# connection

SERVING RESIDENTS OF NORTH CLACKAMAS COUNTY



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SUPPORTED BY THE MILWAUKIE COMMUNITY CENTER FOUNDATION



# CENTER SUPERVISOR'S MESSAGE

One of my favorite things to do at work is to give a tour of the Center to someone who has never visited before. I enjoy showing them the different rooms bustling with activities, while explaining the full breadth of programs and services we provide the community. The thing that is most striking to me when I give this tour is pointing out all the people working here in different capacities, and the fact that they are volunteers. Almost every program we operate here is touched by volunteers in some capacity; from volunteer attorneys, librarians and nurses, to dishwashers, musicians, retail clerks and managers. The MCC regular staff is consistently finding new ways to engage these volunteer workers and put their diverse skillsets to use for the betterment of the Center

Like all large work groups, oftentimes these folks end up making lasting friendships while becoming a part of something bigger. If you have thought about volunteering I would encourage you to come in and talk to Stan, our volunteer coordinator, about the possible opportunities, or just start by meeting some of our current volunteers and discussing why they like to volunteer.

There is always room for new people with new talents on our volunteer team, and never a better time than now to start.

Marty Hanley, Center Supervisor (503) 794-8058 I martyh@ncprd.com

#### **FOLLOW US!**



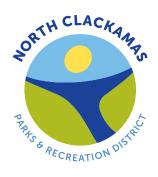
@ncprd



@MilwaukieCenter @ncprd



@ncprd



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#### YOUR CONNECTION

The Milwaukie Community Center Connection is a magazine-format newsletter produced six times a year, and is your resource for up-to-date activities, programs and events. The newsletter is printed and distributed at the Center and shared online at ncprd.com/mcc-connection. If you would like to submit story ideas or recommendations on how we can further improve the newsletter, email us at milwaukiecenter@ncprd.com.

# ABOUT THE MILWAUKIE COMMUNITY CENTER

The Milwaukie Community Center opened in January 1980 as a resource for community members seeking stability, support and friendship. Operated by North Clackamas Parks and Recreation District, the Center offers a wide range of senior-focused resources, social services, and recreational and enrichment programs for all ages. To find out if you are eligible for in-district rates, visit **ncprd.com**.

#### **NON-DISCRIMINATION POLICY**

Consistent with the policy of Clackamas County, the Milwaukie Community Center is committed to compliance with all state and federal non-discrimination directives, including Title VI of the Civil Rights Act of 1964 and the Americans with Disabilities Act Title II.

#### **DIRECTORY**

MAIN NUMBER (503) 653-8100
CENTER SUPERVISOR Marty Hanley (503) 794-8058
<b>FRONT DESK</b> Maria Lopez (503) 794-8067
SOCIAL SERVICES         Linda Whitmore
MEALS ON WHEELS Lisa Kasubuchi (503) 794-8035 Judy Wellington, Frank Cuccurullo, Courtney Johnson
RECREATION Tina Johnson (503) 794-8092
Pam Martin, Jan Pearlman
FACILITY RENTALS Rachelle Bonsi (503) 794-8013
FACILITY RENTALS
FACILITY RENTALS Rachelle Bonsi (503) 794-8013 FOUNDATION OFFICE
FACILITY RENTALS Rachelle Bonsi (503) 794-8013  FOUNDATION OFFICE Junia Stephens (503) 794-8043  TRANSPORTATION Anna Hernandez (503) 794-8014 Paul Baker, Mysti Trujillo,

5440 S.E. KELLOGG CREEK DRIVE MILWAUKIE, OR 97222 MONDAY-FRIDAY, 8 A.M.-4 P.M. PHONE: (503) 653-8100 FAX: (503) 794-8016

## MILWAUKIE COMMUNITY CENTER ADVISORY BOARD

The advisory board meets the second Friday of each month at 9:30 a.m. The public is welcome to attend.

#### **MEMBERS**

Marilyn Shrum, Chair Wilda Parks, Vice Chair Ben Horner-Johnson, Secretary Joel Bergman Julie Donohue Mark Elliott Paul Ellison Rebecca Hollenbeck Virginia Seitz Jessica Wright

## MILWAUKIE COMMUNITY CENTER FOUNDATION

The full MCCF Board meets the third Wednesday of the month at 9:30 a.m. If you wish to attend, contact Junia Stephens, (503) 794-8043.

#### **MEMBERS**

Angela Wright, Chair
Kerry Nelson, Vice Chair
Tomma Bersie, Secretary
Jacklyn Olive, Treasurer
Scott Barbur, Past Chair
Tina Botcheos
Lin Brockman
Jeanne Brown
Betty Dominguez
Joseph Hyder
Kathleen Loeffl
Kendel White
Penny Zeller
Junia Stephens, Foundation Director

Thanks to MCC Foundation for the printing of this publication.

#### HABLAMOS ESPAÑOL

El Milwaukie Community Center abrió en enero de 1980 como un recurso para los miembros de la comunidad que buscan estabilidad, apoyo, amistad y risas. El Centro ofrece una amplia gama de programas y servicios para satisfacer las diversas necesidades de la comunidad. Ofrecemos servicios sociales, recursos y clases para todas las edades. ¿Necesita espacio para su próximo evento? El Centro de Milwaukie tiene espacio para rentar. Maria López está disponible para más información a (503) 794-8067 de lunes a viernes a 8 a.m.-1:30 p.m.

#### **PHOTO POLICY**

NCPRD and the Milwaukie Community Center reserve the right to photograph classes, programs, events and participants at any of our facilities and parks or any sponsored activity. If you do not wish to be photographed or would like a photo of yourself to be discontinued from use, please notify staff.

