

GLAD TYDINGS NEWSLETTER

GLADSTONE SENIOR CENTER

MARCH AND APRIL 2016

~1050 PORTLAND AVE. GLADSTONE, OREGON 97027 (503) 655-7701~

~Center Hours are Monday through Friday 8:30am to 5:00pm~

~Published bi-monthly by the staff at the Gladstone Senior Center ~

~Subscription rate is \$8.00 per year~

Important dates to remember

Sunday, March 13– Daylight Savings Time Starts

Thursday, March 17– St. Patrick's Day

Sunday, March 27– Easter Sunday

Friday, April 15– Last day to turn in your taxes

Senior Center Events

Thursday, March 24– Burgerville

Meals on Wheels fundraiser.

Saturday, April 16– Spring Fling Craft
& Collectible Bazaar 9am– 4pm.

Spring is on the horizon! It's about time to spring those clocks forward!

The end of winter is near or at least that's what Punxsutawney Phil said when he didn't see his shadow on Groundhog's Day in February. Although the rain and gloominess may linger around for another month or two, have no fear! Here are some tips to bust those lingering winter blues. **1.** Smile! **2.** Keep busy! **3.** Talk to someone, anyone, even us! **4.** Help others, where you can. **5.** Live in the moment. Take a look inside for a complete listing of Senior Center and Community School events!



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*Do you remember?
A short intro....*

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Whispering Winds

Do you remember? A short introduction:

By Colin Black

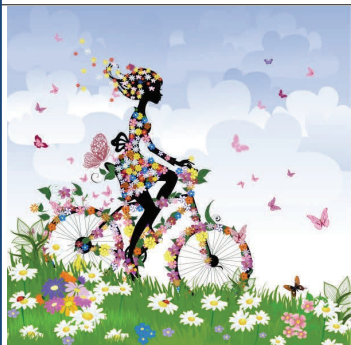
“Hello Americans, I’m Paul Harvey. You know what the news is -- in a minute, you’re going to hear the rest of the story.....”

First, the news. I wanted to introduce myself, I’m Colin, the new Senior Center Assistant, I look forward to helping you out in any way I can! So that’s the news, now, the rest of the story.

I was fortunate to, in part, be raised by my grandparents. Occasionally, my grandfather would have my brother and I at his Chevron Station while my mother worked or was at school. On the way home in his gold El Camino, we would listen to the a.m. radio, where we always heard Paul Harvey discuss the news and the rest of the story later.

I never knew what the whole meaning of the rest of the story was until I was adult. It was one-day driving home, scanning the a.m. radio for traffic news that I came across Paul Harvey once again. I can’t really remember exactly what the story was about, but I do remember the context of the story. The context of the story was that there is always more to the story than we realize, to never be quick to assume the outcome without first hearing out both sides of the story. My grandparents were big on that, big on the whole, big picture concept.

As a father of four kids from ages 9-20, I try to remind myself at times to hear out everyone and listen to both sides of the story. I am eternally grateful for the good fortune that I had in my upbringing as it instilled in me a sense of service, pride, and community that I carry with me to this day. So, never be afraid to bend my ear, ask me to grab something for you out of the car, help out where I can or worry that you are troubling me. I can assure you that as your senior center assistant, I will always hear the rest of the story with you. And now you know ---the rest of the story.



March

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Please Note:
Lunch Menu and Class Schedules are subject to change.

