

# GLAD TYDINGS NEWSLETTER

## GLADSTONE SENIOR CENTER

### January & February 2016

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

#### Dates to Remember:

Friday, January 1<sup>st</sup> – New Year's Day (Center Closed)

Monday, January 18<sup>th</sup> – MLK Day

Monday, February 15<sup>th</sup> – 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 5th.

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

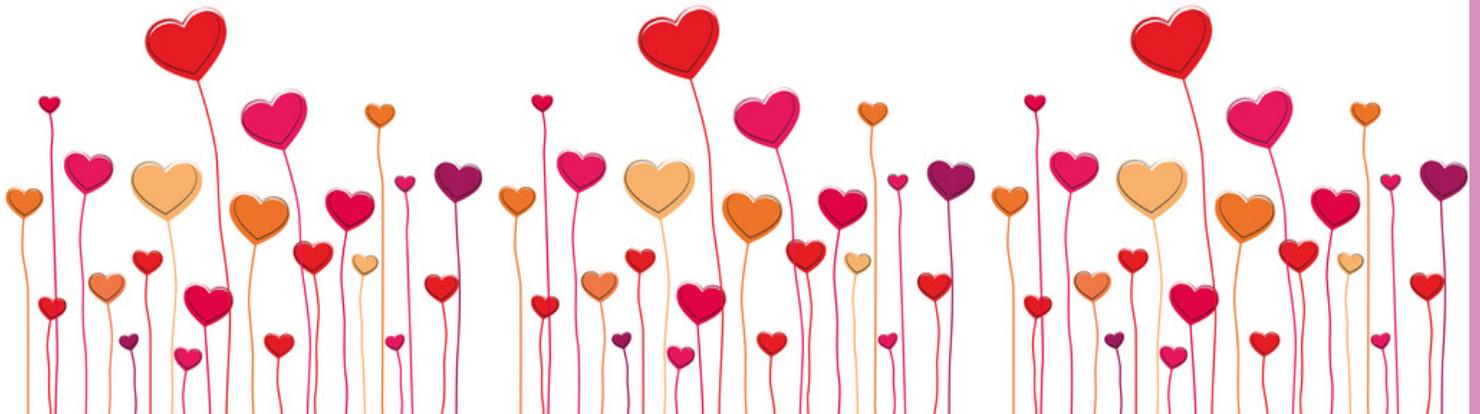
Wednesday, February 10th at 11:30am

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 "**Kim & Terry**" and lots of sweets!

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



*Mission: Improving the lives of seniors through caring service with opportunities for social interaction, recreation, basic support and needs services, education, volunteerism and community action.*

**ADVISORY BOARD MEETINGS:**  
**3RD TUES @ 3:30PM IN JANUARY, APRIL, JULY & OCTOBER**

**ADVISORY BOARD - 2016**  
**JIM PRICHARD – PRESIDENT**  
**COLLETTE UMBRAS - VICE PRESIDENT**  
**DIANE BERRETH, KATIE ELLERBY, BOOTS DROZ**  
**ELAINE HERMENS, NOREDA MAY, NIKII SQUIRE**

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

**BOOK CLUB MEETING – MONDAY, January 25<sup>th</sup> and February 22<sup>nd</sup> at 10:30AM**

**JANUARY BOOK:** “An Egel Named Freedom: My True Story of a Remarkable Friendship” by -- Jeff Guidry  
 In a wildlife rescue and rehab facility in Washington State dedicated to rescuing endangered wildlife, the author nurtured an eaglet with 2 broken wings back to health. Then when Guidry was fighting his own battle with cancer, the eagle helped him fight for his life.

**FEBRUARY BOOK:** “The Magic Strings of Frankie Presto” by – Mitch Albom

This is the epic story of fictional character Frankie Presto, the greatest guitar player who ever lived and the 6 lives h changed with is 6 magical blue strings. This novel is about the bands we join in life and the power of talent to change our lives.



