CITY OF SANDY, OREGON COMMUNITY AND 2024

La ciudad de Sandy y el departamento de Recreación y Parques, le ofrece servicios múltiples, como eventos comunitarios, clases, programas para toda la comunidad.





SAM TRANSIT TEAM



Rhonda, Musa, Gonzalo, Leslie, Dan, Tom, Penny, Chrysler, Terry, Ted, Pam, Racheal, John, Rizk, Kelly, Kathy, Chrissy, Mike, Bradley, Casey, Janey, Ian, Chuck, David, Scott, Gene, Gary, Kirsti, Tamara, Harriety, Suzanne, Tasha, Alan and Stan. *not all pictured

NANCY

Nancy Payne serves as our Transit Administrative Specialist, a position she has held with the city for over five years. She brings 25 plus years of management and customer service experience. She started her career in the Customs & Freight forwarding industry. In 2002 she and her husband of now 26 years had their first child. She continued to work in the brokerage field until baby number 2 came in 2005. She then quit her job and helped manage and run her sister's business. Born and raised in Gresham, Oregon, Nancy is dedicated to her husband Donny, and their two children, Drake (22) and Olivia (19). Spending time with her family has always been her foremost priority. She will always tell you to enjoy every moment with your children because before you know it, poof they're grown. Outside of her professional responsibilities, Nancy loves to shop, lie in the sun, and do any outdoor activity. You will always find her smiling when she's strolling through a mall, jogging outdoors, or just soaking up the sunrays.





ANDI

Andi Howell is the City's Transit Director. Andi has been with the City for 12 years. Prior to working for the City, Andi worked as a community resource analyst for the State, a program coordinator for a family enrichment program, an adjunct Sociology professor at Clark College and more. Although Andi has a Master's degree (MS) and is a Certified Community Transit Manager (CCTM) her greatest accomplishments are her three children – one who currently works for the Community Center (Bodhi Roach)!

Since working for the City's Transit Department, Andi has overseen the addition of the Shopper Shuttle and the new Clackamas Town Center services. She has upgraded technology used in the office and on the buses – including the addition of Wi-Fi on Sandy's Gresham and Shopper Shuttle routes. Very, very soon you will also be able to use your cell phone to pay your fare! She has partnered with the County to provide more dial-a-ride service in Sandy and the surrounding areas as well as providing administrative oversight of the Mt Hood Express/Village Shuttle services.

When not at work, Andi can be found at her daughter's volleyball games (Go Pios), hanging out with her parents or running around with her dogs. She lives just outside Sandy with her husband of 22 years, their children, dogs, chickens, ducks, a goat and a horse.

Muna Rustam, SAM's Transit Manager, has been with the City of Sandy for 9 years. Prior to that she worked in billing and customer service. Muna studied business and psychology at Eastern Oregon University and has a Master of Business Administration. In 2019 she became a Certified Community Transit Manager through the Community Transportation Association of America. Born in Pennsylvania and raised in both Illinois and Texas, Muna moved to Oregon 36 years ago and found her home. She has lived in the neighboring town of Estacada for 34 years. When not working, she frequently spends time with her three grown children and four grandchildren. She also enjoys yoga, paddling, hiking, traveling and live music.





*SAM contracts with MV Transit for the best drivers, dispatchers, supervisors, trainers, maintenance and utility workers around. This crew strives to provide a safe and efficient transit service – getting Sandy residents where they need to be.

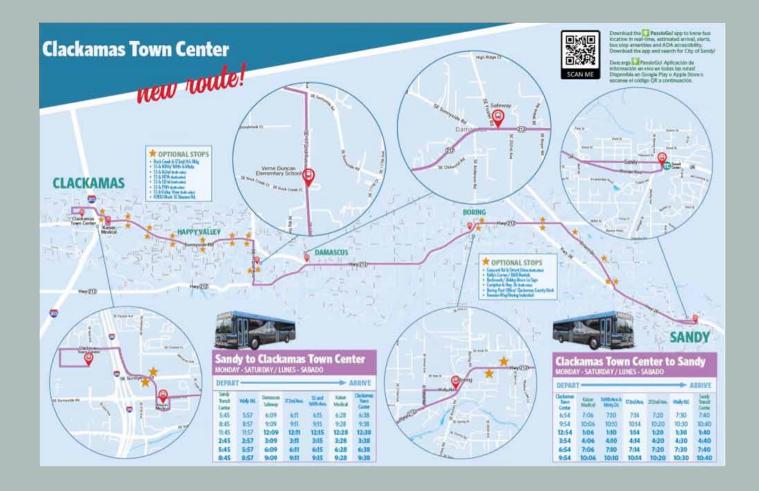
SANDY AREA METRO

Peak your options with our new route to the Clackamas Town Center!

Do you have medical appointments, a commute to work, errands to run,

or want to head to the airport?

The CTC route travels through Boring, Damascus and Happy Valley, and connects at the Clackamas Town Center for seamless travel connections.



For more information and transportation options, call 503-668-3466 or go to https://www.ci.sandy.or.us/transit



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Hoodland Public Library 24525 E Welches Rd. Welches, Oregon 97067 503-622-3460

Sandy Public Library 38980 Proctor Blvd. Sandy, Oregon 97055 503-668-5537



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Sandy Parks and Recreation Team

Rochelle Anderholm-Pa	arschDirector	503-489-2157
Carol Cohen	Recreation Coordinator	503-489-2151
Chelsea Jarvis	Executive Assistant	503-489-2155
Amy Lytle	Recreation Coordinator	503-783-2589
Caroleana Smallwood	Client Services Coordinator	503-489-2154
John Wallace	Community Center Manager	503-489-2152
Marc Young	Transportation Coordinator/Driver	503-489-2156

HOW TO REGISTER CITY LIMITS MAP

There are multiple ways you can register for City of Sandy classes, events and trips. Online, by phone or in person. Choose the option that works best for you!



