



SANDY SENIOR SCENE NEWSLETTER



July/August 2024

IMPORTANT INFO

Mountain Festival Parade Seating

Thursday, July 11th
@ 7:00pm

Want to watch the parade through downtown?
Reserve your seat by calling the center.




ATTENTION

Bingo is cash ONLY

~New Class on Estate Planning!~

See page 5 for details



Summer BBQ

Tuesday, July 2nd, 1-3pm

Call now to reserve your seat! Donations accepted.

Sandy Shopping Shuttle

Door to door transportation to local grocery stores.

July Dates: 2nd, 11th, 18th, & 25th
August Dates: 6th, 15th, & 22nd

Suggested Donation- \$2.00 roundtrip.

Call 503-668-5569 to reserve a seat.



4th of July Fireworks Show at the High School

July 4th at Dusk

Football Parking Lot

SANDY
PARKS AND RECREATION

JULY EVENTS



**Dine Out
Roadhouse
Gresham, OR**

Wednesday, July 10th
5:00pm-8:00pm
Suggested donation \$5
+ Cost of Dinner



Hike/Lunch



**Oak & Old Wagon Trail &
Chang's Mongolian Grill
Tualatin/Beaverton, OR**

Wednesday, July 17th
10:30am-4:00pm
Suggested Donation \$8 +
Cost of Lunch



**Sherwood Robinhood
Festival**

Sherwood, OR
Friday July 19th
3:30pm-9:00pm
Suggested donation \$15



**Dine Out
Casa Colima
Happy Valley, OR**

Wednesday, July 24th
5:00pm-8:00pm
Suggested donation \$5 +
Cost of Dinner



**Oregon Zoo
Portland, OR**

Tuesday, July 23rd
10:30am-4:00pm
Admission \$24 +
Suggested Donation \$8



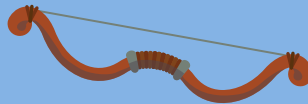
**Hike & Lunch
Cazadero Trail & Old Mill
Saloon**

Estacada, OR
Wednesday, July 31st
10:30am-3:00pm
Suggested Donation \$5 + Cost of
Lunch

Registration opens July 1st

Sherwood Robinhood Festival

At the 71st Annual Sherwood Robin Hood Festival, enjoy live entertainment on two stages, medieval reenactments, Maid Marian's Court, Robin Hood and his Merry Men, a popular community parade, a knighting ceremony, a castle building contest, a teen dance, a kids' area, crafts, lots of music, delicious food, a beer and wine garden (including selections from local wineries and breweries) and a wide variety of activities, with over 100 vendors in our Old Town vendor village.



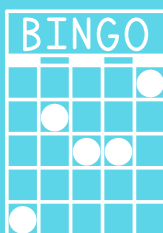
Bingo

Tuesday, July 9th

@ 1:30pm

Community Center

Cost- \$5.00 for 10 cards



Bingo

Tuesday, August 13th

@ 1:30pm

Community Center

Cost- \$5.00 for 10 cards

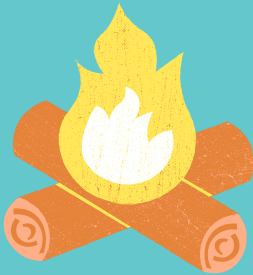


AUGUST EVENTS



Dine Out
Applebee's
Gresham, OR

Wednesday, August 7th
5:00pm-8:00pm
Suggested Donation \$5
+ Cost of Dinner



Dine Out
Nicholas Restaurant
Gresham, OR

Wednesday, August 21st
5:00pm-8:00pm
Suggested Donation \$5+
Cost of Dinner



Scandinavian Festival
Junction City, OR
Friday, August 9th
9:00am-5:00pm
Suggested Donation \$15



Mini golf at the Aerie
and Happy Valley

Food Carts

Happy Valley, OR
Friday, August 16th
10:30am-3:00pm
Admission \$11 +
Suggested Donation \$6 +
Cost of Lunch



Hike & Lunch
Shadow Ridge Trail & New
Seasons

Happy Valley, OR
Wednesday, August 28th
10:30am-3:00pm
Suggested Donation \$7
+ Cost of Lunch



