

GLAD TYDINGS NEWSLETTER

GLADSTONE SENIOR CENTER

APRIL , 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

EASTER LUNCHEON

Here comes Peter Cottontail hopping
down the bunny trail straight to the Center
for an Easter luncheon on Thursday April 1st – 11:30am.
Debbie will be serving Pork Tenderloin for lunch. So follow the Easter bunny
(you really don't have to hop) and join us
For a super fun day with accordion music by Diane Hagen.
Be sure to sign up at the front desk or call to let us know if you will be attending
503-655-7701 - Lunch is \$3.50

VOLUNTEERS/DONORS

PEOPLE CELEBRATING PEOPLE

During National Volunteer week please join us on Wednesday, April 28th – 11:30am to recognize our wonderful volunteers who've given of their time & efforts to help in the many capacities our programs at the Senior Center offers. This also is a welcome opportunity to thank our Center's donors over this past year. We will be serving a special lunch as well as having some great entertainment just for you. Give us a call here at the Center 503-655-7701 if you can attend. We really look forward to seeing all of you.

SPIRIT MOUNTAIN CASINO

Looking for a fun destination to go with a fun group of folks. Look no further than Spirit Mountain Casino. They have the most slot machines and exciting table games of any casino in Oregon. They also have a large bingo hall and poker parlor in addition to a selection of great food outlets. If this sounds like something you would like to do, give us a call here at the Senior Center. While we don't have an exact date set yet, we are looking at the last week in May. The cost will be \$3.00 per person for the trip. Sounds like a lot of fun. The sooner we know how many are interested the sooner we can let Spirit Mountain Casino tour bus know and set the date/time.

**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 BREMMMEYER
TRAM, SHIRLEY SCRIVNER
OFFICE ASST., SHIRLEY (Shirl) NETTROUER
NUTRITION COORDINATOR, DEBBIE FERREN
PT. TIME TRAM DRIVER – MARTY ENGEL**

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

“The Wilderness Warrior” by Douglas Brinkle

This is a non-fiction book about the legacy of Teddy Roosevelt and 243 million acres of wild America that he helped to save for future generations.

ALTERNATE BOOK: “The Age of Innocence” by Edith Wharton

RHONDA’S RAMBLINGS

National Volunteer Recognition Week is April 18-24. This is a time to recognize the many hours that is given to the programs at the Gladstone Senior Center. Over the past 20 years one thought that comes to me is the many great volunteers I have had the pleasure to work with. Some volunteers have worked at the Center longer than I have and that is dedication for you! The programs in our own Community depend on volunteers. I would like to thank all the caring people that give back in many ways.

Along with our fabulous volunteers, the Foundation held a thank you luncheon for the business sponsors of the Gladstone Senior Foundations “Annual Smorgasbord.” I would like to thank those sponsors that took time out of their busy schedules to attend our luncheon. Lisa Maynard & Chris Lucas from Springs at Clackamas Woods; George Hoselton, Attorney; Bob Stone, Farmers Insurance; Luke McNary, Brent Searls & Walt Fitch from Clackamas Federal Credit Union; Jeff Robinette from Homewoods on the Willamette; Dr. Candace Krause, & Dr. Jeremy Kato from Gladstone Family Dentistry and Jal Duncan Photography.

A GLADSTONE-OAK GROVE KIWANIS SPAGHETTI DINNER

Gladstone Senior Center

Saturday, May 1st, 4:pm to 7:pm. Music and Entertainment.

Come and enjoy Spaghetti, Salad, Garlic Bread, Dessert.

Vegetarian available. \$7.00 per person or \$25.00 per family.

Children under 6 years of age free.

TIME FOR CAREGIVERS

This workshop, cosponsored by the Franciscan Spiritual Center and the Oregon Alzheimer’s Association, is designed for people who are helping to care for a parent, sibling, partner or friend who has Alzheimer’s disease. You will learn about dementia, resources, and ways to take care of yourself.

