

GLAD TYDINGS NEWSLETTER

GLADSTONE SENIOR CENTER

September & October, 2014

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

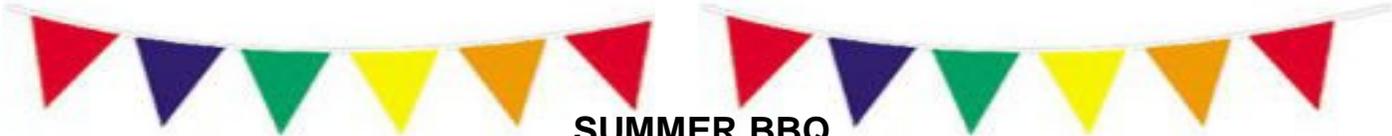
PUBLISHED BI-MONTHLY - SUBSCRIPTION RATES \$8.00 JANUARY-DECEMBER

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

Website- gladstoneseniors.org

Dates to Remember:

Monday, September 1st – Labor Day (Center Closed)



SUMMER BBQ

Wednesday, September 10th at 11:30am

Once again we are firing up the grill! Please join us for another fun BBQ!

Entertainment “**Music by Kathy**”

It is sure to be a good time! Cost: *Donation*

Make sure you call or sign up at The Center to save your spot.



ARM YOURSELF - With a **Walgreens** Flu Shot

Walgreens Pharmacists will be giving flu shots at the Gladstone Senior Center on Wednesday, **October 1st from 10 - NOON**. It will be a brown bag event so, with the flu shots, you can also get a free blood pressure check and consultation. The CDC recommends annual flu shots for everyone 6 months and older. Each **Walgreens** pharmacist goes through an extensive training program to be able to provide immunization services. Most insurance is accepted and no appointment is necessary. *If you have Medicare Part B, you will have **NO out-of-pocket costs!** No Insurance Cost: \$25.99*



HALLOWEEN SPOOKTACULAR LUNCH

Wednesday, October 29th at 11:30am

Trick or Treat, give me something good to eat!

Please join us for a ghoulish time at our Halloween Spooktacular Lunch party!

Dress up in your favorite Halloween costumes ~ prizes will be awarded for the best costumes!

Entertainment by “**Art Goodman**”

Make sure you sign up at the Center!

COME ENJOY A SPOOKY MEAL, GREAT ENTERTAINMENT

AND HAVE A HOWLING GOOD TIME!

Costumes are not required...but they are encouraged!

Cost: *Donation*



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, September 15th & October 20th - 10:30AM

SEPTEMBER BOOK: "The Imposter Bride" by – Nancy Richler

Set in post WWII Montreal. An abandoned daughter searches for her mother. Beautifully written, the story alternately told in the third person, (missing mother) and The first person, (her daughter).

ALTERNATE BOOK: "Flight Behavior" by – Barbara Kingsolver

The heroine lives in a rural corner of Appalachia. There are weighty issues here but it never seems heavy handed. It is a timely novel, slightly concerned with global warming.

OCTOBER BOOK: "The Execution of Noa P. Singleton" by – Elizabeth L. Silver

This introspective first novel by Singleton analyzes Capital Punishment. The main narrative is in Singleton's words, a first person journal, although there are other characters in the story.

ALTERNATE BOOK: "Once Upon a Tower" by – Eloisa James

For a respite we can read something light, like a Gothic Romance. Somewhat historical, the setting is early Scotland when marriages were always arranged for economic reasons.



Rhonda's Ramblings

Did you know that the Center has 3 Senior Companions that go out and visit and take clients places? They work for Clackamas Volunteer Connection through a Federal program that helps people stay in their home. I would like to thank Patty Phillips, Doris Miller and Patsy Olsen for the dedication and hours of service they have given to the Community.



The Center honored 17 couples at our 50th Anniversary Party. We celebrated with these couples: Dale & Lorene Leabo, 68 years; Hank & Frances Henthorne, Del & Edie Smith, 67 years; Don & Irene Cawley, 66 years; Dennis & Ramona Dalling, Charley & Doris Wallis, Bill & Dorothy Clunie, 63 years; Cleo & Danna Bayless, 61years; Bill & Carol Summers, 60 years; Ben & Mary McConnell, 56 years; Antonio & Anna Fuentes, Keith & Judy Sevigny, 55 years; Ed & Vivian Milan, Wayne & Carolyn Hauck, 54 years; Everett & Peggy Buttolph, 53 years; Ray & Mary-Elise Diedrich, 52 years and Ashley & Alta Kirkman, 51 years. Congratulations to all the enduring Couples. What a great accomplishment!

