

# GLAD TYDINGS NEWSLETTER

## GLADSTONE SENIOR CENTER

March & April, 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](http://ci.gladstone.or.us/senior-center)

### Dates to Remember:

Sunday, March 8, 2015 – Daylight Savings Time

Tuesday, March 17, 2015 – St. Patrick's Day

Sunday, April 5, 2015 - Easter



### ST. PATRICK'S DAY LUNCH

Tuesday, March 17th at 11:30am

Come get your **Luck O' the Irish!**

*We will have a traditional Irish lunch with corned beef & cabbage.*

*Entertainment by "Kim & Terry"*

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

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

*The charge is only \$3.50. Don't forget to wear your **GREEN!***

### EASTER LUNCH

Wednesday, April 2<sup>nd</sup> at 11:30am

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

Professional entertainment will be by "John Bennett"

Make sure you reserve your spot at The Center.

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



### SPRING FLING CRAFT & COLLECTIBLE BAZAAR

Saturday, April 25th 9am - 3pm

Come check out your local artist and craft vendors!

We will have 40+ vendors from the metro area.

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

Cost: **FREE** There will also be food and drink for purchase. *Volunteers wanted!*

*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**  
**WANDA COCHRANE, DIANE BERRETH,**  
**KATIE ELLERBY, ELAINE HERMENS, NOREDA MAY**

**STAFF**  
**MANAGER, RHONDA BREMMMEYER**  
**TRAM, SHIRLEY SCRIVNER**  
**CENTER ASSISTANT, JAMIE SOUTHWORTH**  
**NUTRITION COORDINATOR, DEBBIE FERREN**

**BOOK CLUB MEETING – MONDAY, March 16<sup>th</sup> & April 20<sup>th</sup> at 10:30AM**

**MARCH BOOK:** "Olive Kitteridge" by – Elizabeth Strout

At the edge of the continent, in the small town of Crosby, Maine, lives Olive Kitteridge, a retired school teacher who deplors the changes in her town and in the world at large, but doesn't always recognize the changes in those around her. The life of this retires schoolteacher in Main is revealed through the many lives she has affected throughout her career. This popular book is now being made into a movie.



**APRIL BOOK:** "Good Muslim, Bad Muslim; America, the Cold War and the Roots of Terror" by – Mahood Mamdiani - This book helps to answer some of the questions about the religion, America, the cold war and the roots of TERRORISM.



**Rhonda' Rambling**

Welcome early Spring! The sun has been great the last few weekends. I have taken advantage of the weather and been hiking with my dog in area parks. The flowers are blooming and it looks like spring is here to stay.

The non-profit part of the Center did a fundraiser and will be helping to provide new carpet for the Center. In order to have this installed the Center will be closed from March 23 thru the 27th. Home-bound Meals will be delivered but lunch at the Center, activities and classes will not be held. Join us for Burgerville night on Thursday, March 19<sup>th</sup>. This is a fundraiser for March for Meals program. All month long we increase awareness for the meals program. The Mayor and City Council have been asked to drive a meal route.

The Center has a vacancy for an Advisory Board Member. Meetings are held 4 times per year. If you are interested or if you would like more information, please call Rhonda at (503)655-7701.

**GLAD TYDINGS NEWSLETTER RENEWAL**

If you haven't signed up or renewed your **bi-monthly** subscription for the Glad Tydings Newsletter, please do so ASAP! If you don't sign up, this will be your last newsletter.

*Since we do not have a membership fee, we ask you please help support The Center by subscribing to our newsletter!*

To sign up or 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 so we can send you a birthday card.

