

GLAD TYDINGS NEWSLETTER

GLADSTONE SENIOR CENTER

March & April, 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



ST. PATRICK'S DAY PARTY

Wednesday, March 12th at 11:30am

Come get your Luck O' the Irish! We will have a traditional Irish lunch with corned beef & cabbage.

Entertainment by "Diane Hagen"

Call the Center ASAP to reserve your spot. Sign-ups are **REQUIRED**.

The charge is only \$3.50.

It is sure to be a good time with all the food, entertainment, prizes and fun!

Don't forget to wear your **GREEN!**

VIEWS CONVERSATIONS ON AGING

Talking with Your Doctor ~ Wednesday, March 19th from 10-11:30am: Have you ever been anxious or frustrated by a doctor's visit in which your needs were not met? Are you in charge of your health care? Let's talk about what it would take to feel that you and your doctor are part of the same team. **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.



SPRING FLING CRAFT & COLLECTIBLE BAZAAR

Saturday, April 12th 9am-4pm

Come check out your local artist and craft vendors!

There will be: plants, antiques & collectibles, jewelry, food items, paper items, candles, hats, art and crafts, other treasures and **MUCH** more!

Cost: **FREE** ~ Food and snacks will also be available for purchase! **Volunteers wanted!**

EASTER LUNCH

Wednesday, April 16th at 11:30am

Please join us for a special Easter lunch and be prepared to have a good time!

Professional entertainment will be by "**Mark J**"

Make sure you reserve your spot at The Center.

Sign-ups are **REQUIRED!** Cost is \$3.50 per person.



Gladstone Senior Center offers a full range of activities and services meeting the needs and enhancing the lives of adults in our Community.

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

ADVISORY BOARD - 2014
Elaine HERMENS- PRESIDENT
JIM PRICHARD - VICE PRESIDENT
LINDA ANDREWS-SECRETARY
WANDA COCHRANE, BOB NELSON,
DIANE BERRETH, KATIE ELLERBY
COLLETTE UMBRAS, NOREDA MAY

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

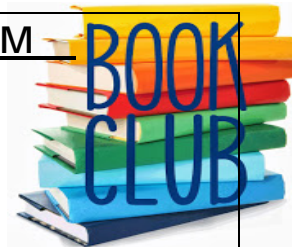
BOOK CLUB MEETING – MONDAY, March 17th & April 21st - 10:30AM

MARCH BOOK: “Leaving Everything Most Loved” by Jacqueline Winspear–Circa 1935 many Indian women emigrated to England to go into service at wealthy homes. This story follows the life of one such woman and the British attitude toward them.

ALTERNATE BOOK: “Wild” by Cheryl Strayed – This is a Portland author writing a memoir of her 11 hundred mile trek on the Pacific Crest Trail. She did this trip alone and it is an amazing story.

APRIL BOOK: “No Mans Nightingale” by Ruth Rendell – Inspector Wexford comes out of retirement to assist in the murder of a biracial female Vicar. There are many social issues sensibly discussed here.

ALTERNATE BOOK: “The Golden Notebook” by Doris Lessing – This famous author who died recently wrote this groundbreaking book in the sixties. It is considered an early inspiration for the “feminine movement”.



Rhonda's Ramblings

Spring is on its way and it is nice to see daffodils coming up through the ground. Comments from the group from our Valentines Luncheon were very positive and it was nice to see such a large group participate. The entertainment by professional musician Mark J will be back for our Easter or Spring lunch on April 16. He has great CD's you can purchase and listen to his music at your home.

All of the classes we offered did quite well this term. They will go a little longer because of the snow days that had us cancelling our activities. The Center was able to deliver meals to our clients both days with the bad weather.

I would like to thank Pat McMahon and Earl Redinger for driving on Friday with chains and heavy boots to get the meals out. Our new driver Darrel Lette and Cathy & Jess Kappel braved the snow on Monday. A big thanks from all the staff for their giving spirit. Let's hope snow is in the mountain the rest of winter.

