

GLAD TYDINGS NEWSLETTER

GLADSTONE SENIOR CENTER

November & December, 2014

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- gladstoneseniors.org

Dates to Remember:

Tuesday, November 11th – Veteran's Day (Center Closed)

Thursday & Friday, November 27th & 28th – Thanksgiving (Center Closed)

Tuesday, December 25th – Christmas (Center Closed)

Monday, January 1st – New Year's Day (Center Closed)

THANKSGIVING FEAST

Wednesday, November 19th at 11:30am

Gobble, Gobble, Gobble!

Please join us for a wonderful Thanksgiving lunch!

We will enjoy a traditional turkey with all of the trimmings.

Entertainment by "The Campbells"

Cost: *Donation*

Space is limited so make sure you call or sign up at The Center to save your spot.



SUGAR COOKIE DECORATING

Tuesday, December 9th, before lunch

Come in before lunch and decorate some delicious sugar cookies with us.

All you need to bring is your holiday spirit and a little creativity! We will provide the sugar cookies, frosting and sprinkles. Don't miss out on this fun time! *Cost: FREE*

HOLIDAY LUNCH PARTY

Wednesday, December 17th at 11:30am

HO, HO, HO! Merry Christmas! Come join us for an afternoon of fun at our Holiday Lunch Party! The fun will include a special holiday lunch, gifts, friends and of course **SANTA!** You can get your picture with him and tell him your Christmas wish!

Sign-ups are REQUIRED for this event! Cost: *Donation*



NEW YEAR'S EVE LUNCH PARTY

Wednesday, December 31st at 11:30am

2014 has been an amazing year and there's no better way to end it than with a party! Come celebrate the end of the year with good food, fun and friends! **Entertainment by "Shirley Scrivner"**

Sign-ups are REQUIRED for this event ~ Cost: \$2.50

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

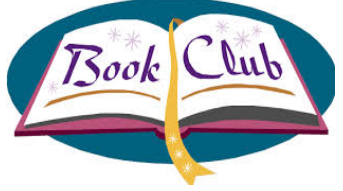
Elaine HERMENS- PRESIDENT
JIM PRICHARD - VICE PRESIDENT
LINDA ANDREWS-SECRETARY
WANDA COCHRANE,
DIANE BERRETH, KATIE ELLERBY
COLLETTE UMBRAS, NOREDA MAY

STAFF

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

BOOK CLUB MEETING – MONDAY, November 17th & December 15th - 10:30AM

NOVEMBER BOOK: "Cutting For Stone" by – Abraham Verghese
Ethiopia is the setting for most of this book. The protagonist and narrator, Marion Stone, is the child of an illicit affair between an Indian nun and a brilliant young western surgeon.



ALTERNATE BOOK: "Caribou Island" by – David Vann
The Island in the book is located of the remote coast of Alaska's Kenai Peninsula where an uncomfortably married couple and their adult daughter struggle to build a new home

DECEMBER BOOK: It's your choice this month! Bring a Christmas goodie and a book to trade or give away. We will discuss next year's plans.



Rhonda's Ramblings

The Center is getting some sprucing up. Stainless steel was installed on the walls of the kitchen. It will look great and long time coming to upgrade the 33 years of service it has given us. It is hard to believe we have been part of the Community that many years. Thank you for all the generous donations that have come into the Gladstone Seniors Foundation. We have ordered a security system to give the staff added protection and prevent vandalism on the outside of the building.

Come make some new acquaintances and come join us for lunch. We hope that we have been here to make your lives richer and have more meaning to them. We have special events coming up we hope you make sure you put on your calendar. Happy Holidays to you and your families.

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 Forms are also available at the Center. Remember to include your birthdate on the form. If you have questions, please call the Center at (503) 655-7701.

