

GLAD TYDINGS NEWSLETTER

GLADSTONE SENIOR CENTER

July & August 2014

1050 PORTLAND AVE, GLADSTONE, OR 97027 (503) 655-7701

PUBLISHED BI-MONTHLY - SUBSCRIPTION RATES \$8.00 JANUARY-DECEMBER

CENTER HOURS: MONDAY-FRIDAY, 8:30am – 5:00pm

Website- gladstoneseniors.org



Dates to Remember:

Friday, July 4th – Independence Day (Center Closed)

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, and a delicious BBQ lunch with dessert!

Entertainment by “**Music by Kathy**”

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

50th ANNIVERSARY PARTY

Wednesday, July 30th at 11:30am

All couples who have been married for 50 years or more are invited to join us in a Celebration in your honor! Come celebrate with a special lunch!

Entertainment by “**Mark J**”



We request, as a courtesy to our staff who would like to provide the best celebration as possible, be sure to RSVP by July 20th. Please call at (503) 655-7701.

Also, let the receptionist know what year you were married.

Sponsored by The Foundation.



NATIONAL NIGHT OUT

Tuesday, August 5th at 6pm

Come over and get to know your neighbors! Once again, we are hosting this year's National Night Out. **FREE** ice cream, popcorn & drinks will be available!

We will enjoy musical entertainment as well as a visit from local Police and Fire!

National Association of Town Watch is a non-profit organization dedicated to the development and promotion of various crime prevention programs devoted to safer communities. For more information, log onto www.natw.org.

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, July 21st & August 18th - 10:30AM

JULY BOOK: "Crossing to Safety" by – Wallace Stegner

The portrait of a friendship between two couples over the course of nearly 40 years, it draws us into these people and their lives, we come to love them despite their failings – the way true friends do.

ALTERNATE BOOK: "Lunatics" by – Dave Barry & Alan Zweibel
Light reading with many chuckles by that humorous writer Barry. Here he collaborates with additional "funny man" Zweibel.

AUGUST BOOK: "The Beginners Goodbye" by – Anne Tyler

This book is a subtle exploration of loss and recovery, pierced throughout with the author's humor, wisdom and always a penetrating look at "human foibles".

ALTERNATE BOOK: "The Orphan Train" by – Christina Baker

A powerful novel of upheaval and resilience, unexpected friendship and the secrets people carry with them in their lives.



Rhonda's Ramblings

The spring weather has been great for the gardens. I got home from my trip to London and the rain and sun had my garden looking really nice. The weeds are growing really well also. I saw some beautiful sights as I travel on the Underground and trains in and around London. I went to the Chelsea Flower Show and had a great time looking at all the beautiful flowers.



We could have spent another week there to see the sights we missed.

The staff is looking ahead for our Couples 50th Anniversary luncheon on July 30th.

We would like to include as many couples in Gladstone married those 50 golden years or more. Please invite your neighbors and let them know about this special event.

The Center will be holding a National Night Out event this year once again. We will have some music on hand and goodies to eat. Come join us August 5th at 6:00.

Jal Duncan, our favorite local photographer is coming!

- Are you frustrated by what to do with all those pictures you've been taking over the years?
- Are you overwhelmed with the size and complexity of the task?
- Do you have old slides, prints, negatives and digital pictures to wrestle with?

Jal has some great ideas and suggestions which will help organize your family's history, making it chronicled and easy to access.

Call The Senior Center to sign up at (503) 655-7701

Monday evening, July 14 from 6:30 – 8:30pm

Cost: \$10

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.



JULY & AUGUST 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.

July 11- Cannon Beach

Rescheduled trip for the one cancelled in May. First chance goes to those who were originally scheduled to go in May. There may be a couple of spots available.

Leave: 8:30am Return: 4:30pm Fare: \$20 (includes bus)

July 18 – Culinary Institute and Japanese Garden

We always enjoy our lunches at the Culinary Institute. Afterwards we will go to the Japanese Garden near Washington Park.

Leave: 11am Return: 3:30pm Fare: \$26 (includes bus, lunch & Garden)

July 25- Maryhill Museum and Picnic

This museum was built as a lavish private home. The artwork is amazing here as well as the views. We will provide a picnic lunch for your enjoyment.

Leave: 8:30am Return: 4:30pm Fare: \$30 (includes bus, lunch and museum)

July 31- (Thursday) Carousel at Clackamas Repertory

This 1945 musical by Rodgers and Hammerstein is set in a whimsical carnival world filled with romance, robbery and intrigue. Of all the shows they created, Carousel was Rodgers and Hammerstein's personal favorite.

