

SUMMER 2024

City of Sandy, Oregon Community and Recreation Guide

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



Sandy and Hoodland Public Libraries

The Sandy Library was founded in 1934 by the Sandy Woman's Club. Since 1977, when the first county-wide funding levy was approved by voters, Sandy has been one of the 13 public libraries in Clackamas County that have cooperated in a network, named LINCC (Libraries in Clackamas County). Over the past 36 years, LINCC libraries have had a variety of county-wide funding mechanisms, which culminated in the November 2008 passage of a county-wide Library Service District with a permanent tax rate of .3974 per thousand of assessed value. The Sandy Service Area extends from Boring to Wildcat Creek Road (Near Windells Ski Camp) and currently houses over 28,000 (city and unincorporated) residents. The Sandy Library is a department in the City of Sandy and resides in a City owned facility of 11,620sf open 56 hours/week.



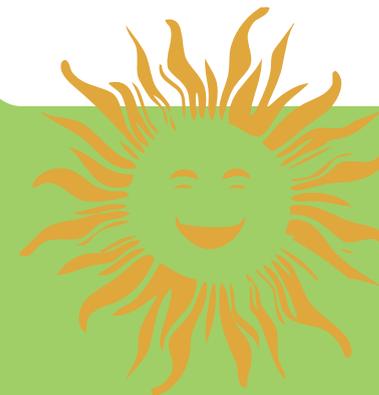
*From left back: Chris - Assistant Director, Sarah - Director, Librarians - Monica, Rebecca, and Maureen, Library Assistants - Elaine, Dianne, Katie, and Alex
From left middle: Clerks - Greg, Lara, Molly, Briana, and Kimberly
From left front: Clerks - Kristi and Joanna*

The Hoodland Library became a branch of the Sandy Library after the passage of the county-wide Library Service District. The Hoodland Service Area extends from Wildcat Creek Road to the County boundary past Government Camp and houses over 5700 unincorporated Clackamas County residents. The Hoodland Library resides in a rented space of 1909sf open 38 hours/week.

The Sandy and Hoodland Libraries support the community in their endeavors to create lifelong readers, learn to read and write, develop the ability to find accurate information, and connect to the online world. Community members enjoy library space to sit quietly and read or study, and access to book our Community meeting room and Study room. We offer traditional library services including reference assistance and materials for entertainment and study, as well as:

- Cultural Passes (<https://culturalpassexpress.quipugroup.net/>) for free entry to local museums and gardens.
- Library of Things collection (lincc.org - look for the orange Library of Things logo on the right-hand side to view musical instruments, games, kitchenware, technology, etc).
- Free downloadable e-books and e-audiobooks (Download the Libby app!).
- Sandy Seed Library (check out seeds for your garden and save seeds for our annual Seed Swap held on the last Saturday in January).
- High speed internet access and computers including printing from your phone, tablet, or home computer to the library printer (www.lincc.org/saprint).
- Programs for all ages, such as English language and reading tutor-ing, book clubs, story times, teen makerspace, and various classes (<https://www.ci.sandy.or.us/library/page/library-programs-events>).
- In addition to in-person programs, the library offers asynchronous storytimes, Take & Make crafts for all ages, and a digital book group.

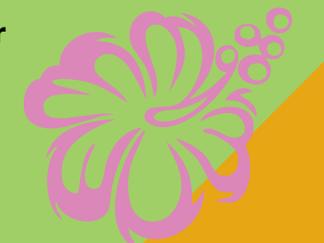
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Sandy Public Library
38980 Proctor Blvd.
Sandy, Oregon 97055
503-668-5537

Sandy Community/Senior Center
38348 Pioneer Blvd.
Sandy, Oregon 97055
503-668-5569

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



**TABLE
OF
CONTENTS**

TUPPER PARK PLAYGROUND

Current Condition

Chipped Paint

Rotting Wood

Compromised Elements

Future Playground

**TOTAL COST:
\$47,167.83**

BENEFITS OF YOUR SUPPORT

Friends of the Playground
\$500-\$1,000

•Media Exposure: Invitation to our ribbon cutting ceremony and recognition in press releases, local media coverage, and on our official social media channels.

•Community Appreciation: A strong positive association with the community, showcasing your commitment to enhancing the quality of life for our residents.

Playground Sponsor
\$1,001-\$5,000+

•Media Exposure: Invitation to our ribbon cutting ceremony and recognition in press releases, local media coverage, and on our official social media channels.

•Community Appreciation: A strong positive association with the community, showcasing your commitment to enhancing the quality of life for our residents.

Prominent Recognition: Your organization's name prominently displayed at the entrance of the playground.



Organization (name)



Sandy Parks and Recreation Team

- Rochelle Anderholm-Parsch...Director 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**

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!



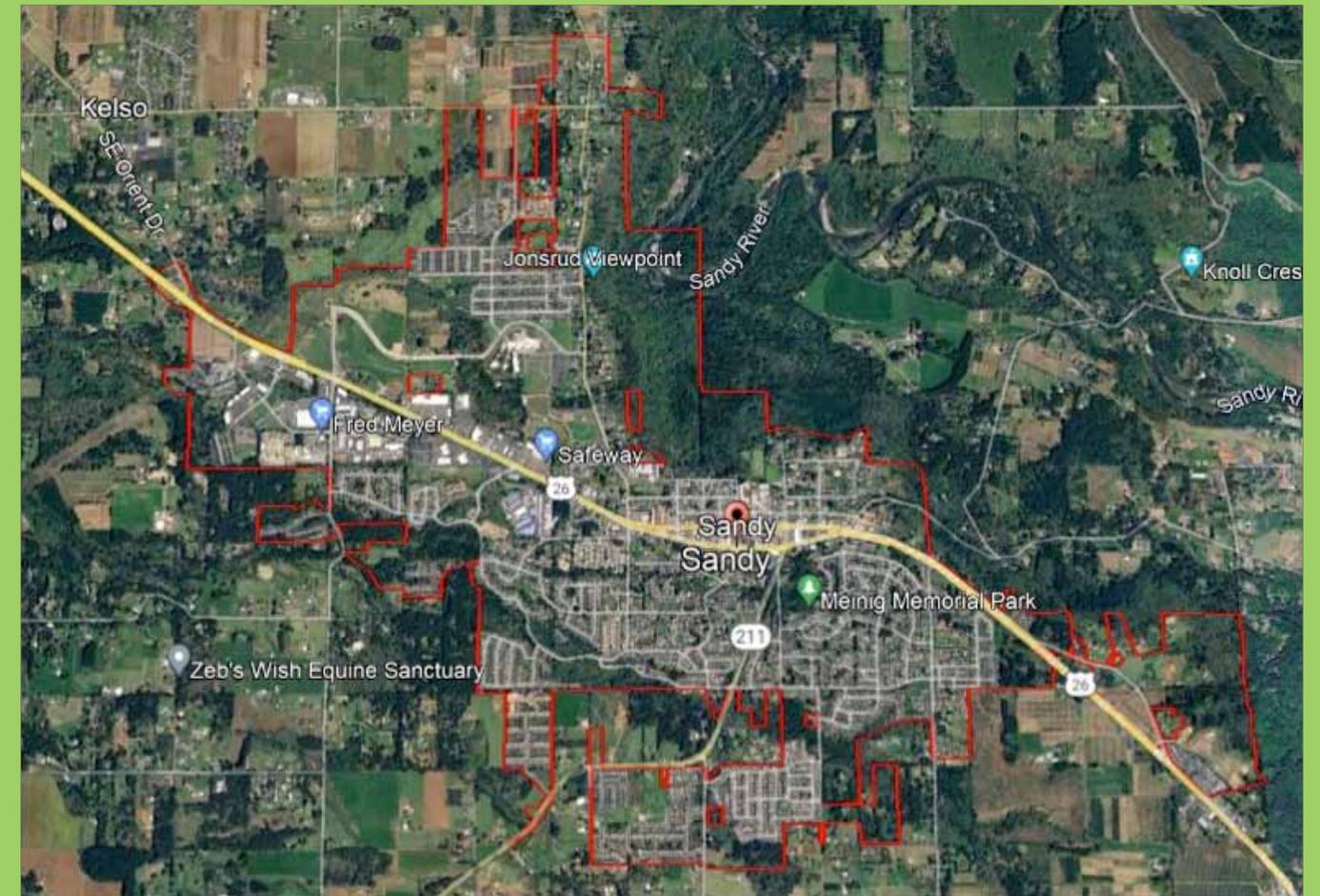
1. **Online at www.Cityofsandy.com**
 - Select the far right tab on the pulldown menu **“I want to...”**
 - Scroll down on the second column and select bottom choice **“register for Activities/Events...”**
 - It will bring you to the City of Sandy Registration home page
 - Select your option and enjoy!
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

Most Parks and Recreation Department’s programs and activities have a fee. We offer a Sandy residential discount and the discounted price is for our Sandy residents, defined as those who live within the City limits.

