



SANDY SENIOR SCENE NEWSLETTER



May/June 2024

IMPORTANT INFO

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/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

HAPPY BIRTHDAY
Senior Birthday Party!
 Monday June 17th
 11:00am

Sandy Shopping Shuttle
 Door to door transportation to local grocery stores.
 May Dates: 7th, 16th, and 23rd
 June Dates: 4th, 13th, and 20th
 Suggested Donation- \$2.00 roundtrip.
 Call 503-668-5569 to reserve a seat.

Hello
 Spring

Donations Accepted!



**Save The Date
 Summer BBQ
 Tuesday, July 2nd**

*Limited to first 60 people **1:00pm-3:00pm**

*RSVP starting June 1st at 503-668-5569



MAY EVENTS



Dine Out Alpine Events

Rhododendron, OR

Monday, May 6th
@ 5:00pm

Dinner \$36 (includes gratuity) +

Suggested donation \$5

See below for more info



Evergreen Aviation & Space Museum

McMinnville, OR

Friday, May 10th @ 10:30am

Admission \$20 +

Suggested Donation \$10



Hike & Lunch

Tualatin River Trail &
California Pizza Kitchen

Tualatin/Tigard, OR

Wednesday, May 15th

@ 10:30am

Suggested Donation \$8 + Cost
of Lunch



Dine Out Oswego Grill

Clackamas, OR

Thursday, May 23rd
@ 5:00pm

Suggested donation \$6 +

Cost of Dinner



Hike/Lunch

Salish Ponds & Troutdale
Food Carts

Fairview/Troutdale, OR

Wednesday, May 29th

@ 10:30am

Suggested Donation \$5 +

Cost of Lunch



Lebanon Strawberry Festival

Lebanon, OR

Friday May 31st

@ 11:00am

Admission \$10 +

Suggested donation \$15

Registration opens May 1st

Lebanon Strawberry Festival

The Lebanon Strawberry Festival is a community wide celebration held each year. The festival started in 1909 as a celebration of the bountiful berry harvests; the strawberry festival continues today as a chance to bring our community together, and to celebrate with pride all of Lebanon's beauty and friendliness.



SPECIAL DINE OUT



POP UP DINNER WITH ALPINE EVENTS & BUSY BEE CATERING

Monday, May 6th at 5:00pm

Buffet Meal

Baron of Beef

Sesame Roasted Pork Tenderloin

Baked Salmon

Sides + Salads

Plenty of Desserts!

\$36.00 per person

(includes 1 nonalcoholic/alcoholic beverage, buffet dinner, dessert buffet & gratuity)

+ \$5.00 suggested transportation donation.



Due to the nature of this outing, no refunds will be issued unless we can resell your seat.

JUNE EVENTS



Dine Out
Bugatti's
Oregon City, OR

Thursday, June 6th
@ 5:00pm

Suggested Donation \$7
+ Cost of Dinner



Hike & Lunch
Willamette greenway & Old
Spaghetti Factory
Portland, OR

Wednesday, June 12th
@ 10:30am

Suggested Donation \$7 +
Cost of Lunch



Casino
Grande Ronde, OR

Friday, June 14th
@ 9:00am

Suggested Donation \$20 +
Spending Money



Dine Out
Eagle Creek Saloon
Eagle Creek, OR

Monday, June 24th
@ 5:00pm

Suggested Donation \$6+
Cost of Dinner



Hike & Lunch
Biddle Nature Preserve +
Buffalo Wild Wings

Vancouver, WA
& Wood Village, OR
Wednesday, June 26th

@10:30am
Suggested Donation \$7
+ Cost of Lunch

OPEN

National Neon Sign
Museum + Spooky's Pizza
The Dalles, OR
Friday, June 21st

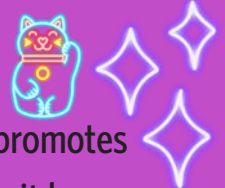
@ 10:30am

Admission \$8+ Suggested
Donation \$10 + Cost of Lunch

Registration opens June 3rd

National Neon Sign Museum

Lunch will be the first stop, followed by the Museum



The NNSM is dedicated to providing a dynamic and entertaining environment that promotes an understanding and appreciation of advertising and signage and the unique role it has played in American history. More than 20,000 square feet of electrifying signs, ephemera, and interactive displays that date from the late 1800's through the 1960's.

If time allows, there are 2 additional Museums we may visit



Pinochle Group

Drop in to play- Great for
beginners or enthusiasts.

May 14th & 28th

June 18th & 25th

10:30am -12:30pm

Bridge Group

Drop in to play- Great for
enthusiasts.

Every Tuesday

12:30pm-3:30pm



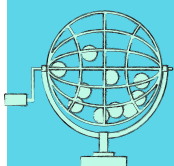
Bingo

Tuesday, May 21st

@ 1:30pm

Community Center

Cost- \$5.00 for 10 cards



Bingo

Tuesday, June 11th

@ 1:30pm

Community Center

Cost- \$5.00 for 10 cards



Senior Classes



Call to sign up!