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

August 9 – (Saturday) Aurora Colony Days

Tour the Old Aurora Colony Museum and learn about life in pioneer times. Browse 16 antique shops, enjoy the parade, living history demos, an outdoor antique fair, heritage walking tour and more!

Leave: 9am Return: 3pm Fare: \$7 (includes bus) Lunch - on your own

August 15 – Mt. Hood Roasters Tour and Timberline Lodge

Mt. Hood Roasters is a small-batch coffee company. We will enjoy a tour of their facility and then drive up to Timberline Lodge to have lunch and see the lodge.

Leave: 9am Return: 3pm Fare: \$15 (includes bus & tour)

August 22 – Oregon State Fair

The big one! Animals, arts and crafts, entertainment, the midway – so much to see at the fair!!!

Leave: 8:30am Return: 4:30pm Fare: \$20(includes bus and admission)

September 5 – Rogue Hop Farm (Independence)

Discover the growing revolution at this farm where they grow most of the ingredients for the beer they make. Meet Voo and Doo, potbellied pigs. You can also play lawn games while enjoying a pint of beer. We will have lunch at a local restaurant before we visit the farm.

Leave: 9:30am Return: 4pm Fare: \$15 (includes bus and tour)

FRIDAY EXCURSIONS – NEW POLICY – *All trips need to 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 -SUMMER

AUGUST PALMTREE SUNCREAM
 BUCKET SAND SUNGLASSES
 FRECKLES SEA SWIMMING
 HEAT SHADE SWIMMINGPOOL
 ICECREAM SPADE VACATIONS
 JUNE SUN WAVES
 LAUGHING SUNBURN



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

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, Line Dancing, Tai chi, Foot Clinic, Sing Alongs, Ukulele, Guitar and much much more. In May we had a wonderful Mother's Day lunch and tea and in June we had a fun Father's Day party with root beer floats! 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.

Make sure you check out Cultural Festival Events at the Gladstone Senior Center, August 1-3, 2014.

CLACKAMAS COUNTY ENERGY ASSISTANCE

Clackamas County is conducting the 2014 Energy Assistance Summer Outreach Program. This outreach is targeted at NW Natural Gas and PGE customers who have never received energy assistance or are eligible for additional assistance. The summer outreach ends September 30, 2014.

For assistance or more information contact:
 Clackamas County Social Services
 (503) 650-5640.

Income guidelines:

<u>Household size</u>	<u>Gross Monthly Income</u>
1	\$1,808.91
2	\$2,365.49



**Mother's
 Day
 2014**

RAINBOWS - HAPPY JULY BIRTHDAYS

Patricia Shindler	3	Ronald Dove	7	Delores Ellis	18
Gloria Owens	4	Kathleen McKay	9	Alta Kirkman	25
Betty Pogue	5	Edie Smith	11	Bonnie Church	25
Clyde Forsberg	5	Georgene Bontty	13	Peggy Jubb	27
Boots Droz	6	Prudence Blum	14	Dee Nelson	29

RAINBOWS - HAPPY AUGUST BIRTHDAYS

Patricia Morris	1	John Serdar	8	Olive Harris	15
Lucille Santos	1	David Williams	9	Linda Wiese	16
Midge McBride	5	Eula Kempker	10	Fran Murphy	17
Noreda May	5	Walt Lachapelle	12	Richard Gross	19
Billie Loomis	5	Joanne Gothard	13	Gerrie Serdar	28
Lorraine Sahlie	7	Jeanne O'Connor	13		



Sympathies to Family & Friends of: Bob Nelson

Get Well: Ruth Meyer, Jane Eilerson, Mary Cotugno



You can help Gladstone Senior Center earn donations just by shopping with your Fred Meyer card!

We are very excited about a new Community Rewards program from Fred Meyer that helps Nonprofit Organizations! Fred Meyer is donating 2.5 million/year to non-profits in Alaska, Idaho, Oregon & Washington.

Here's how the program works: 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 on at the Customer Service Desk of any store.

To link your Rewards Card, please go to www.fredmeyer.com/communityrewards.

You can search by our name – **Gladstone Seniors Foundation** or by our non-profit number **90032**.

If you need assistance with registering online, please ask for Shari or Jamie at the Senior Center.

Please note: the donation comes directly from Fred Meyer and does NOT impact your rewards points, rebates or fuel point. **THANK YOU FOR YOUR SUPPORT!**

CLASS AND TRAM TRIP SCHOLARSHIP PROGRAM

The Gladstone Senior Center is now offering a scholarship program starting July 1st.

This program helps 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.

Check out and LIKE our new 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!