I would also like to wish my Dad a Happy Birthday! He will be 84 in September!

Please support your local Meals on Wheels Program!

As a fundraiser, the Senior Center has 5 really nice baskets that will be raffled off at our Summer BBQ on September 10th. Come get your raffle tickets today!

Cost: \$1.00 each or 6 for \$5.00 ~ You do NOT need to be present to win.

Theme baskets include: Coffee basket, wine basket, waffle basket, fondue basket & mixer/baking basket

ENTERTAINMENT BOOKS 2015

It's that time of year again....We are selling Entertainment books as a fundraiser for our Meals on Wheels Program!

To start saving, you can get them at the front reception desk at The Center.

Come get yours today as they go fast!





SEPTEMBER & OCTOBER 2014 TRAM TRIPS

TRIP POLICY- SIGN UP SEPTEMBER 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.

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)

September 12 – Cedar Creek Grist Mill

We will travel to Woodland, Washington to take in the inspiring views and guided tour of this mill. Built in 1876, this water powered mill still produces flour and cornmeal like over 100 years ago. On the way home we will have lunch at the Oak Tree Restaurant.

Leave: 8:30am Return: 2pm Fare: \$15 (includes bus & tour)

September 15 – Hike to Wahclela Falls

Leave: 9am Fare: \$7 (Includes bus) Bring a sack lunch.

September 26 - Astoria

So much to see in Astoria! We will have some time to explore downtown, have lunch see the Astor Tower, and weather permitting, board the River from Trolley for a one- hour narrated tour on a restored 1913 trolley car.

Leave: 8:30am Return: 4:30pm Fare: \$22 (includes bus and trolley)

October 3 – Holy Trinity Greek Festival

At this annual festival, we will enjoy a delicious Greek lunch. You can also tour the church, shop the marketplace and enjoy live music. Don't miss the honey donut holes – yum!!

We'll make a stop at Trader Joes on the way home.

Leave: 10am Return: 3pm Fare: \$17 (includes bus and meal)

October 11 – (Saturday) Guide Dogs for the Blind Graduation

Bring your hankies!! At this ceremony, the guide dogs will “graduate” from training to be presented to their new owners. Always moving and inspiring!

Leave: 12:30pm Return: 3:30pm Fare: \$5 (includes bus)

October 13 – Sauvie Island Hike/Pumpkin Patch

Leave: 9am Fare: \$7 (includes bus) Bring a sack lunch.

October 17 – Rasmussen Farms

We always enjoy a trip to Rasmussen Farms in Hood River. They have many types of apples to choose from, other produce, a small corn maze, “Pumpkin Funland” and more!! Afterwards, we will have lunch at the CharBurger in Hood River.

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

November 1 – Verboort Sausage Dinner

Shop the bazaar, play bingo, buy produce, sausage or kraut, tour the church and best of all – LUNCH!!

All you can eat homemade sausage and kraut, as well as mashed potatoes, salad, beans, roll and pie....YUM!

Leave: 9am Return: 2pm Fare: \$20.00 (includes bus and meal)

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

ACORNS FALL LEAVES
 AUTUMN FOOTBALL PUMPKINS
 CARMEL APPLES GOURDS SCARECROW
 CIDER HALLOWEEN SQUASH
 COLORS HARVEST TIME CHANGE
 COLUMBUS DAY HARVEST MOON TRACTORS
 CORN MAZE HAY RIDES



Z B Y S E D I R Y A H P N N
 E Z A M N R O C B M U M E N
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MEDICARE 101 PRESENTATION

Wednesday, October 22nd

From 10:30-11:30am **FREE**

This is the Medicare session you do not want to miss! SHIBA (Senior Health Insurance Benefits Assistance) Counselors go through extensive training on Medicare and all the most recent changes. They will be in attendance to answer questions following the presentation. Additionally, participants will have the opportunity to sign up for a one hour personalized appointment with a Certified SHIBA Counselor Volunteer. The enrollment workshop for individual counseling sessions will be held after the presentation from 11:30-1:30pm.

MEDICARE ENROLLMENT WORKSHOP

Wednesday, October 22nd

From 11:30-1:30pm **FREE**

If you are preparing to enroll in Medicare for the first time, or are wondering if you have chosen the best plan for your needs, call now and make an appointment. This is an outstanding opportunity that provides a "Medicare Checkup" to ensure you are fully utilizing this important medical and drug program. Clackamas County SHIBA: (503) 655-8269

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, Guitar and much much more. In July we had tons of fun at our Patriotic Volunteer Appreciation BBQ! We also had a wonderful 50th Anniversary lunch to honor couples married over 50 years! In August we got to know our neighbors a little better while hosting our annual National Night Out. 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.