Scheduled workshops are:

April 6	1-4pm	St. John the Baptist Milwaukie
May 3	1-4pm	Holy Family Parish
June 7	9:30am – 12:30pm	The Madeleine Parish

To register or questions call the Franciscan Spiritual Center at 503-794-8542

RAINBOWS – HAPPY APRIL BIRTHDAYS

Fran Fieger	2	Betty Wright	15
Debbie Ferren	3	Jon Roller	16
Caroline Hobson	5	John Rupp	20
Shirley Scrivner	5	Carol Low	21
Phyliss Bush	5	Jesse Koppel	22
Donna Forsberg	6	Diane Alexander	27
Jerry Alexander	8		
Virginia Caldwell	10		

(Marty Engel – Celebrates his 11th year with the Center)

SYMPATHIES: to Joann Nellerroe on the loss of her daughter Terry and to the families of Shirley Jones, Alice Sedgewick, Bena Vallowe, Betty Nicholson, Jennie Riebbhoff, Ester Gardner

FEBRUARY 2010 BUNCO SCORES

	<u>Most Buncos</u>	<u>Most Wins</u>	<u>2nd Most</u>	<u>Booby</u>
3	Karen (9)	Charles (21)	Georgene (21)	Darlene (11)
10	Georgene (5)	Karen (24)	Darlene (21)	Barbara (6)
17	Sandi (4)	Thelma (21)	Jane (20)	Bob (15)
24	Karen (4)	Georgene (22)	Bob (21)	Barbara (14)

THE GLADSTONE HISTORICAL SOCIETY

The Historical Society meets on Monday, April 12th at 6:30pm at the Senior Center for dessert and coffee. The meeting begins at 7:00pm. Guest speaker will be Cornelia Becker Seigneur, Author of "Images of America-West Linn". Cornelia will share information about herself, her career, and how she came to write her photo history book. Q/A time will follow. Following our guest speaker we will discuss "Gladstones 100 year celebration Historical Society project. 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.



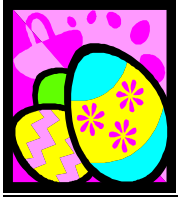

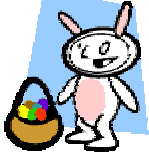









GLADSTONE GLADHATTERS

This month's hostess is Toni Kindel, 503-653-0727. The Red hats will meet at Bob's Red Mill at 10:50am. We will then walk across the street to Dave's Killer Bread store for a tour at 11:00am. We are asked not to wear our red hats, jewelry (long earrings, bracelets, etc) and pants not dresses or skirts. We will be given hair nets to wear during the tour. After the tour we will go back to Bob's Red Mill for lunch. 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.