JANDEC/2015-GLADTYDINGSNEWSLETTER- \$800

Name _____

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

Phone# _____ (Zip Code) _____

Email _____

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










Self _____

Name Birthdate










Spouse _____

Name Birthdate

November, 2014

SUN	MON	TUES	WED	THURS	FRI	SAT
		MEALS ON WHEELS SERVED MONDAY - FRIDAY FOR QUALIFIED CLIENTS.			<i>Please Note:</i> Lunch Menu and Class Schedules are subject to change.	1
2 <u>Oil Painting with Judy Stubb 2-6pm</u>  <u>Daylight Saving Time Ends</u>	3 <u>Tai Chi 9am Tai Chi 10am Tai Chi 11am</u> GOLDSTAR Potluck/Bingo <u>Tai Chi 6pm Tai Chi 7pm</u>	4 Lunch- Orange Glaze Chicken <u>Yoga Begin 9am</u> <u>Arthritis Foundation</u> <u>Exercise 10:30am</u> BINGO FRED MEYER <u>Yoga 5:25pm Yoga 6:30pm</u> <u>Line Dance 6:30pm Line Dance 7:30pm</u>	5 Lunch-Roast Turkey w/Gravy <u>Genealogy 10am</u> SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u>	6 Lunch- Lima Beans & Ham <u>Yoga 9am</u> <u>Arthritis Foundation</u> <u>Exercise 10:30am</u> <u>Acrylics 9:30am</u> PINOCHLE <u>Adventures in Pastels 2pm</u>	7 <u>TRAM TRIP - Cabela's & Oswego Grill</u> <u>Yoga 9am</u> BRIDGE <u>Computer 1:30-3:30pm</u> <u>Oil Painting with Judy Stubb 5:30-9pm</u>	8
9	10 <u>9am Hikers - Scouter's Mountain</u> <u>Tai Chi 9am Tai Chi 10am Tai Chi 11am</u> <u>Tai Chi 6pm Tai Chi 7pm</u>	11  <u>CENTER CLOSED VETERANS DAY</u>	12 Lunch- Hot Turkey Sandwich SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6-7pm</u>	13 Lunch- Honey Mustard Chicken <u>Yoga 9am</u> <u>Arthritis Foundation</u> <u>Exercise 10:30am</u> <u>Acrylics 9:30am</u> PINOCHLE <u>Adventures in Pastels 2pm</u>	14 <u>TRAM TRIP - Hubers for Lunch</u> <u>Yoga 9am</u> BRIDGE <u>Computer 1:30-3:30pm</u>	15 <u>AARP Driver's Safety Course 9am-4:30pm</u> 
16	17 <u>Book Club 10:30am</u>  <u>Tai Chi 9am Tai Chi 10am Tai Chi 11am</u> <u>Tai Chi 6pm Tai Chi 7pm</u>	18 Lunch- Broccoli Omelet Bake <u>Foot Clinic 8:30am</u> <u>Yoga Begin 9am</u> <u>Arthritis Foundation</u> <u>Exercise 10:30am</u> BINGO <u>Yoga 5:25pm Yoga 6:30pm</u> <u>Line Dance 6:30pm Line Dance 7:30pm</u>	19 Lunch- Thanksgiving Feast Party  SAFEWAY <u>Yoga 6-7pm</u>	20 Lunch- Chicken A La King  <u>Yoga 9am</u> <u>Acrylics 9:30am</u> <u>Arthritis Foundation</u> <u>Exercise 10:30am</u> PINOCHLE	21 <u>TRAM TRIP - Northwest Senior Theatre and McGraths</u> <u>Yoga 9am</u> BRIDGE <u>Oil Painting with Judy Stubb 5:30-9pm</u>	22
23 30	24 <u>Tai Chi 9am Tai Chi 10am Tai Chi 11am</u> <u>Tai Chi 6pm Tai Chi 7pm</u>	25 Lunch- Tuna Loaf <u>Yoga Begin 9am</u> <u>Arthritis Foundation</u> <u>Exercise 10:30am</u> BINGO <u>Yoga 5:25pm Yoga 6:30pm</u>	26 Lunch- Roast Turkey w/ Gravy SAFEWAY <u>Yoga 6-7pm</u>	27  <u>CENTER CLOSED THANKSGIVING</u>	28 <u>CENTER CLOSED</u>	29 