**Rhonda’ Ramblings**

Gladstone is a wonderful sharing Community. The Center has been supported by so many different groups and citizens this last year. The Center has so many volunteers and donors that give of their time and resources to assist in so many ways. The Kiwanis hold breakfast here to be able to deliver food boxes at Christmas to those in need. The neighboring dentist across the street, Gladstone Family Dentistry, had a fundraiser and raised \$400 for the meals program. Thank you to Dr. Krause & Dr. Kato. Some of the teachers share their expertise which in turn is beneficial for health and wellbeing of others. Please let us know what new activity or class you might like to see begin. Or if you would like to teach others let us know. In the coming new year I hope you might try a new class or come in and be involved with an activity or maybe lunch or trip. The staff is here to serve you let us know how we might improve.

I would like to thank Jamie Southworth for coming in on her day off to assist us until we can hire for her position. Also for Char and Peggy for marking and setting up the sale table. The Center appreciates the time and effort it takes and it has been a great fundraiser. If you have small household items to donate please bring them in. The Advisory Board has one vacancy if you would like to serve let Rhonda know.

**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.

<b>JANDEC2016-GLADTYDINGSNEWSLETTER- \$800</b>			
Name _____			
Address(Street) _____		(Sp#) _____	(City) _____
Phone#: _____		(ZipCode) _____	
Email _____			
*****			
<b>Birthdate(include MoDayYr) For Self&amp;Spouse</b>			
Self _____		_____	
Name		Birthdate	
Spouse _____		_____	
Name		Birthdate	



## January & February 2016 TRAM TRIPS

**TRIP POLICY- SIGN UP NOVEMBER 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.**

### **JANUARY 7 (THURSDAY) - SAYLER'S OLD COUNTRY KITCHEN DINNER**

Saylers is a 69 year old Portland tradition that has good steaks, seafood and more.  
(in the entertainment book, too)

Leave: 5:00pm      Return: 8:30pm      Fare: \$5 (includes bus)

### **JAN 15-BOB'S RED MILL TOUR**

We will enjoy an interesting tour of Bob's World Headquarters, then go to the Red Mill Store for shopping and lunch.

Leave: 9:30am      Return: 2pm      Fare: \$5 (includes bus and tour)

### **JAN 22-PORTLAND SEAFOOD COMPANY AND MONTICELLO ANTIQUE MALL**

Come enjoy a delicious seafood meal today. Afterwards, we will visit the Monticello Antique Mall, a unique and fun place to shop.

Leave: 10:30am      Return: 3pm      Fare: \$6(includes bus)

### **JAN 29-PINE STATE BISCUITS**

Breakfast anytime? If you like biscuits and gravy, or other breakfast type food, you'll like it here. After we eat, we will have time to browse the shops in the Alberta Street area.

Leave: 8:30AM      Return: 2pm      Fare: \$6.00 (includes transportation)

### **FEB 12-OHANA CAFÉ**

Nice Hawaiian food in a family-owned restaurant. After lunch, we'll take a short drive around Milwaukie.

Leave: 10:30am      Return: 1:30pm      Fare: \$5(includes bus)

### **FEB 19-LA PROVENCE AND BRIDGEPORT MALL**

La Provence is known for delicious freshly baked pastries as well as breakfast. After our meal we will go to Bridgeport Mall to browse and shop.

Leave: 8:30am      Return: 3:30 pm (or earlier)      Fare \$6 (includes bus)

### **FEB 26-KELLS**

Yummy Irish food in this downtown Portland restaurant. Before Kell's we will visit the Scottish Country Shop, for all things Irish, Scottish and English.

Leave: 9:30am      Ret: 2:30pm      Fare: \$6.00 (includes bus)

### **MARCH 4-ALBANY CAROUSEL MUSEUM**

Albany is home to a lovely small carousel museum which will show animals restored and in the process of being restored. After the museum we will have lunch at the Cascade Grill.