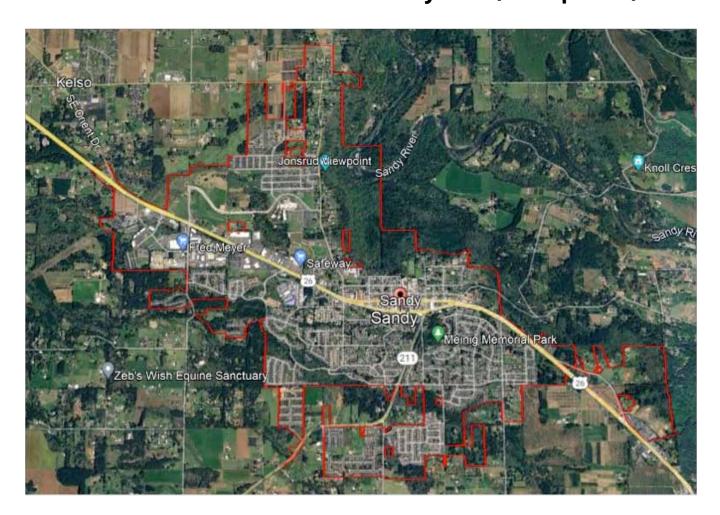
- 1. Online at www.Cityofsandy.com
 - Select the far right tab on the pulldown menu "I want to..."
 - Scroll down on the second column and select bottom choice "register for Activities/Events..."
 - It will bring you to the City of Sandy Registration home page
 - Select your option and enjoy!
- 2. Scan the QR code provided here
- 3. Over the phone by calling 503-668-5569 Monday-Friday 9:00am - 4:00pm
- 4. In person at the Sandy Community/Senior Center 38348 Pioneer Blvd. Sandy, OR 97055 Monday-Friday 9:00am - 4:00pm





We follow Oregon Trail School District closures or delays, which means our classes will be delayed or cancelled if OTSD is on a delay or closure.

Most parks and recreation department programs and activities have a fee. We offer a Sandy residential discount. The discounted price is for our Sandy residents, defined as those who live within the City limits (see map below).





YOUTH CLASSES

TODOS JUNTOS "ALL TOGETHER," A Nonprofit Indoor Playgroup

Instructor: Casie, (971) 990-5986

Location: Auditorium

September - December

(No class November 27th, December 25th and January 1st)

Wednesdays 10:30am - 11:30am Ages 0-5

Cost: Free - Donations Gladly Accepted

Singing, activities, free play and reading books (bilingual) Spanish translation by Yaneth.

Parents and caregivers are invited to join and meet others with young children, make new friends, share and exchange information about parenting, learn about community resources, and have fun with activities for parents and children. Playgroup is a parent and child interactive opportunity in a relaxed indoor-park setting. "We value and celebrate diversity!"



INFANT MASSAGE

Instructor: Julie Hightman AIAM Facilitator LAC, LMT **Location: Auditorium**



October 3rd - 24th
Thursdays

2:00pm -3:30pm Infants 0-12 months

Cost: \$130 resident / non resident \$140

Learn how to massage your baby and create deeper bonding in a loving healing way.

Cultivate the comfort of your own parent/child language, refining communication with each other and your baby's experience of the world.

Obtain special techniques to help soothe your babies colic and gas, increase proper digestion, and ease teething or growing pains.

For 20 years, Faiz Healing has offered a diverse form of healing and personal growth by creating a sanctuary for patients to focus inwardly on their body, mind, and spirit. Julie's focus is in Chinese Medicine, Therapeutic bodywork, Yoga and Qi Gong Instruction, Infant Massage Training, and specializing in Functional approaches to Neurology. Julie's intent and focus as a practitioner is founded in creating greater awareness of one's body, heart, and mind, in order to cultivate selfempowerment and skill when managing body functions, injury or long term illness. Julie seeks to educate patients about the multitude of complementary therapies available to meet their needs and help guide them to the proper resources for their own consideration. Julie is devoted to providing the best therapeutic options and education for your health and "peace of mind."

KINDERDANCE

Instructor: Debbie Sackett Location: Auditorium

Wednesdays 3:15pm-4:00pm Ages 3-6

Minimum class size: 4
Maximum class size: 14

There may be an extra cost for materials.

This is a developmental dance, movement and fitness program that teaches the basics of ballet, tap, acrobatics and creative movement with educational concepts. Wear any comfortable clothing that is easy to move in. Ballet and tap shoes are great, but not required for this class. Debbie has assorted sizes of tap shoes that children can borrow, but not all sizes are available.



Fall Session 1

October 2nd - November 13th

(No class October 30th)
Cost: \$60 resident / \$70 non-resident

Fall Session 2

November 20th - December 18th

(No class November 27th)

Cost: \$40 resident / \$50 non-resident

KINDER COMBO

Instructor: Debbie Sackett Location: Auditorium

Wednesdays 4:15pm-5:00pm Ages 5-9

Minimum class size: 4
Maximum class size: 14
There may be an extra cost for materials.

Kindercombo is a ballet and tap dancing class which gives a young dance student a solid foundation upon which to build. Beginning ballet and tap steps are reinforced in a variety of combinations and music styles. Wear any comfortable clothing that is easy to move in. Ballet and tap shoes are great, but not required for this class. Debbie has assorted sizes of tap shoes that children can borrow, but not all sizes are available.

Fall Session 1

October 2nd - November 13th

(No class October 30th)

Cost: \$60 resident / \$70 non-resident

Fall Session 2

November 20th - December 18th

(No class November 27th)

Cost: \$40 resident / \$50 non-resident

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SCIENCE CLASSES







CHEMICAL CREATIONS

Instructor: Minds in Motion
Location: Art Room

October 15th - November 19th

Tuesdays 5:45pm -6:45pm Ages: 6-10

Minimum class size: 7 Maximum class size: 15

Cost: \$138 resident / \$158 non-resident

Come experience a hands-on world of fun as you conduct a variety of scientific experiments! Learn and discover many different scientific concepts in an entertaining and innovative approach. Learn all about energy and molecules, create a crazy bouncy glob from glue, and make some scary green slime! Make your very own UV bracelet and watch it react to the sun. You will also get to witness some amazing scientific demonstrations from your instructor. Watch snow being created and feel how cold it is! Experience a powerful magnet, magic sand, and many other exciting experiments in this fascinating and educational program!

CODE & CONTROL ROBO DOZER

Instructor: Mind in Motion
Location: Art Room

October 15th - November 19th

Tuesdays 4:30pm - 5:30pm Ages 8-12

Minimum class size: 7
Maximumclass size: 12

Cost: \$138 resident / \$158 non-resident

Build and take home your very own powerful robotic bulldozer and sleek handheld wireless controller! With your own colored manual and the aid of your instructor, you will each assemble your Robo Dozer that consists of over 40 different robotic parts that includes a speaker, circuit board, motors, LED lights, and much more. Learn the advantages and disadvantages of tracked vehicles as well as examples of robots with continuous tracks. Use the controller to command your robot to move around in all directions, play sounds, and light up its cab roof lights! The special Code and Control wireless unit enables you to either directly control your Robo Dozer in real time, or write and save sequences of commands for the robot to perform at the push of a button. Once completed, you can try a few experiments with your new Code and Control Robo Dozer and compete with your fellow classmates!





