



Glad Tidings

The newsletter of the Gladstone Senior Center

September / October 2016

Important dates to remember:

Monday, September 5th: Senior Center Closed in observance of Labor Day.

Wednesday, September 14th: 11:30 am-Foot care talk by the Oregon State University Extension program. This is a free event, open to all.

Saturday, September 17th: AARP Safe Drivers Class. 9am to 4:30pm

Wednesday, October 5th: The Gladstone Senior Center and Gladstone Police Department are providing a panel discussion on Elder Fraud and Financial Exploitation. 1 –3pm, free to all.

Tuesday, October 25th: SHIBA (Senior Health Information Benefits Assistance) Counseling from 9am to 3pm.

Wednesday, October 26th: One Spooky Halloween Party! 11:30am.

Gladstone Senior Center 1050 Portland Ave. Gladstone, Or. 97027 (503) 655-7701

Hours: Monday through Friday 8:30 am to 5:00 pm.

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Welcome!

You may have noticed a new face working at the front desk. We would like to introduce Deanna Heman. She is one of our new assistants here at the Senior Center. She will be here Monday through Thursday in the mornings. Deana is a long time Gladstone resident and we are very happy to have her as part of our team. Welcome!

Gladstone Senior Center Staff (503) 655-7701

Manager-Colin Black

Nutrition Coordinator: Debbie Ferren

Transportation Coordinator: Shirley Scrivner

Rhonda's Ramblings

As many of you now know, Rhonda has officially retired as manager of the Senior Center. For almost 27 years, Rhonda poured her heart and soul into this community center. Without really stating the obvious, she will be deeply missed. I hope that as she has with me, she has left a significant impression on you. The programs and people here are what makes this senior center so unique. We are not just another community center. Here we are family, friends, confidants, protector, and much more to those we serve. As we head into a new direction, be assured that we will stay true to our original plan. As I mentioned in previous Ramblings, change is happening, however it will happen slowly. Though change is bound to happen, some things will not change. Debbie will continue to be our Nutrition Coordinator, providing the Senior Center's clients and guests with nutritious, tasteful meals. Our Transportation Coordinator, Shirley Scrivner, will continue to offer our clients inexpensive, safe transportation to events, shopping, and more. Most of the changes that are happening are being done "behind the scenes". I also would like for everyone to know that it is our intent here at the Senior Center to become a more inclusive community center. What that looks like we are not sure of at this point, but we will keep you informed. Until then, enjoy the last of summer as we begin to welcome fall.



Glad Tydings is a bi-monthly publication of the Gladstone Senior Center. Subscription rate is \$1.00 per issue or \$8.00 for a year. Please contact the Senior Center at (503)655-7701 to order your subscription today!

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FEATHERED FRIENDS WORD SEARCH PUZZLE



BALD EAGLE
BARN OWL
CANADA GEESE
CANARY
COCKATIEL

FALCON
FINCH
FLAMINGO
OSPREY
OSTRICH

PARAKEET
PARROT
PENGUIN
PUFFIN
RAVEN

ROADRUNNER
ROBIN
SANDPIPER
SEAGULL
WOODPECKER

WORKING
TIME

DOOOUT

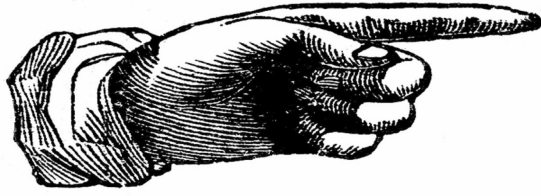
Theodore Roosevelt naked

SHOT

I fell
I fell
I fell
I fell
I fell

I S L A N D

Please Notice This



Ever find yourself asking what is going on at the Senior Center today? Well, we have many activities going on day to day. Here is a list of the events that are regularly scheduled throughout the week, all are welcome:

Tuesday: Lunch at 12:00 pm followed by Bingo at around 12:30 pm.

Wednesday: Lunch at 12:00 pm followed by Bunco at around 12:30 pm.

Thursday: Lunch at 12:00 pm followed by Pinochle at around 12:30 pm.

