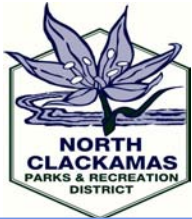


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CENTERPOINT

a monthly newsletter published by
MILWAUKIE CENTER
Serving North Clackamas County

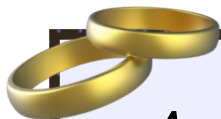


503-653-8100

www.milwaukiecenter.com

June 2011

Milwaukie Center's mission is to be a link to resources for older adults and their families — and a place for the community to gather, grow and contribute.



Golden Wedding Anniversary Celebration

Fri, June 10, 11 am
Milwaukie Center

11 am - Rededication ceremony
12 noon - Special luncheon and dance to the music of the John Munger Memorial Jazz Band

Every year the Milwaukie Center celebrates and recognizes couples in our community who have been married 50 years or more. Call the Center, 503-653-8100, no later than June 8, if you and your spouse qualify and would like to be a part of this special event.

Luncheon provided by the Milwaukie Center Nutrition program. Suggested donation is \$2.50 per person.

Check out our FREE Demos

Demo at Milwaukie Farmers Market
We are Taking the Party on the Road!
Hula Hooping For Fitness at the Milwaukie Farmers Market
Sun, June 5, noon-1 pm

This is a level 3 class for people who are active now. Ideal for someone who can walk a mile in 20 minutes or less.

Demos at the Milwaukie Center
EZ Does It Aerobics
Mon, June 20, 8:30-9 am

This is a level 3 class for people who are active now. Ideal for someone who can walk a mile in 20 minutes or less.

Sit N Fit
Mon, June 20, 11:05-11:35 am

This is a level 1-2 class for people who need support or are just getting started.

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Welcome to the Milwaukie Center

A division of North Clackamas Parks & Recreation District

**5440 SE Kellogg Creek Drive
Milwaukie, OR 97222**

Hours: 8:30 am-5 pm - Monday through Friday, PHONE: 503-653-8100 FAX: 503-794-8016

Milwaukie Center is a multi-purpose community center operated by North Clackamas Parks & Recreation District as a focal point for senior services, recreation and learning.

Letter from the Director

Aging has its down-side; such as it taking more effort getting out of low chairs and the memory not being as quick. There are also some fantastic positives to growing old. At this point in your journey, you hopefully have enough confidence not to care what anyone thinks as to how you look or what you say. This is the phase of life when you have more time to do all you have ever wanted to do. You have time to write that novel, sculpt wood, start your dream business, run for local government, write inflammatory pamphlets or volunteer. Whatever you decide, the most important thing is to feel good about yourself and to make sure you get to the point where you wonder how you'll ever get done everything you want to!

Feeling fulfilled is one of the best medicines, one of the most effective antidotes to the blues of old age. Go for it, NOW! Remember, most of us are only aware of one life at a time, it's up to you to make sure that it's a memorable one. Join in on all the activity and fun at the Milwaukie Center – be a part of the local action and reap the benefits!

CENTER/COMMUNITY ADVISORY BOARD

Join us on the 2nd Friday of every month to learn more about the Milwaukie Center and support the advisory board in its actions and recommendations for the Center and focusing on the needs of older adults in our community. Contact Joan Young, Milwaukie Center Director, for more information, 503-653-8100.

Next Meeting: Fri, June 10, 9:30 am, Salal Room

CENTER/COMMUNITY ADVISORY BOARD MEMBERS

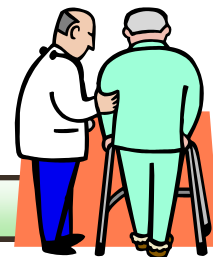
Eleanor Johnson, Chair	Denise Anderson	William Bersie
Kim Buchholz	John Gill	Ben Horner-Johnson
Charles Petersen	Katie Rudolf	Gary Rutledge
Ben Tabler		Elizabeth Young

This page sponsored by:



HEALTHY AGING

YOUR INFORMATION SOURCE



Tips for Talking to Your Doctor

MAKING THE MOST OF EACH APPOINTMENT WITH YOUR PHYSICIAN

Many times, appointments with doctors can seem rushed or confusing. However as the patient, being prepared for the appointment may result in a more positive experience. Taking an active role in your health care can help you get the best care possible. One way to do this is to improve your relationship with your doctor. The following are some tips to help you and your doctor work together to improve your health care:

What You Should Do

- Before the appointment, **list your questions and concerns**. Write down the most important questions first to make sure they get answered. Share your list with the doctor or advice nurse.
- **Give your doctor a list of your medications**, including prescription drugs, over-the-counter medicines, vitamins, herbal products and other supplements you're taking.
- **Bring a family member or trusted friend with you**. This person can take notes, offer moral support, ask questions and help you remember what was discussed.
- **Describe your symptoms**. State when the symptoms started and how they make you feel.
- **Be honest about your diet, physical activity, smoking, sexual history, alcohol or drug use**.
- **Describe any allergies to drugs, foods, pollen or other things**.
- **Mention if you are being treated by other doctors, including mental health professionals**.
- **Talk about sensitive topics**. The doctor or nurse has heard it all before!

Ask questions

- **Ask questions about any tests and the test results**. Get instructions on how to prepare for the test(s). Ask about any side effects and how long it will take to get the results.
- **Ask questions about your condition or illness**. If you are diagnosed with a condition, ask your doctor how you can learn more about it. What caused it and is it permanent? How can it be treated?
- **Ask your doctor about any recommended treatments**. Explore all your options for treatment. Ask if there are any side effects to the treatment and how long it will last.
- **Ask your doctor about any medicines he or she prescribes for you**. Make sure you understand how to take your medicine.
- **Ask your pharmacist if there are any foods or drugs you should avoid when taking the medicine**. Ask your pharmacist if a generic drug is available for your medication.
- **Ask more questions if you don't understand something**. If you're not clear about what your doctor or nurse is asking you to do or why, ask to have it explained again. If you don't understand the answers your doctor gives you, ask again.

Follow up with your doctor

- Make sure to follow any instructions your doctor gave you during the appointment; while scheduling a test or regarding an appointment with a specialist.
- If you have any questions after the appointment, ask to leave a message with the doctor or speak with the advice nurse.
- If you start to feel worse or have problems with your medicine, or haven't received your test results in a timely fashion, phone your doctor.
- Take information home with you. Brochures and information sheets are valuable reference material for patients to refer back to. Your doctor is a good source of accurate information you can trust.

The time you have with the physician is short—there's not a second to waste. Knowing how to talk to your doctor, nurse, or other members of your health care team, will help you get the information you need.

