



*Glad
Tydings
March
&
April
2017*

Important Dates to Remember:

Sunday, March 12– Daylight Savings Time Starts-Remember to *Spring Forward* 1 hour!

Thursday, March 16-St. Patrick's Day Lunch at 11:30am. Cost; \$3.00, please RSVP!

Monday, April 3– Spirit Mountain Trip. \$5.00. Please sign up at the Senior Center

Saturday, April 8-Spring Fling Craft and Collectible Show. 9am to 4pm, free to all!

Ramblings....

Well, once again we have all made it through another hardy winter. Let us now look forward to Spring. Ah yes Spring, the season where our days get longer and longer and animals emerge once again from a long winters slumber. There is an old proverb that comes to mind this time of year. “No matter how long the winter, spring is sure to follow.” I whole heartedly believe this is applicable to our day to day lives. No matter our struggle, there is always tomorrow. No matter the challenges that lay ahead, there is always a solution.

Your Senior Center staff love working here, working hard for you, to provide the best services we can. I have heard it said many times here that you, our guests and clients, feel lucky to have us here. I counter that by stating it is us that are lucky. We are lucky to be able to serve you. Andy Rooney once said “ The best classroom in the world is at the feet of an elderly person” Your Senior Center staff are honored to serve you each day. Keep an eye out for upcoming new and exciting changes at the Senior Center! We love your input, please stop in and let us know how we are doing anytime!

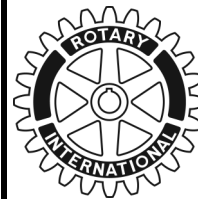
See you around the Senior Center!!!!

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Gold Star Lunch

First Monday of each month.
Starts at 12 pm. Bring a dish or two. Please call or stop by the Senior Center to sign up today!



The Gladstone/ Oak Grove Rotary Club

We are excited to announce that beginning at the end of March, we will be the new home to Rotary!
Welcome!

Your Senior Center Staff

Manager: Colin Black

Nutrition Coordinator: Debbie Ferren

Transportation Coordinator: Shirley Scrivner

Sr. Center Assistants: Darrel Letter & Deanna Heman

Phone: (503) 655- 7701

Fax: (503) 650-4840

Brain Games....a great way to keep that ol' noggin ticking!

Spring Flower Word Search

Can you find all the names of the Springtime flowers?

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

ANEMONE
BLOSSOMS
CALLALILY
CAMELLIA
CROCUS
DAFFODIL
DAHLIA
FORSYTHIA
HYACINTH
LILAC
LILY
MAGNOLIA
MAYFLOWER
NARCISSUS
PEONY
PHLOX
SCILLA
SNOWDROPS
TRILLIUM
TULIP
VIOLETS

WHERE WHERE WHERE
WHERE WHERE WHERE
RAINBOW

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March 10-Hike-Tualatin Hills Nature Park

Please bring a sack lunch, we'll bring the coffee. Lv: 9am

Ret: 2pm Fare: \$7

March 17-McGrath's for Lunch

We missed our last lunch here due to snow, so come enjoy great fresh seafood and more.

Lv: 10:30am Ret: 2pm Fare: \$5(includes bus)

March 24-Tigard Thrift Shops

Come look for bargains at 4 Tigard shops, with a break for lunch at Davidson's.

Lv 9:30 Ret: 3:30 Fare: \$10(includes bus)

March 31-Wooden Shoe Tulip Fest

The tulips are blooming and we will see fields of them along with a very nice gift shop. After enjoying the garden, we will travel to Mt. Angel for lunch at the Glockenspiel restaurant, and a stop at the Railroad Antique Mall. Lv. 9am Ret: 3:30 Fare: \$15(includes garden and bus)

April 7-McMeniman's Kennedy School

This former Portland grade school was built in 1915. The McMenamins Brothers have converted it to a hotel, restaurant, bars, theater and meeting rooms. We will explore the school and have lunch in the pub. Lv: 10:00 Ret: 3:00 Fare: \$7 (includes bus)

April 14-Hike-Elowah and Upper McCord Creek Falls Trail

Today we will enjoy two hikes in one! McCord creek features a double waterfall, too. This a Columbia Gorge hike. Bring a sack lunch, we'll bring the coffee. Lv: 9am Ret: 2pm (or later) Fare:\$7

April 21-Tillamook Forest Museum/Cheese Factory

We'll first go to the Tillamook Cheese Factory for lunch and shopping. After lunch we'll visit the Forest Center, where you will learn all about the history of the area, including the forest fires which occurred. LV 8:30am Ret: 5pm Fare: \$25(includes bus)

April 27-(Thursday) Godspell at Lakewood Theatre

Day by Day....This 1971 musical based on the books of Matthew and Luke has enjoyed a successful revival. Come enjoy this dress rehearsal with us. Lv 6:30 Ret: 10:30 Fare: \$5 (Bus & Play)

May 5-Hike-Trillium Lake

We'll hike around this lovely Mt. Hood Lake and enjoy lunch together afterwards. Bring a sack lunch, we'll bring the coffee. Lv 9am Ret: 3pm Fare: \$7



All trips are weather dependent. You may call on March 1, 2017, starting at 8:30 am to reserve up to 3 trips per month and be placed on the wait list for all others. Costs of these trips are not all-inclusive and may require pre-payment, please ask for more details. All transactions are non-refundable but may be transferred to a credit for future trips.

Gladstone Senior Center Services and Programs

Exercise Programs:

The senior center currently offers a free chair exercise class 2 days a week from 10:15am to 11:15am 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 62. For more information, Please call (503)655-7701.

