

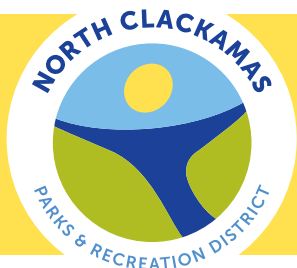


DISCOVERY GUIDE

A young child in a white and blue shirt and red shorts is seen from behind, shooting a basketball on an outdoor court. The court is surrounded by trees with vibrant autumn foliage in shades of orange, yellow, and red. A basketball hoop is visible in the background.

Discover
YOUR FUN!

**AUTUMN OUTINGS,
NATURE HIKE &
NEW CLASSES**



DIRECTOR'S MESSAGE

As the summer comes to a close, we'd like to thank everyone who joined us for the many community celebrations, special events, summer camps and new park openings that filled these recent months with fun and excitement. Now we're looking forward to the crisp fall weather and changing colors of leaves in our parks. As we move into this new season, we will continue to provide opportunities that connect residents to nature and the community. Here are just a few reflections on recent achievements and what lies ahead this fall.

After many years of work and collaborating with project partners, we're excited to bring two new parks to the District. This past spring and summer over 800 people joined NCPRD in celebrating the grand openings of Wichita Park in the Linwood neighborhood of Milwaukie and Hidden Falls Nature Park in Happy Valley – with neighbors coming together to enjoy food, live music, kids' crafts, face painting and more. Each new park differs and brings unique recreational opportunities to residents – from a one-acre neighborhood park with a playground and disc golf to a 22-acre natural area with a multi-use trail and natural waterfall. I encourage you to get outside and explore these two new parks, or any of our dozens of other great parks, trails and natural areas.

Though we are thrilled to have completed these new parks for our community, there is still much to be done and we'll continue this same momentum as we move forward other exciting projects that are already in progress. The construction of the Boardman Wetland Project, in partnership with the Oak Lodge Water Services District, is well underway and is anticipated to be opened later this year. When completed, it will include a nature play area and raised boardwalk. The final design of Milwaukie Bay Park, which was informed by the community through extensive public outreach, has been completed and we're moving on to the next phase of securing funding and developing construction documents. Lastly, a community task force and project design firm have been selected as part of the planning process to revitalize the Concord School property for public use, including the potential for a community center, park and library.

NCPRD also has a wide variety of programs, activities and classes in store for you this fall. Explore new programs, including Cornhole Leagues for families and adults, watercolor painting and mixed media printmaking at the Milwaukie Center. This guide is bursting with opportunities to keep you and your family active, learning and having fun all season long.

On behalf of everyone at NCPRD, have a wonderful fall season.
Scott Archer, NCPRD Director



North Clackamas Parks and Recreation District (NCPRD) is a service district of Clackamas County, and a division of Business and Community Services, dedicated to enriching community vitality and promoting healthy living through parks and recreation. NCPRD serves more than 122,000 residents in Happy Valley, Milwaukie and the surrounding unincorporated area in Clackamas County. The District includes Hood View Park, Milwaukie Center, North Clackamas Aquatic Park, 36 parks, 287 acres of natural area and 15 miles of trails, including the six-mile Trolley Trail.



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REGISTRATION INFORMATION FALL 2019

Registration beginning at 9 a.m.

NCPRD resident registration date: Aug. 6, 2019

Non-resident registration date: Aug. 13, 2019

ONLINE: Register online at ncprd.com.
Click "Register Here" on the side toolbar.

PHONE: North Clackamas Aquatic Park; Call (503) 794-8080
Office Hours: M-Th, 8 a.m.-7 p.m.; Fri, 7 a.m.-1 p.m.,
Sa, 7 a.m. - 5 p.m.; Su, 1-5 p.m.
Please have Visa or MasterCard ready.

IN PERSON: Register at one of two locations:
North Clackamas Aquatic Park
7300 S.E. Harmony Road, Milwaukie, OR 97222

Milwaukie Center Recreation Office
5440 S.E. Kellogg Creek Drive, Milwaukie, OR 97222
Office Hours: M-F, 8:30 a.m.-4:30 p.m.

- Please register at least ONE WEEK prior to class/activity start date.
- In case of inclement weather, contact the class facility before attending.
- If minimum enrollment requirement is not met, the class or activity may be cancelled and a refund or credit will be issued.

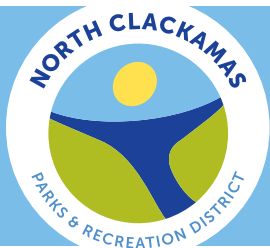
NORTH CLACKAMAS PARKS & RECREATION DISTRICT OFFICE INFORMATION

NCPRD ADMINISTRATION
150 Beaver Creek Road
Oregon City, OR 97045
Phone: (503) 742-4348
Office Hours:
M-Th, 7 a.m.-6 p.m.

NCPRD SPORTS
16223 S.E. Stadium Way
Happy Valley, OR 97015
Phone: (503) 794-3877
FAX: (503) 794-3878
Office Hours:
M-F, 9 a.m.-5 p.m.

**NORTH CLACKAMAS
AQUATIC PARK**
7300 S.E. Harmony Road
Milwaukie, OR 97222
Phone: (503) 794-8080
FAX: (503) 794-8085
Office Hours:
M-Th, 8 a.m.-7 p.m.
F, 7 a.m.-1 p.m.
Sa, 7 a.m.-5 p.m.
Su, 1-5 p.m.

MILWAUKIE CENTER
5440 S.E. Kellogg Creek Drive
Milwaukie, OR 97222
Phone: (503) 653-8100
FAX: (503) 794-8016
Office Hours:
M-F, 8 a.m.-5 p.m.



ADVISORY BOARD

& ADDITIONAL INFORMATION



North Clackamas Parks and Recreation District is governed by the five-member Board of County Commissioners for Clackamas County acting as the Board of Directors for NCPRD. A group of citizen volunteers make up the District Advisory Board (DAB) and provide recommendations to the Board of Directors on the design, planning and development of parks and recreational programs in the District. DAB members are important in representing the citizens' voice in NCPRD decision-making and policies. Interested in becoming a DAB member? Visit ncprd.com for more information.

NCPRD BOARD OF DIRECTORS

Jim Bernard, Chair
Sonya Fischer, Commissioner
Ken Humberston, Commissioner
Paul Savas, Commissioner
Martha Schrader, Commissioner

DEPARTMENT LEADERS

Scott Archer,
NCPRD Director

Laura Zentner,
BCS Director

ADDITIONAL INFORMATION

Program Fees

Program Fees: For most fee-based programs, there will be two numbers listed: one for NCPRD residents, and the other for those who live outside the District.

Example: NCPRD, \$20; non-resident, \$25

The first number (\$20) is the fee for NCPRD residents.

The second number (\$25) is the fee for non-residents.

You can visit ncprd.com to verify residency by selecting the "Are you in district?" option under the District Information webpage.

Scholarships

Scholarships are available to District residents for participation in many classes and activities. Applicants who meet income guidelines are eligible for scholarship assistance for up to two programs per year per person, or two per family per year. If you would like information about receiving a scholarship, please call (503) 794-8080. Residents who are 55 years and older, or have a disability, may qualify for a scholarship to assist with class fees at the Milwaukie Center through the Friends of the Milwaukie Center, Inc. non-profit. Call (503) 794-8092 for more information.

Photos

North Clackamas Parks and Recreation District takes photographs of people enjoying our programs, events, parks and facilities. These photographs are used for promotional purposes, including placement in publications, collateral and on the NCPRD website. The photographs are used at the discretion of the Parks District and become the sole property of the North Clackamas Parks and Recreation District.

Gift Certificates

Consider giving an NCPRD gift certificate for recreation programs, fitness classes and facility use. Certificates can be purchased at the North Clackamas Aquatic Park or the Milwaukie Center Recreation Office.

Refund Policy

Facility rental cancellations: Cancellations made at least four weeks prior to the reserved date will receive a refund, minus a 20 percent or \$50 processing fee (whichever is less). Cancellations made less than four weeks from the reserved date will receive a 50 percent refund minus 20 percent (of refund amount) or \$50 processing fee (whichever is less).

Programs and activities: If a participant cancels their registration at least one week (seven days) prior to the start of a program, they will receive a full refund minus a \$10 processing fee per transaction or a full credit to a future program, whichever the registrant prefers. If a participant cancels less than one week (seven days) prior to the start of program, a full credit will be given. No cash refunds will be issued less than one week prior to class. After a program has started, the supervisor in charge will have the authority to take appropriate action and make every reasonable effort to satisfy the customer.

Processing fee will be waived if the participant chooses to transfer or apply credit to a future program or rental date. Transfer fee may apply. Processing fee is applied to the amount of refund and not to exceed \$50. Refund/credits will not be issued for unattended classes or events. If event or program is cancelled or changed by NCPRD, a full credit or refund will be issued.



PARK & FACILITY RENTALS

IDEAL SETTING FOR ANY EVENT!

Milwaukie Center

(503) 794-8013
rentals@ncprd.com
5440 S.E. Kellogg Creek Dr.
Milwaukie, Oregon 97222

The Milwaukie Center offers a variety of spaces that are perfect for your special event. The center includes Wi-Fi and an auditorium with a large stage.

Rooms

Salal/Oregon Grape Rooms
Camas/Dogwood Rooms
South Wing

Capacity

20-30 guests
75 guests
150-250 guests

Hourly Rate

\$50-\$65
\$65-\$80
\$75-\$145

Sara Hite Memorial Rose Garden

(503) 794-8013
rentals@ncprd.com
5440 S.E. Kellogg Creek Dr.
Milwaukie, Oregon 97222

The Sara Hite Memorial Rose Garden is a beautiful setting for weddings, ceremonies and concerts in the spring and summer. The open plaza comfortably seats 200 guests and can flexibly accommodate a variety of layouts for your event. A large covered gazebo (22' x 36') is also available within the garden.

NCPRD, \$125; non-resident, \$140 Refundable security deposit, \$300
Chair rental (optional), \$2.50 per chair

North Clackamas Park Picnic Shelter

(503) 794-8013
rentals@ncprd.com
5440 S.E. Kellogg Creek Dr.
Milwaukie, Oregon 97222

The North Clackamas Park Picnic Shelter has a covered picnic area with 24 picnic tables, six electrical outlets (each outlet has two plugs on a 20 amp breaker) and access to water. This area accommodates 144 people (maximum). Picnic reservation season is May 1-Sept. 30. Call or email for more information.

North Clackamas Park Ball Fields

(503) 794-3877
sports@ncprd.com
5440 S.E. Kellogg Creek Dr.
Milwaukie, Oregon 97222

North Clackamas Park spans 47 acres and includes four ball fields, two shaded picnic areas, two playgrounds, a fenced horse arena and several walking trails. The ball fields are equipped with wireless scoreboards and field lighting. Call or email for information, including ball field rental rates, policies and availability.

Hood View Park

(503) 794-3877
sports@ncprd.com
16223 S.E. Stadium Way
Happy Valley, OR 97015

Hood View Park is a 35-acre sports complex located in the city of Happy Valley. It features four world-class ball fields with all-weather turf, ample parking and full service concessions. Call or email for information, including ball field rental rates, policies and availability.

North Clackamas Aquatic Park

(503) 794-8080
aquaticpark@ncprd.com
7300 S.E. Harmony Rd.
Milwaukie, OR 97222

The North Clackamas Aquatic Park is available for swim parties, pool rentals and meetings. The park features include six swimming pools, three water slides and a 29-foot rock climbing wall for your enjoyment! Contact the Aquatic Park for availability or for more information.

FALL SPECIAL EVENTS

Clackamas County On Tap & Uncorked

Join us for a fun day in the Rose Garden! Local breweries, wineries, distilleries and cideries will be offering tastes and samples. Enjoy food carts, lawn games and an amazing lineup of entertainment for the day, including Davi & The PSA, Whiskey Def Duo, Stumptown Swing Trio and My Happy Pill. Entry is \$15 in advance or \$20 at the door and includes a souvenir tasting glass (beer or wine). This event benefits Meals on Wheels in North Clackamas, so come on over and show your support!

Location: Sara Hite Memorial Rose Garden
 Fee: \$15 advance, \$20 at the door
 Time/Date: 1-9 p.m. S 9/7

Halloween at the Milwaukie Center

Come dressed in costume and take part in fun Halloween crafts and games. Participate in the jar guess and win a \$10 Milwaukie Center gift certificate. Also, trick-or-treating will be available for all ages at noon.