Source: <http://knol.google.com/k/how-to-talk-to-your-doctor#>

SERVICES

CLINICS

- FREE** • **Blood Pressure**
Mon, June 6; Tue, June 21;
9:45-11:45 am

Provided by volunteer nurses at no fee. The clinic is located in the Rhododendron Room.

- **Foot Care - Fee: \$30 - Appt. necessary!**
Tue, June 7, 21 - starting at 8:30 am
Foot Care Nurses LLC provide foot soaks and toenail/callous trims. Must be 60+ or person with disability. Call 503-653-8100, for an appt.
- **Senior Law Clinic - Appt. necessary!**
Tue, June 7, 21- starting at 9 am
Volunteer elder law attorneys provide up to 1/2 hour consultation on legal issues related to seniors. There is no charge for this service, however, donations are appreciated. Phone 503-653-8100, for an appt.

OUTREACH SERVICES



- **Home Delivered Meals (Meals on Wheels)**
Fresh, well-balanced lunch meals are delivered by volunteers to home-bound older adults and their caregivers (60 and older) to

improve nutrition for individuals who cannot shop or cook for themselves. Meals are delivered M-F mid-day (except on holidays). Frozen meals are available for weekends and holidays. Questions: call the Social Services staff at 503-653-8100.

- FREE** • **Information and Referral Services**
Staff is available to connect people with Center services and to refer to local community resources. We are skilled in responding to a wide variety of questions so please don't hesitate to inquire.

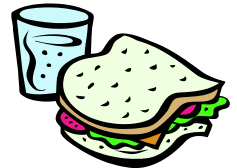
- **Equipment Loan**
Wheelchairs, canes, walkers, crutches etc. are available for short-term loan. Donations are appreciated.



ON-SITE SERVICES

- **Congregate Meal**
A hot, well-balanced lunch meal is served at noon (Mon-Fri) at the Milwaukie Center.
 - ◆ \$2.50 suggested donation for 60+
 - ◆ \$5 per meal for <60See the calendar on pages 8 and 9 for dates and times of our mid-day entertainment.

- **Pete's Café**
Monday through Friday, between 9 am and 1 pm, enjoy delicious fresh meals at Pete's Café! Some of the offerings include: Spinach Salad, Taco Salad, two homemade soups daily and made-to-order sandwiches. Try our daily specials such as Mac and Cheese Mondays and Waffle Wednesdays! We give you the tastiest "bang for your buck", so check out our full menu!



- FREE** • **Resource Library - Check it out!**
Located in the back staff area, the resource library has an abundance of books available for loan on health and aging issues.

- FREE** • **Library**
Free loaning library containing books, puzzles, video and audio tapes. Open M-F, 8:30 am-5 pm (except Wed, 12:30-4:30 pm).

- **Respite Program, "A Place at the Center" Wednesdays, 12:30-4 pm**
A special activities program for people with memory loss or confusion due to Alzheimer's, stroke or related disorders. Caregivers take some "time-out." Call Twilla, 503-653-8100, for availability and cost information.

REMINDER - The Center does not provide services that would normally be provided by a paid attendant, nurse or personal caregiver (i.e. incontinence, inability to use the restroom facilities by one's self, or preventing a participant from leaving the Center). The provision of any personal care by staff for a participant is beyond our capability.

- **Computer Work Stations and Wireless Internet**

Two computer work stations are available in the library and Rhododendron Room. The computers have internet connection for e-mail or internet searches. The computers are available for use during Center hours, 8:30 am-5 pm (except the library is unavailable on Wed, 12:30-4:30 pm). The Milwaukie Center is wireless, so you can bring in your laptop computer, log in and surf the web. Ask a staff member for the wireless connection code.



- FREE** • **Payment Drop Box - no postage necessary**

Bring the following bills to the Milwaukie Center: PGE, NW Natural Gas, Wichita Sanitary, Oak Lodge Water, Water Environmental Services and Clackamas Water District. Bills are mailed out Mon, Wed and Fri of each week.

- **Home Repair Resources**

Need a handyman? Milwaukie Center partners with Prudential Northwest Properties to bring you professional individuals to assist you to keep your home in good repair. We will connect you with Prudential HomeServices to receive contacts that are regularly monitored and guaranteed to be quality and legitimate.



- FREE** • **Emergency Firewood**

The program is closed at this time. We no longer have seasoned firewood available. Donations of any new or seasoned firewood is needed. Call Marty, 503-653-8100, for further information.

- FREE** • **“911” Emergency Cell Phones**

Keep yourself safe while out walking or in your car. Pick up your phone at the Center at no cost—for “911” calls ONLY. Call first - limited supply!



- FREE** • **Prescription Drug and Medicare Health Insurance Assistance**

Prescription drug and other Medicare health insurance, assistance is available from Senior Health Insurance Benefits Assistance (SHIBA). Trained volunteers help individuals with medical insurance, prescription drug questions and other health or long term care insurance questions. Call the SHIBA Help Line at: 503-655-8269.

FREE

- **Battery Recycling Program**

Bring in your old, dead batteries. Drop them in the battery recycle bucket, by the ATM, in the main hallway. Sorry, no car batteries.



- **Notary Public - Appointment Necessary** - Notary service is available at the Milwaukie Center. Call Rose at 503-653-8100 to schedule an appointment. No fee, donations appreciated.

FREE

- **Reading Machine - Optelec 20/20 Low Vision Reading System**

Available in the Center’s library for people with vision problems who need to enlarge print to read. Available M-F, 8:30 am-5 pm (except Wed, 12:30-4:30 pm).

- **Voter Registration**

Register to vote at the Milwaukie Center. Forms are available to fill out, sign and return to the Receptionist to be forwarded to the Clackamas County Elections office.



- **Other Community Help for Seniors**

The State of Oregon, Dept. of Human Services, Seniors & Persons with Disabilities provide Medicaid programs to Clackamas Co. seniors and people with disabilities. Some of the programs provide: food stamps for people age 60+ and younger folks with disabilities, Medicaid in-home service, long term care, nursing home and community based facility care and Adult Protective Services. For additional information, or to apply for these services, phone the Milwaukie office directly at 971-673-6600. The Protective Services hotline is 971-673-6655.

TRANSPORTATION SERVICES

- **Transportation**

Several options are available to help you get to the Center and to the store. We can also connect you with other transportation resources. Call Marty, 503-653-8100, for more information.

DIABETES SUPPORT GROUP

First Wed, Jun 1, 1:30- 3 pm, Trillium Room
Podiatrists from Jay’s Wide Shoes will present information on foot care tips, orthotics, sock choices and the proper fitting of shoes.

