

GLAD TYDINGS NEWSLETTER

GLADSTONE SENIOR CENTER

November & December 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

Dates to Remember:

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

Thursday & Friday, November 26th & 27th – Thanksgiving (Center Closed)

Thursday & Friday, December 24th & 25th – Christmas Eve & Christmas (Center Closed)

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



THANKSGIVING FEAST

Thursday, 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.

New Entertainment – Guitarist” Larry Kennedy” Cost: \$3.50

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



SUGAR COOKIE DECORATING

Tuesday, December 8th, 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! Entertainment by “**Cash Cottrell**”

We will provide the sugar cookies, frosting and sprinkles. Cost: **FREE**

HOLIDAY LUNCH PARTY

Thursday, 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!

This year Santa will play a special game giving away assorted gift cards for local restaurants and stores. Piano Entertainment by “**Betty Pogue**”

Sign-ups are REQUIRED for this event!

Cost: \$2.50



CHRISTMAS CAROLS SING A-LONG

Wednesday, December 23rd, before lunch

Make sure you come join in the fun with “**Shirley Scrivner**”.

We will be getting in the Spirit of the Holiday by having a sing a-long, which will include all of our favorite holiday songs.



NEW YEAR'S EVE LUNCH PARTY

Thursday, December 31st at 11:30am

2015 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!

Let's all toast in the year with Entertainment by “**Cash Cottrell**”

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



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 IN JANUARY, APRIL, JULY & OCTOBER

ADVISORY BOARD - 2015
JIM PRICHARD – PRESIDENT
COLLETTE UMBRAS - VICE PRESIDENT
DIANE BERRETH, KATIE ELLERBY, BOOTS DROZ
ELAINE HERMENS, NOREDA MAY, NIKKI SQUIRES,

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

BOOK CLUB MEETING – MONDAY, November 16th & December 21st at 10:30AM

NOVEMBER BOOK: “Switch on Your Brain: The Key to Peak Happiness, Thinking and Health” by – Dr. Caroline Leaf - Amazing new results of recent research. Leaf gives a prescription for better health and wholeness through correct thinking patterns. This is a non-fiction book.

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' Ramblings

Entertainment Books are here and for sale for the meals program fundraiser. Shirley will be planning lunch at some of the locations in the book. They sale for \$30.00 each and make great gifts. Come check them out and support the Center as a fundraiser. Time to sign up for next year's newsletter. It will still be \$8.00 for a year subscription again. This will get you a birthday card mailed to you and recognition in your birthday month in the letter.

November is Diabetes awareness month. Staff will include information on diet and exercise to improve your health and avoid late onset Diabetes.

The staff is sad to see Jamie Southworth move on to other employment. She did a great job while she was here for almost 4 years. She was a wonderful person with many talents. I hoped she learned some new things about working at an adult center while she was here. The staff learned lots of computer information from her. She will continue to assist us until the City hires her replacement. If you stop by Friday mornings wish her good luck on her new adventure.

Information from O.S. Extension:

Prevent and treat mold to make your home healthy. What to do when you find mold on the back of a closet wall or under the bathroom sink? Mold grows on damp surfaces and can cause permanent damage to walls, window frames, carpets, clothes and furniture. “It looks dirty and smells bad and can make you sick. Exposure to mold can bring on allergic reactions, asthma and other respiratory problems especially for elderly. The key to mold control is moisture control; it's important to keep walls, floor, clothing dry and clean. With no practical way to eliminate all mold and spores indoors, it's important to clean and fix sources of moisture, such as leaky pipes and roofs. The EPA recommend taking step to reduce indoor humidity to 30-60 percent; vent bathrooms and dryers to the outside; use air conditioners and de-humidifiers; an use exhaust fans when cooking, dishwashing and cleanings. Keeps air moving through the house. Don't leave wet clothes or towels lying around. Leave closet doors open and keep furniture and stored items away from walls. Don't close off rooms. Find out more at **EPA information on moisture and mold** on their website.

JANDEC2016-GLADTYDINGSNEWSLETTER- \$800

Name _____

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

Phone#: _____ (ZipCode) _____

Email _____

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

Self _____

Name _____ Birthdate _____

Spouse _____

Name _____ Birthdate _____



NOVEMBER & DECEMBER 2015 TRAM TRIPS

TRIP POLICY- SIGN UP NOVEMBER 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.

NOVEMBER 7 - VERBOORT SAUSAGE LUNCH

Before lunch, you can shop the bazaar, tour the church, or buy produce and plants. The meal includes all you can eat sausage and kraut, as well as mashed potatoes, salad, beans, a roll and pie for dessert, (all homemade)!

