



*Glad Tidings
January & February 2017
Happy New Years Everyone!!*

Dates to Remember For the New Year

January:

Monday, Jan 2nd-Senior Center closed in observance of the New Year Holiday.

Monday, Jan 16th- Senior Center closed in observance of Martin Luther King Jr. Day.

Saturday, Jan 21st-AARP Safe Driving class. 9am to 4:30pm.

Sunday, Jan 22nd- A free performance by the Old Time Fiddlers. 11:30-3:30pm at the Senior Center. This is a free, open to all event.

February:

Friday, Feb 3rd- AARP Tax preparation starts. Appointments from 9am to 2:30pm. Please call (503) 655-7701 for more information.

Thursday, Feb 16th-Senior Center Annual Valentine's Day Party. 11:30am.

Monday, Feb 20th-Senior Center Closed for observance of President's day.



Inside this issue of Glad Tydings		<i>New Year Ramblings~</i>
Ramblings	2	<p>Another year us upon us. Wow, the last year really flew by, at least for me. 2016 was a good year, a year of transitions, change, and challenges. As I look forward to 2017, I reflect on my own life changes; my oldest daughter graduates from high school, my middle and youngest daughters move on to higher levels of school as well. Our lives are forever changing, one day we are up the next we are down, its all part of this thing we call life. Each New Year brings us an opportunity to reflect on the last year, where we went wrong and right. Oprah Winfrey once wrote, <i>"Cheers to a new year and another chance for us to get it right."</i> I feel that this statement sums it all up. I hope that in the new year, you make mistakes. Yes, mistakes! Because if you are making mistakes, then you are trying new things, learning, loving, changing yourself, changing your world, and most importantly living! That is the purpose of all of our lives, to live it to the fullest! Remember that age is only a number! All of the staff here at the Senior Center are here to assist you to live life to your fullest. In the new year we will have new programs, expanded services, and much more. It will be an exciting year and no one is more excited than me! I look forward to working with all of you to make this the best Senior Center in the North West! Cheers and happy wishes to you all of you and your families!</p>
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Gold Star Potluck

Please join us the first Monday of each month at 12 pm for food and friendship. For more information or to sign up, please contact us.

Senior Center Staff

Interim Manager: Colin Black Transportation Coordinator: Shirley Scrivner
 Nutrition Coordinator: Debbie Ferren Senior Center Assistant : Deanna Heman
 Senior Assistant/Relief Driver : Darrel Lette

Senior Center Operating Hours :Monday through Friday 8:30am to 5:00 pm

Gladstone Senior Center : 1050 Portland Ave.
 Gladstone, OR 97027

503-655-7701



Visit us on
Facebook

Lucille Ball

WORD SEARCH: Find the words/phrases below the puzzle and circle them. Have fun!

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

Babalu
 Beverly Hills
 Comedienne
 Cuban
 Desi Arnaz
 Desilu Studios
 Emmy
 Ethel Mertz
 Fred Mertz
 Heres Lucy

I Love Lucy
 Icon
 Jamestown
 Laughter
 Lucie Arnaz
 Lucy Ricardo
 Mame
 MGM
 Paramount
 Redhead

Ricky Ricardo
 Show business
 Sitcom
 Technicolor
 Television
 The Lucy Show
 Vivian Vance
 Wildcat
 William Frawley
 Yours, Mine and Ours

ATUNE

rent
 rent
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 rent

LOOKING

LOOKING

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FOUR
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 FOUR

pigs pigs pigs

Jan -13 Just Lunch @ McGrath's

Weather Permitting, we'll take a drive after lunch. Lv: 10:30am Ret:2pm Fare:\$5 (includes bus)



Jan 20- Just Lunch @ Gustav's

Weather permitting, we'll take a drive after lunch. Lv: 10:30am Ret: 2pm Fare: \$5 (includes bus)

Jan 27-Just Lunch @ Olive Garden

We'll have some time to shop at the Clackamas Promenade after lunch. Lv: 10:30am Ret: 3pm Fare: \$5 (included bus)

Feb 3- Just lunch @ Bugatti's

New and old Italian favorites. Lv:10:30am Ret:1:30pm Fare: \$ 5 (includes bus)

Feb 10-Albertina's for Lunch and shopping

Before a delicious lunch, we can shop the thrift, gift and antique shops at the charity and former orphanage, formerly of the Kerr canning jar family. A stop a Trader Joes will complete our day. Lv: 9:30am Ret: 3pm Fare:\$7 (includes bus)

Feb17- Scottish Country Shop and Kells

We always enjoy our stops at the shop, featuring all kinds of imports. Find your clan tartan here! Then it's on to Kells, for great Irish food and drink. Lv: 9:30am Ret:2pm Fare: \$7 (includes lunch)