# GREETINGS FROM THE FOUNDATION DEVELOPMENT OFFICE

As summer finally makes its appearance, we have two very exciting events to tell you about! Our annual Spaghetti Dinner, newly named Wine and Roses Italian Dinner, will be May 6. It is a 35-year tradition and has never disappointed. This year we are excited to have it back once again in person! There's still time to buy your tickets. Please come join us for this fundraiser for Meals on Wheels and the wonderful Social Service programs at the Center.

Local chefs and our talented kitchen staff will delight you with spaghetti and our famous meat sauce or vegetarian marinara, a green salad with antipasto, garlic bread and of course, tiramisu!! Beer and a lovely Italian wine will be available for purchase as well as raffle tickets for a variety of Italian-themed gift baskets!

Please join us for live music and a festive atmosphere as we partner with the Portland Rose Festival in bringing you this special event! Tickets available online at <a href="https://www.AftonTickets.com/ItalianDinner2023">www.AftonTickets.com/ItalianDinner2023</a> or at the Center during regular business hours.

And if that wasn't enough . . . mark your calendar for a new fundraiser that is sure to raise the roof!!! Celebrate Pride Drag Bingo on Sunday, June 11. A fun-filled afternoon of appetizers, desserts, beer, wine and of course high energy drag queens from Darcelle XV performing in between a lively bingo game with exciting prizes. It goes without saying that this new event will be over the top and through the roof! Please come on down to enjoy a playful day with us! More information can be found on our website www.MilwaukieCCFoundation.org! Tickets are limited, so grab yours soon!

Finally, a special thanks to each of you who participated in our March for Meals campaign! Couldn't do it without you!!

Warmest wishes.

Junia Stephens MCC Foundation Director (503) 794-8043 junia@MilwaukieCCFoundation.org



#### We gratefully acknowledge the following Sponsors

Willamette View, Milwaukie Floors & More, New Seasons Market, Understanding My Medicare, The Forum at Town Center, Rose Villa Senior Living Community, Cascade Benefit Advisors LLC, Happy Baskets, US Foods, Elite Care Oatfield Estates, CarePatrol, Rivers East Village, Managed Moves, MorningStar Assisted Living & Memory Care of Happy Valley

# center spotlight

#### Meet our new team members!

Please join us in welcoming these new faces to the Milwaukie Community Center.



JOE MACCA
Building Coordinator

Joe isn't new to the Milwaukie Community Center, since he's been teaching acrylics painting and drawing classes since 2019. As a Building Coordinator, he likes seeing familiar faces and the friends he's made since becoming an instructor. He's going to enjoy helping people celebrate their special events. When he's not working, he's an avid Oregon Ducks football and Timbers soccer fan. Joe's work has been featured in New American Paintings, Artweek, The Oregonian and the Portland Mercury.



# JOSEPH HYDER Building Coordinator

Joseph was born and raised in the hills of Tennessee, the Volunteer State, and is happy to bring that spirit to the Milwaukie Community Center.

He says, "It's also nice to be employed." He lived in Knoxville, San Francisco and Palm Springs before moving to Milwaukie in 2015. Joseph's major in theater prepared him for the job from which he retired, Unit Coordinator for the Department of Psychiatry, San Francisco General Hospital. When not knitting or reading a good book, he enjoys the theater, good restaurants, good music and working out. He looks forward to coming to the MCC just about every day. He says, "Come say "Hi."



## SARAH KREITER Recreation Program Manager

Sarah Kreiter most recently managed guest service operations, field trips and special events such as ZooLights at the Oregon Zoo. Prior to that, she oversaw the Adult Activity Center and all adult recreation programs for Willamalane Parks and Recreation District in Springfield, Oregon. She brings a passion for creating opportunities for health, wellness, social connection and personal growth for the community through recreation. When not working to provide fun to the community, Sarah enjoys spending time with her husband Lance and their dog Hoss going on hikes, bingeing on reality TV and going out to see live music in the community. Introduce yourself to Sarah when you see her working around the District.

# center programs

#### **NUTRITION PROGRAMS**

#### PETE'S CAFÉ

Pete's Café provides a central place at the Milwaukie Community Center for friends and neighbors to gather and enjoy food crafted in-house from fresh ingredients. Offerings include specialty salads, homemade soups, made-to-order sandwiches, hamburgers, hot dogs, and warm and cold beverages.

M - F, 9 A.M. - 12:30 P.M.

#### **TRILLIUM LUNCH**

A hot, well-balanced lunch is served daily in the Trillium Room at Pete's Cafe. To see the full list of upcoming meals served each day, please visit ncprd.com/nutrition-program.

M-F, 11:30 A.M. - 12:30 P.M. \$3 SUGGESTED DONATION FOR AGES 60+, \$5 FOR UNDER AGE 60

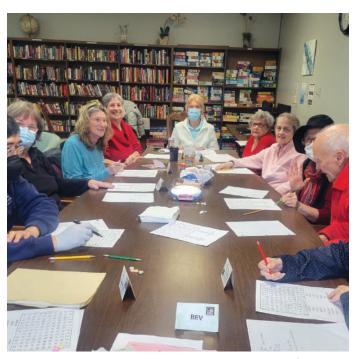
#### **MEALS ON WHEELS**

The Milwaukie Community Center's Nutrition Program has provided Meals on Wheels to community members in north Clackamas County for the last 40 years. Over 75,000 meals are served each year to homebound older adults and people with disabilities. Nutritious meals are made fresh daily and delivered directly to homes by dedicated volunteers – rain or shine. To learn about qualifications and how to apply, call Social Services at (503) 653-8100.

### March for Meals

Thank you to all who participated in March for Meals! We raised over \$11,000 for this valuable program that serves the seniors of our area. "So no senior goes hungry!"





Recent participants enjoying Brain Games at the Center.

