

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.



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.

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.

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



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



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



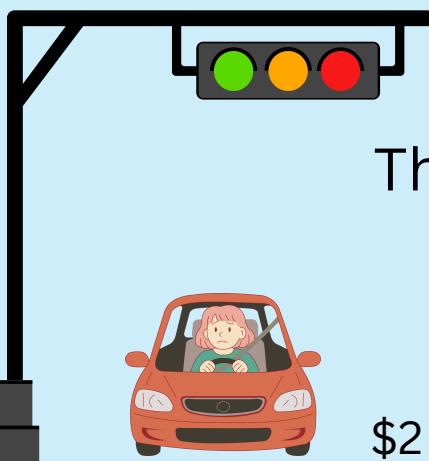
Registration opens January 2nd

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

**\$20 AARP member
\$25 non-member**

\$2 Suggested donation to center

Call to register 503-668-5569



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



Hike & Lunch
Burnt Bridge Greenway
Golden Corral
Vancouver, WA
Wednesday, February 18th
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



SCIENCE OMSI
Portland, OR
Friday, February 13th
10:30am-4:00pm
Admission \$17 + Suggested
Donation \$8



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.



**VOLUNTEERS
NEEDED**

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



Pinocchio

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 \$9

✓
**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

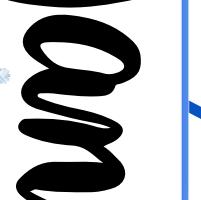
Sweet & Sour Pork
Brown Rice
Ginger Carrots
Peaches

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
				December 31
				NEW YEAR'S EVE 2026
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Fellowship Senior Calendar

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

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



www.cityofsandy.com

Center Address
38348 Pioneer Blvd.
Sandy, OR 97055
(503) 668-5569