APRIL 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
			<p>Volunteer Recognition week 4/18-24</p> 	<p><u>1</u> Easter Luncheon</p>  <p>PINOCHLE</p>	<p><u>2</u> Lv: ORE Humane Society- Lv:9am</p> <p>12:30PM/ BRIDGE</p> <p>Oil Painting 10:am-2pm</p>	<p><u>3</u></p> 
<p><u>4</u> Easter</p> 	<p><u>5</u> 9am-Walkers</p> <p>11:30a-Gold Star Lunch</p> <p>Taxes 9am-3pm</p> <p>Computer Basics 1-3pm</p>	<p><u>6</u></p> <p>Lunch-Baked Fish w/Tartar Sauce</p> <p>Berry Hill</p> <p>BINGO</p>	<p><u>7</u></p> <p>Lunch-Chicken Patty w/Gravy</p> <p>SAFEWAY</p> <p>BUNCO</p>	<p><u>8</u> Lunch-Farmers Chicken Stew</p> <p>PINOCHLE</p> <p>Fred Meyer</p> <p>Pastels 4/8-5/27 2-4:30pm</p> <p>Vegetarian Cooking 6-8:30p</p>	<p><u>9</u> Lv: Irish & More-9:30am</p> <p>12:30PM/ BRIDGE</p>	<u>10</u>
<p><u>11</u></p> 	<p><u>12</u> 9:am Hikers Tyron Creek/Mary S. Young</p> <p>Taxes 9am-3pm</p> <p>6:30pm Historical Society</p>	<p><u>13</u> Foot clinic 8:30am-3pm 10:30AM/ Blood Pressure</p> <p>Lunch- Meatloaf Sandwich</p> <p>BINGO</p>	<p><u>14</u> Lunch-Hungarian Beef goulash</p> <p>SAFEWAY</p> <p>BUNCO</p> <p>Oil painting 5:30p-9pm</p>	<p><u>15</u></p> <p>Lunch-Chicken Pomodoro</p> <p>MILWAUKIE MARKET PLACE</p> <p>PINOCHLE</p>	<p><u>16</u> Lv: Pendleton Woolen Mills-9am</p> <p>12:30PM/ BRIDGE</p>	<p><u>17</u></p> 
<p><u>18</u></p>  <p>Oil painting 2-6pm</p>	<p><u>19</u> 9am-Walkers</p> <p>10:30am Book Club</p> <p>Stress Management 6:30p-9pm</p>	<p><u>20</u></p> <p>Lunch- Roast Pork w/Gravy</p> <p>BINGO</p>	<p><u>21</u></p> <p>Lunch-DC Beef Stew</p> <p>SAFEWAY</p> <p>BUNCO</p>	<p><u>22</u> Lunch-Beef Cabbage Bake</p> <p>PINOCHLE</p> <p>Wills & Estate planning 6:30p-8pm</p>	<p><u>23</u> Lv: Walmart/ Winco -9am</p> <p>12:30PM/ BRIDGE</p>	<p><u>24</u></p> 
<p><u>25</u></p>  <p>Vegetarian Cooking 2-4:30p</p>	<p><u>26</u> 9am-Walkers</p> 	<p><u>27</u> 9am-Legal Clinic</p> <p>10:30AM/ Blood Pressure</p> <p>Lunch-Scalloped Potatoes w/Ham</p> <p>BINGO</p>	<p><u>28</u> Volunteer appreciation Luncheon-11:30a</p>  <p>SAFEWAY</p> <p>BUNCO</p>	<p><u>29</u></p> <p>Lunch-Herb Chicken Patty</p> <p>PINOCHLE</p>	<p><u>30</u> Lv: Crystal Springs-9:30am</p> <p>12:30PM/ BRIDGE</p>	

APRIL 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.

- Apr. 9 IRISH AND MORE DAY (This trip is re-scheduled from March.)
First chance to those who signed up last Month. 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: 9:30am Ret: 3pm Cost: \$7.00 Lunch: on your own
- Apr. 16 PENDLETON WOOLEN MILLS TOUR
It has been many years since we took this tour. We will see the process firsthand from wool to weaving. Afterwards we will visit the company store and have lunch at a local restaurant. (The tour will be 1 hour - walkers ok)
Lv: 8:30am Ret: 3pm Fare: \$10.00 Lunch: on your own
- Apr. 23 WALMART/WINCO GROCERY SHOPPING
We will first go to Walmart then Winco.
Lv: 9am Ret: 11:30am Fare: \$3.00
- Apr. 30 CRYSTAL SPRINGS RHODODENDRON GARDEN
We will take a stroll through the beautiful gardens of Crystal Springs Park. After the park, we will eat "Keana's Candyland", a unique place that combines an old-fashioned candy store with a bakery and restaurant.
Lv: 9:30am Ret: 2:30pm Fare: \$10.00 (includes park admission) Lunch: on your own.
- May. 7 WASHINGTON COUNTY LOOP TOUR
On this auto tour we will pass by farmlands, orchards, lakes, rivers, small and large towns. We will have lunch at the Helvetia Tavern (good burgers!), and watch out for stops at a winery, produce stand, and whatever else looks interesting.
Lv: 9am Ret: 3pm 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.

WHALE OF A TIME

ADVENTURE

AMAZING

BOAT

CAMERA

CAPTAIN

CLOSE

CREW

CRUISE

DISTANCE

FINBACKS

FLIPPERS

GLIMPSE

GROUP

HORIZON

HUMPBACKS

IMPRESSIVE

JOURNEY

LOCATE

LOOK

MAGNIFICENT

OBSERVE

OCEAN

QUEST

SAIL

SEARCH

SEEK

SIGHTING

SPECIAL

SPOUT

SPRAY

SURFACE

TRIP

WAITING

WATCH

WAVES