

GLAD TYDINGS NEWSLETTER

GLADSTONE SENIOR CENTER

May & June 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

Dates to Remember:

Monday, May 25, 2015 – Memorial Day (CENTER CLOSED)

Friday, July 3rd – Independence Day Recognition (CENTER CLOSED)



MOTHER'S DAY LUNCH & TEA

Wednesday, May 6th at 11:30am

Please join us for our annual Mother's Day Lunch & Tea.

Not only will we enjoy a wonderful lunch and tea,

but we will have many delicious desserts to choose from.

NEW Entertainment by

"CAMERON JONES"

Make sure to call or sign up at the front desk if you would like to join us.

Sign-ups are **REQUIRED!**

Remember to bring your teacup and wear your favorite hat! Cost: \$3.50

FATHER'S DAY LUNCH

Wednesday, June 17th at 11:30am

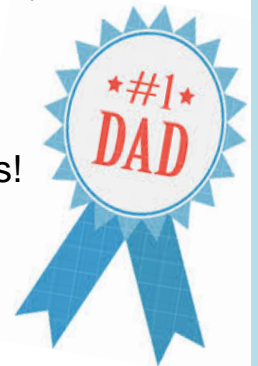
Come have a special lunch with us to honor all of our Fathers!

Entertainment by

"SHIRLEY SCRIVNER"

Make sure you reserve your spot at The Center.

Sign-ups are **REQUIRED!** Cost: \$3.50



VOLUNTEER RECOGNITION

Wednesday, July 8th at 11:30am

SAVE THE DATE!

Check for more information in the July/August newsletter.

Join us in recognizing all of our amazing volunteers who

Dedicate their time to our programs.

Cost: **FREE!** Sponsored by *The Foundation.*



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
DIANE BERRETH, KATIE ELLERBY,
ELAINE HERMENS, NOREDA MAY

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

BOOK CLUB MEETING – MONDAY, May 18th & June 15th at 10:30AM

MAY BOOK: “Mother Mother” by – Koren Zailckas

Josephine Hurst has her family under control: two beautiful daughters, a brilliantly intelligent son, a tech-guru of a husband and a historical landmark home. But living in this matriarch’s determinedly cheerful, yet subtly controlling domain hasn’t been easy for her family. When her oldest daughter, Rose, runs off with a mysterious boyfriend, Josephine tightens her grip, gradually turning her flawless home into a darker sort of prison. A shattering story of a mother’s love gone too far. Written with shrewd psychological insight.

JUNE BOOK: “The Leftovers” by – Tom Perretta

What would happen if The Rapture actually took place and millions of people just disappeared from the earth? How would normal people respond? The residents of Mapleton use a variety of coping mechanisms in this thought - provoking novel about love, connection and loss. Just for a change of pace, let’s read a Popular Science Fiction. What people are left after a spectacular event on our earth?



Rhonda’ Rambling

GET INTO THE **ACT** is the theme of Older Americans Month.

May is the time to recognize older Americans for their contributions to the nation.

This year, is the 50th anniversary of the Older American Act. The focus is on how older adults are taking charge of their health, getting engaged in their communities,

and making a positive impact in the lives of others. This is a time to raise awareness of the importance of community engagement as a tool for enhancing the well-being of older adults. Together we can promote healthy aging, increase community involvement and tackle important issues like the prevention of elder abuse.

An example of elder abuse is IRS Imposter calls. With a total of **1,340** complaints, IRS Imposter Calls caused a major headache for Oregonians. Looking to take advantage of people during a busy tax season, scammers tell victims over the phone that they owe money to the IRS or Oregon Department of Revenue. The caller demands that the person pay the money immediately through a temporary debit card or a wire transfer. If the victim refuses to pay, they are then threatened with arrest, deportation or suspension of a business or driver’s license. In many cases the caller becomes aggressive and insulting. If you think you have fallen victim to a fraud or scam, contact the Oregon Department of Justice online at www.oregonconsumer.gov or call 1-877-877-9392.

