

# SANDY COMMUNITY SERVICES

## Sandy Senior Scene

November/ December 2018

Sandy Senior Center - Established April 15, 1974

Located in the Melvin N. Haneberg Community Center

38348 Pioneer Blvd., Sandy, OR 97055

Hours: 8:30am - 5:00pm, Monday - Friday

Phone: 503-668-5569 Fax: 503-489-0935

Funded by: City of Sandy/Clackamas County

State of Oregon Senior & Disabled Services/Older Americans Act

## Breakfast with Santa

Sandy Senior Center - 38348 Pioneer Blvd.

Saturday, December 1st

7:00am to 12:00pm



\$5.00 per person  
\$3.00 for kids 12 & under

Come join us for one of our biggest Meals on Wheels fundraisers of the year. Enjoy a full course breakfast, pictures with Santa, Holiday shopping bazaar, crafts for kids.

\$1.00 - Pictures with Santa  
Great raffle prizes!  
Tickets: \$1.00 each or  
7 for \$5.00

## Tree Trimming & Decoration Party Friday, Nov. 30th - 12:30pm



## Holiday Card & Gift Exchange Party

Wednesday, Dec. 19th - 12:30pm

If participating in gift exchange, label gift for a man, woman, or either on the tag. Keep gifts under \$10.

## Announcements

Center will be closed the following dates:

Nov. 12 - Veteran's Day

Nov. 22 & 23 - Thanksgiving Holiday

Dec. 24 - Christmas Eve (Open 10:00am - 1:00pm for Meals on Wheels & Lunch)

Dec. 25 - Christmas Day

Jan. 1 - New Year's Day

Clackamas County Tax Assessor Annual Town Hall Meeting - Thurs, Nov. 1st - 2:00pm - 3:30pm Auditorium. Newly appointed assessor, Tami Little, will be presenting information on current property values, how they are established, requirements for veteran's exemptions and senior citizen tax deferral programs. There will also be time for questions and answers to individual property tax questions.

SHIBA (Senior Health Insurance Benefits Assistance) Individual Counseling Enrollment Workshop - Mon, Nov. 5th- 10:30am - 3:00pm  
Please call 503-655-2869 (Option 4 for Clackamas Co.) to schedule a one on one appointment.

## Cannabis Medical Presentation

Tues, Nov. 6th - 10:30am - 11:30am - Auditorium  
Is Cannabis the Answer for What Ails You? Blaine Chatterton, Medical Cannabis Consultant with 10 years of research experience and personal medicinal use, is dedicated to educating the public about the facts versus fiction, reducing suffering, and raising the quality of life through the healthy use of cannabis. Blaine will explain how cannabis helped alleviate his own epileptic seizures, chronic pain, and daily migraines. There is no charge, but please pre-register.

## Community Services Department Staff

|  |                  |                                  |                               |
|--|------------------|----------------------------------|-------------------------------|
| Director:                              | Tanya Richardson | Food Services Manager:           | Iris White                    |
| Senior Services Manager:               | Melissa Thompson | Alzheimer's Respite Coordinator: | Olga Gerberg                  |
| Recreation Manager:                    | Sarah Richardson | Driver:                          | Jennifer Gohr                 |
| Administrative Secretary:              | Bernice Jordan   | Building Monitors:               | Shelley Glass,                |
| Aquatic Operations/Events Coordinator: | Carol Cohen      |                                  | Wendy Nassest, Jesica Skelton |

# Places To Go & Things To Do

Please fill out the registration form, attach payment, and drop it by (or mail) to the center. At 10:00am on the first day of sign-ups (November 1 and December 3) staff will randomly draw from the stack of registrations and sign folks up. **ONCE A TRIP FILLS, NAMES WILL GO ON A WAITING LIST, AND THOSE PEOPLE WILL BE NOTIFIED.** After 10:00am, registration will be on a first come, first served basis.

## SHOPPING TRIPS

### Monthly Shopping Trips

Depart: 9:30am Return: 3:30pm

Each first Friday of the month, spend the day shopping at the mall, outlets, or square. Shop until you drop or rest on a bench and people watch.

Lunch on your own. **Moderate walking**

Costco & Trader Joe's - Fri, 11/2 Cost: \$4.00

Clackamas Town Center - Fri, 12/7 Cost: \$4.00

## FOOD & DRINK

**Breakfast with Friends** - A time to meet with friends, have some food, and enjoy each others company. Meet at the restaurant at 9:00am.

Country Restaurant & Lounge, Estacada

Sat, 11/17

Elmer's Restaurant, Gresham - Sat, 12/15

Please sign up in advance.

**Brickyard Public House - Wed, 11/28**

Depart: 5:00pm Return: 8:30pm

Cost: \$5.00

Brickyard Public House offers an extended menu that is prepared fresh daily. They Traeger smoke many items on their menu which adds to the quality of the food they serve to their customers. Brickyard offers a full bar, 22 taps, and happy hour daily.