Location: Milwaukie Center
 Fee: Free
 Time/Date: 11:30 a.m.-1 p.m. Th 10/31

Housing and Senior Services Fair Presented by the Friends of the Milwaukie Center

Discover resources for quality of life enhancement. Come explore independent and assisted living communities, in-home care and many other related services. Having a large variety of vendors in one place makes it easy to ask questions, get information and, if interested, make appointments to tour your favorites.

Location: Milwaukie Center
 Fee: Free
 Time/Date: 10 a.m.-noon Th 11/7

Famous Thanksgiving Dinner

Join us at the Milwaukie Center for our Famous Thanksgiving Dinner. Enjoy roasted turkey, ham, mashed potatoes, gravy, dressing, vegetables, Bob's Red Mill roll and dessert. Presale tickets are available at the Milwaukie Center gift shop starting Oct. 15. Proceeds benefit the Meals on Wheels program at the Milwaukie Center.

Location: Milwaukie Center
 Fee: Pre-sale tickets \$9
 \$10 per adult,
 \$5 for children 12 and under
 Time/Date: 4-6 p.m. Su 11/24

Sponsored by:



Winter Celebrations

This event is fun for all ages! Get in the holiday spirit, learn about Winter Celebrations from around the world, including Hanukkah, Christmas and Kwanzaa through music, games, food and dance. We have craft tables, a photo booth and holiday games. Enjoy the hot chocolate bar and light refreshments.

Location: Milwaukie Center
 Fee: Free
 Time/Date: 9:30 a.m.-noon Sa 12/7

FALL SPECIAL EVENTS



Famous THANKSGIVING DINNER

Sunday, November 24, 2019
4-6 p.m. at the Milwaukie Center

Presale Tickets \$9

Adults \$10

Kids (12 & under) \$5



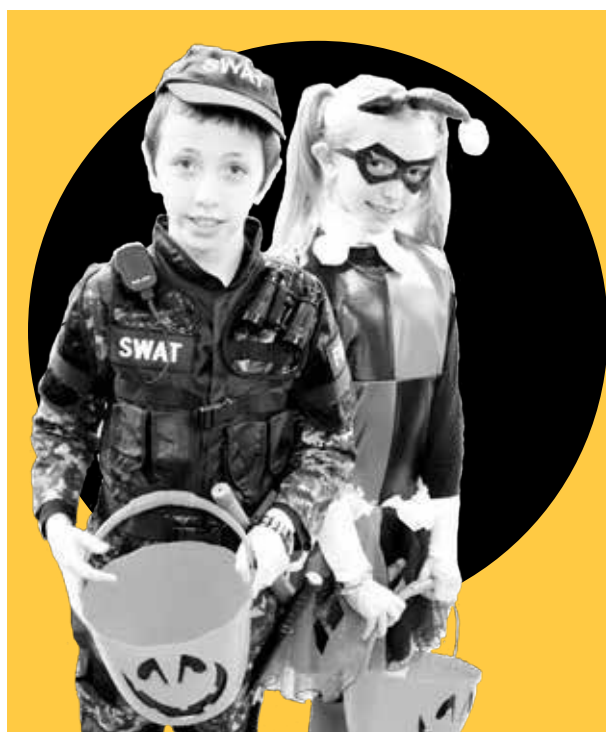
SPONSORED BY
BOB'S RED MILL

Presale tickets available starting
October 15th in the gift shop.

Proceeds benefit Meals on Wheels at the
Milwaukie Center. 5440 S.E. Kellogg Creek Dr., Milwaukie

Menu

Roast Turkey, Ham, Sweet Potatoes, Gravy,
Dressing, Bob's Red Mill Rolls, Vegetables,
Pumpkin or Apple Pie. *Wine available for purchase.*



HALLOWEEN AT THE MILWAUKIE CENTER

Calling all goblins,
witches and superheroes!

Come to the Milwaukie Center
for Trick-or-Treating fun.

11:30 a.m. - 1 p.m. on Oct. 31

5440 S.E. Kellogg Creek Dr., Milwaukie



NORTH CLACKAMAS
PARKS & RECREATION DISTRICT

AQUATIC PARK

7300 S.E. Harmony Road | Milwaukie, OR 97222 | (503) 557-SURF

The North Clackamas Aquatic Park is the perfect destination for affordable entertainment and water-focused education. Dive into fun with Oregon's largest wave pool, a toddler splash zone, diving and lap pools, water slides, and a 29-foot rock wall. The Aquatic Park also offers swimming lessons, aquatic fitness classes, and party rentals.

During Big Surf! recreational swim, the facility is open for visitors to enjoy the many Aquatic Park features, including zipping down water slides and catching a ride on four-foot waves. Kept at a comfortable 86 degrees, at North Clackamas Aquatic Park you'll find summer fun all year round.

FALL 2019 ACTIVITY SCHEDULE & ADMISSIONS

Effective Sept. 28, 2019- Jan. 1, 2020. Schedule and fees may be subject to change without notice.

	SUN	MON	TUE	WED	THU	FRI	SAT
BIG SURF! OPEN SWIM	1-5 p.m. <i>Family Rate</i>						1-5 p.m.
LAP SWIM (13 & OLDER)	Noon-1 p.m. 3-5 p.m.	6 a.m.-1 p.m. 3-4:30 p.m.* 7-8 p.m.	11 a.m.-1 p.m. 3-4:30 p.m.* 7-8 p.m.	6 a.m.-1 p.m. 3-4:30 p.m.* 7-8 p.m.	11 a.m.-1 p.m. 3-4:30 p.m.* 7-8 p.m.	6 a.m.-1 p.m.	7 a.m.-5 p.m.
LAP SWIM (ALL AGES)	Noon-1 p.m. 3-5 p.m.						7 a.m.-5 p.m.
SENIOR SWIM		7-10 a.m.		7-10 a.m.		7-10 a.m.	
**PARENT/ PRESCHOOL		9-10:30 a.m.	9-10:30 a.m.	9-10:30 a.m.	9-10:30 a.m.	9-10:30 a.m.	9-10:30 a.m.

*Availability will be adjusted due to High School Swim Season beginning Nov. 11.

Additional Big Surf! swims from 1 to 5 p.m. on the following dates: Oct. 11, Nov. 11, Dec. 23, 26-31, Jan. 1-3.

The Aquatic Park will be closed during the following dates and times:

Starting at 1 p.m. on Oct. 31 and Nov. 27; all day on Nov. 28, and Dec. 24-25;
and starting at 5 p.m. on Dec. 31 through 1 p.m. on Jan. 1.

BIG SURF! ADMISSION	NCPRD	NON- RESIDENT
Under 3	Free (with paying adult; 2:1 ratio)	
3-8 Children 3-8 must be accompanied by a responsible supervisor 13 years or older in the water (with a ratio of 3:1)	\$6.50	\$10
9 and older	\$6.50	\$10
Family Rate Sunday Only Valid for up to 2 adults and 4 children, immediate family and living in the same household.	\$18	\$32

OTHER ADMISSIONS	NCPRD	NON- RESIDENT
Adult Lap Swim	\$3.50	\$5
Lap Swim punch card (24 punches)	\$71	\$99
Senior Swim	\$1.50	\$2
Parent/Preschool Swim for parents and children 6 and younger**	\$3.25 Adult \$2.25 Child	\$4.25 Adult \$3.25 Child
ROCK WALL	NCPRD	NON- RESIDENT
Single Climb	\$2	\$3
Daily Unlimited Climb	\$6	\$10

**Parent/Preschool: swim time for parents and children 6 years and younger. Often shares space with lessons and groups.

BIG SURF! GROUP RATES

	N CPRD	NON-RESIDENT
ALL AGES*	\$5.50	\$9

Receive a special group admission rate during Big Surf! hours with a group of 15 or more swimmers. Previous arrangements are preferred and a single payment for the entire group is required upon arrival.

Discounts for Big Surf! swim groups cannot be combined with any other coupon offers.

*Children 8 years and younger must be accompanied into the water by an adult at a 3:1 ratio.

H2O FITNESS

H2O Fitness is a water exercise program designed to enhance your health and wellness. We pride ourselves in offering a safe, fun and refreshing fitness program. H2O fitness classes are on a drop-in basis.

Effective Sept. 30-Jan. 1, 2020. *Subject to change based on attendance.*

	MON	TUE	WED	THU	FRI	SAT
7:30-8:30 a.m.						Deep H ₂ O
8-9 a.m.	H ₂ O Fit		H ₂ O Fit		H ₂ O Fit	
9:15-10:15 a.m.	H ₂ O Fit		H ₂ O Fit		H ₂ O Fit	
Noon-1 p.m.		Deep H ₂ O				
6-7 p.m.	Deep H ₂ O	Deep H ₂ O	Deep H ₂ O			
7-8 p.m.	H ₂ O Fit	Train 2 Stay Fit	H ₂ O Fit			

FEE

N CPRD, \$5.50; non-resident, \$7 or punch card (18 classes): N CPRD, \$88; non-resident, \$110

Senior 62+ N CPRD, \$5; non-resident, \$6 or punch card (18 classes): N CPRD, \$80; non-resident, \$100

Deep H₂O

Venture to the depths of the 13-foot pool where you'll use buoyancy equipment to enhance flotation of the body. This exercise routine enhances flexibility and range of motion while using water to reduce stress on the body.

H₂O Fit

H₂O Fitness is a refreshing way for people at any fitness level to tone and strengthen muscles while developing coordination. This low-impact workout uses the resistance of water and allows improvement at your own pace.

Train 2 Stay Fit

Train 2 Stay Fit is a basic strength training class, utilizing steps to reduce body fat, improve muscle mass, increase endurance and promote positive responses in metabolic rate and bone mineral density.

No evening classes 11/27, 12/16-12/26.

No classes 11/11, 11/28, 11/29, 11/30, 12/24, 12/25, 1/1.

MEMBERSHIPS

NORTH CLACKAMAS AQUATIC PARK

Memberships include unlimited use of the lap pool during lap swim hours, parent/preschool times and Big Surf! Memberships do not include any programs that are taught by an instructor.

THREE-MONTH MEMBERSHIP	N CPRD	NON-RESIDENT
Child/Youth	\$70	\$90
Adult	\$85	\$105
Senior	\$70	\$90
Family (3 people)	\$180	\$225
Each additional person	add \$20	add \$20

ONE-YEAR MEMBERSHIP	N CPRD	NON-RESIDENT
Child/Youth	\$220	\$280
Adult	\$245	\$300
Senior	\$220	\$280
Family (3 people)	\$480	\$600
Each additional person	add \$60	add \$60

SWIM LESSONS

NORTH CLACKAMAS AQUATIC PARK

Students may be enrolled in more than one class at a time. If the student requires a change of class there will be a \$5 processing fee for the move and will be dependent on availability.

We recommend before enrolling in the next class/session, the student wait for their completion certification (received on the last day of class).

FEE: NCPRD, \$50; non-resident, \$66

WEEKDAY LESSONS	4 to 4:30 p.m.	4:35 to 5:05 p.m.	5:10 to 5:40 p.m.	5:45 to 6:15 p.m.	6:20 to 6:50 p.m.	6:55 to 7:25 p.m.
	Seals Intro		Seals Intro		Seals Intro	Seals Intro
	Seals	Seals		Seals	Seals	
		Mighty Seals	Swimming Seals			
	Level 1			Level 1	Level 1	Level 1
		Level 2	Level 2	Level 2		
	Level 3		Level 3			
				Level 4		
		Level 5				Level 6
						Level 7

WEEKDAY SESSIONS:

Session 1 (T/Th):
10/1-10/24

Session 2 (M/W):
10/28-11/25
(No Class 11/11)

Session 3 (T/Th):
11/19-12/17
(No Class 11/28)

SATURDAY SESSION:

Session 1: 10/5-11/23

SATURDAY LESSONS	8:20 to 8:50 a.m.	8:55 to 9:25 a.m.	9:30 to 10 a.m.	10:05 to 10:35 a.m.	10:40 to 11:10 a.m.	11:15 to 11:45 a.m.	11:50 a.m. to 12:20 p.m.	12:25 to 12:55 p.m.
			Aqua Tots	Aqua Tots		Water Babies		Water Babies
	Seals Intro	Seals Intro	Seals Intro		Seals Intro	Seals Intro	Seals Intro	Seals Intro
	Seals	Seals	Seals			Seals	Seals	
		Swimming Seals			Mighty Seals			
	Level 1	Level 1		Level 1		Level 1	Level 1	Level 1
	Level 2	Level 2		Level 2	Level 2		Level 2	
			Level 3	Level 3		Level 3		
			Level 4		Level 4			
	Level 6				Level 5		Level 5	
								Level 7

Private / Semi-Private Swim Lessons

Ages 5+. The North Clackamas Aquatic Park offers both private (1 on 1) and semi-private swim lessons (2 on 1, 3 on 1) for swimmers interested in receiving more in-depth training from an instructor. Our private lesson program gives you individualized attention to help improve swimming skills. Private and semi-private swim lessons are four, 30-minute classes and are offered during regular scheduled swim lesson times in the fall, winter and spring.

