Bob Reeves
 Vice Chair

Lora Buckley
 Secretary

Pat Buckley
 Treasurer

Kathy Olds
 Karen Reeves

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 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 _____ Birthdates _____

Name _____ Birthdates _____

Address _____

City _____ Zipcode _____

Thank you for your support!!!

October



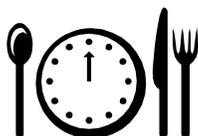
Hearing Clinic: Wednesday, October 13th Sandy Senior Center, 503-668-5569. call for appointment.



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



Legal Assistance: Thursday, October 14th, 9 am. 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.



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Shop Sandy area stores, Wednesday,, October 6th and 20th.

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.



Foot Clinic: NEXT FOOT CLINIC ON November 18th.

One of life's mysteries is how a 2lb. Box of chocolates can make a Person gain 5 lbs.

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31						

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.info/hoodlandseniors

Return Service Requested



After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. At last she threw a towel around her head and headed into their room, putting them back to bed, being more stern than usual. As she left the room, she heard the three-year-old say with a trembling voice., "Who was THAT?"