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’s programs and activities have a fee. We offer a Sandy residential discount, and the discounted price is for our Sandy residents, defined as those who live within the City limits.

CITY LIMITS MAP



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



HOW TO REGISTER





AQUATICS COMING THIS SUMMER!

The Parks and Recreation Department is happy to announce that they will be working with Mt. Hood Athletic Club to offer swim lessons, open swim passes, and senior water aerobics to local, City of Sandy residents, defined as those who live within the City limits (see City Limits map)

Swim Lessons

Cost: \$50

Location: Mt. Hood Athletic Club, 37095 US-26, Sandy
Registration will occur at the Sandy Community/Senior Center. Registration will open in July.

During the month of August, Mt. Hood Athletic Club and Sandy Parks and Recreation will be offering youth swim lessons. Small Group Swim Lessons will be limited to 4 children per group.

Swim lesson sessions consist of a series of (8) 30-minute classes. There will be more information to come as our seasonal staffing becomes more secure.

Please review the Level Descriptions below before registering. Lessons are first come/first served. Please note that registration will not be accepted over the phone or via email.

Levels: Lessons are designed for Level 1 & 2 swimmers.
Levels 3 & 4 will be dependent on staff availability.

Level 1

Must be able to:

- Enter swim lessons, children must be able to sit on the pool deck independently without support.

Learning Targets:

- Putting face in the water
- Blowing bubbles
 - chin and nose in the water
- Partial head bobs
- Floating on back with assistance
 - head back in water, including ears
- Kicking feet with straight legs
 - on front and back
- Jump in the water to instructor
- Learning to be comfortable in the water

Level 2

Must be able to:

- Enter and exit water independently
- Blow bubbles
- Float on back with assistance

Learning Targets & Outcomes:

- Floating on front and back
- Complete head bobs
 - Submerge face and head fully
- Fully submerge face
 - During front float
- Blow air out of nose
 - Prevents the plugging of nose during front floats
- Streamline kicking
 - On front and back
- Glide during floating
 - Front and back
- Front crawl stroke
- Backstroke
- Jump into shallow water

Level 4

Must be able to:

- Swim front stroke with rotary side breathing the length of the pool without assistance
 - Backstroke the length of the pool without assistance
- Kneel dive
- Front and back float in deeper water
- Jump in and swim to wall independently
- Dive for toys in 3-5 ft water depth

Learning Targets & Outcomes

- Fine-tune side breathing during front stroke
- Introduce and learn breaststroke
- Introduce and learn butterfly
- Tread water for 1 minute
- Kick lengths of the pool with and without kickboard
- Dolphin, flutter, and breaststroke kick
- Find and dive for toys in 5-7 ft water depth
- Swim multiple laps of the pool without stopping
 - Freestyle and backstroke
 - Breaststroke
- Kneel dive and swim the length of the pool
- Flip turns for freestyle

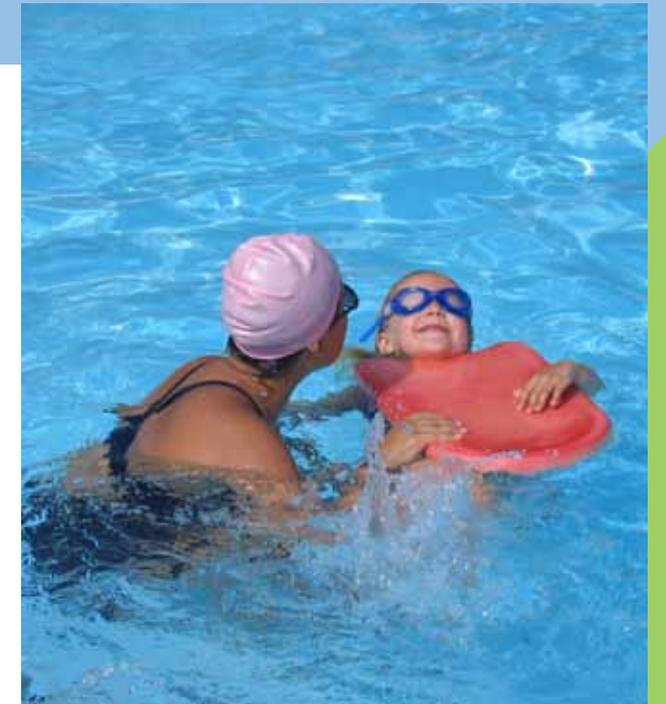
Level 3

Must be able to:

- Front float independently
- Back float independently
- Front crawl 5 ft without assistance
- Backstroke 5 ft without assistance
- Fully submerge face and head

Learning Targets & Outcomes:

- Front Crawl stroke with rotary breathing the width of the pool
 - Complete multiple widths without assistance
- Jump into water from side of pool and swim to wall
- Kneeling dives
- Kick using kickboard
- Dive for toys at the bottom of the pool
- Backstroke the width of the pool independently
 - Complete multiple widths without assistance
- Jump in, back float, and then swim to the wall
- Learn to tread water
 - Egg beater and breaststroke kick





OPEN SWIM PASSES

Family Swim Time!

Mt. Hood Athletic Club, 37095 US-26, Sandy

Cost: \$5 per pass (limited to 4 passes per family)

Passes will go on sale starting in July

The Parks and Recreation Department will be selling a limited number of open swim passes to the Mt. Hood Athletic Club. Again, all passes will be for City of Sandy Residents (those within the boundary lines). **There must be 1 adult (18+) for every 4 children (13 and under) for supervision purposes. No lifeguard on duty. Please check the website for rules and regulations.

SENIOR SWIM AEROBIC CLASSES

Location: Mt. Hood Athletic Club, 37095 US-26, Sandy

Cost: \$20

During August, Mt. Hood Athletic Club and Sandy Parks and Recreation will offer Senior Swim Aerobic classes. Aerobic classes will be on Tuesday and Thursday afternoons with a total of (8) 30-minute classes. More information will come as our seasonal staffing becomes more secure.

Times

Monday – Friday: 12:00pm – 8:00pm

Saturday & Sunday: 12:00pm – 5:00pm

Slide Hours

Monday – Friday: 12:00pm – 7:00pm

Saturday & Sunday: 12:00pm – 5:00pm

Please note: Operation begins Memorial Day weekend and will continue until Labor Day (September 2nd at 3:45pm)

Registration will take place at the Sandy Community/Senior Center. Registration will open in July. Aerobic classes are first come/first served with a minimum of 15 and a maximum of 30. Please note that registration will not be taken over the phone or via email



ADVENTURE ACADEMY DAY CAMPS

Come join us for 4 consecutive days filled with thrilling activities and outdoor fun. Whether you're a beginner or a seasoned adventurer, there's something for everyone at Adventure Academy. Get ready to challenge yourself, make new friends, and create unforgettable memories. Don't miss out on this opportunity to embark on a journey of discovery and excitement. Leave the indoor play spaces for the rainy season and get outside! Adventure Academy is designed for children ages 6-12 who are able-bodied and ready for an outdoor adventure. Learn new skills, build confidence, and explore with new friends rain or shine. Learn the basics of outdoor survival: how to navigate with a compass, read a map, identify and forage native plants, build a shelter, start and manage a campfire and so much more!

Locations & Dates: Drop off and pick up will be located at the Sandy Senior/Community Center
8:45am - 9:15am (drop-off) and 4:00pm - 4:30pm (pick-up).

All sessions of camp will be Monday-Thursday and will be held off-site in between the drop-off and pick-up times.