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

# March, 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
<p><u>1</u></p> 	<p><u>2</u></p> <p><u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u></p> <p> <u>Potluck/Bingo</u></p> <p><u>Living Well 1pm</u></p> <p><u>Ukulele 2-2:45pm</u> <u>Guitar 2:45-3:30pm</u></p> <p><u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>3</u></p> <p>Lunch- Beef Mushroom Patty</p> <p><u>Yoga 9am</u></p> <p><u>Genealogy 10am</u></p> <p>BINGO FRED MEYER</p> <p><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>4</u></p> <p><u>Lunch – Chicken Chop Suey</u></p> <p>SAFEWAY</p> <p><u>Watercolor 2pm</u></p> <p><u>Yoga 6-7pm</u></p>	<p><u>5</u></p> <p>Lunch- Macaroni &amp; Cheese</p> <p><u>Yoga 9am</u></p> <p><u>Acrylics 9:30am</u></p> <p>PINOCHLE</p> <p><u>Adventures in Pastels 2pm</u></p>	<p><u>6</u></p> <p><u>AARP Taxes</u></p> <p><u>TRAM TRIP – Irish Day</u></p> <p><u>Yoga 9am</u></p> <p>BRIDGE</p> <p><u>Computer 1:30-3:30pm</u></p>	<u>7</u>
<p><u>8</u></p> <p><u>Oil Painting with Judy Stubb 2-6pm</u></p>  <p><u>Daylight Saving Time Ends</u></p>	<p><u>9</u></p> <p><u>HIKE – Champoeg Park</u></p> <p><u>Spirit Mountain Casino Trip</u></p> <p><u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u></p> <p><u>Living Well 1pm</u></p> <p><u>Ukulele 2-2:45pm</u> <u>Guitar 2:45-3:30pm</u></p> <p><u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>10</u></p> <p>Lunch- Orange Glaze Chicken</p> <p><u>Foot Clinic 8:30am</u></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 6:30pm</u> <u>Line Dance 7:30pm</u></p>	<p><u>11</u></p> <p>Lunch- Baked Beef Rigatoni</p>  <p>SAFEWAY</p> <p><u>Yoga 6-7pm</u></p>	<p><u>12</u></p> <p>Lunch- Chicken Marsala Bake</p> <p><u>Yoga 9am</u></p> <p><u>Acrylics 9:30am</u></p> <p>PINOCHLE</p>	<p><u>13</u></p> <p><u>AARP Taxes</u></p> <p><u>TRAM TRIP – Tillamook Forest Center</u></p> <p><u>Yoga 9am</u></p> <p>BRIDGE</p> <p><u>Oil Painting with Judy Stubb 5:30-9pm</u></p>	<u>14</u>
<u>15</u>	<p><u>16</u></p> <p><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>Living Well 1pm</u></p> <p><u>Ukulele 2-2:45pm</u> <u>Guitar 2:45-3:30pm</u></p> <p><u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>17</u></p> <p>St. Patrick's Day Lunch Party</p>  <p><u>Yoga 9am</u></p> <p>BINGO WALMART</p> <p><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>18</u></p> <p>Lunch- Beef Patty</p> <p>SAFEWAY</p> <p><u>Yoga 6-7pm</u></p>	<p><u>19</u></p> <p>Lunch- Hearty Chicken Stew</p> <p><u>Yoga 9am</u></p> <p>PINOCHLE</p>  <p><u>BURGERVILLE NIGHT OUT FUNDRAISER</u></p>	<p><u>20</u></p> <p><u>AARP Taxes</u></p> <p><u>TRAM TRIP – Ridgefield Wildlife Refuge/Miss Myrtles Tea Room</u></p> <p><u>Yoga 9am</u></p> <p>BRIDGE</p>  <p><u>SPRING BEGINS</u></p>	<u>21</u>
<u>22</u>	<p><u>CENTER CLOSED</u></p> <p><u>SPRING BREAK REMODEL</u></p>	<p><u>24</u></p> <p><u>CENTER CLOSED</u></p> <p><u>SPRING BREAK REMODEL</u></p>	<p><u>25</u></p> <p><u>CENTER CLOSED</u></p> <p><u>SPRING BREAK REMODEL</u></p>	<p><u>26</u></p> <p><u>CENTER CLOSED</u></p> <p><u>SPRING BREAK REMODEL</u></p>	<p><u>27</u></p> <p><u>CENTER CLOSED</u></p> <p><u>SPRING BREAK REMODEL</u></p>	<u>28</u>
<u>29</u>	<u>30</u>	<p><u>31</u></p> <p>Lunch- Breaded Fish Patty</p> <p>BINGO</p>	<p><i>Please Note:</i> Lunch Menu and Class Schedules are subject to change</p>	<p>MEALS ON WHEELS SERVED MONDAY – FRIDAY FOR QUALIFIED CLIENTS.</p>		