Hike & Lunch
Kelly Point & Panera
Portland, OR
Wednesday, August 14th
10:30am-3:30pm
Suggested Donation \$7 +
Cost of Lunch



Oregon State Fair
Salem, OR

Friday, August 30th
10:00am-4:00pm
Admission Age 65+ \$1
Admission Age 13-64 \$10
Sign ups after 8/22 incur
an extra \$2 admission
charge
Suggested Donation \$10

Registration opens August 1st



Junction City Scandanavian Festival

One of Oregon's most popular events! Families enjoy outstanding entertainment including Scandinavian folk dancing and music as well as demonstrations and high-quality craft and food booths. We offer three stages full of entertainment for all four days of our festival. Enjoy Vikings walking the streets, and charming booths that transform the downtown area into a charming Scandinavian village. Free entertainment, demonstrations and free admission!



Pinochle Group

Drop in to play- Great for beginners or enthusiasts.
July 16th & 30th **August 20th & 27th**
10:30am -12:30pm



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)



Cooking Class with Martina

August 20th @ 12:00pm-1:30pm



A Main Dish Salad

Fresh greens and herbs will highlight a healthy and hearty salad with seasonal summer offerings. Consider this class a template to mix and match your farmers market bounty to create an amazing one-dish meal.

Free Financial Literacy Class

July 30th- Saving on a fixed income

August 20th- Paying off debt

10:45am-11:45am

*Register ahead of time



Mt. Hood Hospice Class

July 23rd at 10:45-12pm: The power of expressive writing

August 13th at 10:45-12pm: Empathy in Action- Supporting someone who is grieving.

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

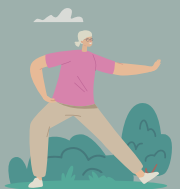
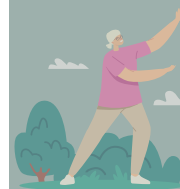
Newman

Tuesdays &

Thursdays

12:30pm-1:30pm

Free



More Classes/Events



Medicare Sessions

Upcoming class dates:

Wednesday, July 24th @ 2pm- Chronic Special Needs Plans

Wednesday, August 28th @ 2pm- Medicare and Long Term Care



Estate Planning Basics

Offered Legal Aid of Oregon

August 27 from 10:30 to noon



Estate planning basics for seniors. Learn about the importance of having a will, power of attorney, and living will, and how to navigate the complex process of estate planning. Our expert presenter will walk you through the necessary documents and make informed decisions about your estate. Don't miss this opportunity to take control of your legacy and ensure your wishes are respected.

Mountain Festival Kids Events

Wednesday
July 10th
Pet Show



Thursday
July 11th
Bike Challenge



Friday
July 12th
Kids Parade



Music & Movies at Meinig Park



Movies:

July 19 - Top Gun

Aug 2 - Ghostbusters:

Frozen Empire

Aug 16 - Kung Fu Panda 4

Concerts:

July 24 - Eagle Eyes

Aug 7 - CJ Mickens Band

Aug 21 - Jennifer Batten
& Full Steam



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

AUGUST

Registration opens Aug 1st

| | | | | | | |
|--------------------------------------|--|---|--|---|--|-----------------------------------|
| 4 Happiness Happens Month | 5 10-12:30 Cards, Games & Puzzles 1-4 Open Art Studio | 6 Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance - Tai Chi | 7 Dine Out Applebee's @5pm | 8 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance - Tai Chi | 9 Scandinavian Festival @9am | 10 CAMP |
| 11 | 12 10-12:30 Cards, Games & Puzzles 1-4 Open Art Studio | 13 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 10:45-12pm HOSPICE 12:30-1:30 Better Balance - Tai Chi 1:30pm Bingo | 14 Hike & Lunch Kelly Point & Panera @10:30am | 15 Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance - Tai Chi | 16 Putt Putt Mini Golf at the Aerie @10:30 | 17 National Peach Month |
| 18 National Golf Month | 19 10-12:30 Cards, Games & Puzzles 1-4 Open Art Studio | 20 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 10:30 Pinochle Financial Literacy 10:45-11:45am 12 pm Cooking Class 12:30-1:30 Better Balance - Tai Chi | 21 Dine Out Nicholas @5pm | 22 Shopping Shuttle 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance - Tai Chi | 23 Oregon State Fair @10am | 24 |
| 25 Summer Sun Safety Month | 26 10-12:30 Cards, Games & Puzzles 1-4 Open Art Studio | 27 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 10:30 Pinochle Estate Planning 10:45-11:45am 12:30-1:30 Better Balance - Tai Chi | 28 Hike & Lunch Shadow Ridge Trail & New Seasons @10:30am Medicare Class 2pm-3pm | 29 9:15-9:45 Chair Yoga 10-10:30 Young at Heart 12:30-1:30 Better Balance - Tai Chi | 30 | 31 |