**Spaghetti Factory & Christmas Ships Parade**

Wed. 12/12

Depart: 4:00pm Return: 9:00pm

Cost: \$6.00

Holiday dine out will be along the Willamette River. Enjoy traditional Italian entrees amid turn-of-the-century decor. After dinner, enjoy the Christmas Ship Parade which started in 1954 with one lone sailboat from Portland Yacht Club. The Ship Fleet averages about 30 boats and the displays are brightly lit and can be seen from bank to bank.

## HIKES & OUTDOOR FUN

**Hike then Home Clackamas River Trail**

Wed. 11/21

Depart: 9:00am Return: 12:00pm

Cost: \$4.00

The newer trail along the Clackamas River. It is all paved except the parking lot is dirt and could be a little uneven in spots. It is 2 miles round trip.

**Wilsonville Memorial Park & Murase Plaza**

Mon. 11/26

Depart: 9:30am

Return: 3:30pm

Cost: \$6.00

Memorial Park is the city's oldest and largest park, acquired by the city in 1969, one year after incorporation. The park contains both active and passive use areas, and includes significant natural areas with an extensive trail system. Memorial Park has a half-mile of Willamette River frontage and bisect Boeckman Creek. Murase Plaza includes a barn and interactive water features. **Lots of walking, bring money for lunch stop at Wankers Corner Saloon & Café.**

**Oaks Bottom Wildlife Refuge - Tues. 12/4**

Depart: 9:30am

Return: 3:30pm

Cost: \$5.00

This 3.8 mile walk combines the city's urban landscape with it's natural areas. Along the walk stroll the Sellwood scenic blufftop streets and travel the multiuse Springwater Corridor Trail. Oaks Bottom is a 140-acre bird's paradise wetland along the east bank of the Willamette River. Bring binoculars. **Lots of walking, bring lunch money for stop at Sellwood Public House.**

**Hike then Home Troutdale Downtown and Parks**

Mon. 12/10

Depart: 9:00am

Return: 12:00pm

Cost: \$4.00

This 2.4 mile walk connects picturesque downtown Troutdale, its historic rail depot, and pioneer home to the riverside Glenn Otto Park and Lewis & Clark State Park. Both parks offer access to the Sandy River.

## MUSEUMS, THEATRE & FUN

**Creo Chocolate Factory - Wed. 11/7**

Depart: 9:00am

Return: 3:30pm

Cost: \$26.00

Take a unique peek behind the scenes of one of Portland's very own award-winning chocolate makers. This is a one-hour informative tour guided by one of our chocolate makers. Learn where chocolate comes from and how we make it here at Creo, then design a chocolate bar to take home.



# Places To Go & Things To Do

Please fill out the registration form, attach payment, and drop it by (or mail) to the center. At 10:00am on the first day of sign-ups (November 1 and December 3) staff will randomly draw from the stack of registrations and sign folks up. **ONCE A TRIP FILLS, NAMES WILL GO ON A WAITING LIST, AND THOSE PEOPLE WILL BE NOTIFIED.** After 10:00am, registration will be on a first come, first served basis.

## Northwest Senior Theatre "Twas the Daze Before Christmas" - Wed. 11/14

**Depart: 10:00am**      **Return: 5:00pm**  
**Cost: \$11.00**

Time to start off the holidays! The Joy! The Anticipation! The Stress! (Ha!) A little singing, a little dancing and funny skits. **Bring money for lunch stop before the show.**

## Mission Mill Museum - Fri. 11/16

**Depart: 9:00am**      **Return: 6:00pm**  
**Cost: \$15.00**

Regionally known as a premier Salem, Oregon historical attraction. The Mission Mill Museum grounds includes the 1898 Thomas Kay Woolen Mill, textiles, water power, fabric milling, early settlement houses and Salem history in a parklike setting. There is a gift shop, art galleries, retail shops, and a place to eat. **Lots of walking and bring money for lunch.**

## HOLIDAY EVENTS

### Pittock Mansion - Fri. 11/30

**Depart: 9:30am**      **Return: 4:00pm**  
**Cost: \$15.00**

Every November volunteers spend several days decorating the Pittock Mansion in celebration of the holidays. Christmas trees, ornaments, poinsettias and more traditional trimmings take over the mansion's rooms and hallways, with red and green becoming the dominant colors of the manor. **Lots of walking, the mansion does have an elevator. Lunch stop planned at the Thirsty Lion Gastropub & Grill.**

### Victorian Belle "The Miracle of a Million Lights"

**Thurs. 12/6**  
**Depart: 5:00pm**      **Return: 9:30pm**  
**Cost: \$12.00**

Visit to this decorated house and grounds. The entire 2.5 acres is filled with a million plus twinkling lights that turn this historic Portland landmark into a Christmas wonderland! Tour the richly appointed historic Victorian Belle aglow with 10 uniquely-decorated Christmas trees and decorations. View the vintage heirloom rooms filled with period antiques. Enjoy homemade apple cider, holiday cookies, and other refreshments while being

entertained with live musical performances by local choirs, groups and individual artists.

