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# GLAD TYDINGS NEWSLETTER

## GLADSTONE SENIOR CENTER

MAY & JUNE 2015

1050 Portland Ave. Gladstone, Or. 97027 Phone: (503) 655--7701

Online: [www.ci.gladstone.or.us/senior-center](http://www.ci.gladstone.or.us/senior-center)

Published Bi-Monthly-Subscription Rate \$8.00 January– December

### Important Dates to Remember

#### May

**May 4**-Mother's Day Lunch and Tea

**May 8**- Mother's Day

**May 30**- Memorial Day, Senior Center Closed

#### June

**June 15**- Father's Day Lunch

**June 19**- Father's Day

**June 29**- Volunteer Sock-Hop BBQ



Thankful for all that happens here? We are too! However, make sure that you thank our wonderful volunteers who make this place run so efficiently each and every day. Let us reassure you that we could not do our jobs here without the help of our volunteers. So, for those of you who take time and effort to be here, no matter how small or insignificant you may think it is, know that from the bottom of our hearts, we are forever grateful!

Thank you!

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Inside May/ June  
Glad Tydings

**Your Gladstone Senior Center Staff (503) 655-7701**

**Manager-** Rhonda Bremmeyer

**Assistant-** Colin Black

**Inside Story** 2

**Nutrition-** Debbie Ferren

**Transportation-** Shirley Scrivner

**Brain Games!** 3

**BOOK CLUB MEETING-MONDAY MAY 16TH AND JUNE 20TH AT  
10:30 AM.**



**Services and  
Activities** 4

**MAY BOOK:** “*The Husband’s Secret*” By Laine Moriarty

Discovering a tattered letter that says she is to open it only in the event of her husband’s death, his wife is unable to resist reading it and discovers a secret that shatters her life and the lives of two other women.

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Birthdays** 5

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**JUNE BOOK:** “*The last of the President’s Men*” By Bob Woodward

**Tram Trips** 7  
**Monthly  
Calendar**

This is the untold story of Alexander Butterfield, the Nixon aide who disclosed the secret White House taping system that changed history and led to Nixon’s resignation. Woodward has uncovered new dimensions of Nixon’s secrets, obsessions,

**Rhonda’s Ramblings**

Family is an important part of my life. I have been honored to be able to take time off to care for my Mother as she headed into hospice. She is a person that is loved by everyone she comes into contact with. With many prayers she was able to move home on hospice I am now her and my father’s caregiver. I am back to work part time. My oldest daughter is now a nurse and is filling in for me as I return to work. I am heading into my 27<sup>th</sup> year at the Gladstone Senior Center. My how time flies, I have known so many wonderful people over these years. As Manager I have assisted in having a new classroom constructed; remodeled and updated most of the Center; offering so many new community classes; dedicated staff that made so many wonderful events happen. I am very proud of all the accomplishments that I have been a part of over these years. I look to the future to keep improving our programs. Gladstone has some wonderful volunteers that have given so many hours of service. This City and Community is really a wonderful place to live, work, and be a part of.

**March for Meals Fundraiser 2016**

We would like to take a moment and thank everyone that participated in making this event a success. From cash donations to donation jar collection sites to in-kind donations, we were able to raise over \$900 this month! A good success! We would also like to take time to thank some of our generous contributors and so should you. Please take time to visit these very special Gladstone businesses:

Gladstone Burgerville, Hamilton’s Appliance, Dr. Robert Everett, DMD, and Happy Rock Coffee.

Thank you! Your continued support is greatly appreciated!

THINK faster, FOCUS better, REMEMBER more! Brain Games are good for you!

## BASEBALL

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

BASEBALL LEAGUE  
BASERUNNING MINOR  
BASES MOUND  
BAT OUTFIELD  
BATTING PITCHER  
CATCHER PLAYOFFS  
COMPETITION PROFESSIONAL  
DIAMOND RULES  
FARM SINGLE  
FIELDING SKILL  
GAME SPORT  
HITTING STRATEGY  
INFIELD TRIPLE  
INNINGS  
JACKIE

**PLAY**  
**WORDS**

SH<sup>GET</sup>APE

**MONKEY**  
**RUOY**

**DR.** DO

FOO  
LING  
G

**BU** kick **T**

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## Gladstone Senior Center On-going Services, Programs, and Opportunities.

**Transportation:** The Senior Center provides TRAM services for shopping, lunch, and other errands called in 24 hour notice. Please call the Senior Center (503) 655-7701 and ask the receptionist to write you down on the list for your activity. The TRAM is lift-equipped for wheel chair accessibility. There is a suggested donation of \$1.00 each way per person.



