



SANDY SENIOR SCENE NEWSLETTER

July & August 2026

HELLO SUMMER

Reminder
The Center is closed on
Friday, July 3rd



Summer BBQ
Friday, July 17th @ 12pm
\$12 Suggested Donation

Register now!




Sandy Shopping Shuttle
Door to door transportation to local grocery stores.
July 2nd, 16th, 23rd, & 30th
August 6th, 13th, 20th, & 27th



Suggested Donation- \$2.00 roundtrip.
Call 503-668-5569

To secure your seat, please call the center up to 7 days in advance. Limit of 4 bags allowed.

Come see us at the Mt. Hood Farmers Market!

We'll be there July 24th and August 7th



4th of July Fireworks Show
High School Field
@ Dusk
250th Anniversary!



TRANSPORTATION

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




JULY EVENTS



Dine Out
Dragon Palace
Gresham, OR

Wednesday, July 8th

5:00pm-8:00pm

Suggested Donation \$5 +
Cost of Dinner

Hike & Lunch

Little Zig Zag Falls
Chuki's Grill

Zig Zag/Welches, OR

Wednesday, July 15th

10:30am-2:30pm

Suggested donation \$5+
Cost of Lunch



Dine Out- Gustavs
Vancouver, WA

Wednesday, July 22nd

4:00pm-8:30pm

Suggested Donation \$7
+ Cost of Dinner

Rose City Vintage Market

Portland, OR

Friday, July 24th

11:00am-4:00pm

Admission \$10 +

Suggested donation \$8



The Great Oregon Steam Up

Brooks, OR

Saturday, July 25th

10:00am-3:00pm

Admission \$17 +

Suggested Donation \$10



Hike & Lunch

Cook Family Park Loop
& 60's cafe

Tigard/Tualatin

Wednesday, July 29th

10:30am-3:30pm

Suggested donation \$8
+ Cost of Lunch



Casino Day: Chinook Winds

Lincoln City, OR

Friday, July 31st 9:00am-6:30pm

Suggested donation \$20

Registration opens July 1st

The Great Oregon Steam-Up

Saturday, July 25th

Immerse yourself in a bygone era at The Great Oregon Steam-Up, a riveting spectacle where colossal steam-powered machines come alive, telling the untold tales of Oregon's rich industrial past - an exciting journey into history that's too fascinating to miss!



**Day Trip to
Chinook Winds
Casino!**

Friday, July 31st



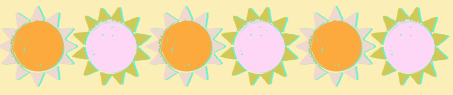
Rose City Vintage Market

Friday, July 24th

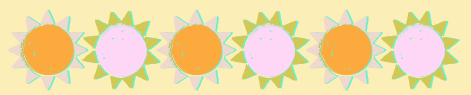
Rose City Vintage Market always presents the finest vintage dealers in the West

Objects, art, antiques, Americana, MCM, collectibles, curiosities, advertising, fashion, accessories, ephemera, memorabilia, toys and so much more!





AUGUST EVENTS



Mini Golf & Food Carts
Eagle Landing/Happy Valley
Wednesday, August 5th

10:30am-3:00pm

Admission \$11 + Suggested Donation \$6

(Additional \$3 if we don't get a group of 10 or more)



Bonneville Dam & Fish Hatchery
Bridgeside

Cascade Locks, OR
Friday, August 7th

9:15am-4:00pm

Suggested Donation \$9



Dine Out
Casa Colima

Happy Valley, OR

Wednesday, August 12th

5:00pm-8:00pm

Suggested Donation \$6+

Cost of Dinner



Hike & Lunch
Milo Mclver State Park
& BBQ Barn
Estacada, OR

Friday, August 14th

10:30am- 2:30pm

Suggested Donation \$5, + Cost of Lunch

Clackamas County Fair- Canby, OR

Wednesday, August 19th 10:30am-4:00pm

Suggested Transportation Donation \$8

Admission (Pay at gate):

Age 60-64yrs \$10

Age 65-74yrs \$2

Age 75 + Free



Hike & Lunch
Glendover

Changs Mongolian Grill
Portland/Milwaukie, OR

Friday, August 28st

10:30am- 2:30pm

Suggested Donation \$6



Dine Out

McGraths Fish House
Vancouver, WA

Wednesday, August 26th

4:00pm-8:30pm

Suggested Donation \$7 + Cost of Dinner



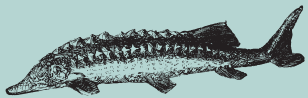
**Registration opens
August 3rd**



Clackamas County Fair

Wednesday, August 19th

Livestock, crafts, local produce, food vendors. Don't forget the rides!



