

GLAD TYDINGS NEWSLETTER

GLADSTONE SENIOR CENTER

May & June, 2014

1050 PORTLAND AVE., GLADSTONE, OR. 97027 (503) 655-7701
PUBLISHED BI-MONTHLY. SUBSCRIPTION RATES \$8.00 JAN-DEC.

CENTER HOURS: MON-FRI., 8:30am – 5:00pm

Website- gladstoneseniors.org

Dates to Remember:

Monday, May 26th – Memorial Day (Center Closed)

Saturday, June 21st – 1st Day of Summer



MOTHER'S DAY LUNCH & TEA

Wednesday, May 7th at 11:30am

Please join us for our annual Mother's Day Lunch & Tea. Not only will we enjoy a wonderful lunch and tea, but we will have many delicious desserts to choose from.

Entertainment will be "ART GOODMAN"

Call or sign up at the front desk if you would like to join us. Sign-ups are **REQUIRED**.

Remember to bring your teacup and wear your favorite hat. **Cost: Donation**

FATHER'S DAY LUNCH

Wednesday, June 11th at 11:30am

Come have lunch and root beer floats with us to honor all of our Fathers.

Entertainment will be our very own "Shirley Scrivner"

Call or sign up at the front desk if you would like to come.

Sign-ups are **REQUIRED**. **Cost: Donation**

VOLUNTEER APPRECIATION BBQ

Wednesday, July 2nd at 11:30am

Join us in honoring all of our wonderful volunteers who dedicate their time to our programs. Our Patriotic party will include lots of fun, prizes, a delicious BBQ lunch, and Entertainment! Reservations are requested by June 18th.

Cost is **FREE!** Sponsored by The Foundation.

**THANK YOU
VOLUNTEERS!**



Gladstone Senior Center offers a full range of activities and services meeting the needs and enhancing the lives of adults in our Community.

ADVISORY BOARD MEETINGS:
3RD TUESDAY AT 3:30PM QUARTERLY IN JANUARY, APRIL, JULY & OCTOBER

ADVISORY BOARD - 2014
Elaine HERMENS- PRESIDENT
JIM PRICHARD - VICE PRESIDENT
LINDA ANDREWS-SECRETARY
WANDA COCHRANE, BOB NELSON,
DIANE BERRETH, KATIE ELLERBY
COLLETTE UMBRAS, NOREDA MAY

STAFF
MANAGER, RHONDA BREMMEYER
TRAM, SHIRLEY SCRIVNER
OFFICE ASSTISTANT, JAMIE SOUTHWORTH
NUTRITION COORDINATOR, DEBBIE FERREN

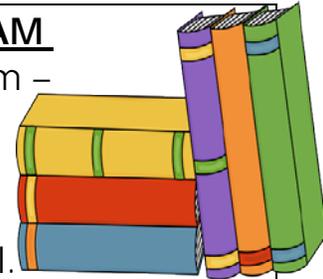
BOOK CLUB MEETING – MONDAY, MAY 19th & June 23rd- 10:30AM

MAY BOOK: “The First Phone Call from Heaven” by Mitch Albom – In the small town of Coldwater Michigan mysterious events take place. Could this be a Miracle or a cruel hoax?

ALTERNATE BOOK: “Vanished” by Wil S. Hylton – The gripping true story of the sixty year search for missing men of World War II.

JUNE BOOK: “It’s All a Kind of Magic” by Rick Dodgson – This is a non-fiction, revealing book about the great Oregon author, Ken Kesey. More attention is paid here to his formative youth than to his psychedelic exploits.

ALTERNATE BOOK: “The Longest Ride” by Nickolas Sparks – After being trapped in an isolated car crash, the life of an elderly widower becomes involved with young college student and the cowboy she loves. A touching story of new love and enduring love.



Rhonda’s Ramblings

The staff would like to thank the City Councilors and Chief Pryde for participating in March for Meals program. They came into the Center and drove the routes with our meals on wheels drivers. Mayor Wade Byers drove his own route to help awareness of senior hunger.



I would like to thank Jamie Southworth and Shirley Scrivner for the excellent job done organizing and putting together the Spring Fling Bazaar. I feel it was a great success and a nice community event. The staff hopes to make this an annual event.