Like us on
Facebook

AARP SMART DRIVER COURSE

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.

Tuesday, July 15th AND Wednesday, July 16th from 9 – 12:30pm

**Must attend BOTH sessions - 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.

RUMMAGE SALE TABLE

A wonderful, on-going fundraiser we have here at the Senior Center is our Rummage Sale Table. If you have items you don't want, please consider donating them to us!

All donations are greatly appreciated!

Proceeds go towards our Meals on Wheels Nutrition Program.

Examples of accepted items: artwork, kitchen items, housewares, yarn, crafts, jewelry, purses, dvds, cds, lamps, home décor, etc.

**Please no clothes or shoes*



8 Summer Safety Tips

Summer is a time for enjoying the great outdoors! Unfortunately, the summer sunshine, UV rays and heat also can bring a few dangers, especially for seniors, including sunburn, eye damage, dehydration, heat exhaustion and more.

With some precautionary steps and healthy senior personal care, everyone can enjoy the blue skies and warm weather.

Below is a list of 8 things seniors can do to improve their safety during the hot summer months.

- 1. Drink plenty of fluids:** Aim to drink 6 to 8 glasses of water per day. By the time you are thirsty, your body is already dehydrated. For seniors, the feeling of thirst decreases as we age, so be sure to increase your water intake if you are exercising or doing any type of prolonged physical activity. Of those fluids you are taking in, be sure they are non-alcoholic and decaffeinated. Carbonated sodas and pops may taste good, but they will only further your dehydration.
- 2. Pick the right outfit with accessories:** When possible, wear loose, lightweight, and light-colored long sleeves to help protect your skin from sun, while also allowing your skin to breathe. Use wide brimmed hats to keep the sun off of your face and neck, as well as full coverage (wrap around) sunglasses for the best eye protection. Glasses that block UVA and UVB rays can help reduce the cumulative effect of damage linked to cataracts and age-related macular degeneration.
- 3. Turn on your air conditioning:** Air conditioning is important when it is hot and humid outside. During a heat wave, if you don't have central air or a room air conditioner, spend part or most of each day at locations with air condition, including a friend's house, shopping mall, senior center, or movie theater.
- 4. Be an early bird or night owl:** The sun is strongest between 10 am-4 pm. If you must be outside during a summer heat wave, limit your outdoor activity to the morning and the evening, when the temperature is lower and the sun is less intense.
- 5. Watch for heat stroke:** It is extremely important to watch for signs of heat stroke, especially for seniors. Some signs to look for include confusion, disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, and a rapid pulse. If you or someone you know experiences these symptoms, seek medical attention immediately.
- 6. Check on friends & family:** Use the rising temperatures as an opportunity to catch up with your neighbors & relatives, especially the elderly & those who do not have air conditioning. Plan outings together in places that have air conditioning.
- 7. Review your medications:** Many seniors use medications daily. Some medications can cause side effects, like increased sensitivity to ultraviolet (UV) rays. Review all medications and check with a doctor or pharmacist for any questions.
- 8. Wear sunscreen:** Sunscreen is a major component to preventing sunburns. Look for a sunscreen that blocks both UVA and UVB rays, and also have a sun protection factor (SPF) of 15 or more. Be sure to apply it about 15-30 minutes before exposure. If you're enjoying water activities, be sure to reapply your sunscreen frequently. For more information on the benefits and facts on sunscreen, check out an article published by the EPA.

It only takes about 15 minutes for the sun to damage unprotected skin. You may not notice it immediately, but the damage is there. With these 8 tips, everyone can enjoy the warm weather.



General Sunburn Safety - If you do get sunburned, your skin may become warm, red, and blistered (in extreme cases). The area may be painful and feel itchy at times. If the pain is too much, the CDC recommends aspirin, acetaminophen, or ibuprofen. A cool shower or bath may also relieve the pain. Aloe cream can soothe and moisturize the skin after the bath. Since sunburns can dehydrate your body, increase your fluid intake for the next two to three days.

Credit: <http://www.compassionatecaremi.com/>

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 hour notice**. Tell the receptionist about **all the stops** you want to make.

Lunch Pick-Up – Tuesday, Wednesday & Thursday. Be ready by 10:30am.

Grocery Shopping Schedule

All shopping begins after lunch at the Center.

1st Tuesday – Fred Meyer

2nd Tuesday – No shopping due to foot clinic

3rd Tuesday – Walmart

4th Tuesday – Milwaukie Marketplace

Wednesdays – Safeway every week

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 Tuesday, Wednesday or Thursday between 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 – Tuesday & Thursday at 10:30am – 11:30am

Hiking Group – 2nd Monday of each month 9am.
Cost: \$7.