# April, 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
		<p><b>Please Note:</b> Lunch Menus and Class Schedules are not yet available. Please check back with The Center for more information.</p>	<p><u>1</u> <u>Arthritis Exercise Program 10-11am</u> SAFEWAY</p>	<p><u>2</u> <u>Easter Lunch</u>  PINOCHLE</p>	<p><u>3</u> <u>Arthritis Exercise Program 10-11am</u> <u>AARP Taxes</u> <u>TRAM TRIP - Jackson Bottom Wildlife Refuge</u> BRIDGE</p>	<p><u>4</u></p>
<p><u>5</u> </p>	<p><u>6</u> </p>	<p><u>7</u> BINGO FRED MEYER</p>	<p><u>8</u> <u>Arthritis Exercise Program 10-11am</u>  SAFEWAY</p>	<p><u>9</u> PINOCHLE</p>	<p><u>10</u> <u>Arthritis Exercise Program 10-11am</u> <u>AARP Taxes</u>  <u>TRAM TRIP - Find a Bargain</u> BRIDGE</p>	<p><u>11</u></p>
<p><u>12</u></p>	<p><u>13</u> <u>HIKE - Trillium Lake</u> </p>	<p><u>14</u> <u>Foot Clinic 8:30am</u>  BINGO</p>	<p><u>15</u> <u>Arthritis Exercise Program 10-11am</u> SAFEWAY</p>	<p><u>16</u> PINOCHLE <u>Wills, Trusts &amp; Estate Planning 6:30-7:30pm</u></p>	<p><u>17</u> <u>Arthritis Exercise Program 10-11am</u> <u>TRAM TRIP - Lan Su Chinese Garden</u> BRIDGE</p>	<p><u>18</u></p>
<p><u>19</u></p>	<p><u>20</u> <u>Book Club 10:30am</u> </p>	<p><u>21</u> BINGO</p>	<p><u>22</u> <u>Arthritis Exercise Program 10-11am</u> SAFEWAY</p>	<p><u>23</u> PINOCHLE</p>	<p><u>24</u> <u>Arthritis Exercise Program 10-11am</u> <u>TRAM TRIP - Seaside</u> BRIDGE</p>	<p><u>25</u>  <u>Spring Fling Craft &amp; Collectible Bazaar 9 - 3pm</u></p>
<p><u>26</u></p>	<p><u>27</u></p>	<p><u>28</u> BINGO</p>	<p><u>29</u> <u>Arthritis Exercise Program 10-11am</u> SAFEWAY</p>	<p><u>30</u> PINOCHLE <u>Dental Presentation 1pm</u> </p>	<p><b>MEALS ON WHEELS SERVED MONDAY - FRIDAY FOR QUALIFIED CLIENTS.</b></p>	





## MARCH & APRIL 2015 TRAM TRIPS

**TRIP POLICY- SIGN UP MARCH 2<sup>nd</sup> 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 13 – TILLAMOOK FOREST CENTER**

We will first drive to Tillamook to have lunch at the Cheese Factory. Afterwards we'll head to this museum deep in the forest to view exhibits related to the history of the area, including a film about the famous Tillamook Burn.

