

GLAD TYDINGS NEWSLETTER

GLADSTONE SENIOR CENTER

January & February, 2015

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: ci.gladstone.or.us/senior-center

Dates to Remember: (CENTER CLOSED)

Wednesday, December 31, 2014 – New Year's Eve (closed at 1pm)

Thursday, January 1, 2015 – New Year's Day

Monday, January 19, 2015 – MLK Day

Monday, February 16, 2015 – President's Day



TAX ASSISTANCE

Low-Middle-income tax payers, with special attention to age 60 and over, are welcome to sign up for tax assistance.

AARP Tax Aide volunteers provide *FREE* tax counseling and electronic preparation service for simple tax returns.

The Tax Assistance program will be on Fridays from 9am to 2:30pm starting Friday, February 6th.

Appointment scheduling will begin in January.

Call The Center to schedule your appointment. *No walk-in appointments!*
Make sure to call soon as appointments fill up fast!

VALENTINE'S LUNCH

Wednesday, February 11th at 11:30am

It's that special time of year when Valentine's is drawing near.

Join us for a delicious lunch on Valentine's Day!

Of course we will have entertainment by "**Mark J**" and lots of sweets!

Cost: \$2.50 Sign-ups are **REQUIRED** for this event!



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

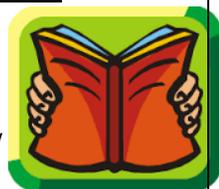
ADVISORY BOARD - 2015
ELAINE HERMENS- PRESIDENT
JIM PRICHARD - VICE PRESIDENT
LINDA ANDREWS-SECRETARY
WANDA COCHRANE,
DIANE BERRETH, KATIE ELLERBY
COLLETTE UMBRAS, NOREDA MAY

STAFF
MANAGER, RHONDA BREMMMEYER
TRAM, SHIRLEY SCRIVNER
CEBTER ASSISTANT, JAMIE SOUTHWORTH
NUTRITION COORDINATOR, DEBBIE FERREN

BOOK CLUB MEETING – MONDAY, January 26th & February 23rd at 10:30AM

JANUARY BOOK: “And the Mountains Echoed” by – Khaled Hosseini

Presents a story inspired by human love, how people take care of one another and how choices resonate through subsequent generations. Afghanistan 1952, an insight into that ravage country by the author of The Kite Runner. Depicts the poverty and “life of a family in 1952” follows this family’s events for the next 40 years (through several wars).



FEBRUARY BOOK: “A Week in Winter” by – Maeve Binchy

Ireland is the setting for this fascinating story and character study. Follows the efforts of Chicky, who with the help of Rigger (a bad boy turned good who is handy around the place) and her niece, Orla (a whiz at business), turns a coastal Ireland mansion in to a holiday resort and receives an assortment of first guests who throughout the course of a week share laughter and the heartache of respective challenges.

Rhonda’s Ramblings

The Center had a great Thanksgiving Lunch this past year. I would like to thank Rosemarie Kraxberger for her extra effort with the event it turned out to be a wonderful time. The food was excellent and the new music group was fun. Rosemarie has filled in for Debbie for the past couple of months and did a great job.

I would also like to welcome back Debbie after being gone an extended period of time. We are so happy for her return as we have missed her and have been anxious to have her back.

The trips have been busy and filling up fast so don’t wait too long to sign up for the next two months. Join us for some speakers will be having an emergency preparedness talk and after the last windy storm we all need to take some action to keep ourselves safe just in case.

Happy New Years to everyone!

GLAD TYDINGS NEWSLETTER RENEWAL

It’s that time of year again to renew your **bi-monthly** subscription for the Glad Tydings Newsletter.

To renew your subscription, fill out the renewal form and send it back to the Gladstone Senior Center – 1050 Portland Ave, Gladstone, OR 97027

along with the renewal fee of **\$8.00**. Make checks payable to: Gladstone Senior Center
Forms are also available at the Center. Remember to include your birthdate on the form.

If you have questions, please call the Center at (503) 655-7701.