Leave: 8:30am      Return: 3pm      Fare: \$12.00 (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 for 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.



avalanche

blanket

blizzard

chimney

Christmas

coat

cold

December

earmuffs

February

fireplace

freeze

freezing rain

frigid

gloves

hail

Hanukkah

heater

hibernate

hockey

holidays

hot chocolate

ice fishing

ice skates

icicles

igloo

Jack Frost

jacket

January

Kwanzaa

lunar new year

melt

migrate

mittens

New Year's Day

quilt

scarf

shovel

skiing

sled

sleet

sleigh

slippery

slush

snowball

snowboard

snowdrift

snowflake

snowman

snowmobile

snowplow

snowstorm

sweater

vacation

Valentine's Day

## RAINBOWS - HAPPY JANUARY BIRTHDAYS

Char Kellerman	2	Louise Deich	8	Betty Wallis	18
Hilda Wood	2	Violet Spielman	8	Larry Kelner	24
Wayne Hauck	4	Berna Williams	14	Rudy Santos	26
Louise Kinnes	5	Cheryl Frazier	14		
Gerald Stewart	7	Donna Bayless	18		

## RAINBOWS - HAPPY FEBRUARY BIRTHDAYS

William Colby	4	Juanita (Ty) Anderson	24
Niki Squires	19	Callie Kuhn	24
Liz Bridge	22	Rosemarie Kraxberger	25
Harold Wallis	23	Everett Buttolph	26

**Sympathy to Family & Friends: Esther Ekerson, Gary Phillips & Dorothy Sawyer**



**community rewards** 

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

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.

To link your Rewards Card, please go to [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards).

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

**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 Rhonda to get an application or for more information & eligibility requirements.

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!***

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, January 30<sup>th</sup> from 9:00am - 4:30 pm**

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.

### **Inclement Weather Policy**

In case of snow and/or ice, remember to check the radio station or TV stations 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.



### **Wills, Trusts & Estate Planning**

Thursday, February 8<sup>th</sup> 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.

### **Pork Chops with Balsamic-Peach Glaze, Roasted Sweet Potatoes and Broccoli**

#### Ingredients

¼ cup balsamic Vinegar <b>PLUS</b>	1 head broccoli, cut in bite size pieces OR	1 cup frozen unsweetened peached, thawed, chopped
1 tsp balsamic vinegar	2 cups broccoli florets	½ cup sugar-free peach preserves
2 clove fresh garlic, minced OR	2 small sweet potatoes	1 tsp cayenne pepper
2tsp jarred, minced garlic	¼ tsp chili powder	1 Tbsp fresh thyme leaves OR
4 thinly sliced top loin pork chops (4oz each)	1 tsp black pepper, divided use	1tsp dried thyme
		Non-stick cooking spray

#### Directions

1. Preheat oven to 350° F.
2. In a medium mixing bowl, whisk together ¼ cup balsamic vinegar, garlic and olive oil. Reserve half of this mixture for vegetables. To half of the vinegar mixture, add pork chops. Cover and chill for 15-30 minutes.
3. In a large mixing bowl, add vegetables, chili powder and ½ teaspoon. pepper and vinegar mixture and toss thoroughly to coat. Spread vegetables in one layer on a baking sheet coated with cooking spray. Roast for 35-40 minutes until potato is soft and broccoli begins to turn slightly crispy.
4. In a small skillet over medium-low heat, stir together 1 tablespoon of balsamic vinegar, peaches, peach preserves, cayenne pepper and thyme. Heat, stirring frequently, until sauce begins to simmer.
5. Remove pork chops from marinade and discard remaining liquid. Season with remaining pepper. Heat a large skillet over medium heat. Coat with cooking spray and add pork chops. Cook 2-3 minutes in each side, until cooked through.
6. Serve with 1 cup of vegetables and ¼ sauce drizzled over each pork chop.