#### **ONGOING CLINICS & GROUPS**

#### **APAC RESPITE PROGRAM**

"A Place at the Center" (APAC), is a special activities program for people with memory loss due to Alzheimer's, stroke or related disorders. This valuable respite program allows the family caregiver to receive valuable "time out." After two years, APAC will be back in the library on Wednesdays. This means the library will be closed to the general public on Wednesday afternoons to host APAC; hours will change slightly over the next few months. For additional information, application, fees, and time, call Diana at (503) 794-8038.

WEDNESDAYS

#### **BRAIN GAMES UPDATE: NEW DATE!**

Brain Games has moved to the second Wednesday of each month starting in May! Join in on fun activities, including brain games and other memory enhancing exercises to stimulate our brains while having fun and meeting new people. The activities are designed for all abilities.

DROP IN ACTIVITY FEE: \$1

10:30 A.M. - NOON 2<sup>ND</sup>

#### BLOOD PRESSURE CHECK

Drop in and get your blood pressure checked by volunteer nurses.

#### **FREE**

10 - 11:30 A.M. 2<sup>ND</sup> T

#### **CAREGIVERS SUPPORT GROUP**

This drop-in group is designed for individuals caring for a spouse, parent, friend or sibling. It provides participants an opportunity to share ideas and meet with others who are experiencing similar challenges. Occasional speakers.

#### **FREE**

1 - 2:30 P.M. 2<sup>ND</sup> AND 4<sup>TH</sup> WEDNESDAY

#### **DIABETES SUPPORT GROUP**

The Milwaukie Community Center, in partnership with Northwest Primary Care, is excited to announce that we are starting a new in-person diabetes support group. The new group will be facilitated by a registered nurse/diabetes educator, and held bi-monthly on the 3rd Friday of every other month, from 2-3:30 p.m.

#### **FREE**

2 - 3:30 P.M. 3RD FRIDAYS EVERY OTHER MONTH: 5/19, 7/21, 9/15, 11/17

#### **FOOT CARE**

This service is offered by registered nurses who specialize in foot care. The service includes a foot care exam, toenail and callus trim, and lotion rub. To schedule an appointment, call (503) 794-8038 and leave your name and phone number for a return call. \$45

8:30 A.M. - 3 P.M. EVERY TUESDAY

#### **SENIOR LAW CLINIC**

Volunteer elder law attorneys provide up to a  $\frac{1}{2}$  hour free consultation on estate planning issues such as wills, trusts, probate and advanced directives. This service is available to older adults (60+) residing in North Clackamas County. Various Tuesdays of each month, by appointment only. To schedule an appointment, please call (503) 653-8100.

#### **FREE**

**VARIOUS TUESDAYS** 

# center programs

#### **HEALTHY LIVING SEMINARS**

The Milwaukie Community Center offers Healthy Living Seminars focusing on a variety of education and health topics presented by local professionals. Pre-registration for these seminars is required. Please leave your name and phone number with the front desk unless noted otherwise.

#### **VIEWS CONVERSATIONS ON AGING**

Conversations on Aging is a peer facilitator program that provides seniors with free opportunities to talk about specific topics around the challenges of aging in a welcoming and confidential atmosphere. Conversations are held on the first Friday of each month from 10-11:30 a.m. and vary by topic. Please call (503) 653-8100 to reserve your space.

**FREE** 

1ST FRIDAYS OF EVERY MONTH 10 - 11:30 A.M.

#### **End-of-Life Decisions (Friday, May 5)**

We live in a culture where, for many, considering end-of-life realities can be an overwhelming challenge. This Conversations on Aging program does not provide legal advice but does offer a safe environment to explore and share feelings, fears, and thoughts that surround making plans and asking questions about end-of-life decisions.

**FREE** 

10 - 11:30 A.M. F 5/5

#### Adult Children (Friday, June 2)

Be part of a discussion about relationships with adult children as we age. Examine current problems and foster greater understanding between generations.

**FREE** 

10 - 11:30 A.M. F 6/2

#### Resilience (Friday, July 7)

As we age, we may feel increased vulnerability to the stresses that life presents. Resiliency can help counter this vulnerability and restore our equilibrium in the midst of life's challenges. Learn to recognize and utilize the building blocks to enhance resilience.

**FREE** 

10 - 11:30 A.M. F 7/7



#### LONG-TERM CARE PRESENTATION

Worried about long-term care? Join Oregon attorney Michael Rose, with Rose Elder Law, for a seminar on how to pay for long-term care using private funds, qualifying for Medicaid, and Veterans benefits. Space is limited. Call (503) 653-8100 to reserve your space.

**FREE** 

12:30 - 2 P.M. W 5/3

#### **EFFECTIVE COMMUNICATION STRATEGIES**

Communication is more than just talking and listening — it is also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. Call (503) 653-8100 to reserve your space.

**FREE** 

4:30 - 6 P.M. M 5/8

#### **BONE DENSITY PRESENTATION**

Did you know May is National Osteoporosis Awareness Month? Join us for a free community presentation on osteoporosis. Come and learn:

- Why bone health has become overlooked by the medical establishment, and why you should care about it.
- The role of dairy and supplements in your body's health, and discover a little known nutritional secret for better bone health.
- Why simple heartburn might be worse for you than you think.
- How you can stay informed with news in science and technology that is helping those suffering from osteoporosis.

Presented by OsteoStrong Happy Valley. Space is limited. Call (503) 653-8100 to reserve your space.