Feb 24- Wurstfest Mt Angel

The city of Mt Angel is at it again! This festival features music, drinks, food, arts, and crafts. In a large dry building. After the fest, we'll make a stop at the large antique mall in the old depot building. Lv:9am Ret:3pm Fare:\$ 15 (includes bus and admission)

March 2- Thursday God of Carnage Lakewood Theater

Lv:6:30pm Ret: 10pm Farge\$5 (includes bus and ticket)

Gladstone Senior Center Trip Policy. Reservations for trips begin on the first working day of the month (January 3, 2017) at 8:30 am. You may sign up for a trip by phone or in person only. Each person is allowed to reserve up to 3 trips per month and placed on the wait list for all others. You may reserve for both months on 1/3/17. Due to ticketing requirements, some trips require payment at time of reservation. Please see trip details for more information. There are no refunds, only credits for future trips or events. All trips are depending on weather. All trips must be paid at least one week ahead of time or you may loose your spot.

Monthly Recipe

Here is a simple, healthy, and economical recipe we have selected just for you!

Try this recipe, let us know how it goes!

Chicken Pot Pie Soup

Think of this recipe as a crustless version of one of your favorite comfort foods. Chicken pot pie. Our Chicken Pot pie Soup features all the creamy, healthy, and flavorful filling you love in traditional chicken pot pie, but with no crust to add on to the carb count. It's a comfort food win!

What you'll need:

- 1 1/2 pounds boneless, skinless chicken breasts, cut into 1/2 inch chunks
- 1 Cup frozen mixed vegetables
- 1 1/2 Cup diced potatoes
- 2 (10 1/2 ounce) cans condensed, reduced fat, cream of chicken soup
- 1 Cup skim milk
- 1 Teaspoon dried Thyme leaf
- 1/4 Teaspoon black pepper



What To Do:

1. In a 3 Qt slow cooker, combine chicken, vegetables, and potatoes
2. In a small bowl, combine remaining ingredients. Pour mixture into slow cooker and stir.
3. Cover and cook on HIGH 3 to 3 1/2 hours, or until chicken is no longer pink.

Debbie's Corner—Nutritional tips to make food more enjoyable! The New Year is here! Here are some tips to make a easy, healthier change in your diet. Remember, moderation is key to healthy eating!

1. Try using cinnamon applesauce on toast as a way to please that sweet tooth.
2. Try dipping pretzels, vegetables, and fruit into low fat sauces for a quick, healthy, and fulfilling snack.
3. Try mini pizzas on an English Muffin with sauce, fat free cheese, and veggies. Bake 350 for 10 minutes. Enjoy! Healthy and simple, yet really enjoyable!





Happy Birthday to you!

<u>January 2017</u>		<u>February 2017</u>	
Huda Wood	1/2	William Colby	2/4
Wayne Hauck	1/4	Marilyn McCann	2/8
Louise Deich	1/8	Elizabeth Bridge	2/22
Berna Williams	1/14	Callie Kuhn	2/24
Cheryl Frazier	1/14	Juanita Anderson	2/24
Donna Bayless	1/18	Rosemarie Kraxberger	2/25
Maryanna Moore	1/23	Dennis Ray	2/26
Larry Kelner	1/24	Everett Buttalph	2/26

Book Club: *The book club meets the 3rd Monday of each month at 10:30am. Here is the list of books for the next 2 months.*

January 23, 2017: *The Curious Charms of Arthur Pepper* by Phaeda Patrick. 69 year old Arthur Pepper lives a simpler life. On the first anniversary of his wife's death, something changes. Sorting through his wife's possessions, Arthur finds an exquisite charm that takes him on a whirlwind trip. Follow along as this story goes around the world.

February 27, 2017: *March* by Geraldine Brooks. A historical love novel set during the Civil War. The story of the absent father from Little Women, it conjures a world of brutality, stubborn courage and transcendent love.

BOOK CLUB

Gladstone Senior Center Services

Exercise Programs:

The Senior Center currently offers a fee chair exercise class 2 days a week from 10am to 11am 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) 655-7701.



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 Meyer

Every Wednesday: Gladstone Safeway. 3rd Tuesday– Walmart



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 12pm. For those over 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, POR. 97027
Change Service Requested

Presorted Std Mail
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Gladstone, OR.
Permit No. 60

Time Dated Material
In-Home Dates
December 30-21, 2016

Or current occupant

Glad Tidings
Senior Center Newsletter
January & February 2017



Home Instead Senior Care has been a resource in the community for over 20 years. We offer assistance to those who need help staying home, as well as those effected with Alzheimer's and Dementia.

For grant information, please visit
Portlandhomeinstead.com or call 503.335.0626

Do you have a
passion for seniors
and want to
make a difference?

APPLY
NOW
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CAREGiver

<https://www.homeinstead.com/289/home-care-jobs>