The Senior Center promotes the importance of community involvement and has some great volunteers who are engaged in the community and give their time delivering meals, answering the phones and assisting in the nutrition program. It has been my privilege over the past 25 years to work with some wonderful talented people.

A dear friend will be missed at the Center. Ruthie Meyer volunteered at the front desk for almost 20 years. She worked two full days and a half day answering phones, greeting everyone that came through the doors and answering the many questions they had. She was like having another Mother around the Center.

Ruthie was a good listener. I enjoyed hearing about the wonderful full life she experienced.

She had some very interesting jobs in her life. Besides volunteering as a receptionist she served on our Advisory

Board, decorated the beautiful seasonal placemats we used at the special luncheons and she loved to help decorate The Center with silk flowers. She loved to be helpful and would do most anything you asked of her.

She was part of our family here and the staff will miss her dearly.





MAY AND JUNE 2015 TRAM TRIPS

TRIP POLICY- SIGN UP MAY 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.

MAY 2 (SATURDAY) – CARRIAGE ME BACK – BROWNSVILLE OREGON (FULL)

MAY 8- CAMP 18 AND JEWELL MEADOWS ELK REFUGE

This restaurant is on the site of a former lumber camp. After our meal we'll travel to Jewell Meadows to see the elk. Bring your binoculars!

Leave: 9am Return: 3pm Fare: \$15 (includes bus)

May 11- HIKE TO JACKSON BOTTOM WILDLIFE REFUGE

This refuge in Hillsboro offers lovely marsh views and lots of birds.

Leave: 9am Return: 2pm Fare: \$7 Bring a sack lunch

MAY 14 (THURSDAY) AGATHA CHRISTIE-WITNESS FOR THE PROSECUTION

Agatha Christie's famous play is presented by the New Century Players.

Leave 6:30pm Return: 10:30pm Fare: \$16 (includes ticket and bus)

MAY 22 - NO TRIP DUE TO MEMORIAL DAY HOLIDAY

MAY 29 - CANNON BEACH

This lovely beach town has lots of opportunities for shopping, lunch, and people watching.

Leave: 8:30am Return: 5pm Fare: \$25 (includes bus)

JUNE 5 - OREGON GARDEN IN SILVERTON

This beautiful and large garden will amaze you with its beauty and variety. We'll take a guided tram tour around the park, and then go to Silverton with time for lunch, and browsing the downtown area.

Leave: 9am Return: 4pm Fare: \$20 (includes garden and bus)

JUNE 8 - HIKE TO MACLEAY PARK/AUDUBON SOCIETY

This park in the middle of Portland offers a peaceful wooded trail, old growth trees, and the added bonus of the Audubon Society. Bring a sack lunch.

Leave: 9am Return: 2pm Fare: \$7

JUNE 19 – 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)

JUNE 25 (THURSDAY) CAT ON A HOT TIN ROOF AT CLACKAMAS REP.

This well-known play will be presented by the talented cast at Clackamas Reperatory Theatre.

Leave: 6:30pm Return: 10:30pm Fare: \$20 (includes ticket and bus)

JULY 3 - NO TRIP DUE TO INDEPENDENCE DAY HOLIDAY

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 – Spring Cleaning

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

dusting
sweeping
mopping
Swiffer
rags
scrubbing
Windex
chemicals
ammonia
polish
furniture
picking up
declutter
windows

vacuum
carpets
put away
laundry
wax
wipe
bucket
trash
Pine-Sol
filthy
grease
shine
fresh
fix

bubbles
sponge
brush
clean
spring
arrange
germs
antibacterial
soap
refill
Magic Eraser
paper towels
broom
water

garbage
rearrange
debris
neat
tidy
organization
apron
housework



"Humor is mankind's greatest blessing." - Mark Twain

Q: What does a nosey pepper do?
A: Gets jalapeno business!