December, 2014

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></p>  <p>GOLDSTAR Potluck/Bingo</p>	<p><u>2</u></p> <p>Lunch- Chicken & Dumplings</p> <p><u>Yoga Begin 9am</u></p> <p><u>Arthritis Foundation Exercise 10:30am</u></p> <p>BINGO FRED MEYER <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u></p>	<p><u>3</u></p> <p>Lunch- Salisbury Patty w/ Gravy</p> <p>SAFEWAY</p>  <p>Let's do Lunch!</p>	<p><u>4</u></p> <p>Lunch- Western Beef Goulash</p> <p><u>Yoga 9am</u></p> <p><u>Acrylics 9:30am</u></p> <p><u>Arthritis Foundation Exercise 10:30am</u></p> <p>PINOCHLE</p>	<p><u>5</u></p> <p><u>TRAM TRIP – Woodburn Factory Stores</u></p> <p><u>Yoga 9am</u></p> <p><u>BRIDGE</u></p> <p><u>Oil Painting with Judy Stubb 5:30-9pm</u></p>	<p><u>6</u></p>	
<p><u>7</u></p>	<p><u>8</u></p>  <p><u>Spirit Mountain Casino Trip 8:15am</u></p> <p><u>NO HIKE TODAY</u></p>	<p><u>9</u></p> <p>Lunch- Chicken Pastina</p> <p><u>Foot Clinic 8:30am</u></p> <p><u>Arthritis Foundation Exercise 10:30am</u></p> <p>BINGO <u>Sugar Cookie Decorating</u></p>	<p><u>10</u></p> <p>Lunch- Fish Patty w/Bun</p> <p>SAFEWAY</p>	<p><u>11</u></p> <p>Lunch- Beef Swiss Style Patty</p> <p><u>Arthritis Foundation Exercise 10:30am</u></p> <p>PINOCHLE</p> <p><u>TRAM TRIP – Christmas Ships & Old Spaghetti Factory</u></p>	<p><u>12</u></p> <p><u>BRIDGE</u></p>	<p><u>13</u></p>	
<p><u>14</u></p> <p><u>Oil Painting with Judy Stubb 2-6pm</u></p>	<p><u>15</u></p> <p><u>Book Club 10:30am</u></p>  <p><u>TRAM TRIP – Tebos and Winter wonderland at PIR</u></p>	<p><u>16</u></p> <p>Lunch- Baked Rigatoni</p> <p><u>Arthritis Foundation Exercise 10:30am</u></p> <p>BINGO WALMART</p>	<p><u>17</u></p> <p>Lunch- Holiday Lunch Party</p>  <p>SAFEWAY</p>	<p><u>18</u></p> <p>Lunch- Sweet & Sour Chicken</p> <p><u>Arthritis Foundation Exercise 10:30am</u></p> <p>PINOCHLE</p>	<p><u>19</u></p> <p><u>BRIDGE</u></p> <p><u>Oil Painting with Judy Stubb 5:30-9pm</u></p>	<p><u>20</u></p>	
<p><u>21</u></p>  <p>Winter Solstice</p> <p><u>WINTER BEGINS</u></p>	<p><u>22</u></p> <p><u>TRAM TRIP - Shirley's House and Lights Trip</u></p>	<p><u>23</u></p> <p>Lunch- Bread Fish w/Tartar Sauce</p> <p><u>Arthritis Foundation Exercise 10:30am</u></p> <p>BINGO MARKETPLACE</p>	<p><u>24</u></p> <p>Lunch- Roast Pork w/Gravy</p> <p><u>Entertainment - "SING CAROLS with SHIRLEY"</u></p> <p>SAFEWAY</p>	<p><u>25</u></p>  <p>Have a Holly Jolly Christmas</p> <p><u>CENTER CLOSED CHRISTMAS</u></p>	<p><u>26</u></p> <p><u>BRIDGE</u></p>	<p><u>27</u></p>	
<p><u>28</u></p>	<p><u>29</u></p>	<p><u>30</u></p> <p>Lunch- Lasagna Roll ups</p> <p><u>Arthritis Foundation Exercise 10:30am</u></p> <p>BINGO</p>	<p><u>31</u></p> <p>Lunch - New Year's Eve Party</p> <p>SAFEWAY</p> <p><i>Happy New Year</i></p> 	 <p>DECEMBER</p>			



NOVEMBER & DECEMBER 2014 TRAM TRIPS

TRIP POLICY- SIGN UP NOVEMBER 3rd 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.

November 7 – Cabela's and Oswego Grill

Cabela's new store in Tualatin will surprise you! Part store, part wildlife museum, this 100,000 sq. ft store is amazing! Look at all the trophy animals and fish, and see the fish tank. Besides hunting, camping and fishing gear, there is a nice section of gift items too. After the store, we will have lunch at the Oswego Grill, known for great food.

Leave: 9:30am Return: 2pm Fare: \$5.00 (includes bus)

November 14 – Hubers for Lunch

This Portland restaurant (since 1879) is famous for their turkey dinners, as well as other delicious entrees. Please bring cash for your lunch as we may possibly not be able to have separate checks. After lunch we will take a drive through Portland, (weather permitting).