Take pictures and browse the gift shop for unique decorations and stocking stuffers. **Admission is included but bring a canned good for discount.**

### The Grotto "Christmas Festival of Lights"

**Thur. 12/13**  
**Depart: 5:00pm**      **Return: 9:30pm**  
**Cost: \$16.00**

Presenting the sights, sounds, and sensations of the season, The Grotto's Christmas Festival of Lights is the largest Christmas choral festival in the world. The festival features more than 170 indoor holiday concerts performed by many of the region's finest school, church and civic choirs. Offering a family-oriented blend of traditional celebration and serene reflection, the festival theme reflects the special season of hope that Christmas offers to many thousands of families around the Pacific Northwest. Continuous family entertainment in The Grotto's plaza area includes outdoor caroling, puppet shows and a live petting zoo. Holiday foods and beverages are also available, as is seasonal shopping in The Grotto Gift Shop.

### Cocoa, Cookies, Carols & Holiday Lights

**Mon, 12/17**  
**Depart: 6:00pm**      **Return: 9:00pm**  
**Cost: \$5.00**

All Aboard the Holiday Express! Enjoy a leisurely drive listening to a soothing selection of Christmas Carols, taking in various lighting displays around the area, while sipping cocoa and munching on holiday snacks.

## **WE NEED YOU!!**

**Volunteer! - We are in need of volunteers to drive seniors from Sandy and Boring to medical appointments throughout the Portland and Gresham area. Volunteers receive gas mileage reimbursement. We also need Change of Pace Program helpers, and Meals on Wheels drivers. Please contact Melissa Thompson 503-489-2153 For more information.**

# Classes, Activities, & Services

## HEALTH & WELLNESS

**Blood Pressure Clinics:** Tues, at 11:00am;  
**Lounge** - Provided by volunteers from Mt. Hood Hospice. 11/6, 11/13, 12/4, 12/18

**Foot Care:** Call Mt. Hood Home Care for details at 503-826-8285.

**Hearing Checks:** Call Mike Baird 503-522-6931

**Massage Therapy:** Mon, Nov. 5 and Dec. 3, 10:30am. By appointment only. \$10.00 for fifteen minutes.

## CLASSES

**Functional Fitness - Tues. & Thurs, 11:00am; Auditorium - Free** - Carol Cohen leads participants through exercises designed to increase flexibility and strength. This class will use various equipment (bands, weights, steps, and balls). Fitness and fun come together as you alternate non-impact cardio with upper body strengthening exercises. A chair is offered for support at all times when needed. Donations appreciated.

### Tai Chi: Moving for Better Balance

**Tues. & Fri, 1:00pm - 2:00pm (ongoing); Auditorium - All Classes Free** - Moving for Better Balance™ is a fall-prevention program for older adults. Class consists of an 8-form core routine with built-in exercise variations. Instructor: Howard/Bonnie

**A Change of Pace - Weds, 12:30pm - 4:30pm; Dining Room - Cost: \$12.00 for 4-hours (financial asst. available)** Appropriate activities for individuals with Alzheimer's Disease or related dementia disorders. Please call 503-668-5569 for more information. Coordinator: Olga Gerberg

**Silvertones Music Group - Mon. & Wed, 10:00am; Dining Room:** New members welcome at any time. Musicians and singers get together, plan a program for birthday party and other performances.

**Oil Painting - Mon, 1:00pm; Art Room.** Call Anna Mae Lindsay @ 503-668-4476 for info.

## FUN & GAMES

**Skipbo** - Several days a week 10:00am in the Lounge at Community Center.

**Bingo!** - Tues, 12:45 pm; 11/6, 11/27, 12/18 and Wed. 12/5 only. Cost: 25¢ per card for the entire time of play. Cash for the lucky winners.

**Bridge - Mon, 6:30pm; Lounge.** Veteran players and newcomers welcome.

**Pinochle- Mon, 1:00pm; Lounge.** Everyone welcome to join in the fun.

**Cribbage lessons & games - Weds, 1:00pm - 3:00pm; Auditorium or Art room.** All welcome to join. Cards, pegs and boards. Lessons available for those new to the game.

**Pool Table - Tues. & Fri, 9:00am - 11:00am; Lounge.** Come join a small group for a game of pool. Show up when you can.

**Mountain Jamboree - Sat, 7:00pm; Dining Room. 11/24 & 12/22** Sing, play, and dance on the liveliest Saturday of the month! Bring a dessert to share. Coffee is on us.

## SUPPORT GROUPS

**ALZHEIMER'S SUPPORT GROUP - Weds, 11/14 & 12/12, 1:00pm - 3:00pm; Conference Room.** Open to anyone whose life is affected by Alzheimer's or related dementia disorders. Share concerns and learn more about the disease.

