

# GLAD TYDINGS NEWSLETTER

## GLADSTONE SENIOR CENTER

### July & August 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](http://ci.gladstone.or.us/senior-center)

#### Dates to Remember:

Friday, July 3<sup>rd</sup> – Independence Day Recognition (CENTER CLOSED)

Saturday, July 4, 2015 – Independence Day



#### VOLUNTEER APPRECIATION CAMPOUT ~ BBQ LUNCH PARTY

Wednesday, July 8<sup>th</sup> at 11:30am @ Gladstone Senior Center

Come to "Camp Gladstone" and join us in recognizing and giving thanks to all of our amazing volunteers who dedicate their time to our programs. You will definitely be a *Happy Camper* with all of the fun, food, goodies, sing a-longs and guitar entertainment! Craft time starts at 11am ~ Make sure you RSVP at the Center

*Remember to wear your camping gear!*

Cost: *FREE!* Sponsored by The Foundation.



#### NATIONAL NIGHT OUT

Tuesday, August 4<sup>th</sup> at 6pm

Come over and get to know your neighbors!

Once again, we are hosting this years' 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](http://www.natw.org).



#### 50<sup>th</sup> ANNIVERSARY PARTY - SAVE THE DATE!

Wednesday, September 2<sup>nd</sup> 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 and entertainment!

We request, as a courtesy to our staff who would like to provide the best celebration as possible, be sure to RSVP by August 21st. Please call at (503) 655-7701. *Sponsored by The Foundation.*

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

Your love, dedication and commitment to one another is truly an inspiration to all who know you ~  
author unknown



*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 TUESDAY AT 3:30PM QUARTERLY IN JANUARY, APRIL, JULY & OCTOBER

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

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

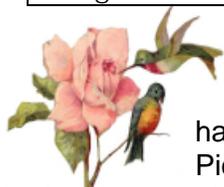
**BOOK CLUB MEETING – MONDAY, July 20<sup>th</sup> & August 17<sup>th</sup> at 10:30AM**

**JULY BOOK:** "Leaving the Saints" by – Martha Beck

How I lost the Mormons and found my Faith. A memoir of one woman's spiritual quest and journey toward faith as "Mormon royalty", Beck was raised in a home frequented by the Church's high elders and her existence was framed by their strict code of conduct. However, soon after Martha began teaching at Brigham Young University, she began to see firsthand the Church's ruthlessness as it silenced dissidents and masked truths that contradicted its published beliefs. Most troubling of all, she was forced to face her history of sexual abuse by one of the Church's most prominent authorities. This book chronicles her difficult decision to sever her relationship with the faith that had cradled her for so long and to confront and forgive the person who betrayed her so deeply.

**AUGUST BOOK:** "Cartwheel" by – Jennifer DuBois

Fiction, but somewhat similar to the Amanda Knox case. An American student in Buenos Aires is suspected of killing her roommate. The novel unfolds through multiple, shifting points of view.



**Rhonda' Rambling**

I thought it would be fun to look up what special days happen in the next two months. Well what I found out is that July has 87 national days celebrating something and August has 91 national days. This doesn't include the monthly observances such as Peach month, Picnic month, Baked Bean month and Unlucky Month for wedding. One of my favorites is on my birthday national soft ice cream day and aviation day. August celebrates national Family Fun month, toasted marshmallow day, cherry popsicle day, hug your boss day, and my favorite is Sneak some zucchini into your neighbors porch day. I don't know how all these items or categories became a National day or observance. I will have to look that up and let you know. Maybe we could make a suggestion and apply for a national day for something. I think my favorite was August 2 National Ice Cream Sandwich day or maybe Root Beer Float day! The list goes on. Have a great summer. Thanks for all the support from our volunteers and donors.