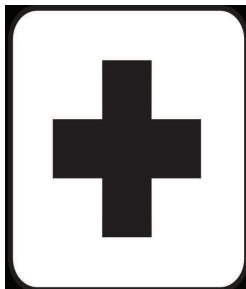
**Grocery Shopping:** All shopping trips begin after lunch at the Center, around 12:30 pm. We visit different stores on different days. Please limit your grocery shopping to 4 bags, due to space restrictions.

1st Tuesday of each month we visit Fred Meyer. 3rd Tuesday of each month we visit Walmart.

Every Wednesday we visit Safeway.

**Lunch Pick-up:** The TRAM will pick you up on Tuesday, Wednesday, and Thursday and bring you to the Senior Center for lunch and activities. Lunch starts at 11:50 am and the cost is a suggested donation of \$2.50 for those over 60 and a cost of \$4.50 for those under 60. After lunch and/or activities, the TRAM will take you home. Please be ready by 10:30 am.

**Home Bound Meals:** The Senior Center serves meals five days a week to qualified homebound adults. Meals are provided to qualifying residents of Gladstone for a suggested donation of \$2.50 per meal. Please contact Colin or Debbie for more information. (503)655-7701.



**Medical Appointments:** Medical appointments require a 2 day notice and should be made on Tuesday, Wednesday, and Thursday between 10:00 am and 11:30 am.

**Social Services:** Please see or call Rhonda or Colin (503) 655-7701, for information on senior companions, problem solving, veterans issues, Medicare or Medicaid information, and information about elder scams.

**Fun and Games:** The Senior Center offers various games and activities throughout the week.

Book Club– 3rd Monday at 10:30 am.

Bingo– Tuesdays after lunch

Bunco– Wednesdays after lunch

Pinochle– Thursday after lunch

Bridge– Fridays at 12:30 pm

Billiards: 5 days a week, any time



**Utilities:** We can mail your NW Natural and PGE bills. You can also bring in your Gladstone Disposal and Water bills here and we can take them to the city.

**Exercise:** The Senior Center provides exercise classes, free of charge to anyone aged 55 or older.

Low impact chair aerobics– Tuesdays and Thursdays 10:30 am to 11:30 am.

**There are various other activities and exercise classes available at the Senior Center through the Gladstone Community School. Please visit [www.gladstone.k12.or.us](http://www.gladstone.k12.or.us) or call (503) 650-2570 for more info.**

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**Rainbows- Happy May Birthdays!!!!**

Harry Todd	3	Diane Berreth	19
Earl Rasmussen	4	Weldon Wood	24
Clara Ray	5	Gerry West	24
Luella Lind	8	Wes Droz	30
Carolyn Deirling	13		

**Rainbows-Happy June Birthdays!!!**

Mark Wilson	1	Sylvia Kelner	12
Donna Potter	2	Stephen Kraxberger	15
Jack Wright	4	Carston Berreth	17
Patricia Hanson	9	Judy Bieber	25
Richard Ray	10	Dixie Nichols	28

**HMM, I DO SAY**



**RECIPE OF THE MONTH:**

**Veggie and Chicken Pasta**

This simple, budget and diabetic friendly recipe is one the whole family will enjoy. This recipe serves 4 with a total cost of \$6.25.



**Ingredients**

**Salad**

1 cup uncooked whole-wheat elbow pasta, 1/2 cup red bell pepper, diced, 1/2 cup cucumber (peeled), diced, 1/2 cup small broccoli florets, 1 large carrot, diced 1 cup cooked chicken breast (diced).

**Dressing**

1/4 cup light mayonnaise, 1 Tbsp. red wine vinegar, 1/8 tsp dried oregano, 1/8 tsp freshly ground black pepper.

**Instructions**

Cook the pasta according to the package directions. Drain.

In a large bowl, mix together the pasta, red bell pepper, cucumber, broccoli, carrots, and chicken.

In a small bowl, whisk together the dressing ingredients. Pour the dressing over the pasta, vegetables, and chicken and mix well. Serve.

New Patient Special  
**\$19.95 Exam, X-Rays & Consultation**

**GLADSTONE**  
\*\*\*\*\* FAMILY DENTISTRY

Dr. Jeremy Kato & Dr. Candace Krause

1105 Portland Ave Gladstone, OR 97027  
**(503) 506-2855**

[www.GladstoneFamilyDentistry.com](http://www.GladstoneFamilyDentistry.com)

455 Portland Avenue, Gladstone, OR 97027

**Bruce Treat**  
Owner

503-305-7946  
Info@ComicsAdventure.com  
www.ComicsAdventure.com  
Find us on: [eBay](#) [facebook](#)

Beginning this issue, we will have local advertising in our newsletter. This is an effort to reduce costs associated with the production of the newsletter. We'll have only Gladstone businesses advertise in our publications. Please take the time to visit these advertisers and thank them for their participation, thanks!

