

GLAD TYDINGS NEWSLETTER

GLADSTONE SENIOR CENTER

JUNE, 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

SPECIAL DAYS IN JUNE 2010

June 14th – Flag Day
June 20th – Fathers Day

**50th ANNIVERSARY
HONORED COUPLES
LUNCH WILL BE PROVIDED BY THE SENIOR CENTER
THURSDAY, JUNE 10TH – 11:30AM**

All couples who have been married for 50 years or more are invited to join us in a celebration in your honor. The center will honor couples with a special lunch, a wedding cake and great entertainment featuring Art Goodman. Bring in your wedding pictures or any other memorabilia you would like to share. Please call to reserve your place by June 7th. Be sure to let the receptionist know what year you were married.

FATHERS DAY LUNCHEON

Thursday, June 17th – 11:30am
Come & celebrate “Fathers Day”
There will be entertainment & Albertsons Chicken for lunch “Yum”
Accordion music by: Diane Hagen
Be sure to sign up at the front desk. See you there!!!

FREE - GOLDEN HARVEST CONCERT

JUNE 22 – 10:30AM

Jim Miller of Portland is the creator of Golden Harvest Music. He is an established musician and composer. Songs and material in the program originated from 1935-1959. Some of the songs are: All of Me, Bye Bye Blues, Tuxedo Junction, It's only a Paper Moon, I'm Gonna Sit Right Down and Cry, Swinging' on a Star, Play a Simple Melody and more. This is sure to be a fun time. So come on in and join us for a real treat.

Please Note: We will no longer be listing classes or the recipe page (Pgs 3& 4) in the Glad Tydings newsletter. You can get a list of classes provided through the Gladstone Community School & Recreation Department. 503-650-2570

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
JENNIE PAGH
WANDA COCHRANE
BARBARA BELL
SUSAN TRAFTON

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

BOOK CLUB MEETING - MONDAY JUNE 21, 10:30AM

“Under The Broken Sky” by Shande Mitchel - This is a vivid story of an American Depression era Prairie life. Mitchell’s rendering of the complexities of the human heart are unique.

ALTERNATE BOOK: “Sons and Lovers by D.H. Lawrence

RHONDAS RAMBLINGS

We will be making some changes around the Center in the next few weeks. For one thing we are replacing the water cooler. The 5 gallon bottles are getting to heavy for staff and volunteers to lift in place. We are installing a filtered drinking fountain in its place. Hot water will be available at the coffee bar area.













The dinning area is going to be painted and new counter tops installed. Some of these things have needed to be done for quite a while. The rest rooms will have new flooring in a month or so. I hope you will enjoy the new look.

Happy Father’s Day to all Dads’s this month. I call my father the bionic man. He has had two open heart surgeries, an operation for an aneurism, and cancer surgery. He has recovered from all these serious procedures and is back working running his rental business at the coast. The last week in May we are all off for a week in Maui. Aloha to all of you!

Looking for some fun, good company? Well then, the Gladstone Senior Center is the place for you. The Center offers seniors 55 and over a variety of activities, e.g., Bingo, Pinochle, Bridge, hiking, exercise classes, etc. The Center is always looking for new ideas for fun and informative events (guest speakers, dances, bingo night) here at the Center. Your input would be greatly appreciated. How about going on one of our outstanding Tram trips scheduled for every Friday? The Tram is equipped to meet your special needs. Not only are fun trips scheduled, we also offer opportunities to take you grocery shopping and to medical appointments (on designated days and times) for all of our Gladstone residents. Bring a friend and come to the Center for noon time meals served every Tuesday, Wednesday, and Thursday at 11:30am.

The Glad Tydings newsletter has a list of our on-going services and programs, times and dates offered here at our Center. Each month the Center via the newsletter announces upcoming special events. So come on in, bring a friend and/or family members, join the fun...We would love to see you.....