	4 Private Lessons	4 Semi-Private Lessons
NCPRD	\$165	\$206
Non-Resident	\$220	\$275

SWIM LESSONS

NORTH CLACKAMAS AQUATIC PARK

Parent-Tot Program 12 to 35 months old

These introduction to water swim lessons are structured for child and adult participants to explore the water together. Each class will include 15 minutes of instruction and 15 minutes of practice and fun time with equipment and music.

Water Babies - 12 to 18 months old

Designed for babies accompanied by an adult in the water, with the adult being an integral part of the learning process. A positive approach to water adjustment, focusing on enjoyment and development of skills.

Aqua Tots - 19 to 35 months old

Adults accompany their children in the water with emphasis on teaching swimming progression and safety skills.

Pre-School Program Ages 3-5

Seals Intro 1:5 ratio

Prerequisite: Any participant who has not taken lessons before.

Entry level swimming lesson introducing students to basic swimming and water safety skills.

Seals 1:5 ratio

Prerequisite: Assisted Front and Back Floats, 3 Independent Bobs with Blowing Bubbles.

Builds on basic swimming and water safety skills while focusing on independent swimming, glides and comfort underwater.

Swimming Seals 1:5 ratio

Prerequisite: Unassisted Front and Back Floats - 5 seconds.

Begins the basics of front crawl with a continued focus on independent swimming. Introduces student to back crawl skills.

Mighty Seals 1:5 ratio

Prerequisite: Unassisted Front and Back Glide - 2 yards, Front Crawl with Magic Stick - 2 Yards.

Students will be familiarized with back crawl, while finning and elementary backstroke are introduced. Front crawl and rotary breathing refinement will be continued.

School Age Program – Ages 5 and up

Level 1 1:6 ratio

Prerequisite: Any participants who have not taken lessons before or participants that are switching from Seals Intro or Seals because of age.

Entry level swimming lesson. Introduces students to basic swimming and water safety skills.

Level 2 1:6 ratio

Prerequisite: Front Glide - 2 Yards, Back Glide - 2 Yards.

Builds on basic swimming and water safety skills while focusing on front crawl, breath control and endurance. Introduces students to back crawl.

Level 3 1:8 ratio

Prerequisite: Back Glide - 3 Yards, Front Crawl - 5 Yards.

Begins refinement of front crawl with a focus on rotary breathing. Continues to familiarize students with back crawl, while introducing finning and elementary backstroke.

Level 4 1:8 ratio

Prerequisite: Front Crawl with Rotary Breathing - 15 Yards, Back Crawl - 5 Yards.

Develops student's ability to swim front crawl for increased distances with a mastery of rotary breathing, while continuing improvement in back crawl and elementary backstroke.

Level 5 1:10 ratio

Prerequisite: Front Crawl with Rotary Breathing - 15 Yards, Back Crawl - 15 Yards, Elementary Backstroke - 15 Yards.

Introduces breaststroke, dolphin kick and treading water. Promotes swimming endurance while establishing student's ability to demonstrate front crawl, back crawl and elementary backstroke for greater distances.

Level 6 1:10 ratio

Prerequisite: Front Crawl with Rotary Breathing - 25 Yards, Back Crawl - 25 Yards, Elementary Backstroke - 25 Yards, Treading without Finning - 1 Minute.

Increases swimming endurance in front crawl, back crawl and elementary backstroke. Improves breaststroke and treading water for 1 minute 30 seconds and introduces sidestroke.

Level 7 1:10 ratio

Prerequisite: Front Crawl with Rotary Breathing - 50 Yards, Back Crawl - 50 Yards, Breaststroke - 25 Yards, Treading without Finning - 1 Minute 30 Seconds.

Explores circle swimming, workout equipment, stretching, body alignment and diving from the side and board. Continues to use and improve previously learned strokes.

TEEN & ADULT SWIM PROGRAMS

NORTH CLACKAMAS AQUATIC PARK

Teen Wave/Take the Plunge

Ages 12+. This combined class is for teens and adults who have not had the chance to become comfortable in and around the aquatic environment through formal swimming lessons. Class emphasizes skill development and water safety awareness.

Location: North Clackamas Aquatic Park

Fee: NCPRD, \$50; non-resident, \$66

Time/Date: 6:20-6:50 p.m. T/Th 10/1-10/24

6:20-6:50 p.m. T/Th 11/19-12/17

(No class 11/28)

Red Cross Lifeguard Training

Ages 15+. Fee includes instruction, pool time and certificates. Participants are trained in safety and water rescue skills for a controlled environment, First Aid, CPR/PR and AED. Students are required to purchase a textbook for \$34.95 from the American Red Cross prior to the start of the course or download the American Red Cross Lifeguard manual. Prerequisite skills will be performed on the first day of class. Prerequisites: Each participant must be 15 years old, be able to swim 300 continuous yards and then retrieve a 10-pound diving brick in order to take the course.

Location: North Clackamas Aquatic Park

Fee: NCPRD, \$50; non-resident, \$75

Time/Date: 9 a.m.-5:30 p.m. Su-W 11/24-11/27

High School Pre-Season Swimming

Ages 14-18. This program is intended for local swimmers in grades 9-12 who want to prepare for high school swim season. Swimmers will focus on improving technique and overall fitness.

Location: North Clackamas Aquatic Park

Fee: NCPRD, \$132; non-resident, \$168

Time/Date: 4:30-5:30 p.m. M-Th 9/30-11/7

(No class 10/31)

North Clackamas Masters Swimming

Ages 18+. Looking for a challenging, coached, early morning workout? This class provides opportunities for members to develop their full swimming potential within a supportive team environment that promotes fitness and fun. NCMS welcomes swimmers of all ability levels. Whether it's personal fitness, competition or triathlons that are motivating you to swim – Masters Swimming will help you reach your goals! For coaching fees and information, visit ncprd.com or call (503) 794-8092.

Coach: Jeff Kaelon

Location: North Clackamas Aquatic Park

Fee: NCPRD, \$3.50;
non-resident, \$5

Want to be a regular Master?

Try our 24-Visit Punch Card:

NCPRD, \$71; non-resident, \$99

Plus coaching fees

Time/Date: 5-6 a.m. M/W/F

6-7 a.m. Sa

NCPRD CORNHOLE LEAGUES

ADULT LEAGUES

Located at Portland Cider Company (Clackamas)

SEPTEMBER 25 – NOVEMBER 15

Must be 21 to play

FAMILY LEAGUES

Located at Concord School Property

SEPTEMBER 22 – NOVEMBER 3

All ages welcome

MORE ON PAGE 20

NORTH CLACKAMAS AQUATIC PARK BIRTHDAYS & CELEBRATIONS

BIG SURF! SWIM PARTIES



A

Includes soda, ice cream, utensils, plates, cups, one-hour room rental and Big Surf! swim admission. Bring your own store-bought dessert.

# of guests	NCPRD	Non-Resident
1-8	\$100	\$120
9-15	\$180	\$225
16-22	\$265	\$330
23-30	\$360	\$450
31-38	\$455	\$570

B

Everything included in Package A, plus pizza.

# of guests		NCPRD	Non-Resident
1-8	1 pizza	\$115	\$140
9-15	2 pizzas	\$210	\$263
16-22	3 pizzas	\$310	\$385
23-30	4 pizzas	\$420	\$525
31-38	5 pizzas	\$535	\$665

BIG SURF! SWIM & ROCK WALL PARTIES

C

Everything included in Package A, and two climbs on the rock wall. Unlimited climb packages also available.

# of guests	NCPRD	Non-Resident
1-8	\$120	\$152
9-15	\$225	\$285
16-22	\$330	\$418
23-30	\$450	\$570
31-38	\$570	\$722

D

Everything included in Package B, and two climbs on the rock wall. Unlimited climb packages also available.

# of guests	NCPRD	Non-Resident
1-8	\$135	\$172
9-15	\$255	\$323
16-22	\$375	\$473
23-30	\$510	\$645
31-38	\$645	\$817



WHAT YOU NEED TO KNOW ABOUT OUR BIRTHDAY & CELEBRATION PACKAGES:



- Full payment is due upon reservation.
- Signed Party Rules and Procedures Form is required by the responsible paying adult.
- Only store-bought dessert item(s) can be brought into the facility and party room(s). Additional outside food and beverages are not allowed inside.
- All pizzas are 16 inches. Choose cheese, pepperoni or Hawaiian, 12 slices per pizza. Additional pizzas are available with advanced arrangements for \$18.
- Please provide your own candles. Trick candles are not allowed for safety reasons.
- Children 8 years and younger must be accompanied in the water by a responsible supervisor, 13 years or older at a 3:1 ratio.
- Reservations must be made one week in advance or are subject to a late fee.
- Number of guests includes all individuals in the party room that will be eating and swimming.
- In case of refund, please allow 4 weeks for processing.

YOUTH PROGRAMS



DANCE, MUSIC & MOVEMENT

Movement and Me

Ages 2-5. Leap like gazelles and spin like tops while developing music appreciation, rhythm, coordination and strength through introductory dance steps and movement. Build listening and socialization skills and discover how fun dancing can be. This is a family class designed for parents, guardians and children to interact and participate together. The class focuses on the child's creative impulses, and on the process rather than the product.

Location: Milwaukie Center

Instructor: Jarmila Darby

Fee: NCPRD, \$78; non-resident, \$98

Time/Date: 10:30-11:15 a.m. F 10/4-11/22

Joy of Movement

Ages 3-5. Explore creativity through movement for fun and skills building. Learn basic dance steps through exercises and imaginative dance games that inspire cooperation, rhythm, strength and flexibility. Boost your child's confidence in a safe, encouraging environment.

Location: Milwaukie Center

Instructor: Jarmila Darby

Fee: NCPRD, \$78; non-resident, \$98

Time/Date: 9:30-10:15 a.m. F 10/4-11/22

Tiny Tots Creative Dance

Ages 3-4. This class, open to boys and girls, helps teach body awareness, rhythm, technique, ballet positions and free movement. Parents are welcome to watch the last 5 minutes of class. Students will have an opportunity to perform at Winter Celebrations at the Milwaukie Center on Saturday, Dec. 7, around 11:30 a.m.

Location: Milwaukie Center

Instructor: Cierra Alger

Fee: NCPRD, \$72; non-resident, \$90

Time/Date: 4-4:30 p.m. W 10/16-12/4

Little Dancers Ballet & Jazz

Ages 5-6. This innovative class, open to boys and girls, is designed to explore ballet and jazz dance styles while increasing agility, grace and coordination. There is a focus on stretching techniques, ballet positions, and across-the-floor combinations. Parents are welcome to watch the last 5 minutes of class. Students will have an opportunity to perform at Winter Celebrations at the Milwaukie Center on Saturday, Dec. 7, around 11:30 a.m.

Location: Milwaukie Center

Instructor: Cierra Alger

Fee: NCPRD, \$72; non-resident, \$98

Time/Date: 4:40-5:10 p.m. W 10/16-12/4

Hip Hop/Funk

Ages 4-7 and ages 7-12. Learn basic hip hop and funk moves that will get you dancing to your favorite music. Students will have an opportunity to perform at Winter Celebrations at the Milwaukie Center on Saturday, Dec. 7, around 11:30 a.m.

Location: Milwaukie Center

Instructor: Annah Dennis

Fee: NCPRD, \$78; non-resident, \$90

Ages 4-7

Time/Date: 3:30-4:15 p.m. T 10/8-12/3

Ages 7-12

Time/Date: 4:30-5:15 p.m. T 10/8-12/3

GARDENING

Windowsill Gardening with Kids

Ages 4-7. Discover the joy of gardening by creating a garden for your windowsill. Learn from a Master Gardener how to plant a garden to watch grow right inside your home.

Location: Milwaukie Center

Instructor: Priscilla Wells-Robinson

Fee: NCPRD, \$7; non-resident, \$10

Time/Date: 11:30-12:30 p.m. Su 9/29

OUTDOOR RECREATION

Archery

Ages 8-14. Learn the basics of archery, including stance, aim, draw, release and follow-through. Finger tabs and arm guards are required and can be purchased from the shop for an additional \$20. A parent must attend the first class.