11 A.M. - NOON TH 5/11

#### MEMORY CAFÉ

Are you caring for someone with Alzheimer's or dementia? The Clackamas County Family Caregiver Support Program invites you to meet in the moment at the Memory Café at the Milwaukie Community Center! Memory Cafés offer a safe and supportive environment for those with dementia and their caregivers and loved ones. Join us for an hour of storytelling, creativity, companionship and fun! This is a one-time event. For more information, or to register, call Brittany at (503) 465-7922 or email FCSP@clackamas.us

FREE (REGISTRATION REQUIRED) 1:30 - 2:30 P.M. TH 5/18

#### **BONE DENSITY SCREENINGS**

Get proactive about your bone health during National Osteoporosis Awareness Month this May. OsteoStrong Happy Valley will be providing free bone density screenings. RSVP for your complimentary 10-minute screening by calling (503) 653-8100 or stop by the front desk.

FREE

10 A.M.-NOON TH 5/25

#### DEMENTIA CONVERSATIONS: DRIVING, DOCTORS VISITS, LEGAL AND FINANCIAL PLANNING

When someone is showing signs of dementia, it is time to talk. Our Dementia Conversations class is designed to help you talk with your family about some challenging and often uncomfortable topics around Alzheimer's and dementia. Some of the most difficult conversations to have are about: Going to the doctor to get a diagnosis or medical care, deciding when it is necessary to stop driving, and making plans for managing finances and legal documents to be sure the person's wishes are carried out and the costs of future care are covered. Call (503) 653-8100 to reserve your space.

**FREE** 

10-11:30 A.M. T 6/20

## INTRODUCTION TO SOCIAL EMOTIONAL ARTS: SELF-DISCOVERY AND STRESS RELIEF

Social Emotional Arts help us identify, express and regulate emotions, build focus, creativity and confidence, and be more resilient in troubled times. Participants will learn the theory of SEA and experience through fun exercises that build community and learn how SEA (Breath, Music, Movement, Visual Arts, Poetry, and Theater) can serve them in their daily lives. Presented by Valerie Ilustre, M.A. UCLA Certificate in Social Emotional Arts. Call (503) 653-8100 to reserve your spot.

**FREE** 

1-2 P.M. T 6/27

#### **ESTATE PLANNING 101**

Join Oregon attorney, Michael Rose, to discuss how you can protect yourself and your family in the event that you or a loved one need long-term care, or passes away. Mr. Rose will discuss wills vs. trusts, how to avoid probate, how to legally reduce or eliminate Oregon estate taxes, how to protect your assets if you need long-term care and more. Call (503) 653-8100 to reserve your spot.

FREE

12:30-2 P.M. W 6/28

# center programs

#### **ART**

CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+
ACRYLICS	М	10AM-12:30PM	JUN 26-AUG 21	\$113	\$85
ACRYLICS	F	10AM-12:30PM	JUN 30-AUG 25	\$113	\$85
OIL PAINTING	TH	9:30AM-NOON	JUN 29-AUG 31	\$125	\$94

#### DANCE

CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+
LINE DANCE BEGINNING II	T	12:45-1:45PM	JUN 27-AUG 29	\$45	\$34
LINE DANCE BEGINNING II	TH	12:45-1:45PM	JUN 29-AUG 31	\$50	\$38

#### **LANGUAGE & WRITING**

CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+
WRITING: CREATIVE/YOUR STORY*	W	1:30-3PM	JUN 28-AUG 16	\$60	\$45

**€** NIGHT CLASSES

\*ZOOM options available



## STRENGTH AND RELAXATION YOGA IN THE PARK

Levels 2-3. This class takes all the benefits of yoga – meditation, breathing, stretching, strengthening and balance – and presents it at a slow and gentle pace. Please bring a yoga mat and water. Come to a FREE workshop on Thursday, June 29 from 11 a.m.-noon. Please pre-register.

LOCATION: NORTH CLACKAMAS PARK

FEE: \$50, 62+ \$38

TIME/DATE: 11 A.M.-NOON TH

7/6-9/14 (NO CLASS 8/31)

10 MAY / JUNE 2023

#### TO REGISTER FOR WORKSHOPS AND CLASSES, GO TO

#### NCPRD.COM OR CALL (503) 794-8092

#### **FITNESS & HEALTH**

LEVEL 1 NEED SUPPORT (CHAIR FITNESS) | LEVEL 2 BEGINNER LEVEL 3 ACTIVE NOW (INTERMEDIATE) | LEVEL 4 ATHLETE (ADVANCED)

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+	LEVEL
	BALANCE AND STRENGTH	TH	10:30-11:15AM	JUN 29-AUG 31	\$38	\$29	L2
	COMPLETE CONDITIONING	TH	9:20-10:20AM	JUN 29-AUG 31	\$50	\$38	L2-3
	FUNCTIONAL FITNESS*	T	11AM-NOON	JUN 27-AUG 22	\$40	\$30	L2-3
	INNERGYSTICS*	TH	11:30AM-12:30PM	JUN 22-AUG 31	\$35	\$26	L3-4
	LINE DANCE FOR FITNESS	М	9:30-10:30AM	JUN 26-AUG 28	\$50	\$38	L3-4
	LINE DANCE FOR FITNESS	F	9:30-10:30AM	JUN 30-SEP 1	\$50	\$38	L2-3
•	LOW IMPACT AEROBIC STRENGTH TRAINING	тн	4-4:45PM	JUN 29-AUG 31	\$38	\$29	L2-3
	SIT-N-B-FIT	М	11-11:45AM	JUN 26-AUG 28	\$38	\$29	L1-2
	SIT-N-B-FIT	W	11-11:45AM	JUN 28-AUG 30	\$38	\$29	L1-2
	SIT-N-B-FIT	F	11-11:45AM	JUN 30-SEP 1	\$38	\$29	L1-2
	STRENGTH & RELAXATION YOGA*	М	2:45-3:45PM	JUN 26-AUG 21	\$45	\$34	L2-3
	STRENGTH & RELAXATION YOGA	Т	9:30-10:30AM	JUN 27-AUG 29	\$45	\$34	L2-3
	STRENGTH & RELAXATION YOGA	W	9:30-10:30AM	JUN 28-AUG 30	\$50	\$38	L2-3
	STRENGTH & RELAXATION YOGA IN THE PARK WORKSHOP	тн	11AM-NOON	JUNE 29	FREE	FREE	L2-3
	STRENGTH & RELAXATION YOGA IN THE PARK	тн	11AM-NOON	JUL 6-SEP 14	\$50	\$38	L2-3
	TAI CHI BEGINNING 2	T/TH	8:10-9:10AM	JUN 27-AUG 31	\$95	\$71	L2-3
	WALKING WITH WAYNE	W	10AM @ N CLACK PARK	ONGOING	FREE	FREE	L3-4
	ZUMBA GOLD TONING*	М	NOON-1PM	JUN 26-AUG 28	\$50	\$38	L2-3
	ZUMBA GOLD TONING*	W	NOON-1PM	JUN 28-AUG 30	\$50	\$38	L2-3
•	ZUMBA*	Т	6:40-7:40PM	JUL 25-SEP 5	\$35	\$26	L3-4
•	ZUMBA*	TH	6:40-7:40PM	JUL 27-SEP 7	\$35	\$26	L3-4