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

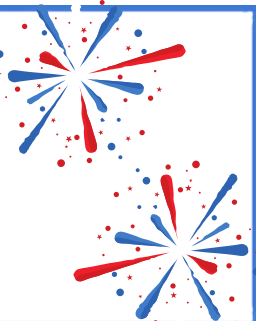
Tuesday

Wednesday

Thursday

Friday

Saturday



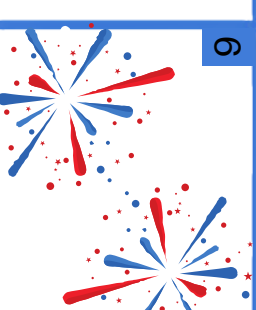
1
10-12:30 Cards,
Games & Puzzles
1-4 Open Art Studio

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

3

4 HAPPY 4TH OF JULY

5



7 National Ice Cream Month
10-12:30 Cards,
Games & Puzzles
1-4 Open Art Studio

8
9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12:30-1:30 Better
Balance- Tai Chi
Bingo @1:30pm

10 Dine Out Roadhouse @5pm

11 Shopping Shuttle
9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12:30-1:30 Better
Balance- Tai Chi
Mt Festival Parade @7pm

12

13

14

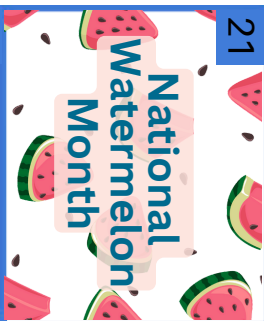
15
10-12:30 Cards,
Games & Puzzles
1-4 Open Art Studio

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

17 Hike & Lunch Oak & Old Wagon Trail then Chang's @10:30am

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

19 Sherwood Robin Hood Festival @ 3:30pm



21 National Watermelon Month
10-12:30 Cards,
Games & Puzzles
1-4 Open Art Studio

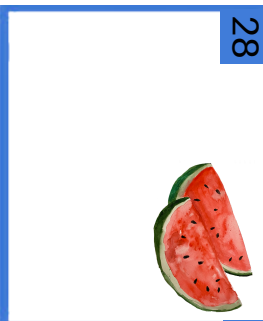
22
9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12:30-1:30 Better Balance
- Tai Chi
Oregon Zoo @10:30am

24 Medicare Class 2pm-3pm Dine Out Casa Colima @5pm

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

26

27



28
10-12:30 Cards,
Games & Puzzles
1-4 Open Art Studio

29
9:15-9:45 Chair Yoga
10-10:30 Young at Heart
10:30 Pinochle
Financial Literacy @ 10:45-11:45am
12:30-1:30 Better Balance
- Tai Chi

30
Hike & Lunch & Cazadero Trail & Old Mill Saloon @10:30am

31

JULY 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

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.

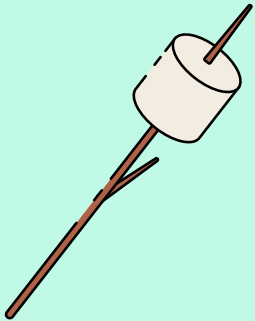
Refunds are issued as credit on account only.

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



Parks & Recreation Director

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

Community/Senior Center Manager

John Wallace
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503-489-2152

Transportation Coordinator/Driver

Marc Young
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503.489.2156

Recreation Coordinator

Carol Cohen
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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

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503-489-2155

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