**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.

**1<sup>st</sup> Tuesday – Fred Meyer**

**2<sup>nd</sup> Tuesday** – No shopping due to foot clinic

**3<sup>rd</sup> Tuesday – Walmart**

**4<sup>th</sup> 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** – 2<sup>nd</sup> 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** – 3<sup>rd</sup> 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, 2015*

or current occupant

GLAD TYDINGS  
SENIOR CENTER NEWSLETTER  
January/February 2016

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## 2016 Entertainment Books

Fundraiser for the Meals on Wheels Program

To start saving you can get them at the reception desk at the Senior Center.  
Come get yours as they sell fast!

Cost \$30.00 per book or app  
for your smart phone.



Big savings  
All year long!



# January, 2016

SUN	MON	TUES	WED	THURS	FRI	SAT
					<p><u>1</u></p>  <p><b>Happy New Year!</b></p> <p><b>New Year's Day CENTER CLOSED</b></p>	<p><u>2</u></p>
<p><u>3</u></p>	<p><u>4</u></p> <p><b>GOLDSTAR POTLUCK/ BINGO</b></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>5</u></p> <p>Lunch- Chick Chop Suey/Rice</p> <p><u>Yoga 9am</u></p> <p>BINGO FRED MEYER</p> <p><u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u></p>	<p><u>6</u></p> <p>Lunch – Mac &amp; Cheese</p> <p>SAFEWAY</p> <p><u>Yoga 6pm</u></p>	<p><u>7</u></p> <p>Lunch- Chicken Pastini</p> <p><u>Yoga 9am</u></p> <p><u>Sing Along</u> PINOCHLE <u>TRAM TRIP –</u> Sayler's Old Country Kitchen</p>	<p><u>8</u></p> <p><u>Yoga 9am</u></p> <p><u>Soap Making 9am</u></p> <p>BRIDGE</p>	<p><u>9</u></p>
<p><u>10</u></p> <p><u>Oil Painting</u> <u>2-6pm</u></p>	<p><u>11</u></p> <p><u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u></p> <p><u>Ukulele 1:30pm</u></p> <p><u>Guitar 2:15pm</u></p> <p><u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>12</u></p> <p>Lunch – Turkey Sandwich</p> <p><u>Foot Clinic 8:30am</u></p> <p><u>Yoga 9am</u></p> <p>BINGO</p> <p><u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u></p>	<p><u>13</u></p> <p>Lunch- Chicken Tetrazini</p> <p><u>Social Media</u> <u>9:30am – 11am</u></p> <p>SAFEWAY</p> <p><u>Watercolor</u> <u>2-4:30pm</u></p> <p><u>Yoga 6pm</u></p>	<p><u>14</u></p> <p>Lunch – Beef Swiss Style Patty</p> <p><u>Yoga 9am</u></p> <p><u>Acrylics</u> <u>9:30-11:30am</u></p> <p><u>Sing Along</u> PINOCHLE <u>Pastels 2 – 4:30pm</u></p>	<p><u>15</u></p> <p><u>TRAM TRIP –</u> <u>Bob' Red Mill Tour</u></p> <p><u>Yoga 9am</u></p> <p><u>Windows 10 9am</u> BRIDGE <u>Crochet 3pm</u> <u>Mah-Jong 3pm</u></p> <p><u>Oil Painting</u> <u>5:30 -9pm</u></p>	<p><u>16</u></p>