### 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 July 16, 9:00am– 4:30pm. \$15 AARP Members \$20 Non-members. Please call the Senior Center at (503)655-7701, to reserve your spot now as this class fills quickly.



AARP's Safe Driver's Training

### Senior Center Advisory Board

Board members serve in an advisory capacity to the City of Gladstone, City Council, and Senior Center staff on matters affecting program and policy. They assist in ascertaining the needs of older persons, to coordinate and mobilize public and private resources at all levels, and to gain, build, develop and maintain such programs. In addition, they develop volunteer opportunities for all individuals to serve one another and their community. Meetings are held 3:00 pm at the Gladstone Senior Center on the 3rd Tuesday of January, April, July, and October.

#### Advisory Board Members:

Collette Umbras– President

Len Nelson– Vice President

Nikki Squires– Secretary

#### Board Members:

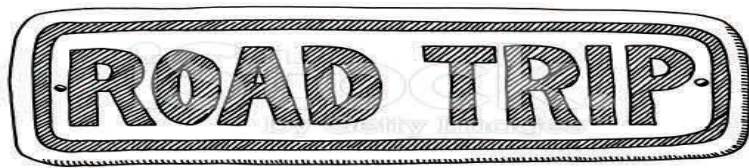
Katie Ellerby, James Pritchard

Elaine Hermens, Noreda May

Boots Droz, Diane Berreth

### Gladstone Tydings Newsletter Renewal

For only \$8.00 for the year, you can have the newsletter delivered to your home. Yes, you can get this incredible newsletter delivered to your home the first week of every other month. If you would like to do this, please contact Colin at (503) 655-7701 to start or renew your subscription today!



## Tram Trips May/ June 2016

### **May 9– SALMON RIVER TRAIL**

**HIKE**—We will hike along the Salm-

on River near Rhododendron. Bring a snack lunch and we'll provide the coffee. LV 9 am RET 2 pm or later. FARE: \$7 (includes Bus)

**May 13– CANNON BEACH**—This coastal town has great shopping, lunch, and walking. LV 8:30 am RET 5:00 pm. FARE \$25 (includes Bus)

**May 20– NW SENIOR THEATER– RUBY TUESDAY FOR LUNCH**—We'll make a stop at Al's Garden Center. After lunch, we'll enjoy these talented Senior Citizens as they perform at the historic Alpenrose Opera House. LV 9 am RET 5:30 pm. FARE \$15 (Includes Bus and Show)

### **May 27– NO TRIP IN OBSERVANCE OF MEMORIAL DAY WEEKEND**

**June 3– EAGLE FERN PARK PICNIC**—We bring the food, you bring yourself! Come along and join us and the beauty of nature at this river front park. We'll also bring some board games. LV 10 am RET 3 pm. FARE \$15 (Includes Bus and Lunch)

**June 9– DINNER OUT– TADS CHICKEN AND DUMPLINGS**—This restaurant on the banks of the Sandy River has good food and lovely views. LV 4 pm RET 9 pm. FARE \$5 (Includes Bus)

**June 13– MOSIER TUNNELS HIKE**—The tunnels are part of the original Columbia River Highway. Bring a snack lunch and we'll get the coffee! LV 9 am RET 2 pm or later. FARE \$7

**June 24– HEIRLOOM ROSE GARDEN**—You'll be dazzled by the beauty in this garden and you can buy plants too! Lunch afterwards at J's in Newberg. LV 9 am RET 3 pm. FARE \$7 (Includes Bus)

**June 30 (Thursday)- ONE SLIGHT HITCH-CLACKAMAS REPERTORY THEATER**—It's Courtney's wedding day and her mom, Delia, is making sure that everything is perfect. Then...the door bell rings. This new farce by Lewis Black will keep you laughing! LV 7 pm RET 10 pm. FARE \$20 ( Includes Bus and Show)

**July 8– SEASIDE**— Enjoy a leisurely walk along the boardwalk and/or beach, shop, and have lunch in this busy beach town. LV 8:30 am RET 5 pm or later. FARE \$25 ( Includes Bus)

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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*

*MAY 2-3, 2016*

Or current occupant

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SENIOR CENTER NEWSLETTER  
MAY/ JUNE 2016

## ***Award-Winning Neighborhood Coffee Roaster***

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In Oregon

**2011 Winner**  
Best Coffee  
In Oregon

**2012 Finalist**  
Americas Best  
Espresso Competition

**2013 Finalist**  
Best Coffee In Oregon  
Championships

**2014 Finalist**  
NW Regional  
Brewers Cup

**2015 Winner**  
Golden Bean North America  
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