6

7

8 Lunch~

9 Lunch~

10 Lunch~

11

12

13

14

15 Lunch~

16 Lunch~

17 Lunch~

18

19

20

21

22 Lunch~

23 Lunch~

24 Lunch~

25

26

27

28

29 Lunch~

30 Lunch~

31 Lunch~

Bkd Fish w/Tartar SC
[Yoga-9am](#)
[Yoga-525pm](#)
[Yoga-630pm](#)
Bingo
Fred Meyer

ORANGE GLZ CHICKEN
[Yoga-9am](#)
[Yoga-525pm](#)
[Yoga-630pm](#)
Bingo
[Foot Clinic-8:30 am](#)

CHKN PASTINA
Bingo
Walmart

EGG SALAD 1/2 SAND
Bingo

CHKN SUPREME BRST
Bingo
[Yoga-9am](#)
[Yoga-525pm](#)
[Yoga-630pm](#)

Sweet & Sour Pork
[Computer-930am](#)
[Watercolor-2pm](#)
[Yoga-6pm](#)
Bunco
Safeway

BKD BEEF RIGATONI
[Computer-930](#)
[Yoga-6](#)
Bunco
Safeway

CHKN TETRAZZINI
[Computer-930](#)
Bunco
Safeway

SPAGHETTI W/ MEAT SC
Bunco
Safeway

CHEESE & GRN CHILI BAKE
Bunco
[Yoga-6pm](#)
Safeway

Mac & Cheese
[Yoga-9am](#)
[Acrylics-930am](#)
[Pastels-2pm](#)
Pinochle

TURKEY 1/2 SAND
[Yoga-9am](#)
[Acrylics-930am](#)
Pinochle

St.Patrick's Day Party
[Acrylics-930](#)
Pinochle

SANTA FE CHKN SALAD
Pinochle

SWT & SOUR CHKN
[Yoga-9am](#)
Pinochle

[Yoga-9am](#)
[Oil-530pm](#)
Bridge
[AARP TAX PREP-9-230PM](#)

[Old Spaghetti Factory Tram Trip](#)
Bridge
[AARP TAX PREP-9-230 PM](#)
[Oil-530pm](#)

Bridge
[AARP TAX PREP-9-230 PM](#)

[Washington County Museum Tram Trip](#)
Bridge
[AARP TAX PREP-9-230 PM](#)
[Oil-530pm](#)

[AARP- Safe Drivers Course 9-430 PM](#)



APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p><i>Please Note:</i></p> <p>Lunch menu not available at time of print. Please call or visit the Senior Center for an updated menu. Class schedules are subject to change.</p>						<p>1 <u>Tigard Thrift Shops Tram Trip</u></p> <p>Bridge</p> <p>Yoga-9am</p> <p><u>AARP TAX PREP-</u> 9-230PM</p>	<p>2</p>
<p>3</p>	<p>4 Goldstar Potluck</p> <p><u>Tai Chi-9am</u></p> <p><u>Tai Chi-10am</u></p> <p><u>Tai Chi-11am</u></p> <p><u>Country Ultra-4pm</u></p> <p><u>Tai Chi-6pm</u></p> <p><u>Tai Chi-7pm</u></p>	<p>5 Bingo</p> <p>Fred Meyer</p> <p><u>Yoga-9am</u></p> <p><u>Yoga-525pm</u></p> <p><u>Yoga-6pm</u></p>	<p>6 Bunco</p> <p>Safeway</p> <p><u>Arthritis Walk with Ease-1030am</u></p> <p><u>Watercolor-2pm</u></p>	<p>7 Pinochle</p> <p><u>Yoga-9am</u></p> <p><u>Acrylics-930am</u></p> <p><u>Pastels-2pm</u></p> <p><u>Wills, Trusts, Estates -630pm</u></p>	<p>8 Bridge</p> <p><u>AARP TAXES -9-230PM</u></p> <p><u>Yoga-9am</u></p> <p><u>Mah-Jong-2pm</u></p> <p><u>Crochet-3pm</u></p> <p><u>Loom Knitting-3</u></p> <p><u>Oil-530pm</u></p>	<p>9</p> <p><u>Pacific University Luau Tram Trip</u></p>	
<p>10</p>	<p>11 <u>George Rogers Park Hike Tram Trip</u></p> <p><u>Tai Chi-9am</u></p> <p><u>Tai Chi-10am</u></p> <p><u>Tai Chi-11am</u></p> <p><u>Country Ultra-4pm</u></p> <p><u>Tai Chi-6pm</u></p> <p><u>Tai Chi-7pm</u></p>	<p>12 <u>Foot Clinic- 8:30 am</u></p> <p>Bingo</p> <p><u>Yoga-9am</u></p> <p><u>Yoga-525pm</u></p> <p><u>Yoga-6pm</u></p>	<p>13 Bunco</p> <p>Safeway</p> <p><u>Arthritis Walk with Ease-1030am</u></p> <p><u>Watercolor-2pm</u></p>	<p>14 Pinochle</p> <p><u>Yoga-9am</u></p> <p><u>Acrylics-930am</u></p> <p><u>Pastels-2pm</u></p>	<p>15 Bridge</p> <p><u>AARP TAXES -9-230PM</u></p> <p><u>Yoga-9am</u></p> <p><u>Mah-Jong-2pm</u></p> <p><u>Crochet-3pm</u></p> <p><u>Loom Knitting-3</u></p>	<p>16</p> <p><u>Spring Bazaar- 9-3pm</u></p>	
<p>17</p> <p><u>Oil-2pm</u></p>	<p>18</p> <p><u>Tai Chi-9am</u></p> <p><u>Tai Chi-10am</u></p> <p><u>Tai Chi-11am</u></p> <p><u>Country Ultra-4pm</u></p> <p><u>Tai Chi-6pm</u></p> <p><u>Tai Chi-7pm</u></p>	<p>19 Bingo</p> <p>Walmart</p> <p><u>Yoga-9am</u></p> <p><u>Yoga-525pm</u></p> <p><u>Yoga-6pm</u></p>	<p>20 Bunco</p> <p>Safeway</p> <p><u>Smart Phone Non-Apple-930am</u></p> <p><u>Arthritis Walk with Ease-1030am</u></p> <p><u>Watercolor-2pm</u></p>	<p>21 Pinochle</p> <p><u>Yoga-9am</u></p> <p><u>Acrylics-930am</u></p> <p><u>Pastels-2pm</u></p> <p><u>Wills, Trusts, Estates -630pm</u></p>	<p>22 <u>Three Capes Tour Tram Trip</u></p> <p>Bridge</p> <p><u>Yoga-9am</u></p> <p><u>Mah-Jong-2pm</u></p> <p><u>Crochet-3pm</u></p> <p><u>Loom Knitting-3pm</u></p> <p><u>Smart Phone Apple-9am</u></p>	<p>23</p>	
<p>24</p>	<p>25</p> <p><u>Tai Chi-9am</u></p> <p><u>Tai Chi-10am</u></p> <p><u>Tai Chi-11am</u></p> <p><u>Country Ultra-4pm</u></p> <p><u>Tai Chi-6pm</u></p> <p><u>Tai Chi-7pm</u></p>	<p>26 Bingo</p> <p><u>Yoga-9am</u></p> <p><u>Yoga-525pm</u></p> <p><u>Yoga-6pm</u></p>	<p>27 Bunco</p> <p>Safeway</p> <p><u>Arthritis Walk with Ease-1030am</u></p> <p><u>Watercolor-2pm</u></p>	<p>28 Pinochle</p> <p><u>Yoga-9am</u></p> <p><u>Acrylics-930am</u></p> <p><u>Pastels-2pm</u></p>	<p>29 <u>Oregon Trail Interpretive Center Tram Trip</u></p> <p>Bridge</p> <p><u>Yoga-9am</u></p> <p><u>Mah-Jong-2pm</u></p> <p><u>Crochet-3pm</u></p> <p><u>Loom Knitting-3pm</u></p> <p><u>Soap Making-9am</u></p> <p><u>Oil-530pm</u></p>	<p>30</p>	



Budget Friendly, Slow-Cooker Chicken & Sweet Potatoes

Want to try something delicious and easy to make? Who doesn't? Well, we have a recipe just for you! Try this slow-cooker chicken for dinner. The sweet potatoes, Dijon mustard, and brown sugar make for a unique and tasty flavor.