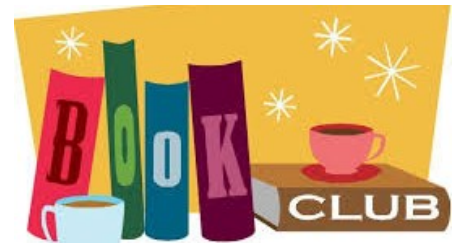
Friday: Bridge Club. Play starts at 12:00 pm.

The tram: Takes people shopping to Fred Meyer on the 1st Tuesday, to Walmart on the 3rd Tuesday, and Safeway every Wednesday of each month. We also provide rides to and from the Senior Center to your residence and to local doctor appointments. Fares for 60 or older are a suggested donation of \$1.00 each way. Please call (503)655-7701 for more information and to reserve your spot today.

Book Club! The Gladstone Senior Center Book Club meets the third Monday of each month at 10:30 am. The selections for the next two months are:

September 19- *Silkworm* by Robert Galbraith

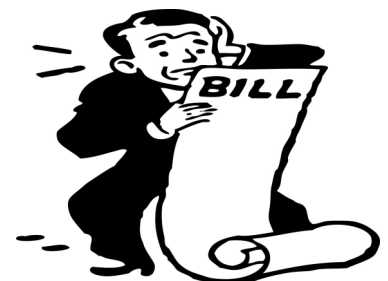
When novelist Owen Quine goes missing, his wife hires private detective Cormoran Strike. He finds Quine has just completed a manuscript featuring poisonous pen-portraits of almost everyone he knows. When he is found brutally murdered under bizarre circumstances, it becomes a race against time to understand the motivation of a ruthless killer unlike any Strike has encountered before.



October 17- *Avenue of Mysteries* by John Irving

An older man, Juan Diego, takes a trip to the Philippines, but what travels with him are his dreams and memories. It's the story of what happens to him there and what happened to him in the past in Mexico that collides with his future.

Need to mail your PGE, NW Natural, Water, or garbage bill? Want save the cost of a stamp? The Senior Center will mail your bill for free. Simply place your bill in the drop box in the front entry.



9-2 NO TRIP

9-8 (THURSDAY) STEEL MAGNOLIAS AT CLACKAMAS REP

Please pay for your ticket when you register. Lv: 6:30pm
Ret: 10:30pm Fare: \$25 (includes bus and play ticket)



9-12 HIKE-OXBOW PARK

Oxbow Park offer miles of trails for us to explore. Bring a sack lunch and we'll bring the coffee. Lv:9am
Ret:2pm Fare: \$7

9-16 MT. ANGEL OKTOBERFEST

Oompah! Music, vendor booths, food, and more at this annual festival. Lv:10am Ret:3pm Fare: \$20
(includes bus)

9-23 TIGARD THRIFT SHOPS

Union Gospel, Salvation Army Treasures, Value Village, and the Goodwill. Lunch at Davidson's. Lv:8:30
am Ret:3pm Fare: \$10 (includes bus)

9-30 PORTLAND GREEK FESTIVAL

Wonderful food, music, candy, baked goods, and gifts await you at the Portland Greek Festival. You
can also learn more about the Greek Orthodox religion at the beautiful church. Lv:9am Ret:2pm Fare:
\$20 (includes bus and lunch)

10-10 HIKE- WILDWOOD RECREATION AREA

Our last hike of the season will be at the Wildwood in the Streamwatch area. Bring a sack lunch and
we'll bring the coffee. Lv:9am Ret:2pm Fare: \$7

10-14-NO TRIP

10-21- MISS MYRTLES TEA HOUSE

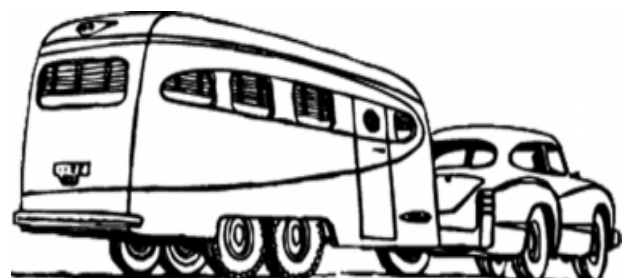
A delicious three course tea awaits us at Miss Myrtles Tea House. Before the tea we'll take a drive
through the Ridgefield Wildlife Refuge. Lv:9am Ret:2pm Fare: \$30 (includes bus and lunch)

