

GLAD TYDINGS NEWSLETTER

GLADSTONE SENIOR CENTER

DECEMBER 2011

1050 PORTLAND AVE., GLADSTONE, OR. 97027 (503) 655-7701

PUBLISHED MONTHLY. SUBSCRIPTION RATES \$7.00. JAN-DEC.

CENTER HRS: MON-FRI., 8:30am – 5:00pm

Website- gladstoneseniors.org

DATES TO NOTE ON CALENDAR

Monday, December 26 - Center Closed

Wednesday, December 21-Christmas Party

Monday, January 2, 2012 – Center Closed-New Years

CHRISTMAS PARTY – SPONSORED BY THE GLADSTONE SENIOR FOUNDATION

Gladstone Senior Centers' Christmas luncheon will be held Wednesday, December 21 at 11:30am. Sign up now for our annual holiday luncheon and listen to the wonderful Christmas Music by Art Goodman and a visit from Santa. You can also buy raffle tickets, \$1.00 each or 6 for \$5.00 for a chance to win one of our beautiful Christmas gift baskets. The drawing will be held during the luncheon. Call now and reserve a seat. 503-655-7701 (Raffle tickets on sale now)

OREGON TELECOMMUNICATION PROGRAM

Do you have difficulty communicating on the phone? On Tuesday December 13th Martha O'Neal, will be at the Center 11:00am to Noon to share with you the various types of telephones AT NO COST; on permanent loan from this program to anyone who is an Oregon resident with a need for help with using the phone. Difficulties such as being unable to pick up the phone due to Parkinson's or stroke, problem hearing, not able to speak loud enough or for people who have had larynx surgery, and more. Also services to those who have hearing loss, workshops are available again, at no cost.

INCLEMENT WEATHER

In case of snow and /or ice, remember to check the radio or TV stations to see if the Gladstone School district is closed. **If they are, the Senior Center will also be closed.** We don't want anyone to be unsafe in anyway. Stay home, stay safe and warm. The cold weather is also hard on our pets; they depend on us to keep them comfortable and safe in bad weather.

70th Remembrance of the Bombing of Pearl Harbor 1941-2011

Clackamas County Historical Society presents "On THE HOME FRONT" Pearl Harbor's galvanizing effect on America, 5-8pm, Wednesday, December 7-211 Tumwater Drive, Oregon City, OR. Please RSVP and contact CHS for information at 503-655-5574 or

@clackamashistory.org

**ADVISORY
BOARD MTGS.,
3RD TUES. AT
3:30PM
QUARTERLY IN
JAN., APRIL,
JULY, & OCT.**

**ADVISORY BOARD - 2011
JACK WRIGHT – PRESIDENT
ELAINE HERMANS-VICE PRESIDENT
DELORES ELLIS-SECRETARY
BEVERLY ANSLOW, WANDA COCHRANE
BARBARA BELL, DIANE BERRETH
SUSAN TRAFTON, WALT FITCH**

**STAFF
MANAGER, RHONDA BREMMEYER
TRAM, SHIRLEY SCRIVNER
OFFICE ASST., SHIRLEY (Shirl) NETTROUER
NUTRITION COORDINATOR, DEBBIE FERREN**

BOOK CLUB MEETING - MONDAY December 19, 10:30AM

This month's books: "Acid Christ" By Mark Christianson-The author, Mark Christian, knew Ken Kesey and believes that most books about him have got it wrong. This is another look at that famous Oregonian who died in 2001 at the age of 66 from liver complications.

ALTERNATE BOOK: "Sometimes a Great Notion" by Ken Kesey- One of Kesey's first books (made into a great movie) about logging and the Pacific Northwest.

Rhondas Ramblings

The Advisory Board did a great job of serving for our Thanksgiving luncheon. Our fill in cooks Rosemarie Kraxberger, Delores Ellis, and Shirley Scrivner did a great job that day. I would like to thank board members Jack Wright, Beverly Anslow, and Delores Ellis for the time they have given over the many years to the Center's Board. I have a couple of vacancies if you are interested in serving a three year term.

Join us once again for Santa and entertainer Art Goodman on December 21 for our Christmas Party and lunch starting at 11:30. Please call for a reservation so staff knows how much food to prepare.

Doug Shockley started volunteering 2002 doing dishes two times a week. He is moving to Tuscan AZ the first of December. We will miss him and his great sense of humor and dedicated volunteering.

Happy Holidays to all of our friends and neighbors from the staff at Gladstone Senior Center. On to our next 30 years of being here for you.