Clay Classes with Linda Robertson

10:00am-12:00pm

The perfect class for beginners or crafters with experience.

May 1st/15th- Flower Power

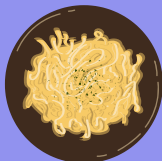
\$10 per class



Cooking Class with Martina

May 22nd ~ 12:00-1:30pm

Rounding out our exploration of the many flavors of pasta, we will make spaetzle with a brown butter sauce from scratch.



Free Financial Literacy Class

June 18: Protecting identity fraud, theft, & scam.

10:45am-11:45am

*Register ahead of time



Mt. Hood Hospice Class

June 11th at 10:45-12pm: Holding our grief gently

Please call the center to register



Chair Yoga

Tuesdays &

Thursdays

9:15am-9:45am

\$5 per class

Benefits of chair yoga include, but are not limited to, loosening and stretching muscles, reducing chronic pain, decreasing stress and improving circulation.

Young at Heart

w/ Carol Cohen

Tuesdays &

Thursdays

10:00am-

10:30am

Pay what you can



Better Balance

Tai Chi

w/ Bonnie

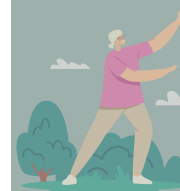
Newman

Tuesdays &

Thursdays

12:30pm-1:30pm

Free



General Information

Silvertones Choir



Do you sing? Do you play an instrument?
The Silvertones are a choir for seniors ages 55 and above.
The Silvertones might be just the thing for you!
Every Monday from 10-11am



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)



Medicare Sessions

Upcoming class dates:

Wednesday, May 29th @ 2pm- Diabetic Treatment and supplies

Wednesday, June 26th @ 2pm- DSNP & Extra Help



Senior Resource Fair

Come learn about great community resources!

Tues May 14th
10-2pm



Yappy Hour



Join us for a night out with your pup! Lots of freebies and vendors.



Sandy's First Canine Carnival!

At Sandy Bluff Park

May 16th



6:00pm to 8:30



You're Invited to a Free Screening of *My Garden of 1000 Bees* at the Sandy Cinema in honor of World Bee Day!

May 20th, 6:00 pm (Doors Open at 5:45)

This film is approx 1 hour



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p>	<p>3</p> <p>10-12:30 Cards, Games & Puzzles 10-11 Silvertones 1-4 Open Art Studio</p>	<p>4</p> <p>Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance - Tai Chi</p>	<p>5</p>	<p>6</p> <p>9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance - Tai Chi</p> <p> Dine Out Bugatti's @5pm</p>	<p>7</p>	<p>8</p> <p><i>National</i> <i>Camping Month</i></p> 
<p>9</p> <p><i>Teman</i> <i>Month</i></p> 	<p>10</p> <p>10-12:30 Cards, Games & Puzzles 10-11 Silvertones 1-4 Open Art Studio</p>	<p>11</p> <p>9:15-9:45 Chair Yoga 10-10:30 Young at Heart Holding our grief gently Hospice 10:45-12pm 12:30-1:30 Better Balance - Tai Chi 1:30pm Bingo</p>  	<p>12</p> <p>Hike & Lunch Williamette Greenway & Old Spaghetti Factory 10:30am</p> 	<p>13</p> <p>Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance - Tai Chi</p>	<p>14</p> <p>Spirit Mt Casino @9</p> 	<p>15</p>
<p>16</p> <p>HAPPY FATHER'S DAY</p>	<p>17</p> <p>10-12:30 Cards, Games & Puzzles 11:00am Birthday Party 1-4 Open Art Studio</p>	<p>18</p> <p>9:15-9:45 Chair Yoga 10-10:30 Young at Heart Financial Literacy 10:45-11:45am 12:30-1:30 Better Balance - Tai Chi</p>	<p>19</p> <p>Center Closed for Juneteenth</p>	<p>20</p> <p>Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance - Tai Chi Longest Day Parkway @6:30</p> 	<p>21</p> <p>National Neon Sign Museum & Spooky's Pizza 10:30am</p> 	<p>22</p> <p><i>National</i> <i>Pollinators</i> <i>Month</i></p> 
<p>23</p>	<p>24</p> <p>10-12:30 Cards, Games & Puzzles 10-11 Silvertones 1-4 Open Art Studio</p> <p>Dine Out: Eagle Creek Salon 5pm</p> 	<p>25</p> <p>9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance - Tai Chi</p>	<p>26</p> <p>Hike & Lunch Biddle Nature Preserve & Buffalo Wild Wings 10:30am</p>  <p>Medicare Class 2pm-3pm</p> 	<p>27</p> <p>9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance - Tai Chi</p>	<p>28</p>	<p>29</p> <p>Noah's Quest @ Bluff Park 9:00am</p> 
<p>30</p>	<p><i>June Senior Calendar</i></p> 					

