

GLAD TYDINGS NEWSLETTER

GLADSTONE SENIOR CENTER

MARCH , 2010

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

WEDNESDAY, MARCH 17TH, 11:30AM

ST. PATRICKS DAY LUNCHEON

**Come in for the “wearin of the green!”
The Center will serve corned beef & cabbage
(one of our favorites)**

We will have special Irish entertainment.

Be sure to sign up at the front desk for

What promises to be a fun time!!!

TAX ASSISTANCE

Please note! Low-Middle taxpayers, with special attention to those age 60 and over, are welcome to sign up for tax assistance. AARP TAX Aide provides free tax counseling and electronic preparation service for simple tax returns. There are openings available on Mondays, March 29th, April 5th and April 12th. Be sure to call the Center to reserve your date and time. 503-655-7701

IDENTIFICATION (ID) THEFT

Walt Fitch, Clackamas Federal Credit Union, will be here to share with us what we need to do, to ensure our personal identity does not get into the hands of thieves. Join us on Wednesday, March 24th 6:30pm to 8:30 to hear more about the seriousness and the ramifications regarding identity theft.

CAREGIVER CLASSES

Caregiver Classes offered-The Powerful Tools for Caregiving” Series will begin on April 28th from 9:30am – 12:00pm. Research studies show that family caregivers are at high risk for developing stress-related problems. Studies find high rates of depression among caregivers, high levels of anxiety, and increased vulnerability to health problems. Caregivers frequently cite restriction of personal activities and social life as a problem. Taking care of you – Powerful tools for caregiving was developed by Legacy Health System. The classes are designed to be conducted in 2 ½ hour sessions, once a week, over a six week period. The classes emphasize teaching the caregiver to take care of themselves. The class is free and each recipient will receive a free copy of the book: “Powerful Tools for the Caregiver”. For more information or to register call Mary Ann Hard at 503-650-5724

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

ADVISORY BOARD - 2010
WALT FITCH – PRESIDENT
JACK WRIGHT-VICE PRESIDENT
DELORES ELLIS-SECRETARY
BEVERLY ANSLOW
JACK WRIGHT
JENNIE PAGH
WANDA COCHRANE
BARBARA BELL
SUSAN TRAFTON

STAFF
MANAGER, RHONDA BREMMAYER
TRAM, SHIRLEY SCRIVNER
OFFICE ASST., SHIRLEY (Shirl) NETTROUER
NUTRITION COORDINATOR, DEBBIE FERREN
PT. TIME TRAM DRIVER – MARTY ENGEL

BOOK CLUB MEETING - MONDAY MARCH 15, 10:30AM

“Little Bird of Heaven” by Joyce Carol Oates – The lives of some hard-living inhabitants of the upstate New York town of Sparta are examined here with the contrasts and class differences keenly observed.

ALTERNATE BOOK: “Moon Tiger” by Penelope Lively

RHONDA’S RAMBLINGS

If you weren’t there, you missed a really great time! If you are wondering what I am talking about, it is the “Sweet Heart Ball” that was held here at the Center in February. The food was good and the entertainment was great. Everyone had a great time listening to music and/or dancing the evening away.

I would like to thank once again, David Brant, Manager of Somerset Lodge for donating the food, dessert, and boxes of fruit for our Valentines Luncheon. The staff and patrons appreciated their generous donation.

The Bloodmobile will be here at the Center on March 23rd between 11:00am and 4:00pm. You have an opportunity to help your own community by giving blood.

Happy St.Patrick’s Day to all. Join us for some traditional Irish fare on the 17th.

MARCH 2010 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.

- Mar. 4 (Thursday)NEIL SIMON'S "RUMORS"
New Trip! In one of Neil Simon's "funniest comedies", the Deputy Mayor has just shot himself. Though just a flesh wound, the evening spins off into classic hilarity. We'll stop at Shari's for dessert or a snack afterwards.
Lv: 6:30pm Ret: 10pm(?)Fare: \$10.00 (includes ticket to play) Dessert: on your own
- Mar. 5 IRISH AND MORE DAY
This is our day for Scotland and Ireland! We will begin with a stop at the Scottish Country shop for all kinds of wonderful items. Then we will enjoy our annual lunch at Kell's Irish Pub in downtown Portland. Lastly we will visit Trader Joe's on 82nd Ave
Lv: 10am Ret: 3pm Cost: \$7.00 Lunch: on your own
- Mar. 12 WINCO GROCERY SHOPPING
We have had requests to shop here. If we have a good response we will shop here once a month. We need at least 5 people to go.
Lv: 9am Ret: 11am Fare: \$3.00
- Mar. 19 RIDGEFIELD WILDLIFE REFUGE AUTO TOUR
This is the time of year to see many birds before they migrate. We will drive the four mile "auto route". There is one stop where we can view wildlife from a blind. We'll travel back to Vancouver afterwards for lunch at Beaches.
Lv: 9am Ret: 2:30pm Fare: \$10.00 Lunch: on your own.
- Mar. 26 AROUND THE WORLD IN SEVEN TEAS
For this trip, we will visit Stash Teas in Tigard for a tasting and history of tea. We will also have a chance to shop the Stash Tea store. After the tasting, we will go to Bridgeport Village for your choice of restaurants for lunch.
Lv: 9am Ret: 2:30pm Fare: \$10.00 Lunch: on your own
- April. 2 OREGON HUMANE SOCIETY TOUR
OHS has been around for over 100 years. On this tour we will learn some of its history, visit the shelter areas, and weather permitting, the outside garden area. Lunch will be at a local restaurant. (To be determined)
Lv: 9am Ret: 2:30pm Fare: \$10.00 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 for 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 MARCH BIRTHDAYS