LEISURE & LEARNING

NEW! SUMMER CLASSES

NEW! SKETCHING FOR JOURNALING

Wed, June 22-June 27, 6-7:30 pm

Ages 16 and up.

Beginning students will overcome any apprehension about drawing, work on quick sketches, line perspective, faces, the human form, outdoor scenes, etc. and use their sketchbooks as personal artist's journals to be further enhanced as desired. Material list available at <http://ncprd.com/sports-recreation/adult-programs-classes>.

Res. \$40 Non-res. \$45

NEW! HULA HOOPING FOR FITNESS

Tue, June 21-July 26, 5:30-6:30 pm (14-19yrs)
or 6:30-7:30 pm (20 yrs +)

Sara Hite Memorial Rose Garden

Hula hooping is exercise like you've never done before – it's fun and unique! Hooping is an aerobic exercise that will tone your abdominals, increase cardiovascular stamina and strengthen core muscles. Oversized, weighted hoops are used and are easier to control. Classes combine a cardio workout with basic hooping tricks. First class will be instruction in hula hoop making and each student will leave class with their own unique hoop. Bring \$15 for supplies.

Res. \$25 Non-res. \$30

Demo: Sat, Jun 5 (see front cover for details)

SCHOLARSHIPS AVAILABLE

- If you have never taken a class, now is the time
- to try something new. Having difficulty paying for
- class fees? Scholarships are available for
- residents who are over 55 years old. Contact
- Tina, 503-794-8092.

Meet the Instructor – Pascale Steig, Sketching for Journaling and Cartooning for Kids

Pascale encourages her students to sketch images have drawn from their imagination or from something they see. She believes people are confined to their jobs, assignments, schedules and obligations. In her class, she wants students to have the freedom to explore what they are inspired by and be able to express that on paper. She encourages students to start with doodles or ideas and eventually integrate it into a story. Being able to draw something without fear can be very satisfying. In the end, taking that chance can be worth the effort!

Meet Pascale at the Milwaukie Farmers Market, Sat, June 5 from 1-2 pm.



Check out the complete summer schedule of classes on pages 14-15. You can also find classes and descriptions listed at www.NCPRD.com under the RecConnect button. You can now register online 24 hours a day. For previous participants or questions, please call Tina Johnson 503-794-8092.

Activity Groups

Check out the Center's fun drop-in groups listed below:

Bingo, Tue/Thu, 12:45-2 pm, 25 cents/card.

Duplicate Bridge, Mon, 12:45-3:30 pm, \$1 per session (bring a partner!).

Party Bridge, Thu, 12:30-3:30 pm, \$1 per session. **Note:** Players are needed for this relaxed bridge group.

Cribbage, Thu, 1:30-3:30 pm, \$1 per session. Beginners and experienced are welcome.

Mahjong, Wed, 12:30-3:30 pm, \$1 per session.

Pool, Mon-Fri, 8:30 am-5 pm, \$1 per 1/2 day session.

Friends Quilting, Thu, 8:30 am - noon, hand quilting in a group setting.

Center Singers, Practices on Mondays, 1:30-3 pm. Includes performing in the community.

Woodcarving, Wed, 8:30 am - noon, \$1 per session.

39ER'S TRAVEL PROGRAM



Join the Fun

Cathlamet and Puget Island

Thu, Jun 9, 9:30 am - 3 pm

Res. \$13, Non-res. \$15

*Bring money for lunch

Sanborn's Cafe

Wed, Jun 15, 9 am - 11 am

Res. \$7, Non-res. \$9

*Bring money for breakfast

Cannon Beach

Wed, Jun 22, 8:30 am - 5:30 pm

Res. \$22, Non-res. \$26

*Bring money for lunch

Crown Point and Tad's Chicken 'n Dumplins'

Thu, Jun 30, 3 pm - 7 pm

Res. \$8, Non-res. \$10

*Bring money for dinner

Covered Bridges of Linn County

Thu, Jul 7, 9:30 am - 4:30 pm

Res. \$32, Non-res. \$37

*Bring money for lunch

Milo's Café/Breakfast Club

Tue, Jul 12, 9 am - 11 am

Res. \$7, Non-res. \$9

*Bring money for breakfast



Tour the Northwest through 39er's trips and enjoy the first days of summer.

Due to the popularity of our trips, some offerings have specific dates determined for registration availability.

Please note: Full payment by check or cash is required at the time of registration to reserve a seat on Milwaukie Center 39er's trips. We will be happy to place your name on a waiting list, pending full payment to complete registration.

Q. What do we do if you mail a check and the trip is full?

A. When we receive your check, we will return it to you.

OTLB=Out to Lunch Bunch

Note—if trips are full, don't despair! Add your name to the waiting list and we'll plan another!

Please confirm your registration for a trip with the Travel Desk as the date gets closer. We look forward to serving you.

NCPRD/Travel Desk Refund Policy: If you cancel one week or more (7 days+) before the activity, you will receive a full credit to your account, minus any paid out costs, for use in any future Parks District class, activity or facility rental or a refund less a \$10 processing fee. If you cancel less than one week (under 7 days) before the class or activity, you will receive a full credit to your account, minus any paid-out costs, for use in any Parks District class, activity or facility rental. No refunds will be issued. If you have paid for a class that the Parks District cancels, you will receive a full credit to your account for use in any future North Clackamas Parks District class, activity or facility rental or a full refund, whichever you choose.

There is a \$10 charge for any "NSF" checks. We strive to minimize schedule changes. However, occasionally dates, times and fees for trips are subject to change.

Come by the Travel Desk Mon-Fri, 9 am-1 pm, call 503-653-8100 or visit us at www.milwaukiecenter.com to check out a complete schedule and description of our local, overnight, multi-day domestic and international trips.

This page sponsored by:



WILLAMETTE VIEW

A nationally accredited senior community embracing whole-person wellness and choice. Call 503-654-6581 for a tour.