**SENIOR DISCOUNT LIST**

Dunkin Donuts gives free coffee to people over 55. If you're paying for a cup every day, you might want to start getting it for *FREE*. *YOU must ASK for your discount!*

**RESTAURANTS:**

- Applebee's: 15% off W/ Golden Apple Card (60+)
- Arby's: 10% off (55 +)
- Ben & Jerry's: 10% off (60+)
- Burger King: 10% off (60+)
- Chick-Fil-A: 10% off or free small drink (55+)
- Chili's: 10% off (55+)
- Denny's: 10% off, 20% off if AARP member (55+)
- Dunkin' Donuts: 10% off or free coffee (55+)
- IHOP: 10% off (55+)
- Jack in the Box: up to 20% off (55+)
- KFC: free small drink with any meal (55+)
- Krispy Kreme: 10% off (50+)
- Long John Silver's: various discounts (55+)
- McDonald's: discounts on coffee everyday (55+)
- Subway: 10% off (60+)
- Sweet Tomatoes: 10% off (62+)
- Taco Bell: 5% off; free beverages (65+)
- TCBY: 10% off (55+)
- Wendy's: 10% off (55 +)

**RETAIL & APPAREL:**

- Banana Republic: 30% off (50 +)
- Big Lots: 30% off
- Goodwill: 10% off one day a week
- Hallmark: 10% off one day a week
- Kmart: 40% off (Wednesdays only) (50+)
- Kohl's: 15% off (60+)
- Rite Aid: 10% off on Tuesdays & 10% off prescriptions
- Ross Stores: 10% off every Tuesday (55+)
- The Salvation Army Thrift Stores: up to 50% off (55+)

**GROCERY :**

- Albertson's: 10% off first Wednesday month (55+)
- Kroger: 10% off (date varies by location)

**CELL PHONE DISCOUNTS :**

- AT&T: Special Senior Nation 200 Plan \$19.99/month (65+)
- Verizon Wireless: Verizon Nationwide 65 Plus Plan \$29.99/month (65+).

**MISCELLANEOUS:**

- Great Clips: \$8 off hair cuts (60+)
- Supercuts: \$8 off haircuts (60+)



NOW, go out there and claim your discounts, and remember - **YOU must ASK for discount** - no ask, no discount. I Know everyone knows someone over 50 please pass the one on!!!!



## JULY & AUGUST 2015 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 10 – EXPLORE MCMINNVILLE**

McMinnville was voted one of America's "Best Main Streets" by Parade Magazine.

We'll have lots of time to explore the shops, eateries and galleries

Leave: 9:30am Return: 3pm Fare: \$7 (Includes bus)

### **JULY 13 - WACLELA FALLS HIKE**

Leave: 9am Return: 2pm Fare: \$7 (Includes bus) Bring a sack lunch

### **JULY 17 - EAGLE FERN PARK PICNIC**

No worries on this trip - leave the lunch prep to us! Enjoy a picnic lunch under old growth trees and take an easy hike along the creek.

Leave: 10am Return: 2pm Fare: \$15 (Includes bus and lunch)

### **JULY 24 – LINCOLN CITY AND MOS**

Love that clam chowder at Mos! After lunch take a walk along the beach by the bay.

We'll also stop at the outlet mall for some shopping.

Leave: 8:30am Return: 4:30pm (or later) Fare: \$25 (Includes bus)

### **JULY 30 (THURSDAY) – HOW TO SUCCEED IN A BUSINESS WITHOUT REALLY TRYING**

Follow J Finch's meteoric rise from window washer to corporate giant in this sly, witty lampoon of the business world. Filled with tuneful songs and sharp comedy, this award winning musical will certainly entertain you.

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

### **AUGUST 6 (THURSDAY) – DINNER OUT AT SAYLER'S OLD COUNTRY KITCHEN**

Known for their steaks, Sayler's also has other delicious food too. Come join us for a great meal.

Leave: 5:30pm Return: 8pm Fare: \$5.00 (Includes bus)

### **AUGUST 10 – HIKE AND BBQ/POTLUCK AT SCOUTERS MOUNTAIN**

We will provide the hamburgers and fixings, you provide the sides. Call to register your choice of side dishes.