The national Meals on Wheels Association of America partnered with some student groups that made Valentine cards to send to meal clients. We had greetings of love from students all over the country. It was fun to open packages of handmade cards and distribute them to our clients.

March for Meals will have fundraising donation containers around the Gladstone businesses. Please give your extra change to support the meal program. We have invited our Community leaders to drive a Meals on Wheels route during the month of March to promote awareness of senior hunger.

Notary Services are now available at The Center

Shari will now be available to do single notaries from 1- 4pm on Thursdays. Please stop in or call in advance to schedule a time.



MARCH & APRIL 2014 TRAM TRIPS

TRIP POLICY- SIGN UP MARCH 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.

March 7- Irish Day

Scottish Country Shop and Kells restaurant

Lv. 9:45AM Ret: 2pm Fare: \$3(includes bus)

March 14 - Camp 18 and Jewell Meadows

This restaurant is on the site of a former logging camp. After our meal, we will drive to the Jewell Meadows Refuge, to see the elk. Bring your binoculars if you wish.

Lv. 9am Ret: 4pm Fare: \$15(includes bus)

March 21- Cazadero Inn-Estacada

This little town of Estacada is a jewel in the Cascades. Before lunch, we'll make a stop at Mike's Second Hand Thrift Shop and then afterwards take a country drive home.

Lv. 9am Ret:3pm Fare:\$7 (includes bus)

March 28-Tollgate Inn

The Tollgate Inn in Sandy has good food and a cute gift shop/bakery. After our meal we will take a backroads drive.

Lv. 10am Ret: 3pm Fare: \$7(includes bus)

April 3- (Thursday) Tony Starlights Sing for Your Supperclub

After our snow cancellation last month, let's try this again! We will enjoy many singers crooning classic 40's to 50's tunes, including your driver, Shirley. You can also have dinner or just appetizers and drinks. Dress: business casual or nicer.

Lv. 6pm Ret: 11pm Fare:\$15.00 (includes bus and show)

April 11- Beaches Restaurant

This riverside restaurant has a fun atmosphere and good food. This trip will include a drive around Vancouver.

Lv. 10am Ret:3pm Fare:\$7 (includes bus)

April 17- (Thursday) "Lend Me a Tenor"

A sensation on Broadway and London's West End, this screwball comedy is guaranteed to leave you laughing. Presented by the New Century Players.

Lv. 6:30 Ret:10:30pm Fare: \$17(includes bus and ticket)

April 25 - Seaside

Let's enjoy a spring day at the beach. There are many choices for shopping and lunch as well as the main attraction-the ocean!

Lv. 8:30am Ret:5pm Fare:\$20.00 (includes bus)

May 2- Mission Mill Museum Tour

This very historic site in Salem contains a former woolen mill, pioneer homes, garden, gift shop and more! We will enjoy a guided tour and afterwards have lunch at a local restaurant.

Lv.9am Ret:3:30pm Fare:\$17.00 (includes bus and tour)

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

APRIL	EGGS	PLANTS
BASKET	FLOWERS	POLLEN
BLOOM	GARDEN	QUACK
BONNET	GRASS	RAIN
BUNNY	GROW	SEASON
BUTTERFLY	HATCH	SEEDS
CATERPILLAR	HOP	SHEEP
CHICK	JACKET	SHOWERS
CHOCOLATE	JELLYBEAN	SPRING
CHURCH	KITE	SUNDAY
COLOR	LAMB	SUNSHINE
DAFFODIL	LILLY	TREATS
DECORATE	PAINT	TULIP
DUCKS	PALM	TULIPS
DYE	PARADE	YUMMY
EASTER	PASTELS	

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

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 February we had our special Valentines Day Lunch. 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.



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 is on Fridays from 9am to 2:30pm through Friday, April 11th. Call now to make your appointment at (503) 655-7701.



Make sure to call soon as appointments fill up fast!

