



SANDY SENIOR SCENE NEWSLETTER

July & August 2025



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.

Summer BBQ

**Tuesday July 8th, 2025
12:00pm**



**Suggested \$12 Donation
Call to register
60 person max**



Mt Festival Parade Thursday- July 10th

Senior seats available for front row viewing of the parade fun. Reserve a chair by calling the center.



Fitness in the Park w/ Carol!

Wednesdays

9:00am-9:45am

**Cascadia Park
39200 Newton St.**

Donations gladly accepted



Sandy Shopping Shuttle

Door to door transportation to local grocery stores.

July: 3rd, 17th, 24th & 31st

August: 7th, 14th, 21st & 28th

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.

Lunches have Resumed!

**For more information,
please see page 5.**



SANDY
PARKS AND RECREATION



JULY EVENTS



Dine Out

Applebees

Gresham, OR

Wednesday, July 9th

5:00pm-8:00pm

Suggested Donation \$5 +

Cost of Dinner



Rose City

Vintage Market

Portland, OR

Saturday, July 12th

9:00am-3:00pm

Admission \$12+

Suggested Donation \$8



Hike & Lunch

Willamette Greenway

Old Spaghetti Factory

Portland, OR

Wednesday, July 16th

10:30am-3:30pm

Suggested donation \$7+

Cost of Lunch



Dine Out

Casa Colima

Happy Valley, OR

Tuesday, July 22nd

5:00pm-8:00pm

Suggested Donation \$6 +

Cost of Dinner



Tillamook Air Museum

& Tillamook Creamery

Tillamook, OR

Friday, July 25th

9:00am-5:30pm

Admission (Adult) \$13

Admission (65+) \$11+

Suggested donation \$20



Hike & Lunch

Trillium Lake Loop

Pack a lunch!

Government Camp, OR

Wednesday, July 30th

10:30am-3:30pm

Suggested donation \$6

Registration opens July 1st

PORTLAND EXPO

ROSE CITY
Vintage Market
AND OUTDOOR FLEA



You'll find objects, art, antiques, Americana, MCM, collectibles, curiosities advertising, fashion, accessories, ephemera, memorabilia, toys and so much more!

Save the Date

Concerts:

July 16th - Johnny Limbo

July 30th - Jukebox Heros

August 13th - Revival Brothers Band



Music & Movies in the Park!

Movies:

July 25th - Wild Robot

August 8th - Goonies

August 22nd - Wicked



No registration required- free to attend- Located at Meinig park!



Dine Out

Eagle Creek Saloon
 Eagle Creek, OR
 Tuesday, August 5th
 5:00pm-8:00pm
 Suggested Donation \$5+
 Cost of Dinner



Elephant Garlic Festival
 North Plains, OR
 Friday, August 8th
 10:45am-4:30pm
 Suggested Donation \$10



Hike & Lunch
Butler Creek Greenway Trail
 Panera Bread
 Gresham, OR
 Wednesday, August 13th
 10:30am- 3:30pm
 Suggested Donation \$5
 + Cost of Lunch



Chinook Winds Casino
 Lincoln City, OR
 Friday, August 15th
 9:00am-6:30pm
 Suggested Donation \$20



Dine Out
McGrath's Fish House
 Vancouver, OR
 Tuesday, August 19th
 4:00pm-8:00pm
 Suggested Donation \$7+
 Cost of Dinner



Oregon State Fair
 Salem, OR
 Friday, August 22nd
 9:30am-4:30pm
 Admission (Adult) \$12
 Admission (65+) \$3
 Suggested Donation \$10



Hike & Lunch
Wildwood Zig Zag Cafe
 Welches, OR
 Wednesday, August 27th
 10:30am- 3:30pm
 Suggested Donation \$5
 + Cost of Lunch

Registration opens August 1st



North Plains Garlic festival



In these parts, North Plains is best known for the beloved Elephant Garlic Festival – its Signature event holding a lively celebration each August. At the heart of it all is Stinkeee, our charming and cuddly garlic bulb mascot, who captures the spirit of this family-friendly event. The festival brings together locals and visitors alike to enjoy live music, artisan crafts, enjoyable activities and mouthwatering garlic-infused fare, all in a welcoming, community-centered atmosphere.

Bring your fav
scissors!

Fun with Flowers with Bernadette

July 15th @ 1:00pm

August 12th @ 1:00pm



\$20

This one hour class will guide you with the basic of floral design: floral processing, mechanics and learn key elements for an effortless flower arrangement that you can take home with you!
 Call to reserve your seat!



SENIOR CLASSES



Open Art Studio

Mondays (No class in July) @ 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)



July 16th
Dutch Baby x2!

Senior Cooking Classes

12:00pm- 1:30pm

\$10 per class



August 20th
Rotisserie Chicken Salad

MT HOOD HOSPICE WORKSHOPS

July 29 10:45am- 12 pm



Come experience connection, reflection, and song. We're excited to welcome the new Sandy River Threshold Singers as they offer gentle, soothing music. You are welcome to try out a meditative walk through the labyrinth.



*Held in the Senior Center Auditorium

BINGO

Tuesday, July 8th
Tuesday, August 12th
@ 1:30pm
Cost- \$5 for
10 cards



BUNCO

Wednesday, July 9th
Wednesday, August 13th
@ 1:00pm-4:00pm
Cost- \$4



PINOCHLE

July 15th & 29th
August 5th & 19th
@ 10:30am-12:30pm
Free



CHAIR YOGA

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

YOUNG AT HEART W/ CAROL COHEN

Tuesdays &
Thursdays
10am-10:30am



Pay what you can

BETTER BALANCE TAI CHI W/ BONNIE

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

FREE



More Classes/Events

Medicare Scholar Upcoming Class Dates

Are you feeling perplexed by Medicare? You're not alone!
Do you have unanswered questions? Most people do!
Are you overwhelmed with Medicare mail? Almost every senior is.