Leave: 9am Return: 2pm Fare: \$7 (Includes bus)

### **AUGUST 14 – OREGON STATE CAPITOL TOUR**

Our state capitol is on the National Register of Historic Places, is surrounded by a state park and is located next to historic downtown salem. We will enjoy a guided tour of the capitol, which was dedicated in 1938. After the tour we will enjoy lunch. (location TBA)

Leave: 8:30am Return: 3pm Fare: \$12 (Includes bus and tour)

### **AUGUST 21 – ROGUE HOP FARMS AND INDEPENDENCE**

We will enjoy a tour of the Rogue Hop Farms. See Voo and Doo, the potbellied pigs, and learn how hops are grown and then made into beer and ale. After the tour, we will go to Independence to have lunch and explore the town.

Leave: 8:30am Return: 3pm Fare: \$12 (Includes bus and tour)

### **AUGUST 28 – WASHINGTON COUNTY LOOP TOUR**

We will drive over hill and dale on this trip visiting a vineyard/Christmas shop, having lunch at Ruby Tuesday, and perhaps a stop for fresh produce or antiques. Come be surprised.

Leave: 10am Return: 3pm Fare: \$10 (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 –**  
**4<sup>th</sup> of July Cookout**

- |                 |             |
|-----------------|-------------|
| APPLE PIE       | INSECTS     |
| BARBECUE        | KETCHUP     |
| BEANS           | LEMONADE    |
| BEER            | MATCHES     |
| BIKES           | NAPKINS     |
| BROWNIES        | PARADE      |
| BURGERS         | PASTA SALAD |
| CHARCOAL        | PULLED PORK |
| CHICKEN         | RELISH      |
| CHIPS           | RIBS        |
| COLESLAW        | SALSA       |
| CORN ON THE COB | SAUCE       |
| CUPS            | SAUSAGES    |
| FORKS           | SEAFOOD     |
| FRUIT           | SHRIMP      |
| GRILL           | SODA        |
| GUACAMOLE       | SPOONS      |
| HOT DOGS        | STEAKS      |
| ICE CREAM       | STREAMERS   |
| ICED TEA        | TOMATOES    |



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

**Gladstone Family Dentistry**

Gladstone Family Dentistry is proud to announce a special partnership with Gladstone Meals on Wheels! GFD will donate the proceeds from every new patient we see in the months of July, August, and September to the Gladstone Senior Foundation. Each *new* patient's first appointment, cleaning and checkup costs just **\$19.95** and makes a positive impact on the lives of senior citizens in Gladstone. Learn more at <http://gladstonefamilydentistry.com/new-patient-special/> 1105 Portland Ave, Gladstone, OR Phone: (503) 450-0123

**CLACKAMAS COUNTY**  
**ENERGY ASSISTANCE**

Clackamas County is conducting the 2015 Energy Assistance Summer Outreach Program. While this program will continue to serve those who have previously received energy assistance if they are eligible, the goal of the outreach program is to reach those who have never before received energy assistance. How to apply: Call the Energy Assistance Line at (503) 650-5640. This line is kept up-to-date and will indicate who may apply based on funding availability.

**Income guidelines:**

<u>Household size</u>	<u>Gross Monthly Income</u>
1	\$1,792.14
2	\$2,343.56

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 JULY BIRTHDAYS**

Pat Shindler	3	Kathleen McKay	9	Alta Kirkman	25
Clyde Forsberg	5	Dee Dee Fitch	10	Kent Wallace	26
Jon Roller	6	Walt Fitch	11	Peggy Jubb	27
Boots Droz	6	Barbara Harris	14	Dee Nelson	29
Ronald Dove	7	Joseph Moffitt	20		
Jackie Jackson	9	Bonnie Church	25		



**RAINBOWS - HAPPY AUGUST BIRTHDAYS**

Lucille Santos	1	Walt LaChapelle	12	Dick Gross	19
Patricia Morris	1	Joanne Gothard	13	Joann Trappe	20
Noreda May	5	Olive Harris	15	Gerrie Serdar	28
Midge McBride	5	Linda Wiese	16	Jacqueline Levy	30
Lila Calloway	8	Fran Murphy	17	Donna Curry	31
John Serdar	8	Rhonda Bremmeyer	19	Carole Colby	31