May and June we honor our Mom’s and Dad’s and the staff would like to wish all them a happy Mother’s and Father’s Day. Please join us for our special celebration luncheons we have planned. Signing up in advanced helps the staff plan for supplies we need to purchase.

DID YOU KNOW.....if you are over 65 years you can take college courses at Clackamas Community College for *FREE*? The only conditions are: there must be space in class; the over-65 student must have the instructor's permission; the auditing student must be registered for eight or fewer credits per term; and the student is on the hook for any extra costs associated with the class, such as lab fees.

For more information contact CCC at (503) 594-6000.

Notary Services are now available at The Center

Shari will now be available to do single notaries from 1- 4pm on Thursdays. Please stop in or call in advance to schedule a time.



MAY & JUNE 2014 TRAM TRIPS

TRIP POLICY- SIGN UP JULY 1ST OR AFTER FOR ALL TRIPS LISTED. YOU MAY SIGN UP FOR THREE TRIPS EACH MONTH AND BE PUT ON THE WAIT LIST FOR ADDITIONAL TRIPS.

Note: Please be aware that return times are approximate. Weather, traffic, or other conditions may affect travel time.

May 2 - Mission Mill Museum

This very historic site in Salem contains a former woolen mill, pioneer homes, garden, gift shop and more! We will enjoy a guided tour and afterwards have lunch at a local restaurant. Leave at 9am – Return at 3:30pm Fare: \$17.00 (includes bus and tour)

May 9 - Tippy Canoe Restaurant

Come enjoy lunch at this historic restaurant. We will drive the windy Columbia River Highway, making a stop at Crown Point before traveling to Multnomah Falls.

Leave at 10am - Return at 3pm Fare: \$10 (includes bus)

May 16 - Cannon Beach

This town is full of restaurants, shops, and galleries. It's a great place to walk around and enjoy the sea air.

Leave at 8:30am - Return at 5pm Fare: \$20.00 (includes bus)

May 22 - (Thursday) To Kill a Mockingbird

This well-known story will be performed by the talented students at Oregon City High School.

Leave at 6:30pm – Return at 10pm Fare: \$15 (includes bus and ticket)

May 30 - The Oregon Garden in Silverton

This is a beautiful large garden with many areas to explore. We can take a guided tram tour, then explore it on our own. Afterwards, we will go back to Silverton for lunch.

Leave at 9am – Return at 4pm Fare: \$20 (includes bus and admission)

June 6 - Rice Mineral Museum and Helvetia Tavern

The Rice Museum is full of wonderful things to see, from quartz to precious stones.

We will have a short informational tour and then explore on our own. We will first have lunch at the Helvetia Tavern.

Leave at 10am – Return at 4pm Fare: \$15 (includes bus and museum)

June 13 - Spirit of Portland Lunch Cruise

On this ship we will enjoy a two hour cruise and a gourmet lunch. We have done this before and really enjoyed it. Please pay when registering to hold your spot.

*Minimum of 10 participants needed.

Leave at 10:30am – Return at 3pm Fare: \$50.00 (includes bus and tour)

June 20 - Stone Cliff Inn for lunch

On this short and sweet trip, we will have lunch at the Stone Cliff Inn, overlooking the beautiful Clackamas River. Come join us.

Leave at 10:30am – Return at 2pm Fare: \$4.00 (includes bus)

June 26 - (Thursday) The Philadelphia Story at Clackamas Repertory

I am looking forward to this production-Clackamas always does an excellent job.

Leave at 6:30pm – Return at 10pm Fare: \$20 (includes bus and ticket)

FRIDAY EXCURSIONS – NEW POLICY – All trips will be pre-paid seven days prior to trip date. Three-day notice is required for a credit and no credit will be issued unless your spot can be filled from the wait list, even with a three-day notice. Sign up yourself and one other person only. Space is limited to 12-13 passengers. The fare varies for Friday excursions and will be posted each time. Any trip will be cancelled if there are not enough signed up.