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TEEN & ADULT CLASSES

ALL LEVEL YOGA



Instructor: Trish Smith Location: Auditorium

Mondays 5:00pm-6:00pm Ages 16 & up

Minimum class size: 3 Maximum class size: 25

Cost: \$45 resident / \$55 non-resident
Drop-in fee: \$15 resident / \$20 non-resident

Come start or deepen your yoga practice with me. Yoga enhances our overall health in so many ways. We will be practicing "yin yoga". It's slower and more meditative, giving you space to turn inward and tune into both your mind and the physical sensations in your body.

FOUR 4 WEEK SESSIONS

Session 1 September 9-30

Session 2 October 7-28

Session 3 November 4 – December 2

(No class November 11)

Session 4 December 9 – 30

Bring your own mat and water. All you need to do is breathe.

DANCE FITNESS

Instructor: Andrea Adee Location: Auditorium

Wednesdays 6:00pm-7:00pm

Ages 16 & up

Children under 13 can come for free with a parent or guardian who registers for this class

Minimum class size: 7

Maximum class size: 16

Cost: \$30 resident / \$40 non-resident

Drop-in fee: \$15 resident / \$20 non-resident

Are you looking for an activity that involves music and fun dance moves, and will get your heart rate up? Well you've found it! This dance fitness class will make you sweat while having fun.

THREE SESSIONS

Session 1 September 25 - October 23 (No class Oct 9)

Session 2 October 30 - November 20

Session 3 November 27 - December 18

BODY, MIND AND SPIRIT WELLNESS COURSE

Instructor: Trish Smith Location: Auditorium

Mondays 6:30pm - 7:30pm Ages 16 & up

Minimum class size: 3 Maximum class size: 25

Cost: \$120 resident / \$130 non-resident
Drop-in fee: \$12 resident / \$17 non-resident

Trish Smith is an expert intuitive, holistic life coach, yoga instructor and author. She developed this course to be a journey of self-discovery, transformation and healing, and it is a collection of the tools and practices that she uses to manage her own C-PTSD, FND, and ADHD. If you are ready to awaken your sacred path to living in alignment, this is the place to start.

12 WEEK SESSION
September 9 – December 2
(No class on November 11)

Week 1 Week one is an introduction. Maintaining our overall health involves practicing self-care, using coping strategies, and knowing when to seek guidance. This class will cover what to expect over the next eleven weeks. We will also spend some time practicing guided imagery.

Week 2 In week two, we will be covering gut health and how it directly impacts our mental health. You will learn about what inflammation in our bodies means for our overall health and how it impacts our short-term and long-term health.

Week 3 In week three, we will be learning about yoga. We will go over the core understanding of yoga and basic safety "rules" and we will be practicing several poses. Please dress comfortably, bring a mat (or beach towel) and water.

Week 4 In week four, we will be blessed with a special guest speaker, Julie Hightman, a local health care practitioner. She specializes in acupuncture, herbal medicine, reiki, and more. Julie will explain the benefits of the healing modalities that she specializes in.

Week 5 In week five, you will be participating in a "cultivating joy" exercise. We will dive into the excavation of oneself. Discover or rediscover what sparks joy in you and commit yourself to holding yourself accountable for creating a life that brings you contentment.

Week 6 In week six, we will be learning about what the 'emotional freedom technique' is, how it works, and the many ways that you can use it to tap into your daily life. We will also be practicing in class to gain the muscle memory of this incredibly powerful tool.

Week 7 In week seven, you will learn the importance of clearing your energy physically, mentally, and spiritually. I will teach you some techniques for clearing your own energy. We will cover why caring for our lymphatic system needs to be a priority.

Week 8 In week eight, you will be bathed in sound! Come and experience a sound bath performed by our yoga therapist Nyssa Castle. Please bring anything that will help you feel comfortable lying down, such as a yoga mat, pillows, blanket, etc., and dress comfortably. Chairs are also available if you wish to sit.

Week 9 In week nine, you will learn the importance of living a life of gratitude. You will be taken on a journey that transforms your heart and opens your mind. We will practice some techniques and go over the physiological benefits of practicing gratitude regularly.

Week 10 In week ten, Trish will be teaching you about EMDR and neurofeedback. She will be covering the topic of suicide prevention which can be triggering, so please know that the subject will be covered delicately. I will also cover seeking professional support when needed.

Week 11 In week eleven we will be covering meditation, prayer, and neuroscience of the brain. I will be teaching you various methods for seeking peace and practicing stillness in your life. You will also learn how to create new neural pathways for yourself to support a positive mindset.

Week 12 In week twelve, you will be tying the entire course together. Trish will briefly recap on each of the topics we've covered. You will gather around the table, have some tea, and socialize, and if we choose to, you can share your experiences using your new tools.

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TEEN & ADULT CLASSES SENIOR CLASSES

FUN WITH CLAY!

Instructor: Linda Robertson **Location: Art Room**

2nd and 4th Thursdays 10:00am - 12:00pm

Optional open studio on the 2nd Friday of the month to finish up projects

10:00am - 12:00pm

Cost: \$10 per month resident \$15 per month non-resident Maximum class size: 8

Note: Due to Thanksgiving, November classes will be on the 1st and 3rd Thursdays.

Linda Robertson, a retired elementary school teacher, has discovered a passion for working with clay. Over the past three years, she has honed her skills at the University of Oregon Craft Center. Linda is thrilled to share her love of clay with the seniors of Sandy.

Join us to create and glaze a unique item each month! You'll learn hand-building techniques while working with clay. Each month features a general theme, but Linda is flexible and eager to assist with your custom designs.

MONTHLY THEMES

- September: Anything Fall! (Leaves, Mushrooms, Pumpkins)
- October: Spooktober (Jack-O-Lanterns, Bats, Candy Dishes)
- November: Giving Thanks (Centerpieces, Cornucopias, Turkeys)

Additional Information:

Projects are typically ready for pick up two weeks after the final class. Please call ahead before coming to pick up your projects.