**Sympathies to Family and Friends of:** Virgil "Willie" Williams



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!**

**THANK YOU VOLUNTEERS FOR ALL YOU DO!**

Volunteers are the backbone of our organization here at the Gladstone Senior Center. We would not be able to provide as many programs and services as we do without them. They give their time and labor and expect little in return. Gladstone Senior Center Staff appreciate all of our volunteers and all of their hard work and commitment! I know our participants are very grateful as well! So **THANK YOU** volunteers and please join us for our Volunteer Appreciation BBQ in July!

No act of kindness, no matter how small, is ever wasted ~ AESOP

Volunteers don't get paid, not because they're worthless,  
but because they're priceless ~ Sherry Anderson

We make a living by what we get.

We make a life by what we give ~ Winston Churchill

Volunteers are love in motion! ~ author unknown

Volunteering is good for the heart and the soul ~ author unknown



## **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.

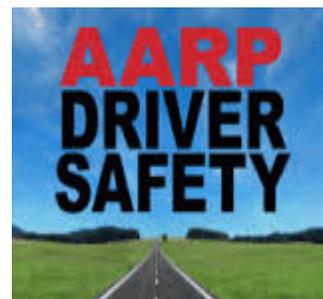
**Saturday, July 18<sup>th</sup> from 9 – 4:30pm**

**Saturday, September 19<sup>th</sup> from 9 – 4:30pm**

**Saturday, November 14<sup>th</sup> 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.



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

Thursday, July 9<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.



## **ADVANCED DIRECTIVE**

Tuesday, July 21<sup>st</sup> from 11am – 12pm

*Your Life. Your Decisions.*

Learn your options and decide what is right for you. Whether you are 18 or 80, learn how to legally document your wishes today, before a crisis so that your family won't have to make those decisions later. **FREE** information from Oregon Health Decisions.

### ***Workshop participants will:***

- Learn about Oregon's Advance Directive and why it's important; whether you're 18 or 80
- Better understand the types of medical decisions you or a loved-one may one day face
- How to use Oregon's Advance Directive with the KEYConversations™ Planning Guide to document your health wishes and, most importantly, talk with loved ones before a crisis.
- View Advance Directive Instructional DVD
- Briefly talk about the difference between Advance Directive and POLST and how they work together
- Get questions answered to complete your Advance Directive with confidence

## **The Basics: Memory Loss, Dementia and Alzheimer's Disease**

Wednesday, July 29<sup>th</sup> from 10am - 11am

Alzheimer's affects people in varying ways and ripples out to impact the lives of those who interact with them. Understanding what is happening to a person with Alzheimer's is key to interacting effectively and providing quality care. This class includes information from the expert professionals in the field and first-hand accounts from people diagnosed with Alzheimer's disease. **Cost: FREE**

**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  
June 28-30, 2015*

or current occupant

GLAD TYDINGS  
SENIOR CENTER NEWSLETTER  
July & August/2015

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## **PARKING LOT SALE**

This year the Gladstone Senior Center is hosting  
our first ever community parking lot sale!

We will have over 35 parking spaces full of items for sale.

***Come search for your treasures!***

The sale will be on **Sunday, August 2nd** during  
the Gladstone Community Festival.

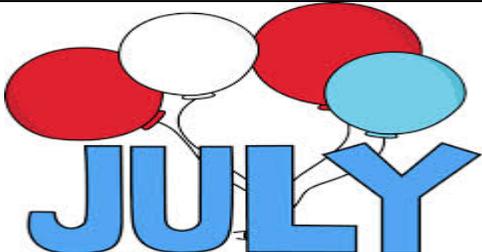
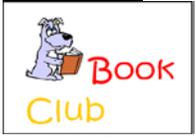
**From 10am-3pm**