GLAD TYDINGS NEWSLETTER

Glad Tydings Newsletter-Be sure to renew your subscription for the New Year Jan-Dec 2012. Fill out the renewal form and send it back to the Gladstone Senior Center – 1050 Portland Ave, Gladstone, OR 97027 along with the renewal fee of \$7.00. Make Checks out to Gladstone Senior Center – forms are also available at the Center. Remember to include your birthdate on the form. Questions – 503-655-7701

DECEMBER 2011 TRAM TRIPS

NOTICE → SIGN-UP POLICY: PRE-PAID SIGN-UPS ARE THE FIRST BUSINESS DAY OF THE MONTH AT 9AM LIMITING PERSONS TO TWO TRIPS PER MONTH. YOU MAY BE PLACED ON THE WAIT LIST FOR ADDITIONAL TRIPS & IF SEATS BECOME AVAILABLE YOU WILL BE CONTACTED. WAIT LIST PARTICIPANTS WILL PRE-PAY ONCE CONTACTED.

Dec. 2 WASHINGTON SQUARE -CANCELLED

Dec. 5 HUBER'S AND PITTOCK MANSION

Huber's is famous for turkey and more. After lunch we will take a short trip to the Pittock Mansion, all dressed up for Christmas. The mansion was almost lost to Portland after the Columbus Day Storm, but a group of historic minded people got together to preserve this gem. It is truly a special part of Portland's history.

Lv: 10:45am Ret:3pm Fare: \$15.00 (includes mansion tour) Lunch on your own-\$12 to \$15.00 average cost at Huber's

Dec. 12 SHIRLEY'S HOUSE AND ASPEN MEADOWS LIGHT DISPLAY

Come enjoy Shirley's house, all decorated for Christmas. I will have light snacks and beverages for your enjoyment. After that, we will travel to Beavercreek for Aspens Meadows beautiful light display. The display is free but bring a donation for the Oregon Food Bank. Some of the display is outdoors, so wear warm clothing for walking.

Lv:6pm Ret9pm Fare: \$10.00

Dec. 19 (MONDAY) MAGIC AT THE MILL-MISSION MILL MUSEUM

This event in Salem features thousands of twinkling lights, entertainment, and more. The café will open if you'd like a snack or drink. Dress warmly as some of the display is outdoors.

Lv: 5pm Ret:9pm Fare \$15.00 (includes admission to the museum)

Dec. 30 JUST LUNCH AT THE OLIVER GARDEN

After the hustle and bustle of the holidays, let's enjoy a relaxed lunch at the Olive Garden.

Lv: 10:30am Ret: 1:30pm Fare: \$3.00 Lunch: on your own

Note: Please be aware that return times are approximate. Weather, traffic, or other conditions may affect travel time.

FRI. EXCURSIONS – NEW POLICY - All trips will be pre-paid within three days of sign-up. Three-day notice is required for a refund and no refund will be issued unless your spot can be filled from the wait list, even with a three-day notice. Sign up or yourself & one other person only. Space limited is to 12-14 passengers. The fare varies for Friday excursions & will be posted each time. Any trip will be canceled if there are not enough signed up.

RAINBOWS – HAPPY DECEMBER BIRTHDAYS

Bill McConnel	4	Dale Leabo	17
Thomas Busch	4	Marie Dove	18
Jean Agustine	6	Barbara Pecka	20
LaRose Murphy	7	Marie Reitz	21
Jada Nixon	7	Frances Fertig	23
Irene Cawley	12	Delores Scouten	27
Connie Stanton	13	Ester Ekerson	30
Claire Winkler	14		

Our Sympathies to the families of: Helma Meier, Roger Morris

TAX ASSISTANCE CLINIC SIGN-UP'S

Tax Assistance Sign-ups begin January 16th as a free service thru AARP. The preparers will be at the Center each Monday beginning February 6th thru April 9th. You can begin scheduling your appointment beginning January 16, 2012. Call the center to schedule your appointment 503-655-7701. (No walk in appointments). Appointments fill up quickly so schedule your appointment early.

THE GLADSTONE HISTORICAL SOCIETY

The Gladstone Historical Society will not meet in December 2011. The program “Trolleys – Past Present & Future” has been postponed until February 22, 2012. Look for more information about this event in the 2012 newsletters. We look forward to seeing you in the New Year. Come early and have lunch at the Center (11:30am) we welcome visitors to our meetings, so come and join us. Check out our website at: www.gladstonehistoricalsociety.org, for our current meeting calendar. See you next year 2012. Happy Holidays!!!

GLADSTONE GLADHATTERS

Hostess for December 8 is Linda Schmuck at her home - 2415 Oak Grove Blvd, Milwaukie at 11:30am. Please bring either a side dish or salad to go with the Turkey dinner. Remember to bring your Christmas ornament, of choice, for our exchange. Contact Linda- 503-653-5371 a few days in advance if you plan to attend. For more information or if you need a ride, please call Queen Mum, Eileen Johnsen at 503-650-0623.

