

SANDY SENIOR NEWSLETTER

September & October 2026

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.



The center will be closed on September 7th

LABOR DAY

AARP Safe Driving Class

Thursday,
September 17th
at 9am-4:30pm

Pre-registration required,
Can help lower auto insurance!

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.

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



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

Sandy Shopping Shuttle

Door to door transportation to local grocery stores.



Sept: 3rd, 10th, 17th, & 24th

Oct: 8th, 15th, 22nd, & 29th

— 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.



Lunches are on Tuesdays!

Please sign up at the start of the month for the meals you'll attend. A **\$5 donation** is suggested for lunch.





SEPTEMBER OUTINGS



Dine Out

Ristorante Di Pompello

Troutdale, OR

Thursday, September 3rd

5:00pm-8:00pm

Suggested Donation \$5 +

Cost of Dinner



Dine Out

Roadhouse Grill

Gresham, OR

Wednesday, September 16th

5:00pm-8:00pm

Suggested Donation \$5 +

Cost of Dinner



Hike & Lunch

Rock Creek Trail

PF Changs

Hillsboro, OR

Wednesday, September 9th

10:30am-4:00pm

Suggested Donation \$8+

Cost of Lunch



Casino

Chinook Winds

Lincoln City, OR

Friday, September 18th

9:00am-6:30pm

Suggested Donation \$20



Salem Art Fair & Festival

Friday, September 11th

10:30am-4:30pm

Admission \$10 +

Suggested Donation \$10



Hike & Lunch

Sandy River Delta

Troutdale Food Carts

Troutdale, OR

Wednesday, Sept 23rd

10:30am-3:00pm

Suggested Donation \$5 + Lunch



Mini Golf + Food Carts

Happy Valley, OR

Friday, September 25th

10:30am-3:00pm

Admission \$11 (\$14 if less than 10 participants)

+ Suggested Donation \$6

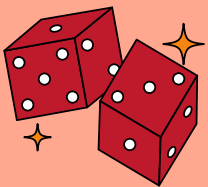
REGISTRATION OPENS SEPTEMBER 1ST

SALEM ARTS FAIR & FESTIVAL

Friday, September 11th

Organized by the Salem Art Association, this multi-day cultural event features over 200 juried fine artists, live music, artisan

demonstrations, food vendors, and local drinks



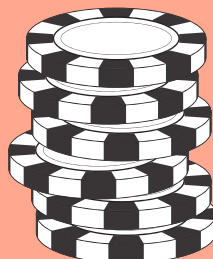
Casino

FRIDAY, SEPTEMBER 18TH

CHINOOK WINDS CASINO

IN LINCOLN CITY.

\$20 SUGGESTED DONATION



Mini Golf & Lunch

Friday, September 25th

Join us for a round of mini golf followed by lunch in Happy Valley!





OCTOBER OUTINGS



Bonneville Dam & Fish Hatchery



Bridgeside

Cascade Locks, OR

Wednesday, October 7th

9:15am-4:00pm

Suggested Donation \$9



Hike & Lunch

Fernhill Wetlands

Hillsboro Station Food Carts

Forest Grove & Hillsboro, OR

Friday, October 16th

10:30am- 4:00pm

Suggested Donation \$8

+ Cost of Lunch



Hike & Lunch- Pipe Line Road

Sand Bar BBQ- Sandy, OR

Friday, October 30th 10:30am- 2:30pm

Suggested Donation \$5 + Cost of Lunch

Bauman Farms Harvest Festival



Gervais, OR

Friday, October 9th

10:30am-4:30pm

Admission \$20

Suggested Donation \$10



Hood River Fruit Loop

Hood River, OR

Friday, October 23rd

9:00am-5:00pm

Suggested Donation \$10



Dine Out

Chuki's Grill- Hawaiian BBQ

Welches, OR

Wednesday, October 14th

5:00pm-8:00pm

Suggested Donation \$5+

Cost of Dinner



Dine Out

Applebees

Gresham, OR

Wednesday, October 28th

5:00pm-8:00pm

Suggested Donation \$5+

Cost of Dinner

Registration

opens October 1st



Bonneville Dam/Fish Hatchery

Wednesday, October 7th

Display ponds, fish feeding, gift shop, interpretive displays, & a viewing area.

Bring quarters to feed the fish!

Lunch at Bridgeside after.

Bauman Farms

Friday, October 9th

Petting zoo, corn maze, hayrides, pumpkins & mini golf.



HOOD RIVER FRUIT LOOP

Friday, October 23rd

Join us for 5 stops along the fruit loop!



Stop 1: Draper Girls County Farm & u-pick orchard- U-pick orchards, country store, cider, flowers

Stop 2: Packer orchards & bakery- Store & bakery

Stop 3: Gorge White House for Lunch- Cider and wine tasting, u pick flowers, food cart for lunch

Stop 4: Wy/East Vineyards- Wine tasting

Stop 5: Pearls Place Fruit- U-pick pumpkins, Ice cream, store





CLASSES & WORKSHOPS



CLAY CLASSES

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



- SEPTEMBER 9TH & 30TH SMASH IT!

