

SANDY SENIOR SCENE NEWSLETTER

May & June 2026

YAPPY HOUR

City of Sandy's 3rd Annual Yappy Hour at **Sandy Bluff Park**
(36910 Goldenrain St)

MAY 14TH
6:00^{PM} - 8:00^{PM}

A carnival for dogs with free treats, pup cups, and games!

Save the Date!

Summer BBQ

Friday, July 17th @ 12pm

\$12 Suggested Donation

Register starting June 15th

Sandy Shopping Shuttle

Door to door transportation to local grocery stores.

May 7th, 14th, 21st, & 28th
June 4th, 11th, 18th, & 25th

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.

Longest Day Parkway

Join us to explore city departments while celebrating the longest day of the year with swag, raffles, hot dogs, and ice cream bars!

WALK OR BIKE AROUND NEW DEER POINTE PARK AND NEIGHBORHOOD

June 18th
@ 6pm - 7:30

NOAH'S QUEST

Noah's Quest For everyone who has lost a child or the hope of a child, and for those who care.
Sandy Bluff Park (36910 Goldenrain St.)

SATURDAY, JUNE 27TH

SCHEDULE	COST
8am - packet pick up	\$30 Pre-register
9am - 1k kiddie run	\$40 day of registrations
9:15am - 5k walk	\$5 Kiddie run
9:20am - 5k run	

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.



MAY EVENTS



NW Senior Theater
Show & Dinner
Tigard/Clackamas, OR
Wednesday, May 6th
12:30pm-7:00pm
Admission \$12 +
Suggested Donation \$8



Marion County Master
Gardener's Plant Sale &
McGrath's Fish House
Salem, OR
Friday, May 8th
9:00am-3:00pm
Suggested donation \$10



Hike & Lunch
Mosier Twin Tunnels
Big Jim's Drive In
Mosier/Hood River, OR
Wednesday, May 13th
10:00am-4:00pm
Suggested donation \$10+
Cost of Lunch



Dine Out
Dragon Palace
Gresham, OR
Wednesday, May 20th
5:00pm-8:00pm
Suggested Donation \$5 +
Cost of Dinner



Oregon Zoo
Portland, Zoo
Friday, May 22nd
10:30am-4:00pm
Admission \$26 +
Suggested donation \$8



Hike & Lunch
Smith & Bybee Wetlands
Panera Bread
Portland, OR
Wednesday, May 27th
10:30am-3:30pm
Suggested donation \$8+
Cost of Lunch



Dine Out- Saylers Old Country Kitchen
Portland, OR
Thursday, May 28th 5:00pm-8:30pm
Suggested Donation \$6 + Cost of Dinner

Registration opens May 1st



Marion County Master Gardeners Plant Show



Friday, May 8th from 9:00am-3:30pm

This plant sale will have more than 10,000 plants available including, vegetables, perennials, natives, pollinators, herbs, shrubs (including blueberries) vines (including grapes), trees, incredible Fuschia baskets (perfect for Mother's Day), Calibrachoa Baskets and Hardy Fuchsia plants. There will be Master Gardeners available to answer your questions. As well there will also be informational tables on bird, bee, and bugs.

Northwest Senior Theater Wednesday, May 6th

Mothers & Fathers and Kids... Oh My!

Join us for a sometimes funny, often poignancy, very musical, look at what makes families tick, just in time for mother's day!

We're adding a dine out to this one!
Dinner at Oswego Grill after.

SAVE THE DATE

Senior Resource Fair

Tues May 12th
10am-1pm

Learn about great community resources!



JUNE EVENTS



Hike & Lunch
Trillium Lake
Huckleberry Inn
Government Camp, OR
Friday, June 5th
10:30am- 3:30pm
Suggested Donation \$8
+ Cost of Lunch



Portland Highland Games
Hillsboro, OR
Saturday, June 6th
10:00am-4:00pm
Admission \$21 +Suggested
Donation \$8



Dine Out
Old Spaghetti Factory
Clackamas, OR
Wednesday, June 10th
5:00pm-8:00pm
Suggested Donation \$6+
Cost of Dinner



Oregon Military Mueseum
& Red Robin
Clackamas, OR
Friday, June 12th
10:30am-3:30pm
Suggested Donation \$6



Hike & Lunch
Tyson Creek Natural Area
Pietros Pizza
Portland/Milwaukie, OR
Wednesday, June 17th
10:30am- 3:30pm
Suggested Donation \$7
+ Cost of Lunch



Dine Out
Rendevous Grill
Welches, OR
Wednesday, June 24th
5:00pm-8:00pm
Suggested Donation \$5+
Cost of Dinner



Prineville Western Days- Prineville, OR
Friday, May 26th 9:30am-5:30pm
Suggested Donation \$20

Registration opens June 1st



PORTLAND HIGHLAND GAMES



Mark your calendars for Saturday, June 6th, when the Games will move to their new home at the Washington County Fairgrounds.

You can expect all the traditions you love—heart-pounding athletics, stirring pipes and drums, Highland dancing, Scottish vendors, whisky tastings, and plenty of community spirit—now with the added benefit of a new time and place. It's the start of a fresh chapter in our 70+ year tradition, and we can't wait to celebrate with you!