PREP TIME is only 20 minutes and serves 4!

Ingredients:

- 4 4-ounce boneless, skinless chicken thighs
- 1 onion, chopped
- 2 large sweet potatoes (about 1 pound total), peeled and sliced into large rounds.
- 1.5 cups low-sodium, low-fat chicken broth (Gluten Free if needed)
- 3 tablespoons Splenda brown sugar blend
- 1/4 teaspoon dried thyme
- 2 tablespoons Dijon mustard
- 1 bay leaf

Instructions:

1. Place chicken in a slow cooker. Top chicken with onions and sweet potatoes.
2. Add remaining ingredients and cook on low for 5-7 hours or until chicken is done.
3. Remove bay leaf and serve.

Nutritional Facts:

Calories: 275	Protein: 21g	Fat: 7g	Potassium: 590mg
Sugars: 12g	Dietary fiber: 105mg	Sodium: 310mg	

Need help getting around? We have a TRAM that will take you shopping. *1st Tuesday*- Fred Meyer. *3rd Tuesday*- Walmart and *Each Wednesday*- Safeway. We also pick up for lunch & errands on Tues, Wed, & Thurs. with 24-hour notice, be ready by 10:30 am. Please call us for more information (503) 655- 7701.

~Brain Fitness~

Brain games offer amusement as well as enhanced reasoning speed and capabilities. Memory games, math games and word games help to increase reasoning skills and potential. Try these games out, let us know what you think!

EASY

$$5 + 5 \times 2 - 3 + 7 - 4 = \square$$

$$2 \times 2 - 1 + 5 = \square$$

$$1 + 1 + 2 + 3 + 4 = \square$$

$$10 + 5 \times 2 = \square$$

$$1 + 5 - 4 - 2 = \square$$

$$6 + 6 + 6 + 6 + 6 = \square$$

$$1 \times 2 \times 3 = \square$$



HEAD-SCRATCHING RIDDLES

Here are some tricky riddles. If you can't work them out, the answers are all on the opposite page – but you have to match them up with the correct riddle!

- 1 It can run but it never walks, it has a mouth but never talks, it has a bed but never sleeps?
- 2 What has fingers but cannot use them?
- 3 It was given to you, it belongs to you, but your friends use it more than you do. What is it?
- 4 What gets wetter, the more it dries?
- 5 What grows bigger, the more you take from it?
- 6 What has many keys but no locks?
- 7 What goes up when the rain comes down?
- 8 If you feed it, it lives. But if you give it water it dies. What is it?

In each row, write a word that fits the description and see what is written in the grey column.



BRAIN TEASERS

- A sour, citrus fruit.
- Used for lifting heavy weights.
- Another word for big.
- When metal is brown from water stains.
- A bird with a red chest.
- Not together.
- The opposite of south.

2

What is the value of the fourth column?



3

Some letters are missing from the alphabet. Find and rearrange them to make a word.

A B D E F H
J K L M P Q
R V W X Y Z



A Your name

B Fire

C A piano

D A towel

E A hole

F A glove

G An umbrella

H A river





Looking for something to do? Still got that old cabin fever? Well, here are some upcoming trips that we have arranged. For more information, please contact us at (503) 655-7701.

MARCH 4- ALBANY CAROUSEL MUSEUM

MARCH 11-LUNCH OUT AT THE OLD SPAGHETTI FACTORY.

We will enjoy lunch at this Portland standard on the river. We will leave at 11:30 am and return 2 pm. Fare: \$5.00- includes the bus.

MARCH 25- WASHINGTON COUNTY MUSEUM

From the Oregon Trail to World War II to the Silicon Forrest, Washington County has a long and varied history. After the museum trip, we will enjoy lunch at one of the downtown Hillsboro restaurant. We will leave at 9am and return 3pm. Fare is \$15-includes bus and museum.

