

SANDY SENIOR NEWSLETTER

January & February 2026



REMINDER

January 1st & 19th
AND February 16th
we will be closed in
observance
of the holidays.

INCLEMENT WEATHER

During inclement weather
events, we err on the side of
caution.

Please call or check our website
for the latest information on
closures or delays.

HAPPY
New Year



Call to sign up for
the 2026
newsletter!

Mailed newsletter is \$12 for the year



TRANSPORTATION

Transportation is available for limited
events at the center, indicated by a
specific icon. Advance registration is
required due to limited rides, with a
suggested donation of \$2.



Lunches have resumed. Join us
for a warm meal, friendly faces,
& great conversation.

More information on pg 5



GOT CANS?



Do you have bottles and cans that are piling
up and you don't have time or a
way to take them to the redemption center?

Now you can donate your bottles
and cans to the Senior Center.
Please drop them off at the Senior Center
at your convenience.

Sandy Shopping Shuttle

Door to door transportation to local
grocery store.

January 8th, 15th, 22nd, & 29th
February 5th, 12th, 19th, & 26th

Suggested Donation- \$2.00 roundtrip.

Call 503-668-5569



To secure your seat, please call the
center 7 days in advance.

Limit of 4 bags allowed per person.

JANUARY EVENTS



Dine Out
Wan Lung
 Happy Valley, OR
 Wednesday, January 7th
 5:00pm-8:00pm
 Suggested Donation \$6+
 Cost of Dinner



Hike & Lunch
 Tanner Creek Park Trail
 Biscuits Cafe
 West Linn, OR
 Wednesday, January 14th
 10:30am-3:30pm
 Suggested donation \$7+
 Cost of Lunch



Dalles Dam Eagle Watch
 Cousins Restaurant
 The Dalles, OR
 Friday, January 16th
 9:00am-4:00pm
 Suggested Donation \$10



Dine Out
The Cazadero Steakhouse
 Estacada, OR
 Wednesday, January 21st
 5:00pm-8:00pm
 Suggested Donation \$5 +
 Cost of Dinner



Hike & Lunch
 Gresham Fairview Trail
 Roadhouse Grill
 Gresham, OR
 Wednesday, January 28th
 10:30am-3:00pm
 Suggested donation \$5 +
 Cost of Lunch



Spirit Mountain Casino
 Grand Ronde, OR
 Friday, January 30th
 9:00am-6:00pm
 Suggested donation \$20



Registration opens January 2nd

The Dalles Dam Eagle Watch Friday, January 16th



The Dalles Dam Visitor Center & adjacent Seufert Park is a hub for bird watchers, photographers and others seeking to see America's National Symbol in action. This is because, located directly across the river from the visitor center and Seufert Park is The Dalles Dam and a green space on the south side of the dam, known as Westrick Park.



AARP Safe Driving Class



Thursday, January 22nd,
 9:00am-4:30pm

Call to register
503-668-5569



\$20 AARP member
 \$25 non-member
 \$2 Suggested donation to center



FEBRUARY EVENTS



Hike & Lunch

Tualatin River Greenway
California Pizza Kitchen

Tualatin, OR

Friday, February 6th

10:30am- 4:00pm

Suggested Donation \$8

+ Cost of Lunch



Dine Out

Oswego Grill

Clackamas, OR

Wednesday, February 11th

5:00-8:30pm

Suggested Donation \$6



OMSI

Portland, OR

Friday, February 13th

10:30am-4:00pm

Admission \$17 + Suggested

Donation \$8



Hike & Lunch

Burnt Bridge Greenway

Golden Corral

Vancouver, WA

Wednesday, February 18th

10:30am-4:00pm

Suggested Donation \$8+

Cost of Lunch



Dine Out

La Carreta

Gresham, OR

Wednesday, February 25th

5:00pm-8:00pm

Suggested Donation \$5+

Cost of Dinner



Portland Spring Home &

Garden Show

Portland, OR

Friday, February 27th

10:30am-4:00pm

Admission \$15 + Suggested

donation \$8



Registration opens February 2nd

Portland Spring Home & Garden Show Friday, February 27th



For almost 80 years, this is the official and annual event that has brought together garden enthusiasts, design aficionados, homeowners, remodelers, and local artisans and vendors. It offers attendees the latest tips and trends in home and garden design. Discover vendor exhibits, attend informative presentations and demonstrations, wander through showcase gardens, shop for plants, and more. With spring being the ideal season to kickstart home and garden projects, the Portland Spring Home and Garden Show is the ultimate destination for inspiration and expert guidance to bring your vision to life.