Wills, Trusts & Estate Planning

Wednesday, April 16th
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)

happy birthday

RAINBOWS - HAPPY MARCH BIRTHDAYS

John Jobs	2	Anna Van Kemmer	9	Hank Henthorne	20
Don Cawely	3	Cathie Kappel	10	Evelyn Johnson	25
Herb Ketterling	5	Ashley Kirkman	12	Marty Engel	27
Beverly Wilson	5	Richard Schooley	12	Rebecca Williams	23
Gail Moffitt	8	Patricia Philip	17		

RAINBOWS - HAPPY APRIL BIRTHDAYS

Doreen Chais	1	John VanKemmer	4	Christine Lyons	22
Diane Berreth	2	Shirley Scrivner	5	Jesse Kappell	22
Fran Fieger	2	Virinia Caldwell	10	Sandra Zeller	27
Debbie Ferren	3	Betty Wright	15	Diane Alexander	27
Cleo Bayless	3	John Rupp	20	Flor Deleon	29

Sympathies to Family & Friends of: Norma Roberts & Dorothy Yackley



Would you like to help the Gladstone Senior Center earn money for local programs? We are very excited about a new Community Rewards program that helps Nonprofit Organizations from Fred Meyer. 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. If you do not have a Rewards Card, you can sign up for one at the Customer Service Desk of any store. To link your rewards card, please go to www.fredmeyer.com/communityrewards. If you need assistance with registering online, please ask for Shari or Jamie at the Gladstone Senior Center (503) 655-7701.

Please note: the donation comes directly from Fred Meyer and does NOT impact your rewards points, rebates or fuel point.

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

Monday, April 28th

BOARDS AT 8:15AM ~ LEAVE CASINO AT 3:30PM

COST \$3.00 PER PERSON/ (NON REFUNDABLE)

MUST BE A COYOTE CLUB MEMBER!

PLEASE CALL FOR MORE INFORMATION OR TO SIGN UP.



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

May 7th – Mother's Day Lunch & Tea
June 11th – Father's Day Lunch

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) 655-7701 to register.

Cost is \$20.00 without and AARP card or \$15.00 with an AARP card.

Monday, March 24th & Tuesday, March 25th from 1-4:30pm

***Please note: you must attend both classes.**

We would like to give a big Thank You to Curtis Hanson who is officially retiring after many years of teaching AARP Driving classes at The Center.

The Charles Schulz Philosophy

Ponder these questions:

1. Name the last five Heisman trophy winners.
2. Name the last five winners of the Miss American pageant.
3. Name ten people who have won the Nobel or Pulitzer Prize.
4. Name the last half dozen Academy Award winners for best actor or actress.
5. Name five wealthiest people in the world.

How did you do???

The point is, none of us remember the headliners of yesterday. These are not second-rate achievers. They are the best in their fields. But the applause dies, Awards tarnish, Achievements are forgotten, Accolades and certificates are buried with their owners.

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with..

Easier??? The lesson: Most people who make a difference in your life are not the ones with the most credentials, the most money or the most awards. They simply are the ones who care the most.

GLADSTONE HISTORICAL SOCIETY

The Gladstone Historical Society is planning a special event for March 12th. We will meet at the Senior Center at 1pm after the St. Patrick's Day gala.

Our Program is titled: GLADSTONE'S FAMOUS PAST.

This will be a slide presentation showing some great Historic pictures.

We invite all to attend and enjoy our HISTORY.

Better yet, JOIN our society and bring us some of your "old pictures".

The program will be presented by Kim Huey....plan to come!

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

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
Feb. 26-28, 2014*

or current occupant

GLAD TYDINGS
SENIOR CENTER NEWSLETTER
March & April/2014



NO SENIOR SHOULD GO HUNGRY!

National campaign to increase awareness of Meals on Wheels
Nearly 1 in 6 seniors is threatened by hunger.

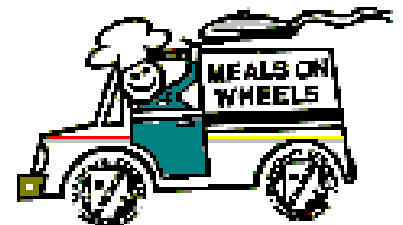
Gladstone Senior Center ~
Nutrition & Meals on Wheels Program

Please...We need your help!