CHAIR YOGA

Instructor: Trish Smith & Maggie Horn **Location: Auditorium**

Ongoing Tuesdays (Trish) & Thursdays (Maggie) 9:15am - 9:45am

Cost: \$5 per class

Participants will practice yoga poses that can be done while seated in a chair. The 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

Instructor: Carol Cohen **Location: Auditorium**

Ongoing Tuesdays & Thursdays 10:00am - 10:30am

Cost: Free - Donations Gladly Accepted

This class will use various equipment (bands, weights, and paddles). This class will alternate non-impact cardio with upper body strengthening exercises. When needed, a chair is offered for support.

Carol Cohen is a certified senior fitness instructor and has been teaching for over 30 years. She emphasizes balance and functional fitness that is used every day.

BETTER BALANCE TAI CHI

Instructor: Bonnie Newman **Location: Auditorium**

All Tuesdays & Thursdays in the months 12:30pm - 1:30pm

No class in December Cost: Free - Donations Gladly Accepted

Participants in this class will practice a series of simple, slow, and effective movements aimed at improving balance, strengthening the muscles, and reducing the risk of falling.

Bonnie Newman is a certified instructor of Tai Chi for Better Balance, an evidence based program approved by the NIH as a balance retraining program. She received training and certification in 2013 from Dr. Fuzhong Li, Oregon Research Institute.

MOVING YOUR **ELDER** PARENTS... YÖURSELF

Instructor: Nancy Wesson **Location: Art Room**

Wednesday, November 7th & Wednesday, November 14th 5:30pm - 7:30pm

Minimum class size: 5

Cost: \$40 resident / \$50 non-resident

Based on her book, Moving your Aging Parents, this class will guide you through a heart-centered process that includes how to:

- Create a pro-active "moving toward" attitude
- Make decisions about keeping or divesting items
- Ask the right questions
- Honor everyone's needs
- Set clear, positive intentions about life going forward
- Recognize Changing Needs

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SENIOR CLASSES

GRIEF & END OF LIFE EDUCATION HOSPICE 101

Instructor: Mt. Hood Hospice
Location: Art Room

2nd Tuesday of each month from September through November 10:45am – 12:15am

Cost: Free - Donations Gladly Accepted



Tuesday, September 10th - Decoding Hospice Care: Debunking Common Myths

Tuesday, October 8th - Grief and the Holidays

Tuesday, November 12th - Secure your Legacy: The Art of Advanced Care Planning

Join us at the Sandy Community and Senior Center for free Grief and End of Life Educational classes offered in the Fall and Winter. Space is limited, please register by calling the center at 503-668-5569.

SCAM PREVENTION

Instructor: Legal Aid Services of Oregon
Location: Art Room

September 24th

10:35am – 11:45am Cost: Free This presentation will aim to educate seniors on scam prevention skills, providing them with valuable information on how to recognize and avoid common scams. As well as tips on how to safely make purchases online. The session will also cover when to ask for help, ensuring that seniors feel empowered and confident in their ability to navigate the online world safely.

OPEN ART STUDIO

Instructor: Kim Nelson
Location: Art Room

Ongoing Mondays 1:00pm - 4:00pm

Cost: The suggested price is \$5 per session, but you can pay what you can.

This is not an art lesson; this is a place to create with a group of likeminded people who emphasize collaboration, sharing, and merit. The Open Art Studio concept believes the best work comes out when created in an accepting and non judgmental place.

Bring your own supplies!

MEDICARE SCHOLAR EDUCATIONAL CLASSES

Instructor: Deedra Thompson & Cedar Springs Advisors
Location: Dining Room

4th Wednesday of each month from May through August

(There are a few date adjustments due to holidays)

2:00pm - 3:00pm

Cost: Free



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!

Wednesday, September 25th - Original Medicare vs Medicare Advantage

Wednesday, October 23rd - Annual Election Period

Wednesday, November 20th - Delaying Medicare Enrollment

Wednesday, December 18th - Veterans & Women's Health

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BINGO

Location: Dining Room

We aim for 1:30pm on the second Tuesday of each month, however dates and times can change.

Please check your Sandy Senior Scene Newsletter or call the Sandy Community and Senior Center for exact dates and times.

Cost: \$5 per session

This is a drop-in activity for seniors with the desire to play Bingo and have fun!

PINOCHLE

Location: Lounge

Dates and times change depending on the month.

Dates and times change depending on the month. Check your Sandy Senior Scene Newsletter for the dates or call the Sandy Community and Senior Center for more information.

This is a drop-in activity for seniors with the desire to learn and play pinochle with a friendly group of peers.



COFFEE & CARDS

Location: Lounge

Ongoing Mondays 10:00am - 12:00pm

(No class September 2 & November 11)

This is a drop-in activity for seniors who are looking for a social gathering. Stop by and enjoy a cup of coffee, a game of cards, work on a puzzle or just enjoy a good conversation.

MT. ANGEL OKTOBERFEST SEPTEMBER



There is no more appropriate setting for an American version of the "Old World" Oktoberfest than in Mount Angel, Oregon. The small community was settled by German pioneers in the 1800s and readily reminds one of the lush Bavarian Countryside. Oregon's oldest and best-loved Oktoberfest began in 1966 as a traditional harvest festival to celebrate the bounty of the earth and the goodness of creation. It is the largest folk festival in the Northwest.

SENIOR TRIPS

HOOD RIVER VALLEY HARVEST FEST OCTOBER



The valley's best farms and orchards bring their bounty to Hood River Harvest Fest with stands full of produce, giant displays of apples, pears, squash, raw honey, beautiful flowers, local plants, herbs, and more! Stock up for the season with basketfuls of this autumn's harvest. The artists and makers you will find at Hood River Harvest Fest go through a juried acceptance process and are some of the best in the region. All items sold by vendors are handcrafted and locally made. Hats, candles, cheese, jams, woodworking, paintings, clothing, jewelry, and more. This "marketplace" is not to be missed. They boast a diverse restaurant selection.





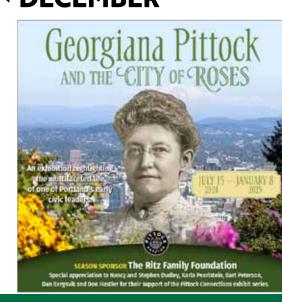
PORTLAND NOVEMBER HOLIDAY MARKET



Join us for a festive celebration of the holiday season at the 4th annual Portland Holiday Market! This annual event brings together the community and to enjoy a delightful array of food, gifts and holiday spirit. Whether you're shopping for unique gifts, savoring delicious food, or seeking a fun family outing, our event has something for everyone.