SOCIAL SERVICES

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

NUTRITION

Noontime Meals at Center – Meals served on Tuesday, Wednesday & Thursday. 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
Jun. 28 - 30, 2014*

or current occupant

GLAD TYDINGS
SENIOR CENTER NEWSLETTER
July & August/2014

Fall Prevention Seminar

Wednesday, July 23rd – 9:30am-11:30am @ Senior Center

FREE TO THE PUBLIC!

Join us for a two hour interactive class to learn about:

Pedestrian Safety – Exercises for Strength, Endurance and Balance –
Concussion Education and Prevention – Community Resources
– Fall Prevention Methods

FREE Safety Item Provided & FREE Healthy Snack Provided

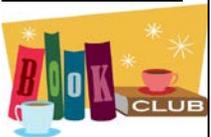
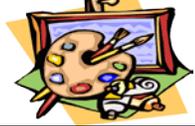
To register for this fall prevention seminar, please contact:
Shelby Martin or Kayt Zundel at (503) 312-5074 or (503)494-5353
Email: matterofbalance@ohsu.edu

SAVE THE DATE
September 8th – Spirit Mountain Casino

July, 2014

SUN	MON	TUES	WED	THURS	FRI	SAT
		<u>1</u> Lunch- Chicken Chop Suey/Rice <u>Yoga Begin 9am</u> BINGO FRED MEYER <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u>	<u>2</u> Volunteer Appreciation BBQ Lunch SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u>	<u>3</u> Lunch-BBQ Chicken <u>Yoga 9am</u> PINOCHLE <u>Adventures in Pastels 2pm</u>	<u>4</u>  HAPPY 4TH OF JULY CENTER CLOSED	<u>5</u>
<u>6</u>	<u>7</u> <u>9am Walkers</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u>  <u>Guitar 1:45pm</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>	<u>8</u> Lunch- Pork Sausage Gravy <u>Yoga Begin 9am</u> BINGO FRED MEYER <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u>	<u>9</u> Lunch- Beef Liver & Onions SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u> 	<u>10</u> Lunch- Breaded Fish w/tartar Sauce <u>Yoga 9am</u> PINOCHLE <u>Adventures in Pastels 2pm</u>	<u>11</u> <u>TRAM TRIP – Cannon Beach (Rescheduled)</u> <u>Yoga 9am</u> BRIDGE <u>Oil Painting with Judy 5:30-9pm</u>	<u>12</u>
<u>13</u>	<u>14</u> <u>9am Hikers – Wahclella Falls</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> <u>Guitar 1:45pm</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u> <u>Jal Duncan 6:30pm</u>	<u>15</u> Lunch-Chicken <u>Foot Clinic 8:30am</u> <u>Yoga Begin 9am</u> <u>AARP Safe Driving 9-12:30pm</u> BINGO <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u>	<u>16</u> Lunch- Roast Turkey <u>AARP Safe Driving 9-12:30pm</u>  SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u>	<u>17</u> Lunch- Spaghetti  <u>Yoga 9am</u> PINOCHLE <u>Adventures in Pastels 2pm</u>	<u>18</u> <u>TRAM TRIP – Culinary Institute & Japanese Garden</u> <u>Yoga 9am</u> BRIDGE	<u>19</u>
<u>20</u> <u>Oil Painting with Judy 2-6pm</u> 	<u>21</u> <u>9am Walkers</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> <u>Book Club 10:30am</u> <u>Guitar 1:45pm</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>	<u>22</u> Lunch-Potato & Ham Salad <u>Yoga Begin 9am</u> BINGO WALMART <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u>	<u>23</u> Lunch- Pork w/Orange Glaze <u>Fall Prevention Seminar 9:30am</u> SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u>	<u>24</u> Lunch- Meatloaf ½ Sandwich <u>Yoga 9am</u> PINOCHLE <u>Adventures in Pastels 2pm</u>	<u>25</u> <u>TRAM TRIP – Marvhill Museum & Picnic</u> <u>Yoga 9am</u> BRIDGE <u>Oil Painting with Judy 5:30-9pm</u>	<u>26</u>
<u>27</u>	<u>28</u> <u>9am Walkers</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> <u>Guitar 1:45pm</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>	<u>29</u> Lunch-Sloppy Joe <u>Yoga Begin 9am</u> BINGO MARKETPLACE <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u>	<u>30</u> 50 th Anniversary Party  SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u>	<u>31</u> Lunch -Chicken in Peanut Sauce <u>Yoga 9am</u> PINOCHLE <u>Adventures in Pastels 2pm</u> <u>TRAM TRIP – Carousel!</u>	<u>MEALS ON WHEELS SERVED MONDAY – FRIDAY FOR QUALIFIED CLIENTS.</u> 	

