



SANDY SENIOR SCENE NEWSLETTER

May & June 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.

Do you have a suggestion for a Senior Trip?

Call Marc at 503-489-2156 to share your ideas!



Summer BBQ

Save the date!

Tuesday, July

8th, 2025

12:00pm



Sandy Shopping Shuttle

Door to door transportation to local grocery stores.

May 6th, 15th, 22nd & 29th

June 12th & Wednesday June 18th

Suggested Donation- \$2.00 roundtrip.

Call 503-668-5569

Longest Day Parkway

Join us for an opportunity to discover more about city departments while celebrating the longest day of the year. Enjoy exciting swag, raffles, delicious hot dogs, and delightful ice cream bars!

WALK OR BIKE AROUND THE NEW CEDAR PARK

AND NEIGHBORHOOD

June 20th

@ 6 - 7:30



Policy Change:

If you want to go on Shopping shuttle **you must call into the center and reserve your seat.**

Reservations can be made up to 7 days in advance. There are limited number of seats each week. We will have a **bag limit of 4 bags per person.**



SANDY
PARKS AND RECREATION



Dine Out

Oswego Grill

Clackamas, OR

Tuesday, May 6th

4:45pm-8:00pm

Suggested Donation \$6 +

Cost of Dinner

MAY EVENTS



NW Senior Theater

Battle of the Bandstands

Tigard, OR

Thursday, May 8th

12:30pm-5:00pm

Admission \$10 +

Suggested Donation \$8



Hike & Lunch

Sandy River Greenway

Troutdale Station Food Carts

Troutdale, OR

Wednesday, May 14th

10:30am-3:00pm

Suggested donation \$5+

Cost of Lunch



Dine Out

Dragon Palace

Gresham, OR

Tuesday, May 20th

5:00pm-8:00pm

Suggested Donation \$5 + Cost of

Dinner



Schriner's Iris Garden

Salem, OR

Friday, May 23rd

10:30am-4:00pm

Admission \$8 +

Suggested donation \$10



Hike & Lunch

Browns Ferry Park

California Pizza Kitchen

Tualatin/Tigard, OR

Wednesday, May 28th

10:30am-4:00pm

Suggested donation \$8+

Cost of Lunch



Spirit Mountain Casino- Grand Ronde, OR

Friday, May 30th 9:00am-6:00pm

Suggested donation \$20

Registration opens May 1st

Reminder- June Train trip opens for reg in May



Schriner's Iris Garden



Please join us in May of 2025 as we celebrate our 100 year anniversary! Renowned as an international "bucket list" experience for gardeners and flower enthusiasts, this annual spectacle invites the public to immerse themselves in the beauty and splendor of over 500 named irises in full bloom at the largest iris farm in the country.

Ticket holders are invited to wander iris fields, stroll the 10-acre display gardens, and take in the sight and fragrance of captivating and rare irises and other perennials like lupines, allium and more.

There will be limited food carts for lunch- feel free to pack a lunch!

Senior Resource Fair

Save the Date

**Tues May 20th,
10am-12pm**

**Learn about vital
community resources!**



Hike & Lunch Fish Eddy Loop Backstop Bar & Grill

Canby, OR

Wednesday, June 11th

10:30am- 4:00pm

Suggested Donation \$8

+ Cost of Lunch



Hike & Lunch Mount Talbert Nature Park Happy Valley Food Carts Clackamas/Happy Valley, OR

Wednesday, June 25th

10:30am- 3:30pm

Suggested Donation \$6

+ Cost of Lunch

JUNE EVENTS



Mini Golf Tualatin Island Greens

Tualatin, OR

Friday, June 13th

10:00pm-4:00pm

Admission \$7 Suggested

Donation \$8



Train Trip Oregon City to Centralia, WA

Friday, June 27th

8:45am-7:30pm

Train Ride Cost TBD

Suggested Donation \$6



Dine Out Roadhouse Gresham, OR Tuesday, June 17th 5:00pm-8:00pm Suggested Donation \$5+ Cost of Dinner



Dine Out Olive Garden Gresham, OR Monday, June 30th 5:00pm-8:00pm Suggested Donation \$5+ Cost of Dinner

Registration opens June 2nd



Centralia Train Trip

The train ride from Oregon City to Centralia, WA, is a relaxing journey through the scenic Pacific Northwest. As you travel, you'll pass rolling hills, forests, and small towns. After about two and a half hours, you arrive in Centralia, where the charming downtown invites you to explore. The streets are lined with unique boutiques, antique shops, and cozy cafes. You can browse vintage treasures, pick up handmade goods, or enjoy a leisurely lunch at one of the local restaurants.

Whether you opt for a hearty meal or a light snack, there are plenty of options to satisfy your hunger. With a relaxed vibe and plenty of choices for shopping and dining, it's a perfect afternoon to unwind and enjoy the small-town charm of Centralia.

Register by May 14th for free – pay later once occupancy is established!

Estimated cost: \$45-\$60 (based on group size & Amtrak fees; 10-person min).

Due to the nature of this trip there are no refunds

Bring your fav
scissors!

Fun with Flowers with Bernadette

May 13th @ 10:30am

June 10th @ 10:30am



\$15

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!