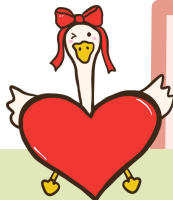


TRANSPORTATION REACHING PEOPLE CLACKAMAS COUNTY

TUESDAY FEB 3RD @ 11:45

Come Learn about Volunteer Opportunities





CLASSES & WORKSHOPS

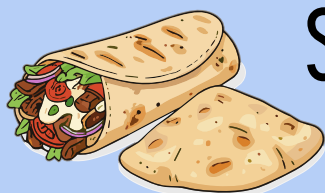


CLAY CLASSES

FEBRUARY: COILS MAKE FEB 11 & GLAZE FEB 25

ON SPECIFIC WEDNESDAYS @ 10:00AM-12:00PM \$10 PER MONTH

*come learn the technique of using coils to make vases, flower pots, bowls etc.



SENIOR COOKING CLASSES

12:00PM- 1:30PM

\$10 PER CLASS



JANUARY 21,
Turkey Meatball Gyros

FEBRUARY 18
Greek Lemon Chicken Soup



MT HOOD HOSPICE WORKSHOPS

TUES, JAN 27; SOULFUL EXPRESSION; ART & GRIEF

TUES, FEB 17; HOLDING GRIEF GENTLY

*Held in the dining room after lunch; 12:30- 2pm



***Special Song Care Session**
Jan 27th in Auditorium
11-12

AMERICAN FAMILY ESTATE PRESERVATION

TUES, FEB 24; 5 COMMON STRATEGIES FOR ESTATE PLANNING

Hear from Sarah Cereghino and learn how to avoid the lengthy and expensive probate process and safeguard your assets. With a Q&A session at the end.

*Held in the dining room after lunch; 12:30- 1:30pm



CHAIR YOGA

Tuesdays &
Thursdays
9:15am-9:45am
\$5 per class

YOUNG AT HEART

W/ CAROL COHEN

Tuesdays &
Thursdays
10am-10:30am

Donations gladly
accepted



BETTER BALANCE TAI CHI

W/ BONNIE

Tuesdays & Thursdays
Classes resume
January 13th
12:30pm-1:30pm
Free



Activities



Open Art Studio

Mondays @ 1pm to 4pm Cost: \$5



This is not an art lesson; this is a place to create with a group of likeminded people. *Bring your own supplies each time (no commitment)

Bingo



**Tuesday, Jan 13th
Tuesday, Feb 10th
@ 1:30pm**

**Cost- \$5 for
10 cards**



Bunco

**Wednesday, Jan 14th
Wednesday, Feb 11th
@ 1:00pm-4:00pm**

Cost- \$4

First time?
Call us before



Pinochle



**Jan 6th & 20th
Feb 3rd & 17th
@ 10-12pm**

Free



Bunco Update: Starting in November, Bunco participants will need to call the center to register starting the first day of the month, so we can have a firm count of attendees.



Lunches are back!

Tuesdays @ 12pm

Call to Register!

**Ages 60+ \$5 Suggested Donation
For ages 59 and younger cost is \$5**

**SIGN UP
TODAY**

Jan 6

Turkey Tetrazzini
Vegetables
Tropical Fruit
& Cornmeal Roll

Jan 13

Orange Glazed
Chicken
Brown Rice
Ginger Carrots
Diced Peaches

Jan 20

Roast Pork w/
Apple Cranberry
Sauce, Whipped
Potatoes
Vegetables
Sunflower Roll

Jan 27

Chicken Mushroom
Bake
Vegetables
Corn & Multigrain
Roll

Feb 3

Mac & Cheese
Italian Vegetables
Garlic Roll
Tropical Fruit

Feb 10

Meatballs
Country Gravy
Whipped Potatoes
Rye Bran Bread

Feb 17













Sweet & Sour Pork
Brown Rice
Ginger Carrots
Peaches

Feb 24

Chicken Gumbo
Dirty Rice
Succotash
Carrots
Mandarin Oranges



We have transportation available; however seats are limited therefore please register at least one business day in advance. There is a suggested \$2 donation for transportation. Menu may be altered or changed without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
<div>January</div>				
<div>5</div> 10-12:30 Cards & Puzzles 1-4 Open Art Studio	<div>6</div> 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 10-12 Pinochle 12-12:30 Lunch 	<div> December 31 NEW YEAR'S EVE </div>	<div>1</div> HAPPY NEW YEAR 2026 Center Closed	<div>2</div> 
<div>12</div> 10-12:30 Cards & Puzzles 1-4 Open Art Studio	<div>13</div> 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12-12:30 Lunch 12:30-1:30 Better Balance- Tai Chi 	<div>14</div>  Hike & Lunch 10:30am Bunco @1:00	<div>15</div> Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi	<div>16</div>  Dalles Dam Eagle Watch & Cousins' Restaurant @9
<div>19</div> Center Closed MLK Jr Day. 	<div>20</div> 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 10-12 Pinochle 12-12:30 Lunch 12:30-1:30 Better Balance- Tai Chi	<div>21</div> Cooking Class @12  Dine Out: Cazadero Steakhouse @5	<div>22</div> Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi AARP Safe Driving Class	<div>23</div> 
<div>26</div> 10-12:30 Cards & Puzzles 1-4 Open Art Studio	<div>27</div> 9:15-9:45 Chair Yoga 10-10:30 Young at Heart  Song Care w/ Sandy River Hospice Threshold Singers @11 12-12:30 Lunch 12:45-2pm Grief Workshop 12:30-1:30 Tai Chi	<div>28</div>  Hike & Lunch 10:30am 	<div>29</div> 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi	<div>30</div> Spirit Mt. Casino @9 

Reminder- if you need to cancel an outing please let us know at least 3 days in advance so we can issue a credit. If tickets have already been purchased we will not be able to issue a credit.