June 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>8:30-5 Pool 9-1 Pete's Café 9:20 Tai Chi: Forms and Swords 9:45 Blood Pressure Clinic 10:10 Tai Chi: 37 Yang & Qigong 12:00 Lunch 12:30 Zumba Gold 12:45 Duplicate Bridge 1:30 Center Singers 1:35 Stretch and Relax Yoga 2:45 Chair Yoga 5:30 Tai Chi: Forms and Swords 6:35 Tai Chi: 37 Yang & Qigong</p>	<p>7</p> <p>8:30 Stretch & Flex 8:30-5 Pool 8:30 Foot Clinic, appt. necessary 9-1 Pete's Café 9-12 Senior Law Project. appt. necessary 9:25 Complete Conditioning 10:20 Functional Fitness 11:15 Tai Chi for Beginners 12:00 Lunch 12:30 Circuit Training 12:45 Bingo 1:15 Stability Ball</p>	<p>1</p> <p>8:30 EZ Does it! Aerobics 8:30 Woodcarving 8:30-5 Pool 9-1 Pete's Café 9:20 Tai Chi: Forms and Swords 10:10 Tai Chi: 37 Yang/Qigong 11:05 Sit-N-B-Fit 12:00 Lunch, Al Crompton - Karaoke 12:30 "A Place @ the Center" 12:30 Mahjong; 1:00 Powerful Tools Series 1:30 Diabetes Support Group 5:30 Tai Chi: Forms and Swords 6:35 Tai Chi: 37 Yang/Qigong</p>	<p>2</p> <p>8:30 Friends Quilting 8:30 Stretch & Flex 8:30-5 Pool 9-1 Pete's Café 9:25 Complete Conditioning 10:20 Functional Fitness 11:00 Tai Chi: Beginners 12:00 Lunch, Joan Rice - Piano 12:30 Country Line Dance: Beginning 12:30 Party Bridge 12:45 Bingo 1:30 Country Line Dance: Intermediate 1:30 Cribbage 2:50 Chair Plates 4:45 Yoga 6:30 Bingo/Cash Prizes 6:55 Zumba</p>	<p>3</p> <p>8:30 EZ Does it! Aerobics 8:30-5 Pool 9-1 Pete's Café 9:00 Computer 1st Steps 9:20 Tai Chi: Forms and Swords 10:20 Tai Chi: 37 Yang & Qigong 11:05 Sit-N-B-Fit 12:00 Pictures Plus 12:00 Lunch 12:15 Dancing with John Munger 12:30 Memorial Jazz Band 2:30 Zumba Gold Word Processing</p>
Saturday				
<p>6</p> <p>8:30-5 Pool 9-1 Pete's Café 9:20 Tai Chi: Forms and Swords 9:45 Blood Pressure Clinic 10:10 Tai Chi: 37 Yang & Qigong 12:00 Lunch 12:30 Zumba Gold 12:45 Duplicate Bridge 1:30 Center Singers 1:35 Stretch and Relax Yoga 2:45 Chair Yoga 5:30 Tai Chi: Forms and Swords 6:35 Tai Chi: 37 Yang & Qigong</p>	<p>7</p> <p>8:30 Stretch & Flex 8:30-5 Pool 8:30 Foot Clinic, appt. necessary 9-1 Pete's Café 9-12 Senior Law Project. appt. necessary 9:25 Complete Conditioning 10:20 Functional Fitness 11:15 Tai Chi for Beginners 12:00 Lunch 12:30 Circuit Training 12:45 Bingo 1:15 Stability Ball</p>	<p>1</p> <p>8:30 EZ Does it! Aerobics 8:30 Woodcarving 8:30-5 Pool 9-1 Pete's Café 9:20 Tai Chi: Forms and Swords 10:10 Tai Chi: 37 Yang/Qigong 11:05 Sit-N-B-Fit 12:00 Lunch, Al Crompton - Karaoke 12:30 "A Place @ the Center" 12:30 Mahjong; 1:00 Powerful Tools Series 1:30 Diabetes Support Group 5:30 Tai Chi: Forms and Swords 6:35 Tai Chi: 37 Yang/Qigong</p>	<p>9</p> <p>8:30 Friends Quilting 8:30 Stretch & Flex 8:30-5 Pool 9-1 Pete's Café 9:25 Complete Conditioning 10:20 Functional Fitness 12:00 Lunch, Joan Rice - Piano 12:30 Party Bridge 12:45 Bingo 1:30 Cribbage 2:50 Chair Plates 6:30 Bingo/Cash Prizes</p>	<p>10</p> <p>8:30-5 Pool 9-1 Pete's Café 9:30 Center Advisory Board 11:00 Golden Wedding Celebration 12:00 Lunch 12:15 Dancing with John Munger Memorial Jazz Band Healthy Aging Seminar - "Environmental Threats to Healthy Aging"</p>
Saturday				
<p>13</p> <p>8:30-5 Pool 9-1 Pete's Café 12:00 Lunch 12:45 Duplicate Bridge 1:35 Stretch and Relax Yoga 2:45 Chair Yoga</p>	<p>14</p> <p>8:30-5 Pool 9-1 Pete's Café 12:00 Lunch 12:45 Bingo</p>	<p>15</p> <p>8:30 Woodcarving 8:30-5 Pool 9-1 Pete's Café 9:30 Friends Board Meeting 12:00 Lunch, Rick and Dottie - Tunes from the 50's 12:30 "A Place @ the Center" 12:30 Mahjong 1:00 Powerful Tools Series 4:00 Tiny Tots Creative Dance 4:45 Little Dancers Ballet and Jazz</p>	<p>16</p> <p>8:30 Friends Quilting 9-1 Pete's Café 12:00 Lunch, Joan Rice - Piano 12:30 Party Bridge 12:45 Bingo 1:30 Cribbage 6:30 Bingo/Cash Prizes 6:55 Zumba</p>	<p>17</p> <p>8:30-5 Pool 9-1 Pete's Café 12:00 Lunch 12:15 Dancing with John Munger Memorial Jazz Band</p>
Saturday				
18				

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Call now to arrange
your complimentary
meal & personal tour!