PITTOCK MANSION DECEMBER

An exhibition highlighting the multifaceted life of one of Portland's early civic leaders. Georgiana Burton Pittock, beloved wife to Henry Pittock, led a multifaceted life and left a lasting legacy on Portland. Known for her vivacious spirit, Georgiana dedicated herself to improving the lives of women and children in her community. A skilled fundraiser and gardener, she channeled both interests to effect social change. leaving a lasting imprint on Portland and its identity as the "City of Roses." Join us in celebrating Georgiana Pittock's remarkable contributions and discover how one woman's vision and tenacity continue to bloom in the city's vibrant history.



IEVENTS



SEPTEMBERKids Cross

September 15th

Liepold Farms 14050 SE Richey Rd. Boring

Kiddie Course open from

11:00am - 2:00 pm

Cost: \$5 Parking fee: \$5

OCTOBER Halloween Egghunt

October 25

Meinig Park 8:00pm Middle schoolers 8:45pm High schoolers

NOVEMBER We Honor our Veterans

November 7

In partnership with Mt. Hood Hospice

Tree Lighting November 22

Plaza

6:00pm

CITY OF SANDY **EVENTS**





WINTERFEST IS BACK!

The City of Sandy is excited to bring back the 3rd annual Winterfest. Starting on November 22nd with the Tree Lighting, the City will host a variety of free community events:

- Tree Lighting
- Pet Pictures with the Grinch
- Estampa y Santa
- · Shortests Day Walkway
- Holiday Happy Hour
- Stocking Stroll
- Jolly Trolly Joy Rides

Along with our free events, Meinig Park will be decorated and lit nightly from 4:00pm-9:00pm.

If you are interested in becoming a sponsor or volunteer for Winterfest, please contact us at 503-668-5569.







OPPORTUNITIES

MT STORM BASKETBALL

Mt Storm K-2 **Instructional League**

Instructor: Amy Lytle Schedule and Location: TBD Maximum class size: 16 per class

Cost: \$35/participant

Mt Storm Youth Basketball

Grades 3rd & 4th

Mt Storm 3rd and 4th grade basketball utilizes a 5-on-5 format.

Age: Grades 3rd & 4th

Location: Games and Practices locations TBD.

Registration Opens Mid-September. Registration Deadline, Monday, October 28.

(Late registration accepted only where space is available, with an additional late fee of \$25).

No refunds after the first game.

Practices will start in December.

Games will begin in January.

Mt Storm Youth Basketball

Grades 5th & 6th

Mt Storm 5th and 6th grade basketball utilizes a 5-on-5 format.

Age: Grades 5th & 6th

Location: Games and Practices locations TBD.

Registration Opens Mid-September. Registration Deadline, Monday, October 28.

(late registration accepted only where space is available, with an additional late fee of \$25).

No refunds after the first game.

Practices will start in December.

Games will begin in January.

Mt Storm Coaches

Mt Storm is always in need of more volunteer coaches. Please consider signing up to lead a team! No experience is necessary. Practices begin in December and games will begin in January. The season ends with a Jamboree in mid March. If you are interested, please reach out to ccohen@cityofsandy.com

VOLUNTEER

Looking for a way to give back to the community? The Sandy Parks and Recreation Department has many opportunities. From driving for Meals on Wheels, helping in the community garden, to supporting the front desk at the community center, the Parks and Recreation department has a spot for you. Stop by the center to get an application and learn more.



Mandatory Assessment Required

There will be 2 Skills Assessments in November for the 5th & 6th grade players. Players are not drafted by coaches. Mt Storm uses a player skill assessment and a blind draw based on skill. Effort is made to achieve a balance of skill level for all teams. Two open gyms will be available prior to the skills assessments.

DONATIONS

Sandy's Parks and Recreation Department accepts donations for various events, recreational activities and senior services. We rely on these donations to help supplement and provide services. Donations can be made at the Sandy Community/ Senior Center. Please call first. Thank You!







RENTALS

Most great cities have a central public gathering area, and Sandy is no exception. The City leveraged urban renewal funding to construct a public plaza across the street from City Hall and right next door to the Historical Society Museum on Hoffman Ave. The amphitheater-style plaza features a large open area, seating, vendor pads, landscaping, public restrooms and a water feature. Centennial Plaza is home to the City of Sandy's Annual Christmas Tree Lighting Ceremony every winter, and the Sandy Area Chamber of Commerce's Music Fair and Feast (an open air weekend music festival) every summer.



CASCADIA PARK SHELTER

The shelter is available from 7:30am – 10:30am. 11:00am - 2:00pm, 2:30pm - 5:30pm, 6:00pm -9:00pm 7 days a week and comes with 3 picnic tables and a trash can.

Rental Fee: \$50 resident / \$70 non-resident



MEINIG PARK GAZEBO

A unique log gazebo is located in the heart of Meinig Memorial Park and available for families and groups to rent for weddings, reunions, and other gatherings. In addition to its location in a gorgeous setting, it features

- A water fountain
- Power outlet
- Picnic tables
- Access to adjacent amphitheater
- · Access to nearby restrooms
- Access to the Fantasy Forest play area Rental Fee: \$200 resident / \$300 non-resident

SANDY BLUFF PARK SHELTER

The shelter is available from 7:30am - 10:30am, 11:00am - 2:00pm, 2:30pm - 5:30pm, 6:00pm -9:00pm 7 days a week and comes with 3 picnic tables and a trash can.

Rental Fee: \$50 resident / \$70 non-resident



MEINIG PARK SHELTERS

The 3 Small Shelters at Meinig Park will be available to rent from 11:00am - 2:00pm 7 days a week. Each shelter comes with a picnic table and a trash can.

Rental Fee: \$10 per hour resident \$15 per hour non-resident

Call the center at 503-668-5569 for more information

SANDY PARK RENTALS Explore A **Sandy Park**



BORNSTEDT PARK SHELTER The Shelter is available from

11:00am - 2:00pm and 2:30pm -5:30pm 7 days a week and comes with 3 picnic tables and a trash can. Rental Fee: \$100 resident / \$130 non-resident

The City of Sandy is proud of its stellar parks system. Facilities range from the 1.75 mile Tickle Creek Trail, to neighborhood playgrounds to the 127 acre Sandy River Park. Policy for Sandy's parks system is created by the Sandy City Council and assisted by a seven person advisory board, which includes one member of the City Council.

