

GLAD TYDINGS NEWSLETTER

GLADSTONE SENIOR CENTER

January & February, 2014

1050 PORTLAND AVE., GLADSTONE, OR. 97027 (503) 655-7701
PUBLISHED BI-MONTHLY. SUBSCRIPTION RATES \$8.00 JAN-DEC.

CENTER HOURS: MON-FRI., 8:30am – 5:00pm

Website- gladstoneseniors.org

DATES TO REMEMBER ~ CENTER CLOSED

Wednesday, January 1, 2014 – New Year's Day ~ Monday, January 20, 2014 – MLK Day
Monday, February 17, 2014 – President's Day

Old Time Fiddlers

Sunday, January 12th at 1pm

Area fiddlers get together for a free Jam! Great Music for all to enjoy! *Cost is FREE!*

SPIRIT MOUNTAIN CASINO TRIP

Monday, January 13, 2014

Boards Senior Center at 8:15AM~Leaves Casino at 3:30PM SIGN UP NOW TO RIDE IN STYLE!
COST \$3.00 PER PERSON/(NON REFUNDABLE) Must be a coyote club member!

VIEWS CONVERSATIONS ON AGING

- ❖ **Learning From Grief and Loss ~ Wednesday, January 22nd from 10-11:30am:**
As we age, we experience losses of many types. Grief may become a more common experience. Your healing takes as long as it takes. Learn from others and yourself how to find your own unique path through grief.
- ❖ **The Elder Journey ~ Wednesday, February 19th from 10-11:30am:** What new perspectives have you formed through your life? What brings meaning and purpose to you now? Come and join us for a thoughtful discussion about the new roles that appear for you as you enter this next stage of life.

VIEWS - (Volunteers Involved for the Emotional Well-being of Seniors) offers **FREE** facilitated Discussion Groups on topics important to people over 60 years and above. Space is limited so call the Center **ASAP** if you would like to sign up.



VALENTINE'S LUNCH

Wednesday, February 12th 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: FREE! Sponsored by The Foundation. Sign-ups are REQUIRED for this event!



Have you renewed your newsletter yet? If not, please make sure you do so ASAP!
The renewal form is on page 8 of this newsletter. Please call the center for any questions at (503) 656-7701

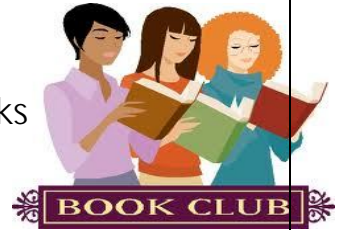
ADVISORY BOARD MEETINGS:
3RD TUESDAY AT 3:30PM QUARTERLY IN JANUARY, APRIL, JULY & OCTOBER

ADVISORY BOARD - 2014
WALT FITCH- PRESIDENT
ELAINE HERMENS-VICE PRESIDENT
LINDA ANDREWS-SECRETARY
WANDA COCHRANE, DELORES ELLIS
JIM PRICHARD, DIANE BERRETH
COLLETTE UMBRAS, BOB NELSON

STAFF
MANAGER, RHONDA BREMMEYER
TRAM, SHIRLEY SCRIVNER
OFFICE ASSTISTANT, JAMIE SOUTHWORTH
NUTRITION COORDINATOR, DEBBIE FERREN

BOOK CLUB MEETING – MONDAY, January 27th & February 24th - 10:30AM

JANUARY BOOK: " Blessings" by Anna Quinlan – Blessings is the name of a large Estate whose sole owner is an aging single woman. She often lives in the past. However, she carefully looks after her large property and hires a young man to oversee it. The story revolves around the relating to one another.



ALTERNATE BOOK: "The Believers" by Zoe Heller – The author socially explores the disintegration of a well-to-do family after the father suffers a stroke.

FEBRUARY BOOK: "The Valley of Amazement" by Amy Tam – Spanning more than 40 years and two continents this novel resurrects pivotal episodes in history. A great read....

ALTERNATE BOOK: "Beat the Reaper" by Josh Bezel – An unpredictable fast moving mystery. Actually humorous with clever dialog.

Rhonda's Ramblings



It's hard to believe a New Year is upon us. What a cold fall we have had with temperatures at freezing. I hope winter will not be as sever. The Center hosted the Clackamas County Senior Companions on our Thanksgiving luncheon and we served over 120 people that day. I would like to thank the volunteers & staff who assisted with this popular event. Many of our programs depend on such dedicated volunteers week after week to provide essential services from the Center. The staff would like to thank each and every one of these wonderful volunteers. Did you know that our Santa has been brightening up our holiday luncheon for 25 years? Thanks for all the memories J.L.