WORD SEARCH - KITTY

kitten	siamese	chase
meow	pet	yarn
fur	cute	string
hairball	nose	feathers
pounce	tail	litter box
claws	whiskers	scooper
scratch	sleep	laser
calico	bowl	pointer
predator	purring	jump
feline	playful	hide
hunt	paws	sneak
swipe	climb	stealth
quiet	attention	nine lives

N O S E H A F C N G A R X T E I S T C
 E O H R E C O E N R E N O L P Y R U E
 E D I A E L T I L T A S B K I T T E N
 L C I T O H R A N I E Y R L W E T S H
 B V N H N R T I R V N E E W S E E A U
 M M O U U E O A I C N E T O P E I H N
 P Y I P O P T L E C S S T B A R U C T
 N A B L R P E T O F R U I Y B X Q J J
 P Q W E C N J C A E L C L A W S R U F
 E U S S I D I U K U I E L U F Y A L P
 E A R N K L X S M W A L E S E M A I S
 L S N E A K I S O P T P R E D A T O R
 S Z V C M H R E P O O C S G N I R T S
 I C W N W F M A S H T L A E T S J W T

St. Patrick's Luck O' the Irish Lunch Party



CENTER ACTIVITIES RECAP

As usual we have a lot going on here at the Senior Center; including: Hiking, Book Club, Bingo, Bridge, Bunco, Pinochle, art classes, computer classes, yoga, Tram trips, Tai chi, Foot Clinic, Sing Alongs, Ukulele, and much much more. In March we had a good time at our St. Patrick's Day lunch party. Some even had the Luck O' the Irish. In April we had a lovely Easter Party with a ham and potato lunch with Mark J entertainment. We also had our annual Spring Fling Craft & Collectible Bazaar which was tons of fun! If you would like to attend any of our activities, please call the Center at (503) 655-7701 for more information or to sign up.



Spring Fling Craft & Collectible Bazaar 2014

RAINBOWS - HAPPY MAY BIRTHDAYS

Robert Nelson	2	Carolyn Deierling	13
Mary Cotugno	3	Delwyn Anderson	14
Betty Schrader	3	Gerrie Buckley	19
Earl Rasmussen	4	Scott McIntyre	21
Clara Ray	5	Barbara Bell	22
Audrey Cribbs	8	Richard Vanzante	22
Peggy Marquoit	9	Gerrie West	24



Weldon Wood	24
Cicely Sullivan	28
Wes Droz	30

RAINBOWS - HAPPY JUNE BIRTHDAYS

Donna Potter	2	Lorraine Clark	7	Carston Berreth	17
Sharon Smith	4	Dorothy Voreis	8	Judy Bieber	25
Jack Wright	4	Patricia Hanson	9	Don Scott	26
Jennie Pagh	5	Richard Ray	10	Elfriede Wieme	28
Connie Williams	7	Stephen W. Kraxberger	15		

Sympathies to Family & Friends of: Dale Scheehean, Connie Williams
Get Well: Mary Cotugno & Clara Ray



Would you like to help the Gladstone Senior Center earn money for local programs? We are very excited about a new Community Rewards program that helps Nonprofit Organizations from Fred Meyer. This program links your Rewards Card to the Gladstone Seniors Foundation. Whenever you use your Rewards Card when shopping at Freddy's, you will be helping the Gladstone Senior Center earn a donation from Fred Meyer. If you do not have a Rewards Card, you can sign up for one at the Customer Service Desk of any store. To link your rewards card, please go to www.fredmeyer.com/communityrewards.

If you need assistance with registering online, please ask for Shari or Jamie at the Gladstone Senior Center.
Please note: the donation comes directly from Fred Meyer and does NOT impact your rewards points, rebates or fuel point.

CLASS AND TRAM TRIP SCHOLARSHIP PROGRAM

We are very excited about a NEW scholarship program we are starting July 1st. This program will help Gladstone residents who are 60 years or older and would like to participate in Center Community Classes and Center Tram Trips.

Come get your application today!

Please ask for Jamie or Rhonda to get an application or for more information and eligibility requirements.



Like us on
Facebook

Also NEW is our Facebook page! Please Like us on Facebook and you can get up-to-date Center information. Plus see lots of fun pictures of Center events and activities!

Mothers hold their children's had for a short while, but hold their hearts forever ~ Unknown

SAVE THE DATE
July 30th – 50th Anniversary Party

AARP SMART DRIVER COURSE - Saturday, May 17th from 9-4:30pm

This class is open to all ages to help increase your skills to become a safer, more defensive driver. Upon completion of class, those 55 years or older may be eligible for discount on auto insurance.