JUNE, 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
		<u>1</u> Lunch-Tandoori Chicken w/Sauce Berry Hill BINGO	<u>2</u> Lunch-BBQ Turkey Sandwich SAFEWAY	<u>3</u> Lunch-Pork Sausage Gravy over Biscuit PINOCHLE	<u>4</u> Lv: 9am Albertina's and Grotto BRIDGE	<u>5</u>
<u>6</u> Stay cool during Hot weather. Drink plenty of water. If you go for walks, try going in the am before weather gets too warm.	<u>7</u> 9am-Walkers 11:30a-Gold Star Lunch 	<u>8</u> Foot clinic 8:30am-3pm 10:30AM/ Blood Pressure Lunch-Meatloaf ½ sandwich BINGO	<u>9</u> Lunch- Sweet Sour Pork w/rice SAFEWAY BUNCO	<u>10</u> 11:30am 50 th Anniversary Party  PINOCHLE	<u>11</u> Lv-10am Red Lobster & Country Drive BRIDGE	<u>12</u> AARP- 8:30am-5pm 
<u>13</u> 	<u>14</u> Flag Day  9:am Hikers Cooper Mountain 6:30pm Historical Society	<u>15</u> Lunch-Chicken Fried Steak w/Cream Sauce BINGO	<u>16</u> Lunch-Chicken Patty SAFEWAY BUNCO	<u>17</u> 11:30am Fathers Day Celebration  MILWAUKIE MARKET PLACE PINOCHLE Wills, Trust, Estate planning 6:30-8pm	<u>18</u> Lv: 9am Portland Rose Gardens BRIDGE	<u>19</u> 
<u>20</u> Fathers Day 	<u>21</u> 9am-Walkers 10:30am Book Club	<u>22</u> 10:30AM/ Blood Pressure Lunch- Roast Pork w/Gravy BINGO	<u>23</u> Lunch-DC Beef Country Stew SAFEWAY BUNCO	<u>24</u> Lv: 4pm Tad's Chicken & Dumplings Lunch-Shaved Turkey ½ sandwich Fred Meyer PINOCHLE	<u>25</u> 12:30PM/ BRIDGE	<u>26</u> Make sure your animals have water/shade during hot weather. Also be sure not to leave them in the car during hot weather.
<u>27</u>  Davids Veg. Kitchen 2-4:30pm	<u>28</u> 9am-Walkers Computer Basic #1 6/28-7/26- 9:30am-11:30am	<u>29</u> Lunch- Chicken Chop Suey/Rice BINGO	<u>30</u> Lunch-Beef Swiss Style Patty SAFEWAY BUNCO			

JUNE 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.

- June 4 ALBERTINA'S AND THE GROTTO
Albertina's has a history- private home, orphanage, and a charitable organization. We will have time to shop the thrift, antique, and gift shops before having lunch. After lunch we will travel to the Grotto to enjoy the beautiful, peaceful gardens and chapel.
Lv: 9am Ret: 4pm Fare: \$22.00 (includes lunch and garden)
- June 11 RED LOBSTER AND A COUNTRY DRIVE
Lunch at the Red Lobster in Gresham is on the agenda today. After lunch, we'll take a country drive around Troutdale, Boring, and Damascus before returning home.
Lv: 10am Ret: 3pm Fare: \$10.00 Lunch: on your own
- June 18 PORTLAND ROSE GARDENS
A day for flowers! We will visit two beautiful public Rose Gardens; Washington and Peninsula Parks. We will have lunch in between visiting the two gardens at McMeniman's Chapel.
Lv: 9am Ret: 3pm Fare \$10.00 Lunch: on your own
- June 24 (THURSDAY) TAD'S CHICKEN AND DUMPLINGS
This restaurant sits on the banks of the Sandy River, on the historic Columbia River Highway. Come join us for a nice dinner and drive.
Lv: 4pm Ret: 7:30pm Fare: \$7.00 Dinner: on your own
- July 2 NO TRIP DUE TO INDEPENDENCE DAY
- July 9 COVERED BRIDGE PICNIC
As we travel between historic covered bridges in the Albany area we will stop for a picnic lunch at one of the bridges. We'll provide lunch, so all you need to bring is yourself (and maybe your camera).
Lv: 9am ret: 3pm (or later) Fare: \$20.00 (includes lunch)

