



Gladstone Senior Center

Enhancing the Lives of Seniors

Have a question? Need some assistance?

It is our mission to enhance the lives of seniors living in Gladstone through services, programs, and activities. To keep our aging and disabled population engaged, we offer numerous services each month. Additionally, we also serve as the information and referral center for the residents of Gladstone. Please call us anytime Mon.- Fri. 8:00 am to 5:00 pm at (503) 655-7701.

Senior Center Transportation-

Need to get out? Don't feel like driving? Can't drive for a variety of reasons? Well, we may have the solution for you. Tram rides are available to those seniors residing within the Gladstone City limits. The Tram is lift-equipped. There is a suggested donation of \$1.00 each way. If possible, please call 24 hours in advance. If we are unable to assist you, we will refer you to an agency that can.

Medical Appointments (non-emergency):

If it is an emergency dial 911 immediately. The Senior Center may be able to help you get to your appointments that are at facilities within a 15-mile, round trip, radius of the Senior Center. We offer this service Tuesday through Thursday based on availability and space. We will pick you up, take you to your appointment, and return to take you home when you are done.

Lunch Pickup:

Tuesdays, Wednesdays, and Thursdays. Please be ready by 10:30 am.

Grocery Shopping:

Need to get some groceries? We can help with that! The Senior Center provides transportation to local stores every week. Every Wednesday- Safeway. 1st Tuesday of each month- Fred Meyer. 3rd Tuesday of each month- Walmart. Shopping trips typically leave after 12:00 pm. We can help pick you up and take you home or at the Senior Center. Please limit your shopping to no more than 4 bags. Space is limited.

Senior Center Nutrition Programs-

Lunch at the Senior Center:

Offered each Tuesday, Wednesday, and Thursday. Lunch is served daily at 12:00 pm. The Senior Center offers highly nutritious, diabetic friendly meals, as well as a daily salad bar. Soup is offered daily in the Fall, Winter, and Spring. Cost: Age 60 or older is a suggested donation of



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\$2.50. For everyone else it is \$4.00 per person. The cost covers all offerings with no changes of cost.

Homebound Meals:

If you are age 60 or older and have become ill or unable to provide yourself with nutritious meals, you may qualify to receive meals through our Home Bound Meal program. This program provides nutritious meals 7 days a week through a corps of community volunteers. Please call to schedule an assessment.

Special Events:

Throughout the year, the Senior Center hosts special events. These events range from Valentine's Day to a 50th Anniversary Celebration lunch to our annual Holiday Party. For special events, unless otherwise noted, the cost is \$3.50 per person and everyone is welcome.

Senior Center Activities-

Proudly serving the residents of Gladstone since 1981. The services and programs we offer are essential to physical and psychological well-being of disabled and older adults in Gladstone. Everyone is welcome to participate at the Senior Center regardless of age.

Games:

Bingo on Tuesdays, Bunco on Wednesdays, Pinochle and board/card games on Thursdays, and Bridge on Friday. All games begin after lunch except for Bridge on Friday which begins at 12:00 pm.

Programs:

Book Club meets the 3rd Monday of each month at 10:00 am. Please see the latest issue of *Glad Tidings*, found in the City of Gladstone Newsletter, for the current reading list.

Gold Star Potluck meets the 1st Monday of each month at 12:00 pm. Please sign up at the front desk and note what dish you will provide.

Senior Tech Days. This is an opportunity to learn how to use social media, smart phones, and computers. Volunteers and/ or staff are available to assist.



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Physical Activities:

Chair exercise every Tuesday and Thursday at 10:00 am. This free exercise class is a great way for those with mobility challenges to get some much-needed exercise. Stop on by, we would love to have you!

Senior Center Services-

Foot and Blood Pressure Clinic:

Held the 2nd Tuesday from 9:00 am until 3:00 pm, by appointment. The cost is \$33.00. Private RNs. Bring your own basin and two towels. Appointments fill up fast so please call us today to setup your next appointment! Cash or check only please.

Health Clinic, Health Screenings, and Flu Shots:

Through various partnerships with the State of Oregon, Clackamas County, and numerous healthcare organizations, the Senior Center will provide Flu Shot Clinics, Eye Clinics, and Dental Van Clinics at various times of the year. Please check with the Senior Center for the current list of offerings.

Legal Resources:

The Senior Center is pleased to offer a free legal clinic to elderly clients residing in Clackamas County every 1st Tuesday of each month from 10:00 am to 4:00 pm by appointment only. Services are offered through the generosity of Michael Rose, Attorney. Clients are offered 30 minutes of free legal services in the area of Elder Law and Estate Planning.

Utilities:

Would you like to save a little bit of cash each month? If so, did you know that you can mail your Gladstone Water & Garbage, NW Natural Gas, and PGE bills here? No stamps are required, but your bill and payment must be in an envelope. We will take care of it for you!

Social Services:

Contact the Senior Center Manager or the Programs and Services Coordinator for the following: Assessments, Referral, Information, Case Monitoring, and Energy Assistance (LIEAP). Family Consultations include health and wellbeing, safety, care giving, housing, long term care and respite services. All consultations are confidential.