Bring in nature (leaves, cones, flowers), stencils, dollies, lace, and stamps. If you have things you want to use, bring it or come empty handed. We will have plenty for you to use. Smash items into clay. Then we will turn the clay into a wall hanging, bowl, plate or platter. Etc.

- OCTOBER 14TH & 28TH CYLINDERS!

Cylinders!!!!!! Learn to make or perfect cylinder things: vases, mugs, catch alls, and canisters.



COOKING CLASS

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



SEPTEMBER 23RD
FARMERS MARKET HASH



OCTOBER 21ST
THAI BUTTERNUT SQUASH &
LENTIL SOUP



BREATHE, MOVE, EXPRESS WORKSHOPS

- SEPT 15TH - FINDING OUR STRENGTH
- OCT 20TH - LAYERS OF GRIEF

*Held in the **dining room after lunch**
12:45_{pm} - 2_{pm}

This Workshop offers breath practice & creative expression to support healing and well-being. Each session includes **15 minutes** of art creation, providing a gentle, creative way to explore emotions, reduce stress, and foster healing. No artistic experience is needed—just a willingness to explore in a safe and welcoming environment.



LUNCH & LEARN

*Held in the **dining room after lunch**
12:45_{pm} - 2_{pm}

- SEPT 22- LEARN ABOUT RECYCLING W/ CLACKAMAS COUNTY

Learn how our garbage & recycling system works—from collection to sorting- And what can & can't be recycled.



- OCT 27- PROTECT YOURSELF FROM SCAMS AND FRAUD W/ CLACKAMAS COUNTY BANK

Learn how to recognize common financial scams, protect your personal and banking information, & know the steps to take if you suspect fraud.



MEDICARE SCHOLAR CLASS

*Held in the dining room at 2pm

- SEPT 23- THE ANNUAL ELECTION PERIOD

- OCT 28- MEDICARE ADVANTAGE



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 8th
Tuesday, Oct 13th
@ 1:30pm**

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



Bunco



**Wednesday, Sept 9th
Wednesday, Oct 14th
@ 1:00pm-4:00pm**

Cost- \$4

First time? Call us before

Pinochle



Tuesdays

**Sept 1st & 15th
October 6th & 20th
@ 10-12pm
Free**



Lunches are back!

Tuesdays @ Noon

Call to Register!

\$5 Suggested Donation

Sept 1

Breaded Fish w/
tartar sauce
Potatoes
Vegetables
Bread
Apples

Sept 8

Pork Sausage
Gravy w/ biscuits
Potatoes
Vegetable
Applesauce

Sept 15

Beef Soft Tacos w/
Flour tortillas
Pinto Beans
Vegetable
Mandarin Oranges

Sept 22

Chicken Pollo a la
Crema, Broccoli
Black Bean & Corn
Salad
Onion Roll
Spiced Peaches

Sept 29

Sausage w/ Sauerkraut
Corn with Peppers
German Potato Salad
Roll & German Choc
Cake

The October menu has not been released yet. We will be serving lunches on Oct 6th, 13th, 20th and 27th. 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

5

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

6

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

7

Senior Calendar

Bonneville Dam@9:15

8

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

9

Bauman Farms Harvest Festival @10:30

12

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

13

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

14

Fun w/ Clay @10 am

Bunco @1:00

Dine Out @5

15

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

16

Hike & Lunch 10:30am

19

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

20

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

21

Cooking Class @12

Dine Out @5

22

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

23

Hood River Fruit Loop @9

26

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

27

9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12-12:30 Lunch
12:45-2pm Grief Workshop
12:30-1:30 Tai Chi
12:45 Lunch 'n Learn:
Avoid Fraud n Scams

28

Fun w/ Clay @10 am

Medicare Class @2

Dine Out @5

29

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

30

Hike & Lunch 10:30am



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

Aug 31

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

Tuesday

1

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

Wednesday

2



Thursday

3

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

Friday

4



7



Center Closed



8

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 @1:00pm

9



Fun w/ Clay @10am
Hike & Lunch
10:30am
Bunco @1:00pm

10

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

11

Salem Art Fair & Festival @10:30

14

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

15

9:15-9:45 Chair Yoga
10-10:30 Young at Heart
10:00 Pinochle
Song Care w/ Sandy River
Threshhold Singers @11 Hospice
12-12:30 Lunch
12:30-1:30 Better Balance/Tai Chi
12:45 Breathe, Move, Express

16



Dine Out@ 5

17

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

18



Chinook Winds @9am

21

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

22

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

23



Hike & Lunch
10:30am
Cooking Class @12

24

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

25



Mini Golf & Food Carts @10:30

Happy Fall

28

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

29

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



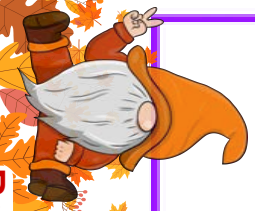
Fun w/ Clay @10am

Medicare Class @2
Medicare Scholar

September

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.



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 \$12 FOR THE YEAR
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 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