<p><u>17</u></p>	<p><u>18</u></p>  <p><b>Martin Luther King, Jr. Day</b></p> <p><u>Martin Luther King Day</u> CENTER CLOSED</p>	<p><u>19</u></p> <p>Lunch – Pork Sausage Gravy</p> <p><u>Yoga 9am</u></p> <p>BINGO WALMART</p> <p><u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u></p>	<p><u>20</u></p> <p>Lunch – Meatloaf w/Gravy</p> <p><u>Social Media</u> <u>9:30am – 11am</u></p> <p>SAFEWAY</p> <p><u>Watercolor 2pm</u></p> <p><u>Yoga 6pm</u></p>	<p><u>21</u></p> <p>Lunch- Baked Chicken Breast</p> <p><u>Yoga 9am</u></p> <p><u>Acrylics 9:30am</u></p> <p><u>Sing Along</u> PINOCHLE <u>Pastels 2-4:30pm</u></p>	<p><u>22</u></p> <p><u>TRAM TRIP –</u> <u>Portland Seafood</u> <u>&amp; Antique Mall</u></p> <p><u>Yoga 9am</u></p> <p><u>Sharp Think 9am</u> BRIDGE <u>Crochet 3pm</u> <u>Mah-Jong 3pm</u></p>	<p><u>23</u></p>
<p><u>24</u></p>	<p><u>25</u></p> <p><u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u></p> <p><u>Ukulele 1:30pm</u> <u>Guitar 2:15pm</u></p> <p><u>Country Beg 4pm</u></p> <p><u>Computer 5:30pm</u></p> <p><u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p> <p><u>Computer 7:30pm</u></p>	<p><u>26</u></p> <p>Lunch – Roast Turkey w/Gravy</p> <p><u>Yoga 9am</u></p> <p><u>Dr. Anderson</u> <u>11:30am</u></p> <p>BINGO MARKETPLACE</p> <p><u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u></p> <p><u>Line Dance 5:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u></p>	<p><u>27</u></p> <p>Lunch – Early American Goulash</p> <p><u>Social Media</u> <u>9:30am – 11am</u></p> <p>SAFEWAY</p> <p><u>Watercolor 2pm</u></p> <p><u>Yoga 6pm</u></p>	<p><u>28</u></p> <p>Lunch – Turkey Loaf</p> <p><u>Yoga 9am</u></p> <p><u>Acrylics</u> <u>9:30-11:30am</u></p> <p><u>Sing Along</u> PINOCHLE <u>Pastels 2-4:30pm</u></p>	<p><u>29</u></p> <p><u>TRAM TRIP –</u> <u>Pine St Biscuits</u></p> <p><u>Yoga 9am</u></p> <p><u>Smartphone – 9am</u> BRIDGE <u>Smartphone</u> <u>Apple 1:30pm</u></p> <p><u>Crochet 3pm</u> <u>Mah-Jong 3pm</u></p> <p><u>Oil Painting</u> <u>5:30 -9pm</u></p>	<p><u>30</u></p> <p><u>AARP Driving</u> <u>Safety Course</u> <u>9am-4:30pm</u></p>
<p><u>31</u></p>	<p><b><u>Please Note:</u></b> Lunch Menu and Class Schedules are subject to change.</p>					