8360 Cason Rd, Gladstone, OR

503-723-7868

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30-5 Pool 9-1 Pete's Café 10:00 Drawing 11:05 DEMO - Sit-N-B-Fit 12:00 Lunch 12:45 Duplicate Bridge 1:00 Beginning/Intermediate Watercolor 2:00 Pupperty for Kids</p>	<p>8:30 Stretch & Flex 8:30-5 Pool 8:30 Foot Clinic, appt. necessary 9-1 Pete's Café 9-12 Senior Law Project, appt. necessary 9:25 Complete Conditioning 9:45 Blood Pressure 10:20 Functional Fitness 12:00 Lunch 12:30 Circuit Training 12:45 Bingo 1:15 Stability Ball 4:45 Yoga 5:30 Teen Hula Hooping for Fitness 6:00 Photography 6:30 Adult Hula Hooping for Fitness</p>	<p>8:30 Woodcarving 8:30-5 Pool 9-1 Pete's Café 11:30 Friends Donor Appreciation 12:00 Lunch, Patti Foley - Harp 12:30 "A Place @ the Center" 12:30 Powerful Tools Series 12:30 Mahjong Series 1:00 Creative Writing 2:00 Beginning Drawing 4:00 Tiny Tots Creative Dance 4:45 Little Dancers Ballet and Jazz 4:45 Cartooning for Kids 6:00 Sketching for Journalism</p>	<p>8:30 Friends Quilting 8:30 Stretch & Flex 8:30-5 Pool 9-1 Pete's Café 9:25 Complete Conditioning 9:30 Oil Painting 10:20 Functional Fitness 12:00 Lunch, Joan Rice - Piano 12:30 Party Bridge 12:45 Bingo 1:00 Your Story 1:00 Oil Painting 1:30 Cribbage 2:50 Chair Pilates 4:45 Yoga 6:30 Bingo/Cash Prizes 6:55 Zumba</p>	<p>8:30-5 Pool 9-1 Pete's Café 9:00 Computer Basics 9:30 Painting with Acrylics 12:00 Computer 1st Steps Lunch 12:15 Dancing with John Munger Memorial Jazz Band 12:30 Zumba Gold 1:00 Beginning Acrylic Painting 2:30 Mastering E-mail</p>
<p>8:30 EZ Does it Aerobics 8:30-5 Pool 9-1 Pete's Café 9:20 Tai Chi: Forms and Swords 10:00 Drawing 10:10 Tai Chi: 37 Yang/Qigong 11:05 Sit-N-B-Fit 12:00 Lunch 12:30 Zumba Gold 12:45 Duplicate Bridge 1:00 Beginning/Intermediate Watercolor 5:30 Tai Chi: Forms and Swords 6:35 Tai Chi: 37 Yang/Qigong</p>	<p>8:30 Stretch & Flex 8:30-5 Pool 9-1 Pete's Café 9:25 Complete Conditioning 10:20 Functional Fitness 11:15 Tai Chi for Beginners 12:00 Lunch 12:30 Circuit Training 12:45 Bingo 1:15 Stability Ball 4:45 Yoga 5:30 Teen Hula Hooping for Fitness 6:00 Country Line Dance: Intermediate 6:00 Photography 6:30 Adult Hula Hooping for Fitness 7:15 Country Line Dance: Beginning</p>	<p>8:30 EZ Does it Aerobics 8:30 Woodcarving 8:30-5 Pool 9-1 Pete's Café 9:20 Tai Chi: Forms and Swords 10:10 Tai Chi: 37 Yang/Qigong 11:05 Sit-N-B-Fit 12:00 Lunch 12:30 "A Place @ the Center" 12:30 Mahjong 1:00 Creative Writing 2:00 Beginning Drawing 4:00 Tiny Tots Creative Dance 4:45 Little Dancers Ballet and Jazz 4:45 Cartooning for Kids 5:30 Tai Chi: Forms and Swords 6:00 Sketching for Journalism 6:35 Tai Chi: 37 Yang/Qigong</p>	<p>8:30 Friends Quilting 8:30 Stretch & Flex 8:30-5 Pool 9-1 Pete's Café 9:25 Complete Conditioning 9:30 Oil Painting 10:20 Functional Fitness 11:15 Tai Chi: Beginners 12:00 Lunch, Joan Rice - Piano 12:30 Country Line Dance: Beginning 12:30 Party Bridge 12:45 Bingo 1:00 Your Story 1:00 Oil Painting 1:30 Country Line Dance: Intermediate 1:30 Cribbage 2:50 Chair Pilates 4:45 Yoga 6:30 Bingo/Cash Prizes 6:55 Zumba</p>	<p>20 21 22 23 24</p>
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MILWAUKIE CENTER STAFF

Joan Young, Center Director
Abby Kennedy, Human Services Coordinator
Marty Hanley, Client Services Coordinator/
Transportation Coordinator
Twilla Hayden, Client Services Assistant/
Respite Coordinator
Cheryl Nally, Special Projects, part time
Nolan Borntrager, **Linda Whitmore**,
Bob Walden, **Kim Tate**, Bus Drivers
Brandi Walters, Office and Marketing
Coordinator
Rose Hunt, Facility Use Coordinator
John Evans, Maintenance Specialist

MILWAUKIE CENTER STAFF, CONTINUED

Judith Kallio, Volunteer Coordinator
Beth Meyer, Recreation Supervisor
Tina Johnson, Recreation Assistant
Todd Shetterly, Recreation Assistant
Travel Coordinator
Anita Carillo-Morris, **Dale Michael**,
Ed Drake, Cooks
Kathi Schroeder, Nutrition Programs
Colleen Sinsel, Friends of the Milwaukie
Center Executive Director
Rosie Steenson, Friends of the Milwaukie
Center Resource Development Manager

The Milwaukie Center Newsletter is published and distributed at no cost to adults age 55+ and other residents, businesses and agencies that request it.

Friends of the Milwaukie Center, Inc. is a non-profit 501(c)(3) charitable organization whose mission is to support and promote Milwaukie Center activities and services in the community.

Forward mailing requests or address changes to:

Milwaukie Center
5440 SE Kellogg Creek Drive
Milwaukie, OR 97222



TRANSPORTATION

Construction Zone Safety

On average, more than 40,000 injuries occur each year in highway work zone related crashes. With highway construction up 40% nationwide, these numbers are on the increase. The following safety tips can help prevent both traffic accidents and the delays in traffic that are associated with them.

- **Expect the unexpected.**
Normal speed limits may be reduced. Traffic lanes may be changed, and people and vehicles may be working on or near the road.
- **Diamond-shaped orange warning signs are posted in advance of road construction projects.**
Slow down, be alert and pay attention to the signs.
- **When entering a work-zone, look for a “flagger ahead” warning sign.**
When you see this, stay alert and be prepared to obey the flagger’s direction.
- **Stay Calm.**
Work zones aren’t there to inconvenience you; they help improve the roads for everyone.
- **You may see flashing arrow panels or “lane closed ahead” signs.**
Merge as soon as possible.
- **Slow down when signs say to.**
A car traveling 60 miles per hour travels 88 feet per second. If you are going 60mph and pass a sign that states “Road Work 1500 feet,” you will be in that zone in 17 seconds.
- **The most common crash in a highway work zone is the rear-end collision.**
Remember to leave at least two-seconds of braking distance between you and the car in front of you.
- **Keep a safe distance between your vehicle and traffic barriers, trucks, construction equipment and workers.**
- **Highway agencies use different ways to inform motorists about the location and duration of major work zones.**
Often, they will suggest a detour to help you avoid the work zone entirely. Plan ahead and try an alternate route.