Please support the Center by signing up for the Gladtidings Newsletter to be mailed to your home. The staff will send you a card and recognize birthday as it comes around. Each month Phyllis Harrison brings in a wonderful cake to celebrate birthdays on the second Wednesday. Thanks to her and join us in recognizing your birthday. Louann Field from Vineyard Place comes in and provides our Center desserts thank you for their support.

INCLEMENT WEATHER

In case of snow and/or ice, remember to check the radio 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 anyway. 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.





JANUARY & FEBRUARY 2014 TRAM TRIPS

TRIP POLICY- SIGN UP JANUARY 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.

Jan. 10-La Provence Restaurant and Bakery

This award-winning restaurant offers wonderful entrees and baked goods. We will be going early for breakfast. Afterwards we will take a drive around Lake Oswego.

Lv. 8:30am Ret: 12:00 Fare: \$3.00 (includes bus)

Jan. 17-Albertina's

This former nursery/orphanage has found new life as a restaurant, with thrift, gift, and antique shops to boot. Come enjoy a delicious lunch with time to shop beforehand.

Lv. 9:30am Ret: 2pm Fare: \$5.00 (includes bus)

Jan 24-Gustav's

Schnitzel, fondue and shepherd's pie, oh my!! Yummy food at Gustav's.

Lv. 10:00am Ret: 2pm Fare:\$3.00 (includes bus)

Jan 31-Pendleton Woolen Mill Tour

We will take a walking tour of the mill, Time to shop the outlet store will be included, and lunch at a local restaurant will finish our day.

Lv. 8:45am Ret: 3pm Fare: \$10.00 (includes bus and tour)

February 6-(Thursday) Tony Starlight's Sing for Your Supperclub

At this show, singers have the opportunity to perform with a live band. Your driver will be one of the entrants. There is a full menu of appetizers, beverages, and dinner items

Lv. 6:00pm Ret: 10:30pm (or later) Fare: \$15.00 (includes bus and show)

Feb. 14- Shop for a Bargain Day!

We will visit three thrift shops in Tigard, with lunch at the Old Town Buffet.

Bargain hunters, this is your day! Lv. 9am Ret: 3pm Fare: \$7.00 (includes bus)

Feb. 21-McMeniman's Kennedy School.

Explore this former grade school and have a delicious lunch.

Lv. 9:45am Ret: 2 pm Fare: \$5.00(includes bus)

Feb. 28-Wurstfest at Mt. Angel.

There will be live music, dancing, good food and drink & more at this special event celebrating German Sausage. Area sausage makers will present varieties of the best of their wurst.

Lv. 9:15am Ret; 3pm Fare: \$15.00 (includes bus and admission)

Mar. 7-Irish Day

We will first shop the Scottish Country Shop, then lunch at Kell's Irish Pub.

A drive around the West Hills will complete our day.

Lv. 9:45am Ret: 2pm Fare: \$5.00 (includes bus)

Note: Please be aware that return times are approximate. Weather, traffic, or other conditions may affect travel time.

FRIDAY EXCURSIONS – NEW POLICY – All trips will be pre-paid seven days prior to trip date. Three-day notice is required for a refund and no refund 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

AFFECTION ARROWS CARDS
CHOCOLATE CUPID DAY
FEBRUARY FOURTEEN FRIEND
HEARTS LOVE RED
ROMANCE ROSES VALENTINES

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



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, monthly trips, Tai chi,

Foot Clinic, Sing Alongs and much much more. In November we had a Thanksgiving Feast and in December we had sugar cookie decorating and a holiday party with good food, gifts, entertainment and fun including 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.

SCOTTISH GARDENS

Wednesday, February 12th 7-8pm
Ken Lister, a native Scot who has trained at Royal Botanic Gardens in Edinburgh, will present a 2-projector slide show on Scottish Gardens! Enjoy his Scottish brogue as he shares his knowledge.

Cost: \$5

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 7th. Call now to make your appointment at (503) 655-7701. **Make sure to call soon as appointments fill up fast!**



RAINBOWS - HAPPY JANUARY BIRTHDAYS

Char Kellerman	2	Verna McDowell	16
Hilda Wood	2	Dick Ma	21
John Lister	5	Maryanna Moore	23
Louise Kinnes	5	Rudy Santos	26
Louise Deich	8	Peggy Marquoit	27
Berna Williams	14		



January 30th ~Shirley Scrivner will celebrate 24 years with the Center!