APRIL 1- TIGARD THRIFT SHOPS

Hunt for bargains today at Union Gospel, Value Village, and the Goodwill. We will have lunch at Banning's Pie Shop and Restaurant. We will leave at 9am and return 3pm. Fare is \$7.00-includes the bus.

APRIL 9- (SATURDAY) PACIFIC UNIVERSITY LUAU

Pacific University has a large amount of Hawaiian students and has put on a wonderful Luau for years. We will enjoy a traditional Hawaiian meal followed by the show, which includes music and the exciting fire dance! Please pay for this trip by March 10 to reserve your ticket. We will leave at 4pm and return 8:30pm. Fare is \$38.00-includes bus, show, and meal.

APRIL 11- HIKE -THE GEORGE ROGERS PARK

We will leave at 9am and return 1pm. Fare is \$7.00-includes bus. Please bring a sack lunch.

APRIL 22- THREE CAPES TOUR

We will enjoy our lunch at the famous Tillamook Cheese Factory, then take a drive to Cape Kiwanda, Cape Meares, Cape Lookout, and take a windy road to 99W and home. We will leave at 8:30am and return 5:30 pm. Fare is \$25.00-includes bus.

APRIL 29- OREGON TRAIL INTERPRETIVE CENTER

We'll learn about those intrepid pioneers who braved the Oregon Trail. Then its to lunch at Bugatti's. We will leave at 9am and return 2pm. Fare is \$15-onlcudes bus and museum.

MAY 6- VINTAGE TEKTRONIX MUSEUM

This museum is dedicated to all things Tektronix, a leader in electronics. Then its to lunch at The Golden Crown. We will leave at 9am and return 2pm. Fare is \$8.00-includes bus and museum.

Gladstone Senior Center Advisory Board- Your Voice Heard

Advisory Board Meetings

3rd Tuesday @ 3:30pm in January, April, July, and October.

Meetings are held at the Gladstone Senior Center.

Advisory Board-2016

Collette Umbras-President

Len Nelson- Vice Pres.

Nikki Squires- Secretary

Board Members

Katie Ellerby, James Pritchard, Elaine Hermens, Noreda May, Boots Droz, Diane Berreth.

The work of the advisory board is a important tool in helping the center staff operate the facility. The staff would like to take a moment to thank James Pritchard, outgoing President of the Board, for all of his hard work and dedication. We would also like to congratulate Collette Umbras on her appointment to President, as well as Nikki Squires and Len Nelson to their respective appointments! Welcome!

AARP Smart Driver Course



This class is open to all ages to help increase your skills to become a safer, more defensive driver. Once completed, those 55 or older may qualify for a discount on your auto insurance. Next class: Saturday May 14, 9:00am- 4:30pm. \$15 AARP Members \$20 Non-members.

For those of you celebrating a birthday in March and April, we say Happy Birthday to you!! Enjoy the day that celebrates you!!

~March Celebrations~

John Jobs	2	Ashley Kirkman	12
Don Cowley	3	Richard Schooley	12
Beverly Wilson	5	Beverly Meltebeke	16
Joyce Hyland	6	Patricia Phillips	17
Charmaine Loney	8	Hank Henthorne	20
Gail Moffitt	8	Rebecca Williams	23
Cathie Kappel	10	Evelyn Johnson	25

~April Celebrations~

Doreen Chais	1	Jon Roller	17
Diane Berreth	2	Jess Keppel	22
Cleo Bayless	3	Christine Lyon	23
Diane Hyght	7	Sandra Zeller	27
Virginia Caldwell	10	Lois Ray	27
Sherry Lenard	11	Shirley Archila	27



Class and Tram Trip Scholarship Program

The Senior Center offers a scholarship program that helps residents, aged 60 or older, with financial assistance to participate in Center Tram Trips and Center Community Classes. Please see Rhonda or Colin for more information and eligibility requirements. Come get your application today!