JAN-DEC/2015-GLADTYDINGSNEWSLETTER- \$800

Name _____

Address(Street) _____ (Sp#) (City) _____

Phone#: _____ (Zip Code) _____

Email _____



Birthdate (include Mo/Day/Yr) For Self & Spouse

Self _____

Name Birthdate

Spouse _____

Name Birthdate

January, 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
		MEALS ON WHEELS SERVED MONDAY - FRIDAY FOR QUALIFIED CLIENTS.		¹  CENTER CLOSED New Years' Day	² BRIDGE	³
⁴ <u>Old Time Fiddlers</u> 1pm	⁵ <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u>  GOLDSTAR <u>Potluck/Bingo</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>	⁶ Lunch- Mac & Cheese <u>Arthritis Exercise</u> 10:30am BINGO FRED MEYER	⁷ Lunch- Chicken Pastina <u>Genealogy 10am</u> SAFEWAY 	⁸ Lunch- Curry Chicken & Rice <u>Arthritis Exercise</u> 10:30am <u>Acrylics 9:30am</u> PINOCHLE <u>Knitting & Crocheting Begin</u> 1-3pm	⁹ <u>TRAM TRIP - GUSTAV'S</u> BRIDGE	¹⁰
¹¹ <u>Oil Painting with Judy Stubb</u> 2-6pm	¹² NO HIKE TODAY <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> <u>Ukulele 2-2:45pm</u> <u>Guitar 2:45-3:30pm</u> <u>Arthritis Exercise</u> 4 - 5pm <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>	¹³ Lunch- Meatloaf ½ Sandwich <u>Foot Clinic 8:30am</u> <u>Yoga Begin 9am</u> <u>Arthritis Exercise</u> 10:30am BINGO <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u>	¹⁴ Lunch- Chicken Tetrizzini SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u>	¹⁵ Lunch- Egg Salad ½ Sandwich <u>Yoga 9am</u> <u>Acrylics 9:30am</u> PINOCHLE <u>Knitting & Crocheting Begin</u> 1-3pm <u>Adventures in Pastels 2pm</u>	¹⁶ <u>TRAM TRIP - Hubers & Rail Heritage Center</u> <u>Yoga 9am</u> BRIDGE <u>Computer</u> 1:30-3:30pm <u>Arthritis Exercise</u> 4 - 5pm <u>Oil Painting with Judy Stubb</u> 5:30-9pm	¹⁷
¹⁸	¹⁹  Martin Luther King, Jr. CENTER CLOSED MLK DAY	²⁰ Lunch- Chicken Pot Pie <u>Yoga Begin 9am</u> <u>Genealogy 10am</u> BINGO <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u>	²¹ Lunch- BBQ Smokehouse Chop <u>Watercolor 2pm</u> SAFEWAY <u>Yoga 6-7pm</u>	²² Lunch- Meatloaf w/Gravy <u>Yoga 9am</u> <u>Acrylics 9:30am</u> PINOCHLE <u>Adventures in Pastels 2pm</u>	²³ <u>TRAM TRIP - Stonecliff Inn</u> <u>Yoga 9am</u> BRIDGE <u>Computer</u> 1:30-3:30pm <u>Arthritis Exercise</u> 4 - 5pm	²⁴
²⁵	²⁶ <u>Book Club</u> 10:30am <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> <u>Ukulele 2-2:45pm</u> <u>Guitar 2:45-3:30pm</u> <u>Arthritis Exercise</u> 4 - 5pm <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>	²⁷ Lunch- Roast Turkey w/Gravy <u>Yoga Begin 9am</u> <u>Genealogy 10am</u> BINGO <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u>	²⁸ Lunch- Early American Goulash <u>Emergency Preparedness Presentation</u> 10:30am <u>Watercolor 2pm</u> SAFEWAY <u>Yoga 6-7pm</u>	²⁹ Lunch - Country Steak w/Gravy <u>Yoga 9am</u> <u>Acrylics 9:30am</u> PINOCHLE <u>Adventures in Pastels 2pm</u>	³⁰ <u>Yoga 9am</u> BRIDGE <u>Computer</u> 1:30-3:30pm <u>Arthritis Exercise</u> 4 - 5pm <u>Oil Painting with Judy Stubb</u> 5:30-9pm	³¹ <i>Please Note:</i> Lunch Menu and Class Schedules are subject to change.