Location: Broken Arrow Archery

Fee: NCPRD, \$55; non-resident, \$65
(includes rental equipment)

Time/Date: 10-11 a.m. Sa 10/5-11/9

Horseback Riding

English Riding - Beginner 1

Ages 8-17. Ideal class for beginners. Learn basic horsemanship skills including riding, horse care and equipment usage. Indoor riding arena used in poor weather conditions. Boots or hard-soled shoes must be worn and riding helmets are provided.

Instructor: Margaret Gill

Location: Highland Stables

Fee: NCPRD, \$140; non-resident, \$155

Time/Date: 4:30-6 p.m.	W	9/25-10/16
8:30-10 a.m.	Sa	9/28-10/19
4:30-6 p.m.	W	10/30-11/20
8:30-10 p.m.	Sa	11/2-11/23

Riding - Beginner 2

Ages 10-17. For riders who have taken the beginner riding lesson and who can walk and trot without help. Indoor riding arena used in poor weather conditions. Boots or hard-soled shoes must be worn and riding helmets are provided.

Instructor: Margaret Gill

Location: Highland Stables

Fee: NCPRD, \$140; non-resident, \$155

Time/Date: 4:30-6 p.m.	F	9/27-10/18
4:30-6 p.m.	F	11/1-11/22

Mushroom Discovery Hike on Mount Talbert

Ages 8+. Discover the fascinating and weird world of mushrooms! Join local mushroom guide Leah Bendlin on this woodland hike. Learn about the ecological roles of fungi, their forms, and how they eat and reproduce. Participate in hands-on exercises and learn how to identify mushrooms. Field guides will be provided. Level of difficulty: moderate. Advanced registration is required. Please register at oregon-metro.gov/calendar. Not wheelchair accessible.

Location: Mount Talbert Nature Park

Time/Date: 9:30 a.m.-noon or 1-3:30 p.m. Su 11/17

Fee: \$6/person, \$11/family

BEST PARKS TO SEE FALL COLOR

Enjoy a beautiful display of autumn foliage in NCPRD parks.

Late September - October

Harmony Neighborhood Park

7100 S.E. Harmony Rd., Milwaukie

Hidden Falls Nature Park

14488 S.E. 152 Ave., Happy Valley

Homewood Park

10821 S.E. Home Ave., Milwaukie

Mount Talbert Nature Park

10945 S.E. Mather Rd., Clackamas

North Clackamas Park

5440 S.E. Kellogg Creek Dr., Milwaukie

Riverville Park

925 S.E. Courtney Rd., Milwaukie

Spring Park & Elk Rock Island

2001 S.E. Sparrow St., Milwaukie

Stringfield Family Park

3614 S.E. Naef Rd., Oak Grove

YOUTH SPORTS



PRE-K SPORTS FALL/WINTER/SPRING

AGES 3-5. The Pre-Kindergarten Sports program is designed for preschool-aged children, 3-5 years of age, and their parents to learn various sports. Children and parents participate in instructor-led activities, drills and games all in a fun, relaxed and supportive environment. Each program is 6 weeks in length. Located at Concord School Property in the gymnasium. Fee: NCPRD, \$60; non-resident, \$75

FALL September-October 2019

Pre-Kindergarten Multi-Sport

Kick it, throw it, dribble it, dunk it! Together, parents and children will have a blast learning fundamental skills across multiple sports including flag football, soccer, basketball, etc. This fun-packed sports program will focus on developing each child's motor skills through a variety of sports specific drills and games.

Coed 11 a.m.-noon	W	9/25-10/30
Coed 6-7 p.m.	W	9/25-10/30

WINTER January-February 2020

Pre-Kindergarten Basketball

Together, parents and children experience how fun basketball can be! Learn skills like dribbling, passing, shooting, running and agility.

Coed 11 a.m.-noon	W	1/8-2/5
Coed 6-7 p.m.	W	1/8-2/5

SPRING April-May 2020

Pre-Kindergarten Flag Football

Are you ready for some Flag Football? Parents and children will learn football fundamentals (throwing, catching, kicking, running and agility) while children develop motor skills.

Coed 11 a.m.-noon	W	4/15-5/20
Coed 6-7 p.m.	W	4/15-5/20

SIDEOUT VOLLEYBALL FALL

September-November 2019

REGISTRATION OPENS JULY 2019

GRADES K-12. Sideout Volleyball players will learn fundamental volleyball skills in a supportive and positive team environment. Grades K-2 practices and plays once a week on a weeknight, within a 45-minute (kindergarten) or one hour (grades 1/2) time frame.

Grades 3/4-9/12 have one weeknight practice with matches on Saturdays. Practice locations are in Clackamas, Milwaukie and Happy Valley.

PROGRAM OFFERINGS:

Coed Kindergarten	Coed Grades 5/6
Coed Grades 1/2	Coed Grades 7/8
Coed Grades 3/4	Coed Grades 9-12

CHEER STARZ WINTER

January-March 2020

REGISTRATION OPENS SEPTEMBER 2019

GRADES K-8. Winter Cheer Starz coed cheer teams perform at Hoopers basketball games and showcase their skills at an end-of-the-season Cheer Starz performance. Cheer Starz Cheerleaders practice one weeknight a week at Concord School Property.

PROGRAM OFFERINGS:

Coed Grades K-2
Coed Grades 3-5
Coed Grades 6-8

GET INVOLVED VOLUNTEER TODAY!

VISIT NCPRDSports.com FOR MORE INFORMATION



YOUTH SPORTS

HOOPERS WINTER

January-March 2020

REGISTRATION OPENS SEPTEMBER 2019

GRADES K-12. Hoopers basketball program emphasizes age-appropriate skill development and fundamental techniques while encouraging teamwork and sportsmanship in a fun, learning environment.

PROGRAM OFFERINGS:

Coed | Kindergarten
Boys/Girls | Grades 1, 2, 3, 4
Boys/Girls | Grades 5, 6, 7/8
Boys | Grades 9/10, 11/12
Girls | Grades 9-12

SHOOTING STARS WINTER

January-March 2020

REGISTRATION OPENS SEPTEMBER 2019

AGES 5-21. Shooting Stars basketball program is for children and young adults, ages 5-21, with cognitive disabilities. Players participate in fun basketball activities, social time and skill building in a positive environment.

Players will practice for 30 minutes and play a game for 20-30 minutes with an intermission.

Little Dippers

Ages 5-14. Practice and games on Saturday mornings using 6'-8' hoops.

Big Dippers

Ages 12-21. Practice Monday night and Saturday morning games using 10' hoops.

CHEER STARZ SPRING

April-June 2020

REGISTRATION OPENS SEPTEMBER 2019

GRADES K-8. Cheer Starz participants will learn basic to mid-level cheerleading skills, jumps, stunts and routines with a focus on fitness, team building, friendships and fun.

Cheer Starz Sunday cheer teams practice and cheer at Sunday Flag Football games and at the end-of-season jamboree. The award-winning Parade Team prepares and practices a routine to be performed in the 2020 Junior Rose Festival Parade.

PROGRAM OFFERINGS:

SUNDAY CHEER TEAM

Coed | Grades K-5

PARADE TEAM

Coed | Grades 5-8



FLAG FOOTBALL SPRING

April-June 2020

REGISTRATION OPENS FEBRUARY 2020

GRADES K-5. Flag Football players will learn fundamental skills, positions and plays in a non-tackle approach to football emphasizing teamwork, fun and good sportsmanship. All practices and games are held at North Clackamas School District facilities. The season ends for all age divisions with an end-of-season jamboree.

PROGRAM OFFERINGS:

Coed | Grades K/1

Coed | Grades 4/5

Coed | Grades 2/3

FAMILY CORNHOLE LEAGUE

FAMILY, FUN AND GAMES!

Sign up for our new Family Cornhole League.

SEPTEMBER 22 – NOVEMBER 3

MORE ON PAGE 20



ADULT PROGRAMS



Please preregister at ncprd.com or by calling (503) 794-8092 for classes held at the Milwaukie Center. Preregistration is highly recommended at least a week in advance, so there is a way to notify you of class cancellations or changes.

ART

NEW! Painting Garden Birds in Watercolor with Pen & Ink

Inspired by backyard birds and other winged friends that visit our summer gardens, participants will create and paint their own composition of garden flowers and birds. Our objective is to learn how to include flapping, floating and feathered friends into backyard garden settings. We will learn to create layers of feathers and fragile wings without tedious detail. Please bring \$7 for materials. All materials are provided.

Location: Milwaukie Center

Instructor: Sharla Sevy

Fee: NCPRD, \$24; non-resident \$30

Time/Date: 9:30 a.m.-12:30 p.m. Sa 9/28

NEW! Gelli Plate Printmaking

Create images for mixed media projects, frameable art, decorated journals or greeting cards. Use a 5"x7" surface gelli plate that captures fun textures like bubble wrap, plastic grids, foam stamps, leaves, string, stencils and more. These prints are fun to make and can add detail to any art project. Classes are for adults and children 12 years and older. Please bring \$10 for materials. All materials are provided. Class size is limited to 12.

Location: Milwaukie Center

Instructor: Sonja Bolon

Assistant: Lark Roe

Fee: NCPRD, \$24; non-resident, \$30

Time/Date: 9:30 a.m.-12:30 p.m. Sa 10/5

NEW! SoulCollage®

Use magazine images to open the door to your soul and create tools to access your wise self. SoulCollage® is an intuitive process that uses images collaged together on 8"x5" cards. Learn to make your own cards and find meaning through journaling, reflection, card consultation, and community building. Please bring \$10 for materials. All materials are provided, however, participants are encouraged to bring copies of personal photos that are meaningful to them. Class is limited to 12.

Location: Milwaukie Center

Instructor: Lark Roe

Assistant: Sonja Bolon

Fee: NCPRD, \$24; non-resident, \$30

Time/Date: 9:30 a.m.-12:30 p.m. Sa 10/26

Drawing

Anything you see you can draw! Using a step-by-step approach, learn the "tools of seeing" and trick your brain into only seeing in terms of shapes, textures or colors. Projects include drawing objects, still life and working from photographs. The objective is acquiring a knowledge of the strategies for successful observational drawing, gaining a working knowledge of the vocabulary of drawing, and familiarizing yourself with the materials of drawing. No class Nov. 11.

Location: Milwaukie Center

Instructor: Joe Macca

Fee: \$80*

Time/Date: noon-2 p.m. M 9/30-11/25

Acrylics

Discover your own unique style and creativity. Learn about acrylics through color, composition, value and perspective. Color theory is emphasized. Projects include working from still life and photographs. No previous painting or drawing experience necessary. Supply list available from Milwaukie Center recreation staff (503) 794-8092. No class Nov. 11.

Location: Milwaukie Center

Instructor: Joe Macca

Fee: \$100*

Time/Date: 2:15-4:45 p.m. M 9/30-11/25

Beginning Oil Painting

Unlock your creative side with oil painting. No drawing skills necessary. Learn color mixing tips, techniques and shortcuts. Supply list available from Milwaukie Center recreation staff (503) 794-8092. No class Nov. 28.

Location: Milwaukie Center

Instructor: Jill Wilson

Fee: \$125*

Time/Date: 9:30 a.m.-noon Th 10/3-12/12

*denotes classes which offer a discount for ages 62+

Oil Painting

Develop skills in composition and color mixing with one-on-one instruction that will guide you through each step of the process, from canvas preparation to finished project. Supply list available from Milwaukie Center recreation staff (503) 794-8092. No class Nov. 28.

Location: Milwaukie Center

Instructor: Jill Wilson

Fee: \$125*

Time/Date: 1-3:30 p.m. Th 10/3-12/12

COMPUTER

Smartphone Basics

Learn basics of using your smartphone whether it is an Android, iPhone or tablet. This class will help you understand the many possibilities from communicating with people, to looking up information on the internet, to taking and storing photos.

Location: Milwaukie Center

Instructor: Kathryn Rosson

Fee: \$45*

Time/Date: 9:15-10:45 a.m. Th 9/26-10/31

DANCE, MUSIC & DRAMA

Line Dance Beginning II

For people who have taken beginning line dance and want to take it to the next level with new moves and dance patterns. Please take Line Dance for Fitness if you are new to line dancing. No class Nov. 28.

