

GLAD TYDINGS NEWSLETTER

GLADSTONE SENIOR CENTER

September & October 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:

Monday, September 7, 2015 – Labor Day (Center Closed)

50th ANNIVERSARY PARTY - NOTE DATE CHANGE

Thursday, September 3rd 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 call and RSVP.

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*



SAY GOODBYE TO SUMMER - SEPTEMBER BBQ

Wednesday, September 30th at 11:30am

Join us in saying goodbye to Summer with our last BBQ this year!

The Center will be grilling up Hamburgers and

We will enjoy Country music by “Kim & Terry”

Please make sure you RSVP for this event.

Cost: Free Sponsored by the Foundation



HALLOWEEN SPOOKTACULAR LUNCH

Wednesday, October 28th at 11:30am

Trick or Treat, give me something good to eat!

You're invited for a scare...come and join us if you dare!

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”

COME ENJOY A SPOOKY MEAL, GREAT ENTERTAINMENT & HAVE A HOWLING GOOD TIME!

Costumes are not required...but they are encouraged! Cost: \$2.50



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, September 21ST & October 19TH at 10:30AM

SEPTEMBER BOOK: "The Rosie Project" by – Graeme Simsion
Australian author. A very secluded genetic scientist sets out to find a suitable wife. A humorous and heart-warming novel.

OCTOBER BOOK: "The Lowland" by – Jhumpa Lahiri
Brothers Subhash and Udayan Mitra pursue vastly different lives. Udayan in rebellion torn Calcutta, Subhash in a quiet corner of America – until a shattering tragedy compels Subhash to return to India where he endeavors to heal family wounds. A carefully plotted melancholy family drama that plays out over half a century in India and America.



Rhonda' Ramblings

Gold Star Potluck has lost its coordinator and no one has stepped up to take the leadership for the monthly gathering. So at this time we are *not* going to be holding a potluck on the first Monday of the month. Hopefully we can resume this program in the future. If anyone is interested in leading this group let us know. Gold Star has been a monthly event as long as the Center has been in here almost 35 years.

Summer was great and our first annual Parking Lot Sale went well. Staff was in the parade and went to park for the senior lunch. It was a nice Community Festival. Thanks to Char Kellerman, Peggy Jubb, Niki Squires & Wendy May for helping with the Center fundraising table.

Golden Wedding Luncheon on Thursday September 3rd at 11:30 music with Mark J. Couples married 50 years or longer are invited to sign up and be honored at this special luncheon. Family and friends are encouraged to come and help us with celebrating this milestone in the couple's lives. Reservation required.

Sing A Long

On Thursdays at 11:30 the Center has Sing a Long with pianist Betty Pough. Come join our group and sing your favorite old time songs. Music has a way of making you feel better and is fun to do together even if you don't sound like an opera star. Come and try it and stay for lunch and pinochle.

Free Dental Van

Northwest Medical Teams Dental Van will be available again in October. Time and day to be announced call Center for an appointment. The Dentist is available for extractions and urgent dental needs. This service is *FREE* and through a grant with Clackamas County Senior Centers. If you have a dental need let us know.

MEDICARE 101 PRESENTATION Tuesday, October 27th 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 Tuesday, October 27th 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



SEPTEMBER & OCTOBER 2015 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 11-CHAMPOEG PARK/NEWELL HOUSE MUSEUM PICNIC

We'll travel to Champoeg park to enjoy the visitor's center and learn more about this very historic area. Afterward our picnic, we will tour the Newell House, along with other buildings, including a log cabin, schoolhouse and early jail.

Leave: 9am Return: 3pm (or later) Fare: \$20 (includes lunch, bus and museum)

SEPTEMBER 14-HIKE TO ROOD BRIDGE PARK-HILLSBORO

Leave: 9am Bring a sack lunch

SEPTEMBER 17-(THURSDAY) TAD'S CHICKEN AND DUMPLINGS

On the banks of the Sandy River, we will enjoy chicken and dumplings and other delicious food.

You may want to share as portions are large.

Leave: 4pm Return: 8pm Fare: \$7 (includes bus)

SEPTEMBER 25 NEW MAX LINE AND LUNCH DOWNTOWN

We'll hop on the new Orange Line in Milwaukie, travel across the new Tillicum bridge, and when downtown transfer to the green line and lunch at The Original-Comfort Food restaurant.

Leave: 9am Return: 3pm Fare: \$7 (includes Max and bus)

OCTOBER 2- OREGON HISTORICAL SOCIETY AND LUNCH AT THE CULINARY INSTITUTE

One of the featured exhibits is "World War II, a State Transformed". Many other exhibits will inform us about Oregon history. We'll have lunch first at the Culinary Institute.