February, 2015

SUN

MON

TUES

WED

THURS

FRI

SAT



**MEALS ON WHEELS
SERVED
MONDAY - FRIDAY FOR
QUALIFIED CLIENTS.**

Please Note:
Lunch Menus and
Class Schedules
are subject to change.

<p><u>1</u></p>	<p><u>2</u> GOLDSTAR Potluck/Bingo <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> <u>Ukulele 2-2:45pm</u> <u>Guitar 2:45-3:30pm</u> <u>Arthritis Exercise 4pm</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>3</u> Lunch- Beef Chili <u>Yoga Begin 9am</u> <u>Genealogy 10am</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></p>	<p><u>4</u> Lunch-Scallop Potato & Ham <u>Genealogy 10am</u>  <u>SAFEWAY</u> <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u> <u>Gardens of Mystery 7-8pm</u></p>	<p><u>5</u> Lunch- Turkey Salad ½ Sandwich <u>Yoga 9am</u> <u>Acrylics 9:30am</u> PINOCHLE <u>Crocheting 1pm</u> <u>Adventures in Pastels 2pm</u></p>	<p><u>6</u> <u>AARP Taxes</u> <u>Yoga 9am</u> BRIDGE <u>Computer 1:30-3:30pm</u> <u>Arthritis Exercise 4pm</u></p>	<p><u>7</u></p>
<p><u>8</u> <u>Oil Painting with Judy Stubb 2-6pm</u></p>	<p><u>9</u> NO HIKE TODAY <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> <u>Ukulele 2-2:45pm</u> <u>Guitar 2:45-3:30pm</u> <u>Arthritis Exercise 4pm</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>10</u> Lunch- Fish Patty w/Tartar Sauce <u>Foot Clinic 8:30am</u> <u>Yoga Begin 9am</u> BINGO <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u></p>	<p><u>11</u> Valentine's Lunch  <u>Genealogy 10am</u> SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u></p>	<p><u>12</u> Lunch- Lima Beans & Ham <u>Yoga 9am</u> <u>Acrylics 9:30am</u> PINOCHLE <u>Crocheting 1pm</u> <u>Adventures in Pastels 2pm</u></p>	<p><u>13</u> <u>AARP Taxes</u> <u>Yoga 9am</u> BRIDGE <u>Computer 1:30-3:30pm</u> <u>Arthritis Exercise 4pm</u> <u>Oil Painting with Judy Stubb 5:30-9pm</u></p>	<p><u>14</u> </p>
<p><u>15</u></p>	<p><u>16</u>  <u>CENTER CLOSED PRESIDENTS DAY</u></p>	<p><u>17</u> Lunch- Roast Turkey w/Gravy <u>Yoga Begin 9am</u> <u>Genealogy 10am</u> BINGO <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u></p>	<p><u>18</u> Lunch- Rotisserie Chicken <u>Genealogy 10am</u> SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u></p>	<p><u>19</u> Lunch - Mac & Cheese <u>Yoga 9am</u> <u>Acrylics 9:30am</u> <u>Health Presentation 11am</u> PINOCHLE <u>Crocheting 1pm</u> <u>Pastels 2pm</u> <u>Wills, Trusts & Estate Planning 6:30pm</u></p>	<p><u>20</u> <u>TRAM TRIP - Portland Home & Garden Show</u> <u>AARP Taxes</u> <u>Yoga 9am</u> BRIDGE <u>Computer 1:30-3:30pm</u> <u>Arthritis Exercise 4pm</u></p>	<p><u>21</u> <u>AARP Driving Safety Course 9-4:30pm</u></p>
<p><u>22</u></p>	<p><u>23</u> <u>Book Club 10:30am</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> <u>Living Well 1pm</u> <u>Ukulele 2-2:45pm</u> <u>Guitar 2:45-3:30pm</u> <u>Arthritis Exercise 4pm</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>24</u> Lunch- Beef Chili w/Beans <u>Yoga Begin 9am</u> <u>Genealogy 10am</u> BINGO <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u></p>	<p><u>25</u> Lunch - Turkey Loaf w/Gravy <u>Genealogy 10am</u> SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u></p>	<p><u>26</u> Lunch-Chicken Marsala Bake <u>Yoga 9am</u> <u>Acrylics 9:30am</u> PINOCHLE <u>Adventures in Pastels 2pm</u></p>	<p><u>27</u> <u>TRAM TRIP - Albertina's AARP Taxes</u> <u>Yoga 9am</u> BRIDGE <u>Computer 1:30-3:30pm</u> <u>Arthritis Exercise 4pm</u> <u>Oil Painting with Judy 5:30-9pm</u></p>	<p><u>28</u></p>



JANUARY & FEBRUARY 2015 TRAM TRIPS

TRIP POLICY- SIGN UP JANUARY 2nd 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.