Call the Senior Center at (503) 655-7701 to register.

Cost is \$20.00 without and AARP card or \$15.00 with an AARP card.

VIEWS CONVERSATIONS ON AGING - Oregon's Advance Directive

Wednesday, May 21st from 10 – 11:30am



I'm confused about the decisions I'm supposed to make about end of life care.

How do I know what to do and how to convey my wishes? Learn about your choices and explore your feelings about the decisions ahead.

VIEWS - (Volunteers Involved for the Emotional Well-being of Seniors) offers **FREE** facilitated Discussion Groups on topics important to people over 60 years and above. Space is limited so call the Center ASAP if you would like to sign up.

GLADSTONE HISTORICAL SOCIETY - GLADSTONE'S FAMOUS PAST

Gladstone Senior Center on May 14th at 6pm

Due to popular demand, The Gladstone Historical Society will host an evening repeat presentation of Gladstone's famous History in photos. This will be a slide presentation showing some great Historic pictures. We invite all to attend and enjoy our HISTORY. You will discover where important events took place and the great famous people who visited Gladstone and why.

Featuring: Kim Huey ~ Refreshments at 6pm; Program begins at 6:30pm

Spaghetti Dinner Fundraiser

Saturday, May 3rd from 5:00-8:00pm at the Gladstone Senior Center
The Gladstone-Oak Grove Kiwanis is hosting a Spaghetti Dinner Fundraiser.

Cost is \$7 per person or \$25 for family.

Proceeds benefit the Gladstone High School scholarships and Key Club!

Mother's Day Pancake Breakfast

Saturday, May 10 from 8:00-10:00am at the Gladstone Senior Center
The Gladstone-Oak Grove Kiwanis is hosting a Pancake Breakfast for Mother's Day.

Cost is \$7 per person or \$25 for family. Children under 6 years of age are *free*.



Fall Prevention - Stay safe with these tips!

Take control of Your Health: 6 steps to prevent a fall

Every *15 seconds*, an older adult is seen in an emergency department for a fall-related injury.

1. **Find a good balance and exercise program.** Look to build balance, strength and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.
2. **Talk to your health care provider.** Ask for an assessment of your risk of falling. Share your history of recent falls.
3. **Regularly review your medications with your doctor or pharmacist.** Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
4. **Get your vision and hearing checked annually and update your eyeglasses.** Your eyes and ears are key to keeping you on your feet.
5. **Keep your home safe.** Remove tripping hazards, increase lighting, make stairs safe and install grab bars in key areas.
6. **Talk to your family members.** Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

*Information from www.ncoa.org/fallsprevention.

GLADSTONE SENIOR CENTER
ON-GOING SERVICES, PROGRAMS, AND OPPORTUNITIES
(503) 655-7701, Mon - Fri., 8:30am - 5:00pm

TRANSPORTATION

TRAM for shopping, lunch & other errands called in **24 hours notice**. Tell the receptionist about **all the stops** you want to make.

Lunch Pick-Up – Tues., Wed. & Thurs.
Be ready by 10:30am.

Grocery Shopping Schedule

All shopping begins after lunch at the Center.

1st Tues. – Fred Meyer

2nd Tues. – No shopping due to foot clinic

3rd Tues. – Walmart

4th Tues. – Milwaukie Marketplace

Wednesdays – Safeway everyweek

We ask riders to limit their shopping to four grocery bags due to space restrictions. This schedule will be printed on the calendar for your information.

The TRAM is lift-equipped. If possible we need a 2-day notice if you need to use the lift. Donate 75 cents or more each way please. **Medical requests** should be called in with a **2 day notice**.

Medical appointments should be made on Tues., Wed., or Thurs. 10:00-11:30am

Rides from Other Agencies

TRP – Van transportation service available to Clackamas County wheelchair residents. Also Available for elderly & disabled people who live Outside regular bus service boundaries. Call (503) 655-8208.

TRIMET – Lift-equipped rides available. Contact Rhonda at the Senior Center for applications at (503) 655-7701.