Bonneville Dam & Fish Hatchery

Friday, August 7th

Display ponds offer a relaxing place to feed large rainbow trout and view adult white sturgeon measuring more than 10 feet long. There is a gift shop open all year. Interpretive displays are available inside and out, including an informational video and a viewing area to watch fall spawning activities. **Bring quarters to feed the fish!**

Lunch after at Bridgeside.



Mountain Festival Kids Events



Pet Show

Wed, July 8th

10am-12pm

Sandy Bluff Park



Kids Bike Challenge

Thurs, July 9th

10am-12pm

Cedar Park



Kids Parade

Fri, July 10th

10am-12pm

Sandy Pleasant St



CLASSES & WORKSHOPS



LUNCH & LEARNS- Come for lunch, stay to learn
*Held in the dining room after lunch; 12:45- 1:45pm

TUES, JULY 21ST : LIVING HEALTHIER WITH CHRONIC DISEASE

Join Angela Schilling-Koons from **Best You Healthcare Solutions** for an educational wellness talk designed to help community members better manage chronic conditions and improve everyday well-being.



TUES, AUGUST 18TH - SENIOR LIVING; WHEN IS THE RIGHT TIME TO MOVE

Discover the benefits of senior living, get your questions answered, and learn how to recognize the right time to make a move. Presented by Jessica L. Clemence of Cascadia Village Senior Living by Cogir.



MEDICARE SCHOLAR Instructor: Cedar Springs Advisors

Wed, July 22nd : Diabetic Treatment

Wed, August 26th : Special Plans for Heart, Diabetes, and Low-income

*Both classes start at 2pm, held in the dining room



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 & HOWARD

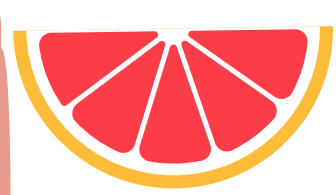
Tuesdays & Thursdays
12:30pm-1:30pm

Free

Donations gladly
accepted



Activities



Bingo

Tuesday, July 14th
Tuesday, August 11th
@ 1:00pm
Cost- \$5 for 10 cards
 Suggested donation of \$1 for supplies.



Bunco

Wednesday, July 8th
Wednesday, August 12th
@ 1:00pm-4:00pm
Cost- \$4
 First time?
 Call us before



Pinocle

July 7th & 21st
August 4th & 18th
@ 10-12pm
Free



Bunco Update: 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.



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)



Lunches at the center!

Tuesdays @ 12pm

Call to Register!

SIGN UP TODAY

July 7th

Hamburger
 Baked Beans
 Creamy Coleslaw
 Gelatin Dessert

July 14th

Ground beef Stew
 Mixed Vegetables
 Corn Salad
 Roll
 Fruit

July 21st

Cheese Lasagna Roll
 Vegetables
 Coleslaw
 7 Grain Roll
 Fruit

July 28th

Breaded Fish
 Potatoes
 Vegetables
 Bread
 Fruit

August 4th

Sweet & Sour Pork
 Brown Rice
 Vegetables
 Pineapple Slaw
 Bread

August 11th

Macaroni & Cheese
 Peas & Carrots
 Broccoli
 Squash Bread
 Fruit

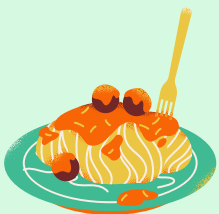
August 18th

Ham & Swiss
 Sandwich
 Lentil Soup
 Carrot Raisin Salad
 Fruit

August 25th

Chicken Spanish Rice
 Vegetables
 Bean Salad
 Wheat Roll
 Fruit

Ages 60+ \$5 Suggested Donation/ For ages 59 and younger cost is \$9



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

AUGUST

2026 SENIOR CALENDAR

3

10-12:30 Cards & Puzzles

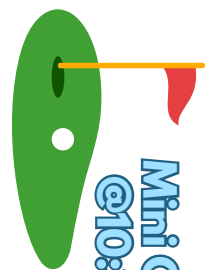


4

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

5

Mini Golf @10:30



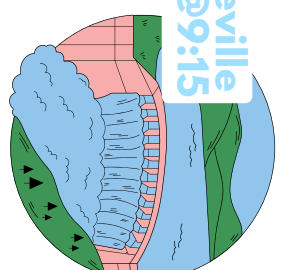
6

Shopping Shuttle

9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12:30-1:30 Better Balance- Tai Chi