RAINBOWS - HAPPY FEBRUARY BIRTHDAYS

William Colby	4	Liz Bridge	22
Bob Chais	7	Joan Marcoe	25
Elaine Furomoto	18	Rosemarie Kraxberger	25
Sherry Santor	20	John Marthaller	25

February 2nd ~Debbie Ferren will celebrate 21 years with the Center!

Happy Belated Birthday to Darlene Eaton! She turned 90 on December 1st!

Sympathies to Family & Friends of: Ben Weidrich, Herb Beals, Floyd Gaynor, Harriet Jorgenson & Bob Stapleton

Thinking of you: Ruth Russell, Barbara Reeves, Jim Clayton & Victoria O'Brien

RECIPE OF THE MONTH ~ Baked Potato Soup

Ingredients:

- 9 baking potatoes
- 2/3 cup butter
- 2/3 cup all purpose flour
- 6 cups whole milk
- ½ tablespoon salt
- 1 teaspoons ground black pepper
- ½ cup bacon bits
- 4 green onions chopped
- 10 ounces shredded cheddar cheese
- 1 container (8 ounce) sour cream



Directions:

1. Prick potatoes with a fork and cook in the microwave, 3 or 4 at a time, and scoop out the flesh (while the others are cooking).
2. In a large saucepan over medium heat, melt butter. Stir in flour and cook about a minute. Whisk in milk, a little at a time, stirring constantly until thickened. Stir in potatoes, salt, pepper, 1/3 cup bacon bits, 2 tablespoons green onions and most of the cheese. Cook until thoroughly heated. Stir in sour cream and heat through. Serve topped with remaining bacon, onions and cheese.

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.



SAVE THE DATE

Saturday, April 12TH– Spring Fling Craft Bazaar



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. Call the Senior Center at (503) 655-7501 to register. Cost is \$20.00 without and AARP card or \$15.00 with an AARP card.

Saturday, February 22nd from 9-4:30pm

Estate Planning Basics

Wednesday, 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. Cost: \$10 (Senior: \$5)

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.

JAN-DEC/2014-GLADTYDINGSNEWSLETTER- \$800

Name _____

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

Phone#: _____ (Zip Code) _____

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

Self _____

Spouse Name _____ Birthdate _____

Spouse Name _____ Birthdate _____

For Office Use Only

Date Receipt Issued: _____ Mailing List Page# _____ BDay List _____

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 hours notice**. Tell the receptionist about **all the stops** you want to make.

Lunch Pick-Up – Tues., Wed. & Thurs.
Be ready by 10:30am.

Grocery Shopping Schedule

All shopping begins after lunch at the Center.

1st Tues. – Fred Meyer

2nd Tues. – No shopping due to foot clinic

3rd Tues. – Walmart

4th Tues. – Milwaukie Marketplace

Wednesdays – Safeway everyweek

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 75 cents or more each way please.

Medical requests should be called in with a **2 day notice**.

Medical appointments should be made on Tues., Wed., or Thurs. 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 – Tues. & Thurs.
at 10:30am – 11:30am

Hiking Group – 2nd Mon. of each month 9am. \$7.

SOCIAL SERVICES

See or call Rhonda for info on: Sr. Companions, visitors, problem-solving, Medicare assistance

NUTRITION

Noontime Meals at Center – Meals served on Tues., Wed. & Thurs. 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

Historical Society – Quarterly - 2nd Wed, 6pm

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 & Century Link. Bring in your Gladstone Water & Garbage and we'll get it to the city.

COMPUTER LAB

We have 2 computer stations available for personal use from 10 – 4pm, Mon-Fri.

We also have FREE WiFi.

Ask staff for assistance.

