



# SANDY SENIOR NEWSLETTER

September & October 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 & cans to the Senior Center. Please drop them off at the Senior Center at your convenience.

**NOTE: Activities that have transportation available, will now be designated with this icon:**



There is a suggested donation of \$2 per trip.



**The center will  
be closed on  
Sept 1<sup>st</sup>**



## Sandy Shopping Shuttle

Door to door transportation to local grocery stores.



Sept: 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, & 25<sup>th</sup>

Oct: 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup>

Suggested Donation- \$2.00.

Call 503-668-5569 to register.

To secure your seat, please call the center  
7 days in advance.

Limit of 4 bags allowed per person.

## AARP Safe Driving Class

Tues, Nov 4th  
at 9am-4:30pm

Pre-registration required,  
Call the center as early as Sept 2<sup>nd</sup>.

### The cost of Class:

- \$20 AARP members (bring card w/you)
- \$25 non AARP members
- \$2 suggested donation to the Center

Payment by check preferred to AARP or exact amount in cash.

## Lunches are back on Tuesdays!

Please sign up at the start of the month for the meals you'll attend. A **\$5 donation** is suggested for lunch. We welcome more volunteers—contact Caroleana if interested.





# SEPTEMBER OUTINGS



## Dine Out

### Alpine Events

Rhododendron, OR

Monday, September 8th

4:30pm-7:30pm

Dinner + gratuity \$36  
+ Suggested Donation \$5



## Hike & Lunch

Mollala River State Park

Backstop Bar & Grill

Wednesday, September 10th

10:30am-3:30pm

Suggested Donation \$8+  
Cost of Lunch



## Mt. Angel Oktoberfest

Friday, September 12th

10:00am-4:00pm

Suggested Donation \$10



## Hike & Lunch

Mitchell Point Tunnel

Big Jim's Drive in

Hood River, OR

Wednesday, Sept 24th

10:30am-4:00pm

Suggested Donation \$10 + Lunch



## Dine Out

Nicholas

Gresham, OR

Wednesday, September 17th

5:00pm-8:00pm

Suggested Donation \$5 +  
Cost of Dinner



## Swan Island Dahlia Festival

Canby, OR

Friday, September 19th

10:30am-4:00pm

Suggested Donation \$8  
Food Carts or pack a lunch!

Mini Golf + Food Carts  
Eagle Landing/Happy Valley, OR

Friday, September 26th

10:30am-3:00pm

Admission \$12 +  
Suggested Donation \$6

REGISTRATION OPENS SEPTEMBER 2ND-  
THE CENTER IS CLOSED ON SEPT 1<sup>ST</sup> DUE TO LABOR DAY



## DAHLIA FESTIVAL SEPTEMBER 19<sup>TH</sup>, 2025



## DINE OUT- ALPINE EVENTS

Rhododendron, OR

September 8<sup>th</sup>, 2025

### BUFFET MENU

Flank steak, pork loin, lobster ravioli

Delicious sides, desserts,

& 1 beverage of choice.



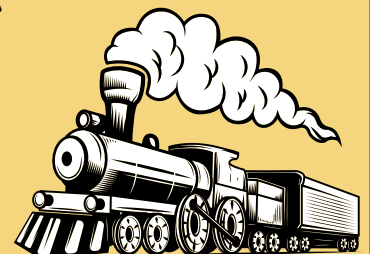
## CENTRALIA TRAIN TRIP

Wednesday, October 15th

Registration opens Sept 2<sup>nd</sup>

Pay later once occupancy is  
established! Estimated cost: \$40-\$55  
(based on group size & Amtrak fees;  
8 person min). Due to the nature of  
this trip there are no refunds.

So popular we  
brought it back!