Q: What do you call a fake noodle?
A: An Impasta

Q: What do you call an alligator in a vest?
A: An Investigator

Q: What happens if you eat yeast and shoe polish?
A: Every morning you'll rise and shine!

Q: What's the difference between a guitar & a fish?
A: "You can't tuna fish."

Q: What do you call a pile of kittens
A: a meowntain

Q: What do you call a baby monkey?
A: A Chimp off the old block.

Q: Did you hear about the race between the lettuce
and the tomato?

A: The lettuce was a "head" and the tomato was
trying to "ketchup"!

Q: Did you hear about the hungry clock?
A: It went back four seconds.

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 MAY BIRTHDAYS

Earl Rasmussen	4	Barbara Tracy	10		
Clara Ray	5	Linda Blosser	13	Gerrie West	24
James Russell	7	Gerrie Buckley	19	Weldon Wood	24
Audrey Cribbs	8	Richard VanZante	22	Wes Droz	30

RAINBOWS - HAPPY JUNE BIRTHDAYS

Sharon Smith	4	Patricia Hanson	9	Phyllis Gagnier	26
Jack Wright	4	Richard Ray	10	Dixie Nichols	28
Jennie Pagh	5	Stephen Kraxberger	15	Elfriede Wieme	28
Patricia Vaughan	5	Carston Barreth	17	Phillip MxMullin	28
Lorraine Clark	7	Don Scott	26		

Sympathies to Family and Friends of: Ruth Meyer, Chuck Ekerson & Edie Smith



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!**

Spring Vegetable Pizza Wreath

Ingredients:

- 2 packages (8 ounces) crescent rolls
- 1 package (8 ounces) cream cheese, softened
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1/2 pack ranch dressing powdered mix
- 3 cups assorted vegetables, diced
- 3/4 cheddar cheese, shredded



Directions:

Begin by preheating your oven to 350 degrees F. Remove crescent rolls from the package. Do not unroll. Cut each roll into eight slices. Arrange in a circle on an ungreased 14-inch round pan. Bake for 15-20 minutes or until golden brown. Cool on the pan for at least 5 minutes before carefully removing to a serving plate to cool completely.

In a small bowl, beat together the cream cheese, sour cream, mayonnaise and ranch dressing mix until smooth. Then, spread this mixture over the baked rolls. Top with assorted vegetables and cheese. Chill for an hour in the refrigerator before serving.



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

Monday, June 1st

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.

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, May 2nd from 9 - 4:30pm (FULL)

Saturday, July 18th 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.



Wills, Trusts & Estate Planning

Thursday, July 9th 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.

PARKING LOT SALE

Have you ever wanted to have a yard sale, but don't have the space or enough traffic?

Well, here's your chance!

This year the Gladstone Senior Center is selling spaces for our first ever parking lot sale.

The sale will be on Sunday, August 2nd during the Gladstone Community Festival.

The cost for a parking lot space is \$10.00.

Call the Center to reserve your spot or if you would like more information!

(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 \$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 – 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. 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
Apr. 28-30, 2015*

or current occupant

GLAD TYDINGS
SENIOR CENTER NEWSLETTER
May & June/2015

**March For Meals ~ National campaign to increase
awareness of Meals on Wheels**

Gladstone Senior Center ~ Nutrition & Meals on Wheels Program

**We would like to give a BIG THANK YOU
to the Community and to all who have supported our program!**

**THANK YOU to our Community Leaders who participated in this event
and delivered Meals On Wheels:**



**Mayor Dominick Jacobellis
Councilor Patrick McMahon
Councilor Len Nelson**



Special THANKS to the following supporters:

**Gladstone Nissan
Gladstone Burgerville
Crossroads Coffee Café
Executive Copy & Print**

**Nana's Treasures
HappyRock Café
Stanley's Corner
Baskin Robbins**

**Pizza Hut
Tebo's
All Star Coffee
Clackamas Federal CU**

This Campaign would not have been such a success without your help!