# February, 2016

SUN	MON	TUES	WED	THURS	FRI	SAT
	<u>1</u> <b>GOLDSTAR</b> <b>POTLUCK/BINGO</b> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u>  <u>Ukulele 1:30pm</u> <u>Guitar 2:15pm</u>  <u>Country Beg 4pm</u> <u>Computer 5:30pm</u>  <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>  <u>Computer 7:30pm</u>	<u>2</u> Lunch – Beef & Black Bean Chili  <u>Yoga 9am</u>  <b>BINGO</b> <b>FRED MEYER</b>  <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u>  <u>Line Dance 5:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u>	<u>3</u> Lunch – Spaghetti w/Meat Sauce  <u>Social Media 9:30am – 11am</u>  <b>SAFEWAY</b>  <u>Watercolor 2pm</u>  <u>Yoga 6pm</u>	<u>4</u> Lunch – Scallop Pot & Ham  <u>Yoga 9am</u>  <u>Acrylics 9:30-11:30am</u>  <u>Sing Along</u>  <b>PINOCHLE</b>  <u>Pastels 2 – 4:30pm</u>	<u>5</u> <u>TRAM TRIP – AARP TAXES</u>  <u>Yoga 9am</u>  <b>BRIDGE</b>  <u>Crochet 3pm</u> <u>Mah-Jong 3pm</u>	<u>6</u>
<u>7</u>	<u>8</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u>  <u>Ukulele 1:30pm</u> <u>Guitar 2:15pm</u>  <u>Country Beg 4pm</u> <u>Computer 5:30pm</u>  <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>  <u>Computer 7:30pm</u>	<u>9</u> Lunch – BBQ Chicken  <u>Yoga 9am</u>  <u>Foot Clinic 9am</u>  <b>BINGO</b> <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u>  <u>Line Dance 5:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u>	<u>10</u> Lunch – Valentine’s Day Party  <u>Social Media 9:30am – 11am</u>  <b>SAFEWAY</b> <u>Watercolor 2pm</u>  <u>Yoga 6pm</u>  <u>Cruise Baltic Ports 7-8pm</u>	<u>11</u> Lunch – Roast Pork w/Gravy  <u>Yoga 9am</u>  <u>Acrylics 9:30-11:30am</u>  <u>Sing Along</u>  <b>PINOCHLE</b>  <u>Pastels 2 – 4:30pm</u>	<u>12</u> <u>TRAM TRIP – Ohana Café</u>  <u>AARP TAXES</u>  <u>Yoga 9am</u>  <b>BRIDGE</b>  <u>Crochet 3pm</u>  <u>Oil painting 5:30-9pm</u>	<u>13</u>
<u>14</u>  Happy Valentine's Day	<u>15</u>  <b>PRESIDENTS DAY</b>  <b>CENTER CLOSED</b>	<u>16</u> Lunch – Baked Chicken Supreme  <u>Yoga 9am</u>  <b>BINGO</b> <b>WALMART</b> <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u>  <u>Line Dance 5:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u>	<u>17</u> Lunch – Meatloaf w/Gravy  <u>Computer Fun &amp; Profit 9:30am</u>  <b>SAFEWAY</b> <u>Watercolor 2pm</u>  <u>Yoga 6pm</u>	<u>18</u> Lunch – Mac & Cheese  <u>Yoga 9am</u>  <u>Acrylics 9:30am</u>  <b>PINOCHLE</b> <u>Pastels 2 – 4:30pm</u>  <u>Wills, Trusts &amp; Estates 6:30pm</u>	<u>19</u> <u>TRAM TRIP – LaProvence &amp; Bridgeport Mall</u>  <u>AARP TAXES</u>  <u>Yoga 9am</u>  <b>BRIDGE</b>  <u>Crochet 3pm</u>	<u>20</u>
<u>21</u> <u>Oil painting 2-6pm</u>	<u>22</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u>  <u>Ukulele 1:30pm</u> <u>Guitar 2:15pm</u>  <u>Country Beg 4pm</u> <u>Computer 5:30pm</u>  <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>  <u>Computer 7:30pm</u>	<u>23</u> Lunch – Chicken Alfredo w/Pasta  <u>Yoga 9am</u>  <b>BINGO</b> <b>MARKETPLACE</b>  <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u>  <u>Line Dance 5:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u>	<u>24</u> Lunch – BBQ Smokehouse Chop  <u>Computer Fun &amp; Profit 9:30am</u>  <b>SAFEWAY</b> <u>Watercolor 2pm</u>  <u>Yoga 6pm</u>	<u>25</u> Lunch – Turkey Salad ½ Sandwich  <u>Yoga 9am</u>  <u>Acrylics 9:30-11:30am</u>  <u>Sing Along</u>  <b>PINOCHLE</b>  <u>Pastels 2 – 4:30pm</u>	<u>26</u> <u>TRAM TRIP – Kells</u>  <u>AARP TAXES</u>  <u>Yoga 9am</u>  <b>BRIDGE</b>  <u>Oil painting 5:30-9pm</u>	<u>27</u>
<u>28</u>	<u>29</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> <u>Ukulele 1:30pm</u> <u>Guitar 2:15pm</u> <u>Country Beg 4pm</u> <u>Computer 5:30pm</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u> <u>Computer 7:30pm</u>	<p><b><u>Please Note:</u></b></p> <p>Lunch Menu and Class Schedules are subject to change.</p>				