Location: Milwaukie Center

Instructor: Patti Drewry

Fee: \$45*

Time/Date: 12:35-1:35 p.m. T 10/15-12/10

Instructor: Cindy Jacobson

Fee: \$50*

Time/Date: 12:35-1:35 p.m. Th 10/3-12/12

East Coast Swing

East Coast Swing is a happy, fun, upbeat dance distinguished by its bouncy rock step (back break) and side steps. East Coast Swing is a spot dance done to big band music or more modern swing music. No partner is needed to enjoy the class. No class Nov. 29.

Location: Milwaukie Center

Instructor: Patti Drewry

Fee: \$40*

Time/Date: 2-3 p.m. F 10/18-12/13

West Coast Swing

West Coast Swing is a popular swing dance that is danced in a slot to a wide range of music including rhythm and blues, country western, funk, disco, and rock and pop. No partner is needed to enjoy the class. No class Nov. 11.

Location: Milwaukie Center

Instructor: Patti Drewry

Fee: \$40*

Time/Date: 6:30-7:30 p.m. M 10/14-12/9

Beginning Ukulele

Ages 12+. Learn to tune your ukulele and play basic strumming and chords. You will be jamming to your favorite songs before you know it. Ukuleles can be purchased at Guitar Center, Portland Music Company, Artichoke Music or Trade Up Music. Please bring a tuner.

Location: Milwaukie Center

Instructor: Steve Rose

Fee: NCPRD, \$30; non-resident, \$37

Time/Date: 6-7 p.m. Th 9/19-10/24

Ukulele Jam Group

Bring your ukulele and practice strumming to popular songs in this casual atmosphere. Please call (503) 794-8092 or email recreation@ncprd.com for more info and to get on the email list. No Jam Nov. 28.

Location: Milwaukie Center

Fee: NCPRD, \$1; non-resident, \$2

Time/Date: 9:30-11 a.m. Th

6-7:15 p.m. W

Milwaukie Center Singers

Practice singing in this casual and welcoming atmosphere. The group will perform once a month in the community. Sponsored by All About Seniors.

Location: Milwaukie Center

Fee: Free

Time/Date: 1:30-3 p.m. M 9/23-12/16

Mt. Dulcimer Jam Group

Bring your mountain dulcimer and jam with the group. Newcomers please contact Denice at ddkadd@comcast.net. Please call (503) 794-8092 for more information. Meets first and third Wednesdays.

Fee: NCPRD, \$1; non-resident, \$2

Time/Date: 12:15-2:15 p.m. W

LANGUAGE, WRITING & ENRICHMENT

Creative Writing

This class stimulates creative thinking and stretches students' abilities to see and write in fresh new ways.

Location: Milwaukie Center

Instructor: Pat Arnold

Fee: \$70*

Time/Date: 1-2:45 p.m. W 10/2-11/20

Your Story

Learn how to preserve personal history by remembering and documenting special moments and all of life's essential elements.

Location: Milwaukie Center

Instructor: Pat Arnold

Fee: \$70*

Time/Date: 1-2:45 p.m. Th 10/3-11/21

**denotes classes which offer a discount for ages 62+*

Introduction to American Sign Language

A fun and interactive class for beginners who are interested in learning ASL. The class covers basic finger-spelling, numbers, the five sign parameters, identifying people, food, animals, time, verbs and common phrases, as well as an overview and history of ASL. A list of free resources will be provided for those who wish to practice between classes. No class Nov. 28.

Location: Milwaukie Center

Instructor: Mollie Catherman

Fee: \$60*

Time/Date: 11:15 a.m.-12:45 p.m. Th 10/10-12/5

American Sign Language Workshop

Fee: Free

Time/Date: 11:15-11:45 a.m. Th 9/26

NEW! Evening Intro to Spanish

Come learn basic words and grammar in this fun atmosphere. Lucia, a native Spanish speaker from Colombia, brings years of teaching Spanish to this evening class. Meet Lucia on Wednesday, September 11 from 6-6:30 p.m.

Location: Milwaukie Center

Instructor: Lucia Torres

Fee: \$60*

Time/Date: 6-7:30 p.m. W 9/25-11/13

Spanish Immersion

Go on a field trip to another country without leaving. Scenarios will be set up for students to prepare themselves for situations in Spanish-speaking countries. Students will also learn to tell stories in Spanish to broaden their way of communicating to others. If you are a new student with some knowledge of Spanish, please email Lucia at trilma@msn.com. Monday class meets 9:30-2 p.m. with half hour lunch break.

Location: Milwaukie Center

Instructor: Lucia Torres

Fee: \$50*

Time/Date: 10 a.m.-1 p.m. M-W 9/16-9/18

Spanish I

For students with little or no Spanish language experience. For questions about the class, please email Lucia at trilma@msn.com. No class Nov. 11.

Location: Milwaukie Center

Instructor: Lucia Torres

Fee: \$60*

Time/Date: 2-3:30 p.m. M 9/23-11/18

Spanish II

For students who have a basic knowledge of Spanish, this class provides continued development of reading, writing and speaking skills. If you are a new student with some knowledge of Spanish, please email Lucia at trilma@msn.com. No class Nov. 11.

Location: Milwaukie Center

Instructor: Lucia Torres

Fee: \$70*

Time/Date: 12:15-2 p.m. M 9/23-11/18

Spanish Conversation I

A casual conversation class for people who can speak some Spanish. Minimal English is used in class. Students speak and the teacher makes corrections while leading a topic. If you are a new student with some knowledge of Spanish, please email Lucia at trilma@msn.com. No class Nov. 11.

Location: Milwaukie Center

Instructor: Lucia Torres

Fee: \$60*

Time/Date: 10:30 a.m.-noon M 9/23-11/18

Spanish Conversation II

A casual conversation class for people who are in a higher level Spanish class. Minimal English is used in class. Students speak and the teacher makes corrections while leading a topic. If you are a new student with some knowledge of Spanish, please email Lucia at trilma@msn.com. No class Nov. 11.

Location: Milwaukie Center

Instructor: Lucia Torres

Fee: \$60*

Time/Date: 9-10:30 a.m. M 9/23-11/18

SPORTS AND OPEN GYMS

Adult Cornhole Leagues

Have a blast playing cornhole while enjoying delicious food and beverages! Our Fall 2019 Cornhole League nights are held at the Portland Cider Company in Clackamas. All registrants must be at least 21 years of age to play in these coed leagues.

Location: Portland Cider Company

Fee: NCPRD, \$100; non-resident, \$125

Time/Date: 6:30-7:30 p.m. W 9/25-11/3

7:40-8:40 p.m. W 9/25-11/3

NEW! Family Cornhole League

Family, fun and cornhole! Our new family Cornhole League will begin September 22. We offer two leagues with 12 teams per league. Each team consists of two players with a maximum of six family members per roster.

Location: Concord School Property Gymnasium

Fee: NCPRD, \$100; non-resident, \$125

per team

Time/Date: 1-2 p.m. Su 9/22-11/3

2:15-3:15 p.m. Su 9/22-11/3

Adult Volleyball Open Gym

Set it up and spike it down at our coed adult open gym volleyball. ID is required to enter and verified at the door to ensure all participants are at least 18 years of age.

Location: Mt. Scott Elementary

Fee: \$5 Drop In

Time/Date: 7-9 p.m. F 9/13-11/15

*denotes classes which offer a discount for ages 62+

FITNESS & EXERCISE CLASSES

AT THE MILWAUKIE CENTER

LVL	CLASS	TIME	DAYS	DATES	INST.	FEE
MIND & BODY	1-2 Chair Yoga	1:30-2:30 p.m.	M	9/30-12/9	Jones	\$50*
	1-4 Mindfulness Meditation	6-7:30 p.m.	W	10/9-12/11	Tjahaja	\$90 NCPRD, \$112 Non-res.
	2-3 Strength & Relaxation Yoga	2:40-3:40 p.m.	M	9/30-12/9	LaFrenier	\$50*
	2-3 Strength & Relaxation Yoga	2:30-3:30 p.m.	W	10/2-12/11	Jordan	\$55*
	2-3 Strength & Relaxation Yoga	2:30-3:30 p.m.	Th	10/3-12/12	Bracht	\$50*
	2-3 Gentle Yoga	5:30-6:30 p.m.	T	10/1-12/10	LaFrenier	\$55*
	2-3 Yin Yoga	1:15-2:15 p.m.	W	10/2-12/11	Jordan	\$55*
	2-3 Yoga	10:10-11:10 a.m.	Sa	9/28-12/14	Delancey	\$55*
	2-3 Yoga Fusion	9:30-10:30 a.m.	Su	9/29-12/15	Stevens	\$60*
	2-3 Ta'i Chi - Beginner	9:30-10:30 a.m.	W	10/2-12/4	Quinlan	\$50*
	2-3 Ta'i Chi - Beginner	11:25 a.m.- 12:25 p.m.	T	10/1-12/3	Quinlan	\$50*
	3-4 INNERgystics	11:25 a.m.-12:25 p.m.	Th	9/26-12/12	Blosser	\$50*

LVL	CLASS	TIME	DAYS	DATES	INST.	FEE
CARDIO & STRENGTH	1-2 Sit-N-B-Fit	10:55-11:40 a.m.	M	9/23-12/9	Stauss	\$41*
	1-2 Sit-N-B-Fit	10:55-11:40 a.m.	W	9/25-12/11	Stauss	\$45*
	1-2 Sit-N-B-Fit	10:55-11:40 a.m.	F	9/27-12/15	Stauss	\$41*
	2-3 Low Impact Aerobic Strength Training	4-4:45 p.m.	Th	10/3-12/13	McClenahan	\$38*
	2-3 FUNctional Fitness	10:30-11:15 a.m.	T	10/1-12/10	Hall	\$41*
	2-3 FUNctional Fitness	10:30-11:15 a.m.	Th	10/3-12/12	Hall	\$38*
	2-3 Gold Toning	11 a.m.-noon	M	9/30-12/9	Nishikido	\$50*
	2-3 Gold Toning	12:05-1:05 p.m.	W	10/2-12/11	Nishikido	\$55*
	2-3 Small Group Personal Training	5-6 p.m.	Th	10/3-12/12	McClenahan	\$50*
	3 Complete Conditioning	9:20-10:20 a.m.	T	10/1-12/10	Hall	\$55*
	3 Complete Conditioning	9:20-10:20 a.m.	Th	10/3-12/12	Hall	\$50*
	3 EZ-Does-It Aerobics	8:30-9:15 a.m.	M	9/23-12/9	Stauss	\$41*
	3 EZ-Does-It Aerobics	8:30-9:15 a.m.	W	9/25-12/11	Stauss	\$45*
	3 EZ-Does-It Aerobics	8:30-9:15 a.m.	F	9/27-12/13	Stauss	\$41*
	3 Hula for Fitness	9-10 a.m.	Sa	9/28-12/7	Taylor	\$45*
	3 Stretch & Flex	8:10-9:10 a.m.	T	10/1-12/10	Hall	\$55*
	3 Stretch & Flex	8:10-9:10 a.m.	Th	10/3-12/12	Hall	\$50*
	3-4 Walking With Wayne	10 a.m.	W	ongoing	Sabin	Free
	3-4 Exercentrics	12:15-1:15 p.m.	M	9/30-12/9	McClenahan	\$50*
	3-4 Zumba	6:40-7:40 p.m.	T	10/1-12/10	Miratsky	\$55*
	3-4 Zumba	6:40-7:40 p.m.	Th	10/3-12/12	Miratsky	\$50*

*denotes classes which offer a discount for ages 62+

FITNESS & EXERCISE MIND & BODY

AT THE MILWAUKIE CENTER

CLASS ACTIVITY LEVEL:

Level 1 - Need Support (Chair Fitness)

For people who may have physical limitations. A chair is provided to sit/stand next to for balance.

Level 2 - Just Getting Started (Beginners)

For people who do not have physical limitations or have not exercised for a long time. Classes are basic, gentle and go at a slower pace.

Level 3 - Active Now (Intermediate)

For people who are doing moderate exercises at least twice a week and have the ability to do floor work.

Level 4 - Athlete (Advanced)

For people who are physically active almost every day. These classes are for people looking for higher intensity and more challenging workouts.

Chair Yoga

Levels 1-2. Meditate, stretch, strengthen and balance in chairs. This class is a great stress reliever. No class Nov. 11.

Mindfulness Meditation

Levels 1-4. Actively develop a healthy mind and body and remove stress with comfortable meditation postures (standing, sitting, lying down). Good for all health conditions and/or pain management. Meditation is a great way to improve the ability to deal with daily challenges. Open to all abilities.

Strength and Relaxation Yoga

Levels 2-3. This class takes all the benefits of yoga – meditation, breathing, stretching, strengthening and balance – and brings it to the middle-aged-to-older adult body. Please bring a mat. No class Nov. 11 and 28.