Week 1: June 17-20

Week 2: June 24-27

Week 3: July 8-11

Week 4: July 15-18

Week 5: July 22-25

Week 6 July 29-August 1

Cost: \$295 per week



To register and for more information, visit www.adventureacademypnw.com

AQUATICS

YOUTH CAMPS



19 SPORTSDAY CAMPS

The Sandy Parks and Recreation Department is excited to announce that they will be working with Nike Kids Camps, powered by i9 sports to offer multi-sport day camp opportunities. Nike Kids Camps will focus on developing athletic skills and techniques in children aged 5–11 years old.

All summer camps will run from 9:00am to 3:00pm, Monday through Friday

The camp will include:

- Instruction in running, jumping, catching, throwing, kicking, balance, and playing through fun practices and games.
- Utilization of teaching and coaching techniques rooted in the “Nike How to Coach Kids” and “How to Coach Girls” programming.
- Engagement in two or more sports to enhance agility, balance, coordination, and speed.
- Additional games for communication, teamwork, problem-solving, and movement are unique to this camp.

Program Details:

- Campers aged 5–11 years old will participate in all games and sports activities.
- Groups will be organized based on the age of the camper, maintaining a camper-to-instructor ratio to keep kids engaged and involved.
- All participants will receive a Nike Kids Camp Shirt.



For more information and to register, please visit www.i9sports.com/find-a-program/97055



TRACKERS EARTH

Instructor: Trackers Earth Instructors

Location: Drop off & Pick Up at Trackers Earth Bull Run Education Center (formerly Roslyn Lake Park) 41401 SE Thomas Rd.



The Parks and Recreation Department is partnering with Trackers Earth to provide the city of Sandy residents dedicated reservations for their day camps at the Trackers Earth Bull Run Education Center (formerly Roslyn Lake Park) 41401 SE Thomas Rd.

If you are a Sandy resident and would like to register, please call 503-668-5569 or visit https://cityofsandy.activityreg.com/ClientPage_t2.wcs and go to Register for new activity.

For each grade level and camp session, Trackers Earth will reserve the following spots for Sandy Youth:

- **1st Grade:** 6 spots
- **2nd-3rd Grade:** 7 spots
- **4th-5th Grade:** 8 spots

Rangers Adventure: Stealth, Archery and Wilderness Survival

July 8-12 at 8:30am – 3:30pm & July 22-26 at 8:30am – 3:30pm

Cost: \$445 per week

Join the Rangers Guild! Train in stealth, archery, and wilderness survival with our expert Trackers Guides. Build fantastic shelters and formidable forts. Learn to safely use a woodcarving knife. Create hands-on campfire crafts. Track and follow the trails of local wildlife. Hone your focus with a bow and arrow at our archery range. Delve into the art of camouflage, becoming virtually invisible while playing fun games of forest stealth.

Rangers Recon: Forts, Archery and Capture the Flag

July 15-19 at 8:30am – 3:30pm & July 29-August 2 at 8:30am – 3:30pm

Cost: \$445 per week

Are you ready for Rangers Recon? Form your Team and embark on the ultimate action-packed game of capture the flag. Hone your skills of camouflage and awareness “the secrets of stealth and invisibility are the keys to victory. Become the unseen ghost of the forest. Build incredible forts to protect your base. Meet the epic challenge of Silent Wednesday” an incredible tournament of stealth, recon, and awareness. Train in archery and navigate through wilderness while on silent recon as a Ranger.

Our expert Trackers Guides lead action-packed camps to develop hands-on outdoor skills. Younger grades explore and learn new skills. Older grades take on greater challenges and share skills across generations in leadership roles.

YOUTH CAMPS

TIPPI TOES DANCE DAY CAMP

Aloha! From Tippi Toes Beach - Grab your grass skirts and leis as we transport you to the sunny shore of Tippi Toes Beach! Hula dancing, island music, and the spirit of aloha await you. Check-in and check-out will be at the stage of Meinig Park (Monday-Friday).

Starting June 24th
Ending June 28th
Check-in is at 9:00am
Check-out is at 3:00pm
Ages 6-12

Minimum Camp size: 12
Maximum Camp size: 20
Cost: \$260 for the week

Please pack a lunch and a water bottle daily.

Two snacks a day will be provided by the Tippi Toes staff.

Dance performance will be Friday (exact date and time TBD).



TIPPI TOES HIP HOP/JAZZ DANCE CLASS

Location: Auditorium

Starting June 20th
Ending August 24th
Thursdays 11:00am - 11:45am
Ages 9 - 12

Minimum class size: 5
Maximum class size: 12
Cost: \$140 resident / \$160 non-resident

Come and join our Tippi Toes Hip Hop/Jazz Dance Class! Using popular, age-appropriate music, the students learn choreography in hip hop and jazz technique. Our version of hip hop/jazz dance is extremely tasteful and kid friendly.

Tippi Toes' vision is to instill confidence, positivity and joy into the lives of kids. Our instructors are fun-loving, energetic and encouraging. We make healthy living and exercising cool and positive for kids.

TODOS JUNTOS "ALL TOGETHER," A Nonprofit Indoor Playgroup

Instructors: Casie, (971) 990-5986 &
April (Habla Espanol), (503) 320-0937
Location: Auditorium

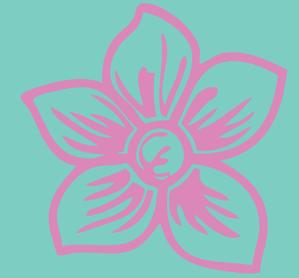
May - June
(No class June 19th)

Wednesdays
9:30am - 10:00am
Ages 0-2
Singing, activities, and reading books (bilingual)

Wednesdays 10:30am - 11:30am
Ages 3-5
Story time with Casie, craft and free play

Cost: Free - Donations Gladly Accepted

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!"*



July

Location: Sandy Bluff Park
(36801 Goldenrain St.)
Wednesdays 10:00am - 11:00am
All ages

August

Location: Bornstedt Park
(19383 Pine St.)
Wednesdays 10:00am - 11:00am
All ages



YOUTH CLASSES

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.

Spring Session 1: May 22-June 26

(No class June 19th)

Cost: \$50 resident / \$60 non-resident

Summer Session 2: August 7- August 28

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



KINDERCOMBO

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.

Spring Session 1: May 22-June 26

(No Class June 19th)

Cost: \$50 resident / \$60 non-resident

Summer Session 2: August 7-August 28

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



CSI- Crime Scene Investigation

Instructor: Minds In Motion
Location: Art Room

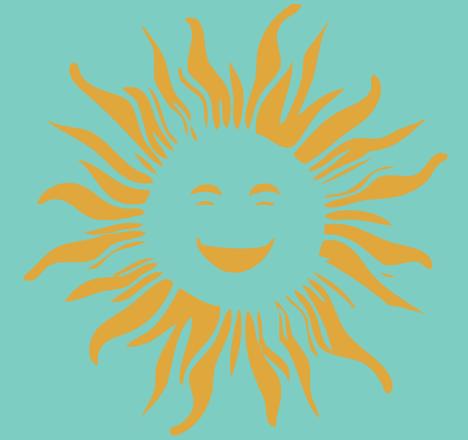
July 15-19

Monday - Friday

9:00am – 12:00pm

Ages 7-11

Minimum class size: 7
Maximum class size: 15
Cost: \$168 resident / \$173 non-resident



Come join our Minds In Motion Crime Team in this fun and interesting program! We will provide you with all the tools you need to become your very own crime scene investigator. Learn all about forensics, searching for evidence, and gathering clues, and bring home your very own detective kit! Working in groups, you will conduct many science experiments in our crime lab to solve the mysteries at hand. You will learn all about fingerprinting and how to classify them and bring home your very own fingerprint classification sheet! You will also perform chemical analyses and observations working with powders, liquids, and much much more! Be amazed at how much science plays a part in solving a crime. Come ready with your thinking caps and be prepared to use all the skills necessary to solve the crime of the century and help save the Minds In Motion Laboratory! We need you!