24 FALL 2024 | www.ci.sandy.or.us/parks-rec | 503-668-5569

RENTALS ____

AUDITORIUM

The Sandy Community and Senior Center Auditorium is a large room approximately 2,000 square feet. It is upstairs with an elevator close to the entrance. It has a small stage and easy access to restrooms. This room is lined with windows on the east side and mirrors on the west wall. There are some skylights which bring in a lot of natural light. The auditorium is a great place for birthday parties, receptions, large meetings, and activities.

Capacity: 125 people (Seats 80 for dining comfortably) Rental Fee: \$40 per hour resident / \$60 per hour non-resident Custodial Fee: \$20 one time non-refundable



Check out our website for more information www.ci.sandy.or.us/ parks-rec/page/parks



DINING ROOM

The Sandy Community and Senior Center Dining Room is approximately 1,700 square feet. It is located downstairs. There are six round tables which seat approximately 8-9 people per table. There are additional 6 - 8 ft tables available for use. The dining room is a great space for any kind of event, especially those involving food. The kitchen is not avaiable to rent. Capacity: 100 people (Seats 60 for dining comfortably) Rental Fee: \$40 per hour resident / \$60 per hour non-resident Custodial Fee: \$20 one time non-refundable

The kitchen is currently not available for rental, however you can use it to prep food (there is no refrigerator, stove, oven, warmer, or dishwasher access).

SANDY ROOM RENTALS **The Parks and Recreation Department**



has a variety of rental spaces to meet your needs. Whether it is a birthday party, wedding reception, school reunion or a book club, our amenities might meet your needs.

ART ROOM

The Sandy Community and Senior Center Art Room is a medium-sized room approximately 525 square feet. The art room is located upstairs with an elevator close to the entrance. It has tiled floors and counter space. It is a great room for birthday parties, arts and crafts, and smaller group meetings. Tables and chairs are available for use.

Capacity: 35 people

Rental Fee: \$15 per hour resident / \$30 per hour non-resident

Custodial Fee: \$20 one time non-refundable



26 FALL 2024 | www.ci.sandy.or.us/parks-rec | 503-668-5569

Kid Take and Makes

Sandy and Hoodland Libraries

15th day of each month

Take and Make kits contain all materials and instructions for an activity. They are available each month while supplies last.

Hoodland LEGO Club

Hoodland Library Community Room

1st Saturday of every month,

1:00 pm to 2:00pm

Children ages 5-10 years old are welcome to come and build with LEGOs.

Hoodland Library Story Time

Hoodland Library Community Room

Fridays, 10:30am to 11:00am

We will be reading books, singing songs and learning rhymes.

Hora del Cuento en Español/ Spanish Storytime

Locación/Location: Biblioteca Pública de Sandy / Sandy Public Library

Cuando/When: Sabados a las 10:30am /Saturdays at 10:30am

Leeremos libros juntos, cantaremos canciones y aprenderemos rimas en la hora del cuento en español. We will read books together, sing songs, and learn rhymes at Spanish story time.



Sandy Library Storytime

Hoyt Community Room at the Sandy Library

Thursdays at 10:00am

Miss Monica will read books and we will sing songs and learn rhymes together. Todos Juntos will provide a fun craft activity afterward. This program is for preschool children aged 2-5 and is designed to help your child learn the important early literacy skills needed to help them learn to read.

Family Storytime

Hoyt Community Room at the Sandy Library Saturdays at 10:00am

Storytime for the whole family! Miss Monica will read picture books and we will all learn some songs and rhymes together.

Author Storytime: Sarah Behrman Seahorse Storytime

Hoodland Community Room
Friday, October 18, 2024
10:00am - 11:00am

Hoyt Community Room at the Sandy Library Saturday, October 19, 2024 10:30am - 11:30am



Special guest, Sara Behrman, as she reads her book "The Sea Hides A Seahorse" and leads us in a special Seahorse storytime.

This program is made possible by a grant from Regional Arts & Culture Council.

Read to the Dog

Sandy Library Children's Area

Tuesdays from 4:15pm - 5:15pM

Sessions are 15 minute increments

Do you have a child working to improve their reading skills? Bring your child to the Sandy Library to read to Tanis! Tanis will be in the Sandy Library children's area and he would love it if you read him your favorite book! Read to the Dog is a great way for your child to practice their reading in a fun environment.

We are partnering with DoveLewis' Portland Area Canine Therapy Teams program to offer interactive reading sessions for readers looking to develop their confidence in reading aloud with a furry companion.

LEGO Club - Sandy

Hoyt Community Room at the Sandy Library

2nd Tuesday of each month,

4:00pm - 5:30pm

Visit the library after school to make LEGO creations that will be displayed at the library!

Smokey Bear Reading Challenge

Sandy Library

September 1 - October 31, 2024

Sign up at sandy.beanstack.org

Help Smokey celebrate his 80th birthday by learning how to prevent wildfires and help the environment! Kids and teens are welcome to read 3 books on wildfire prevention or the environment and earn 4 activity badges to complete the challenge and earn your prize! Start by taking Smokey's Pledge. Badges are earned by completing at least one activity in each section. You can select books from Smokey's Reading List at smokeybear.com, or choose your own.

TEENS

Teen Take and Makes

Sandy and Hoodland Libraries

1st day of each month

Take and Make kits contain all materials and instructions for an activity. They are available each month while supplies last.

Teen Makerspace

Register for free to be a part of a teen makerspace group. Groups meet every other week for 10 weeks for a total of 5 classes. Makerspace group is a group of teens that gather to design, create, and experiment with a variety of tools and materials in a creative and hands-on learning environment. Learn a new skill and make new friends! Teens in grades 6th - 12th welcome. A maximum of 10 participants per group. Registration required: cityofsandy. activityreg.com

MAKERSPACE GROUP 1
Sandy Community Center Art Room
38348 Pioneer Blvd.
September 11, September 25,
October 9, October 23, November 6
4:00pm - 6:00pm



MAKERSPACE GROUP 2

Sandy Community Center Art Room 38348 Pioneer Blvd.

September 18, October 2, October 16, October 30, November 13 4:00pm - 6:00pm

Teen Hangout

Hoyt Community Room at the Sandy Library

1st and 3rd Mondays of each month from

4:00pm - 6:00pm

This is a drop-in program that provides teens, grades 6th - 12th, a dedicated space to hangout, make friends, watch movies and YouTube on the big screen, play games, share interests, listen to music, get creative and more! Themed crafts and events held monthly. Snacks provided!