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 28-31, 2013*

or current occupant



GLAD TYDINGS
SENIOR CENTER NEWSLETTER
January & February/2014











*We hope you had a
Merry Christmas*

*and a
Happy New Year!*

January, 2014

SUN	MON	TUES	WED	THURS	FRI	SAT
 <p>JANUARY</p>			<p>1</p> <p>HAPPY NEW YEAR</p> <p>CENTER CLOSED</p>	<p>2</p> <p>Lunch- Beef Mushroom Patty</p> <p>PINOCHLE SAFEWAY</p>	<p>3</p> <p>BRIDGE TRAM TRIP – Just Lunch at McGrath's</p> <p>Oil Painting w/Judy 5:30pm</p>	<p>4</p>
<p>5</p>	<p>6</p> <p>9am Walkers</p> <p>Tai Chi 9am Tai Chi 10am Tai Chi 11am</p> <p>GOLDSTAR CANCELLED</p> <p>Tai Chi 6pm Tai Chi 7pm</p>	<p>7</p> <p>Lunch- Spaghetti Yoga Begin 9am</p> <p>FRED MEYER BINGO</p> <p>BINGO</p> <p>Yoga 5:25pm Yoga 6:30pm</p>	<p>8</p> <p>Lunch-Chicken Pastina</p> <p>Let's do Lunch!</p> <p>SAFEWAY</p> <p>Yoga 6-7pm</p>	<p>9</p> <p>Lunch- Curry Chicken Salad</p> <p>Yoga 9am</p> <p>Acrylics 9:30am</p> <p>PINOCHLE</p>	<p>10</p> <p>TRAM TRIP – La Provence Restaurant & Bakery 8:30am</p> <p>Yoga 9am</p> <p>BRIDGE</p> 	<p>11</p>
<p>12</p>  <p>Old Time Fiddlers @ 1pm Great Music for all to enjoy!</p>	<p>13</p> <p>9am Hikers – Lacamas Lake</p> <p>Tai Chi 9am Tai Chi 10am Tai Chi 11am</p> <p>Spirit Mountain Casino Trip</p> <p>Ukulele 1pm Guitar 1:45pm Tai Chi 6pm Tai Chi 7pm</p>	<p>14</p> <p>Lunch- Meatloaf ½ Sandwich</p> <p>Foot Clinic 8:30am</p> <p>Yoga Begin 9am</p> <p>BINGO</p> <p>Yoga 5:25pm Yoga 6:30pm</p> <p>Line Dance 6:30pm Line Dance 7:30pm</p>	<p>15</p> <p>Lunch- Chicken Tetrazzini</p> <p>SAFEWAY</p> <p>Watercolor 2pm</p> <p>Yoga 6-7pm</p>	<p>16</p> <p>Lunch- Turkey ½ Sandwich</p> <p>Yoga 9am</p> <p>Acrylics 9:30am</p> <p>PINOCHLE</p> <p>Adventures in Pastels 2pm</p>	<p>17</p> <p>Yoga 9am</p>  <p>TRAM TRIP – Albertina's 9:30am</p> <p>BRIDGE</p> <p>Computer 1-3pm</p>	<p>1</p>
<p>19</p> <p>Oil Painting with Judy 2-6pm</p> 	<p>20</p> <p>Martin Luther King Day</p>  <p>CENTER CLOSED</p>	<p>21</p> <p>Lunch- Pork Sausage Gravy</p> <p>Yoga Begin 9am Genealogy 10am</p> <p>WALMART BINGO</p> <p>Yoga 5:25pm Yoga 6:30pm Line Dance 6:30pm Line Dance 7:30pm</p>	<p>22</p> <p>Lunch- Beef Patty</p> <p>SAFEWAY</p> <p>VIEWS: Learning From Grief and Loss 10-11:30am</p> <p>Watercolor 2pm Yoga 6-7pm</p>	<p>23</p> <p>Lunch- Baked Chicken Breast</p> <p>Yoga 9am</p> <p>Acrylics 9:30am PINOCHLE</p> <p>Adventures in Pastels 2pm</p>	<p>24</p> <p>Yoga 9am</p> <p>BRIDGE TRAM TRIP - Gustav's 10am</p> <p>Computer 1-3pm</p> <p>Oil Painting with Judy Stubb 5:30-9pm</p>	<p>25</p>
<p>26</p>	<p>27</p> <p>9am Walkers</p> <p>Tai Chi 9am Tai Chi 10am Tai Chi 11am</p> <p>Book Club 10:30am</p> <p>Ukulele 1pm Guitar 1:45pm</p> <p>Tai Chi 6pm Tai Chi 7pm</p>	<p>28</p> <p>Lunch-Sweet & Sour Chicken</p> <p>Yoga Begin 9am</p> <p>Genealogy 10am</p> <p>MARKETPLACE BINGO</p> <p>Yoga 5:25pm Yoga 6:30pm Line Dance 6:30pm Line Dance 7:30pm</p>	<p>29</p> <p>Lunch- Roast Turkey w/ Gravy</p> <p>SAFEWAY</p> <p>Watercolor 2pm</p> <p>Yoga 6-7pm</p>	<p>30</p> <p>Lunch- BBQ Chicken Breast</p> <p>Yoga 9am</p> <p>Acrylics 9:30am</p> <p>PINOCHLE</p> <p>Adventures in Pastels 2pm</p>	<p>31</p> <p>Yoga 9am</p> <p>TRAM TRIP – Pendleton Woolen Mill Tour 8:45am</p> <p>BRIDGE</p> <p>Computer 1-3pm</p>	<p>I have decided to stick with love. Hate is too great a burden to bear. ~ Martin Luther King Jr.</p>