The Gladstone Senior Center has a volunteer that will come out to **Your place to check your smoke detector, place a new battery or install a new one for you. He can also help replace light bulbs and small jobs for you. Please call the Center at 503-655-7701 to set up a time for him to come over.**

HEALTH

Blood Pressure (No appointment necessary)

2nd Tuesday - 10:30am – noon

Foot Clinic - \$33 Service provided by registered
2nd Tuesday - 8:30am – 3pm by appointment

EXERCISE

Low-impact chair aerobics – Tues. & Thurs.
at 10:30am – 11:30am

Hiking Group – 2nd Mon. of each month 9am. \$7.

SOCIAL SERVICES

See or call Rhonda for info on: Sr. Companions, visitors, problem-solving, Medicare assistance

NUTRITION

Noontime Meals at Center – Meals served on Tues., Wed. & Thurs. If you are age 60 or older, Suggested donation is \$2.50. If you are under 60, pay \$4.25.

Homebound Meals Program – Meals are served Monday – Friday and delivered to qualifying housebound adults. Contact Debbie or Rhonda to sign up or for more information.

FUN & GAMES

Book Club – 3rd Monday, 10:30am

Bingo – Tuesday after lunch

Pinochle – Thursday after lunch

Bridge – Friday at 12:30pm

Friday Tram Trips – sign up ahead for a variety of fun excursions.

UTILITIES

We can mail your NW Natural Gas, PGE & Century Link. Bring in your Gladstone Water & Garbage and we'll get it to the city.

DONATE YOUR CAR FUNDRAISER

Do you have an old car, boat, RV you want to get rid of? It doesn't have to run. Someone from VOA, (Volunteers of America), will come & haul it off for you. If you tell them it is donated on behalf of the Gladstone Center they will share the proceeds with us. Please call the Center with questions at (503) 655-7701.

GLADSTONE SENIORS
1050 PORTLAND AVE.
GLADSTONE, OREGON 97027
Change Service Requested

Presorted Std Mail
US Postage
Paid
Gladstone, OR

Permit No. 60

*Time Dated Material
In-Home Dates
Apr. 28 - 30, 2014*

or current occupant

GLAD TYDINGS
SENIOR CENTER NEWSLETTER
May & June/2014



March For Meals ~ National campaign to increase awareness of Meals on Wheels

Gladstone Senior Center ~ Nutrition & Meals on Wheels Program



We would like to give a BIG THANK YOU to the Community and to all who have supported our program!

THANK YOU to our Community Leaders who participated in this event and delivered

Meals On Wheels:

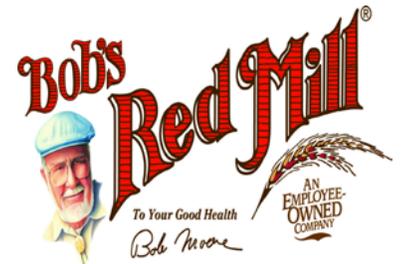
Mayor Wade Byers

Chief Jim Pryde

Councilor Kari Martinez

Councilor Thomas Mercereau

Councilor Neil Reisner



Special THANKS to the following supporters:

Gladstone Nissan

The Goldwrench

Bob's Red Mill

Gladstone Burgerville

High Rocks Restaurant

Crossroads Coffee Cafe

HappyRock Café

Baskin Robbins

Bright Cleaners

Subway on McLoughlin

Pizza Hut

Tebo's

Walt & DeeDee Fitch

***(Approx. \$2,300 collected)**

This Campaign would not have been such a success without your help!