## SERVICES

**Law Project - Thurs, 11/8 and 12/13 9:00am-12:00pm; BY APPT. ONLY.** Volunteer lawyers offer legal help in areas such as estate planning, wills, and consumer complaints. Attorney available for a free 30-minute appointment.

### Problem Solving/Information & Referral

Help with concerns about life situations: in-home care, home repairs, consumer problems, finances, housekeeping, nutrition, access to other agencies, personal loss, etc.

### Outreach Services

Home visits to assist with coordination of services to maximize independent lifestyles.

**Transportation** - Rides available to adults 60+ in the Sandy area for shopping, medical appts and lunch. 3 Business Days notice is necessary to assure medical appointments service. Suggested donation \$1.00 each way. Rides are available for medical appts. **Advance notice requested for rides outside Sandy area.**

**Medicare Assistance Program** - SHIBA is sponsored by Clackamas County and designed to help participants with Medicare insurance claims.

**Shopping - Thurs, 9:00am - 2:00pm.** Suggested donation: \$1.50. Van rides to local stores for shopping needs. Reservations required weekly due to limited capacity. Stops may be limited depending on time and amount of shoppers. Limited assistance available to carry shopper's groceries into their homes.



**Group Voice Lessons for Older Adults**  
**Beginning November 6th**  
**Tuesdays, 10:00am**

Beginning and Intermediate Singing for older adults. Reach your musical goals including increased breathe support, expanding your range higher or lower, hearing notes and matching pitches, feeling the pace of a song through tempo, and more! We will use a variety of songs including early American History and familiar hymns. Beginners welcome!

Private voice and piano lessons available. 3-week sessions beginning Oct. 29<sup>th</sup> and Dec. 3<sup>rd</sup>. Scholarship available. Please register at Community Center.

**Mt. Hood Hospice Hosts**  
**Braving the Holidays**  
**Grief Education/Support Group**  
**Nov. 19<sup>th</sup> - Dec. 17<sup>th</sup>**  
**Mondays, 2:00pm - 3:30pm**  
**Trinity Lutheran Church**  
**507 W. Powell Blvd., Gresham**

The season to be jolly can be a challenging time for people who have lost a loved one. This is a support group for people grieving a loss due to a death. Whether it has been months or years since your loss, this group can provide a supportive environment to help you develop coping skills.

**Older Driver Safety Awareness**  
**Thurs, Dec. 6th at 10:00am**  
**Dining Room**

Training Specialist, Shawn Dudley, with Ride connection will give a presentation on driver awareness. Driving is one of the most dangerous activities we take part in. Our level of awareness sets the stage for how much reaction time we have and how well we avoid potentially hazardous incidents on the road. This talk will briefly discuss defensive driving techniques that help us to compensate for our distractions and mistakes, anticipate the actions of other drivers, and keep ourselves out of harm's way when on the road.

**Seniors can prepare now to stay healthy this Winter;**

***by Jessica Adams***

Winter is approaching and as the temperature drops, it's important for older adults to prepare for the potential risks that cold weather can bring. For the thousands of seniors living in the Northwest, winter may pose a number of risks. Reports have shown much higher incidences of injury and illness due to icy sidewalks, cold and dry air, flu viruses and in many cases, hypothermia. According to the Healthy Aging Partnership, a coalition of more than 40 Puget Sound not-for-profit and public organizations dedicated to the health and well-being of older adults, older adults should keep these tips in mind to help ensure safety and optimum health this winter.

- Older adults are more susceptible to hypothermia, which occurs when too much heat escapes from the body. It is important to dress warmly and keep dry, but equally important to remember good nutrition. Food provides the fuel we need to keep warm. Hot food and warm drinks are best to warm the body.
- When going outdoors, remember to dress warmly. Wear layered, loose-fitting clothing and mittens. When possible, wear a hat to protect against heat loss since close to half of all body heat is lost through the head.
- You can prevent many winter hazards simply by planning ahead. Before winter arrives, check all the windows and doors in your home for cracked or worn sealants. A new application of caulking may be needed; in a pinch, staple a sheet of plastic tarp over really old windows.
- Talk to your electric or gas companies to see if you can be put on a level billing system that averages your energy payments equally over 12 months. This doesn't save money, but it does help to budget during the heating season and prevent your heat from being shut off.
- To avoid slips and falls, wear non-skid boots or other shoes with plenty of traction.
- Cold weather can put extra strain on the heart. When doing winter chores such as shoveling snow, do some warm-up exercises first and take many breaks.
- To conserve energy, heat only those rooms that you use. Close off the attic, garage, basement, spare bedrooms or storage areas. But don't overdo your money-saving efforts: keep your thermostat set to at least 65 degrees to prevent hypothermia.
- Shift energy use from peak to off-peak times. For example, do small things like running your dishwasher after 9 p.m.



