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December 2024

~~ UpRiver Village *Current* ~~

Helping Older Adults remain living in their own homes and engaged in their communities as long as possible by

Providing social activities and extensive volunteer services in
Gresham, Troutdale, Fairview and Wood Village

Hello UpRiver Village Supporter!

We hope you're active, happy and ready for winter!

Here's what we've got for you this month:

"Emergency Preparedness" by Deb Chavez

Upcoming EVENTS

FAQ of the Month

Recipe~~Rye Seed Crackers

Community Opportunities

Consider a **TRAILBLAZER Membership**
as a holiday gift for your loved one.
And this could also be of great help and
a time-saver for you!



**UpRiver Village volunteers and their guests had a great time at the
2024 Winter Celebration!!**

**A special thanks to our event piano player, Steve Goodwin, who often can be
heard playing at the Meals on Wheels People lunches. To all of our other wonderful
Winter Celebration volunteers—*Thanks!!!***

**You made it happen and we hope you'll join us at
next year's Winter Celebration, too!**

UpRiver Village Events

UpRiver Village invites you to join us for the following activities and you are always welcome to invite your friends or family members to join you!

Click on the link for more information about each event!

Mon. DEC.16, Time: 12:00 PM ~~ Flying Pie Pizzeria, 1600 NW Fairview Dr, Gresham. Join Steering Council Chair Jane for UpRiver Village's Monthly Pizza Lunch Get Together. PLEASE BRING A FRIEND! Let us know if you plan to attend **RSVP**



Wed. DEC 18, from 2-4pm~~Happy Hour at Troutdale Station Food Carts. See more details on the [Events](#) page. **RSVP here.**

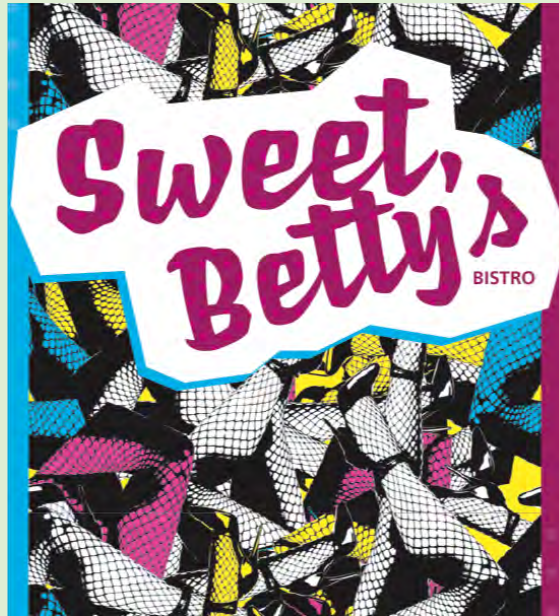


Mon. JAN 6, from 9:30a ~~ Walk with the UpRiver Walkers weather permitting!!! Location: **Main City Park**, Ann Hohl, our Event Coordinator, will meet you at the parking lot, near the Little League Upper Ballfield and closest to the trail, as shown on map in the link above for Main City Park. **RSVP** to keep in touch with Ann about

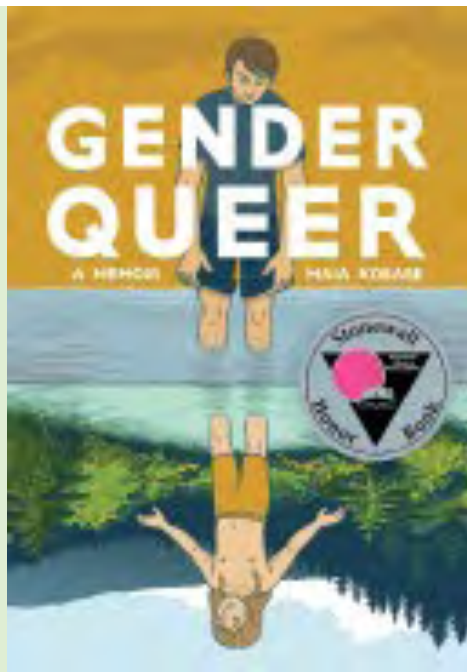
the weather on that day.



Wed. JAN 9, 10:30am ~~ Coffee at Sweet Betty's Bistro at the Gresham Station. Join Leslie Louderback and the rest of us for coffee at Sweet Betty's RSVP is required for this event. **Please click here to let us know by 1/8/2025**



Sat. JAN 11, 1pm BANNED Book Club, Reading "Gender Queer" This will be at the home of DeAnne Warner in outer Troutdale. You will be given DeAnne's address when you RSVP (required) by Jan 9



EVENTS Hosted by Other Villages

Click on links for more information about each event!



DEC. 18, 12p Northstar Village Lunchtime Concerts at The Old Church

DEC. 19 Village at the Falls Third Thursday in Person Happy Hour at Corner 14



"How were proposed membership levels and fees decided?"

The UpRiver Village Steering Council looked at the average membership fees of the ten existing Villages NW Villages and also at the most common membership fees and set our membership fees in between these two numbers.

[Click HERE to see all the FAQ](#)

THIS MONTH'S RECIPE: Swedish crispbread (rye seed crackers)

Tracy makes these at least once a month! We LOVE these! Great with salads!



Community Opportunities

NOW: Read about Nurse Navigation and how it can help each of us and why we should consider supporting the program!

DEC. 15, 12-3pm Live Music! "Malderine" at Rockwood Market Hall.



Fri. DEC 20 at 4-7pm. **Reindeer in Rockwood** at Rockwood Market Hall. Everyone's invited to celebrate the holidays with a little North Pole magic...



[Click Here to Contact Us](#)



www.UpRiverVillage.org

A member of Villages NW and the Village to Village Network

eMail: contact@uprivervillage.org

Phone: 503-489-8813

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