***\*Spots are still available for sale- \$10 each; call for more information***

**Gladstone Senior Center**  
1050 Portland Ave  
Gladstone, OR 97027  
(503) 655-7701



# July, 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
			<u>1</u> Lunch- Beef Meatballs SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u>	<u>2</u> Lunch- Pork Sausage Gravy <u>Yoga 9am</u> PINOCHLE <u>Pastels 2pm</u>	<u>3</u>  CENTER CLOSED INDEPENDENCE DAY RECOGNITION	<u>4</u>  the 4 <sup>th</sup> of July INDEPENDENCE DAY
<u>5</u>	<u>6</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> <u>Ukulele 1pm</u> <u>Guitar 1:45pm</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u> *PLEASE NOTE: NO GOLDSTAR POTLUCK BINGO	<u>7</u> Lunch- BBQ Chicken <u>Yoga 9am</u> BINGO FREDMEYER <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u>	<u>8</u> VOLUNTEER APPRECIATION CAMPOUT BBQ LUNCH  SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u>	<u>9</u> Lunch- Baked fish w/ dill sauce <u>Yoga 9am</u> PINOCHLE <u>Pastels 2pm</u> <u>Wills, Trusts &amp; Estates 6:30pm</u>	<u>10</u> TRAM TRIP – Explore McMinnville <u>Yoga 9am</u> BRIDGE <u>Oil Painting 5:30 -9pm</u>	<u>11</u>
<u>12</u>	<u>13</u> Hike – Waclela Falls Hike <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> <u>Ukulele 1pm</u> <u>Guitar 1:45pm</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>	<u>14</u> Lunch – Meatloaf w/Gravy Foot Clinic 8:30am <u>Yoga 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>	<u>15</u> Lunch- Roast Turkey SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u>	<u>16</u> Lunch- Chicken Patty <u>Yoga 9am</u> PINOCHLE <u>Pastels 2pm</u>	<u>17</u> TRAM TRIP – Eagle Fern Park Picnic <u>Yoga 9am</u> BRIDGE	<u>18</u> AARP Driving Safety Course 9am-4:30pm 
<u>19</u> <u>Oil Painting 2 -6pm</u>	<u>20</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u>  Book Club 10:30am <u>Ukulele 1pm</u> <u>Guitar 1:45pm</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>	<u>21</u> Lunch –Chicken Chef Salad <u>Yoga 9am</u> <u>Advance Directive 11am</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>22</u> Lunch –Roast Pork w/Orange Glaze SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u>	<u>23</u> Lunch –Shaved Turkey ½ Sandwich <u>Yoga 9am</u>  PINOCHLE <u>Pastels 2pm</u>	<u>24</u> TRAM TRIP – Lincoln City and Mos <u>Yoga 9am</u> BRIDGE	<u>25</u>
<u>26</u>	<u>27</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> <u>Ukulele 1pm</u> <u>Guitar 1:45pm</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>	<u>28</u> Lunch- Sloppy Joe <u>Yoga 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>29</u> Lunch –Chicken Patty Marsala SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u>	<u>30</u> Lunch –Chicken in Peanut Sauce w/Pasta <u>Yoga 9am</u> PINOCHLE <u>Pastels 2pm</u> TRAM TRIP – How to Succeed in a Business w/o Really Trying	<u>31</u> <u>Yoga 9am</u> BRIDGE <u>Oil Painting 5:30 -9pm</u>	<u>30</u> Please Note: Lunch Menu and Class Schedules are subject to change.