## NOVEMBER AND DECEMBER

# HAPPY BIRTHDAY

### NOVEMBER BIRTHDAYS

11/3 MARLENE GLEASON  
11/5 NORA SHAFFER  
11/10 MARY CROMBIE  
11/10 PAT JOHNSON  
11/11 DORA WELLS  
11/13 VIRGINIA JENNINGS  
11/17 ROSEMARY BOMAR  
11/21 DELLA ZAMZOW  
11/24 BERNICE SCHWARTZ  
11/26 RICHARD LYONS  
11/29 JUNE CHANEY  
11/30 DELORES CARMICHAEL

(PARTY WILL BE NOVEMBER 19th!  
the 12th is a HOLIDAY)



### BIRTHDAY PARTY

Mondays, November  
19th & December 10th  
11:45am - 1:00pm;  
Dining Room.

Come for lunch, have a piece of birthday cake, and enjoy music by the Silvertones.



### McDonald's Gift Certificate Drawing

September's was postponed, and October's winner was Phyllis Rader. Make sure to enter on November 19th (November 12 is a holiday) and December 10 birthday parties. **You can't win if you don't play!**

### DECEMBER BIRTHDAYS

12/3 ERNIE SCHWARTZ  
12/3 GRACE GUSTAFSON  
12/4 JOANNE ROHRWEDER  
12/5 FAYE MARIE KOKEN  
12/8 BOB OROSZ  
12/9 DOROTHY SMITH  
12/11 JACK ROONEY  
12/14 JANET PITTS  
12/15 PAT GUSTAFSON  
12/26 LAVAWN BLACKMON  
12/29 KURT KESSLER



### NOVEMBER

Nov. 8th for National Diabetes Month!  
Wear BLUE & enjoy a Healthy  
Diabetic Lunch.

### DECEMBER



Bring your own table service and a favorite main dish, salad, or dessert to share.  
Coffee is provided.

**12/13, 12/27 - Thursdays**

**Healthy Diabetic Lunch - Thurs, Nov. 8**

# NOVEMBER 2018 MONTHLY ACTIVITIES

| SUN                                      | MON   | TUE   | WED   | THUR  | FRI   | SAT  |
|--|---|---|---|---|---|--|
|  |   |   |   | 1<br>2:00p: Tax Assessor Annual Town Meeting  | 2<br>9:30a: Costco & Trader Joe's<br><br>1p: Tai Chi | 3  |
| 4<br>CHANGE TIME PUT CLOCKS BACK AN HOUR | 5<br>10a: Music<br>10:30a: Massage<br>11:00a -3:00p Medicare enrollment/Sheba<br>1p: Oil Painting<br>1p: Pinochle<br>6:30p: Bridge  | 6<br>11a: Blood Pressure<br>10:30a: Cannabis Medical Presentation<br>12:45p: BINGO<br>1p: Tai Chi                         | 7<br>9:00a: Creole Chocolate Tour<br>10a: Music<br>12:30p: Change of Pace<br>1p: Cribbage   | 8<br>9a – 12p: Law Project<br>11a: Functional Fitness<br>Noon: Diabetic Healthy Lunch<br>Wear BLUE! | 9<br>1p: Tai Chi  | 10   |
| 11                                       | 12<br>CLOSED FOR VETERAN'S DAY  | 13<br>11a: Blood Pressure<br>11a: Functional Fitness<br>1p: Tai Chi   | 14<br>10a: Music<br>10a: Northwest Senior Theatre<br>12:30p: Change of Pace<br>1p: Cribbage<br>1p: Alzheimer's Support Group Mtg. | 15<br>11a: Functional Fitness   | 16<br>1p: Tai Chi<br>9:00a: Mission Mill Museum   | 17<br>9a: Breakfast with Friends at Country Restaurant & Lounge in Estacada                                      |
| 18                                       | 19<br>10a: Music<br>1p: Oil Painting<br>1p: Pinochle<br>6:30p Bridge<br>Birthday Party<br> | 20<br>11a: Blood Pressure<br>11a: Functional Fitness<br>1p: Tai Chi   | 21<br>9:00a: Hike Then Home Clackamas<br>10a: Music<br>12:30p: Change of Pace<br>1p: Cribbage                                     | 22<br>CLOSED THANKSGIVING   | 23<br>CLOSED THANKSGIVING   | 24<br>7p: Mtn. Jamboree<br> |
| 25                                       | 26<br>9:30a: Hike in Wilsonville<br>10a: Music<br>1p: Oil Painting<br>1p: Pinochle<br>6:30p Bridge  | 27<br>11a: Functional Fitness<br>11a: Hearing Clinic<br>12:45p: BINGO<br>1p: Tai Chi<br>10a – 4p: Golden Age Rummage Sale | 28<br>10a: Music<br>12:30p: Change of Pace<br>1p: Cribbage<br>5:00p: Dine Out – Brickyard Public House in Gresham                 | 29<br>11a: Functional Fitness   | 30<br>9:30a: Pittock Mansion<br>12:30p: Tree Trimming & Decoration Party<br>1p: Tai Chi   |  |