Electricity & Magnetmania

Instructor: Minds In Motion
Location: Art Room

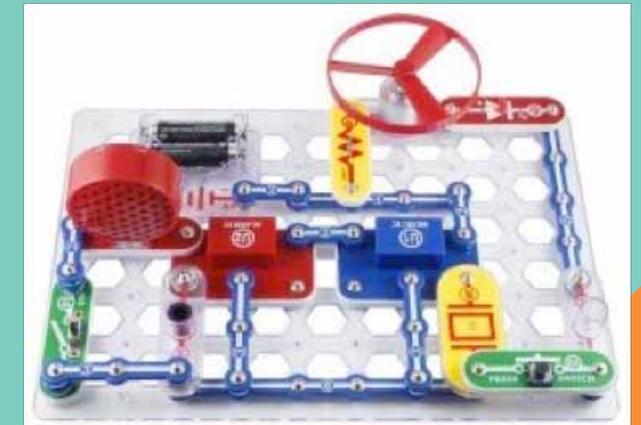
July 15-19

Monday - Friday

12:30pm – 3:30pm

Ages 8-12

Minimum class size: 7
Maximum class size: 15
Cost: \$168 resident / \$173 non-resident



Learn all about electronics, magnetism, and more in this fun and educational hands-on workshop! Take part in our Minds in Motion electronic lab and take home your very own circuit kit. With the aid of your instructor, simply follow the colorful pictures in your manual to build up to 100 exciting projects such as a flying saucer, alarm, and doorbell! All parts are mounted on plastic modules and snap together with ease. You will also take part and witness many cool magnetic experiments including making and taking home the World's Simplest Motor! Watch electricity being produced by a handheld generator and take part in a cool activity involving a very powerful magnet. Behold a special magnetic top levitating and much much more!



Solar BOT.14

Instructor: Minds In Motion

Location: Art Room

July 22-26

Monday - Friday
9:00am - 12:00pm
Ages 8-12

Minimum class size: 7
Maximum class size: 12
Cost: \$168 resident / \$173 non-resident



Come and take home your very own 14 in 1 educational solar robot kit! Every hour more solar energy reaches the Earth than humans use in an entire year! Learn how solar energy works and witness firsthand how this technology can harness the sun's energy source. This kit contains unique components and parts that operate on land and water. Construct 14 different solar-powered robots from functional to comical designs which include a tortoise bot, bug bot, paddle bot, tumbler bot, monster bot, big wheeler bot, car bot, surfer bot, and rowing bot! Working with its motor, gears, and solar panel, watch your solar bot come to life without any batteries as it uses the power of the sun. Take part in one of the alternative energies that is used most widely across the globe. Use your own creativity, put your mind in motion, and create your own designs!

Future Engineers

Instructor: Minds In Motion

Location: Art Room

July 22-26

Monday - Friday
12:30pm - 3:30pm
Ages 8-12

Minimum class size: 7
Maximum class size: 15
Cost: \$168 resident / \$173 non-resident



If you like to create and build things, this program is for you! Take home your very own engineering kit! You will build up to 8 working models including a material lift, stationary bike, crane bridge, construction crane, and a windmill! With the aid of your instructor and the easy-to-follow manual, you will learn different scientific principles involving pulleys and mechanics. You will also learn about basic circuits as you construct a Maze Challenge, Flying Disc, Turbo Air, and Alarm System with our STEM Lab kit! As future engineers, the STEM lab will teach you how to comprehend a schematic diagram and interpret the flow of electricity. Design your own diagrams and watch your confidence soar as you transform wires, springs, and plastic parts into fully functioning circuits. Come obtain the necessary skills and experience to take on the technological challenges of the future.

YOUNG CHEF'S CLUB

Instructor: Martina Niles

Location: Dining Room

Wednesdays 4:00pm - 5:00pm

Ages 11 - 14

Minimum class size: 4
Maximum class size: 12
Cost: \$5 resident fee per class
\$7 non-resident fee per class

In this series, middle schoolers will practice knife skills and explore various cooking techniques while making delicious food that the whole family will enjoy. This is a hands-on class where participants prepare and share food in class.

Please notify the instructor of any special dietary needs (food allergies, gluten-free, vegetarian/vegan, etc.)



May 22nd Vegetarian Sushi

Nori, rice, and colorful vegetables will make delicious and healthy sushi-style rolls. Each participant can choose their favorite ingredients, sauces, and toppings to create a unique roll.

August 21st Folded Wraps

These tortillas, as popularized in the viral TikTok tortilla hack, are easy to make and endlessly customizable! We'll prepare a variety of sweet and savory filling options to mix and match in your own tortilla creation. Pick 4 ingredients, fold them up, heat or not, and you've got a super tasty breakfast, lunch, or snack.

September 18th Street Tacos

In Mexico, these mini tortillas are referred to as "little cravings" and are a central part of modern Mexican culture. They're often served with 2 small tortillas - the second one can be used to make another taco with any fillings that spill out! We'll prepare some common fillings and customize our own savory creations.



YOUTH 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.

FIVE 4 WEEK SESSIONS

- Session 1** May 6 – June 3 (No class May 27)
- Session 2** June 10 – July 1
- Session 3** July 8 – 29
- Session 4** August 5 – 26
- Session 5** September 9 – 30

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

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.

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

12 WEEK SESSION
September 9 – December 2
(No class on Nov 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.



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.

FIVE SESSIONS

- Session 1** May 8 - 29
- Session 2** June 5 - July 3 (No class June 19th)
- Session 3** July 10 - July 31
- Session 4** August 7 - September 11 (No class August 14th and 28th)
- Session 5** September 18 - October 16 (No class October 9th)

TEEN & ADULT CLASSES

Starting in June, you will notice that the prices for our programs and activities have a fee and a residential discount. The discounted price is for our Sandy residents, defined as those who live within the City limits.

BETTER BALANCE TAI CHI

Instructor: Bonnie Newman

Location: Auditorium

Tuesdays & Thursdays

12:30pm – 1:30pm

No class July 4th

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.

YOUNG AT HEART

Instructor: Carol Cohen

Location: Auditorium

Ongoing Tuesdays & Thursdays

10:00am – 10:30am

(No class July 4th)

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.

CHAIR YOGA

Instructor: Trish Smith & Maggie Horn

Location: Auditorium

Ongoing Tuesdays (Trish) & Thursdays (Maggie)

9:15am – 9:45am

No class July 4th

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.



SILVERTONES

Location: Dining Room

Ongoing Mondays

10:00am – 11:00am

(No class May 27th and September 2nd)

Cost: Free

Do you play an instrument or sing? Are you looking to join a group? The Silvertones might be for you! They are a choir for seniors ages 55 and above. Stop in and see if it's the right fit for you.

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.

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!

BRIDGE

Location: Lounge

Tuesdays

12:30pm – 3:30pm

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

COFFEE & CARDS

Location: Lounge

Ongoing Mondays

10:00am – 12:00pm

(No class May 27th and September 2nd)

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.

SENIOR CLASSES



MEDICARE SCHOLAR EDUCATIONAL CLASSES

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

4th Wednesday of each month from May through August
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!

May 29th - Diabetic Treatment & Supplies

June 26th - DSNP & Extra Help

July 24th - Chronic Special Needs Plans

August 28th - Medicare & Long-Term Care

September 25th - Original Medicare vs. Medicare Advantage

OPEN ART STUDIO

Instructor: Kim Nelson
Location: Art Room

Ongoing Mondays

1:00pm – 4:00pm

(No class May 27th and September 2nd)

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; there is limited storage space.*



EMBOLD

CREDIT UNION

FINANCIAL LITERACY CLASSES

Instructor: Embold Credit Union
Location: Art Room

Tuesdays every month from June to August

10:45am – 11:45am

Cost: Free - Donations Gladly Accepted

June 18th - Protecting yourself from identity fraud, theft, and scam

July 30th - Saving on a fixed income

August 20th - Paying off debt

FUN WITH CLAY!

Instructor: Linda Robertson
Location: Art Room

1st and 3rd Wednesdays

(with an optional open studio to finish up a project before firing)

10:00am – 12:00pm

Cost: \$10 per project
Maximum class size: 6

You will be able to pick up projects on the 4th Wednesday of the month. Please call before coming to pick up to make sure the project is there.

**Make and glaze a different item each month!
Learn hand building skills while working with clay.**

May Create Flower Power: Flower bowls, wall flowers, herb flower pressed coasters, and more!

May 1st - Make a flower-themed garden stake, bowl, wall hanging, or coasters.

May 3rd - Optional open studio

May 15th - Glaze project

May 22nd - Pick up finished project

Linda is a retired elementary school teacher who has fallen in love with working with clay as a hobby! For the past 3 years she learned her skills taking classes at the University of Oregon craft center and she is very excited to share her skills with the seniors of Sandy.