# August, 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
<p><b>Please Note:</b> Lunch Menus and Class Schedules are subject to change.</p>			<p><b>MEALS ON WHEELS SERVED MONDAY - FRIDAY FOR QUALIFIED CLIENTS.</b></p>			1
<p><u>2</u> <b>Parking Lot Sale</b> <b>10am-3pm</b></p> 	<p><u>3</u> <b>Tai Chi 9am</b> <b>Tai Chi 10am</b> <b>Tai Chi 11am</b></p>  <p><b>Tai Chi 6pm</b> <b>Tai Chi 7pm</b></p>	<p><u>4</u> <b>Lunch – Egg Salad ½ Sandwich</b></p> <p><b>Yoga 9am</b></p> <p>BINGO FRED MEYER <b>Yoga 5:25pm</b> <b>Yoga 6:30pm</b></p> <p><b>Line Dance 6:30pm</b> <b>Line Dance 7:30pm</b></p> <p><b>National Night Out 6pm</b></p> 	<p><u>5</u> <b>Lunch – Beef Rigatoni</b></p> <p>SAFEWAY</p> <p><b>Watercolor 2pm</b></p> <p><b>Yoga 6pm</b></p>	<p><u>6</u> <b>Lunch – Pork Choppie w/Gravy</b></p> <p><b>Yoga 9am</b></p> <p><b>Sing Along</b></p> <p>PINOCHLE</p> <p><b>Acrylics 2pm</b></p> <p><b>TRAM TRIP – Dinner out at Savler’s Old Country Kitchen</b></p>	<p><u>7</u> <b>Yoga 9am</b></p> <p>BRIDGE</p> <p><b>Oil Painting 5:30-9pm</b></p>	8
9	<p><u>10</u> <b>HIKE – Hike &amp; BBO/Potluck at Scouter’s Mountain</b></p> <p><b>Tai Chi 9am</b> <b>Tai Chi 10am</b> <b>Tai Chi 11am</b></p> <p><b>Tai Chi 6pm</b> <b>Tai Chi 7pm</b></p>	<p><u>11</u> <b>Lunch – Chicken Patty w/Gravy</b></p> <p><b>Yoga 9am</b></p> <p><b>Foot Clinic 9am</b></p> <p>BINGO <b>Yoga 5:25pm</b> <b>Yoga 6:30pm</b></p>	<p><u>12</u> <b>Lunch –Baked Fish w/tartar sauce</b></p> <p>SAFEWAY</p>  <p><b>Yoga 6pm</b></p>	<p><u>13</u> <b>Lunch – Roast Pork w/Gravy</b></p> <p><b>Yoga 9am</b></p> <p><b>Sing Along</b></p> <p>PINOCHLE</p>	<p><u>14</u> <b>Yoga 9am</b></p> <p><b>TRAM TRIP – Oregon State Capitol Tour</b></p> <p>BRIDGE</p>	15
<p><u>16</u> <b>Oil painting 2-6pm</b></p>	<p><u>17</u> <b>Tai Chi 9am</b> <b>Tai Chi 10am</b> <b>Tai Chi 11am</b></p> <p><b>Book Club 10:30am</b></p> <p><b>Tai Chi 6pm</b> <b>Tai Chi 7pm</b></p>	<p><u>18</u> <b>Lunch – Chef Mini Salad</b></p> <p><b>Yoga 9am</b></p> <p>BINGO WALMART <b>Yoga 5:25pm</b> <b>Yoga 6:30pm</b></p>	<p><u>19</u> <b>Lunch – Beef Mushroom Patty</b></p> <p>SAFEWAY</p> <p><b>Yoga 6pm</b></p>	<p><u>20</u> <b>Lunch – Spaghetti w/Meat Sauce</b></p> <p><b>Yoga 9am</b></p> <p><b>Sing Along</b></p> <p>PINOCHLE</p>	<p><u>21</u> <b>TRAM TRIP – Rogue Hop Farms and Independence</b></p> <p><b>Yoga 9am</b></p> <p>BRIDGE</p>	22
23	24	<p><u>25</u> <b>Lunch –BBQ Chicken</b></p> <p>BINGO MARKETPLACE</p>	<p><u>26</u> <b>Lunch – Sweet &amp; Sour Turkey w/rice</b></p> <p>SAFEWAY</p>	<p><u>27</u> <b>Lunch – Turkey a la King</b></p> <p><b>Sing Along</b></p> <p>PINOCHLE</p>	<p><u>28</u> <b>TRAM TRIP – Washington County Loop Tour</b></p> <p>BRIDGE</p> <p><b>Oil Painting 5:30-9pm</b></p>	29
30	31					