Leave: 11am Return: 4pm Fare: \$30(includes lunch, bus and museum)

OCTOBER 12-HIKE AT POWELL BUTTE

Leave: 9am Bring a sack lunch

OCTOBER 16-ASTORIA MARITIME MUSEUM

In this museum we will learn about early and present maritime history as well as local history. Lunch in Astoria.

Leave: 8:30am Return: 5pm Fare: \$35 (includes bus and admission)

OCTOBER 23- OREGON ZOO

The Oregon Zoo has expanded into a world-class facility with any exhibits including the new, partially finished elephant habitat. There are several places to have lunch or grab a snack here.

Leave: 9am Return: 3pm Fare: \$17 (includes admission and bus)

OCTOBER 30-ALBERTINA KERR/TRADER JOES

The old Kerr Nursery is now home to 4 volunteer run businesses; thrift, antique and gift shops, and the restaurant.

After lunch we will make a stop at Trader Joes.

Leave: 9:30am Return: 3pm Fare: \$5.00 (includes bus)

NOVEMBER 7-VERBOORT SAUSAGE LUNCH

Before lunch, you can shop the bazaar, tour the church, or buy produce and plants. The meal includes all you can eat sausage and kraut, as well as mashed potatoes, salad, beans, a roll and pie for dessert. (all home made!)

Leave: 9am Return: 2pm Fare: \$22(includes bus and meal)

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.

WORD SEARCH:

Dog Lovers

- Airedale Terrier
- Akbash
- Akita Inu
- Alano Espanol
- Alaskan Malamute
- Beagle
- Bearded Collie
- Beauceron
- Bedlington Terrier
- Cesky Terrier
- Chart Polski
- Chihuahau
- Chinese Foo Dog
- Chinese Naakthond
- Deerhound
- Dobermann
- Dodo Argentino
- Drentsche Patrijshond
- Drever
- Finnish Spitz
- Jack Russell Terrier
- Labrador Retriever
- Lakeland Terrier
- Lancashire Heeler
- Leonberger
- Newfoundland
- Norfolk Terrier
- Norwich Terrier
- Pharao Hound
- Pinscher
- Pointer
- Pomeranian
- Rat Terrier
- Rhodesian Ridgeback
- Rottweiler
- Tibetaanse Mastiff
- Tosa Inu
- Vizsla
- Weimaraner
- Welsh Springer Spaniel
- Whippet
- Yorkshire Terrier

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



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.

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.

RAINBOWS - HAPPY SEPTEMBER BIRTHDAYS

<i>Donna Travis</i>	<i>1</i>	<i>Elnora Gipson</i>	<i>16</i>	<i>Joseph Ellerby</i>	<i>25</i>
<i>Peggy Buttolph</i>	<i>10</i>	<i>Barbara Gross</i>	<i>21</i>	<i>Frances Henthorne</i>	<i>30</i>
<i>Jane Eilersen</i>	<i>14</i>	<i>Laura Routson</i>	<i>23</i>		



RAINBOWS - HAPPY OCTOBER BIRTHDAYS

<i>Lorraine Thompson</i>	<i>1</i>	<i>Carol Summers</i>	<i>15</i>	<i>Diana DePeel</i>	<i>19</i>
<i>Dorie Leach</i>	<i>3</i>	<i>Joan Funk</i>	<i>18</i>		

Get Well: Debbie Ferren, Steven Schmidt & Pat Kuhn



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. 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!**



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 & 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

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

Monday, October 12th

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



Wills, Trusts & Estate Planning

Thursday, September 24th 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.



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, September 19th from 9 – 4:30pm

Saturday, November 14th 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.

ARM YOURSELF - With a Walgreens Flu Shot

Wednesday, October 7th from 10 – NOON

Walgreens Pharmacists will be giving flu shots at the Gladstone Senior Center

It will be a brown bag event so 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: \$25.00*



Choosing Healthy Meals as you get Older: 10 Healthy Eating Tips for People Age 65+