KIWANIS ANNUAL

PANCAKE BREAKFAST

December 10th – 7:30am-10:30am

Gladstone Senior Center-No cost, donations accepted

Gold Star Potluck

December 5th. We are going to have a “White Elephant Exchange”.

So bring in an item (you have been looking to get rid of)

gift wrapped. Join the fun.

Note - Due to space availability, Bunco scores are not listed. Scores will be listed in next newsletter.

GLADSTONE SENIOR CENTER

ON-GOING SERVICES, PROGRAMS, AND OPPORTUNITIES

(503) 655-7701, Mon - Fri., 8:30am - 5:00pm

TRANSPORTATION

TRAM for shopping, lunch & other errands called in 24 hours notice. Tell the receptionist about all the stops you want to make.

Lunch Pick-Up – Tues., Wed., & Thurs.

Be ready by 10:30am.

Grocery Shopping Schedule

All shopping begins after lunch at the Center.

1st Tues. – Albertson's at Berry Hill

2nd Tues. – No shopping due to foot clinic.

3rd Tues. – Fred Meyer

4th Tues. – Milwaukie Marketplace

Wednesdays – Safeway every week.

We ask riders to limit their shopping to four grocery bags due to space restrictions. This schedule will be printed on the calendar for your information.

The TRAM is lift-equipped. If possible we need a 2-day notice if you need to use the lift. Donate 75 cents or more each way please.

Medical requests should be called in with 2 days notice.

Medical appointments should be made on Tues., Wed., or Thurs., 10:00 – 11:30am.

Rides from Other Agencies

TRP – Van transportation service available to Clackamas County wheelchair residents. Also

available for elderly & disabled people who live outside regular bus service boundaries. Call (503) 655-8856.

Tri-Met – Lift –equipped rides available. Contact Rhonda at the Senior Center for applications (503) 655-7701.

UTILITIES

We can mail your NW Natural Gas, PGE & Cent.Link bills. Also, bring in your Gladstone water & garbage & we'll see that it gets to the City.

HEALTH

Blood Pressure – 2nd Tues. (no appointment necessary) 10:30am-noon.

Foot Clinic - \$33. 2nd Tues., 8:30am - 3pm, by appointment.

LEGAL ASSISTANCE

4th Tues., every other month by appointment 9:00 to 11:30am

EXERCISE

Low-impact chair aerobics - All Tues. & Thurs., at 10:30 – 11:30am.

Hiking Group – 2nd Mon. of ea. month at 9am. \$7.00.

SOCIAL SERVICES

See or call Rhonda for info on: Sr. Companions, visitors, problem-solving, Medicare assistance, etc.

NUTRITION

Noontime Meals at Center - Meals served on Tues., Wed., & Thurs. Cost of providing meals is \$4.25. If you are age 60 or over, suggested donation is \$2.50. If you are under 60, pay \$4.25. Homebound Meals Program - Meals delivered to qualifying housebound adults. Contact Debbie or Rhonda to sign up.

FUN & GAMES

Book Club – 3rd Mon, 10:30am

Historical Society Mtg
2nd Wed., 1:00pm

Bingo – Tuesday after lunch.

Bunco – Wednesday after lunch.

Pinocle – Thursday after lunch.

Bridge – Friday at 12:30pm.

Friday Tram Trips – Sign up ahead for a variety of fun excursions.

Red Hatters-Meet on 2nd Thurs. of each month.

PORT OF CALL

BAGGAGE	METAL
BANK	MOVING
BARBER	NEWSSTAND
BEAUTY	PARKING
CAR RENTAL	PAY PHONE
COFFEE	PHOTO
COURTESY	RESTAURANT
DUTY FREE	SECURITY
FIRST CLASS	SHOESHINE
FLOWER	SKYCAP
GAME ROOM	SOUVENIR
GIFT	TAXI
HOTEL	TERMINAL
INFORMATION	TICKET
LOCKER	VALET
LOST	VENDING

“2012 ENTERTAINMENT BOOKS”

Going! Going, Gone? No, No, Stop! Don't wait! get yours now!! These great & value packed books are waiting for you at the Senior Center for only \$25.00. Save up to 50% off at your favorite restaurants, big savings on travel, shopping, services and entertainment. The Home Bound Meals Program receives 50% of the profits for the sale of the books. Christmas is just around the corner. The book would make nice Christmas gifts. Everyone has that “hard to buy for person” the Entertainment book is just the thing.

DONATE YOUR CAR FUNDRAISER

Do you have an old car, boat, RV you want to get rid of? It doesn't have to run. Someone from VOA (Volunteers of America) will come & haul it off for you. If you tell them it is donated on behalf of the Gladstone Center they will share the proceeds with us.