Gentle Yoga

Levels 2-3. The focus of this class includes stretching, strengthening, balance and flexibility based on Hatha Yoga poses, using modifications as needed. Poses will be combined with breathing techniques (pranayama) and brief guided meditations to release tension and calm the mind. Please bring a mat.

Yin Yoga

Levels 2-3. Yin Yoga uses floor poses held in stillness allowing these passive, long holds to strengthen and hydrate critical joint tissues in a way that most other practices cannot. The Yin exercise targets the body's connective tissues, including the ligaments, bones, cartilage and tendons. These are all major, but often ignored components of flexibility, mobility and strength. Please bring a mat.

Yoga

Levels 2-3. Learn safe and proper alignment of basic yoga postures through gentle movement to increase strength, flexibility and balance. Please bring a mat. No class Oct. 12.

Yoga Fusion

Levels 2-3. Yoga Fusion incorporates Hatha, Vinyasa and Yin style yoga. This class offers an opportunity to develop strength and balance in your body as well as your mind. One of the focuses of this class is to ensure proper body alignment specifically for your body. Hold poses longer through a mix of dynamic movements and cultivate awareness to your pranayama (breath work). Props are provided and encouraged for this class: practice blocks, straps, bolsters and blankets.

T'ai Chi Beginning

Levels 2-3. This condensed, simplified T'ai Chi form helps beginning students to relax and strengthen major joint areas of the body, while also increasing flexibility and balance.

INNERgystics

Levels 3-4. INNERgystics is a unique workout comprised of a series of focused simultaneous upper and lower body exercises that build lean muscle strength and sculpt the body. Fun music, various weights, and breathing techniques help keep the focus on movements that optimize muscle burning, provide an effective aerobic workout, and a sense of well-being. Bring mat, water bottle; wear sneakers. No class Oct. 10 and Nov. 28.

All Mind/Body & Cardio/Strength classes take place at the Milwaukie Center. Check with the Recreation Office or online at ncprd.com for no-class dates.

See class schedule on page 21.

FITNESS & EXERCISE CARDIO & STRENGTH

AT THE MILWAUKIE CENTER

Sit-N-B-Fit

Levels 1-2. Strengthen muscles and improve range of motion, mobility and balance! Great for those with some physical limitations. No class Nov. 11 and 29.

Low Impact Aerobic Strength Training

Levels 2-3. This class is perfect for people just getting started or coming back from an extended break. Alternate between simple and safe, low impact movements. Use stretch bands and light weights that help condition the whole body, while listening to fun motivating music. No class Nov. 28.

FUNctional Fitness

Levels 2-3. Practice rhythmic training to work on balance, while marching to a beat. Some hand-held weights are used. For people who are able to walk and stand without any extra support. No class Nov. 28.

Gold Toning

Levels 2-3. Learn to sculpt and tone through creative and fun dance routines using hand-held weights. World music with lively rhythms pump this class up! No class Nov. 11.

Line Dance for Fitness

Levels 2-3. For people with some dance background who want to dance for aerobic exercise and stimulate their memory. Learn easy-to-follow basic patterns and dance to a wide variety of music, including pop, Latin, country and more. This hour-long class will keep you moving while having fun.

Small Group Personal Training

Levels 2-3. Have you been wanting to do resistance training, but don't belong to a gym, or want to hire a trainer? This class is the perfect solution for you! Get personal attention in this small group setting from an ACE-Certified Personal Trainer. Learn proper technique, safety, and how to exercise each muscle group effectively. Take what you learn to a gym, to your home or even on the road. Class size limited to 15. No class Nov. 28.

Complete Conditioning

Level 3. A whole-body workout using aerobics, weights and other strength training exercises. This class is for active people who have been taking fitness classes at least twice a week. No class Nov. 28.

EZ-Does-It Aerobics

Level 3. Moderate aerobic exercise for those who want to stay fit. Sessions include warm-up, stretch, muscle toning and aerobic workout. No class Nov. 11 and 29.

Hula for Fitness

Level 3. Learn all the basic hula steps with easy-to-follow instructions. Hula helps tone hips, thighs and abdominals while incinerating calories and telling beautiful stories through the movement. No class Oct. 12 and Nov. 30.

Stretch & Flex

Level 3. Build strength and balance in this relaxing non-aerobic approach to exercise. Please bring an exercise mat; includes floor time. Bring a stability ball to the last six weeks of class. No class Nov. 28.

Walking with Wayne

Levels 3-4. Wayne Sabin leads a walking group around North Clackamas Park every Wednesday. Meet at 10 a.m. by the red sculpture in the park. No fee.

Exercentrics

Levels 3-4. Use dumbbells to find a whole body workout that optimizes performance in a safe environment. Music and breath keep you focused on completing each muscle burning task. Class ends with a relaxing stretch and cool down. No class Nov. 11.

Zumba

Levels 3-4. Zumba combines Latin and international music that incorporates hip-hop, cumbia, reggaeton, salsa, merengue, mambo and more. Build strength, burn calories, improve motion and posture. No class Nov. 28.

All Mind/Body & Cardio/Strength classes take place at the Milwaukie Center. Check with the Recreation Office or online at ncprd.com for no-class dates.

See class schedule on page 21.

TRAVEL PROGRAMS

TRAVEL DESK (503) 794-8026

Enjoy the scenery, make new friends, and relax while adventuring to exciting destinations. All trips depart from and return to the Milwaukie Center. Standing and walking are required on most trips. Wear comfortable shoes and dress appropriately for the weather. Bring money for lunch unless otherwise noted. The events listed below are currently on the travel schedule, but are subject to change. A minimum number of participants, ranging from 12 to 14, is needed in order for the trip to occur. Please check with the Travel Desk for the latest information by calling (503) 794-8026.

Shirley's Tippy Canoe and Troutdale, Too

Enjoy sitting outside under the trees along the Sandy River while having lunch, followed by a stroll through the charming town of Troutdale. Bring money for lunch.

Fee: NCPRD, \$12; non-resident, \$15

Time/Date: 11:30 a.m.-3 p.m. F 9/13

Multnomah Falls Lodge

Come enjoy fresh local ingredients for lunch while taking in dramatic views of the falls from the fireside dining room, or enjoy the sights and sounds from the patio.

Fee: NCPRD, \$40; non-resident, \$50

Time/Date: 11:15 a.m.-2:45 p.m. W 9/18

Guide Dogs for the Blind

Watch a graduation ceremony at Guide Dogs for the Blind, followed by a tour of the facility. Prior to the graduation, enjoy lunch at the Red Apple Restaurant in Boring. Bring money for lunch.

Fee: NCPRD, \$17; non-resident, \$22

Time/Date: 11 a.m.-3:30 p.m. S 9/28

Roloff Farms & Helvetia Tavern

Visit the Roloff Family Pumpkin Festival! The farm has been featured on the popular long-running TLC reality series, "Little People, Big World." Afterwards, stop by Helvetia Tavern for their world famous hamburgers and fries. Bring money for lunch.

Fee: NCPRD, \$25; non-resident, \$32

Time/Date: 9 a.m.-3 p.m. F 10/4

Hood River Harvest Festival

Be a part of this old-fashioned fall festival that brings together more than 120 vendors offering local produce and food, plus original local arts and crafts. Enjoy apple tastings of every kind! Entry fee: adults \$6, seniors \$3. Bring money for food, entry fee and any purchases.

Fee: NCPRD, \$31; non-resident, \$39

Time/Date: Noon-4 p.m. F 10/11

Creo Chocolate Factory & La Provence

Take a guided tour of the Chocolate Factory and make your own personalized chocolate bar. After that, stop at La Provence and enjoy one of their delicious French-inspired dishes for lunch. Tour cost of \$20 included in trip fee. Bring additional money for lunch.

Fee: NCPRD, \$34; non-resident, \$43

Time/Date: 9:45 a.m.- 2 p.m. W 10/16

Pizzeria & Salt & Straw

Enjoy the streets of Lake Oswego prior to having lunch at Pizzeria sul Lago, including wood-fired pizzas, pastas and exceptional salads. Afterwards, walk to Salt & Straw for a specialty ice cream! Bring money for lunch and ice cream.

Fee: NCPRD, \$12; non-resident, \$15

Time/Date: Noon-3 p.m. T 10/22

Elka Bee's High Tea

At Elka Bee's, you'll be spoiled with an authentic English Tea experience. Relax in a lovely space, chat with friends and enjoy tea that came directly from England. The High Tea charge (\$29.95) is included in our published fee.

Fee: NCPRD, \$38; non-resident, \$48

Time/Date: 12:30-3 p.m. W 11/6

Original Pancake House

The Original Pancake House is a third generation family business that takes great pride in maintaining the high standards to make outstanding food. Enjoy your favorite homemade pancake or omelet. Bring money for breakfast or lunch.

Fee: NCPRD, \$10; non-resident, \$13

Time/Date: 10 a.m.-12:30 p.m. F 11/22

Beaches

Beaches Restaurant in Vancouver is always a great dining experience along the river's edge. Bring money for lunch.

Fee: NCPRD, \$14; non-resident, \$18

Time/Date: 12:15-3 p.m. W 12/4

Sleigh Bells in Sherwood

Come with us as we visit the great town of Sherwood and the Sleigh Bells Christmas shop. Bring money for lunch and purchases; restaurant to be determined.

Fee: NCPRD, \$20; non-resident, \$25

Time/Date: 10 a.m.- 2 p.m. Th 12/12

MILWAUKIE CENTER

5440 S.E. Kellogg Creek Drive | Milwaukie, OR 97222 | (503) 653-8100

Nutrition Program

Meals on Wheels

Volunteers deliver hot, healthy meals to homebound seniors over 60 or qualified Medicaid under 60 disabled residents of North Clackamas Parks and Recreation District. Call Social Services at (503) 653-8100 to learn about qualifications and how to apply.

Trillium Lunch

Community members can enjoy a healthy, affordable meal Monday through Friday, 12-12:30. Groups of six or more require a reservation. For more information, or a menu, call the Nutrition Coordinator at (503) 654-3030. Fee: 60+, \$3 donation; -60, \$5 per person.

Pete's Café

Open to the public 9 a.m.-1 p.m. Enjoy fresh soups, salads, sandwiches, beverages and desserts at very reasonable prices.

Social Services Information and Referrals

Our skilled staff members offer a host of senior-oriented programs assisting older adults to remain independent in their North Clackamas area homes. A valued community resource, Center staff members are also here for families as they reach out to help older family members. For a full list of services, call Social Services at (503) 653-8100 or visit us online at ncprd.com/milwaukie-center.

Other valuable services:

- 911 Emergency Cell Phones
- Battery Recycling
- Community Library
- Community Resource Information
- Computer Workstations
- Emergency Firewood Service
- Exercise Opportunities
- Family Consultation
- Home Repair Resources
- Insurance Resources and Information
- Medical Equipment Loan
- Needs Assessments
- Resource Library
- Voter Registration
- Wireless Internet "Wi-Fi"

Visit us at ncprd.com/milwaukie-center or call (503) 653-8100 for more information on how the Milwaukie Center can benefit you.

Transportation

The Transportation Program offers seniors and people with disabilities the freedom of staying connected to the community. We offer door-to-door service to and from the Center for lunch, classes and other activities. We also provide bus transportation to a local grocery store on Tuesdays and Thursdays. For a full list of services and fee information, call the Transportation Coordinator at (503) 794-8014 or visit us at ncprd.com/milwaukie-center.

Transportation bus schedules:

- **Monday, Wednesday and Friday** – Route starts at 9 a.m. to pick up passengers. Arrives at the Center at approximately 10:30 a.m. Leaves at 1 p.m. to return passengers to their home. Cost is \$3, round trip.
- **Tuesday and Thursday** – Route starts at 10 a.m. to pick up passengers. Arrives at the Center at approximately 11:15 a.m. These are also the days when bingo is played from 1-2 p.m. Bus returns passengers to their home at either 1 p.m. or 2 p.m. Cost is \$3, round trip.
- **Tuesday and Thursday Shopping** – Bus leaves the Center at 9 a.m. to pick up shoppers. Arrives at a Fred Meyer Shopping Center at approximately 9:45 a.m. Bus returns to Fred Meyer at 11:30 a.m. to take the shoppers back home. Cost is \$4, round trip.



DROP-IN ACTIVITY GROUPS

AT THE MILWAUKIE CENTER

Closed Labor Day, Sept. 2; maintenance week, Sept. 3-6; Veterans Day, Nov. 11; Thanksgiving, Nov. 28 and Christmas, Dec. 25.