- **Look for donation buckets by registers in your local community or donate at The Center during the month of March.**
- **Thursday, March 20th from 5-8pm ~ Burgerville will share 10% of proceeds to March for Meals, so come get dinner!**

Meals on Wheels programs collectively serve a nutritious meal, a warm smile and the safety check that keep over two and a half million seniors a year healthy and living in their own homes. The annual March for Meals campaign is an effort led by the Meals On Wheels Association of America and presents an opportunity for all of us to support our senior neighbors through a variety of efforts that make our communities stronger and our neighbors healthier.

So choose what's right for you. And, in doing so, know that your contribution will make a difference to, and touch the hearts of, many courageous aging American.



March, 2014

SUN

MON

TUES

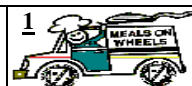
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THURS

FRI

SAT

MEALS ON WHEELS SERVED MONDAY - FRIDAY FOR QUALIFIED CLIENTS.



<p><u>2</u></p>	<p><u>3</u> 9am Walkers Tai Chi 9am Tai Chi 10am Tai Chi 11am GOLDSTAR Potluck/Bingo Tai Chi 6pm Tai Chi 7pm</p>	<p><u>4</u> Lunch- Swedish Meatballs Yoga Begin 9am Genealogy 10am FRED MEYER BINGO Yoga 5:25pm Yoga 6:30pm</p>	<p><u>5</u> Lunch-Orange Glaze Chicken SAFEWAY Watercolor 2pm Yoga 6-7pm</p>	<p><u>6</u> Lunch- Turkey Divan Yoga 9am Acrylics 9:30am PINOCHLE Adventures in Pastels 2pm</p>	<p><u>7</u> <u>TRAM TRIP – Irish Day</u> Yoga 9am AARP TAXES 9-2:30PM BRIDGE Computer 1-3pm Oil Painting with Judy 5:30-9pm</p>	<p><u>8</u></p>
<p><u>9</u>  Daylight Savings Time Begins</p>	<p><u>10</u> 9am Hikers – Lacamas Lake Tai Chi 9am Tai Chi 10am Tai Chi 11am Ukulele 1pm Guitar 1:45pm Tai Chi 6pm Tai Chi 7pm</p>	<p><u>11</u> Lunch- Chicken & White Bean Chili Foot Clinic 8:30am Yoga Begin 9am BINGO Yoga 5:25pm Yoga 6:30pm</p>	<p><u>12</u> St. Patrick's Day Lunch Party  SAFEWAY Yoga 6-7pm</p>	<p><u>13</u> Lunch- Mac & Cheese Yoga 9am Acrylics 9:30am PINOCHLE</p>	<p><u>14</u> <u>TRAM TRIP – Camp 18 & Jewell Meadows</u> Yoga 9am AARP TAXES 9-2:30PM BRIDGE</p>	<p><u>15</u></p>
<p><u>16</u>  Oil Painting with Judy 2-6pm</p>	<p><u>17</u> 9am Walkers Tai Chi 9am Tai Chi 10am Tai Chi 11am Book Club 10:30am Ukulele 1pm Guitar 1:45pm Tai Chi 6pm Tai Chi 7pm  St. Patrick's Day</p>	<p><u>18</u> Lunch- Ham & Potato Mini Salad WALMART BINGO</p>	<p><u>19</u> Lunch- Hearty Chicken Stew VIEWS –Talking with Your Doctor 10am SAFEWAY</p>	<p><u>20</u> Lunch- Chicken Pat w/Country Gravy PINOCHLE Spring Begins  Burgerville Night- Percentage of Donations</p>	<p><u>21</u> <u>TRAM TRIP - Cazadero Inn</u> AARP TAXES 9-2:30PM  BRIDGE</p>	<p><u>22</u> <i>THANK YOU TO THE TAX VOLUNTEERS WHO CAME OUT TO HELP THIS YEAR!</i></p>
<p><u>23</u></p>	<p><u>24</u> 9am Walkers  AARP Smart Driver Course 1-4:30pm</p>	<p><u>25</u> Lunch-Turkey Salad ½ Sand MARKETPLACE BINGO AARP Smart Driver Course 1-4:30pm</p>	<p><u>26</u> Lunch- Chicken Supreme Breast  SAFEWAY</p>	<p><u>27</u> Lunch- Spaghetti w/Meat Sauce PINOCHLE</p>	<p><u>28</u> <u>TRAM TRIP – Tollgate Inn</u> AARP TAXES 9-2:30PM BRIDGE Oil Painting with Judy 5:30-9pm</p>	<p><u>29</u></p>
<p><u>30</u></p>	<p><u>31</u> 9am Walkers Tai Chi 9am Tai Chi 10am Tai Chi 11am Ukulele 1pm Guitar 1:45pm Tai Chi 6pm Tai Chi 7pm</p>					