# OCTOBER OUTINGS

## Hike & Lunch

Rilee Loop & Red Robin  
Newberg/Wilsonville, OR  
Wednesday, October 8th

10:30am- 4:00pm  
Suggested Donation \$8  
+ Cost of Lunch

## Hood River Harvest Festival

Hood River, OR  
Friday, October 10th

11:30am-6:00pm  
Admission \$8  
Suggested Donation \$10

## Dine Out

Eagle Creek Saloon  
Eagle Creek, OR  
Monday, October 13th

5:00pm-8:00pm  
Suggested Donation \$5+  
Cost of Dinner

## Centralia Train Trip

Oregon City, OR  
Wednesday, October 15th  
8:45am-7:30pm

Cost TBD  
Suggested Donation \$6



Hike & Lunch  
Willamette Greenway &  
Old Spaghetti Factory

Portland, OR  
Wednesday, October 22nd

10:30am- 3:30pm  
Suggested Donation \$7  
+ Cost of Lunch



## Dine Out

Barlow Trail  
Welches, OR  
Wednesday, October 29th

5:00pm-8:00pm  
Suggested Donation \$5+  
Cost of Dinner

## Spirit Mountain Casino

Grande Ronde, OR  
Friday, October 24th

9:00am-6:00pm  
Suggested Donation \$20

**Registration opens October 1st**

# HOOD RIVER HARVEST FESTIVAL

HOOD RIVER HARVEST FEST FEATURES A VARIETY OF PRODUCE, INCLUDING APPLES, PEARS, AND SQUASH, ALONG WITH HANDCRAFTED LOCAL GOODS LIKE HATS, CANDLES, AND JEWELRY.

THE FESTIVAL OFFERS A DIVERSE FOOD SELECTION, INCLUDING THAI CUISINE AND BBQ.

WE WILL TRY TO STOP AT DRAPER GIRLS AND PACKER ORCHARDS ON THE WAY HOME. IF TIME PERMITS.



## CLACKAMAS COUNTY'S WEATHERIZATION

Clackamas County Weatherization Services aids low-income families by increasing home energy efficiency, and lowering energy costs, thus improving comfort and safety.



**Tuesday, October 7<sup>th</sup>  
at 12:45<sub>pm</sub>-1:45<sub>pm</sub>**

Learn about free and low-cost energy-saving tips to help reduce utility bills.



# CLASSES & WORKSHOPS



## CLAY CLASSES



10:00am-12:00pm  
\$10 per month

- SEPTEMBER 10<sup>TH</sup> & 24<sup>TH</sup> ANYTHING FALL  
\*Leaves, mushrooms, pumpkins, ghosts and more
- OCTOBER 8<sup>TH</sup> & 22<sup>ND</sup> SLAB WORK USING REAL LEAVES OR BRANCHES

\*Please bring in plants (ferns, pinecones, lavender, leaves, etc) from your own yard to add a creative touch to your clay pieces. We will make wall hanging, coasters, small plate, or a table leaf to hold jewelry



