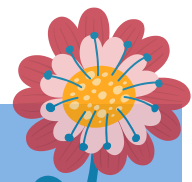




SANDY SENIOR SCENE NEWSLETTER

March/April 2025



IMPORTANT INFO



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.

Reminder

Inclement Weather
During inclement weather events, we err on the side of caution. Please call or check our website for the latest information on closures or delays.

Sandy Shopping Shuttle

Door to door transportation to local grocery stores.

March Dates: 4th, 13th, & 20th

April Dates: 1st, 10th, 17th, & 24th

Suggested Donation- \$2.00 roundtrip.

Call 503-668-5569

Do you have a suggestion for a Senior Trip?

Call Marc at 503-489-

2156 to share your ideas!



REMINDER

Call to sign up for the 2025 newsletter! (503)668-5569

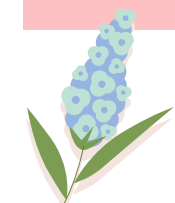
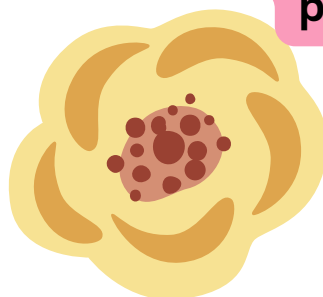
Mailed newsletter fees have increased to \$12 for the 2025 newsletter.

NEW: For paper copies picked up at the Center, there is a suggested donation of \$6/year.

We have several sizes of Depends/Poise undergarments, for free, call to arrange pick up.

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.**





Hike/Lunch

Springwater Corridor & Smoky Hearth

Boring/Sandy, OR

Wednesday, March 5th

@ 10:30am-2:30pm

Suggested Donation \$5 +

Cost of Lunch



Hike/Lunch

Fanno Creek & Greenway Loop

Big Red's Bar and Grill

Beaverton, OR

Wednesday, March 19th

@ 10:30am-4:00pm

Suggested Donation \$8 +

Cost of Lunch

MARCH EVENTS



Dine Out

Red Lobster

Gresham, OR

Wednesday, March 12th

@ 5:00pm-8:00pm

Suggested donation \$5+

Dinner



Dine Out

The Cazadero Inn

Estacada, OR

Tuesday, March 25th

@ 5:00pm-8:00pm

Suggested Donation \$5 +

Cost of Dinner



Portland Roadster Show

Portland, OR

Friday March 14th

@11:00am-4:00pm

Admission \$18 +

Suggested donation \$8



Rice NW Museum of Rocks &

Minerals

P.F. Changs

Hillsboro, OR

Friday, March 28th

@ 10:30am-4:30pm

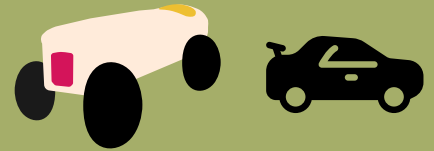
Admission \$15+ Suggested

donation \$8 + Cost of Lunch

Registration opens March 3rd



Portland Roadster Show Friday, March 14th, 2025



For 68 years the "all volunteer" Portland Roadster Show has presented the vision and passion of the automobile and is the largest all volunteer indoor show in the West Coast. The Multnomah Hot Rod Council is the exclusive producer of the Portland Roadster Show. MHRC is comprised of car clubs throughout northwest Oregon and southwest Washington.

The artistic efforts of skilled craftsmen and hobbyists will be featured through the spectacular cars, trucks and motorcycles on display. You'll also see the talent and vision of the future with our "High School Challenge" and the "automotive art" from world class professional builders.

AARP SAFE DRIVING CLASS

TUES, MARCH 25TH AT 9AM-4:30PM

TO REGISTER CALL THE CENTER: 503-668-5569

PRE-REGISTRATION IS REQUIRED.