April, 2014

SUN	MON	TUES	WED	THURS	FRI	SAT
<p><u>MEALS ON WHEELS</u> <u>SERVED</u> <u>MONDAY – FRIDAY</u> <u>FOR QUALIFIED</u> <u>CLIENTS.</u></p>		<p><u>1</u> Lunch – Fish Patty</p> <p><u>Yoga 9am</u></p> <p>FRED MEYER BINGO</p> <p><u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u></p>	<p><u>2</u> Lunch – Country Fried Steak w/ Gravy</p> <p>SAFEWAY</p> <p><u>Yoga 6-7pm</u></p>	<p><u>3</u> Lunch – Scalloped Potatoes & Ham</p> <p><u>Yoga 9am</u> <u>Acrylics 9:30am</u> PINOCHLE <u>Computer 1:30pm</u> <u>TRAM TRIP –</u> <u>Tonv's Starlight</u></p>	<p><u>4</u> <u>Yoga 9am</u></p> <p><u>AARP TAXES</u> <u>9-2:30PM</u></p> <p>BRIDGE <u>Oil Painting with</u> <u>Judy Stubb</u> <u>5:30-9pm</u></p>	<u>5</u>
<u>6</u>	<p><u>7</u> <u>9am Walkers</u></p> <p><u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u></p> <p>GOLD STAR BINGO & POTLUCK</p> <p><u>Ukulele 1pm</u> <u>Guitar 1:45pm</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>8</u> Lunch – Beef Stew</p> <p><u>Foot Clinic 8:30am</u></p> <p><u>Yoga 9am</u> BINGO <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u></p> <p><u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u></p>	<p><u>9</u> Lunch – Beef Chili w/Beans</p> <p>SAFEWAY</p> <p><u>Watercolor 2pm</u></p> <p><u>Yoga 6-7pm</u></p>	<p><u>10</u> Lunch – Turkey w/ Gravy</p> <p><u>Yoga 9am</u></p> <p><u>Acrylics 9:30am</u></p> <p>PINOCHLE <u>Computer 1:30pm</u></p> <p><u>Adventures in</u> <u>Pastels 2pm</u></p>	<p><u>11</u> <u>TRAM TRIP –</u> <u>Beaches</u> <u>Restaurant</u></p> <p><u>Yoga 9am</u></p> <p><u>AARP TAXES</u> <u>9-2:30PM</u></p> <p>BRIDGE</p>	<p><u>12</u> <u>Spring Fling</u> <u>Craft &</u> <u>Collectible</u> <u>Bazaar 9-4pm</u></p>
<p><u>13</u> <u>Oil Painting with</u> <u>Judy Stubb</u> <u>2-6pm</u></p>	<p><u>14</u> <u>9am Hikers –</u> <u>Tualatin Hills</u></p> <p><u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u></p> <p><u>Ukulele 1pm</u> <u>Guitar 1:45pm</u></p> <p><u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>15</u> Lunch – Mac & Cheese</p> <p><u>Yoga 9am</u> <u>Genealogy 10am</u></p> <p>WALMART BINGO <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u></p> <p><u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u></p>	<p><u>16</u> <u>Easter Lunch</u></p> <p>SAFEWAY</p> <p><u>Watercolor 2pm</u> <u>Yoga 6-7pm</u></p> <p><u>Wills, Trusts &</u> <u>Estates 6:30pm</u></p>	<p><u>17</u> Lunch – Pasta Primavera <u>Yoga 9am</u></p> <p><u>Acrylics 9:30am</u> PINOCHLE <u>Computer 1:30pm</u></p> <p><u>Adventures in</u> <u>Pastels 2pm</u> <u>TRAM TRIP –</u> <u>“Lend Me a</u> <u>Tenor”</u></p>	<p><u>18</u> <u>Yoga 9am</u></p> <p>BRIDGE</p>	<u>19</u>
<p><u>20</u></p>	<p><u>21</u> <u>9am Walkers</u></p> <p><u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> <u>Book Club 10:30am</u></p> <p><u>Ukulele 1pm</u> <u>Guitar 1:45pm</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>22</u> Lunch – Baked Ham</p> <p><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></p>	<p><u>23</u> Lunch – Beef Patty</p> <p>SAFEWAY</p> <p><u>Watercolor 2pm</u></p> <p><u>Yoga 6-7pm</u></p>	<p><u>24</u> Lunch – Garden Chicken Salad</p> <p><u>Yoga 9am</u></p> <p><u>Acrylics 9:30am</u> PINOCHLE <u>Computer 1:30pm</u></p> <p><u>Adventures in</u> <u>Pastels 2pm</u></p>	<p><u>25</u> <u>TRAM TRIP –</u> <u>Seaside</u></p> <p><u>Yoga 9am</u></p> <p>BRIDGE</p> <p><u>Oil Painting with</u> <u>Judy Stubb</u> <u>5:30-9pm</u></p>	<u>26</u>
<u>27</u>	<p><u>28</u> <u>9am Walkers</u></p> <p><u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u></p> <p><u>Ukulele 1pm</u> <u>Guitar 1:45pm</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>29</u> Lunch</p> <p><u>Yoga 9am</u> <u>Genealogy 10am</u></p> <p>BINGO <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u></p>	<p><u>30</u> Lunch</p> <p>SAFEWAY</p> <p><u>Watercolor 2pm</u></p> <p><u>Yoga 6-7pm</u></p>			