January 9 - GUSTAVS (TRIP IS FULL)

JANUARY 16 - LUNCH AT HUBERS AND RAIL HERITAGE CENTER

We will enjoy a delicious lunch at Hubers in downtown Portland.

Afterwards we will visit the new Oregon Rail Heritage Center, home to several train engines and cars, and lots of history. My friend who visited here said that it is great!

Leave: 10:30am Return: 4pm Fare: \$7.00 (includes bus and museum)

JANUARY 23 - STONECLIFF INN FOR LUNCH

We will enjoy lunch at this restaurant overlooking the Clackamas River.

After lunch we'll take a drive (weather permitting).

Leave: 11am Return: 2pm Fare: \$5.00 (includes bus)

FEBRUARY 20 - PORTLAND HOME AND GARDEN SHOW

This show is about more than the garden-it's the whole home. A Fantastic display gardens, new and unique products, floral displays, plant sales, and more. Come enjoy all that this show has to offer. Food will be available at the Expo center if you wish.

Leave: 10am Return: 3pm Fare: \$15.00 (includes bus and show admission)

FEBRUARY 27- ALBERTINA'S

Albertina's is a long-time Portland charity that benefits children. We can shop the thrift, gift and antique shops there before having lunch in the Albertina's restaurant.

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

Leave: 10am Return: 2pm Fare: \$7.00 (includes bus)

MARCH 6 - IRISH DAY

We'll start with a stop at the Scottish Country Shop for all kinds of imports from Scotland, England and Ireland. Then to Kells for a lovely Irish lunch.

Leave: 10:00 Return: 2pm Fare: \$6.00 (includes bus)

FRIDAY EXCURSIONS - 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 – New Years

AULD LANG SYNE JANUARY
BABY NEW YEAR MIDNIGHT
CELEBRATE NEW YEAR'S DAY
CHEERS NEW YEAR'S EVE
COUNTDOWN OLD MAN TIME
DECEMBER PARTY
FATHER TIME RESOLUTION
FESTIVE THIRTY-FIRST
FIRST TWELVE O'CLOCK
HOLIDAY WINTER



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

Recipe of the Month ~ Heart Healthy Creamy Spinach Feta Dip

Ingredients:

10.5oz Frozen, chopped packaged spinach
½ cup fat-free yogurt
½ cup reduced fat sour cream
½ cup fat-free feta cheese, crumbled
1 tsp garlic from jar, jarred, minced
1/3 cup fresh, chopped parsley or dill
½ tsp black pepper
6 whole-wheat pitas, quartered



Directions:

1. Cook spinach according to directions and drain in colander (press with fork to drain completely).
2. Combine all ingredients in a bowl and mix well. Refrigerate for 1 hour and serve with pita slices.

THE GOLDEN RULES OF FOOD

1. **BUILD FROM BREAKFAST.** Break your night fast with a healthy breakfast.
2. **BRIGHTEN YOUR FOOD PALETTE.** Yellow peppers, red beets, purple cabbage, etc
3. **EAT AN APPLE A DAY.** And keep going. Fruits and vegetables lower your risk of high blood pressure, heart disease and stroke.
4. **TURN OVER A NEW LEAF.** Make dark, leafy greens, such as kale, spinach and Swiss chard, a frequent vegetable choice.
5. **LEARN TO LOVE LEGUMES.** Good options are beans, lentils, peas, soybeans and peanuts – all high in iron and B vitamins.
6. **GET HOOKED ON FISH.** Meatless Monday, Tuna Tuesday, Sardine Saturday, Salmon Sunday. You get the idea: less meat and more fish, with high heart-protecting omega-3s.
7. **CORRECT YOUR CARBS.** Pass on processed snacks, such as chips and crackers. Remember that healthy carbs are found in all plant foods and are essential fuel for your body and brain.
8. **KEEP GRAINS WHOLE.** Three daily servings of whole or minimally processed grains, such as brown rice, quinoa and bulgur, will reduce your risk of cardiovascular disease, diabetes and obesity.