August, 2014

SUN	MON	TUES	WED	THURS	FRI	SAT
			<p>NOONTIME MEALS ARE SERVED AT THE CENTER ON TUESDAYS, WEDNESDAYS & THURSDAYS.</p> <p>COST: SUGGESTED DONATION \$2.50 UNDER 60 - \$4.25</p>		<p><u>1</u> <u>Yoga 9am</u></p> <p>BRIDGE</p> <p><u>Computer</u> <u>1:30-3:30pm</u></p>	<p><u>2</u> <u>Cultural Festival</u> <u>Parade/Pancake Breakfast</u></p> 
<p><u>3</u></p>	<p><u>4</u> <u>9am Walkers</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u></p> <p>GOLD STAR BINGO & POTLUCK</p> <p><u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>5</u> <u>Lunch –Beef Chili</u> <u>Yoga Begin 9am</u></p> <p>BINGO FRED MEYER</p> <p><u>Yoga 5:25pm</u> <u>Yoga6:30pm</u></p> <p><u>Line Dance 6-7pm</u> <u>Line Dance 7-8pm</u></p> <p>NATIONAL NIGHT OUT 6pm</p>	<p><u>6</u> <u>Lunch –Chicken Pasitina</u></p> <p>SAFEWAY</p> <p><u>Watercolor 2-4pm</u></p> <p><u>Yoga 6pm</u></p> 	<p><u>7</u> <u>Lunch – Roast Pork with Gravy</u></p> <p><u>Yoga 9am</u></p> <p>PINOCHLE</p>	<p><u>8</u> <u>Yoga 9am</u></p> <p>BRIDGE</p> <p><u>Oil Painting with Judy Stubb</u> <u>5:30-9pm</u></p>	<p><u>9</u> <u>TRAM TRIP – Aurora Colony Days</u></p>
<p><u>10</u></p>	<p><u>11</u> <u>9am Hikers – Silver Falls BBQ & Potluck</u></p>  <p><u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u></p> <p><u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>12</u> <u>Lunch – Braised Beef Tips</u></p> <p><u>Foot Clinic 8:30am</u></p>  <p><u>Yoga Begin 9am</u></p> <p>BINGO</p> <p><u>Yoga 5:25pm</u> <u>Yoga6:30pm</u></p>	<p><u>13</u> <u>Lunch –Baked Fish w/Tartar Sauce</u></p>  <p>SAFEWAY</p>	<p><u>14</u> <u>Lunch – Turkey Loaf w/Gravy</u></p> <p><u>Yoga 9am</u></p> <p>PINOCHLE</p>	<p><u>15</u> <u>TRAM TRIP – Mt. Hood Roasters Tour & Timberline Lodge</u></p> <p><u>Yoga 9am</u></p> <p>BRIDGE</p>	<p><u>16</u></p>
<p><u>17</u></p>	<p><u>18</u> <u>9am Walkers</u> <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>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>19</u> <u>Lunch –Roast Pork w/Gravy</u></p> <p><u>Yoga Begin 9am</u></p> <p>WALMART BINGO</p> <p><u>Yoga 5:25pm</u> <u>Yoga6:30pm</u></p>	<p><u>20</u> <u>Lunch – Chicken Patty w/Gravy</u></p> <p>SAFEWAY</p>	<p><u>21</u> <u>Lunch –Spaghetti w/Meat Sauce</u></p> <p><u>Yoga 9am</u></p> <p>PINOCHLE</p>	<p><u>22</u> <u>TRAM TRIP – Oregon State Fair</u></p> <p><u>Yoga 9am</u></p> <p>BRIDGE</p> <p><u>Oil Painting with Judy Stubb</u> <u>5:30-9pm</u></p> 	<p><u>23</u></p>
<p><u>24</u> <u>Oil Painting with Judy Stubb 2-6pm</u></p>	<p><u>25</u> <u>9am Walkers</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u></p> <p><u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>26</u> <u>Lunch- Chicken</u></p> <p>MARKETPLACE BINGO</p>	<p><u>27</u> <u>Lunch- Beef & Penne</u></p> <p>SAFEWAY</p>	<p><u>28</u> <u>Lunch-White Chili w/Chicken</u></p> <p>PINOCHLE</p>	<p><u>29</u></p> <p>BRIDGE</p>	<p><u>30</u></p>
<p><u>31</u></p>	<p><u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>					