Leave: 9am Return: 2pm Fare: \$22 (includes bus and meal)

NOVEMBER 13 - COUNTRY CHRISTMAS HOLIDAY BAZAAR

We will see handcrafts, collectibles, food, and more at this boutique-type show at the Clackamas County Fairgrounds. After shopping we will enjoy lunch at the Wild Hare Restaurant.

Leave: 9am Return: 3pm Fare: \$5 (includes bus)

NOVEMBER 20 - NORTHWEST SENIOR THEATRE AND MORE

Our day will begin with a stop at Al's Garden Center where we will find many decorated trees as well as gifts, poinsettias and other plants. Lunch at the Red Lobster will follow, and then we will take a drive before arriving at the Alpenrose Opera House for the show.

Leave: 9am Return: 5:30pm Fare: \$12 (includes bus and show)

DECEMBER 4 - HUBERS AND THE PITTOCK MANSION

A longtime Portland tradition, Hubers has good food (turkey and more) and a nice atmosphere.

After lunch, we will visit the Pittock Mansion, beautifully decorated for "The Magic of Wintertime".

Leave: 10:30am Ret: 3:30pm Fare: \$15 (includes bus and mansion admission)

DECEMBER 10 (THURSDAY) - THE GROTTO FESTIVAL OF LIGHTS

We will enjoy dinner at Sams at the Monarch, (in the entertainment book) then travel to the Grotto to see the beautiful decorations, shop the gift shop, and hear local choirs perform in the church.

Leave 5pm Return: 8:30pm Fare: \$15.00 (includes bus and admission to the Grotto)

DECEMBER 14 (MONDAY) - WINTER WONDERLAND AT P.I.R

Come drive with us on the racetrack! This spectacular light show is always a favorite.

After the lights we will stop for dessert (or a late dinner).

Leave: 6pm Return: 9pm Fare: \$10 (includes bus and light show)

JANUARY 7 (THURSDAY) - SAYLER'S OLD COUNTRY KITCHEN DINNER

Saylers is a 69 year old Portland tradition that has good steaks, seafood and more. (in the entertainment book, too)

Leave: 5:00pm Return: 8:30pm Fare: \$5 (includes bus)

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 for 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.

Avalanche	Igloo
Blanket	Jack Frost
Blizzard	jacket
Chimney	January
Christmas	Kwanzaa
Coat	Lunar New Year
Cold	Melt
December	Migrate
Earmuffs	Mittens
February	New Years Day
Fireplace	Quilt
Freeze	Scarf
Freezing rain	Shovel
Frigid	Skiing
Gloves	Sled
Hail	Sleet
Hanukkah	Sleigh
Heater	Slippery
Hibernate	Slush
Hockey	Snowball
Holidays	Snowboard
Hot chocolate	Snowdrift
Ice fishing	Snowflake
Ice skates	Snowman
Icicles	Snowmobile

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

Snowplow Snowstorm Sweater Vacation

NDEP National Diabetes Education Program

You don't have to knock yourself out to prevent Diabetes!

Studies show that people at high risk for type 2 diabetes can prevent or delay the disease if they lost as little as 10 to 14 lbs. (if they weigh 200 lbs.) by walking 30 minutes 5 days a week and making healthy food choices. Keep in mind that small steps can lead to big rewards.

Step 1 Move More - Plan to get 30 minutes of physical activity 5 days each week to help you lose weight. You can get this amount in small ways throughout the day. Talk to your doctor and start slowly to build up to your goal. Ideas to fit more activity into your day:

- ✓ Park your car farther away from the stores, movie or places you visit.
- ✓ Use TV breaks to stretch, take a quick walk around your home, do some sit-ups or march in place.
- ✓ Get friends, family or neighbors involved. Set a standing walking date, ride a bike, or try line dancing.
- ✓ Take a walk after lunch.

Step 2 Make Healthy Food Choices - Choose foods that are low in fat, sugar, and calories to help you lose weight. Limit portion sizes. Start today to:

- ✓ Eat a variety of colorful vegetables and fruit.
- ✓ Choose whole grain foods- bread, crackers, oatmeal, brown rice and cereals.
- ✓ Broil or bake poultry, meats, and fish instead of frying.
- ✓ Avoid getting too hungry by eating a healthy snack between meals.
- ✓ Choose water to drink. Use low-fat milk, yogurt, cheese, sour cream, or mayonnaise.
- ✓ Snack on raw vegetables, fruit and a handful of nuts.

Step 3 Start your GAME PLAN to Prevent Diabetes - The key to losing weight and preventing diabetes is to make long-term changes that work for you-every day.