SPACE IS LIMITED

\$2 SUGGESTED DONATION TO THE CENTER

COST:

\$20 AARP MEMBERS

\$25 NON AARP MEMBERS

PAYMENT BY CHECK PREFERRED TO AARP

OR EXACT AMOUNT IN CASH



APRIL EVENTS



Hike & Lunch

Graham Oaks & McMenimums

Wilsonville, OR

Wednesday, April 9th

@ 10:30am-4:00pm

Suggested Donation \$8 + Cost of Lunch



Dine Out

La Carreta

Gresham, OR

Tuesday, April 15th

@ 5:00pm-8:00pm

Suggested Donation \$5+
Cost of Dinner



Historic Carousel & Museum + Pop's

Branding Iron

Albany, OR

Friday, April 18th

@ 9:00am-5:30pm

Suggested Donation \$15 + cost of Lunch



Hike & Lunch

Mt. Tabor/Changs Mongolian Grill

Portland, OR

Wednesday, April 23th

@10:30am-3:30pm

Suggested Donation \$5
+ Cost of Lunch



Oregon AG Festival

Salem, OR

Saturday, April 26th

@ 10:00am-5:00pm

Admission \$15 + Suggested
Donation \$10



Dine Out

Hops n Drops

Happy Valley, OR

Tuesday, April 29th

@ 5:00pm-8:00pm

Suggested Donation \$5
+ Cost of Dinner

Registration opens April 1st

Oregon Agricultural Festival Saturday, April 26th, 2025



Last year over 25,000 people attended Ag Fest to touch, taste and experience the incredible world of Oregon agriculture, in a fun-filled, festive environment. Our two-day event, aimed to help families better understand where their food, fiber and flora come from, is a unique learning experience, where hands-on exhibits make learning about Oregon's vast agricultural industry educational and entertaining.

We strive to bridge the gap between urban and rural life, and to share the wonder and abundance of Oregon's bountiful and diverse harvest. Thanks to our sponsors, kids ride ponies, plant seedlings, watch sheep get sheared, pet farm animals and much, much more! Join us the last weekend in April for the 38th annual Oregon Ag Fest.

SOLVE IT IN SANDY



SOLVE
Taking Care of Oregon

JOIN THE CITY OF SANDY & SOLVE OREGON TO CLEAN UP PARKS, TRAILS, AND PUBLIC SPACES AROUND TOWN!
MEET AT THE SANDY SENIOR AND COMMUNITY CENTER
ON APRIL 26 FROM 9:00 AM-1:00PM.
PRIOR REGISTRATION IS NOT REQUIRED.



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

@ 10:00am-12:00pm

Cost \$10 per month

March 12th (create)
& 26th (glaze)
Bunnies & Baskets

April 9th (create)
& 23rd (glaze)
Dogs & Cats

Senior Cooking Classes

12:00pm- 1:30pm

\$10 per class

March 19th

Thai Peanut Sauce

April 16th

Fresh homemade Pasta & Sauce

MT HOOD HOSPICE WORKSHOPS

Wednesday 2:00pm - 3:30pm

March 12th- Art & grief

April 9th- Support for Caregivers

Please call the center to register

Class is held in
the Senior Center
Art Rm

BINGO

Tuesday, March 11th

Tuesday, April 8th

@ 1:30pm

Cost- \$5.00 for 10 cards

PINOCHLE

March Dates: 18th & 25th
April Dates: 15th, 22nd, & 29th
@ 10:30am-12:30pm

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 WITH BONNIE AND HOWARD

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!

March 26 - Traveling Outside the US + Living Abroad with Medicare

April 23 - Delaying Medicare Enrollment + Late Enrollment Penalties

Both classes start at 2:00 at the Senior Center



MARCH FOR MEALS CAMPAIGN



We are hosting an intergenerational dinner at the Sandy Community/Senior Center. Enjoy a ham dinner sponsored by D31, with proceeds benefiting the Meals on Wheels Program. Call the center to reserve a seat



SATURDAY MARCH 29th 5pm - 7pm



In March, we will host fundraisers with restaurant partnerships, where a percentage of sales will support the Sandy Meals on Wheels Program. See flyer insert for specific dates, times and locations.



Raffle baskets and items will be showcased online, on social media, and at the center. Tickets can be purchased throughout March, with winners announced at the campaign's conclusion.



That Salon



Gresham Golf



More details available at the center; call or come visit



Senior Egg Hunt

April 17th- 9:00am

MEETS AT THE SENIOR CENTER
RSVP @ 503-668-5569



Monday

Tuesday

Wednesday

Thursday

Friday

31 10-12:30 Cards & Puzzles
1-4 Open Art Studio



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



FOOT'S
APRIL
DAVI

7 10-12:30 Cards & 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



14 10-12:30 Cards & Puzzles
1-4 Open Art Studio



15 9:15-9:45 Chair Yoga
10-10:30 Young at Heart
10-12:00 Pinochle
12:30-1:30 Better
Balance- Tai Chi
La Carreta @5