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 at (503) 650-5640.

Income guidelines:

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



RAINBOWS - HAPPY SEPTEMBER BIRTHDAYS

Peggy Buttoph	10	Irene Champion	19		
Jane Eilerson	14	Barbara Gross	21		
Stella Toman	15	Laura Routson	23	Jim McGougan	26
Elnora Gipson	16	Joseph Ellerby	25	Frances Henthorne	30

Work Anniversary; Rhonda Bremmeyer - 25 years on 9/27!

RAINBOWS - HAPPY OCTOBER BIRTHDAYS

Doralene Leach	3	Joan Funk	18	Gary Deierling	30
Carol Summers	15	Diana DePeel	19		

Sympathies to Family & Friends of: Mary Cotugno, Allan Forsman, Max Edwards (Harry Edward's Son), Margorie VanZante



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. 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 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.

SPIRIT MOUNTAIN CASINO TRIP – SIGN UP NOW TO RIDE IN STYLE!

Monday, September 8th

BOARDS AT 8:15AM ~ LEAVE CASINO AT 3:30PM

COST: \$5.00 PER PERSON (Non Refundable)

~Fundraiser for our Meals on Wheels Program~

MUST BE A COYOTE CLUB MEMBER!

FOR MORE INFORMATION OR TO SIGN UP, CONTACT THE GLADSTONE SENIOR CENTER AT (503) 655-7701.



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.

Thursday, September 4th AND Friday, September 5th from 1 – 4:30pm

****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.

Class Teacher will be our very own Shari Wilson!



Sleeping

Getting a Good Night's Sleep

Everyone enjoys a good night's sleep. But falling asleep and staying asleep isn't always easy. Sleep problems and fatigue can go hand in hand with aging, making a good night's sleep more elusive. If you're having trouble sleeping, the following suggestions may help. But if the problem persists, talk with your doctor or a sleep disorders specialist. Not only do you need a good night's sleep, you deserve one!

If sleep eludes you, try these tips:

1. Reduce noise and light in your sleeping area.
2. Make sure your bed is comfortable. Invest in a good mattress and pillow.
3. Avoid consuming caffeine, nicotine, alcohol, and heavy foods close to bedtime.
4. Go to bed and wake up at the same time every day, following the same bedtime routine each night.
5. Fight that after dinner drowsiness. Try to stay awake until bedtime. Find something to do to keep busy.
6. Avoid taking daytime naps. If you need a nap, take one early in the day and limit sleep to 30 minutes.
7. Take a warm bath or read a good book before bed.

CREDIT: www.seasonedtimes.com

WILLS, TRUSTS & ESTATE PLANNING

Wednesday, October 8th from 6:30-7:30pm

Learn fundamentals of wills, trusts, powers of attorney, advance directives, probate and trust administration. Find a personalized plan that fits your life and family.

Presented by local attorney, Joshua J. Lipps. *Tuition: \$10 (Senior \$5)*

Sign up through Gladstone Community Schools at (503) 650-8570

4th Annual Miles for Mileage ~ 5k Fun Run & Walk

Sunday, September 28th ~ 8:30am

Location: Clackamas Community College, Oregon City, OR

Fees: Before 9/20/2014 - \$23; Event-Day - \$30

Registration: www.eventbrite.com (search for Miles for Mileage or M4M)

Questions: Volunteer@Clackamas.us

VIEWS – CONVERSATIONS ON AGING: ENGAGING WITH ADULT CHILDREN

Wednesday, September 10th from 10-11:30am

Relationships with children change as we age. Examine current problems and foster greater understanding between generations. Be part of a discussion about relationships with adult children.

Talk about some of your concerns.

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.

Conversations on Aging are 90 minutes and most effective for groups of 5-10 participants.

Space is limited so contact the Center asap if you would like to sign up for any Conversations.