Leave: 8:30am      Return: 5pm      Fare: \$25.00 (includes bus)

### **MARCH 16- HIKE – CHAMPOEG PARK**

Bring a sack lunch!      Leave: 9am      Fare: \$7.00

### **MARCH 20 – RIDGEFIELD WILDLIFE REFUGE/MISS MYRTLES TEA ROOM**

We will first do a driving route through this large refuge, watching out for all kinds of birds and animals. Then, it's on to Miss Myrtles! At this lovely converted home, we will be treated to a full afternoon tea.

Leave: 9am      Return: 3pm      Fare: \$35.00 (includes bus and lunch)

### **APRIL 3 – JACKSON BOTTOM WILDLIFE REFUGE**

The prize exhibit at the refuge is a huge eagle's nest that was salvaged from a fallen tree. You'll be amazed at the size and workmanship!

Lunch today will be at McMeniman's Grand Lodge in Forest Grove.

Leave: 9am      Return: 3pm      Fare: \$10.00 (includes bus)

### **APRIL 10 – SEASIDE**

Our first beach trip of the year! You'll have time to explore town and have lunch on your own before we make our trip home.

Leave: 8:30am      Return: 5pm      Fare: \$25.00 (includes bus)

### **APRIL 17– LAN SU CHINESE GARDEN**

Located in downtown Portland's Chinatown, this is a beautiful and serene place to visit. Afterwards, we will have lunch at the Culinary Institute

Leave: 9:30am      Return: 2:30pm      Fare: \$30.00 (includes garden, bus and lunch)

### **APRIL 20 – HIKE – TRILLIUM LAKE**

Bring a sack lunch!      Leave: 9am      Fare: \$7.00

### **APRIL 24 – FIND A BARGAIN**

We'll visit 3 thrift shops in Tigard, looking for that perfect item! Lunch will be at Davidson's restaurant.

Leave: 9am      Return: 3pm      Fare: \$7.00 (includes bus)

### **MAY 2 (SATURDAY) – CARRIAGE ME BACK – BROWNSVILLE OREGON**

The year is 1882 (at least for a weekend), at this annual event. We will board a horse-drawn carriage and travel through town, learning all about Brownsville. The tour will include a historic mansion and the Linn County Museum. Afterwards, we will travel north for lunch at Bo Macks (Awesome BBQ).

Leave: 8am      Return: 4pm      Fare: \$30.00 (includes bus and tour)

### **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 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 –

### Arts & Crafts

CANDLEMAKING

CRAFTING

CRAFTS

CROCHETING

DRAWING

KNITTING

NEEDLEPOINT

PAINTING

POTTERY

PROJECTS

SCRAPBOOKING

SCULPTING

SEWING

SOAPMAKING

TEXTILES

WOODWORKING



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

### Recipe of the Month ~ Bread Pudding Muffins

#### Ingredients:

1 ½ Cup Milk

¼ Cup Sugar

1 T Cinnamon

2 T Butter, melted

4 Eggs

2/3 Cup Raisins

1 T Vanilla

12 Slices Bread, Cut in ½” Cubes



#### Directions:

Preheat oven to 350°

Coat standard muffin tin with cooking spray.

In large bowl, combine all ingredients – except bread and raisins.

Add bread and raisins, mix well and allow to soak 5 minutes.

Mound mixture into each of 12 cups and bake about 35 minutes or until firm.

Cool on rack at least 10 minutes before removing muffins from cups.

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

Monday, MARCH 9th

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.**



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 MARCH BIRTHDAYS

John Jobs	2	Joyce Hyland	6	Patricia Philip	17
Don Cawley	3	Cathie Kappel	10	Hank Henthorne	20
Beverly Wilson	5	Ashley Kirkman	12	Rebecca Williams	23

## RAINBOWS - HAPPY APRIL BIRTHDAYS

Doreen Chaise	1	Jon Roller	17
Diane Berreth	2	Jesse Kappel	22
Cleo Bayless	3	Lois Ray	27
Virginia Caldwell	10	Sandra Zeller	27



**Sympathies to Family and Friends of:** Marjorie Russell



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](http://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!**