Please do not plan to register first day of class.

# center programs



#### **NEW! TUNEFUL TUESDAY**

Join the Tuesday Plus Trio each week for **Tuneful Tuesday**, where you can enjoy live entertainment. People are welcome to listen, sing or dance to the music. This is a free, ongoing program.

LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: FREE

TIME/DATE: 11 A.M.-NOON TUESDAYS

#### **ACTIVITY GROUPS**

	ACTIVITY	DAY	TIME	DATES	FEE NON	FEE RESIDENT
	BILLIARDS	M-F	8AM-4PM	DROPIN	\$2.00	\$1.00 ALL DAY
	DAYTIME BINGO	T/TH	1-2PM	DROPIN	\$0.50	\$0.25 PER CARD
•	EVENING BINGO!	TH	6-9:30PM	DROP IN	->	\$4-6 PER PACKET**
	PARTY BRIDGE	TH	12:30-3:30PM	DROP IN	\$2.00	\$1.00 PER SESSION
	MT. DULCIMER JAM	F	NOON-2PM^	1ST & 3RD F	\$2.00	\$1.00 PER SESSION
	CHINESE MAH JONGG	M	12:30-3:30PM	DROP IN	\$2.00	\$1.00 PER SESSION
	MAHJONGG	W	12:30-3:30PM	DROP IN	\$2.00	\$1.00 PER SESSION
•	UKULELE JAM	W	6-7:15PM^	1ST & 3RD W	\$2.00	\$1.00 PER SESSION
	UKULELE JAM	TH	9:30-11AM	DROPIN	\$2.00	\$1.00 PER SESSION
	WOODCARVING	W	8-11:30AM	DROP IN	\$2.00	\$1.00 PER SESSION

#### **NEW!** CONCORD SCHOOL PROPERTY

Select classes are now being offered at Concord School Property (3811 S.E. Concord Road, Oak Grove).

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+	LEVEL
	DRAWING	W	10AM-NOON	JUN 28-AUG 16	\$80	\$60	_
	EXERCENTRICS	М	12:20-1:20PM	JUN 26-AUG 28	\$50	\$38	L3-4
•	TAI CHI BEGINNING I	T/TH	5-6PM	JUN 27-AUG 31	\$95	\$71	L3-4
	YOGAFLEX*	М	1:30-2:15PM	JUN 26-AUG 28	\$38	\$29	L1-3
	TAI CHI FOR BETTER HEALTH	S	9:30-10:30AM	JUL 1-AUG 26	\$45	\$34	L2-3

NIGHT CLASSES \*ZOOM options available \*\*Evening BINGO!: \$6 first packet; \$5 second packet; \$4 third packet
^Mt. Dulcimer and Ukulele Jam: Times subject to change. Please call (503) 794-8092

#### TO REGISTER FOR WORKSHOPS AND CLASSES, GO TO

#### NCPRD.COM OR CALL (503) 794-8092



#### **KIDS CLASSES**

	CLASS	DAY	TIME	DATES	FEE NON	FEE RESIDENT	AGES
•	TINY TOTS PRE-BALLET	W	4-4:30PM	JUL 5-AUG 23	\$111 NR	\$89 NCPRD	3-4
•	LITTLE DANCERS BALLET & JAZZ	W	4:40-5:25PM	JUL 5-AUG 23	\$121 NR	\$97 NCPRD	5-6
•	BEGINNER DANCERS BALLET & JAZZ	W	5:35-6:20PM	JUL 5-AUG 23	\$121 NR	\$97 NCPRD	6-8

 Please do not plan to register first day of class.



#### PRE-SCHOOL SING-A-LONG

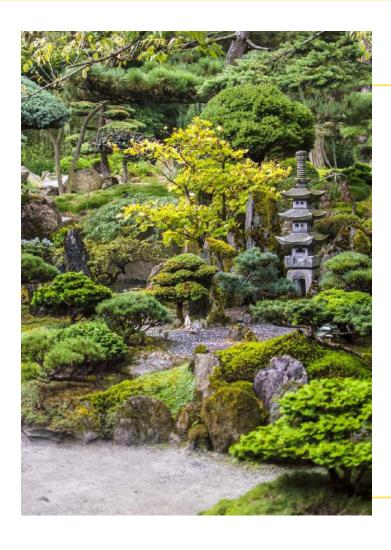
**Ages 1-5.** Explore rhythms and notes through singing during this 30-minute drop-in session. Bond with your pre-schooler while learning new songs and meeting other pre-schoolers. Enjoy milk and cookies afterwards in Pete's Café.

LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: NCPRD, \$2; NON-RES, \$3 PER SESSION

TIME/DATE: 10-10:30 A.M. TUESDAYS 4/4-5/23

# travel trips



#### Travel Trips are back!

- Enjoy the scenery, make new friends and relax while adventuring to exciting destinations.
- All trips leave from and return to the Milwaukie Community Center.
- Standing and walking are required on most trips. Wear comfortable shoes and dress appropriately.
- Reserve your seat some of our most popular trips fill quickly!
- Trip registrations are accepted and confirmed Monday through Friday, 9 a.m.-1 p.m. at the Travel Desk or by calling (503) 794-8026. Phone registrations are confirmed by seating availability and payment made in full with our Travel Desk agents.
- All registrants are required to complete a registration form prior to trip departure.

#### LA PROVENCE & PETITE PROVENCE

Join us for brunch. In 1996, La Provence first came together as a small group of foodie friends to share their passion for traditional foods in and around Provence, France. At their bakery and bistro they enjoy bringing European delights to the plates of all. Bring money for lunch.

FEE: RESIDENT, \$16; NON-RESIDENT, \$20 TIME/DATE: 11:30 A.M.-2:30 P.M. TH 5/11



14 MAY / JUNE 2023



## CRYSTAL SPRINGS RHODODENDRON GARDEN

Come enjoy a walk through Crystal Springs Rhododendron Garden. The garden is a sanctuary of tranquil beauty for the wellbeing of all. A unique 9.5 acre garden, Crystal Springs contains an outstanding collection of rare species and hybrid rhododendrons, azaleas and other lesser-known ericaceous plants. Bring \$5 for admission.

FEE: RESIDENT, \$10; NON-RESIDENT, \$13 TIME/DATE: 11:30 A.M.-2:30 P.M. TH 5/25

#### **HUBER'S**

Huber's is Portland's oldest restaurant, specializing in traditional turkey dinners, Certified Angus Beef, fresh seafood, entrée salads and a variety of pasta dishes. Bring money for lunch.

FEE: RESIDENT, \$14; NON-RESIDENT, \$18
TIME/DATE: 11:30 A.M.-2:30 P.M. TH 6/8





#### **PITTOCK MANSION**

Built in 1914, Pittock Mansion tells the story of Portland's transformation from pioneer town to modern, industrialized city through the history and legacy of one of its influential families. Bring \$12.50, adults; \$14.50, seniors, for entrance fee.

FEE: RESIDENT, \$14; NON-RESIDENT, \$18 TIME/DATE: 12:30-3 P.M. TH 6/29

# featured events



## AFTERNOON PERFORMANCE WITH THE ANDERSON-SASAKI DUO

Enjoy live classical music with a free interactive performance by the Anderson-Sasaki Duo. Sharing a passion for chamber music and a strong belief that everyone in any community should have the opportunity to find a personal connection with music, Portland-native violinist Rebecca Anderson and pianist Mika Sasaki have joined forces to create community residencies and imaginative programs that can forge lasting and meaningful connections with audiences. Presented by Chamber Music Northwest; learn more at cmnw.org/outreach

LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: FREE

DATE/TIME: WEDNESDAY, MAY 17

1-2 P.M.

#### **COMMUNITY SHRED EVENT**

Join us as we kick off Medicare Fraud Prevention Week with this free event sponsored by Clackamas County Senior Medicare Patrol and the Milwaukie Community Center. This free drive-thru, drop-off event provides community members with a safe and secure resource to shred their confidential documents on-site. Limited to two banker boxes per vehicle to be shredded. Please remove staples and any other metal objects from documents. The event will also feature general Medicare and Medicare fraud prevention information, free giveaway items and more.

LOCATION: MILWAUKIE COMMUNITY CENTER

(PARKING LOT BY THE BALLFIELDS - FOLLOW SIGNS)

FEE: FREE

DATE/TIME: FRIDAY, JUNE 2

10 A.M.-1 P.M.



#### **OREGON BALLET THEATRE 2**

Oregon Ballet Theatre's junior ensemble OBT2 features dancers who are on the cusp of their professional careers. Don't miss this program highlighting the breadth of their technical ability, featuring four selections from 20th century classical repertoire, including excerpts from *Coppélia*, *Don Quixote* and *Raymonda*. The performance also includes an exciting new work choreographed by Peter Franc specifically for OBT2. Join us for this special afternoon of classic and contemporary dance with something for the whole family! All proceeds benefit Oregon Ballet Theatre 2 and scholarships for classes at the Milwaukie Community Center. Doors open at 4:30 p.m.

LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: SUGGESTED DONATION \$5

DATE/TIME: SATURDAY, JUNE 3

**5 P.M., DOORS OPEN AT 4:30 P.M.** 





#### CELEBRATE PRIDE DRAG BINGO

Join us for a lively evening of bingo with the legendary and glamorous Poison Waters. Enjoy gourmet bites, beer, wine, a signature Pride cocktail and the chance to win fun raffle and bingo prizes. All proceeds benefit Meals on Wheels and Social Services at Milwaukie Community Center. Purchase tickets at milwaukieccfoundation.org or at the Milwaukie Community Center, Monday-Friday between 9 a.m. – 4 p.m.

LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: \$50 PER PERSON

DATE/TIME: SUNDAY, JUNE 11

4-8 P.M.

# featured events

#### GREAT AMERICAN BBQ

Mark your calendars for a delicious BBQ lunch. The menu includes a burger or hot dog, with sides and a drink. Vegetarian options are available. For more information, call the Nutrition Program at (503) 794-8035.