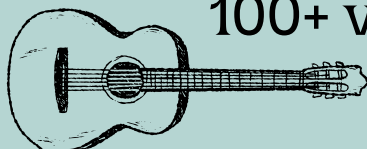
Prineville Western Days



Friday, June 26th

Vendors, Food, Music

100+ vendors



CLASSES & WORKSHOPS

FUN WITH CLAY Birds, Flowers, & Garden Stakes



Wednesday, May 13th (create) 10:00pm -12:00pm
Wednesday, 27th (glaze) \$10 per class



SENIOR COOKING CLASSES



May 20th
Baked Falafels w/
Jerusalem Salad

12:00pm - 1:30pm
\$10 per class



MT HOOD HOSPICE WORKSHOPS

MAY 19TH ; ART & GRIEF

*Held in the dining Rm after lunch; 12:45-2pm
Please call the center to register



LUNCH & LEARN- Come for lunch, stay to learn

TUES, MAY 26: THE TRUTH ABOUT REVERSE MORTGAGES

- Definition of reverse mortgage
- Suitable candidates
- Common myths and misconceptions
- Strategic use of home equity in retirement

*Held in the dining room after lunch; 12:45- 1:45pm

MEDICARE SCHOLAR Instructor: Cedar Springs Advisors

May 27th : Signing up for Medicare

June 24th : Medicare Dental and Vision

*Both classes start at 2, 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

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

Free

Donations gladly
accepted



Activities

Bingo

Tuesday, May 5th
Tuesday, June 9th
@ 1:00pm

Cost- \$5 for
10 cards



Suggested donation of
\$1 for supplies.

Bunco

Wednesday, May 13th
Wednesday, June 10th
@ 1:00pm-4:00pm

Cost- \$4

First time?
 Call us before



Pinocle

May 5th & 19th
June 2nd, 16th & 30th
@ 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

May 5th

Ground Beef Stew
 Salad w/ thousand
 Spinach
 Rye Bran Roll
 Apple Slices

Mon, May 11th

Turkey A La King
 Green Beans
 Creamy Coleslaw
 Biscuit
 Apple Slices

May 19th

Bbq Chicken Salad
 w/ Ranch
 Pickled Beets
 Herb Roll
 Tropical Fruit

May 26th

Chicken Parmesan
 Sandwich
 Brussel Sprouts
 Zuchhini Salad
 Spiced Peaches

June 2nd

Potato Crusted Fish
 w/ Lemon Caper Sauce
 Orzo Pasta
 Spinach
 Pineapple Slaw
 Foccacia Bread

June 9th

Meatballs & Penne
 w/ Marinara
 Vegetables
 Coleslaw
 Garlic Bread

June 16th

Chicken Pot Pie
 Green Beans
 Creamy Coleslaw
 Biscuit
 Apple Slices

June 23rd

Salisbury Steak
 w/ Balsamic Onion Sauce
 Scalloped Potatoes
 Vegetables
 Wheat Bread

June 30th

Teriyaki Kalua Pork
 Jasmine Rice
 Green Beans
 Carrots

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

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



8 10-12:30 Cards & Puzzles
1-4 Open Art Studio



15 10-12:30 Cards & Puzzles
1-4 Open Art Studio



22 10-12:30 Cards & Puzzles
1-4 Open Art Studio



29 10-12:30 Cards & Puzzles
1-4 Open Art Studio



Tuesday

2 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

9 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 @1pm

16 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

23 9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12-12:30 Lunch
12:30-1:30 Better Balance-
Tai Chi

30 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

10-10:30 Young at Heart
10-12 Pinochle
12-12:30 Lunch
12:30-1:30 Better Balance-
Tai Chi

Wednesday



BUNCO @ 1pm



**Old Spaghetti
Factory @5pm**

**Hike & Lunch
@10:30am**



**Medicare Class
2pm-3pm**



**Rendezvous
Grill @5pm**

Thursday

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

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

18 **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 @6pm**

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

Friday



**Hike & Lunch
@10:30am**

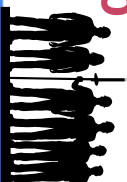


Highland Games @10am

Saturday 6th



**Military Museum
@10:30**



19 **JUNE
TENTH**
Center Closed

**Prineville
Western Days
@9:30am**



JUNE



2026 SENIOR CALENDAR

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.

Monday

Tuesday

Wednesday

Thursday

Friday

May

2026 SENIOR CALENDAR

4

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



5

CINCO DE MAYO
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



6

NW Senior Theatre & Dinner @12:30



7

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

8

Master Gardeners Plant Sale @9



11

10-12 Cards & Puzzles
12-12:30 Lunch



12

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



13

Fun w/ Clay @10am
Hike & Lunch @10:00am
BUNCO @ 1pm

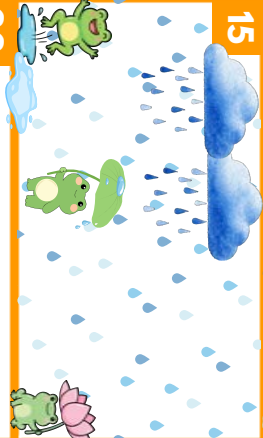


14

Shopping Shuttle
9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12:30-1:30 Better Balance
- Tai Chi
Yappy Hour 6pm-8:pm

15

Oregon Zoo @10:30



18

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



19

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



20

Cooking Class @12
Dragon Palace @5pm



21

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

22

Oregon Zoo @10:30



25

MEMORIAL DAY
Center Closed



26

9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12-12:30 Lunch
12:45-1:45 Lunch & Learn
"Truth about Reverse
Mortgages"

27

Fun w/ Clay @10am
Hike & Lunch @10:30am
Medicare Class 2pm-3pm



28

Shopping Shuttle
9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12:30-1:30 Better Balance
- Tai Chi
Saylor's Old Country Kitchen @5pm



29



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.

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503-348-2822

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