Book **C**lub ~ Senior Center Book Club meets Friday, March 18th & Monday, April 18th at 10:30 am.

March Book~ AN INVISIBLE THREAD by Laura Schroff and Alex Tresniowski

The true story of an 11 year old panhandler, a busy executive, and an unlikely meeting with destiny.

April Book~ I AM MALALA by Malala Yousafzai with Patricia McCormick

Malala was a 10 year old when the Taliban took control of her region in Pakistan. She fought for her right to be educated and was shot point-blank while riding the bus on her way home from school in 2012. She survived and continues to be an inspiration.



Fred Meyer Community Rewards Program

Thank you to all of you who have participated in this program. Last quarter, it earned over \$150 for our foundation. If you have not signed up for this program yet, please consider it. To register your rewards card, please go to www.fredmeyer.com/communityrewards.

Search by our name-*Gladstone Seniors Foundation* or by our non-profit number *90032*. Please remember that the donation comes directly from Fred Meyer and does not impact your rewards points, rebates, or fuel points. Again, thank you for your support! We appreciate it!

Changes Ahead!!!

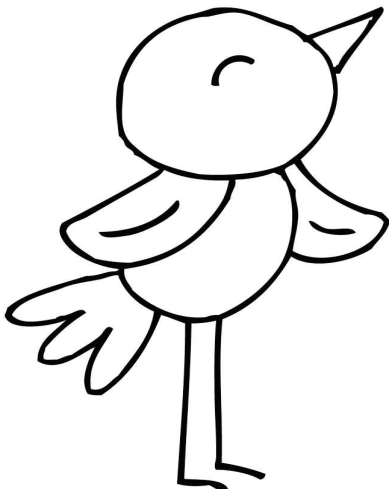
As seasons change, so does life. As your new Senior Center Assistant, I believe that change can be positive, if you believe it can. In the coming months, the staff here at the Senior Center hope to provide you with new and exciting programs. It is our goal, to help you fulfill your desire to live a rich, meaningful life. Tram trip destinations will be expanded, new no cost exercise programs, and in conjunction with the Gladstone Library, a movie program here at the center. If there are ideas that you may have to help us to become better, please let us know! Thanks!



2016 Spring Fling Bazaar Craft Sale

It is time once again for our annual Spring Fling Bazaar Craft Sale. There will be many vendors from the Portland Metro area featuring arts, crafts, food, jewelry, hats, paper items, plants, antiques, and much more. Proceeds from this annual event benefit programs here at the Senior Center. So come and join us! Its guaranteed to be fun for all!

Saturday, April 16th from 9am-3pm. This is an all ages event, free and open to the public! Food and beverages will be available for purchase.



Gladstone Seniors
1050 Portland Ave.
Gladstone, Oregon 97027
Change Service Requested

Presorted Std Mail
US Postage
Paid
Gladstone, OR
Permit No. 60

Time Dated Materials
In-Home Dates
Feb. 27-29, 2016

Or current occupant

GLAD TYDINGS
SENIOR CENTER NEWSLETTER
March/April 2016



Don't let the luck of the Irish pass you by! Join us for our St. Patrick's Day Lunch here at the Senior Center on Thursday, March 17 at 11:30am. We will be celebrating with traditional Irish fare of Corned Beef and Cabbage. Entertainment will also be provided. Be sure to wear to green so you don't get pinched! Be sure to stop on by or call in to sign up as reservations are required.

Hope to see you there!

Be sure to mark your calendars for the Spring Lunch! Come and join us for a fantastic lunch where we will celebrate leaving old man winter and welcoming spring! Entertainment will be provided by Mark J. Accordions. So join us, & lets get ready for spring!

Wednesday, April 13 at 11:30am

Gladstone Senior Center

*My favorite
weather
is BIRD
CHIRPING
weather.*