- 1. Drink Plenty of Liquids** - With Age, you may lose some of your sense of thirst. Drink water often. Low fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. Learn which liquids are better choices.
- 2. Make Eating a Social Event** - Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.
- 3. Plan Healthy Meals** - Find trusted nutrition information from ChooseMyPlate.gov and the National Institute on Aging. Get advice on what to eat, how much to eat and which foods to choose, all based on the Dietary Guidelines for Americans.
- 4. Know How Much to Eat** - Learn to recognize how much to eat so you can control portion size. MyPlate's Super Tracker shows amounts of food you need. When eating out, pack part of your meal to eat later. One restaurant dish may be enough for two meals or more.
- 5. Vary your Vegetables** - Include a variety of different colored vegetables to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.
- 6. Eat for your Teeth and Gums** - Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups or canned tuna.
- 7. Use Herbs and Spices** - Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! Maybe your sense of smell, sense of taste or both have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.
- 8. Keep Foods Safe** – Don't take a chance with your health! A food-related illness can be life threatening for an older person. Throw out old food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat or poultry.
- 9. Read the Nutrition Facts Label** – Make the right choices when buying foods. Pay attention to important nutrients to know as well as calories, fats, sodium and the rest of the Nutrition Facts Label. Ask your doctor if there are ingredients and nutrients you might need to limit or increase.
- 10. Ask Your Doctor About Vitamins or Supplements** – Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

Credit: choosemyplate.gov

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
Aug 29-31, 2015

or current occupant

GLAD TYDINGS
SENIOR CENTER NEWSLETTER
September & October/2015

We would like to give a **BIG THANK YOU** to the VFW Three Rivers Post 1324 for their donation to our Meals on Wheels program. The donation comes from their Memorial Day poppy fundraiser. Contributions like this are very much appreciated!
Thank You, Thank You, Thank You!



September, 2015

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> Lunch – Beef Cabbage Bake</p> <p>BINGO FRED MEYER</p>	<p><u>2</u> Lunch- Orange Glaze Chicken</p> <p>SAFEWAY</p>	<p><u>3</u> 50th Anniversary Party</p>  <p>PINOCHLE</p>	<p><u>4</u> BRIDGE</p>	<p><u>5</u></p>
<p><u>6</u> <u>PLEASE NOTE:</u> NO GOLDSTAR POTLUCK/ BINGO</p>	<p><u>7</u>  CENTER CLOSED LABOR DAY</p>	<p><u>8</u> Lunch- Beef Stew <u>Foot Clinic 8:30am</u></p>  <p>BINGO</p>	<p><u>9</u> Lunch – Chicken Salad ½ Sandwich</p> <p>SAFEWAY</p>	<p><u>10</u> Lunch- BBQ Chicken</p> <p><u>Sing Along</u></p> <p>PINOCHLE</p>	<p><u>11</u> <u>TRAM TRIP – Champeog Park/Newell House Museum Picnic</u></p> <p>BRIDGE</p> <p><u>Oil Painting 5:30 -9pm</u></p>	<p><u>12</u></p>
<p><u>13</u></p>	<p><u>14</u> <u>Hike – Rood Bridge Park</u></p> 	<p><u>15</u> Lunch –Pork Choppie w/ Gravy</p> <p>BINGO WALMART</p>	<p><u>16</u> Lunch- Rotisserie Chicken</p> <p>SAFEWAY</p>	<p><u>17</u> Lunch- Meatloaf ½ Sandwich</p> <p><u>Sing Along</u></p> <p>PINOCHLE</p> <p><u>TRAM TRIP – Tad’s Chicken & Dumplings</u></p>	<p><u>18</u> BRIDGE</p>	<p><u>19</u> <u>AARP Driving Safety Course 9am-4:30pm</u></p> 
<p><u>20</u> <u>Oil Painting 2 -6pm</u></p>	<p><u>21</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u></p> <p><u>Book Club 10:30am</u></p> <p><u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>22</u> Lunch –Mac & Cheese</p> <p><u>Yoga 9am</u></p> <p>BINGO MARKETPLACE</p> <p><u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u></p>	<p><u>23</u> Lunch –Chicken Pomodoro</p>  <p>SAFEWAY</p> <p><u>Watercolor 2pm</u></p> <p><u>Yoga 6-7pm</u></p>	<p><u>24</u> Lunch – Chicken w/Supreme</p> <p><u>Yoga 9am</u></p> <p><u>Sing Along</u></p> <p>PINOCHLE</p> <p><u>Pastels 2pm</u> <u>Wills, Trusts & Estates 6:30pm</u></p>	<p><u>25</u> <u>TRAM TRIP – New Max Line & Lunch Downtown</u></p> <p><u>Yoga 9am</u></p> <p>BRIDGE</p> <p><u>Smarter Than Your Smartphone 1 – 4pm</u></p> <p><u>Crochet 3 - 4pm</u></p> <p><u>Oil Painting 5:30 -9pm</u></p>	<p><u>26</u></p>
<p><u>27</u></p>	<p><u>28</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u></p> <p><u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p> <p><u>Line Dance 4-5pm</u></p>	<p><u>29</u> Lunch- Roast Turkey w/Gravy</p> <p><u>Yoga 9am</u></p> <p>BINGO</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>30</u> End of Summer BBQ</p>  <p>SAFEWAY</p> <p><u>Watercolor 2pm</u></p> <p><u>Yoga 6-7pm</u></p>	 <p>September</p>		