GRIEF & END-OF-LIFE EDUCATION Hospice 101

Instructor: Mt. Hood Hospice
Location: Art Room

2nd Tuesday of each month from June through August

10:45am - 12:15am

Cost: Free - Donations Gladly Accepted

June 11th - Holding our grief gently

July 9th - The power of expressive writing

Aug 13th - Empathy in Action: Supporting someone who is grieving

Sept 10th - Decoding Hospice Care: Debunking Common Myths

Join us at the Sandy Community and Senior Center for a free Grief and End-of-Life Educational class offered in January. Space is limited – please register by calling the center.



SENIOR CLASSES

SUMMER'S BOUNTY SENIOR COOKING CLASS

Instructor: Martina Niles
Location: Dining Room

12:00pm – 1:30pm
Cost: \$10 per class

In this series, we will use fresh, seasonal ingredients in healthy and easy meals that will get you out of the kitchen in no time. This is a hands-on class where participants prepare and then share in class.

Please notify the instructor of any special dietary needs (food allergies, gluten-free, dairy-free, vegan, etc.)

May 22th

Spaetzle from Scratch - Rounding out our exploration of the many flavors of pasta, we will make spaetzle with a brown butter sauce from scratch.

August 20th

A Main Dish Salad - Fresh greens and herbs will highlight a healthy and hearty salad with seasonal summer offerings. Consider this class a template to mix and match your farmers' market bounty to create an amazing one-dish meal.

September 17th

Creamy Corn and Zucchini Chowder - Late September is a transitional time for the seasons. It's still warm and produce is plentiful, so a deliciously fresh soup of summer ingredients is just the ticket into fall.



SENIOR CLASSES

Longest Day Parkway

Thursday, June 20th

Timberline Park • 18631 Van Fleet Ave.

6:00 – 8:30 PM

Sandy's annual bike/stroll around the block party



May

LEBANON STRAWBERRY FESTIVAL

The Lebanon Strawberry Festival is a community-wide celebration held each year that started in 1909 as a celebration of the bountiful berry harvests; the strawberry festival continues today as a chance to bring our community together, and to celebrate with pride all of Lebanon's beauty and friendliness. The Strawberry Festival is a deeply rooted tradition for so many Lebanon families – dating back for generations – and it has become equally special to see new residents and visitors alike be welcomed to our small community during festival time. The Strawberry Festival is the second longest-running annual festival in the state of Oregon (second only to the Rose Festival in Portland).



These trips will also be included in our bimonthly Sandy Senior Scene Newsletter. You can sign up for each month's speciality trip on the first business day of that particular month by calling the Sandy Community and Senior Center at 503-668-5569.

SENIOR TRIPS

June

NATIONAL NEON SIGN MUSEUM

The National Neon Sign Museum is located in the heart of The Dalles downtown historic district. The museum captures the history, craftsmanship, and culture that shaped America, as seen through the lens of the signage and advertising industry.

With its focus on the evolution of the electric sign, from pre-electric and gold leaf signage to the invention and widespread use of plastic, the museum's current assets represent one of the largest collections of neon storefront signs in the world.

The collection is filled with an expansive range of signage and artifacts related to the sign industry, including many one-of-a-kind signs and displays that cannot be seen on public display anywhere else in the world. Along with the animated and figural 'Dog n' Suds' sign and the Howard Johnson's 'Simple Simon,' the collection also includes



one of the rarest groupings of West Coast petroleum signs ever assembled, including Richfield-'Eagle,' Seaside, Polly, Associated, and the Buffalo sign.

Some of America's long-lost icons will be gallery displayed on full-scale, authentic storefront replications. Among the many noteworthy pieces in this singular collection are Big Bear Drive-In, Dawn's Donuts, Dog n' Suds, Town Pride Frozen Custard, Greyhound Bus Depot, as well as thousands of vintage pieces of documentation and ephemera.

SHERWOOD ROBIN HOOD FESTIVAL



At the 71st Annual Sherwood Robin Hood Festival, enjoy live entertainment on two stages, medieval reenactments, Maid Marian's Court, Robin Hood and his Merry Men, a popular community parade, a knighting ceremony, a castle building contest, a teen dance, a kids' area, crafts, lots of music, delicious food, a beer and wine garden (including selections from local wineries and breweries) and a wide variety of activities, with over 100 vendors in our Old Town vendor village.

July

August

JUNCTION CITY SCANDINAVIAN FESTIVAL

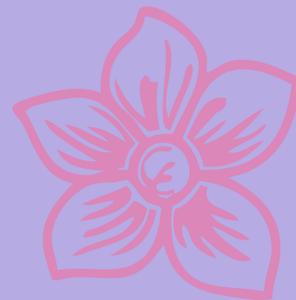


One of Oregon's most popular events! Families enjoy outstanding entertainment including Scandinavian folk dancing and music as well as demonstrations and high-quality craft and food booths. We offer three stages full of entertainment for all four days of our festival. Enjoy Vikings walking the streets, and charming booths that transform the downtown area into a charming Scandinavian village. Free entertainment and demonstrations and free admission!



Stay tuned for more information about Mt. Storm. Updates to come in August and September!

September



MT. ANGEL OKTOBERFEST

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.



MT STORM

Explore A Sandy Park

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.

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



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.



MEINIG 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



MEINIG SHELTERS

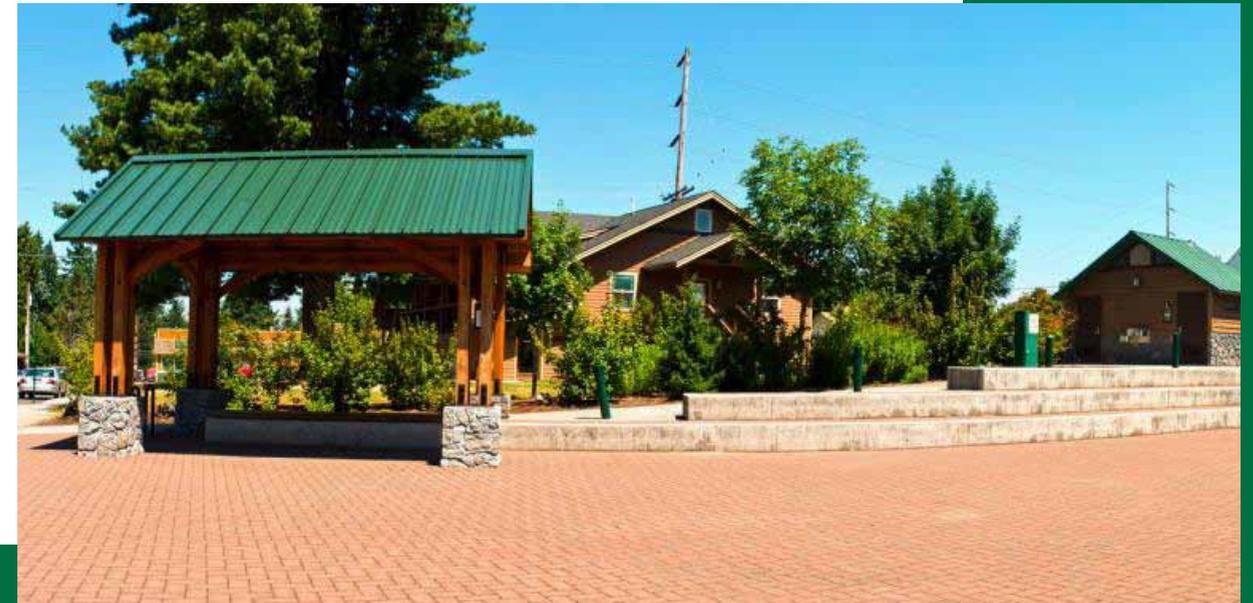
The 3 Small Shelters at Meinig Park will be available to rent from 11:00am - 2:00pm 7 days a week. Each shelter comes with a picnic table and a trash can.

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

PLAZA

The amphitheater-style plaza features a large open area, seating, farmer's market vendor pads, landscaping, public restrooms and a water feature.

Rental Fee: \$200 resident / \$300 non-resident



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

CASCADIA SHELTER

The Shelter is available from 11:00am - 2:00pm 7 days a week and comes with 3 picnic tables and a trash can.

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



BORNSTEDT SHELTER

The Shelter is available from 11:00am - 2:00pm 7 days a week and comes with 3 picnic tables and a trash can.