10-28 IKEA PORTLAND

Eventyr venter dig! Or as it is known in Danish, adventure awaits you! IKEA may be only a furniture
store but it's a one of a kind furniture store. We'll explore all of the rooms, products, and even food
items. Afterwards, we will eat at Cascade Station and more chances to shop at Home Goods and more!
L:9am Ret:2pm Fare: \$25 (includes bus and meal)

11-5 VERBOOT SAUSAGE DINNER

Shop the bazaar, plant sale or buy produce, sausage, or
even kraut! This all you can eat lunch is always a hit.
Lv:9am Ret:2pm Fare: \$25 (includes meal and bus)



September Birthdays

Peggy Buttolph	1
Leona Stinson	10
Jane Eilersen	14
Elnora Gipson	16
Irene Champion	19
Barbara Gross	21
Laura Routson	23
Joe Ellerby	25



Happy Birthday!

From all of us at the Senior Center,
happy birthday!

October Birthdays

Linda Andrews	1
Doralene Leach	3
Carol Summers	15
Joan Funk	18
Diana DePeel	19
Violet Young	24
Carolyn Dierling	30



Singing group

Every Thursday, from 11:30 am to 12:00 pm, we have wonderful volunteers sing and play piano. This is a great opportunity to put those old pipes to use! Come down and join us as we sing the classics!

Gladstone Senior Center Advisory Board– The Advisory Board meets at 3pm on the 3rd Tuesday of January, April, July, and October. The board serves in an advisory function, ascertaining the needs of the elderly in Gladstone. For more information, please visit: <http://www.ci.gladstone.or.us/city-government/senior-center-advisory-board/>

Board Members: Collette Umbras, President, Len Nelson, V.P. Nikki Squires, Secretary. Katie Ellerby, James Pritchard, Elaine Hermens, Noreda May, Boots Droz, and Diane Berreth.

In Remembrance of.....

Margaret Koski

Elinor Danielson

*“Those we love don’t go away, they walk beside us everyday, unseen, unheard
But always near, still loved, still missed, and very dear.” -Unknown*



Debbie's Corner.....



Nutritional ways to liven up your meals!

1. Try stir fry! Yes, stir frying is fun, simple, and nutritious. Adding vegetables such as broccoli, carrots, celery, sugar snap peas, and mushrooms to your meals with your favorite choice of meat is an ideal way to liven up your meal.

2. When you are eating out, remember that the salad bars are not only for eating salad. Typically salad bars will have a variety of fresh fruit that is a healthy alternative to desserts that are high in calories.

Grilled Steak Salad

Serves 4 people

Ingredients

RECIPE COST: \$9.97

9 oz. sirloin steak

1/2 tsp. salt free seasoning (such as Mrs. Dash)

8 cups Mesclun salad mix

1/4 red onion, thinly sliced

1 cup cherry tomatoes, sliced in half lengthwise

Instructions

Heat an indoor or outdoor grill. Season both sides of the steak with the salt free seasoning.

Grill the steak for 5-6 minutes per side or until cooked to medium well (145 degrees internal temperature) Set aside to rest loosely covered with foil.

In a large bowl, toss together salad mix, red onion and cherry tomatoes. Divide evenly among 4 large plates.

Thinly slice steak and top each salad with 2 ounces of steak.

Top the steak with 3 1/2 Tbsp. of the bleu cheese salad dressing.



Meals on Wheels Donation from the V.F.W. Post 1324

A great big THANK YOU!!! To V.F.W. Post 1324 in Oregon City for a \$1,000.00 donation to the Meals on Wheels program here in Gladstone. This is an increase of \$500.00 from last year due to all the work we do for veterans. If you are a veteran in need of assistance, please let us know, we may be able to help. (503)655-7701.



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Time Dated Material

In-Home Dates

August 29-31, 2016

Or current occupant

GLAD TYDINGS
SENIOR CENTER NEWSLETTER
September & October/2016



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