



*Glad Tidings
November/ December 2016*

Seasons Greetings to you and yours!

Fall is here! Here are some dates to remember.

November

November 11– Senior Center closed in observance of Veterans Day.

November 16– Senior Center Annual Thanksgiving Feast at 11:30am.

November 24 and 25–Senior Center closed in observance of the Thanksgiving holiday. We will reopen on Monday, November 28.



December

December 21– Senior Center Annual Holiday Lunch Feast.

December 26–Senior Center closed in observance of the Christmas holiday. We will reopen on Tuesday, December 27.

December 30–Senior Center Closed for the New Year holiday. We will reopen on Monday, January 2.



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Seasons Ramblings

What a year it has been. There is so much to be grateful for. A new heating and air conditioning unit, upgraded office systems, new programs, and new staff. However, what we are really grateful for is you, our patrons, no let me rephrase that, our family. Because that is what we think of everyone that walks through our doors, as family. We are grateful for all of the hours you volunteer here, all the smiles and laughter you provide us, the comfort you provide during trying times, and most importantly the community you have built and supported at the Senior Center. Please know that the staff will continue to provide the best services and programs we can and that we will strive to make our center the best home possible. I part now with one more thing.....

As new year dawns, may it lead you to the path of beautiful tomorrows. I wish you happiness and blessings in this new year.

The Gold Star Potluck is held the first Monday of each month @12pm. For more information, please call.



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Senior Center Staff

Manager: Colin Black Transportation Coordinator: Shirley Scrivner
 Nutrition Coordinator: Debbie Ferren Senior Center Assistant: Deanna Heman
 Senior Center Assistant/Relief Driver: Darrel Lette
 Operating hours: Monday through Friday 8:30 am to 5:00 pm
 Gladstone Senior Center: 1050 Portland Ave. Gladstone, Oregon 97027 (503) 655-7701

This issues brain games, brought to you by...us of course!

Veterans Day

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AIR FORCE
 ARMISTICE DAY
 ARMY
 ARTILLERY
 ATTACK
 BASE
 BATTLE
 BIVOUAC
 CAVALRY
 DEFEND
 DESERT STORM
 FREEDOM
 HELICOPTERS

HEROES
 INFANTRY
 JEEPS
 KOREA
 MARINES
 MIA
 MILITARY
 MILITIA
 NATIONAL GUARD
 NAVY
 PEACE
 PLANES
 POW

SACRIFICES
 SHIPS
 STRIKES
 TANK
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NOV. 3– ONE MAN ONE GUVNER at Lakewood Theater (dress rehearsal) By Richard Bean. Easily confused Francis is trapped working for two bosses who are connected in wildly improbable ways. He has to keep them from discovering each other. The inspired insanity and nimble word play is highlighted with live onstage musicians paying homage to rockabilly and the Fab Four. Lv: 6:15pm Ret: 10pm or later. Fare:\$5– bus and play

Nov. 18– NW Senior Theater We will start our day with a stop at Al's Garden Center. We will then enjoy lunch at the Red Lobster, followed by the delightful entertainment at the Alpenrose Opera House and the Senior entertainers. Lv: 9am Ret: 5pm. Fare: \$20– Bus and show

Dec. 9-Hubers and the Pittock Mansion Famous for their turkey dinners, Huber's has many other delicious choices as well. After lunch, we will tour Portland's own mansion. Over 80 volunteers will transform the house, with this year's theme being "Symbols of the Season". Lv: 10:45am Ret: 3pm. Fare: \$20-bus and mansion tour

Dec. 12- (Monday) PIR Winter Wonderland and Tebos For this holiday tradition, we'll begin with dinner at Tebos. Then we will travel to the Portland International Raceway for the annual festival of lights on the racetrack! Lv: 5pm Ret: 8:30pm Fare: \$15-bus and lights

Dec. 19 (Monday) Shirley's House and Lights Come and enjoy savory and sweet refreshments and my Christmas décor. Afterwards we'll take a drive to see the local lights including Ridgewood Drive. Lv: 5 pm Ret: 9 pm Fare: \$17-Bus and refreshments

Jan.5 (Thursday) DEATH ON THE NILE– Lakewood Theater (dress rehearsal) On board a steamer, cruising under the scorching Egyptian sun, honeymooners Simon Mostyn and his wealthy wife Kay find themselves pursued by an old flame of the newly wedded groom. Then tragedy strikes. Lv: 6:15 pm Ret: 10 pm or later Fare: \$5 –includes play and bus

Please call (503)655-7701 to reserve your spot. You may sign up for 3 trips per month and be placed on the waitlist for others. Reservations open on the 1st day of the month. You may reserve spots on trips for both months. Due to ticketing requirements, some trips require payment at time of reservation.