Source. Nysdot.gov

VOLUNTEER OPPORTUNITIES

Whether you volunteer one hour a week packing food for Meals on Wheels, attend a board meeting for two hours a month or drive an hour and one half every day, you make a difference at the Milwaukie Center, at client’s homes and in our community. There is no better time than right now to give volunteering a try. Current openings include but are not limited to:

Pete’s Café
Entertainment Organizer

Meals on Wheels Driving
Dishwasher

Board Members
Kitchen Aids



We’ll do the legwork at NO COST to you. GPS helps seniors and their families sort out the options and find a home that meets their changing needs. Leave the stressful, time-consuming tasks to us. We will manage the detailed research, phone calls, compliance inspections, and tour coordination to help you find a new home. Let GPS guide you.....

Senior Housing and Transition Specialist

For more information visit our website at www.goldenplacements.com

Office: 503-723-7145

NUTRITION



Have you checked out the meals at the Milwaukie Center lately? Come on in and join us! We offer two great choices:

Noon Lunch Buffet – enjoy a fresh cooked meal with lots of choices.

This program is partially supported by Older Americans Act for anyone 60 or better, with a suggested donation of \$2.50 per person – a terrific price for a full meal! If you are under 60, please pay \$5.00 per person to enjoy this option. Sign up by noon and meet some great neighbors while you enjoy your meal!

Pete's Café – daily specials of soup and sandwiches, plus much more!

We strive to keep the prices as low as possible on the tasty delights offered in Pete's Cafe! Open 9 am – 1 pm, you can drop in and put in your order when you are ready to eat. Invite your family or friends to have lunch with you at Pete's – you won't be disappointed.

The Nutrition Program staff and volunteers work hard each day to provide fresh, tasty food for Meals on Wheels, Noon Lunch Buffet and Pete's Café. Please let them know you appreciate their work!

The Nutrition Program fund-raises year-round to meet the expense of providing these services. Whenever you can help, we appreciate it! Two of the Center's ongoing and upcoming efforts include:

- ★ Miles of Pennies – save your pennies for the Nutrition Program – truly, every cent counts
- ★ Mark your calendar for the Famous Sunday Thanksgiving Dinner on Sunday, November 20th.

SNAP Program

An important resource for seniors and persons with disabilities is the Supplemental Nutrition Assistance Program (SNAP) formerly known as the Food Stamp program. The SNAP program is a supplemental food program; it provides assistance to low income individuals and families by providing food benefits to help with the purchase of nutritious food.

The money associated with the program is deposited onto electronic benefit cards (EBT) to allow for easy access in most stores where food is sold and many farmers markets. When people are eligible to receive SNAP benefits, they may also be eligible for other programs, for example, the Oregon Telephone Assistance Program (OTAP). This program can provide a monthly telephone bill discount (typically \$13.00 per land line) for seniors and persons with disabilities who received SNAP benefits.

SNAP eligibility is based on the federal poverty guidelines and is determined using gross income (before taxes). The 2011 guidelines are: one person household - under \$1,679 per month; two person household - under \$2,268 per month. These figures are computed at 185 % of the federal poverty guidelines. For most seniors, assets like a house, car or money in the bank are not counted.

For additional information or to enroll in the SNAP program, phone the State of Oregon, Department of Human Services @ 971-673-7601. Another option for seniors with computer access is to log onto www.oregonhelps.org.

This page sponsored by:



Royalton Place Senior Independent Living
5555 SE King Road
Milwaukie, OR 97222
503-653-1854

- ◆ Housekeeping and linen service
- ◆ No buy-In fees or leases
- ◆ Utilities paid (except phone)
- ◆ Three meals a day
- ◆ Activities & community bus
- ◆ Fully remodeled apartments

NEWS YOU CAN USE

June Healthy Aging Seminar

“Environmental Threats to Healthy Aging”

Friday, Jun 10, 1:30-3 pm
Oregon Grape Room

Join us in this presentation which links industrial food systems, sedentary lifestyles, poverty and toxic exposures to the increased rates of obesity, diabetes, cardiovascular disease and neurodegenerative diseases such as Alzheimer's and Parkinson's diseases.

Presented by Maye Thompson, RN, PhD
Environmental Health Program Director,
Oregon Physicians for Social Responsibility.

If you have questions regarding this notice or any other Healthy Aging Workshop, contact Abby at 503-653-8100.

A Dose of Laughter

A distraught senior citizen phoned her doctor's office.

"Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her.

There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription

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Somebody

Somebody did a golden deed,
Somebody proved a friend in need.
Somebody said I'm glad to give,
Somebody said that's how I live.
To be of service to your fellow man,
Is great comfort to those who can.
Making the load somewhat lighter.
And the outlook somewhat brighter.
To all our volunteers we wish to say,
enjoy good health and happiness
every day.

Source: Inspiring words from www.volunteerbc

Welcome new staff!

In the kitchen....Ed Drake joined the Milwaukie Center in February and since then, we have learned he is a keeper! Ed works during peak mid-day hours in the kitchen, helping make the delicious food served in Meals on Wheels, for the noon dining buffet and in Pete's Café. Stop by and meet Ed, who works with Anita and Dale!

Around the Center...you will see a new face who actually started with us as a volunteer and is now serving as our Volunteer Coordinator. Judith Kallio brings lots of customer service experience and a passion for helping people. For the last year, Kathi Schroeder has worn the additional hat of Volunteer Coordinator and now passes the baton to Judith. Stop by on Tuesday or Thursday mornings and meet Judith!



This page sponsored by:



Bob's Red Mill Natural Foods stone grinds all grains into flour, cereals and baking mixes. Daily guided tours of our new manufacturing facility are open to the public Monday through Friday at 10 am. The tour takes place at our World Headquarters (not the Whole Grain Store), located at 13521 SE Pheasant Ct, Milwaukie, OR 97222. Call 800-349-2173 for help with questions, comments and directions.

FRIENDS of the Milwaukie Center



ANNUAL MEETING

Wednesday, June 15, 2011
9:30 am, Salal Room

The Board of Directors of the Friends of the Milwaukie Center cordially invites you to attend the business portion of the Annual Meeting.

Steve Brown, Chairperson
Jim McBee, Past-Chairperson
Art Hanson, Vice-Chairperson
Andy Couckuyt, Treasurer-Controller
Maxine Soules, Secretary
Albert Crompton Janet Peschka
William McDonald Shirley Possehl
Gerald Griffith Lynda Mueller

Annual Campaign

The Annual Campaign has been going very well this year, but we are still a little short of our goal. Our "year" ends on June 30th, so there is still one month for you to help!