Rental Fee: \$100 resident / \$130 non-resident

SANDY PARK RENTALS

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 available 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



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

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

SANDY COMMUNITY GARDENS AT BORNSTEDT PARK

Volunteer At Sandy's Community Gardens at Bornstedt Park! Once a month volunteers meet in the gardens to work on various projects. These volunteer days are open for the public to join.

The 2024 days will be May 19th, June 15th, July 18th, August 17th, & September 14th.

Please note that these dates may be subject to change.

For the most accurate information please email Amy, the Garden Coordinator, at ALytle@ci.sandy.or.us.



SANDY ROOM RENTALS

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).

COMMUNITY GROUPS

SANDY BEE CITY USA

Bee City USA is an initiative of The Xerces Society for Invertebrate Conservation. As an affiliate of Bee City USA, Sandy is committed to enacting policies and programs to support pollinator species in the city. These policies include adopting an integrated pest management program, planting pollinator habitats on public land, and using public engagement tools to provide education and resources on pollinator preservation.

Sandy Bee City USA has a Bee City Action Group that meets once quarterly at Sandy's Community Center to discuss ongoing and upcoming projects. These meetings are open to the public and we are always looking for new members!

2024 Action Group Meeting Dates

July 16th, 5:30pm – 6:30pm

October 8th, 5:30pm – 6:30pm



This Winter we celebrated Learn About Butterflies Day in March by hosting an educational, "Pollinator Panel," featuring four local experts who shared their knowledge and answered some very inquisitive and thoughtful questions from the audience.

We would like to extend a HUGE thank you to Suzi from Clackamas SWCD, Renee from Echo Valley Natives, Marek from Estacada's Bee City Action group, and Heather from Iris Healing Arts for being willing to share their valuable time and knowledge with the people of Sandy



On May 20th the Action Group will be celebrating World Bee Day by hosting a free showing of the documentary, My Garden of a Thousand Bees, at the Sandy Cinema at 6:00pm. World Bee Day is a day of awareness about the importance of bees and why we need to protect them. Designated by the United Nations, World Bee Day seeks to inform and educate people about bees and their impact on our biodiversity.



THE CITY OF SANDY WOULD LIKE TO PRESENT...

YAPPY HOUR

Sandy's First
Canine Carnival!
Sandy Bluff Park
6:00–8:30pm
May 16th



Special thanks to
all of our vendors!



Our Medicine
Setting the standard for
world-class medicine with
hometown care.

VCA Sandy Animal Hospital



MAY

YAPPY HOUR K-9 KARNIVAL

May 16th
6:00pm - 8:00pm
Sandy Bluff Park
36801 Goldenrain St.

The City of Sandy invites you and your pet to join us for a fun Karnival for your doggie. Games, giveaways, and doggie bags.



SENIOR RESOURCE FAIR

May 14th
10:00am - 2:00pm
Sandy Community Center
To celebrate Older American Month.



JUNE

LONGEST DAY PARKWAY

Thursday, June 20th
6:00pm - 8:30pm
Timberline Park
18631 Van Fleet Ave.

NOAH'S QUEST

Saturday, June 29th
Sandy Bluff Park
36801 Goldenrain St.



CITY OF SANDY EVENTS

5K WALK • 5K RUN • 1K KIDDIE RUN

NOAH'S QUEST

SATURDAY, JUNE 29

Sandy Bluff Park

36910 Goldenrain Street • Sandy, OR

Register online at
www.cityofsandy.com
REGISTRATIONS CLOSES JUNE 28TH AT 2:00PM

ONLINE
REGISTRATION
CLOSES JUNE 28
AT 2:00PM

REGISTRATION
EVENT FEES

- **\$30 online**
We encourage participants to register online
- **\$40 day of race**
If you must register in-person
- **\$5 Kiddie Run**

- 8:00am: Packet pick-up
- 9:00am: 1K Kiddie Run
- 9:15am: 5K Walk
- 9:20am: 5K Run



'For everyone who has lost a child or the hope of a child, and for those who care.'



Submit baby's names by June 28th at 2:00pm to have the sign on the race course



CANDLE LIGHTING • BELL RINGING OF BABY NAMES • RACE COURSE SIGNS

Contact ccohen@cityofsandy.com for more information or call 503.668.5569

SANDY AREA METRO

Peak your options with our new route to the Clackamas Town Center!
Do you have medical appointments, commute to work, run errands,
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.

Clackamas Town Center
new route!

OPTIONAL STOPS
 • Rock Creek & 172nd Ave
 • 11 & 10th Street School
 • 11 & 10th St
 • 11 & 10th St

OPTIONAL STOPS
 • Clackamas High School
 • Clackamas High School

Sandy to Clackamas Town Center
MONDAY - SATURDAY / LUNES - SABADO

DEPART	ARRIVE	DEPART	ARRIVE
Sandy Transit Center	Clackamas Town Center	Clackamas Town Center	Sandy Transit Center
5:45	5:57	6:09	6:11
8:45	8:57	9:09	9:11
11:45	11:57	12:09	12:11
2:45	2:57	3:09	3:11
5:45	5:57	6:09	6:11
8:45	8:57	9:09	9:11

Clackamas Town Center to Sandy
MONDAY - SATURDAY / LUNES - SABADO

DEPART	ARRIVE	DEPART	ARRIVE
Clackamas Town Center	Sandy Transit Center	Sandy Transit Center	Clackamas Town Center
6:54	7:06	7:30	7:34
9:54	10:06	10:30	10:34
12:54	1:06	1:30	1:34
3:54	4:06	4:30	4:34
6:54	7:06	7:30	7:34
9:54	10:06	10:30	10:34

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



Thank You Summer Sounds & Starlight Cinema 2024 Sponsors

TEAM



SANDY

PRESENTING SPONSORS



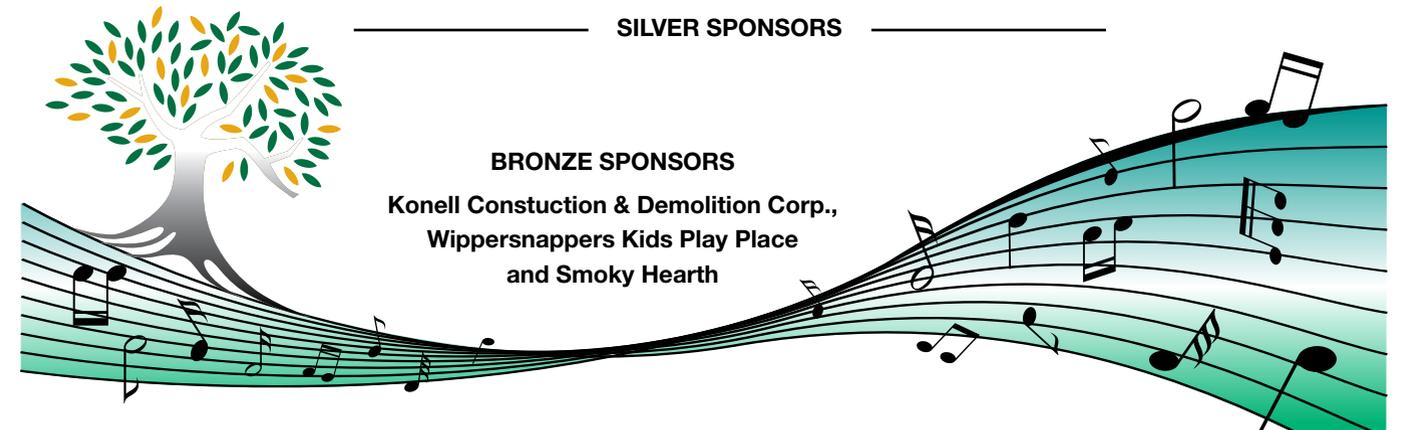
GOLD SPONSORS



SILVER SPONSORS

BRONZE SPONSORS

Konell Constuction & Demolition Corp.,
Wippersnappers Kids Play Place
and Smoky Hearth



Become a Sponsor

Thank you to our sponsors for their support!

Our Sandy events could not have been possible without their contributions!

WHAT ELSE CAN YOU DO?