**WE WOULD LIKE TO GIVE A BIG CONGRATULATIONS TO CLYDE FORSBERG FOR
BEING THIS YEARS' CULTURAL FESTIVAL GRAND MARSHALL!
WHAT AN HONOR, WAY TO GO!**

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
Aug 29-31, 2014*

or current occupant

GLAD TYDINGS
SENIOR CENTER NEWSLETTER
September & October/2014



Patriotic Volunteer Appreciation BBQ

50th Anniversary Lunch

September, 2014

SUN	MON	TUES	WED	THURS	FRI	SAT
<p><u>Please Note:</u> Lunch Menu and Class Schedules are subject to change.</p>	<p><u>1</u> <i>Have a safe Labor Day</i></p>  <p>LABOR DAY CENTER CLOSED</p>	<p><u>2</u> Lunch- Chicken Alfredo Pasta</p> <p>BINGO FRED MEYER</p>	<p><u>3</u> Lunch- Beef Cabbage Bake</p> <p>SAFEWAY</p>	<p><u>4</u> Lunch- Lima Beans & Ham</p> <p>PINOCHLE</p> <p>AARP SAFE DRIVING 1-4:30PM</p>	<p><u>5</u> TRAM TRIP – Rogue Hop Farm</p> <p>BRIDGE</p> <p>AARP SAFE DRIVING 1-4:30PM</p> 	<u>6</u>
<p><u>7</u> PLEASE NOTE: Goldstar Potluck and Bingo – CANCELLED for September.</p>	<p><u>8</u> SPIRIT MOUNTAIN CASINO</p> 	<p><u>9</u> Lunch- Egg Salad Sandwich</p>  <p>Foot Clinic 8:30am</p> <p>BINGO</p>	<p><u>10</u> Summer BBQ</p>  <p>VIEWS – Engaging with Adult Children</p> <p>SAFEWAY</p>	<p><u>11</u> Lunch- Meatloaf w/gravy</p> <p>PINOCHLE</p>	<p><u>12</u> TRAM TRIP – Cedar Creek Grist Mill</p> <p>BRIDGE</p> <p>Oil Painting with Judy Stubb 5:30-9pm</p>	<u>13</u>
<u>14</u>	<p><u>15</u> 9am Hikers – Wahclela Falls</p>  <p>Book Club 10:30am</p>	<p><u>16</u> Lunch- Pork Patty w/gravy</p> <p>BINGO WALMART</p>	<p><u>17</u> Lunch- Chicken A La King</p> <p>SAFEWAY</p>	<p><u>18</u> Lunch- Turkey ½ Sandwich</p>  <p>PINOCHLE</p>	<p><u>19</u> BRIDGE</p>	<u>20</u>
<p><u>21</u> Oil Painting with Judy Stubb 2-6pm</p>	<p><u>22</u> 9am Walkers</p> <p>Tai Chi 9am Tai Chi 10am Tai Chi 11am</p> <p>Tai Chi 6pm Tai Chi 7pm</p>	<p><u>23</u> Lunch- Shepherd's Pie</p> <p>Yoga Begin 9am</p> <p>BINGO MARKETPLACE</p> <p>Yoga 5:25pm Yoga 6:30pm</p> <p>Line Dance 6:30pm Line Dance 7:30pm</p> <p>FALL BEGINS</p>	<p><u>24</u> Lunch- Chicken Pomodoro</p> <p>Genealogy 10am</p> <p>SAFEWAY</p> <p>Watercolor 2pm</p> <p>Yoga 6-7pm</p>	<p><u>25</u> Lunch- Chicken Patty</p> <p>Yoga 9am</p> <p>Acrylics 9:30am</p> <p>PINOCHLE</p> <p>Adventures in Pastels 2pm</p>	<p><u>26</u> TRAM TRIP – Astoria</p> <p>Yoga 9am</p> <p>BRIDGE</p> <p>Computer 1:30-3:30pm</p> <p>Oil Painting with Judy Stubb 5:30-9pm</p>	<p><u>27</u> HAPPY FALL</p> 
<p><u>28</u> Miles 4 Mileage 8:30 AM at Clackamas Community College (5k fun run & walk)</p>	<p><u>29</u> 9am Walkers</p> <p>Tai Chi 9am Tai Chi 10am Tai Chi 11am</p> <p>Tai Chi 6pm Tai Chi 7pm</p>	<p><u>30</u> Lunch- Roast Turkey w/Gravy</p> <p>Yoga Begin 9am</p> <p>BINGO</p> <p>Yoga 5:25pm Yoga 6:30pm</p> <p>Line Dance 6:30pm Line Dance 7:30pm</p>	<p>MEALS ON WHEELS SERVED MONDAY – FRIDAY FOR QUALIFIED CLIENTS.</p> 			