Dodie Stone	2	Patti Paola	17
Pauline Fanning	2	Melva Brown	17
Janis Forsberg	4	Leroy Mathes	21
Beverly Wilson	5	Swaron Kapar	23
Gail Moffitt	8	Elmer Pemberton	23
Cathie Kappel	10	Bette Fleishman	25
Nola Roid	11	Freeda Kemnitzer	25
Ashley Kirkman	12	Evelyn Johnson	25
Vi Keller	12	Marty Engel	27
Shirley Lundstrum	14	Linda Schmuck	31

THINKING OF YOU: Richard Schooley, Dorthea Ward, Alice Sedgewick and Betty Nicholson, Don Williams

SYMPATHIES: to the families and friends of Alice Todd

JANUARY 2010 BUNCO SCORES

	<u>Most Buncos</u>	<u>Most Wins</u>	<u>2nd Most</u>	<u>Booby</u>
6	Gail (4)	Karen (20)	Thelma (20)	Darlene (14)
13	Sandra (5)	Barbara (23)	Georgene (23)	Darlene (14)
20	Gail (5)	Charles (23)	Darlene (23)	Bob (14)
27	Charles (5)	Barbara (26)	Sandi (21)	Karen (8)

THE GLADSTONE HISTORICAL SOCIETY

The Historical Society meets at 6:30pm at the Senior Center for dessert and coffee. The meeting begins at 7:00pm. Our next meeting is March 8, 2010. Our Guest speaker is Chief Jim Pryde, Gladstone Police. Chief Pryde will share with us the latest happenings within the Gladstone police force, Question and Answer time to follow. Also to be discussed is the Photo Cover for Gladstone History Vol.3. If our community and history are of interest to you please come and join us. We welcome guests and are seeking new members. Need a ride? Call (503- 657-3893) and we will arrange to have you picked up. www.gladstonehistoricalsociety.org.




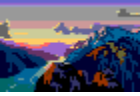


GLADSTONE GLADHATTERS

Gladhatters lunch will be held at “Hash” 8728 SE 17th Ave in Sellwood. This month’s hostesse is Linda Schmuck-503-653-5371. Please call Queen Mum, Eileen (503-650-0623) if you need a ride.

DONATE YOUR CAR FUNDRAISER

Do you have an old car or boat that you want to get rid of? It doesn’t even 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 Senior Center they will share the proceeds with us.

MARCH, 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
	<u>1</u> 9am-Walkers 11:30am Gold Star Potluck Taxes 9am-3pm	<u>2</u> Lunch- Scallop potatoes & TK ham BINGO Berry Hill	<u>3</u> Lunch-Cream Turkey & vegetables SAFEWAY BUNCO	<u>4</u> Lv: 6:30pm Neil Simon's Rumors Lunch- Chicken Supreme PINOCHLE	<u>5</u> Lv:10am Irish and More Day 12:30PM/ BRIDGE Oil Painting 5:30-9pm East meets West 6-9pm	<u>6</u> 
<u>7</u> Oil Painting 2-6pm	<u>8</u> 9:am Hikers Champoeg State Part Taxes 9am-3pm 6:30pm Historical Society	<u>9</u> Foot clinic <u>8:30am-3pm</u> <u>10:30AM/</u> Blood Pressure Lunch-Smokehouse Ribbette BINGO	<u>10</u> Lunch- Chicken Patty w/gravy SAFEWAY BUNCO	<u>11</u> Lunch-BBQ Chicken Sandwich PINOCHLE Fred Meyer	<u>12</u> Lv: 9am- Winco Shopping 12:30PM/ BRIDGE	<u>13</u>
<u>14</u>  Daylight Savings Time Begins 	<u>15</u> 9am-Walkers Taxes 9am-3pm 10:30am Book Club	<u>16</u> Lunch- Chicken & Dumplings BINGO	<u>17</u> St. Patricks Day Party  SAFEWAY BUNCO Oil Painting 10am-2pm	<u>18</u> Lunch- Meatloaf ½ sandwich MILWAUKIE MARKET PLACE PINOCHLE	<u>19</u> Lv:9am Ridgefield Wildlife Reserve 12:30PM/ BRIDGE	<u>20</u> First Day of Spring 
<u>21</u>	<u>22</u> 9am-Walkers Taxes 9am-3pm	<u>23</u> <u>10:30AM/</u> Blood Pressure <u>9AM Legal Clinic</u> Lunch-Baked ham w/raisin sauce BINGO	<u>24</u> Lunch- Chicken Chow Mein SAFEWAY BUNCO	<u>25</u> Lunch- Scalloped Potatoes & TK ham PINOCHLE	<u>26</u> Lv: 9am Around the World in "Seven Teas" 12:30PM/ BRIDGE	<u>27</u>
<u>28</u>	<u>29</u> 9am-Walkers Taxes 9am-3pm	<u>30</u> Lunch-Seafood patty w/tartar sauce BINGO AARP-1-5PM	<u>31</u> Lunch-Beef Swiss Style Patty BUNCO AARP-1-5PM	<u>4/1</u>	<u>4/2</u> Lv. 9am Oregon Humane Society	

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.

4th & 5th Tues. – No shopping.

Wednesdays – Safeway every week.

2nd Thurs. – Clackamas Fred Meyer.

3rd Thurs. – Milwaukie Marketplace.

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 & Qwest bills. Also, bring in your Gladstone water & garbage & we'll see that it gets to the City.

HEALTH

Blood Pressure – 2nd & 4th 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. & Potluck– 2nd Mon., Dessert/coffee 6:30pm/Program 7pm

Bingo – Tuesday after lunch.

Bunco – Wednesday after lunch.

Pinochle – 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.