Registration opens June 3rd

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

Sunday

Monday

Tuesday

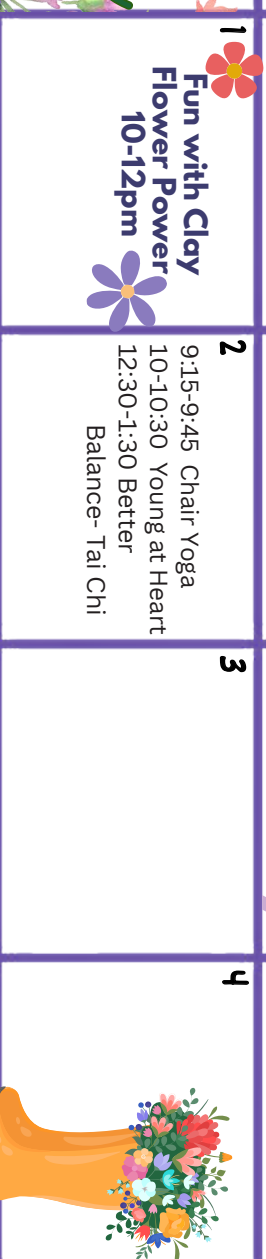
Wednesday

Thursday

Friday

Saturday

May Senior Calendar



Registration opens May 1st

3



6
10-12:30 Cards,
Games & Puzzles
10-11 Silvertones
1-4 Open Art Studio

Dine Out
Alpine Events @5pm

7

Shopping Shuttle

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

8

1 **Fun with Clay**
Flower Power
10-12pm

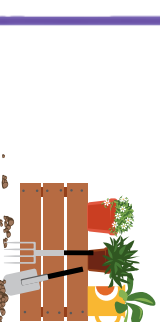
2
9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12:30-1:30 Better
Balance- Tai Chi

3



10
Evergreen Aviation
& **Space Museum**
10:30am

11



12



13
10-12:30 Cards,
Games & Puzzles
10-11 Silvertones
1-4 Open Art Studio

14
9:15-9:45 Chair Yoga
Senior Resource Fair
10am-2pm
10-10:30 Young at Heart
10:30 Pinochle
12:30-1:30 Better Balance
- Tai Chi

15
Hike & Lunch
Tualatin River
Trail &
Cali Pizza Kitchen
10:30am
Fun with Clay
10-12pm

16
Shopping Shuttle
9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12:30-1:30 Better
Balance- Tai Chi

17



18

19

National
Doughnut Week



20
10-12:30 Cards,
Games & Puzzles
10-11 Silvertones
1-4 Open Art Studio

6pm **My Garden of 1000 Bees**
@Sandy Cinema

21

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

Bingo
1:30pm

22

12-1:30 **Cooking Class**

23

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

Dine Out
Osvego Grill
5pm

24

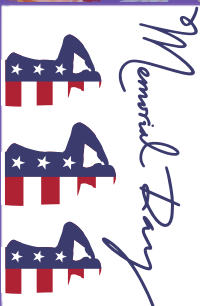
25



26



27 **Center Closed**



28

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

29

Hike & Lunch
Salish Ponds &
Troutdale Food Carts
10:30am

Medicare Class
2pm-3pm

30

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

31

Lebanon
Strawberry Festival
11am

June

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

Noah's Quest @ Bluff Park

Saturday, June 29th



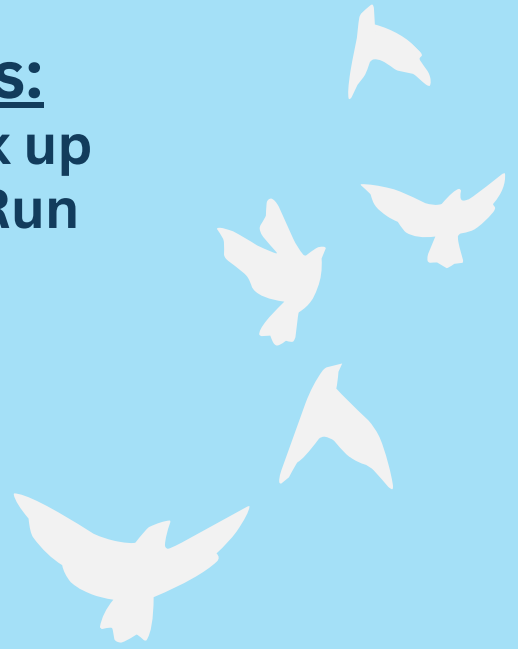
Order of Events:

8:00am: Packet pick up

9:00am: 1k Kiddie Run

9:15am: 5k Walk

9:20am: 5k Run



*Register
online or by
calling the
center.*

Fees:
\$30 Online
\$40 Day of race
\$5 Kiddie run

*For everyone who has lost
a child or the hope of a
child, and for those who
care.*



Parks & Recreation Director

Rochelle Anderholm-Parsch
randerholmparsch@ci.sandy.or.us
503-489-2157

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
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503-783-2589

Client Services Coordinator

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

Executive Assistant

Chelsea Jarvis
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503-489-2155

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