If you would like to become a sponsor, please contact Carol Cohen
at Sandy Parks and Recreation by phone 503-489-2151 or email ccohen@ci.sandy.or.us

PRESENTING SPONSORS

TEAM SANDY

Ever Fresh

BILL'S

GOLD SPONSORS

WOODVIEW

TOURABLE EVENTS

SANDY PARKS AND RECREATION presents **Summer 2024 Summer Sounds & Starlight Cinema**

Meinig Park • 17070 Meinig Ave Sandy, OR 97055

MOVIE STARTS AT DUSK • CONCERTS ARE FROM 6:00PM - 9:00PM • MUSIC TIMES 8:00PM - 9:00PM
FOOD AND DRINKS AVAILABLE FOR PURCHASE

July 19 Movie
Top Gun



July 24 Concert
Eagle Eyes



August 2 Movie
Ghostbusters: Frozen Empire

August 16 Movie
Kung Fu Panda 4



August 21 Concert
Jennifer Batten & Full Steam



August 7 Concert
CJ Mickens Band

FOOD AND DRINKS ONLY SERVED AT THE CONCERTS

Food provided by Rip City Grill | Drinks provided by Jack Rum + Beer Den

Silver sponsor: Dick Hannel, GUYHAWK
Bronze sponsors: Konell Construction & Demolition Corp., Wippersnappers Kids Play Place and Smoky Hearth

Eagle Eyes

July 24, 2024

Eagle Eyes tribute is 'THE' tribute to the legendary California country rock band. Audiences are mesmerized by this group of Vancouver, B.C. musicians' precise vocal harmonies and service to the smallest of details in performing songs spanning the extensive Eagles' Rock N' Roll Hall of Fame Career (including a few selections from Eagles' solo careers!).



CJ Mickens Band

August 7, 2024

Las Vegas, Nevada native CJ Mickens attended Las Vegas Academy of Performing Arts. It was there he discovered his true passion for creating good music. Growing up in a family grounded in the church, he began to sing and perform on a weekly basis. At an early age he had the opportunities to sing in various parts of the country and overseas. His solo pursuit began at age 15 after moving to the Pacific Northwest. Where he got involved with the NAACP ACTSO Music Program winning Gold Medal 3 years in a row advancing to New York, Baltimore, and New Orleans. Mickens spent some time in Nashville to work in the Christian music scene for a stint. Family ties brought him back to the Pacific Northwest and the great live music scene in Portland Oregon. In 2002, CJ Mickens had the opportunity to appear on Season 2 of American Idol, followed by 'Showtime at the Apollo' in 2004. He has also had the honor of singing backup for Gladys Knight, Dionne Warwick and Lionel Richie. Since then CJ Mickens has focused his talent and energy on reaching out and inspiring others. In 2012 Mickens was the winner of Portland Idol, starred in his own show Sunday Night Soul show at Portland's Star Theater and he won a national award with his Acappella group Rezonate at the Pacific Northwest Harmony Sweepstakes.



Jennifer Batten and Full Steam

August 21, 2024

Jennifer Batten & Full Steam features worldwide guitar hero Jennifer Batten (who's recorded & toured as part of both Michael Jackson's and Jeff Beck's bands) and her steampunk hired guns. They are going to put some miles on your dancing shoes, covering some of the 80's HUGEST rock & pop cuts from the likes of Van Halen, Men At Work, Peter Gabriel, Michael Jackson and many more.



July 19



August 2



August 16



CITY OF SANDY EVENTS

JULY

MT. FESTIVAL KIDS EVENTS

July 10 : Pet Show
10:00am - 12:00pm
Sandy Bluff Park
36801 Goldenrain St.



JULY 4TH FIREWORKS

Sponsored by:



Fireworks across from
Sandy High School



**July 11: Bike Pedal
Challenge Course:**
10:00am - 12:00pm
Sandy Bluff Park
36801 Goldenrain St.



July 12: Kids Parade
10:00am - 1:00pm
Sandy Grade School
38955 Pleasant St.



SEPTEMBER

KIDS CORN CROSS

Cost: \$10 (Includes a goodie bag)

Sunday, September 15
Liepold Farms
14050 SE Richey Rd.

Hours: Open Course
10:00am - 12:30pm

12:30pm ages 2-4
12:40pm ages 5-7
12:50pm ages 8-9
(no OBRA license needed)



CITY OF SANDY EVENTS

LIBRARY PROGRAMS

SUMMER READING

Sandy Public Library and Hoodland Public Library

June 1st - August 31st

Summer Reading 2024 begins June 1st! The Sandy and Hoodland Libraries offer reading programs for infants and toddlers, kids, teens, and adults. Come to the library starting June 1st to pick up a reading log, or log your reading through the Beanstack app. Complete your reading log and return it to the library by August 31st for the chance to win prizes.

Grand Prizes:

Little Readers (Infant - Preschool):

Wippersnappers Gift Card

Kids (Grades K-5): Oaks Park Gift Card

Teens (Grades 6-12): Oaks Park Gift Card

Adults: \$100 Cash



SUMMER READING PROGRAMMING FOR KIDS

Fantastic Freshwater Ecosystems

Meinig Park Gazebo

Wednesday, July 17th, 2:00pm - 3:00pm

Use magnifying devices to observe pond water: What do you see? Come learn about freshwater ecosystems and the creatures found in them. Discover differences between natural wetlands and backyard standing water. Investigate mosquitoes and how to stay safe from them. Explore ways to help wildlife, including creating a habitat and stopping invasive animals and plants.

Tidepool Tango - Sandy

Meinig Park Gazebo

Wednesday, August 7, 2:00pm - 3:00pm

Hoodland Library Community Room

Thursday, August 8, 2:00pm - 3:00pm

Join the Oregon Coast Aquarium for a tidepool-themed dance party! Learn how your favorite invertebrates move – and don't move – with the rhythm of the tides.



Native Innovations

Sandy Library Fireplace Room

Tuesday, August 13th,

Tuesday, September 7th,

Available during library hours

Celebrate engineering innovations designed and used by First Nations in Oregon. This exhibit will explore how Native Americans have used knowledge, creativity, and ingenuity to solve problems for thousands of years, and continue to do so today. Participants will be invited to try their hand at engineering while learning from examples of traditional Indigenous technologies related to housing, travel, tools, recreation, resource management, and more.

Journey Under the Sea

Sandy Library Community Room

Wednesday, August 21st,

10:00am - 11:30am

Hoodland Library Community Room

Wednesday, August 21st,

2:00pm - 3:30pm

Dive into an ocean of hands-on science fun while exploring Oregon's underwater environments. Discover the amazing variety of life beneath the waves in beautiful kelp forests or rugged, rocky reefs. Engage in activities and investigations that will inspire you to protect Oregon's diverse ocean habitat.

SUMMER READING PROGRAMMING FOR TEENS

Teen Hangout

Sandy Library Community Room

1st and 3rd Mondays of each month in

May & June from 4:00pm - 6:00pm

then 3rd Monday of each month in

July & August, 4:00pm - 5:00pm

This is a drop-in program that provides teens, grades 6th - 12th, a dedicated space to hang out, 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 Hangout Special Events:

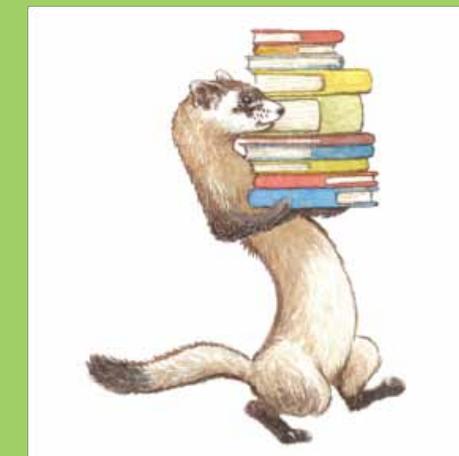
May 6th & May 20th - Air Dry Clay Dragon Eye

June 17th - Tie Dye - Summer Reading Kick-Off

For Teens!

July 15th - Plantable Poppy Seed Paper

August 19th - Wire Jewelry



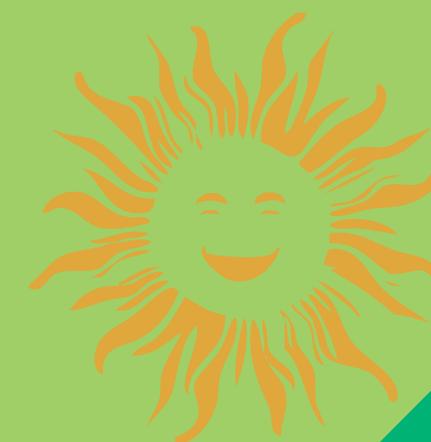
SUMMER READING PROGRAMMING FOR ALL AGES

Harry Potter's Birthday Party

Sandy Library Community Room

Wednesday, July 31st, 12:00pm - 2:00pm

Muggles of all ages are invited to join us for Harry Potter's Birthday Party! Enjoy a fun-filled event including a potions class, butterbeer, cupcakes, Quidditch, and more!