Medicare Scholar is here to improve your understanding of Medicare & provide answers to your questions. Whether you've been enrolled years or are preparing to sign up for the first time, Medicare Scholar is for you. Join us for any of our classes!

Wednesdays

July 23rd - Chronic Special Needs Plans

August 27th - Medicare Coverage of Cancer Treatment

Both classes start at 2:00 at the Senior Center



Lunches are back! Tuesdays @ Noon Call to Register!

July 8

Summer
BBQ



July 15

Ground Beef Stew
Corn &
Kidney Bean Salad



July 22

Hamburgers
Ranch Beans
Coleslaw



July 29

Chicken Fajita
Bowl
Fiesta Vegetables
Cilantro Coleslaw



Aug 5

Sweet n' Sour Pork
Brown Rice
Pineapple Slaw



Aug 12

Mac n' Cheese
Peas & Carrots
Cucumber & Red
Onion Salad



Aug 19

Ham n' Cheese
Half Sandwich
w/ Lentil Soup
Coleslaw



Aug 26

Bratwurst w/
Sauerkraut &
Mustard
Baked Beans
Potato Salad

We have a limited amount of transportation available, so please register at least one business day in advance. We kindly request a suggested donation of \$2 to assist with transportation expenses.

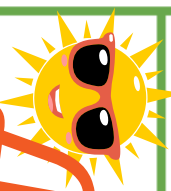
Monday

Tuesday

Wednesday











Thursday

Friday





August

2025 SENIOR CALENDAR

4	5	6	7	8
10-12:30 Cards & Puzzles 1-4 Open Art Studio	9:15-9:45 Chair Yoga 10-10:30 Young at Heart 10-12:00 Pinochle 12-1:00 Lunch 12:30-1:30 Better Balance - Tai Chi  Dine Out-Eagle Creek Saloon @5	9-9:45 Fitness in the Park	Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi	 Elephant garlic Festival @10:45am
11	12	13	14	15
10-12:30 Cards & Puzzles 1-4 Open Art Studio	9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12-1:00 Lunch 12:30-1:30 Better Balance- Tai Chi 1:00 Fun with Flowers 1:30 Bingo 	 Hike & Lunch@ 10:30 1-4pm Bunco Summer Concert @6 The Revival Brothers Band 	Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi	Chinook Winds Casino @9am 
18	19	20	21	22
10-12:30 Cards & Puzzles 1-4 Open Art Studio	9:15-9:45 Chair Yoga 10-10:30 Young at Heart 10-12:00 Pinochle 12-1:00 Lunch 12:30-1:30 Better Balance - Tai Chi  Dine Out-McGrath's @4	Cooking Class @12 	Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi	Oregon State Fair @9:30am 
25	26	27	28	29
10-12:30 Cards & Puzzles 1-4 Open Art Studio	9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12-1:00 Lunch 12:30-1:30 Better Balance- Tai Chi	 Hike & Lunch@ 10:30  Medicare Class 2pm-3pm	Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi	

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.

2025 SENIOR CALENDAR

<h1>Monday</h1>		<h1>Tuesday</h1>		<h1>Wednesday</h1>		<h1>Thursday</h1>		<h1>Friday</h1>	
<h1>July</h1>								<h1>Happy 4th</h1>	
		1 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12-1:00 Lunch 12:30-1:30 Better Balance-Tai Chi		2 9-9:45 Fitness in the Park		3 Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance-Tai Chi		4 Center Closed	
7 10-12:30 Cards & Puzzles		8 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12-1:00 Summer BBQ 12:30-1:30 Better Balance-Tai Chi		9 1-4pm Bunco		10 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance-Tai Chi		11 Saturday July 12 th Rose City Vintage Market @9am	
									
14 10-12:30 Cards & Puzzles		15 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 10-12:00 Pinochle 12-1:00 Lunch 12:30-1:30 Better Balance-Tai Chi		16 9-9:45 Fitness in the Park Hike & Lunch@ 10:30 Cooking Class @12 Summer Concert @6 Johnny Limbo & the Lugnuts		17 Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance-Tai Chi		18	
									
21 10-12:30 Cards & Puzzles		22 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12-1:00 Lunch 12:30-1:30 Better Balance-Tai Chi		23 9-9:45 Fitness in the Park		24 Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance-Tai Chi		25 Tillamook Air Museum & Tillamook Creamery @9am	
									
28 10-12:30 Cards & Puzzles		29 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 10-12:00 Pinochle 10:45-12 Song Care 12-1:00 Lunch 12:30-1:30 Better Balance-Tai Chi		30 9-9:45 Fitness in the Park Hike & Lunch@ 10:30 Summer Concert @6 Jukebox Heroes		31 Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance-Tai Chi			
									

UPDATED 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.

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

MAILED NEWSLETTER FEES ARE INCREASING TO \$12 FOR THE 2025 NEWSLETTER.

NEW: 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
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503.489.2156

Recreation Coordinator

Carol Cohen
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503-489-2151

Recreation Coordinator

Amy Lytle
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503-783-2589

Client Services Coordinator

Caroleana Smallwood
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503-489-2154

Executive Assistant

Chelsea Jarvis
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503-489-2155



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www.cityofsandy.com