SPRING FLING CRAFT & COLLECTIBLE SALE

Over 40 local vendors featuring: Arts, crafts, food, jewelry, hats, paper items, antiques, collectibles & other treasures. Proceeds benefit the Center's programs.



WHERE: GLADSTONE SENIOR CENTER
1050 PORTLAND AVE
GLADSTONE, OR 97027

WHEN: SATURDAY, APRIL 12TH

TIME: 9AM - 4PM

***FREE Admission**

~ Food and snacks will be available for purchase ~

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NO SENIOR
SHOULD GO HUNGRY!

National campaign to increase awareness of Meals on Wheels

Nearly 1 in 6 seniors is threatened by hunger.

Gladstone Senior Center ~

Nutrition & Meals on Wheels Program

Please...We need your help!

- **Donate at The Center or look for donation containers around your local community through the month of March.**
- **Thursday, March 20th from 5 - 8pm, Burgerville Benefit Night**
10% of proceeds will be donated to the Gladstone Meals on Wheels Program - Gladstone Burgerville

Meals on Wheels programs collectively serve a nutritious meal, a warm smile and the safety check that keep over two and a half million seniors a year healthy and living in their own homes. The annual March for Meals campaign is an effort led by the Meals

On Wheels Association of America and presents an opportunity for all of us to support our senior neighbors through a variety of efforts that make our communities stronger and our neighbors healthier. So choose what's right for you. And, in doing so, know that your contribution will make a difference to, and touch the hearts of, many courageous aging Americans.

Gladstone Senior Center

1050 Portland Ave, Gladstone, OR 97027

(503) 655-7701

