

September 2019 Excursions

Sign-up will be Friday, August 23rd from 11am-2pm. The tables will be set up outside the café.

Monday, Sept. 2, Hikers Club, weather permitting, meet in Vitality at 9:00am

This Hike will be the easier of the two. Must be able to walk 1.5 miles, 45 minutes, unassisted. Use of walkers is ok. Bring your own lunch and water.

Wednesday, Sept. 4th, Men's Breakfast @ Heidi's Restaurant, P/U @ 8:00am

Wednesday, Sept. 4th, Ladies' Luncheon @ Heidi's Restaurant, P/U @ 11:30am

Monday, Sept. 9th, Shopping at Trader Joes, pickup at 10:00am

Wednesday, Sept. 11th, Hood River Fruit Loop, pickup at 10:00am - bring money!

The Hood River County Fruit loop is located in the beautiful Hood River Valley at the foot of majestic Mt. Hood. Member stands offer you a variety of wines, fruits, vegetables, flowers, ciders, and food. Visitors have a true farm experience and can learn about how those apples, pears, cherries and grapes were produced. Pack a lunch to eat on the bus. Last Stop: Apple Country Store. 2 Buses.

Monday, Sept. 16th, Hikers Club, weather permitting, meet in Vitality @ 9:00am

This Hike will be over mixed terrain, 2 miles or longer, 1 to 1.5 hours. No walkers allowed, however walking sticks are encouraged. Bring your own lunch and water.

Monday, September 23rd, Free-for-All Dropoff, See Weekly for Times

Monday, September 23rd, Shopping at Trader Joes, pickup at 10:00am

Tuesday, September 24th, Free-For-All, 9:00AM - 12:00PM

Wednesday, September 25th, Cannon Beach Day Trip, pickup at 9:30am

Spend the day independently in downtown Cannon Beach, walking distance from the Oregon Coastline! Featuring tons of local restaurants, breweries, wineries, shops, and galleries, Cannon Beach has plenty of entertainment for anyone. Vitality will set a drop off and pick up time and location. Residents will explore the area and dine independently. Vitality will provide a list of possible activities. 2 Buses.

Thurs. Sept. 26th, Portland Japanese Gardens, M/U 9:00am \$16.25 (+\$2.50 transit)

We will be walking to public transportation with Tri-Met Ride Connection both there and back for this excursion! For more than 50 years, Portland Japanese Garden has been a haven of serenity and tranquility, nestled in Washington Park in Portland, OR. The Garden is composed of eight unique garden spaces, from the lush greens in the Strolling Pond Garden to the empty space (or *ma*) of the Sand and Stone Garden. Each style demonstrates unique aspects of Japanese garden history and design.

Friday, Sept. 27th, "Queens Girl" at Clackamas Rep. Theater, P/U at 6pm, \$27

A charming, semi-autobiographical coming-of-age story about a young black girl in the 60s. This one-woman show includes not just our heroine, the engaging Jacqueline Marie Butler, but 12 more characters including her Caribbean father, imperious mother, girlfriends and boyfriends, as she moves from the safety of her sheltered Queens neighborhood to a new school in Greenwich Village. There, where she is one of only four black students and where race suddenly matters, she begins to wonder where she belongs in the world.