February, 2014

SUN	MON	TUES	WED	THURS	FRI	SAT	
 FEBRUARY			MEALS ON WHEELS SERVED MONDAY - FRIDAY FOR QUALIFIED CLIENTS.				<u>1</u>
<u>2</u> 	<u>3</u> <u>9am Walkers</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> GOLD STAR BINGO & POTLUCK <u>Ukulele 1pm</u> <u>Guitar 1:45pm</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>	<u>4</u> <u>Lunch- Potato & Ham Salad</u> <u>Yoga 9am</u> <u>Genealogy 10am</u> FRED MEYER BINGO <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u>	<u>5</u> <u>Lunch- Scallop Potato & Ham</u>  SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u>	<u>6</u> <u>Lunch- Turkey Salad ½ Sandwich</u> <u>Yoga 9am</u> <u>Acrylics 9:30am</u> PINOCHLE <u>Adventures in Pastels 2pm</u> <u>TRAM TRIP – Tony's Starlight's Sing for Your Supperclub 6:00pm</u>	<u>7</u> <u>Yoga 9am</u>  AARP TAXES 9-2:30PM BRIDGE <u>Computer 1pm</u> <u>Oil Painting 5:30-9pm</u>	<u>8</u>	
<u>9</u>	<u>10</u> <u>9am Hikers – Tualatin Hills</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>11</u> <u>Lunch- Mini Ham & Cheese Salad</u> <u>Foot Clinic 8:30am</u> <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>12</u> VALENTINE'S DAY LUNCH SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u> <u>Scotland Gardens Slide Tour 7-8pm</u>	<u>13</u> <u>Lunch – Spaghetti w/meat sauce</u> <u>Yoga 9am</u> <u>Acrylics 9:30am</u> PINOCHLE <u>Adventures in Pastels 2pm</u>	<u>14</u> <u>Yoga 9am</u> <u>TRAM TRIP – Shop for a Bargain Day 9am</u> AARP TAXES 9-2:30PM BRIDGE <u>Computer 1pm</u>	<u>15</u>	
<u>16</u> <u>Oil Painting with Judy Stubb 2-6pm</u>	<u>17</u>  CENTER CLOSED	<u>18</u> <u>Lunch- Roast Pork w/gravy</u> <u>Yoga 9am</u> <u>Genealogy 10am</u> WALMART BINGO <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u>	<u>19</u> <u>Lunch- Meatloaf</u> <u>VIEWS: The Elder Journey 10-11:30am</u> SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u> <u>Wills & Trusts 6:30-7:30pm</u>	<u>20</u> <u>Lunch- Country Fried Steak & Gravy</u> <u>Yoga 9am</u> <u>Acrylics 9:30am</u> PINOCHLE <u>Adventures in Pastels 2pm</u>	<u>21</u> <u>Yoga 9am</u> AARP TAXES 9-2:30PM <u>TRAM TRIP – McMeniman's Kennedy School 9:45am</u> BRIDGE <u>Computer 1pm</u>	<u>22</u> <u>AARP Smart Driving Course 9-4:30pm</u> 	
<u>23</u> 	<u>24</u> <u>9am Walkers</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> <u>Book Club 10:30am</u> <u>Ukulele 1pm</u> <u>Guitar 1:45pm</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>	<u>25</u> <u>Lunch- Beef Chili</u> <u>Yoga 9am</u> <u>Genealogy 10am</u> MARKETPLACE BINGO <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u>	<u>26</u> <u>Lunch- Smokehouse Ribbette</u> SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u>	<u>27</u> <u>Lunch- Chicken Marsala Bake</u> <u>Yoga 9am</u> <u>Acrylics 9:30am</u> PINOCHLE <u>Adventures in Pastels 2pm</u>	<u>28</u> <u>Yoga 9am</u> AARP TAXES 9-2:30PM <u>TRAM TRIP – Wurstfest at Mt. Angel 9:15am</u> BRIDGE <u>Computer 1pm</u> <u>Oil Painting with Judy 5:30-9pm</u>	<p>We loved with a love that was more than love.</p> <p>~ Edgar Allan Poe</p>	