Credit: Providence Northwest Guide to Heart-Healthy Living

SPECIAL REQUEST ~ As a courtesy to our staff and those who attend the Center that may have allergies, please do not wear perfume or scented items such as soap, lotions, hair products or aftershave. Thank You!

RAINBOWS - HAPPY JANUARY BIRTHDAYS

Char Kellerman	2	Stuart Zeller	7	Maryanna Moore	23
Hilda Wood	2	Louise Deich	8	Rudy Santos	26
Wayne Hauck	4	Kay LaVelle	11	Peggy Marquoit	27
Louise Kinnes	5	Berna Williams	14		
Ken Lister	5	Donna Bayless	18		



RAINBOWS - HAPPY FEBRUARY BIRTHDAYS

Carolyn Williams	9	Juanita Anderson	24		
Elaine Furomoto	18	Rosemarie Kraxberger	24		
Sherry Santor	20	Callie Kuhn	24		
Liz Bridge	22	Dennis Ray	26	Everett Buttolph	26

Sympathies to Family and Friends of: John Marthaller



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 & eligibility requirements.



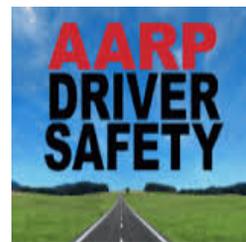
Check out and LIKE our Facebook page!

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.

Rummage Sale Table - A wonderful, ongoing 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 to our Meals on Wheels Nutrition Program. Examples of items: artwork, kitchen items, housewares, yarn, crafts, Jewelry, purses, dvds, cds, lamps, home décor, etc. **Please no clothes**



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.

Saturday, February 21st from 9 – 4:30pm

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.

Living Well

Feel better; be in control, do the things you want to do!

If you or someone you care for is living with diabetes, arthritis, high blood pressures, depression, heart disease or chronic pain, etc., learn how to improve your health and your life!

Get the support you need, find practical ways to deal with pain and fatigue, understand new treatment choices and more.

Call Rhonda at the Gladstone Senior Center at (503) 655-7701 for more information.

Mondays; February 23rd – March 30th from 1 – 3:30pm **FREE** – Please pre-register

Wills, Trusts & Estate Planning

Thursday, February 19th 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: \$10.00 – to sign up, please call Gladstone Community Schools at (503) 650-2570.



HEALTH, NUTRITION & DIABETIC PRESENTATION

Thursday, February 19th at 11am

Here's to your health! Maintaining good health is important at any age. Of course, the more we know about our health, the better prepared we are when issues arise. In many instances, with some basic knowledge, we can actually prevent illness or injury — or limit the impact they have on our lives. To help maintain your health and independence, come to our **FREE** health nutrition & diabetic presentation at the Senior Center. *Presented by Interim HealthCare.*



EMERGENCY PREPAREDNESS PRESENTATION

Wednesday, January 28th 10:30-11:30am

Clackamas County Emergency Management will be here at The Center to give an emergency preparedness presentation. Disasters and emergencies can affect us all, especially seniors and people with disabilities. Thinking ahead about what your actions will be and developing an emergency plan can significantly improve your safety and welfare. **NOW** is the time to put together a plan and an emergency kit. Cost: **FREE**



INCLEMENT WEATHER

In case of snow and/or ice, remember to check the radio station or TV station to see if the Gladstone School District is closed. If they are, the Senior Center will also be closed.

We don't want anyone to be unsafe in any way! Stay home, stay safe and warm. The cold weather is also hard on our pets; they depend on us to keep them comfortable and safe in bad weather.



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 \$1.00 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. 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
Dec 29-31, 2014*

or current occupant

GLAD TYDINGS
SENIOR CENTER NEWSLETTER
January & February/2015

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 October we had tons of fun at our Spooktacular Halloween Party! We also had a wonderful Thanksgiving Feast in November! And, of course in December, the holidays are always a good time with our annual cookie decorating, festive music, delicious food and SANTA! 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.