Leave: 10am Return: 2pm Fare: \$6.00 (includes bus)

November 17 – Hike – Scouter's Mountain

This park just opened in August – bring a sack lunch. Must be able to walk 3 or more miles.

Leave: 9am Return: 1pm Fare: \$7.00

NOTE: We will NOT be hiking in December, January or February.

November 21 – Northwest Senior Theatre and McGraths

"Holiday Harmonies" is the theme for this year's show. Come hear your peers sing, dance and entertain!! Before the show we will have lunch at McGraths and take a country drive.

Leave: 10:30am Return: 5:30pm Fare: \$13.00 (includes bus and show)

December 5 (Friday) - Woodburn Factory Stores

Get in some Christmas shopping at this large mall. There are restaurants in the mall where you can have a bite to eat.

Leave: 9am Return: 2pm Fare: \$7.00 (includes bus)

December 11 (Thursday) – Christmas Ships/Old Spaghetti Factory

The Christmas ship parade is a Portland tradition. We will enjoy dinner at the Spaghetti Factory and view the ships as they go by.

Leave: 5pm Return: 8pm Cost: \$6.00 (includes bus)

December 15 (Monday) – Tebos and Winter Wonderland at PIR

Come enjoy dinner at Tebos, after which we will travel to Portland to see the huge drive-through light display.

Leave: 5:30pm Return: 8:30pm (or later) Fare: \$10.00 (includes bus and light show)

December 22 (Monday) – Shirley's House and Lights Trip

Come enjoy snacks, desserts and beverages at Shirley's house and then we will take a drive to see the local lights, including Gladstone's Ridgewood Drive.

Leave: 5:30pm Return: 8:30pm Fare: \$10.00 (includes food and bus)

January 9 – Lunch out to Gustavs

After the holiday rush, we'll have a relaxing lunch at Gustavs, known for good German food. Afterwards, we will take a drive around the area, (weather permitting).

Leave: 10:30am Return: 2pm Fare: \$5.00 (includes bus)

FRIDAY EXCURSIONS – NEW POLICY – *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.

CHRISTMAS WORD SEARCH

BOYS
GREEN
PEPPERMINT
CANDYCANES
HOTCOCOA
RED
CHRISTMAS
JINGLE
RUDOLF
COOKIES
JOLLY
SANTA
ELF
LIGHTS
SNOW

FAMILY
TREE
ORNAMENTS
GLITTER
TOYSHOP
NEWYEAR
GIRLS
TOYS
MUSIC
GAMES
ST NICK
MRS CLAUS
FIREWORKS
SOCK
MILK



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

INCLEMENT WEATHER

In case of snow and/or ice, remember to check the radio station 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 any way! 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.



Recipe of the Month ~ Carrot & Yogurt Salad

1 lb. carrots, coarsely grated
2 medium apples, grated
1 c. firm yogurt
1 tbsp. honey
Pinch of celery seed
Juice from one lemon
Dash of salt and pepper

1 tbsp. toasted sesame seed
¼ toasted sunflower seed or almonds
Handful of raisins
½ c. finely minced celery
½ c. chopped fresh pineapple

Combine all ingredients, mix well and chill.

Entertainment Books 2015



We still have Entertainment Books for sale! We are selling them as a fundraiser for our Meals on Wheels Program. These books have over \$50,000 in savings!

They are priced at only \$30 each!

To start saving you can get them at the reception desk at the Senior Center. Come get yours as they sell fast! P.S. they make great presents 😊

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 NOVEMBER BIRTHDAYS

Wesley Toman	1	Nancy Devries	11		
Mona Hanni	4	Jim Alexander	12		
Helen Kolb	4	Norm Church	13		
Mike O'Connor	8	Bill Summers	14	Sally Langford	23
Victoria O'Brien	10	Pat Kuhn	20	Lorene Leabo	28



RAINBOWS - HAPPY DECEMBER BIRTHDAYS

Darlene Eaton	1	Connie Stanton	13	Barbara McIntyre	19
Del Smith	4	Claire Winkle	14	Valerie Roundtree	20
Caroline Newton	6	Carolyn Hauck	15	Francis Fertig	23
Ethelyn Baker	7	Gloria Woolridge	17	Phyllis McIntire	26
Irene Cawley	12	Marie Dove	18	Delores Scouten	27

Sympathies to Family & Friends of: Elverna Johnson & Bob Chais



You can help Gladstone Senior Center earn donations just by shopping with your Fred Meyer card! We are very excited about a new Community Rewards program from Fred Meyer that helps Nonprofit Organizations! Fred Meyer is donating 2.5 million/year to non-profits in Alaska, Idaho, Oregon & Washington.