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 JUNE BIRTHDAYS

Donna Potter	2	W.Stephen Kraxberger	23
Jack Wright	4	Carol Dorance	15
Jennie Pagh	5	Eileen Johnson	17
Penny Henning	6	Judy Bieber	25
Connie Williams	7	Herb Fleishman	27
Dorothy Voreis	8	Ray Quimby	28
Maggie Hopwood	9	Dixie Nichols	28
Bessie McFarland	10	Selma Johansen	30

SYMPATHIES: to the family of Irene Rivers

APRIL 2010 BUNCO SCORES

	<u>Most Buncos</u>	<u>Most Wins</u>	<u>2nd Most</u>	<u>Booby</u>
7	Faith (5)	Sandra (22)	Karen (20)	Bob (14)
14	Helen (3)	Sandra (22)	Gail (18)	Karen (14)
21	Faith (6)	Georgene (22)	Helen (19)	Jane (14)
28	Faith (3)	Jane (22)	Helen (20)	Barbara (15)

THE GLADSTONE HISTORICAL SOCIETY

The Historical Society meets on Monday, June 14th - 6:30pm at the Senior Center for dessert and coffee. The meeting begins at 7:00pm. "Come meet Pete", our City Administrator, Pete Boyce and hear what's happening in Gladstone. We hope to get some insight to some of the plans for the 100 year birthday party for our City in 2011. The society will be discussing some events and special activities that we want to do for this Grand Celebration. Watch our website for time and place. Everyone is invited. 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.

BOOK LAUNCH

Gladstone History Vol. 3 is ready!!! Mark your calendar for Tuesday June 15th - 6-8pm at the Gladstone Library. Light refreshments will be served. Meet the author and honored guests. Come to the Party

GLADSTONE GLADHATTERS

This month's hostess is Rose Smart, 503-659-0552. The Red hats will meet at Vineyard Place Retirement Facility, 4017 SE Vineyard Road, Milwaukie. The complimentary lunch will be at 12:30pm on Thursday, June 10th. Please call Naoma Lee (503-655-7655) if you need a ride.

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.

4th 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.

GONE FISHING-HOT RODS

ACTION	POLE
BAMBOO	PULL
CAST	REEL
CATCH	RETRIEVE
CONTROL	SHAFT
CRANKING	SINKER
DISTANCE	SLENDER
FIBER-GLASS	STIFF
FLEXIBLE	STILL
FLOAT	STRONG
GRASP	TACTICS
GRIP	TECHNIQUE
GUIDES	TOSS
HANDLE	WEIGHT
HOLD	WRIST
LINE	
MOVEMENTS	

STAYING COOL IN HOT WEATHER

1. Run cold water over your inside wrists
2. Set a bowl of ice or cold water in front of a moving fan.
3. Eat light, as in fruits and raw vegetables. Go easy on protein; it increases your body's heat production.
4. Use a wet washcloth on your forehead. Move it often to help release the heat.
5. Put your feet in a basin of cool (not cold) water.
6. Be lazy. When the temperature soars, sit.....

DO YOU HAVE TROUBLE HEARING?

HERE ARE SOME SIGNS AND SYMPTOMS OF HEARING LOSS

1. People say you are shouting when you talk to them.
2. You need the TV or radio turned up louder than other people
3. You often ask people to repeat themselves because you can't hear or understand them, especially in groups or when there is back-ground noise.
4. You can hear better out of one ear than the other
5. You have to strain to hear.
6. You can't hear a dripping faucet or a high pitched note of a violin.
7. You think people "mumble" when they speak

If you have any of these signs and symptoms, you should see your doctor or hearing health care professional to be tested for hearing loss.

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.