Portion Sizes

½ cup of cooked rice or pasta= an ice cream scoop	1 ½ ounces of cheese= Four dice
3 ounces of meat or fish= deck of cards	2 tablespoons of peanut butter= a Ping-Pong ball

RAINBOWS - HAPPY NOVEMBER BIRTHDAYS

Nancy DeVries	1	Harold Tracy	10	Bill Summers	14
Lee Travis	3	Jim Alexander	12	Pat Kuhn	20
Helen Kolb	4	Norm Church	13	Lorene Leabo	28
Mona Hanni	4				



RAINBOWS - HAPPY DECEMBER BIRTHDAYS

Dot Eaton	1	Claire Winkle	14		
Caroline Newton	6	Carolyn Hauck	15	Phyllis McIntire	26
Irene Cawley	12	Marie Dove	18	Delores Scouten	27
Dale Leabo	12	Valerie Rountree	20	Roxanne McMullin	27

Thinking of You Dick VanZante, Esther Ekerson & Clyde Forsberg

Sympathy to Family & Friends: Jennie Pagh & Olive Harris



You can help Gladstone Senior Center earn donations just by shopping with your Fred Meyer card! 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.

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**.

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!**



**THE STAFF WOULD LIKE TO WISH YOU ALL A HAPPY HOLIDAY!
WE WOULD LIKE TO THANK ALL OF OUR VOLUNTEERS AND
SUPPORTERS FOR THEIR GENEROUS GIFTS!
WE HAVE A GREAT COMMUNITY!**

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

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 14th from 9:00 am – 4:30pm

Saturday, January 30th from 9:00am - 4:30 pm

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.

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!

Inclement Weather Policy

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.



Gladstone High School Veteran's Assembly

Monday, November 9, 2015

Enjoy music and melodies from the band and choir. Each branch of the service will be honored. Please arrive before 10am to sign in. The assembly will begin at 10:30am.

RSVP to Leslie Robinette at (503) 655-2544 ext 410

Thanks to our Community Partners!

Walgreens came for our annual flu shot clinic

Meals on Wheels donations from: Elks Ladies Auxiliary & VFW Three Rivers Post 1324.

Center wish list items from Metro West Senior Group

Clackamas County SHIBA for having a Medicare 101 Presentation

Medicare Enrollment

Open Enrollment for Medicare is October 15th – December 7th. If you want to change or look into another plan, SHIBA volunteers are available. Call (503) 655-8269. They provide FREE unbiased assistance to explain different plans available in our area.

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!

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
Oct 29-31, 2015*

or current occupant

GLAD TYDINGS
SENIOR CENTER NEWSLETTER
November & December/2015

2016 Entertainment Books

Fundraiser for the Meals on Wheels Program

To start saving you can get them at the reception desk at the Senior Center.
Come get yours as they sell fast!

Cost \$30.00 per book or app
for your smart phone.



Big savings
All year long!