The Annual Campaign is the Friends biggest fund-raiser to help support the programs and services of the Milwaukie Center. At the end of June, the Friends will be giving financial support to departments of the Milwaukie Center, totaling over \$22,000. This is in addition to \$20,000 to print and mail the *Centerpoint* newsletter, providing scholarship funds for classes, providing emergency funds for those in need and the support of many other programs.

If you haven't already sent in your annual donation, please take a moment to use the coupon on this page and help us reach our goal!



Wine and Rose Dinner and Casino

The Wine & Roses dinner was great fun this year. We were able to raise funds to support programs and services at the Milwaukie Center. Our thanks to the sponsors who helped support this event:

**Prudential NW Properties
HomeServices**

Somerset Assisted Living

We could not be successful without our business partners and volunteers.

Thank you!

Annual Campaign Contribution

- Enclosed is my gift of \$ _____
- Name _____
- Address _____
- City/State/Zip _____
- Payment of this gift is by: Check Visa/MC
- Card # _____
- Expiration Date _____
- Signature _____

Make checks payable to: "Friends of the Milwaukie Center"
Friends of the Milwaukie Center is a non-profit 501(c)(3)
organization; your gift is tax deductible.

This page sponsored by:

Come in and Relax with Some Hot Soup!

Bob's Red Mill Natural Foods is proud of our close and continuous association with the Milwaukie Center. Our Whole Grain Store and Visitors Center is open 6 am-6 pm, Monday through Friday, and 7 am-5 pm on Saturday. Stop by for a visit at 5000 SE International Way, Milwaukie, OR 97222, 503-607-6455.





Summer term starts June ~~20~~ Come on in . . .

■ **CLASSES & WORKSHOPS** at Milwaukie Center are co-sponsored by the North Clackamas Parks & Recreation District (NCPRD), Clackamas Community College (CCC) and the North Clackamas Arts Guild. Pick up the Program Guide for full descriptions.

■ **HOW TO REGISTER** Mail in your payment and completed form (next page). Phone registrations are accepted for credit card payments only. You may also walk in or phone the Milwaukie Center, 503-653-8100 or Aquatic Park, 503-794-8080 (hit 0) to register.

■ **FEE INFORMATION** Classes co-sponsored by Clackamas Community College (CCC) are offered at reduced rates to persons age 62 or better, as noted below. For non-CCC classes, residents pay a reduced rate and non-residents pay the full rate. Scholarships are available for residents that are over 55 years old who have difficulty paying the fee. Please ask the Recreation Services Office for an application. Milwaukie Center Scholarships are provided through donations from the Friends of the Milwaukie Center.

⤵= evening classes

Arts *no class 7/4

- Paint with Acrylics** - Fri, 9:30 am-12 noon - June 24 - July 29 Fee: \$69 / \$52 age 62+
- Beg Acrylic Painting** - Fri, 1:00-3:30 pm - June 24 - July 29 Fee: \$69 / \$52 age 62+
- ⤵ **Cartooning for Kids** - Wed, 4:45-5:45 pm - June 22 - July 27 Fee: \$40 Res / \$45 NR
- Drawing** - Mon, 10 am-12 noon - June 20 - Aug 1* Fee: \$55 / \$42 age 62+
- Drawing Begin.** - Wed, 2-4 pm - June 22 - July 27 Fee: \$55 / \$42 age 62+
- Oil Painting AM** - Thu, 9:30 am-12 noon - June 23 - Aug 11 Fee: \$91 / \$68 age 62+
- Oil Painting PM** - Thu, 1-3:30 pm - June 23 - Aug 11 Fee: \$91 / \$68 age 62+
- Watercolor Beg/Inter** - Mon, 1-3:30 pm - June 20 - Aug 1 Fee: \$69 / \$52 age 62+
- ⤵ **Photography 101** - Tue, 6-8 pm - June 21 - July 12 Fee: \$65 Res / \$70 NR
- Printmaking Workshop** - Wed, 1-4 pm - Aug 3 Fee: \$14 / \$11 age 62+
- Puppetry Workshop for Kids** - Mon, 2-4:30 pm - June 20 Fee: \$15 Res / \$20 NR
- ⤵ **Sketching for Journaling** - Wed, 6-7:30 pm - June 22 - July 27 Fee: \$40 Res / \$45 NR

Dance

- ⤵ **Line Dance: Beginners** - Tue, 7:15-8:15 pm - June 28 - Aug 16 Fee: \$37 / \$28 age 62+
- Line Dance: Beginners** - Thu, 12:30-1:30 pm - June 30 - Aug 18 Fee: \$37 / \$28 age 62+
- Line Dance: Intermediate** - Thu, 1:30-2:30 pm - June 30 - Aug 18 Fee: \$37 / \$28 age 62+
- ⤵ **Line Dance: Intermediate** - Tue, 6-7 pm - June 28-Aug 16 Fee: \$37 / \$28 age 62+
- ⤵ **Tiny Tots Creative Dance:** Wed, 4-4:40 pm - June 15 - July 20 Fee: \$40 Res / \$45 NR
- ⤵ **Little Dancers Ballet & Jazz:** Wed, 4:45-5:25 pm - June 15 - July 20 Fee: \$40 Res / \$45 NR

Computers *No class July 8 **No class July 9 ***No class Aug 12 ****Aug 13

- Computer First Steps** - Sess I - Fri, 12-2 pm - June 24 - July 22* Fee: \$65 Res / \$70 NR
- Session II - Fri, 2:30-4:30 pm - July 29 - Aug 26*** Fee: \$65 Res / \$70 NR
- Computer Basics** - Fri, 9-11 am - June 24 - July 22* Fee: \$65 Res / \$70 NR
- Session II - Fri, 12-2 pm - July 29 - Aug 26*** Fee: \$65 Res / \$70 NR
- Computer Beyond Basics** - Sat, 9:30 -11:30 am - July 30 - Aug 27**** Fee: \$65 Res / \$70 NR
- Word Processing** - Sess I - Sat, 9:30-11:30 am - June 25 - July 23** Fee: \$65 Res / \$70 NR
- Session II - Fri, 9-11 am - July 29 - Aug 26*** Fee: \$65 Res / \$70 NR
- Mastering Email** - Fri, 2:30-4:30 pm - June 24 - July 22* Fee: \$65 Res / \$70 NR

Cooking

- David's Vegan Kitchen** - Thu, 6-8:30 pm, July 14 Fee: \$29
- ⤵ **Milks & Cheeses Vegan-Style** - Thu, 6-8:30 pm, Aug 4 Fee: \$29
- ⤵ **Language & Writing**
- Creative Writing** - Wed, 1-2:45 pm - June 22 - Aug 10 Fee: \$64 / \$48 age 62+
- 14 Your Story** - Thu, 1-2:45 - June 23 - Aug 11 Fee: \$64 / \$48 age 62+