# DECEMBER 2018 MONTHLY ACTIVITIES

| SUN       | MON   | TUE   | WED  | THUR   | FRI  | SAT  |
|-----------|---|---|--|--|--|--|
|           |   |   |  |  |  | <b>1</b><br><b>7a – 12p:</b><br>            |
| <b>2</b>  | <b>3</b><br>10a: Music<br>10:30a: Massage<br>1p: Oil Painting<br>1p: Pinochle<br>6:30p: Bridge  | <b>4</b><br><b>9:30a: Oaks Bottom Hike</b><br>11a: Blood Pressure<br>11a: Functional Fitness<br>1p: Tai Chi | <b>5</b><br>10a: Music<br>12:30p: Change of Pace<br><b>12:45p BINGO</b>  | <b>6</b><br>11a: Functional Fitness<br><b>5p: Victorian Belle Mansion</b>  | <b>7</b><br><b>9:30a: Clackamas Town Center</b><br>1p: Tai Chi | <b>8</b>   |
| <b>9</b>  | <b>10</b><br><b>9a: Hike then Home – Troutdale</b><br>10a: Music<br>1p: Oil Painting<br>1p: Pinochle<br>6:30p: Bridge<br><b>Birthday Party</b><br> | <b>11</b><br>11am: Functional Fitness<br>1pm: Tai Chi<br><b>Older Driver Safety Awareness</b>               | <b>12</b><br>10am: Music<br>12:30p: Change of Pace<br>1p: Alzheimer's Support Group Mtg.<br><b>4:30p: Holiday Dine Out Spaghetti Factory &amp; Christmas Ships</b> | <b>13</b><br>9a – 12p: Law Project<br>11am: Functional Fitness<br><b>5:30p: The Grotto</b><br> | <b>14</b><br>1pm Tai Chi                                       | <b>15</b><br><b>9a: Breakfast with Friends Elmer's Restaurant in Gresham</b>   |
| <b>16</b> | <b>17</b><br>10a: Music<br>1p: Oil Painting<br>1p: Pinochle<br>6:30p: Bridge<br><b>6p: Cookies, Cocons and Carols</b>   | <b>18</b><br>11a: Blood Pressure<br>11a: Functional Fitness<br>1p: Tai Chi<br><b>12:45p: Holiday Bingo</b>  | <b>19</b><br>10a: Music<br>12:30p: Change of Pace<br><b>12:30p: Senior Holiday Card &amp; Gift Exchange Party</b>  | <b>20</b><br>11a: Functional Fitness   | <b>21</b><br>1p: Tai Chi                                       | <b>22</b><br><b>7p: Mtn. Jamboree</b><br> |
| <b>23</b> | <b>24</b><br><b>Center Only Open 10:00a – 1:00p</b><br>10am: Music  | <b>25</b><br><b>CLOSED FOR CHRISTMAS</b>  | <b>26</b><br>10a: Music<br>12:30p: Change of Pace  | <b>27</b><br>11am: Functional Fitness  | <b>28</b><br>1pm Tai Chi                                       | <b>29</b>  |
| <b>30</b> | <b>31</b><br>10a: Music<br>1p: Oil Painting<br>1p: Pinochle<br>6:30p: Bridge  |   |  |  |  |  |