Recipe of the Month

Chicken and Vegetable Soup

This Recipe Serves 7 and costs \$8.93.

Ingredients

- 1 tablespoon olive oil
- 1 pound skinless, boneless, chicken breasts
- 2 carrots, diced
- 3 celery stalks, diced
- 1 cup mushrooms, diced
- 32 ounces fat-free, reduced-sodium chicken broth
- ¼ teaspoon dried oregano
- ¼ teaspoon dried thyme



Instructions

Add the oil to a large soup pot or dutch oven and heat over medium-high heat. Add the chicken and sear for 4 minutes on each side. Remove the chicken from the pan and set aside.

Add the carrots, celery, and mushrooms to the same pot and sauté over medium-high heat for 5 minutes.

Add the remaining ingredients and add the chicken back to the pot. Bring to a boil; reduce the heat and simmer for 45 minutes.

Remove the chicken from the pot and shred or cut up. Add the chicken back to the pot; stir.

Debbie's Kitchen Tips

Nutritional ways to liven up your meals!



1. For dessert, when you are baking muffins, add apples, bananas, blueberries, or pears for added fruit to your diet.
2. Another great idea to avoid heavy sweets during is to make fruit smoothies using strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice for a great dessert. Not only does it taste great, it's really healthy too!



Happy Birthday!!!

November Birthdays

- Nancy DeVries 11/1
- Patsy Olsen 11/5
- Tootsie Potter 11/12
- Norm Church 11/13
- Bill Summer 11/14
- Laura Routsen 11/19
- Pat Kuhn 11/20
- Sharlene Croydon 11/23

A birthday wish for you...

Laughter to kiss your lips, beauty for your eyes to see, sunsets to warm your heart, rainbows to follow the clouds, smiles when sadness intrudes, hugs when spirits sag, comfort on difficult days, faith so that you can believe, confidence for when you doubt, patience to accept the truth, courage to know yourself, love to complete your life.

December Birthdays

- Caroline Newton 12/6
- Wayne Hauck 12/15
- Marie Dove 12/18
- Valerie Rountree 12/20
- Phyllis McIntire 12/26
- Delores Scouten 12/27
- Roxanne McMillan 12/27
- Katie Ellerby 12/29

BOOK CLUB

Book Club: The book club meets the 3rd Monday of every moth. For November, the club is reading *The Butterfly's Daughter* by Mary Alice Monroe. A story of a young woman's journey from Wisconsin to Mexico to follow the migration of the Monarch Butterfly. For December, we are reading *Lila* by Marilynne Robinson. Lila was raised by a vagabond names Doll and live an itinerant life. She is rough around the edges and distrustful of kindness until she meets the elderly reverend John Ames.

Gladstone Senior Center Services, Programs, and Opportunities. M-F 8am to 5pm.

Exercise Programs: The Senior Center currently offers a free chair exercise class 2 days a week from 10am to 11am on Tuesdays and Thursdays. Through a partnership with the Gladstone Community School, we also provide exercise classes such as Yoga and Tai-Chi several days a week for a reduced rate for those over 60. For more information, please call (503) 6505-2570.



Social Programs: We offer numerous opportunities for Seniors and everyone else also, to socialize. On Tuesday, we offer Bingo. On Wednesday, we have Bunco. For Thursday there is Pinochle, all of which begin after lunch, around 12:30pm. On Friday, we have Bridge that begins at 12pm. There is also a very beautiful pool table available for all to use, during operating hours Monday through Friday.



Transportation: The Senior Center has a lift-equipped bus to provide transportation for Gladstone residents.

Grocery Shopping: Please call (503) 655-7701 the day before to sign up. All trips leave after lunch

1st Tuesday– Oak Grove Fred Meyers

3rd Tuesday-Walmart

Every Wednesday-Gladstone Safeway

Medical Appointments: We offer transportation to medical appointments T-Th, with a 48 hour notice. All medical appointments must be in the am. Call for more information.



Nutrition:

We provide a nutritional lunch Tuesday through Thursday at 12 pm. For those over age 60, it is a suggested donation of \$2.50 per meal. For everyone else, the cost is \$4.00.

The Senior Center offers nutritional meals 5 days a week for Home Bound residents. For more information, call Colin (503) 655-7701.

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GLADSTONE, OREGON 97027
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Oct 29-31, 2016

or current occupant

GLAD TYDINGS

SENIOR CENTER NEWSLETTER

November & December/2016