October, 2014

SUN

MON

TUES

WED

THURS

FRI

SAT

		<p><u>1</u> Lunch- Beef Chili</p> <p><u>FLU SHOTS</u> <u>10-NOON</u></p> <p><u>Genealogy 10am</u></p> <p>SAFEWAY</p> <p><u>Watercolor 2pm</u></p> <p><u>Yoga 6-7pm</u></p>		<p><u>2</u> Lunch- Spaghetti</p> <p><u>Yoga 9am</u></p> <p><u>Acrylics 9:30am</u></p> <p>PINOCHLE</p>  <p><u>Adventures in Pastels 2pm</u></p>		<p><u>3</u> <u>TRAM TRIP – Holy Trinity Greek Festival</u></p> <p><u>Yoga 9am</u></p> <p><u>BRIDGE</u></p> <p><u>Computer 1:30-3:30pm</u></p>		<p><u>4</u></p>					
		<p><u>5</u></p>		<p><u>6</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>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>		<p><u>7</u> Lunch-Mac & Cheese</p> <p><u>Yoga Begin 9am</u></p> <p>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>8</u> Lunch-Turkey Salad ½ Sandwich</p> <p><u>Genealogy 10am</u></p> <p>SAFEWAY</p> <p><u>Watercolor 2pm</u></p> <p><u>Yoga 6-7pm</u></p> <p><u>Wills, Trusts & Estate Planning 6:30-7:30pm</u></p>		<p><u>9</u> Lunch- Chicken Patty w/ Country Gravy</p> <p><u>Yoga 9am</u></p> <p><u>Acrylics 9:30am</u></p> <p>PINOCHLE</p> <p><u>Adventures in Pastels 2pm</u></p>		<p><u>10</u> <u>Yoga 9am</u></p> <p>BRIDGE</p> <p><u>Computer 1:30-3:30pm</u></p> <p><u>Oil Painting with Judy Stubb 5:30-9pm</u></p> 	
<p><u>12</u></p>		<p><u>13</u> <u>9am Hikers – Sauvie Island Hike/Pumpkin Patch</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>14</u> Lunch-Santa Fe Chicken Mini</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>Yoga 6:30pm</u></p> <p><u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u></p>		<p><u>15</u> Lunch- Breaded Baked Fish w/ Tartar Sauce</p> <p><u>Genealogy 10am</u></p> <p>SAFEWAY</p> <p><u>Watercolor 2pm</u></p> <p><u>Yoga 6-7pm</u></p>		<p><u>16</u> Lunch- Ground Beef & Noodles</p> <p><u>Yoga 9am</u></p> <p><u>Acrylics 9:30am</u></p> <p>PINOCHLE</p> <p><u>Adventures in Pastels 2pm</u></p>		<p><u>17</u> <u>TRAM TRIP – Rasmussen Farms</u></p> <p><u>Yoga 9am</u></p> <p>BRIDGE</p> <p><u>Computer 1:30-3:30pm</u></p>		<p><u>18</u></p>	
<p><u>19</u> <u>Oil Painting with Judy Stubb 2-6pm</u></p>		<p><u>20</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>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>		<p><u>21</u> Lunch-Baked Beef Rigatoni</p> <p><u>Yoga Begin 9am</u></p> <p>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>22</u> Lunch- Garden Chicken Mini Salad</p> <p>SAFEWAY</p> <p><u>Watercolor 2pm</u></p> <p><u>Yoga 6-7pm</u></p>		<p><u>23</u> Lunch- Beef Chili Mac</p> <p><u>Yoga 9am</u></p> <p><u>Acrylics 9:30am</u></p> <p>PINOCHLE</p> <p><u>Adventures in Pastels 2pm</u></p>		<p><u>24</u> <u>Yoga 9am</u></p> <p>BRIDGE</p> <p><u>Computer 1:30-3:30pm</u></p> <p><u>Oil Painting with Judy Stubb 5:30-9pm</u></p>		<p><u>25</u></p>	
<p><u>26</u></p> 		<p><u>27</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>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>		<p><u>28</u> Lunch- Chicken Chop Suey</p> <p><u>Yoga Begin 9am</u></p> <p>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>29</u> Lunch-Halloween Spooktacular Lunch Party</p> <p><u>Genealogy 10am</u></p> <p>SAFEWAY</p> <p><u>Watercolor 2pm</u></p> <p><u>Yoga 6-7pm</u></p>		<p><u>30</u> Lunch - Sloppy Joe</p> <p><u>Yoga 9am</u></p> <p><u>Acrylics 9:30am</u></p> <p>PINOCHLE</p> <p><u>Adventures in Pastels 2pm</u></p>		<p><u>31</u> <u>Yoga 9am</u></p> <p>BRIDGE</p> <p><u>Computer 1:30-3:30pm</u></p> 		<p><i><u>Please Note:</u></i> Lunch Menu and Class Schedules are subject to change.</p>	