February

Senior Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div>10-12:30 Cards & Puzzles 1-4 Open Art Studio</div>	<div>3</div> <div>9:15-9:45 Chair Yoga 10-10:30 Young at Heart 10-12 Pinochle 12-12:30 Lunch 12- TRP with CC 12:30-1:30 Better Balance- Tai Chi</div>	<div>4</div> <div></div>	<div>5</div> <div>Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi</div>	<div>6</div> <div>Hike & Lunch 10:30am</div>
<div>9</div> <div>10-12:30 Cards & Puzzles 1-4 Open Art Studio</div>	<div>10</div> <div>9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12-12:30 Lunch 12:30-1:30 Better Balance- Tai Chi</div>	<div>11</div> <div>Clay Class @10 Bunco @1:00 Dine Out: Oswego Grill @5</div>	<div>12</div> <div>Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi</div>	<div>13</div> <div>Omsi @10:30am</div>
<div>16</div> <div>PRESIDENT'S DAY Center Closed</div>	<div>17</div> <div>9:15-9:45 Chair Yoga 10-10:30 Young at Heart 10-12 Pinochle 12-12:30 Lunch 12:30-1:30 Better Balance- Tai Chi Mt. Hood Hospice Hold Grief Gently 12:45-1:45</div>	<div>18</div> <div>Hike & Lunch 10:30am Cooking Class @12</div>	<div>19</div> <div>Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi</div>	<div>20</div> <div></div>
<div>23</div> <div>10-12:30 Cards & Puzzles 1-4 Open Art Studio</div>	<div>24</div> <div>9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12-12:30 Lunch 12:30-1:30 Better Balance- Tai Chi Estate Planning 12:30-1:30</div>	<div>25</div> <div>Clay Class @10 Dine Out: La Carreta @5</div>	<div>26</div> <div>Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi</div>	<div>27</div> <div>Portland Spring Home & Garden Show @10:30</div>

Reminder- if you need to cancel an outing please let us know at least 3 days in advance so we can issue a credit. If tickets have already been purchased we will not be able to issue a credit.

TRIP SIGN-UP POLICY:

- Reservations begin on the first business day of the month at 9am. You can add funds to your account ahead of time. However, you will still need to call on the first business day of the month to register.
- You may sign up for a trip by phone or in person.
- You may register for yourself or another senior in your household.
- Seniors (60+) and caregivers receive first priority for trips. Under 60 travelers may attend, if space permits.
- Payment is due at the time of reservation.
- Refunds are issued as credit on account only.
- To cancel an outing please let us know at least 3 days in advance.
 - If tickets have already been purchased we will not be able to issue a credit, unless we have another person able to take your spot.
- Travelers with mobility issues or other health concerns should choose wisely when selecting trips. All travelers must be independent or bring a caregiver to assist.
- Trips are subject to change or cancellation due to lack of participation, weather.

The above guidelines may be altered to fit the needs of a specific trip

MAILED NEWSLETTER ARE \$12 FOR THE 2026 NEWSLETTER.

FOR PAPER COPIES PICKED UP AT THE CENTER, THERE IS A SUGGESTED DONATION OF \$6/YEAR.

Senior Loneliness Line

A free call service for Oregonians aged 55 & older offering support from a trained volunteer. The service provides confidential phone call conversations to those experiencing loneliness, anxiety, or depression.

The helpline 503-200-1633 is available daily from 5:30am to 11:30pm



- Friendly conversations
- Resources and referrals
- Grief support
- Emotional support & understanding
- Elder abuse prevention & counseling
- Suicide intervention



Parks & Rec Interim Director

Tiana Rundell
trundell@ci.sandy.or.us
503-709-5364

Community/Senior Center Manager

John Wallace
jwallace@ci.sandy.or.us
503-489-2152

Transportation Coordinator/Driver

Marc Young
myoung@ci.sandy.or.us
503.489.2156

Recreation Coordinator

Carol Cohen
ccohen@ci.sandy.or.us
503-489-2151

Recreation Coordinator

Amy Lytle
alytle@ci.sandy.or.us
503-783-2589

Client Services Coordinator

Caroleana Smallwood
csmallwood@ci.sandy.or.us
503-489-2154

Executive Assistant

Chelsea Jarvis
cjarvis@ci.sandy.or.us
503-489-2155

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www.cityofsandy.com