October, 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
			Please Note: Lunch Menus & Class Schedules are subject to change.	<u>1</u> Lunch – Spaghetti <u>Yoga 9am</u> <u>Acrylics 9:30am</u> <u>Sing Along</u> PINOCHLE <u>Pastels 2pm</u>	<u>2</u> <u>TRAM TRIP – Oregon Historical Society/Culinary Institute</u> <u>Yoga 9am</u> BRIDGE <u>Easy Windows 10 1 - 4pm</u> Crochet 3 – 4pm	<u>3</u>
<u>4</u>	<u>5</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> <u>PLEASE NOTE:</u> <u>NO GOLDSTAR POTLUCK/ BINGO</u> Line Dance 4 – 5pm <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>	<u>6</u> Lunch – Mac & Cheese <u>Yoga 9am</u> BINGO FRED MEYER <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>7</u> Lunch –Beef Swiss style patty <u>Walgreens Flu Shot Clinic</u> 10am – Noon <u>Basic Computer 10-11:30am</u> SAFEWAY <u>Adv. Computers 1:30-3pm</u> <u>Watercolor 2pm</u> <u>Yoga 6pm</u>	<u>8</u> Lunch – Homestyle Turkey Patty <u>Yoga 9am</u> <u>Acrylics 9:30am</u> <u>Basic Computer Security 10am</u> <u>Sing Along</u> PINOCHLE <u>Pastels 2pm</u>	<u>9</u> <u>Yoga 9am</u> BRIDGE <u>Oil Painting 5:30-9pm</u> Crochet 3 – 4pm	<u>10</u>
<u>11</u>	<u>12</u> <u>HIKE – Powell Butte</u> <u>SPIRIT MOUNTAIN CASINO TRIP</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> Line Dance 4 – 5pm <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>	<u>13</u> Lunch – Baked Fish <u>Yoga 9am</u> <u>Foot Clinic 9am</u> BINGO <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>14</u> Lunch – Ground Beef & Noodles <u>Basic Computer 10-11:30am</u> SAFEWAY <u>Adv. Computers 1:30-3pm</u> <u>Watercolor 2pm</u> <u>Yoga 6pm</u>	<u>15</u> Lunch – Chicken <u>Yoga 9am</u> <u>Acrylics 9:30am</u> <u>Basic Computer Security 10am</u> <u>Sing Along</u> PINOCHLE <u>Pastels 2pm</u>	<u>16</u> <u>TRAM TRIP – Astoria Maritime Museum</u> <u>Yoga 9am</u> BRIDGE <u>Smarter Than Your Smartphone 1 – 4pm</u> Crochet 3 – 4pm	<u>17</u>
<u>18</u> <u>Oil painting 2-6pm</u>	<u>19</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> <u>Book Club 10:30am</u> Line Dance 4 – 5pm <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>	<u>20</u> Lunch – Garden Chicken Salad <u>Yoga 9am</u> BINGO WALMART <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>21</u> Lunch – Chicken Divan Bake <u>Basic Computer 10-11:30am</u> SAFEWAY <u>Adv. Computers 1:30-3pm</u> <u>Watercolor 2pm</u> <u>Yoga 6pm</u>	<u>22</u> Lunch – Tuna Salad ½ Sandwich <u>Yoga 9am</u> <u>Acrylics 9:30am</u> <u>Basic Computer Security 10am</u> <u>Sing Along</u> PINOCHLE <u>Pastels 2pm</u>	<u>23</u> <u>TRAM TRIP – Oregon Zoo</u> <u>Yoga 9am</u> BRIDGE <u>Oil Painting 5:30-9pm</u>	<u>24</u>
<u>25</u>	<u>26</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> Line Dance 4 – 5pm <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>	<u>27</u> Lunch – Western Beef Goulash <u>SHIBA 10:30</u> BINGO MARKETPLACE <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>28</u> Halloween Spooktacular <u>Basic Computer 10-11:30am</u> SAFEWAY <u>Adv. Computers 1:30-3pm</u> <u>Watercolor 2pm</u>	<u>29</u> Lunch –Pasta <u>Yoga 9am</u> <u>Acrylics 9:30am</u> <u>Basic Computer Security 10am</u> <u>Sing Along</u> PINOCHLE <u>Pastels 2pm</u>	<u>30</u> <u>TRAM TRIP – Albertina Kerr/Trader Joes</u> <u>Yoga 9am</u> BRIDGE	<u>31</u> 