SEPTEMBER 17<sup>TH</sup>  
TACO SOUP & CORN SALAD



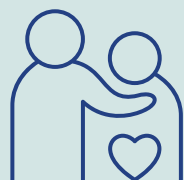
## COOKING CLASSES

12:00<sub>PM</sub> - 1:30<sub>PM</sub>

\$10 PER CLASS



OCTOBER 15<sup>TH</sup>  
BUTTERNUT SQUASH SOUP &  
ROASTED VEGGIE SALAD



## MT HOOD HOSPICE WORKSHOPS

- SEPT 23<sup>RD</sup> - HOLDING OUR GRIEF GENTLY
- OCT 21<sup>ST</sup> - GRIEF DURING THE HOLIDAYS

\*Held in the **dining room after lunch** 12:30<sub>pm</sub>- 2<sub>pm</sub>



## MEDICARE SCHOLAR CLASS

- SEPT 24- THE ANNUAL ELECTION PERIOD
- OCT 22- ORIGINAL MEDICARE VS MEDICARE ADVANTAGE

\*Held in the dining room at 2pm



## CHAIR YOGA

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

## YOUNG AT HEART W/ CAROL COHEN

Tuesdays &  
Thursdays  
10am-10:30am

**Free**



## BETTER BALANCE TAI CHI W/ BONNIE

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

**FREE**





# Activities



## 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)\*



### Bingo



**Tuesday, Sept 9<sup>th</sup>  
Tuesday, Oct 14<sup>th</sup>  
@ 1:30pm**

**Cost- \$5 for  
10 cards**



### Bunco



**Wednesday, Sept 10<sup>th</sup>  
Wednesday, Oct 8<sup>th</sup>  
@ 1:00pm-4:00pm**

**Cost- \$4**

**First time? Call us before**

### Pinochle



**Tuesdays  
Sept 16<sup>th</sup> & 30<sup>th</sup>  
October 21<sup>st</sup> & 28<sup>th</sup>  
@ 10-12pm  
Free**



## Lunches are back!

**Tuesdays @ Noon**

**Call to Register!**

**\$5 Suggested Donation**



### Sept 9

Mozzarella  
Chicken w/  
Veggies  
Garbanzo bean  
Salad

### Sept 16

Chicken Fajitas  
Salad w/ Lemon  
Dressing  
Flour Tortilla



### Sept 23

Greek Chicken  
Thigh  
Cucumber-Yogurt  
Sauce, Pita Bread  
w/ Carrots



### Sept 2

Country Meatballs  
w/ Gravy  
Mashed Potatoes,  
& Spinach



### Sept 30

**Oktoberfest Special**

Sausage (pork) w/  
Sauerkraut, bun  
German Potato  
Salad



The October menu has not been released yet. We will be serving lunches on Oct 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>. We will post the menu at the center once available.

\*Menu subject to change\*









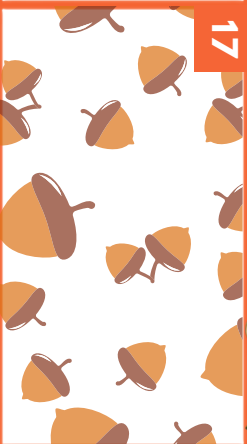






We have transportation available; however seats are limited therefore please register at least one business day in advance. A suggested donation of \$2 will help with transportation expenses.



# Monday Tuesday Wednesday Thursday Friday

# October

## 2025 SENIOR CALENDAR

<b>6</b> 10-12:30 Cards & Puzzles 1-4 Open Art Studio	<b>7</b> 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12-12:30 Lunch 12:30-1:30 Better Balance- Tai Chi  CC Weatherization @12:45pm	<b>8</b>  Clay@10  Hike & Lunch @10:30 Bunco @1-4	<b>9</b> Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi	<b>10</b>  Hood River Harvest Festival @11:30
<b>13</b> 10-12:30 Cards & Puzzles 1-4 Open Art Studio  Dine Out- Eagle Creek Saloon @5pm	<b>14</b> 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12-12:30 Lunch 12:30-1:30 Better Balance- Tai Chi 1:30 Bingo	<b>15</b>  Train Trip @8:45am Cooking Class @12	<b>16</b> Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi	<b>17</b> 
<b>20</b> 10-12:30 Cards & Puzzles 1-4 Open Art Studio 	<b>21</b> 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  Hospice Grief During Holidays 12:45-1:45	<b>22</b>  Clay@10  Hike & Lunch @10:30	<b>23</b> Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi	<b>24</b>  Spirit Mt Casino @9am
<b>27</b> 10-12:30 Cards & Puzzles 1-4 Open Art Studio 	<b>28</b> 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	<b>29</b>  Dine Out- Barlow Trail @5pm	<b>30</b> Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance- Tai Chi	<b>31</b> 

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



**Center Closed**

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





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



8 10-12:30 Cards & Puzzles  
1-4 Open Art Studio  
 **Alpine Events @4:30**

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  
 1:30 Bingo

10  **Clay@10**  
 **Hike & Lunch @10:30**  
**Bunco @1-4**

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



12   
 **Mt. Angel Oktoberfest @10am**  


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

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




17 **Cooking Class @12**  
 **Dine Out- Nicholas @5pm**  


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

19  **Swan Island Dahlia Festival @10:30**  


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

23 9:15-9:45 Chair Yoga  
10-10:30 Young at Heart  
12-1:00 Lunch  
12:30-1:30 Better Balance- Tai Chi

24  **Clay@10**  
 **Hike & Lunch @10:30**  
 **Medicare Class 2pm-3pm**

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

26  **Mini Golf & Food Carts @10:30**

29  **Halloween**

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

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

2025 SENIOR CALENDAR

# September

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.



## 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.
- Trips are subject to change or cancellation due to lack of participation, weather.

\*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  
myoung@ci.sandy.or.us  
503.489.2156



### **Recreation Coordinator**

Carol Cohen  
ccohen@ci.sandy.or.us  
503-489-2151

### **Recreation Coordinator**

Amy Lytle  
alytle@ci.sandy.or.us  
503-783-2589

### **Client Services Coordinator**

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

### **Executive Assistant**

Chelsea Jarvis  
cjarvis@ci.sandy.or.us  
503-489-2155

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

[www.cityofsandy.com](http://www.cityofsandy.com)

FALL