Billiards

Two pool tables with open play.

Fee: NCPRD, \$1 all day; non-resident, \$2 all day

Time/Date: 8 a.m.-5 p.m. M-F

Chinese Mah Jongg

The objective of the game is to be the first to Mah Jongg where all your tiles form four sets, plus one pair. If interested in learning, contact Angela Wright at englishimport@gmail.com or (503) 679-9182.

Fee: NCPRD, \$1; non-resident, \$2

Time/Date: 12:30-3:30 p.m. M

Game Night

A variety of board and card games from simple to complex will be played. There will be an opportunity to learn or teach new games. Meets first and third Tuesdays.

Fee: NCPRD, \$1; non-resident, \$2

Time/Date: 5-7:45 p.m. T

Daytime Bingo

Play for fun. Large print cards available.

Fee: NCPRD, 25 cents per card; non-resident, 50 cents per card.

Time/Date: 1-2 p.m. T/Th

Woodcarving

Activity period for novice to advanced woodcarvers with guidance for starter projects, instruction on safety and tool care.

Fee: NCPRD, \$1; non-resident, \$2

Time/Date: 8-11:30 a.m. W

Mt. Dulcimer Jam Group

Bring your mountain dulcimer and jam with the group. Newcomers please contact Denice at ddkadd@comcast.net. Please call (503) 794-8092 for more information. Meets first and third Wednesdays.

Fee: NCPRD, \$1; non-resident, \$2

Time/Date: 12:15-2:15 p.m. W

Mah Jongg

Mah Jongg originated in China and is a game of skill, strategy and chance. Experience preferred. Please bring your current American Mah Jongg card. If interested in learning, please contact Judy Hervey at cjchervey@sbcglobal.net.

Fee: NCPRD, \$1; non-resident, \$2

Time/Date: 12:30-3:30 p.m. W

Ukulele Jam Group

Bring your ukulele and practice strumming to some popular songs in this casual atmosphere. Please call (503) 794-8092 or email recreation@ncprd.com for more info and to get on the email list.

Fee: NCPRD, \$1; non-resident, \$2

Time/Date: 6-7:15 p.m. W

Time/Date: 9:30-11 a.m. Th

Evening Cash Bingo

Cash prizes and refreshments.

Fee: \$5 first packet; \$4 second packet; \$1 for special games

Time/Date: 6:30-9 p.m. Th

Party Bridge

Ages 18+ and for those who already play the game. Group rules apply.

Fee: NCPRD, \$1; non-resident, \$2

Time/Date: 12:30-3:30 p.m. Th

HOUSING & SENIOR SERVICES

PRESENTED BY FRIENDS OF THE MILWAUKIE CENTER

NOVEMBER 7

10 AM-NOON

FREE

AT THE MILWAUKIE CENTER
5440 S.E. KELLOGG CREEK DR., MILWAUKIE



MORE ON PAGE 6

HEALTHY LIVING SEMINARS

AT THE MILWAUKIE CENTER

The Milwaukie Center offers monthly healthy aging seminars on a wide range of educational topics, presented by local professionals. To preregister for these seminars or for additional information, call the Milwaukie Center at (503) 653-8100 or check online at ncprd.com/milwaukie-center.

The Basics: Memory Loss and Dementia

If you or someone you know is affected by Alzheimer's or dementia, it's time to learn the facts. This seminar will provide information on detection, causes and risk factors, stages of the disease and much more.

Fee: Free

Time/Date: 10:30 a.m.-noon M 8/5

How to Use Mobility Devices Correctly

An occupational therapist from Providence Health System will demonstrate how to use canes, quad canes and walkers safely and how these assistance devices should fit your body correctly. Call (503) 653-8100 to preregister.

Fee: Free

Time/Date: 10:30 a.m.-noon M 8/19

Bridging Life's Transitions

Everyone's life includes transitions. As older adults, we want to manage these transitions effectively while remaining as independent as possible. Explore ways to cope with change using a lifetime of strengths and learned skills. Presented by VIEWS. Call (503) 653-8100 to preregister.

Fee: Free

Time/Date: 10-11:30 a.m. M 8/26

Be the Connection: Loneliness and Older Adults

Are you experiencing loneliness, or do you have a loved one experiencing loneliness? Loneliness trainings are facilitated conversations to bring awareness to the aging population. Come be a part of the conversation about the impacts of loneliness and how it can interact with growing older, social isolation, physical and mental health outcomes, dementia and Alzheimer's. An important discussion for older adults, providers and caregivers. Please contact Linda Whitmore to register (503) 794-8037.

Fee: Free

Time/Date: 10-11:30 a.m. W 9/18

Wills, Trusts and the Oregon Probate Systems

There is a lot of fear and misinformation regarding wills, trusts and the Oregon probate process. Join Milwaukie attorneys Trina Montalban and Michelle Sugahiro as they discuss the pros and cons of wills and trusts, as well as costs associated with administering a will and trust after death. Call (503) 653-8100 to preregister.

Fee: Free

Time/Date: 10:30 a.m.-noon Th 9/19

Fall Prevention Awareness Seminar

Providence experts will offer a fall risk awareness class. Learn how you can reduce the chance you or someone you love will experience a fall. A short demonstration of Tai Chi will be offered. Providence pharmacists will be available before and after the class to conduct medication reviews for seniors attending the class. If you want to participate, please bring a current list, including dosages and any over-the-counter medications. Call (503) 653-8100 to preregister.

Fee: Free

Time/Date: 10 a.m.-noon F 9/20

Engaging with Adult Children

Relationships with children change as we age. Examine current problems and foster greater understanding between generations. Be part of a discussion about relationships with adult children and address your concerns. Presented by VIEWS (Volunteers Involved in the Emotional Well-being of Seniors).

Fee: Free

Time/Date: 10-11:30 a.m. M 9/23

Healthy Living for Your Brain and Body: Latest Research

For centuries, it's been known that the health of the brain and body are connected. Science is able to provide insights into how to optimize our physical and cognitive health as we age. Attend this presentation to learn about research in the areas of diet, nutrition, exercise, cognitive activity and social engagement. Presented by the Alzheimer's Association.

Fee: Free

Time/date: 10-11:30 a.m. M 9/30

Who Am I Now?

Our roles and responsibilities change throughout life as we take on new roles and give up others. Explore who you are at this point in your life and what brings meaning to your life. Join a group of your peers to discuss the pros and cons of these changes. Presented by VIEWS.

Fee: Free

Time/Date: 10:30 a.m.-noon T 10/29

New Wisdom/Life's Lessons

Join in a conversation about the wisdom you have developed over the years, and share with others what you have learned "the hard way." Talk with your peers about the lessons you've learned in your lifetime and the legacy of wisdom you'd like to pass on. Presented by VIEWS.

Fee: Free

Time/Date: 10:30 a.m.-noon T 12/10

ONGOING CLINICS & GROUPS

AT THE MILWAUKIE CENTER

Foot Care

A foot care clinic is offered at the Center on the first and third Tuesday of the month. This service is offered by registered nurses who specialize in foot care. The service includes a foot care exam, toenail trim and lotion rub for a fee of \$35. To schedule an appointment or for additional information, please call (503) 653-8100 and leave your name and phone number for a return call.

Blood Pressure Check

Drop in and get your blood pressure checked by volunteer nurses. Available first Monday, third Tuesday and fourth Friday of each month. No fee.
Time/Date: 9:45-11:45 a.m. M/T
10:30 a.m.-noon. F

Senior Law Clinic

Volunteer elder law attorneys provide up to a half-hour consultation on senior legal issues. This service is available to older adults residing in North Clackamas County. There is no charge for this service, however, donations to the Friends of the Milwaukie Center are appreciated. Clinic meets monthly on the first and third Tuesday. Appointments are necessary; call (503) 653-8100.
Time/Date: 9 a.m.-noon T

IEWS Support Group

This confidential senior support group is led by trained peer counselors from Volunteers Involved in the Emotional Well-being of Seniors. The focus is to develop new ways of coping with life's challenges by talking and listening to others reflect on their concerns about life changes. For additional information, call (503) 261- 6181. No fee.
Time/Date: 2-3 p.m. T

A Place at the Center

A special activities program for people with memory loss or confusion due to Alzheimer's, stroke, or related disorders. This valuable respite program allows caregivers to take some "time out" from caring for their loved ones. For enrollment and fee info, call Social Services at (503) 653-8100. Application required.
Fee: NCPRD, \$24 per session
non-resident, \$30 per session
Time/Date: 12-3:30 p.m. W

Diabetes Support and Education Group

Information, education and support for people with diabetes, their families and friends. Meets the first Wednesday of each month. No meetings until October. No fee.
Time/Date: 1:30-3 p.m. W

Caregiver's Support Group

It's important to take care of yourself while you are caring for a loved one. The support group will provide participants an opportunity to share ideas and meet with others who are experiencing similar challenges. Participants will receive tips on self-care, stress reduction and learn pertinent information from monthly guest speakers, facilitated by staff from Serenity Hospice and Milwaukie Center. Meets the second Wednesday of each month. No fee.
Time/Date: 12:30-2 p.m. W

It's All About Memory

It's All About Memory is a weekly, half day activity program specifically designed for individuals experiencing early memory loss. The program's focus is on teaching techniques to improve mental fitness by using memory enhancing and retaining activities. Participants will learn about memory loss and develop new skills for living with memory loss. This confidential, social and educational program provides opportunities to have fun, gain social support and meet with peers who are experiencing memory loss. Call (503) 653-8100 and speak with Abby or Lisa.
Fee: NCPRD, \$24 per session
non-resident, \$30 per session
Time/Date: 10 a.m.-2 p.m. F

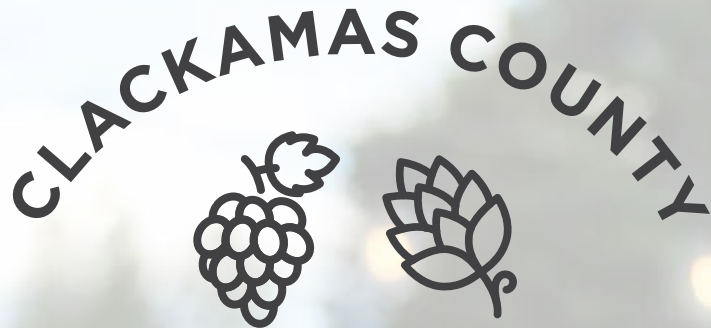
Early Stage Support Group

Do you have a diagnosis of early-stage dementia or Alzheimer's? Are you interested in speaking with others who are experiencing similar challenges? This support group is for you. Registration and prescreening are required, phone (800) 272-3900 for details and to register. Fourth Thursday of the month. Providers are also welcome to attend. Facilitated by the Alzheimer's Association of Oregon. No fee.
Time/Date: 2-3:30 p.m. Th

EARLY BIRD

\$15

SOUVENIR GLASS
— INCLUDED —



ON TAP & UNCORKED

Featuring craft wineries, breweries and distilleries in North Clackamas and beyond – all in a beautiful rose garden setting with great food and entertainment.