Teen Advisory Board (TAB)

Hoyt Community Room at the Sandy Library

2nd Monday of the month

4:00pm - 5:00pm

Join us for a youth leadership opportunity and act as a youth voice for Sandy area teens. TAB works with the teen librarian to provide input about how the library can be a welcoming environment for all teens, help plan teen programs/events, get volunteer hours, and more! Grades 6 - 12. Registration required: cityofsandy.activityreg.com

Dungeons and Dragons

Hoyt Community Room at the Sandy Library

2nd and 4th Wednesdays of each month
6:00pm – 8:00pm

Following old-school D&D rules from 1980 -- just like in the hit show "Stranger Things" -- we are a friendly group of players both experienced and new to the game that gather around the table. Using a flexible sandbox-style approach, the players choose their adventure. Will you explore the mysterious ruins seeking the rumored treasure within? Or clear a cave complex of ferocious orcs and earn great reward and fame from the local lord? No matter what you choose, adventure and treasure awaits! We play the traditional way, rolling dice in-person around a table using "theater of the mind" (sorry, no liches allowed). Grades 6-12. Seats are limited. Registration is required. For more information contact Dungeon Master Steve Williamson at gaming@ruckerworks.com

Teen Japanese and Korean Culinary Adventure

Hoyt Community Room at the Sandy Library

Friday, September 20, 2024 at 6:00pm - 7:00pm

Join us for the 2nd Culinary Extravaganza planned by the Teen Advisory Board: A Japanese and Korean Culinary Adventure! Get a taste of each culture over the course of six dishes and play trivia. Limited to 15 participants in grades 6th - 12th. Registration required: cityofsandy.activityreg.com



Adult Take and Makes

Sandy and Hoodland Libraries

15th day of each month

Take and Make kits contain all materials and instructions for an activity. They are available each month while supplies last.

Men's Book Club

Hoyt Community Room at the Sandy Library

1st Monday of each month at 7:00pm

For the discerning gentleman who enjoys great literature and for those who just like to hang out with the guys. For more information contact Maureen Houck at mhouck@ci.sandy.or.us. The title for the discussion will be announced on our website: www.ci.sandy.or.us/library

Women's Book Club

Hoyt Community Room at the Sandy Library

2nd Thursday of each month at 6:00pm

For women who love good books and like to talk about them. For more information contact Maureen Houck at mhouck@ci.sandy.or.us. The title for the discussion will be announced on our website: www.ci.sandy.or.us/library

ADULTS

Digital Book Club

Location: Zoom

1st Thursday of each month at 7:00pm

Join us on Zoom! For more information, contact Kat Aden at kaden@ci.sandy.or.us. The title for the discussion will be announced on our website: www.ci.sandy.or.us/library

Hoodland Book Club

Hoodland Library Community Room

3rd Tuesday of each month at 4:00 pm

Discussion of a monthly book that was chosen by a group of readers. For more information, contact Alex Steinmetz at asteinmetz@ci.sandy.or.us. The title for the discussion will be announced on our website: www.ci.sandy.or.us/library.

Spanish Class

Hoyt Community Room at the Sandy Library Sundays 3:00pm - 4:00pm

Learn Spanish with teacher Maria Smith.
This free class is intended for beginners.
Weekly, drop-in class, no registration required.
Instructor: Maria Smith

Clase de inglés/English Class

Instructor: Maria Smith

Locación/Location: Hoyt Community Room at the Sandy Library

Cuando/When: Sundays 4:00pm - 5:00pm

Clase de inglés para estudiantes principiantes o con un nivel intermedio de inglés. Learn English with teacher Maria Smith. This free class is intended for beginners. Weekly, drop-in class, no registration required.

French Conversation Group

Hoodland Library Community Room

Mondays, 2:30-3:30pm

Improve your French conversation skills in a friendly setting. All levels welcome!

Creation Station

Hoyt Community Room at the Sandy Library

2nd & 4th Mondays, 10:00am - 12:00pm

Creation Station is a twice-monthly interactive program that welcomes adults with developmental disabilities. Art Lab, on the 2nd Monday, offers several arts and crafts stations with various materials to accommodate different interests and abilities. Maker Lab, on the 4th Monday, provides puzzles, games, LEGOs, and other building and problem-solving materials.

Oregon Department of Human Services: Drop-In Assistance

Sandy Library Study Room

Tuesdays 10:30am - 3:00pm & Thursdays 10:00am - 3:00pm

Need assistance paying for food or child care? Are you looking for health coverage? ODHS (Oregon Department of Human Services) may be able to help you! Please call ahead to make sure a representative is available at the library: 503-668-5537.

Sandy Seed Library

Location: Sandy Public Library

Open hours

Come to the Sandy Public Library and 'borrow' seeds for free! You may ask, "How can you 'borrow' seeds?" The basic idea is that you plant the seeds, let some go to seed, and then return some of these next-generation seeds for others to borrow. (Don't worry. There are no fines if you don't return seeds.)

The Seed Library is open whenever the library is open. Beyond being a hub for the seed exchange, the Seed Library periodically offers events! Check back for announcements.

Fall and Winter Gardening

Location: Hoyt Community Room at the Sandy Library Thursday, September 19, 2024

6:00pm - 7:00pm

Once the leaves begin to fall, many gardeners' attention turns to activities other than hanging in their landscapes. And, although the weather may be cooler and wetter in the fall and winter, there are ways we can both participate in our plants' health, and prepare for Spring. There are plants which can't tolerate winter temperatures to be cared for; planting of species which thrive in winter; and looking out for the wild critters that can use a little TLC to thrive. And, although we can't see anything happening, preparing our landscapes – and particularly the soil – for next year's plants is best done in the fall. Come learn how to garden with no trowels or wheelbarrows! Presented by OSU Extension Service Master Gardener.



Craft Swap

Hoyt Community Room at the Sandy Library Sunday, September 29, 2024 12:00pm - 2:00pm

Bring craft supplies you are no longer using, and browse the materials donated by others.

Walk in the Shoes of a Dyslexic

Hoyt Community Room at the Sandy Library

Monday, October 14, 2024
6:30-8:00pm

An informational program about dyslexia along with a simulation experience that allows people to get an idea of what it's like to read with dyslexia.

I Miss the Rain in Africa by Nancy Wesson

Hoyt Community Room at the Sandy Library
Thursday, September 26, 2024

6:00pm - 7:00pm

At the age of 64, Nancy stepped out of her comfortable life, shuttered a business and headed to Uganda as a Peace Corps Volunteer. For two-plus years she served a population of post-conflict survivors while working with a literacy organization – living as the locals. Nancy will share some amazing tales about living in a radically different culture – and returning to a life that no longer fit. I Miss the Rain in Africa was awarded the Nautilus Book Award and the Moritz Thomsen Peace Corp Experience Award. Nancy has recently relocated to Sandy to be nearer family. Her books will be available for purchase.