May, 2014

SUN	MON	TUES	WED	THURS	FRI	SAT
	<p align="center"><u>MEALS ON WHEELS SERVED MONDAY – FRIDAY FOR QUALIFIED CLIENTS.</u></p> 	<p><u>1</u> Lunch-Chicken Pasta Marsala <u>Yoga 9am</u></p> <p><u>Acrylics 9:30am</u> PINOCHLE <u>Computer 1pm</u></p> <p><u>Adventures in Pastels 2pm</u></p>	<p><u>2</u> <u>TRAM TRIP – Mission Mill Museum Tour</u></p> <p><u>Yoga 9am</u></p> <p align="center">BRIDGE</p>	<p><u>3</u> <u>Spaghetti Dinner – 5-8pm</u> Gladstone – Oak Grove Kiwanis Fundraiser</p>		
<p><u>4</u></p>	<p><u>5</u> <u>9am Walkers</u></p> <p><u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u></p> <p align="center"></p> <p><u>Ukulele 1pm</u></p> <p><u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>6</u> Lunch- White Bean Chicken Chili</p> <p><u>Yoga Begin 9am</u></p> <p><u>Genealogy 10am</u> BINGO FRED MEYER</p> <p><u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u></p> <p><u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u></p>	<p><u>7</u> Mother's Day Lunch & Tea</p>  <p align="center">SAFEWAY</p> <p><u>Watercolor 2pm</u></p> <p><u>Yoga 6-7pm</u></p>	<p><u>8</u> Lunch- Baked Fish w/ dill sauce</p> <p><u>Yoga 9am</u></p> <p><u>Acrylics 9:30am</u></p> <p><u>Yoga 9am</u></p> <p><u>Acrylics 9:30am</u></p> <p align="center">PINOCHLE</p>	<p><u>9</u> <u>Yoga 9am</u></p> <p><u>TRAM TRIP – Tippy Canoe Restaurant</u></p> <p align="center">BRIDGE</p> <p><u>Oil Painting with Judy 5:30-9pm</u></p>	<p><u>10</u> <u>Mother's Day Pancake Breakfast 8-10am</u> Kiwanis Club of Gladstone – Oak Grove</p>
<p><u>11</u></p>  <p align="center">WE HONOR AND LOVE YOU</p>	<p><u>12</u> <u>9am Hikers – Mosier Tunnel</u></p> <p><u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u></p> <p><u>Ukulele 1pm</u></p> <p><u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>13</u> Lunch- Roast Turkey w/gravy</p> <p><u>Foot Clinic 8:30am</u></p> <p align="center">BINGO</p> <p><u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u></p> <p><u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u></p>	<p><u>14</u> Lunch- Baked Beef Rigatoni</p>  <p align="center">SAFEWAY</p> <p><u>Watercolor 2pm</u></p> <p><u>Yoga 6-7pm</u></p>	<p><u>15</u> Lunch- Chicken Breast</p> <p><u>Yoga 9am</u></p> <p><u>Acrylics 9:30am</u> PINOCHLE</p> <p><u>Computer 1pm</u></p> <p><u>Adventures in Pastels 2pm</u></p>	<p><u>16</u> <u>TRAM TRIP – Cannon Beach</u></p> <p><u>Yoga 9am</u></p> <p align="center">BRIDGE</p>	<p><u>17</u> <u>AARP Safe Driving 9am – 4:30pm</u></p> 
<p><u>18</u> <u>Oil Painting with Judy 2-6pm</u></p>	<p><u>19</u> <u>9am Walkers</u></p> <p><u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u></p> <p><u>Book Club 10:30am</u></p> <p><u>Ukulele 1pm</u></p> <p><u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>20</u> Lunch-Turkey ½ Sandwich</p> <p><u>Genealogy 10am</u></p> <p align="center">BINGO WALMART</p> <p><u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u></p> <p><u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u></p>	<p><u>21</u> Lunch- Beef Stew</p> <p><u>VIEWS – Conversation on Aging 10am</u></p> <p align="center">SAFEWAY</p> <p><u>Watercolor 2pm</u></p> <p><u>Yoga 6-7pm</u></p>	<p><u>22</u> Lunch- Chicken a la King</p> <p><u>Yoga 9am</u></p> <p><u>Acrylics 9:30am</u> PINOCHLE <u>Computer 1pm</u></p> <p><u>Adventures in Pastels 2pm</u></p> <p><u>TRAM TRIP – To Kill a Mockingbird</u></p>	<p><u>23</u> <u>Yoga 9am</u></p>  <p align="center">BRIDGE</p>	<p><u>24</u></p>
<p><u>25</u></p>	 <p align="center">Happy Memorial Day</p> <p align="center"><u>CENTER CLOSED</u></p>	<p><u>27</u> Lunch-Ham ½ Sandwich</p> <p><u>Genealogy 10am</u> BINGO MARKETPLACE</p> <p><u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u></p> <p><u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u></p>	<p><u>28</u> Lunch – Shoyu Chicken</p> <p align="center">SAFEWAY</p> <p><u>Watercolor 2pm</u></p> <p><u>Yoga 6-7pm</u></p>	<p><u>29</u> Lunch –BBQ Turkey ½ Sandwich</p> <p><u>Yoga 9am</u></p> <p><u>Acrylics 9:30am</u> PINOCHLE <u>Computer 1pm</u></p> <p><u>Adventures in Pastels 2pm</u></p>	<p><u>30</u> <u>TRAM TRIP – The Oregon Garden in Silverton</u></p> <p><u>Yoga 9am</u></p> <p align="center">BRIDGE</p> <p><u>Oil Painting with Judy 5:30-9pm</u></p>	<p><u>31</u></p>