\$25

SENIOR CLASSES



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)

Fun with Clay Yard & Planter Art



**Wednesday, May 14th (create)
& Wednesday, 28th (glaze)
At 10am-12pm
Cost: \$10**



Senior Cooking Classes

12:00pm- 1:30pm

\$10 per class

May 21st

Za'atar Spiced Salmon w/ Farro



June 18th

Hawaiian Lunch Plate

MT HOOD HOSPICE WORKSHOPS



Wednesday 2:00pm - 3:30pm

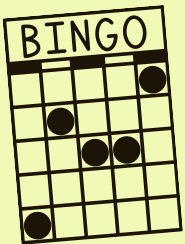
May 14th- Secure your Legacy

June 11th- The power of Expressive Writing



Please call the center to register

***Held in the Senior Center Art Rm**



BINGO

Tuesday, May 13th

Tuesday, June 10th

@ 1:30pm

Cost- \$5.00 for 10 cards

PINOCHLE

May 27th

June 17th & 24th

@ 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 confused by Medicare? So are most people!

Do you have questions you can't get answered? So do most people!

Are you overwhelmed with Medicare mail? Almost every senior is.

Medicare Scholar will enhance your understanding of Medicare and get your questions answered. Whether you have been on Medicare for many years or are just getting ready to sign up, Medicare Scholar is for you.

Drop by for any of our classes!

May 28th : Medicare for Veterans

June 25th : Medicare Supplement Coverage vs HMO or PPO

Both classes start at 2:00 at the Senior Center



Yappy Hour

City of Sandy's 2nd Annual Yappy Hour.

Sandy Bluff Park (36910 Goldenrain St)

May 15th from 6:00p-8:30p

A carnival for the dogs! Bring your dog for free treats, pup cups, and games for your dog.



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 28TH

8am – packet pick up

9am – 1k kiddie run

9:15am – 5k walk

9:20am – 5k run



Cost

\$30 Pre-register
\$40 day of registrations
\$5 Kiddie run



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
12:30-1:30 Better
Balance- Tai Chi



9
10-12:30 Cards & Puzzles
1-4 Open Art Studio



10
9:15-9:45 Chair Yoga
10-10:30 Young at Heart
Fun w/ Flowers @10:30am
12:30-1:30 Better
Balance- Tai Chi
Bingo @1:30pm



16
10-12:30 Cards & Puzzles
1-4 Open Art Studio



17
9:15-9:45 Chair Yoga
10-10:30 Young at Heart
10:30-12 Pinochle
12:30-1:30 Better
Balance- Tai Chi
Roadhouse Grill @ 5



23
10-12:30 Cards & Puzzles
1-4 Open Art Studio



24
9:15-9:45 Chair Yoga
10-10:30 Young at Heart
10:30-12 Pinochle
12:30-1:30 Better
Balance- Tai Chi

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



Olive Garden @ 5

4

11
Fun w/ Clay @10am



Hike & Lunch @10:30am

Grief Workshop w/
Mt. Hood Hospice @2



18 Shopping Shuttle



Cooking Class
@12

25
Fun w/ Clay @10am



Hike & Lunch @10:30am

Medicare Class
2pm-3pm



5
9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12:30-1:30 Better
Balance- Tai Chi

12 Shopping Shuttle

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

19
JUNE
TENTH
Center Closed

26
9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12:30-1:30 Better
Balance- Tai Chi



Train Trip to
Centralia @8:45

20
SUMMER
Longest Day Walkway
@5pm



Mini Golf
@10:00am



June



2025 SENIOR CALENDAR

Reminder- if you need to

cancel an outing please let us know at least 3 days in advance so we can

is sue a credit. If tickets have already been purchased we will not be able to

issue a credit

Monday

Tuesday

Wednesday

Thursday

Friday

May

2025 SENIOR CALENDAR

<h1>May</h1>				
<h2>2025 SENIOR CALENDAR</h2>				
5	10-12:30 Cards & Puzzles 1-4 Open Art Studio		7	
6	Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi Oswego Grill @4:45		8	9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi NW Senior Theatre @12:30
12	10-12:30 Cards & Puzzles 1-4 Open Art Studio		14	Fun w/ Clay @10am Hike & Lunch@ 10:30am Grief Workshop w/ Mt. Hood Hospice @2
13	9:15-9:45 Chair Yoga 10-10:30 Young at Heart Fun w/ Flowers @10:30 12:30-1:30 Better Balance- Tai Chi Bingo @1:30pm		15	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-8:30pm
19	10-12:30 Cards & Puzzles 1-4 Open Art Studio		21	Cooking Class @12 Bee Movie 6:30pm
20	9:15-9:45 Chair Yoga 10-10:30 Young at Heart Resource Fair 10am-12pm 12:30-1:30 Better Balance- Tai Chi Dragon Palace @5		22	Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi
26	MEMORIAL DAY		23	Schreiner's Garden @10:30am
27	9:15-9:45 Chair Yoga 10-10:30 Young at Heart 10-12:00 Pinochle 12:30-1:30 Better Balance- Tai Chi		29	Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi
28	Fun w/ Clay @10am Hike & Lunch @10:30am Medicare Class 2pm-3pm		30	Spirit Mt Casino @9am
Center Closed				

Reminder- if you need to cancel an outing please let us know at least 3 days in advance so we can is sue a credit. If tickets have already been purchased we will not be able to issue a credit

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 & Recreation Director

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