Alternative Ground Covers

Hoyt Community Room at the Sandy Library
Thursday, October 17, 2024
6:00pm - 7:00pm

Did you know that our now ubiquitous grass lawns were first designed in the 1700's by Andre Le Notre, the landscape architect for France's Louis XIV, at the Palace of Versailles? And it wasn't until 1830 that the first lawn mower was created. The English and Americans emulated Le Notre's creation and-voila!-- massive expanses of green that required lots of water and maintenance, but did nothing for the other inhabitants of nature. This presentation will explain how a few small (and large) changes to your landscape can reduce time devoted to its maintenance, reduce expenses, and provide a friendly environment for the other creatures with which we share it. Presented by OSU Extension Service Master Gardener.

ADULTS

Year of Magical Thinking Play

Clackamas County Bank Theater Saturday, October 19, 2024 2:00pm - 3:30pm

Based on the beautiful, National Book Award winning and Pulitzer Prize finalist, memoir by Joan Didion. This play, adapted by the author herself, recounts the year that both her husband anddaughter died. It spotlights the force that grief is in our lives as well as how we can move forward through the trials of loss to heal our-selves. This event, as well as being a truly inspiring story of resilience, will also spark a discussion on the lasting effects of loss, grief, and how we can move forward individually and as a community into the future.

Repair Fair

Hoyt Community Room at the Sandy Library Saturday, November 2, 2024 10:00am - 1:00pm

Join us for a free community repair event. What can I bring to be repaired?

- Small electronics
- Small home appliances
- * Some repairs may not be available at every event.

To confirm an item you want to bring can be repaired, email sustainability@clackamas.us with a description of your item. This page is not always monitored! For full details please visit website (QR code) Link to library web page for repair fair.



BEGINNER COMPUTER CLASSES



Mouse and Keyboard Basics

Hoyt Community Room at the Sandy Library
Tuesday, September 3, 2024 &
Tuesday, November 5, 2024
10:00am - 11:00am

Are you a new computer user with little or no experience using a keyboard and mouse? If so, come to this class and learn how to left-click, right-click and use basic command keys as you prepare to enter the online world! Space is limited. Registration is required. Call the library at 503-668-5537 to register for a class.

Computer Basics

Hoyt Community Room at the Sandy Library Tuesday, September 10, Tuesday, October 1st & Tuesday, November 12, 2024 10:00am - 11:30am

New to computers or been awhile since you used one? Come to Computer Basics and learn how to start and shut down a Windows computer; create, save, and open a file; create a folder; and rename files and folders. Space is limited. Registration is required. Contact the library at 503-668-5537 to register for a class.

Internet Basics

Hoyt Community Room at the Sandy Library Tuesday, September 17, Tuesday, October 8 & Tuesday, November 19, 2024 10:00am - 11:30am

Are you an internet novice in need of more information? If so, sign up for Internet Basics! Learn basic internet terminology and how to navigate a browser, locate a website, identify common domains, build search skills, and stay safe while searching in this class. This class will focus on the Google Chrome browser. Space is limited. Registration is required. Contact the library at 503-668-5537 to register for a class.

Google Drive and Google Docs

Hoyt Community Room at the Sandy Library Tuesday, September 24 & Tuesday, December 10, 2024 10:00am - 11:30am

Learn about Google Drive for uploading, organizing, and sharing files. Get an introduction to Google Docs (Google's word processor). A Google account (Gmail account) is required prior to taking the class. Registration is required. Call the library at 503-668-5537 to register.

Microsoft Word

Hoyt Community Room at the Sandy Library Tuesday, October 15 & Tuesday, December 17, 2024 10:00am - 11:30am

Need to compose a letter? Make a list? Write a resume? Take this class to learn basic formatting skills in Microsoft Word. Space is limited. Registration is required. Call the library at 503-668-5537 to register for a class.

Introduction to iPad and iPhone

Hoyt Community Room at the Sandy Library
Tuesday, October 22 &
Tuesday, December 3, 2024
10:00am - 11:30am

Learn important skills for using your iPad or iPhone including navigating your device, connecting to wifi, common apps, and helpful settings. For this class, you will want to bring your own device and make sure you know your Apple ID and password. Space is limited. Registration required. Call the library at 503-668-5537 to register.



FAMILIES

Fiber Arts Circle

Sandy Library Fireplace Room

Tuesdays, 2:00pm - 4:00pm

Fiber Artists join other handcrafters at an informal Fiber Arts circle in the fireplace room of the library on Tuesdays at 2:00pm. Weavers, spinners, knitters, crocheters, if your work is portable, you are welcome.

Mahjong

Hoyt Community Room at the Sandy Library

2nd Saturday of each month starting in

November, 2:00pm - 4:00pm

Come play Mahjong at the Sandy Library! Beginners welcome. An introductory course will take place at 2:00pm, followed by regular play at 2:30pm. No set (game pieces) required to join, but, if you have a set, please bring it with you.



Hispanic Heritage Celebration

Clackamas County Bank Theater Saturday, October 12, 2024 2:00 - 4:00pm

Mexican Folk Dance by Estampa Mexicana plus refreshments, crafts, games and more. Baile Folclórico Mexicano por Estampa Mexicana además de refrescos, manualidades, juegos y más.

Dia de los Muertos/ Day of the Dead

Hoyt Community Room at the Sandy Library
October 26, 2024

10:00am - 12:00pm

Bilingual storytime at 10:00 AM; Family activities until 12:00. Crafts, games and more. Everyone welcome. /Cuentacuentos bilingüe a las 10:00. Actividades familiares hasta las 12:00. Manualidades, juegos y más. Todos son bienvenidos.

Sandy and Hoodland Libraries Giving Tree

Sandy and Hoodland Libraries

Sunday, November 24, 2024 - Saturday, January 4, 2025

Please help us keep our neighbors warm and cozy during this chilly season by bringing NEW or HANDMADE, hats, scarves, mittens, gloves, and extra warm socks to the Library. A tree will be in the lobby for you to decorate with your donations. Donated items at the Sandy library will go to the Sandy Community Action Center. Hoodland library donations will go to Neighborhood Missions.





CITY OF SANDY, OREGON COMMUNITY AND RECREATION GUIDE

FALL 2024