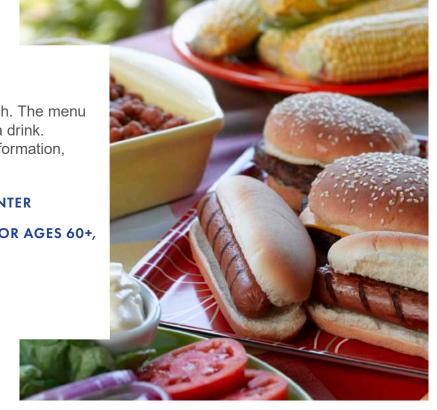
LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: \$3 SUGGESTED DONATION FOR AGES 60+,

\$5 FOR UNDER AGE 60

DATE/TIME: FRIDAY, JULY 14

NOON-1 P.M.





#### **CENTER MEET AND GREET TOUR**

Are you thinking about making a commitment to meet others and socialize more this spring? Call and set up a time to have a personal tour of the Center and share what your interests are and we can help steer you in the right direction, whether it be signing up for a class, going on a day trip with others, getting a ride to the grocery store, or becoming one of our many beloved volunteers. Call Linda Whitmore at (503) 794-8037 to set up your personal tour.

LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: FREE

DATE/TIME: CALL TO SET UP YOUR PERSONAL TOUR

18 MAY / JUNE 2023

# rentals



#### MILWAUKIE COMMUNITY CENTER RENTALS

Let us host your next special event! The Milwaukie Community Center is available for private use for meetings, showers, reunions, parties, receptions and other events. The Center features nine rooms of various sizes, including a banquet room with a large stage and audio equipment, and two kitchenettes. Whether you're looking to rent the entire facility or individual spaces, the Milwaukie Community Center offers flexible spaces and convenient amenities to meet your event needs.

Looking for an outdoor space as well? Just adjacent to the Milwaukie Community Center, the beautiful Sarah Hite Memorial Rose Garden and the North Clackamas Park picnic shelter are also available for rent.

For more rental information visit **ncprd.com/milwaukie-center/rentals** or call (503) 794-8013.

# around the center





#### SPRING BREAK ROCKET CAMP

During this action-packed week campers had a blast learning about the physics of rocket flight, and even built and launched their own rockets.



20 MAY / JUNE 2023



# VICTOR DE LA CONTROL DE LA CON

#### HOUSING AND SENIOR SERVICES FAIR

Brimming with helpful resources, over 51 vendors were onsite representing independent and assisted living communities, in-home care and much more.



## EARTH DAY KIDS CONTAINER GARDENING

Little nature enthusiasts learned how to plant in a container from a Master Gardener.



# volunteer

Become a volunteer! The Milwaukie Community Center offers different opportunities for you to share your skills and give back to the community. We want to make sure you find the position that fulfills your desire to make a difference in the lives of others, and we will work with you to find the best fit for your skills and interests. Call the Volunteer Coordinator at (503) 794-8034 or sign up at https://ncprd.com/milwaukie-center/volunteer.

## CURRENT VOLUNTEER OPPORTUNITIES

- Artisan Gifts
- Bingo
- Board members
- Bottle and can recycling
- Bus washing
- Curb painter
- Event support
- Firewood delivery
- Foot Care Clinic Admin/Scheduler
- Front Desk
- Gardening
- Grocery shopping
- Janitorial assistance
- Maintenance assistance
- Meals on Wheels drivers
- Noon Entertainment
- Wood splitting



INTERESTED IN VOLUNTEERING WITH THE MILWAUKIE COMMUNITY CENTER?

CONTACT OUR VOLUNTEER COORDINATOR AT SCatherman@ncprd.com or at (503) 794-8034

22 MAY / JUNE 2023

#### **SUMMER VOLUNTEERS NEEDED!**

As we enter summer and people start thinking about vacations, we need additional volunteers in every area.

We will especially be needing gardening and wood splitting volunteers, which is nice for those looking forward to spending more time outside.

Our BINGO! night is growing and we are in need of volunteers to facilitate this growth.

If you would like to volunteer, contact our Volunteer Coordinator by email, phone or scan the QR code.





#### **OTHER ON-SITE SERVICES**

To learn about the following on-site services at the Milwaukie Community Center, call (503) 653-8100.

- CAN RECYCLING
- COMMUNITY LIBRARY
- COMMUNITY RESOURCE INFORMATION
- COMPUTER WORKSTATIONS AND WI-FI ACCESS
- EMERGENCY FIREWOOD
- EXERCISE OPPORTUNITIES
- FAMILY CONSULTATION

- HOME REPAIR RESOURCES
- INSURANCE RESOURCES AND INFORMATION
- MEDICAL EQUIPMENT LOAN
- NEEDS ASSESSMENTS
- RESOURCE LIBRARY
- VOTER REGISTRATION
- TAX AIDE



MONDAY		TUESDAY		WEDNESDAY
	_		_	

<b>12:30-3:30 p.m. –</b> Chinese Mah Jongg	8:30 a.m3 p.m. – Foot Care 10-10:30 a.m. – Preschool Sing-A-Long 11 a.mnoon – Tuneful Tuesday 1-2 p.m. – Daytime Bingo	8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 12:30-3:30 p.m. – Mah Jongg 6-7:15 p.m. – Ukulele Jam 12:30-2 p.m. – Long-Term Care Presentation
12:30-3:30 p.m. – Chinese Mah Jongg 4:30-6 p.m. – Effective Communication Strategies	8:30 a.m3 p.m. – Foot Care 10-10:30 a.m. – Preschool Sing-A-Long 10:30 a.mnoon – Blood Pressure Check 11 a.mnoon – Tuneful Tuesday 1-2 p.m. – Daytime Bingo	8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 10:30 a.mnoon – Brain Games 12:30-3:30 p.m. – Mah Jongg 1-2:30 p.m. – Caregiver's Support Group
15 12:30-3:30 p.m. – Chinese Mah Jongg	8:30 a.m3 p.m. – Foot Care 10-10:30 a.m. – Preschool Sing-A-Long 11 a.mnoon – Tuneful Tuesday 1-2 p.m. – Daytime Bingo	8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 12:30-3:30 p.m. – Mah Jongg 6-7:15 p.m. – Ukulele Jam 1 -2 p.m. – Anderson-Sasaki Duo
<b>22 12:30-3:30 p.m. –</b> Chinese Mah Jongg	8:30 a.m3 p.m. – Foot Care 10-10:30 a.m. – Preschool Sing-A-Long 11 a.mnoon – Tuneful Tuesday 1-2 p.m. – Daytime Bingo	24 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 12:30-3:30 p.m. – Mah Jongg 1-2:30 p.m. – Caregiver's Support Group
<b>29 12:30-3:30 p.m. –</b> Chinese Mah Jongg	8:30 a.m3 p.m. – Foot Care 11 a.mnoon – Tuneful Tuesday 1-2 p.m. – Daytime Bingo	31 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 12:30-3:30 p.m. – Mah Jongg