7

Bonneville Dam @9:15



10

10-12:30 Cards & Puzzles
1-4 Open Art Studio



11

9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12-12:30 Lunch
12:30-1:30 Better Balance- Tai Chi


BINGO
1:00 Bingo



12

Bunco @1-4

Dine Out- Casa Colima @5pm



13

Shopping Shuttle

9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12:30-1:30 Better Balance- Tai Chi

14

Hike & Lunch @10:30



17

10-12:30 Cards & Puzzles
1-4 Open Art Studio


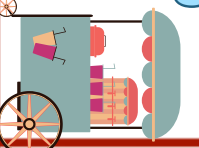



18

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

19

Clackamas County Fair @10:30

20

Shopping Shuttle

9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12:30-1:30 Better Balance- Tai Chi

21



24

10-12:30 Cards & Puzzles
1-4 Open Art Studio



25

9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12-12:30 Lunch
12:30-1:30 Better Balance- Tai Chi

26

Medicare Class 2pm-3pm

Dine Out- McGrath's Fish House @4pm





27

Shopping Shuttle

9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12:30-1:30 Better Balance- Tai Chi

28

Hike & Lunch @10:30




Monday Tuesday Wednesday Thursday Friday

JULY

2026 SENIOR CALENDAR

<p>6</p> <p>10-12:30 Cards & Puzzles 1-4 Open Art Studio</p> 	<p>7</p> <p>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</p>	<p>8</p> <p>Mt Festival Pet Show @10-12 Bunco @1-4</p>  <p>Dragon Palace @5pm</p>	<p>9</p> <p>Mt Festival Bike Pedal Challenge @10-12</p> <p>9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi</p>	<p>10</p> <p>Mt Festival Kids Parade @10-12</p>  <p>Center Closed</p>
<p>13</p> <p>10-12:30 Cards & Puzzles 1-4 Open Art Studio</p> 	<p>14</p> <p>9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12-12:30 Lunch 12:30-1:30 Better Balance- Tai Chi</p>	<p>15</p> <p>Hike & Lunch @ 10:30</p> 	<p>16</p> <p>Shopping Shuttle</p> <p>9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi</p>	<p>17</p> <p>Senior BBQ @12</p>  <p>Sign-up Required</p>
<p>20</p> <p>10-12:30 Cards & Puzzles</p> 	<p>21</p> <p>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</p>	<p>22</p> <p>Medicare Class 2pm-3pm</p>  <p>Gustav's @ 4pm</p>	<p>23</p> <p>Shopping Shuttle</p> <p>9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi</p>	<p>24</p> <p>Rose City Vintage Market @11</p> <p>Saturday 25</p> <p>Great Oregon Steam-Up @10am</p>
<p>27</p> <p>10-12:30 Cards & Puzzles 1-4 Open Art Studio</p> 	<p>28</p> <p>9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12-12:30 Lunch 12:30-1:30 Better Balance- Tai Chi</p>	<p>29</p> <p>Hike & Lunch @ 10:30</p> 	<p>30</p> <p>Shopping Shuttle</p> <p>9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi</p>	<p>31</p> <p>Chinook Winds Casino @ 9am</p> 

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.

MARCH for MEALS CAMPAIGN

A Fundraiser Campaign for Sandy Meals on Wheels
Thank You to our Community Business Sponsors

GOLD SPONSORS:



SILVER SPONSORS:



BRONZE SPONSOR:



Meals on Wheels more than just a meal.

Mountain Festival Parade

Thursday, July 9th @ 7pm

Want to watch the Mt Festival parade?

Reserve a chair in front of the Senior Center by calling 503-668-5569 by

July 7th.



Need help with Yard and property clean up?

Antfarm YouthCore can help provide reliable and affordable clean up services.

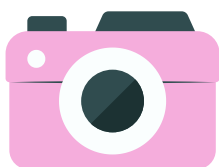
Contact them @ (503)668-7962



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?

Donate your bottles and cans to the Senior Center. Please drop them off at the Senior Center at your convenience.



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

www.cityofsandy.com