■ **COURSE INTENSITY**

Level 1 *Need Support (Chair Fitness)*
 Level 3 *Active Now (Intermediate)*

Level 2 *Just Getting Started (Beginners)*
 Level 4 *Athlete (Advanced)*

Fitness *No class July 4, **No class July 5 & 7 ***No class July 5 ****No class July 27*

Ez-Does-It Aerobics - Mon/Wed, 8:30-9:15 am - June 27-Aug 31*	Fee: \$65 / \$49 age 62+ L3
Ez-Does-It Aerobics - Fri, 8:30-9:15 am - July 1 - Sept 2	Fee: \$34 / \$26 age 62+ L3
Sit-N-B-Fit - Mon/Wed, 11:05-11:50 am - June 27 - Aug 31*	Fee: \$65 / \$49 age 62+ L1&2
Sit-N-B-Fit - Fri, 11:05-11:50 am - July 1 - Sept 2	Fee: \$34 / \$26 age 62+ L1&2
Chair Pilates - Thu, 2:50-3:35 pm - June 23 - Aug 25	Fee: \$34 / \$26 age 62+ L1&2
Chair Yoga - Mon, 2:55-3:40 pm - June 20 - Aug 22*	Fee: \$28 Res / \$33 NR L1&2
Stretch & Flex - Tue/Thu, 8:30-9:15 am - June 21-Sept 1**	Fee: \$69 / \$52 age 62+ L3
Circuit Training - Tue, 12:30-1:15 pm - June 21 - Aug 30***	Fee: \$34 / \$26 age 62+ L3&4
Complete Conditioning - Tue/Thu, 9:25-10:10 am - June 21 - Sept 1**	Fee: \$69 / \$52 age 62+ L3
Functional Fitness - Tues/Thu, 10:20-11:05 am - June 21 - Sept 1**	Fee: \$69 / \$52 age 62+ L2&3
Strength & Relax Yoga —Mon, 2-2:45 pm, - June 20 - Aug 22*	Fee: \$28 Res / \$33 NR L2&3
» Basic Yoga Session I - Tue, 4:45-5:45 pm - June 21 - Aug 23	Fee: \$40 Res / \$45 NR L2-4
» Session II - Thu, 4:45-5:45 pm - June 23 - Aug 25	Fee: \$40 Res / \$45 NR L2-4
Tai Chi: Beginners - Tue/Thu, 11:15 am-12:15 pm - June 28-Sept 1	Fee: \$91 / \$68 age 62+ L2&3
» 37 Yang Tai Chi & Qigong - Mon/Wed, 6:35-7:35 pm - June 27-Aug 31*	Fee: \$87 / \$65 age 62+ L3
37 Yang Tai Chi & Qigong - Mon/Wed/Fri, 10:10-10:55 am - June 27-Sep 2*	Fee: \$99 / \$74 age 62+ L3
Tai Chi Adv Forms/Sword - Mon/Wed/Fri, 9:20-10:05 am - June 27-Sep 2*	Fee: \$99 / \$74 age 62+ L3&4
» Tai Chi Adv Forms/Sword - Mon/Wed, 5:30-6:30 pm - June 27-Aug 31*	Fee: \$87 / \$65 age 62+ L3&4
» Hula Hooping for Fitness - Tue, 5:30-6:30 pm - June 21-July 26 ages 13-18	Fee: \$30 Res, \$35 NR L3
» Hula Hooping for Fitness - Tue, 6:30-7:30 pm - June 21-July 26 ages 19+	Fee: \$30 Res, \$35 NR L3
Zumba Gold - Mon, 12:30-1:30 pm - June 27-Aug 22*	Fee: \$37 / \$28 age 62+ L1-3
Zumba Gold - Fri, 12:30-1:30 pm - June 24-Aug 26	Fee: \$46 / \$35 age 62+ L1-3
» Zumba - Thu, 6:55-7:55 pm - June 23-Aug 25	Fee: \$46 / \$35 age 62+ L2&3
Stability Ball - Tue, 1:20-2:05 pm - June 21-Aug 30***	Fee: \$34 / \$26 age 62+ L3&4

ENROLL TODAY by mail or in the lobby Payment Drop Box!

NAME: _____ PHONE: _____

ADDRESS: _____

CITY/STATE: _____ ZIP: _____

DATE OF BIRTH: _____

ACTIVITY NAME:	FEE:	ACTIVITY NAME:	FEE:
1. _____		2. _____	

Age 62+

Non-Resident of NCPRD

Resident of North Clackamas Parks District

■ **CREDIT CARD** - Mail (or phone 503-794-8092, credit purchase only).

Please circle: MasterCard VISA

Card #: _____ Expiration Date _____

TOTAL ENCLOSED:

■ CHECKS payable to 'Milwaukie Center'

■ RETURN TO MILWAUKIE CENTER
Recreation Services Office
 5440 SE Kellogg Creek Dr
 Milwaukie, OR 97222
 503-794-8092

FRIENDS OF THE MILWAUKIE CENTER, INC.
5440 SE KELLOGG CREEK DRIVE
MILWAUKIE, OREGON 97222
Phone: 503-653-8100
Web site: www.milwaukiecenter.com

RETURN SERVICE REQUESTED

NON-PROFIT ORG.
US POSTAGE
PAID
PORTLAND OR
PERMIT NO 2844



Check out some of our fantastic new classes on page 6 or view the full Summer Class Schedule on pages 14 and 15.

Help us be sustainable!
Get your newsletter on line!

Contact:
Brandi Walters,
503-653-8100

Paper Shredding Event

Provided Courtesy of the
City of Milwaukie Police Department
Sat, June 18, 9 am-noon
Public Safety Building,
3200 SE Harrison St Milwaukie

- ✓ Live in the City of Milwaukie?
- ✓ Have paper documents that need to be shredded?
- ✓ This is the event to help you!



Annual Donor Appreciation Luncheon

Wed, June 22, 11:30 am
Milwaukie Center

If you are a Friend of the Center who has made a donation in the last 12 months, you are cordially invited to the Annual Donor Appreciation Luncheon. The Friends of the Milwaukie Center will be presenting gifts to Center departments. You will be able to see where your donations go and hear from the staff who oversee the programs that benefit from your gifts.

We will also recognize the "Friend of the Center" for the year. This individual or business will be acknowledged for their contributions to the Milwaukie Center.

Reservations are required. Seating is limited. Please call the Friends office by Friday, June 18th if you would like to attend.

Find Us Online

www.milwaukiecenter.com



Facebook