SATURDAY, SEPTEMBER 7 • 1 to 9 p.m.
at the SARA HITE MEMORIAL ROSE GARDEN

ClackOnTap.com • (503) 794.8043

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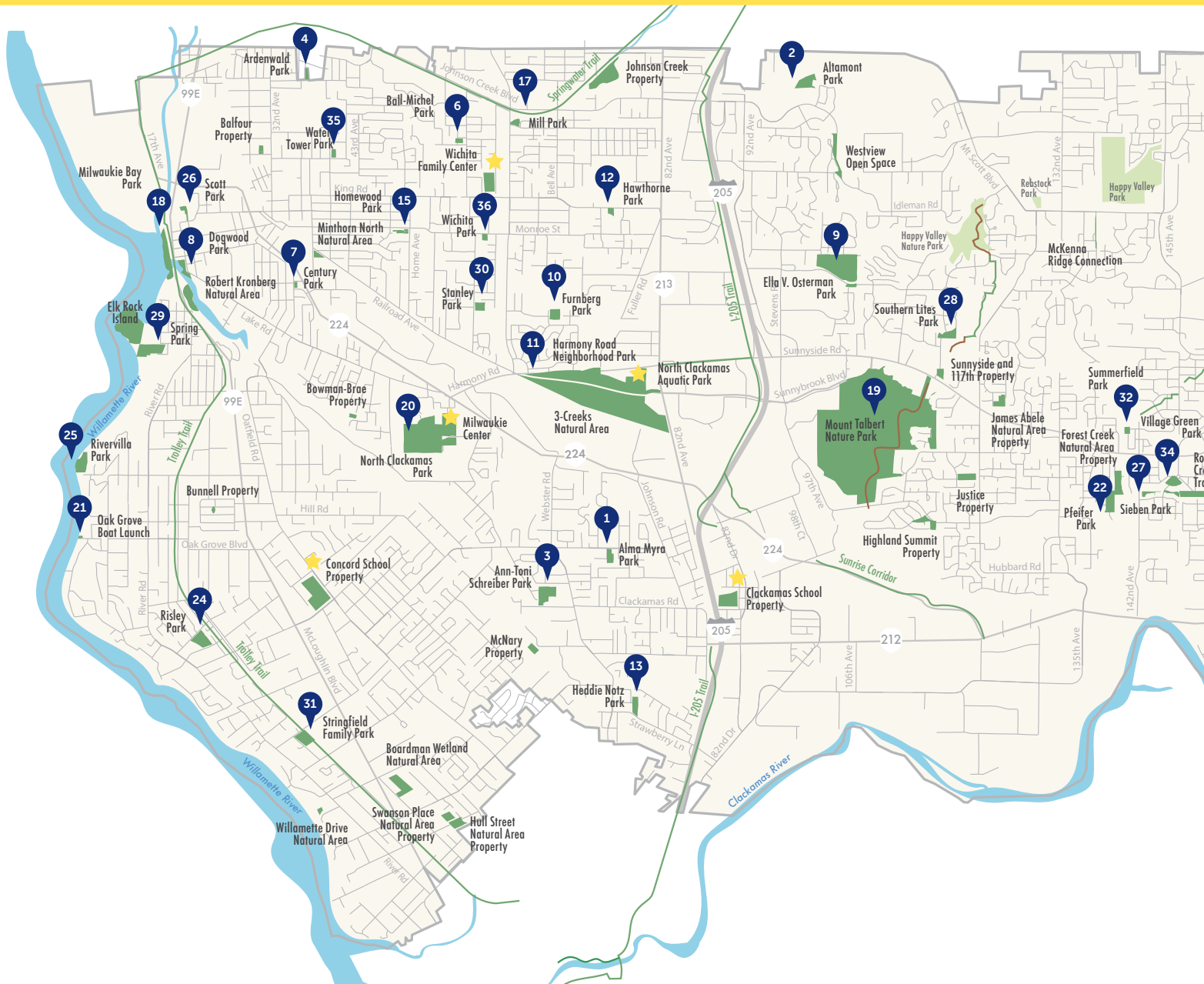
NORTH CLACKAMAS
PARKS & RECREATION DISTRICT

A BENEFIT FOR MEALS ON WHEELS IN NORTH CLACKAMAS COUNTY

SPONSORED BY



NCPRD PARKS, TRAILS, AND



NCPRD FACILITIES

CLACKAMAS SCHOOL PROPERTY
15301 S.E. 92nd Ave.,
Clackamas, OR 97015

HOOD VIEW PARK
16223 S.E. Stadium Way,
Happy Valley, OR 97015
(503) 794-3877

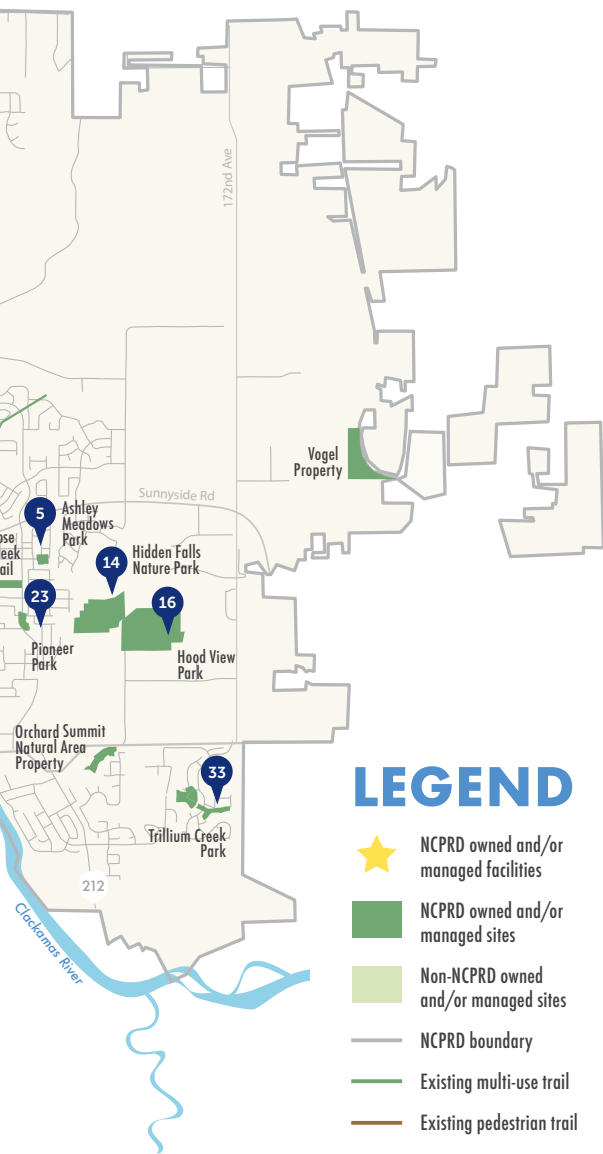
WICHITA CENTER
6031 S.E. King Rd.,
Milwaukie, OR 97222

CONCORD SCHOOL PROPERTY
3811 S.E. Concord Rd.,
Oak Grove, OR 97267

MILWAUKIE CENTER
5440 S.E. Kellogg Creek Dr.,
Milwaukie, OR 97222
(503) 653-8100

NORTH CLACKAMAS AQUATIC PARK
7300 S.E. Harmony Rd.,
Milwaukie, OR 97222
(503) 557-SURF (7873)

FACILITIES



LEGEND

- ★ NCPRD owned and/or managed facilities
- NCPRD owned and/or managed sites
- Non-NCPRD owned and/or managed sites
- NCPRD boundary
- Existing multi-use trail
- Existing pedestrian trail



PARKS, TRAILS & OPEN SPACES

		PARKING	RESTROOMS	SHELTER	PICNIC AREA	PLAYGROUND	TENNIS COURT	SOCCER FIELD	BASKETBALL	BASEBALL	TRAILS/PATHS	DOG PARK	DISC GOLF	BOAT RAMP
1.	Alma Myra Park 7510 S.E. Thiessen Rd., Clackamas				■	■					■			
2.	Altamont Park 8901 S.E. Bristol Park Dr., Clackamas				■	■					■			
3.	Ann-Toni Schreiber Park 6717 S.E. Clackamas Rd., Clackamas	■	■		■	■		■	■	■				
4.	Ardenwald Park 3667 S.E. Roswell St., Milwaukie			■	■	■					■			
5.	Ashley Meadows Park 15410 S.E. Oregon Trail Dr., Happy Valley			■	■	■			■		■			
6.	Ball-Michel Park 3667 S.E. Roswell St., Milwaukie			■	■	■					■			
7.	Century Park 11500 S.E. 35th Ave., Milwaukie				■	■	■		■					
8.	Dogwood Park 11299 S.E. Main St., Milwaukie				■									
9.	Ella V. Osterman Park 10501 S.E. William Otty Rd., Happy Valley			■	■	■								
10.	Furnberg Park 6850 S.E. Furnberg Ave., Milwaukie				■	■					■			
11.	Harmony Road Neighborhood Park 7100 S.E. Harmony Rd., Milwaukie	■			■	■			■		■			
12.	Hawthorne Park 7560 S.E. King Rd., Milwaukie				■	■					■			
13.	Heddie Notz Park 7821 S.E. Strawberry Lane, Clackamas				■	■								
14.	Hidden Falls Nature Park 14488 S.E. 152nd Ave., Happy Valley										■			
15.	Homewood Park 10821 S.E. Home Ave., Milwaukie				■	■					■			
16.	Hood View Park 16223 S.E. Stadium Way, Happy Valley	■	■	■	■	■		■		■	■			
17.	Mill Park 6201 S.E. Overland St., Milwaukie				■	■					■			
18.	Milwaukie Bay Park 1700 S.E. Jefferson St., Milwaukie	■	■								■			■
19.	Mount Talbert Nature Park 10695 S.E. Mather Rd., Clackamas	■	■	■	■						■			
20.	North Clackamas Park 5440 S.E. Kellogg Creek Dr., Milwaukie	■	■	■	■	■				■	■	■		
21.	Oak Grove Boat Launch at the terminus of Oak Grove Blvd.													■
22.	Pfeifer Park 14074 S.E. 139th Ave., Clackamas	■		■	■	■		■	■		■			
23.	Pioneer Park 14375 S.E. 153rd Ave., Clackamas			■	■	■			■		■			
24.	Risley Park 2350 S.E. Swain Ave., Oak Grove		■		■	■	■	■	■	■	■			
25.	Rivervilla Park 925 S.E. Courtney Rd., Oak Grove	■	■		■						■			
26.	Scott Park 10660 S.E. 21st Ave., Milwaukie	■			■									
27.	Sieben Park 14395 S.E. Territory Dr., Clackamas				■						■			
28.	Southern Lites Park 12088 S.E. 117th Ave., Happy Valley				■	■					■			
29.	Spring Park 1881 S.E. Lark St., Milwaukie				■	■					■			
30.	Stanley Park 11800 S.E. Stanley Ave., Milwaukie				■						■			
31.	Stringfield Family Park 3614 S.E. Naef Rd., Oak Grove	■	■	■	■	■					■			
32.	Summerfield Park 14001 S.E. Summerfield Loop, Clackamas				■	■			■		■			
33.	Trillium Creek Park 16803 S.E. Anderegg Pkwy., Damascus			■	■	■			■		■			
34.	Village Green Park 13786 S.E. Sieben Pkwy., Clackamas	■		■	■	■			■		■			
35.	Water Tower Park 9890 S.E. 40th Ave., Milwaukie				■	■			■		■			
36.	Wichita Park 5908 S.E. Monroe St., Milwaukie				■	■					■		■	



NORTH CLACKAMAS
PARKS & RECREATION DISTRICT

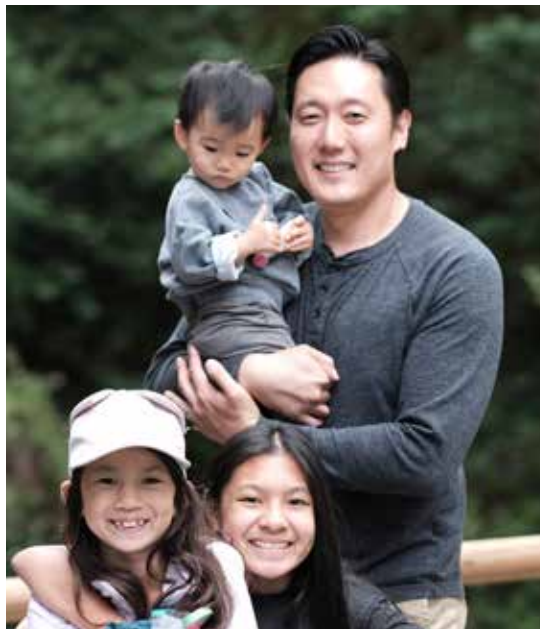
FALL 2019

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AUTUMN ACTIVITIES FOR THE WHOLE FAMILY

As the crisp fall weather approaches, there are still plenty of ways to get outdoors and stay active before winter settles in. NCPRD offers a wide range of year-round activities and events for all ages. Take a river walk and admire the vibrant changing leaves, enjoy a leisurely ride down the 6-mile Trolley Trail or learn a new hobby with one of our many enrichment classes or sports leagues – just to name a few.

**VIEW THE ONLINE DISCOVERY GUIDE
AT [NCPRD.COM/DISCOVERY](https://ncprd.com/discovery)**



NORTH CLACKAMAS PARKS & RECREATION DISTRICT CONTACTS

North Clackamas Aquatic Park
(503) 557-SURF (7873)
aquaticpark@ncprd.com

NCPRD Administration
(503) 742-4348
info@ncprd.com

Milwaukie Center
(503) 653-8100
milwaukiecenter@ncprd.com

Sports Programming/Fields
(503) 794-3877
sports@ncprd.com
Field Update Line
(503) 742-4343

Park Maintenance
(503) 794-8030
maintenance@ncprd.com

Recreation Programming
(503) 794-8080
recreation@ncprd.com