SANDY AND HOODLAND LIBRARIES

KIDS

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

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

**Quando/When: Domingos a las 1:00pm /
Sundays at 1:00pm**

*Último día: 9 de junio, comenzando nuevamente en
septiembre.*

Last Day: June 9th, starting again in September

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 storytime.

Sandy Library Storytime

Sandy Library Community Room

**Thursdays in May & September 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

Sandy Library Community Room

Saturday at 10:00am

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



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.

STEM Club: Helpful Hungry Bats

Sandy Library Community Room

Tuesday, May 28th, 4:00pm - 5:30pm

The last STEM Club before summer break will be May 28th. STEM Club will resume again on September 24th.

Every night our furry, flying friends – bats – can eat their body weight in insects! Come learn about these fantastic creatures and ways they can catch and eat so many dangerous mosquitoes and other flying insects in the dark. Learn about different types of bats, their amazing adaptations, the important roles they play in Oregon and around the world, and much more through hands-on activities. Make artistic bat masks, explore echolocation, and discover ways to help them with bat-friendly habitats and bat boxes.

Storytime At The Park

Meinig Park Gazebo

**Thursdays at 10:00am, June 6th -
August 21st**

It's summertime! That means it's time for Storytime In The Park! Miss Monica will read books, and we will sing songs and learn rhymes together. Todos Juntos will provide a craft. Bring your own comfy blanket, pillow, or lawn chair to sit on.



LEGO Club - Sandy

Sandy Library Community Room

**2nd Tuesday of each month,
4:00pm - 5:30pm**

*The last Lego Club before summer break will be May 14th.
Lego Club will resume again on September 10th.*

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

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.

Introduction to Cartooning Workshop

Sandy Library Community Room

Thursday, May 2nd, 4:00pm to 5:30pm

This event is for teens in grades 6th - 12th.

Class size is limited to 15 students.

Registration required: cityofsandy.activityreg.com

A fun hands-on workshop that will go over the basics of creating a short comic from idea to a working concept. The workshop is a great opportunity to connect with peers of similar interests while acting as a starting point for anyone who has a dream of making their own comics or cartoons. Participants are asked to bring a pencil, an eraser, and a black marker (sharpie or similar). Other art-making materials that participants are familiar and comfortable working with are encouraged but not required.

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.

**June 5th, June 26th, July 3rd, July 17th,
July 31st**

4:00pm - 6:00pm



MAKERSPACE GROUP 2

Sandy Community Center Art Room, 38348 Pioneer Blvd.

**June 12th, June 26th, July 10th, July 24th,
August 7th**

4:00pm - 6:00pm

Teen Advisory Board (TAB)

Sandy Library Community Room

2nd Monday of the month

4:00pm - 5:00pm

Grades 6th - 12th

Registration required: cityofsandy.activityreg.com

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!



ADULTS

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

Sandy Library Community Room

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

Sandy Library Community Room and Zoom

2nd Thursday of each month at 6:00pm

For women who love good books and like to talk about them. This is a hybrid event in the Sandy Library Community Room and on Zoom. 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

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

Join us for a book discussion. For more information, contact Lara Wilent at lwilent@ci.sandy.or.us. The title for the discussion will be announced on our website: www.ci.sandy.or.us/library

Spanish Class

Sandy Library Community Room

Instructor: Maria Smith

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.

Clase de inglés/English Class

Locación/Location: Sandy Library Community Room

Cuando/When: Sundays

4:00pm - 5:00pm

Instructor: Maria Smith

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.

Creation Station

Sandy Library Community Room

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.



Creation Station Special Event: PHAME Improv Acting Class

Sandy Library Community Room

Monday, July 29th, 10:00am - 11:30am

Improv is a form of theater that is created on the spot without the use of scripts. Students will work together to create spontaneous – and often funny – original scenes. Class time will explore improv through games, prompts, and collaboration. Improv Theatre does not require any supplies and is appropriate for all skill levels.

Backyard Chickens

Sandy Library Community Room

Saturday, May 18th, 1:00pm - 2:00pm

Are you looking to add a few feathered friends to your backyard? Learn best practices for successfully raising and caring for chickens.

Cindy Manselle has been serving as an OSU Extension Service Master Gardener™ since 2002. She is passionate about teaching others how to have success as a gardener. As an OSU Master Gardener Cindy has served by answering gardening questions at farmers' market events, coordinating Master Gardener training classes, and teaching a wide array of garden-focused classes to community groups.

OSU Extension Master Gardeners are volunteer educators, neighbors, and on-the-ground researchers who serve their community with solid training in science-based, sustainable gardening and a love of lifelong learning.



Oregon State University
Extension Service
Master Gardener™

Growing Herbs

Sandy Library Community Room

Thursday, June 6th, 6:00pm - 7:00pm

Growing culinary herbs brings beauty and wonderful fragrance to the garden and freshly harvested herbs add flavor and zest to any dish. Learn the steps needed to grow culinary herbs that thrive.

Priscilla Wells Robinson has been serving as an OSU Extension Service Master Gardener™ volunteer since 2017 and enjoys sharing her passion for gardening with others. Priscilla volunteers at the Master Gardener's "Grow an Extra Row Garden" growing fresh vegetables and herbs for area food pantries. She enjoys teaching all ages about the wonders of gardening.

OSU Extension Master Gardeners are volunteer educators, neighbors, and on-the-ground researchers who serve their community with solid training in science-based, sustainable gardening and a love of lifelong learning.

Dungeons and Dragons

Sandy Library Community Room

**2nd and 4th Wednesdays of each month
6:00pm – 9:00pm**

Teens (13+) and Adults 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 gathers 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" and are open to players aged 13 to 3,000 (sorry, no liches allowed).

Seats are limited. Registration is required. For more information contact Dungeon Master Steve Williamson at gaming@ruckerworks.com

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

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 Sandy 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.

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 2:00 pm. Weavers, spinners, knitters, crocheters, if your work is portable, you are welcome.

Mahjong

Hoodland Library Community Room

**2nd Saturday of each month,
2:00pm - 4:00pm**

Come play Mahjong at the Hoodland 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.



Free Comic Book Day

Sandy Library Community Room

Saturday, May 4th, 12:00pm - 2:00pm

Calling all superheroes for Free Comic Book Day. Pick up your free comic books! Discover your Superhero name, create a costume mask and cuffs to hide your true identity, crawl through the bat cave, try the Spider-web toss, and knockdown "Cardboard City."



SANDY AND HOODLAND LIBRARIES

SANDY AND HOODLAND LIBRARIES

Spring Celebration

Mount Hood Farmer's Market,
38600 Pioneer Ave. Sandy, OR

Saturday, May 18th, 9:00am - 4:00pm
(Library and Wy'East Artisans Guild activities
10:00am - 1:00pm)

Welcome Spring with the Sandy Seed Library, art, crafts, and a plant sale! The Sandy Library has teamed up with the Sandy Garden Club, Sandy Parks and Recreation, and Wy'East Artisans Guild, for a truly unique community event. The Garden Club's plant sale happens from 9:00am to 4:00pm.



Beavers and How to Live with Them

Sandy Library Community Room

Saturday, May 11th, 2:00pm - 3:00pm

Do you share land with beavers? Are you curious about our famous state animal? How familiar are you with their biology, or how they are regulated in the state? Come with all of your beaver questions; we will discuss beaver history, ecology, regulation, and some recommendations and resources on how to share your space with them! This program is offered in partnership with the Clackamas River Basin Council.



Craft Swap

Sandy Library Community Room

Sunday, September 29th, 12:00pm - 2:00pm

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



Volunteer Opportunity

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.



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. Thank You!

SANDY AND HOODLAND LIBRARIES

WHAT ELSE CAN YOU DO?



**City of Sandy, Oregon
Community and Recreation Guide
SUMMER 2024**

**38348 Pioneer Blvd.
503-668-5569
www.ci.sandy.or.us/parks-rec**