#### **ONGOING DAILY OFFERINGS**

TRILLIUM LUNCH	<b>BILLIARDS</b>	PETE'S CAFE	ARTISAN GIFTS
Noon - 12:30 p.m.	8 a.m 4 p.m.	9 a.m 1 p.m.	<b>M</b> , <b>T</b> , <b>W</b> , <b>F</b> : 10 a.m 3 p.m. <b>Th:</b> 10 a.m 6 p.m.

#### MILWAUKIE COMMUNITY CENTER EVENTS & OFFERINGS

THURSDAY FRIDAY

9:30-11 a.m. – Ukulele Jam 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 2-4:30 p.m. – Live Well, Age Well 6-9:30 p.m. – Evening BINGO!	5 10-11:30 a.m. – End of Life Decisions Noon-2 p.m. – Mt. Dulcimer Jam  Sat. May 6, 5 & 6:30 p.m.  Wine & Roses Italian Dinner  Sun. May 7, 11 a.m-noon  World Laughter Day
9:30-11 a.m. – Ukulele Jam 11 a.mnoon – Bone Density Presentation 11:30 a.m2:30 p.m. – La Provence & Petite Provence 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 2-4:30 p.m. – Live Well, Age Well 6-9:30 p.m. – Evening BINGO!	12
9:30-11 a.m. – Ukulele Jam 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 1:30-2:30 p.m. – Memory Café 2-4:30 p.m. – Live Well, Age Well 6-9:30 p.m. – Evening BINGO!	Noon-2 p.m. – Mt. Dulcimer Jam 2-3:30 p.m. – Diabetes Support Group
9:30-11 a.m. – Ukulele Jam 10 a.mnoon – Bone Density Screening 11:30 a.m2:30 p.m. – Crystal Springs Rhododendron Garden 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 6-9:30 p.m. – Evening BINGO!	26



SCHEDULES AND PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

CONTACT US FOR THE LATEST UPDATES.

(503) 653-8100



MONDAY	MONDAY TUESDAY	
<b>5 12:30-3:30 p.m. –</b> Chinese Mah Jongg	8:30 a.m3 p.m. – Foot Care 11 a.mnoon – Tuneful Tuesday 1-2 p.m. – Daytime Bingo	8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 12:30-3:30 p.m. – Mah Jongg 6-7:15 p.m. – Ukulele Jam
<b>12 12:30-3:30 p.m. –</b> Chinese Mah Jongg	8:30 a.m3 p.m. – Foot Care 10:30 a.mnoon – Blood Pressure Check 11 a.mnoon – Tuneful Tuesday 1-2 p.m. – Daytime Bingo	8-11:30 a.m. – Woodcarving 10:30 a.mnoon – Brain Games 12:30-3:30 p.m. – Mah Jongg APAC Respite Program (call for time) 1-2:30 p.m. – Caregivers Support Group
19 12:30-3:30 p.m. – Chinese Mah Jongg	8:30 a.m3 p.m. – Foot Care 10-11:30 a.m. – Dementia Conversations 11 a.mnoon – Tuneful Tuesday 1-2 p.m. – Daytime Bingo	8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 12:30-3:30 p.m. – Mah Jongg 6-7:15 p.m. – Ukulele Jam
<b>26 12:30-3:30 p.m. –</b> Chinese Mah Jongg	8:30 a.m3 p.m. – Foot Care 11 a.mnoon – Tuneful Tuesday 1-2 p.m. – Intro to Social Emotional Arts 1-2 p.m. – Daytime Bingo	28 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 12:30-2 p.m. – Estate Planning 101 12:30-3:30 p.m. – Mah Jongg 1-2:30 p.m. – Caregivers Support Group

#### ONGOING DAILY OFFERINGS

TRILLIUM LUNCH	BILLIARDS	PETE'S CAFE	ARTISAN GIFTS
Noon - 12:30 p.m.	8 a.m 4 p.m.	9 a.m 1 p.m.	<b>M, T, W, F:</b> 10 a.m 3 p.m. <b>Th:</b> 10 a.m 6 p.m.

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#### MILWAUKIE COMMUNITY CENTER EVENTS & OFFERINGS

THURSDAY FRIDAY





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(503) 653-8100

#### MILWAUKIE COMMUNITY CENTER

5440 SE KELLOGG CREEK DRIVE MILWAUKIE, OREGON 97222

PHONE: (503) 653-8100

NCPRD.COM/MILWAUKIE-CENTER







Stop by the newly renovated Artisan Gifts to browse a beautiful selection of handcrafted gifts, including jewelry, home goods, children's toys and more.

With every purchase, you are supporting the essential programs and services at the Milwaukie Community Center and providing meaningful income opportunities for artisans and their families.

MON., TUES., WED., FRI. 10 A.M.-3 P.M. • THUR., 10 A.M.-6 P.M.



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MILWAUKIE COMMUNITY CENTER FOUNDATION