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. If you do not have a Rewards Card, you can sign up for on at the Customer Service Desk of any store.

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**.

If you need assistance with registering online, please ask for Shari or Jamie at the Senior Center.

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!**

CLASS AND TRAM TRIP SCHOLARSHIP PROGRAM

The Gladstone Senior Center is now offering a scholarship program.

This program helps Gladstone residents who are 60 years or older and would like to participate in Center Community Classes and Center Tram Trips. ***Come get your application today!***

Please ask for Jamie or Rhonda to get an application or for more information & eligibility requirements.



Check out and LIKE our Facebook page!

Please Like us on Facebook and you can get up-to-date Center information. Plus see lots of fun pictures of Center events and activities.

Rummage Sale Table - A wonderful, ongoing fundraiser we have here at the Senior Center is our Rummage Sale table. If you have items you don't want, please consider donating them to us! All donations are greatly appreciated! Proceeds go to our Meals on Wheels Nutrition Program. Examples of items: artwork, kitchen items, housewares, yarn, crafts, jewelry purses, dvds, cds, lamps, home décor, etc. **Please no clothes**



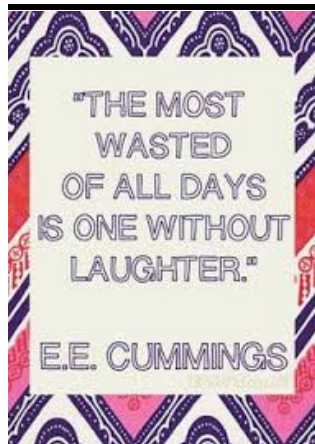
AARP SMART DRIVER COURSE

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, November 15th 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.



Laugh... It's Good for You

It is true. A laugh a day just may keep the doctor away... so say numerous humor and laughter studies. Doctors and other researchers have found evidence that laughter appears to be helpful with pain management, stress reduction, health, and healing. Laughter has even been linked to blood vessel and heart function. Exactly how laughter contributes to good health isn't entirely understood. There is more research to be done, but almost everyone agrees... laughing can't hurt and it just may help. In fact, there are no known negative side effects to laughter. And the best news of all is that laughing is something we can all do for ourselves and share with others.

Here are some ways to keep laughter in your daily life:

- Look at funny photos of yourself or your family and friends.
- Imagine you're a character in your favorite sitcom and picture how comical your life might seem then.
- Adopt a playful, youthful attitude about life.
- Watch a DVD of your favorite sitcom or go to www.youtube.com and search for "funny videos."
- When you're feeling tense or down, try putting on a smile or making a funny face. Scientists have found that smiling releases chemicals in the brain that trigger feelings of joy.
- Don't take yourself too seriously. Find humor in your faults and mistakes.

Laughter
is the
BEST
medicine.

Credit: www.seasonedtimes.com

TAX ASSISTANCE SIGN-UPS

Tax assistance sign-ups begin in January as a *FREE* service through AARP.

The preparers will be at the Center starting February through April.

Appointment scheduling will begin in January.

Call the Center to schedule your appointment at (503) 655-7701.

(NO WALK IN APPOINTMENTS) Appointments fill up quickly, so schedule yours early!

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

Monday, December 8th

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 AT (503) 655-7701.



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 75 cents 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 & Century Link. 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
Oct 29-31, 2014*

or current occupant

GLAD TYDINGS
SENIOR CENTER NEWSLETTER
November & December/2014

Arthritis Foundation Exercise Program

Starting November 4th the Gladstone Senior Center will be offering the Arthritis Foundation Exercise Program. This is an 8-week program that was developed by physical therapists specifically for people with arthritis. It is a low-impact, joint-safe program that has been documented to help decrease arthritis pain and relieve stiffness while increasing flexibility and range of motion. This low-impact class is suitable for every fitness level and can be taken either sitting down or standing, whichever is most comfortable for you.

Keeping you fit for everyday living, this program will help you:

- Keep joints flexible and muscles strong
- Have less pain
- Sleep better
- Increase your energy
- Improve your overall outlook

Classes will be Tuesdays and Thursdays from 10:30-11:30am, starting November 4th–January 8th.
Instructor: Jamie Southworth

Tuition: FREE!

Please sign up at the Gladstone Senior Center or Call (503) 655-7701.

EXERCISE
a program for better living®