# NOVEMBER MENU 2018

| MON   | TUE  | WED   | THUR   | FRI   |
|---|--|---|--|---|
|   |  |   | 1  | 2   |
|   |  |   | <b>Beef Patty</b><br>Onion & Pepper<br>Gravy<br>Whipped Potatoes<br>Green Peas<br>Red Devil Beet<br>Cake<br>(Golden Age Club)      | <b>Orange Glazed Chicken</b><br>Brown Rice<br>Broccoli<br>Tossed Salad<br>Baked Pumpkin<br>Custard<br>(Golden Age Club)   |
| 5   | 6  | 7   | 8  | 9   |
| <b>Santa Fe Chicken Salad</b><br>Spinach Romaine Salad<br>Lentil Soup<br>Potato Wheat Roll<br>Golden Fruit Cup<br>(Golden Age Club)               | <b>Braised Beef Tips</b><br>Whipped Potatoes<br>Mixed Vegetables<br>Seven Grain Roll<br>Chocolate Ice Cream Cup<br>(Golden Age Club) | <b>Vegetarian Chili</b><br>Green Peas<br>Spinach Romaine Salad<br>Onion Roll<br>Gelatin Jewels<br>Whipped Topping<br>(Golden Age Club)                    | <b>Diabetic Healthy Lunch</b><br>                | <b>Breaded Baked Fish Tatar Sauce</b><br>Lyonnaise Potatoes<br>Broccoli<br>Tossed Salad<br>Apple-Rhubarb Crisp<br>(Community Church of Sandy)                         |
| 12  | 13   | 14  | 15   | 16  |
| <b>Veteran's Day CLOSED</b>   | <b>Garlic Chicken</b><br>Colcannon<br>Potatoes<br>Glazed Carrots<br>Tossed Salad<br>Peanut Butter Bar<br>(Golden Age Club)           | <b>Hot Dog with Sauerkraut</b><br>Whole Kernel Corn<br>Country Coleslaw<br>Choc. Frosted Yellow Cake<br>(Community Church of Sandy)                       | <b>Spaghetti w/Meat Sauce</b><br>Green Beans<br>Marinated Broccoli Salad<br>Spiced Applesauce<br>Garlic Roll<br>(Golden Age Club)  | <b>Shoyu Chicken</b><br>Garden Vegt Rice<br>Broccoli<br>Romaine Iceberg Salad<br>Fresh Orange<br>(Golden Age Club)  |
| 19  | 20   | 21  | 22   | 23  |
| <b>Macaroni &amp; Cheese</b><br>Herbed Carrots<br>Tossed Salad<br>Lime Whip<br>(Sandy Assembly of God, Living Way Fellowship)                     | Chicken & Penne Pasta<br>Mixed Vegetables<br>Spinach Romaine Salad<br>Whole Wheat Roll<br>Lemon Blondie<br>(Golden Age Club)         | <b>Roast Turkey Poultry Gravy</b><br>Whip. Potatoes<br>Mix Veget.<br>Brd Dres. w/Gravy<br>Cran. Sauce<br>Bkd Pumpkin<br>Custard Whipped<br>(St Michael's) | <b>Happy Thanksgiving</b><br>                  |    |
| 26  | 27   | 28  | 29   | 30  |
| <b>Turkey Apple Meatballs w/Apple Berry Sauce</b><br>Delmonico Potatoes<br>Green Beans<br>Oatmeal Bread<br>Pineapple Tidbits<br>(Golden Age Club) | <b>Baked Ham Orange Glaze</b><br>Whip Sweet Pot.<br>Green Peas & Onions<br>Whole Roll<br>Pumpkin Bar<br>(Golden Age Club)            | <b>Chicken Tetrazzini</b><br>Green Peas<br>Spinach Romaine Salad<br>Spiced Peaches<br>(Sandy Assembly of God)   | <b>Baked Beef Rigatoni</b><br>Country Trio<br>Vegetables<br>Broc. Raisin Salad<br>Herb Roll<br>Banana Pudding<br>(Golden Age Club) | <b>Tuna Salad ½ Sandwich</b><br>Whole Wheat Bread<br>Popeye Potato Chowder<br>Carrot Pineapple Salad<br>Pears<br>(Sandy Baptist) <span style="float: right;">9</span> |

## DECEMBER MENU 2018

| MON   | TUE   | WED   | THUR  | FRI  |
|---|---|---|---|--|
| 3<br><b>Chicken Pastina</b><br>Capri Blend<br>Vegetables<br>Creamy Coleslaw<br>Whole Wheat Roll<br>Seasonal Fresh Fruit<br><b>(Golden Age Club)</b>   | 4<br><b>Scalloped Potatoes &amp; Turkey Ham</b><br>Green Beans<br>Tossed Salad<br>Rye Roll<br>Chocolate Oatmeal Bar<br><b>(Golden Age Club)</b>             | 5<br><b>Macaroni &amp; Cheese</b><br>Broccoli<br>Spinach/Romaine Salad<br>Mandarin Oranges<br><b>(Golden Age Club)</b>                                | 6<br><b>SW Chicken Breast</b><br>Brown Rice<br>Mixed Vegetables<br>Romaine Iceberg Salad<br>Cherry Gelatin<br>Whipped Topping<br>Herb Roll<br><b>(Golden Age Club)</b>  | 7<br><b>Egg Salad ½ Sand Whole Wheat Bread</b><br>Tomato Basil Soup<br>Carrot Coleslaw<br>Pineapple Tidbits<br>Lettuce<br><b>(Golden Age Club)</b> |
| 10<br><b>Chicken a la King</b><br>Whipped Potatoes<br>Carrots<br>Toss Salad<br>Fresh Orange<br><b>(Sandy Assembly of God, Living Way Fellowship)</b>  | 11<br><b>Breaded Baked Fish Tartar Sauce Bun</b><br>Lima Beans<br>Orange Pineapple Salad<br>Chocolate Almond Pudding<br><b>(Golden Age Club)</b>            | 12<br><b>Sweet &amp; Sour Chicken</b><br>Brown Rice<br>Green Peas<br>Creamy Coleslaw<br>Rhubarb<br>Applesauce<br><b>(Community Church of Sandy)</b>   | <br><b>Potluck</b>  | 14<br><b>Salisbury Steak</b><br>Whipped Potatoes<br>Whole Kernel Corn<br>Toss Salad<br>Chocolate Chip Bar<br><b>(Community Church of Sandy)</b>    |
| 17<br><b>Cowboy Campfire Stew</b><br>Spinach Romaine Salad<br>Country Trio vegetables<br>Dill Bread<br>Pears<br><b>(Golden Age Club)</b>              | 18<br><b>Chicken with Supreme Sauce</b><br>Whipped Potatoes<br>Capri Blend<br>Vegetables<br>Whole Wheat Bread<br>Zucchini Bread<br><b>(Golden Age Club)</b> | 19<br><b>Western Pork Stew</b><br>Zucchini w/Red Peppers<br>Spinach Romaine Salad<br>Seven Grain Roll<br>Season Fresh Fruit<br><b>(St. Michael's)</b> | 20<br><b>Baked Ham Orange Glaze</b><br>Whipped Sweet Potatoes<br>Scandinavian Blend Vegetables<br>Crk. Wheat Bread<br>Pineapple Peach Crisp<br><b>(Golden Age Club)</b> | 21<br><b>Roast Turkey Poultry Gravy</b><br>Whipped Potatoes<br>Succotash<br>Oatmeal Bread<br>Strawberry Ice Cream Cup<br><b>(Golden Age Club)</b>  |
| 24<br><b>Chicken Patty</b><br>Cranberry Sauce<br>Colcannon Potatoes<br>Oregon Bean Medley<br>Baked Pumpkin<br>Custard<br><b>(Golden Age Club)</b>     |    | 26<br><b>Hs Turkey Patty</b><br>Poultry Gravy<br>Whipped Potatoes<br>Broccoli<br>Lemon Blondie<br><b>(Golden Age Club)</b>                            |    | 28<br><b>Beef Ground Stew</b><br>Capri Blend<br>Vegetables<br>Pickled Beets<br>Whole Wheat Roll<br>Mandarian Oranges<br><b>(Sandy Baptist)</b>     |
| 31<br><b>Spaghetti w/Meat Sauce</b><br>Country Trio Veg.<br>Spinach/Romaine Salad<br>Multigrain Roll<br>Chocolate Pudding<br><b>(Golden Age Club)</b> |   |   |   | 10   |