May, 2015

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> Yoga 9am Arthritis Exercise 10am BRIDGE Computer 1:30-3:30pm Oil Painting 5:30 -9pm</p>	<p><u>2</u> AARP SAFE DRIVING COURSE 9-4:30pm TRAM TRIP - Carriage Me Back</p>
<p><u>3</u></p>	<p><u>4</u> Tai Chi 9am Tai Chi 10am Tai Chi 11am  Tai Chi 6pm Tai Chi 7pm</p>	<p><u>5</u> Lunch- Ham & Cheese Sandwich Yoga 9am Genealogy 10am BINGO FREDMEYER Yoga 5:25pm Yoga 6:30pm Line Dance 6:30pm Line Dance 7:30pm</p>	<p><u>6</u> Lunch- Mother's Day Lunch & Tea  Arthritis Exercise 10am SAFEWAY Watercolor 2pm Yoga 6-7pm</p>	<p><u>7</u> Lunch- Beef Enchilada Bake Yoga 9am Acrylics 9:30am PINOCHLE Pastels 2pm</p>	<p><u>8</u> TRAM TRIP - Camp 18 & Jewell Meadows Elk Refuge Yoga 9am Arthritis Exercise 10am BRIDGE Computer 1:30-3:30pm</p>	<p><u>9</u></p>
<p><u>10</u>  Happy Mother's Day! MOTHER'S DAY</p>	<p><u>11</u> HIKE - Jackson Bottom Wildlife Refuge Tai Chi 9am Tai Chi 10am Tai Chi 11am Tai Chi 6pm Tai Chi 7pm</p>	<p><u>12</u> Lunch - Roast Turkey w/Gravy Foot Clinic 8:30am Yoga 9am BINGO Yoga 5:25pm Yoga 6:30pm Line Dance 6:30pm Line Dance 7:30pm</p>	<p><u>13</u> Lunch- Baked Beef Rigatoni Arthritis Exercise 10am SAFEWAY Watercolor 2pm Yoga 6-7pm</p>	<p><u>14</u> Lunch- Breaded Fish w/ Tartar Sauce Yoga 9am Acrylics 9:30am PINOCHLE Pastels 2pm TRAM TRIP - Agatha Christie</p>	<p><u>15</u> Yoga 9am Arthritis Exercise 10am BRIDGE Computer 1:30-3:30pm</p>	<p><u>16</u></p>
<p><u>17</u> Oil Painting 2 -6pm</p>	<p><u>18</u> Tai Chi 9am Tai Chi 10am Tai Chi 11am Book Club 10:30am Tai Chi 6pm Tai Chi 7pm</p>	<p><u>19</u> Lunch -Mini Santa Fe Salad Yoga 9am Genealogy 10am BINGO WALMART Yoga 5:25pm Yoga 6:30pm Line Dance 6:30pm Line Dance 7:30pm</p>	<p><u>20</u> Lunch - Chicken A La King Arthritis Exercise 10am SAFEWAY Watercolor 2pm Yoga 6-7pm</p>	<p><u>21</u> Lunch - Beef Stew Yoga 9am Acrylics 9:30am  PINOCHLE Pastels 2pm</p>	<p><u>22</u> Yoga 9am Arthritis Exercise 10am BRIDGE Computer 1:30-3:30pm</p>	<p><u>23</u></p>
<p><u>24</u></p>	<p><u>25</u>  Memorial DAY CENTER CLOSED</p>	<p><u>26</u> Lunch- Beef Patty Yoga 9am Genealogy 10am BINGO MARKETPLACE Yoga 5:25pm Yoga 6:30pm Line Dance 6:30pm Line Dance 7:30pm</p>	<p><u>27</u> Lunch - Shoyu Chicken SAFEWAY Watercolor 2pm Yoga 6-7pm</p>	<p><u>28</u> Lunch - BBQ Turkey Sandwich Yoga 9am Acrylics 9:30am PINOCHLE Pastels 2pm</p>	<p><u>29</u> TRAM TRIP - Cannon Beach Yoga 9am BRIDGE Computer 1:30-3:30pm Oil Painting 5:30 -9pm</p>	<p><u>30</u></p>
<p><u>31</u></p>	<p>MEALS ON WHEELS SERVED MONDAY - FRIDAY FOR QUALIFIED CLIENTS.</p>					