June, 2014

SUN	MON	TUES	WED	THURS	FRI	SAT
<p><u>1</u></p>	<p><u>2</u> <u>9am Walkers</u></p> <p><u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u></p> <p>GOLD STAR BINGO & POTLUCK</p> <p><u>Ukulele 1pm</u></p> <p><u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>3</u> <u>Lunch –Mini Santa Fe Salad</u></p> <p><u>Yoga 9am</u></p> <p>FRED MEYER BINGO</p>	<p><u>4</u> <u>Lunch – Turkey A La King/Rice</u></p> <p>SAFEWAY</p> <p><u>Yoga 6-7pm</u></p>	<p><u>5</u> <u>Lunch – Sausage Mushroom Strata</u></p> <p><u>Yoga 9am</u></p> <p><u>Acrylics 9:30am</u></p> <p>PINOCHLE</p>	<p><u>6</u> <u>Yoga 9am</u></p> <p><u>TRAM TRIP – Rice Mineral Museum and Helvetia Tavern</u></p>  <p>BRIDGE</p>	<p><u>7</u></p>
<p><u>8</u></p>	<p><u>9</u> <u>9am Hikers – Silver Falls</u></p> <p><u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u></p> <p><u>Ukulele 1pm</u></p> <p><u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>10</u> <u>Lunch –Country Fried Steak</u></p> <p><u>Foot Clinic 8:30am</u></p> <p>BINGO</p>	<p><u>11</u> <u>Father’s Day Lunch</u></p>  <p>SAFEWAY</p>	<p><u>12</u> <u>Lunch – Turkey Patty w/Gravy</u></p> <p>PINOCHLE</p>	<p><u>13</u> <u>TRAM TRIP – Spirit of Portland Lunch Cruise</u></p> <p><u>Yoga 9am</u></p> <p>BRIDGE</p> <p><u>Oil Painting with Judy Stubb 5:30-9pm</u></p>	<p><u>14</u></p>  <p>Flag Day</p>
<p><u>15</u> <u>Oil Painting with Judy Stubb 2-6pm</u></p> 	<p><u>16</u> <u>9am Walkers</u></p>  <p><u>Book Club 10:30am</u></p>	<p><u>17</u> <u>Lunch – BBQ Smokehouse Chop</u></p> <p>WALMART BINGO</p>	<p><u>18</u> <u>Lunch – Waikiki Chicken</u></p>  <p>SAFEWAY</p>	<p><u>19</u> <u>Lunch – Turkey ½ Sandwich</u></p> <p>PINOCHLE</p>	<p><u>20</u> <u>TRAM TRIP – Stone Cliff Inn For Lunch</u></p> <p>BRIDGE</p> 	<p><u>21</u></p>  <p>Summer</p> <p><u>Summer Begins</u></p>
<p><u>22</u></p>	<p><u>23</u> <u>9am Walkers</u></p> 	<p><u>24</u> <u>Lunch –Chicken Salad</u></p> <p>MARKETPLACE BINGO</p>	<p><u>25</u> <u>Lunch –Chicken Lo Mein</u></p> <p>SAFEWAY</p>	<p><u>26</u> <u>Lunch – Lima Beans & Ham</u></p> <p>PINOCHLE</p> <p><u>TRAM TRIP – The Philadelphia Story at Clackamas Repertory</u></p>	<p><u>27</u></p> <p>BRIDGE</p> <p><u>Oil Painting with Judy Stubb 5:30-9pm</u></p>	<p><u>28</u></p>
<p><u>29</u></p>	<p><u>30</u> <u>9am Walkers</u></p>	<p>MEALS ON WHEELS SERVED MONDAY – FRIDAY FOR QUALIFIED CLIENTS.</p>		