P.S. they make great presents! 😊



November, 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
<u>1</u>	<u>2</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> <u>GOLDSTAR</u> <u>BINGO/POTLUCK</u> <u>Line Dance 4-5pm</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>	<u>3</u> Lunch – Roast Turkey w/gravy <u>Yoga 9am</u> BINGO FRED MEYER <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u> <u>Line Dance 5:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u>	<u>4</u> Lunch- Beef Spanish Rice <u>Basic Computer</u> <u>10-11:30am</u> SAFEWAY <u>Advanced</u> <u>Computer</u> <u>1:30-3pm</u> <u>Watercolor</u> <u>2-4:30pm</u> <u>Yoga 6pm</u>	<u>5</u> Lunch -Beef Raised Tips <u>Yoga 9am</u> <u>Acrylics</u> <u>9:30-11:30am</u> <u>Computer</u> <u>Security</u> <u>10-11:30am</u> <u>Sing Along</u> PINOCHLE <u>Pastels 2-4:30pm</u>	<u>6</u> <u>Yoga 9am</u> BRIDGE <u>Oil Painting</u> <u>5:30 -9pm</u>	<u>7</u> <u>TRAM TRIP –</u> <u>Verboort</u> <u>Sausage</u>
<u>8</u>	<u>9</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> <u>United Healthcare</u> <u>3-5pm</u> <u>Line Dance 4-5pm</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>	<u>10</u> Lunch- BBQ Smokehouse Chop <u>Foot Clinic 8:30am</u> <u>Yoga 9am</u> BINGO <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u> <u>Line Dance 5:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u>	<u>11</u>  Veteran's Day Center Closed	<u>12</u> Lunch- Oriental Shoyu Chicken <u>Yoga 9am</u> <u>Acrylics</u> <u>9:30-11:30am</u> <u>Sing Along</u> PINOCHLE <u>Pastels 2-4:30pm</u>	<u>13</u> <u>TRAM TRIP –</u> <u>Country</u> <u>Christmas</u> <u>Holiday Bazaar</u> <u>Yoga 9am</u> BRIDGE	<u>14</u> <u>AARP Driving</u> <u>Safety Course</u> <u>9am-4:30pm</u>
<u>15</u> <u>Oil Painting</u> <u>2 -6pm</u>	<u>16</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> <u>Book Club 10:30am</u> <u>Line Dance 4-5pm</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>	<u>17</u> Lunch – Curried Chicken & Rice <u>Yoga 9am</u> BINGO WALMART <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u> <u>Line Dance 5:30pm</u> <u>Line Dance 6:30pm</u> <u>Line Dance 7:30pm</u>	<u>18</u> Lunch- Chicken Lo Mein SAFEWAY <u>Watercolor</u> <u>2-4:30pm</u> <u>Yoga 6pm</u>	<u>19</u> Thanksgiving Feast <u>Yoga 9am</u> <u>Acrylics</u> <u>9:30-11:30am</u> <u>Sing Along</u> PINOCHLE	<u>20</u> <u>TRAM TRIP – NW</u> <u>Senior Theatre &</u> <u>More</u> <u>Yoga 9am</u> BRIDGE <u>Oil Painting</u> <u>5:30 -9pm</u>	<u>21</u>
<u>22</u>	<u>23</u> <u>Tai Chi 9am</u> <u>Tai Chi 10am</u> <u>Tai Chi 11am</u> <u>Tai Chi 6pm</u> <u>Tai Chi 7pm</u>	<u>24</u> Lunch – Chicken Salad ½ Sandwich <u>Yoga 9am</u> BINGO MARKETPLACE <u>Yoga 5:25pm</u> <u>Yoga 6:30pm</u>	<u>25</u> Lunch – Roast Turkey w/gravy SAFEWAY <u>Watercolor 2pm</u> <u>Yoga 6pm</u>	<u>26</u>  Thanksgiving Center Closed	<u>27</u> Center Closed	<u>28</u>
<u>29</u>	<u>30</u>	<p><u>Please Note:</u> Lunch Menu and Class Schedules are subject to change.</p>				

December, 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
		<u>1</u> Lunch – Salisbury Patty w/gravy BINGO FRED MEYER	<u>2</u> Lunch – Hearty Chicken Stew SAFEWAY <u>Yoga 6pm</u>	<u>3</u> Lunch – Chicken Patty <u>Yoga 9am</u> <u>Acrylics 9:30am</u> <u>Sing Along</u> PINOCHLE	<u>4</u> <u>TRAM TRIP – Hubers & Pittock Mansion</u> <u>Yoga 9am</u> BRIDGE <u>Oil painting 5:30-9pm</u>	<u>5</u>
<u>6</u>	<u>7</u> GOLDSTAR POTLUCK/ BINGO New Volunteer Coordinators for Potluck – Thank You Gail & Terry!	<u>8</u> Lunch – Chicken Pastina <u>Cookie Decorating– Music by Cash Cottrell</u> BINGO FRED MEYER	<u>9</u> Lunch – Beef Swiss Style Patty SAFEWAY	<u>10</u> Lunch – Macaroni & Cheese <u>Acrylics 9:30am</u> <u>Sing Along</u> PINOCHLE <u>TRAM TRIP – The Grotto Festival of Lights</u>	<u>11</u> BRIDGE	<u>12</u>
<u>13</u> <u>Oil painting 2-6pm</u>	<u>14</u> <u>TRAM TRIP – Winter Wonderland at PIR</u>	<u>15</u> Lunch – Baked Beef Rigatoni <u>Foot Clinic 9am</u> BINGO	<u>16</u> Lunch – Tuna Salad ½ Sandwich SAFEWAY	<u>17</u> Holiday Party <u>Sing Along</u> PINOCHLE	<u>18</u> BRIDGE <u>Oil painting 5:30-9pm</u>	<u>19</u>
<u>20</u>	<u>21</u> <u>Book Club 10:30am</u>	<u>22</u> Lunch – Roast Pork w/gravy BINGO WALMART	<u>23</u> Lunch – Shoyu Chicken Sing Christmas Carols with Shirley & Special Dessert SAFEWAY	<u>24</u> 	<u>25</u> Christmas Center Closed	<u>26</u>
<u>27</u>	<u>28</u>	<u>29</u> Lunch – Lasagna Roll ups BINGO MARKETPLACE	<u>30</u> Lunch – Chicken a la King SAFEWAY	<u>31</u> <u>New Year's Eve Lunch Party</u> PINOCHLE	<p>Please Note: Center Closed Friday, January 1st for New Years' Day</p> 	