21 10-12:30 Cards & Puzzles
1-4 Open Art Studio



22 9:15-9:45 Chair Yoga
10-10:30 Young at Heart
10-12:00 Pinochle
12:30-1:30 Better
Balance- Tai Chi



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



29 9:15-9:45 Chair Yoga
10-10:30 Young at Heart
10-12:00 Pinochle
12:30-1:30 Better
Balance- Tai Chi
Hops 'n Drops @5



3 9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12:30-1:30 Better
Balance- Tai Chi

9 Fun w/ Clay @10am



Hike & Lunch
Graham Oak Nature Park
& McMennamins
10:30am

Grief Workshop w/ Mt.
Hood Hospice @2



Cooking Class @12



Moving Your Parents or
yourself @5:30



Fun w/ Clay @10am



Hike & Lunch
Mt Tabor & Chang's
Mongolian Grill @ 10:30am

Medicare Class @ 2pm

Moving Your Parents or
yourself @5:30



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

Shopping Shuttle

17 Senior Egg Hunt @9am



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

Shopping Shuttle

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

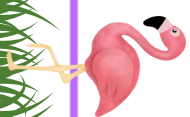


Arbor Day

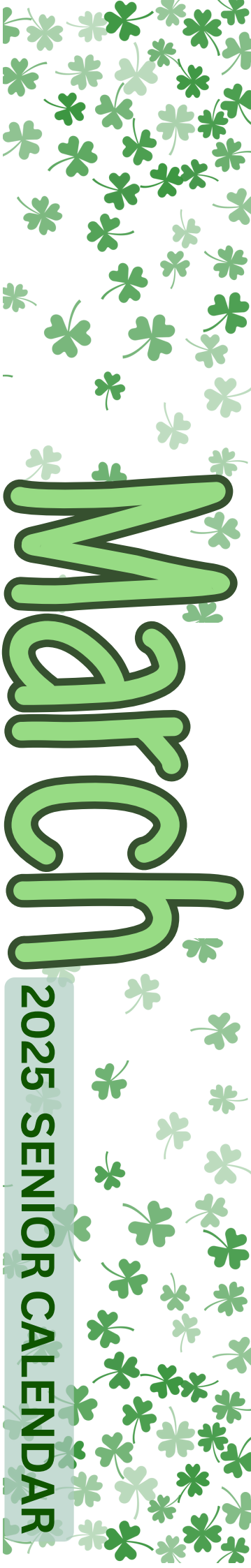
26 Oregon AG
Fest
Sat, April
26th @10

2025 SENIOR CALENDAR

APRIL



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

2025 SENIOR CALENDAR

Monday

3 10-12:30 Cards & Puzzles
1-4 Open Art Studio



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

Daylight Savings

ST. PATRICK'S DAY

17 10-12:30 Cards & Puzzles
1-4 Open Art Studio



24 10-12:30 Cards & Puzzles
1-4 Open Art Studio



March 23rd

Tuesday

4 Shopping Shuttle

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

11 9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12:30-1:30 Better Balance- Tai Chi
Bingo @1:30pm



March for Meals: Dairy Queen

18 9:15-9:45 Chair Yoga
10-10:30 Young at Heart
10-12:00 Pinochle
12:30-1:30 Better Balance- Tai Chi



25 AARP Safe Driving Class
9:15-9:45 Chair Yoga
10-10:30 Young at Heart
10-12:00 Pinochle
12:30-1:30 Better Balance- Tai Chi
Cazadero @5



Wednesday

5 Hike & Lunch

Springwater Corridor & Smoky Hearth @10:30am



March for Meals: Smoky Heards

12 Fun w/ Clay @10am



Grief Workshop w/ Mt. Hood Hospice @2



19 Red Lobster @5



Hike & Lunch Fanno Creek & Big Red's Bar & Grill @10:30am



Cooking Class @12



Fun w/ Clay @10am



Medicare Class 2pm-3pm



Thursday

6 9:15-9:45 Chair Yoga
10-10:30 Young at Heart
12:30-1:30 Better Balance- Tai Chi

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

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

21 March for Meals: Scoop n Swirl

27 HELLO SPRING

28 NW Museum of Rocks & Minerals & PF Changs @10:30

29 March for Meals Senior Dinner 4-6 on Saturday

Friday



14 Portland Roadster Show @11



March for Meals: Mt Moka



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 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



Parks & Recreation Director

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

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