Social Programs:

We offer numerous opportunities for Seniors and everyone to socialize on Tuesday's during Bingo. On Wednesday, we take a roll with Bunco. On Thursdays we have a friendly bunch that come play Pinochle, all of these games begin after lunch, around 12:30. On Fridays, we have Bridge that begins at 12pm. There is also a beautiful pool table calling out for people to come enjoy it. The pool table can be use during opening hours Monday through Friday.

Transportation:

The Senior Center has a lift-equipped bus to provide transportation for Gladstone residents. The fare is a suggested donation of \$1.00 each way.

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

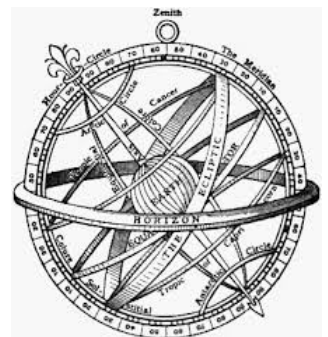
3rd Tuesday: Walmart

Medical Appointments:

We offer transportation to medical appointments T-Th with a 48hr notice. All appointments must be in the am, call for information (503) 655-7701.



We are looking for help in planning our community garden here at the Senior Center. If you are interested, please see Colin. Thanks!



Healthy tips for cooking from Debbie's kitchen!

Eating Right for 2017

Here are some Food ,nutrition, and health tips.

You can try to get your year off to a healthier life-

style. **1**-Start your morning with a healthy break-

fast. Yogurt ,eggs or whole grain cereal. **2**-Make

half your plate fruits and veggies. Daily goal 2

cups fruit or 2 1/2 cups veggies. **3**-Be more active ! Start with 10 min . **4**- Drink more water.

6-8 glasses of water a day to stay hydrated.



Crock Pot Chicken Cacciatore

Ingredients:

1 Onion, sliced

1 green bell pepper, seeded and sliced

2 (6-ounce) cans no salt added tomato paste

1 (14.5) can diced tomato

1 TBSP Italian seasoning

6 Medium chicken thighs, skinned removed

Instructions:

1- Place all ingredients in crock pot.

2-Cook on high for 4 hours

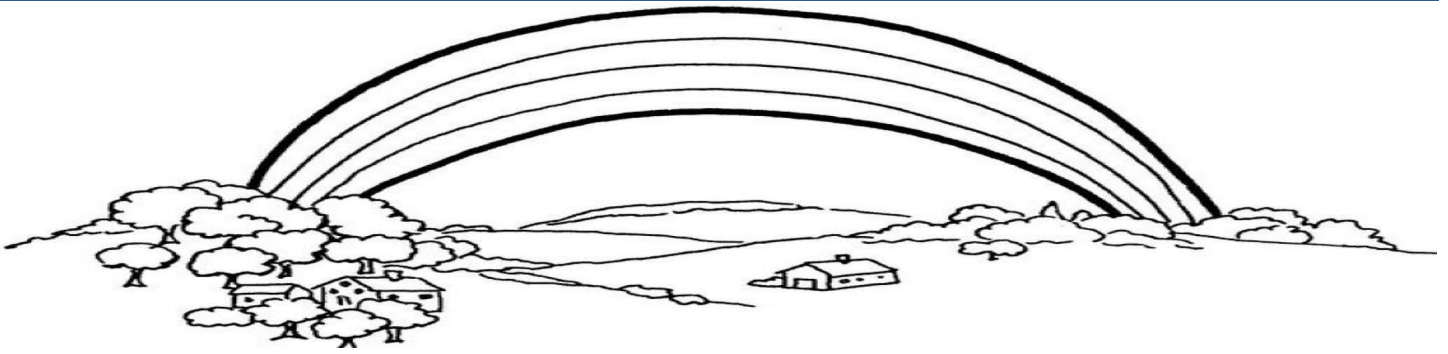
3-Serve the chicken over whole wheat rotini pasta if desired



Gladstone Senior Center Legal Aid Clinic

We offer free legal aid on the first Tuesday of each month from 10 am to 4 pm. Please call (503) 655-7701 for more information and to schedule your appointment. A free service to seniors.





Rainbows-Happy Birthday!! From our hearts to yours, have a wonderful day!!

March Birthdays:

Beverly Wilson	3/5
Claire Winkle	3/5
Joyce Hyland	3/6
Gain Moffitt	3/8
Charmaine Loney	3/8
Cathie Kappel	3/10
Ashley Kirkman	3/12
Beverly Meltebeke	3/26
Patricia Philip	3/17
Dena Goggil	3/17
Rebecca Williams	3/23
Evelyn Johnson	3/25



April Birthdays:

Diane Berreth	4/2
Cleo Bayless	4/3
Polly Andrews	4/6
Diane Hyght	4/7
Virginia Caldwell	4/10
Sherry Lenard	4/11
Jon Roller	4/17
John Rupp	4/20
Jess Keppel	4/22
Delores Brooks	4/24
Lois Ray	4/27
Shirley Archila	4/27



To add your birthday to the issue, please stop by and give us your birthday information.

Please join us on Wednesdays to partake in birthday cake!

The Glad Tydings is a bi-monthly publication of the Gladstone Senior Center. Piece rate is \$1.00 per issue, available at the Senior Center. Subscription rate is \$8.00 for a year (6 issues). If you would like to subscribe today, please contact us at (503)655-7701. For advertising and marketing opportunities, please contact Colin.

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In-Home Dates

Feb. 25– 28, 2017

or current occupant

GLAD TYDINGS



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!

Gladstone Senior Center Book Club @ 10:30 am

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Book Club

March 20-Astoria: *John Jacob Astor and Thomas Jefferson's Lost Pacific Empire: A Story of Wealth, Ambition, and Survival*. A dramatic telling of pivotal events in American history.

April 17-*The Nine: Inside the Secret World of the Supreme Court*. This book takes you into the inner most chambers of the most important legal body in the United States.