**Photos from Cami's Retirement, Dine out at Happy Valley Food Carts, Hike at Trillium Lake , Tillamook, and Troutdale and Vista House trip .**



**Upcoming Events: McGrath's Dine Out, Home and Garden show, Oregon Territory museum, hikes and more!**

***We want to hear from you. We are always looking for great ideas and constructive feedback on how we are doing. If have suggestions for activities, programs, or trips please let us know!! We have a suggestion and comment box located at the front desk of the Community Center.***



**Have questions about aging or living with a disability?**

Get connected to local information and services that can help older adults, veterans, persons with disabilities, caregivers and family members to:

- Live independently
- Access benefits
- Help a loved one
- Get support for memory loss or dementia
- Look for resources
- Find community information and services

**Email: [clackamasadrc@clackamas.us](mailto:clackamasadrc@clackamas.us)  
or call 503-650-5622  
[www.ADRCofofOregon.org](http://www.ADRCofofOregon.org)**

Services are available in any language.  
Servicios disponibles en cualquier idioma  
Услуги доступны на разных языках

## **November is American Diabetes Month.**

### **How much do you know about Diabetes?**

Diabetes symptoms may occur when blood sugar (glucose) levels in the body become abnormally elevated. The most common symptoms of diabetes include:

- Thirst and frequent/urination
- Fatigue
- Blurry Vision
- Reoccurring infections
- Unexplained weight loss

**Thirst/dehydration:** Diabetes causes blood glucose levels to rise; increased glucose levels cause your body to pull fluid from your cells into the bloodstream and deliver the increased load to your kidneys which can overwork your kidneys and cause them to produce more urine than normal. Frequent urination, another common symptom will bring on thirst. This leads to drinking more fluids, which compounds the problem.

**Fatigue:** If you have diabetes, your body's inability to convert glucose into energy will lead to fatigue. This can range from a general worn-down feeling to exhaustion.

**Blurred Vision:** Abnormally high glucose levels in the blood can also lead to eye problems. Controlling your blood sugar levels can help correct this symptom over time.

**Recurring infections:** High glucose levels in your body's tissues may hinder your ability to heal from cuts and scrapes. You will also be more susceptible to various bacteria and infections. Especially vulnerable are the skin, kidneys, bladder, and feet.

**Weight Loss:** You may eat normally and constantly feel hungry, yet continue to lose weight. This symptom is most common in people with Type 1 diabetes.

### **TIPS FOR BEATING THE HOLIDAY BLUES**

- Get out and about, ask family and friends for help to get to holiday parties and events if you cannot drive. Take a walk in the morning fresh air is a great way to beat the blues.
- Helping others is a great mood lifter, maybe church, local hospital, museum.
- Try not to overindulge on food, goodies or alcohol, it will only make you more depressed.
- Accept your feelings. There is nothing wrong with feeling sadness or loss during the holidays.
- Be kind to yourself, seek support if needed.
- Talk to someone. Don't underestimate the power of family, friends, mentors, and neighbors. Talk about your feelings; it can help you understand why you feel the way you do. A simple phone call, a chat over coffee, or a nice email, greeting card or letter can brighten your mood.

Sandy Community Center  
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Sandy, OR 97055