June, 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
<p>Please Note: Class Schedules are not yet available. Please check back with The Center for more information.</p>	<p><u>1</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u></p> <p> GOLDSTAR <u>Potluck/Bingo</u></p> <p><u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>2</u> Lunch – Meatloaf ½ Sandwich</p> <p><u>Yoga 9am</u></p> <p><u>Genealogy 10am</u></p> <p>BINGO FREDMEYER</p> <p><u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u></p>	<p><u>3</u> Lunch – Turkey A La King</p> <p>SAFEWAY</p> <p><u>Yoga 6-7pm</u></p>	<p><u>4</u> Lunch – Mexican Chicken Pasta</p> <p><u>Yoga 9am</u></p> <p><u>Acrylics 9:30am</u></p> <p>PINOCHLE</p>	<p><u>5</u> <u>Yoga 9am</u></p> <p><u>TRAM TRIP –</u> <u>Oregon Garden</u></p> <p>BRIDGE</p> <p><u>Oil painting</u> <u>5:30-9pm</u></p>	<u>6</u>
<u>7</u>	<p><u>8</u> <u>HIKE – Macleay</u> <u>Park/Audubon</u> <u>Society</u></p> <p><u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u></p> <p><u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u></p>	<p><u>9</u> Lunch – Pork Choppie w/Gravy</p> <p><u>Foot Clinic</u> <u>8:30am</u></p> <p></p> <p>BINGO FRED MEYER</p>	<p><u>10</u> Lunch – Chicken Pomodoro</p> <p></p> <p>SAFEWAY</p>	<p><u>11</u> Lunch – Beef Swiss Style Patty</p> <p>PINOCHLE</p> <p><u>Acrylics 9:30am</u></p>	<u>12</u> BRIDGE	<u>13</u>
<p><u>14</u> <u>Oil painting</u> <u>2-6pm</u></p>	<p><u>15</u></p> <p></p> <p><u>Book Club 10:30am</u></p>	<p><u>16</u> Lunch – Chicken Patty w/Gravy</p> <p>BINGO</p>	<p><u>17</u> Lunch – Father's Day Lunch</p> <p></p> <p>SAFEWAY</p>	<p><u>18</u> Lunch – Chef Mini Salad</p> <p>PINOCHLE</p>	<p><u>19</u> <u>TRAM TRIP –</u> <u>Tillamook Forest</u> <u>Center</u></p> <p>BRIDGE</p>	<u>20</u>
<p><u>21</u></p> <p></p> <p>HAPPY FATHER'S DAY</p> <p><u>FATHER'S DAY</u></p>	<u>22</u>	<p><u>23</u> Lunch – Roast Turkey w/Gravy</p> <p>BINGO</p>	<p><u>24</u> Lunch – Chicken Lo Mein</p> <p>SAFEWAY</p>	<p><u>25</u> Lunch – Lima Beans & Ham</p> <p>PINOCHLE</p> <p><u>TRAM TRIP –</u> <u>Cat on a Hot Tim</u> <u>Roof</u></p>	<p><u>26</u> BRIDGE</p> <p><u>Oil painting</u> <u>5:30-9pm</u></p>	<u>27</u>
<u>28</u>	<u>29</u>	<p><u>30</u> Lunch – Santa Fe Chicken Salad</p> <p>BINGO</p>	<p></p>		<p>MEALS ON WHEELS SERVED MONDAY – FRIDAY FOR QUALIFIED CLIENTS.</p>	