### Arthritis Foundation Exercise Program

Starting April 1<sup>st</sup> 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 Wednesdays and Fridays from 10:00-11:00am, starting April 1<sup>st</sup> – May 22<sup>nd</sup>

Instructor: Jamie Southworth

**Tuition: FREE!**

Please sign up through the Gladstone Community Schools at (503)650-2570

**EXERCISE**  
a program for better living®



## Mobile Dental Van – Medical Teams International

Do you have urgent dental needs such as: pain, trauma, bleeding, broken teeth, swelling, infection, fever or redness? If so and you don't have insurance or the ability to pay or access dental care, you may qualify for **FREE** dental care. A Mobile Dental Van offered through Medical Teams International, will be here at The Center in April and again in October. This excellent mobile dental service is grant funded by the State of Oregon Department of Human Services. Space is *very* limited so patients with the greatest need will have priority over those with less urgent needs. Please call The Center to see if you are eligible and to sign up. Income Guidelines: To be accepted for this dental service you must have income less than 200% of the Federal poverty level. (*\$23,340 for Individual; \$31,460 for 2-person household*).

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### 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.

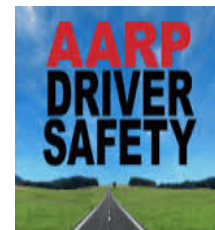
**Monday, March 30th & Tuesday, March 31st from 1 – 4:30pm**

**Saturday, May 2nd 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.

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### 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.

Call The Center to schedule your appointment. No walk-in appointments!

The only available dates left are April 3rd and April 10th.

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### MEALS ON WHEELS FUNDRAISER

Metropolitan Senior Network is proud to host a fundraiser to benefit the Clackamas County Meals on Wheels Program!

The Silent Auction style fundraiser will be held in Oregon City at the historic Ainsworth House & Gardens on **Thursday, March 5th from 5:00 - 8:00pm.**

Join us in this beautiful venue for a charitable evening of hors d'oeuvres, wine & great company.

The Ainsworth House is located at 19130 S Lot Whitcomb Dr, Oregon City, OR 97045.

We hope you will join us in support of this great Meals on Wheels program that helps feed many local seniors. For more information, contact Jason Hegstad at (503) 213-5158 or view online at [www.metropolitanseniornetwork.org](http://www.metropolitanseniornetwork.org).

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### Wills, Trusts & Estate Planning

Thursday, 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.

Tuition: \$10.00 – to sign-up, please call Gladstone Community Schools at (503) 650-2570.

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### DENTAL PRESENTATION

Thursday, April 30th 1-1:45pm

As we age, our teeth are at increased risk of problems, just like the rest of our bodies. In this FREE community workshop for seniors, Dr. Krause of Gladstone Family Dentistry and her staff will talk about ways that elders can chew, speak and smile in comfort! Come to just listen or to ask questions about: brushing, flossing, dentures, implants or anything that's on your mind. There will be a brief presentation, then the floor is open for questions.





**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.

**1<sup>st</sup> Tuesday – Fred Meyer**

**2<sup>nd</sup> Tuesday** – No shopping due to foot clinic

**3<sup>rd</sup> Tuesday – Walmart**

**4<sup>th</sup> 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** – 2<sup>nd</sup> 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** – 3<sup>rd</sup> 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  
Feb. 26-28, 2015*

or current occupant

GLAD TYDINGS  
SENIOR CENTER NEWSLETTER  
March & April/2015



## **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 Gladstone through the month of March.
- 50/50 Raffle - Come get your ticket at The Center, drawing on Thursday, April 2<sup>nd</sup> - you don't need to be present; \$1 each or 6 for \$5
- Make a donation with any teller at the Gladstone US Bank
- Thursday, March 19<sup>th</sup> from 5 - 8pm, Burgerville Benefit Night Percentage of proceeds will be donated to the Gladstone Meals on Wheels Program - Gladstone Burgerville; 19119 SE McLoughlin Blvd, Gladstone, OR 97027

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.