

# connection

SERVING RESIDENTS OF NORTH CLACKAMAS COUNTY



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# CENTER SUPERVISOR'S MESSAGE

Welcome to 2023. I hope today finds you safe and warm. While it has always seemed a bit arbitrary how the flipping of a calendar page can signify a fresh start or reset, I will admit I have used New Year's day over the years to give myself a starting point to make an improvement or two in my life. While the results have definitely been mixed, I am going to keep trying. I would invite you to use the new year to try and make an improvement in your life as well. There are many opportunities at the Milwaukie Community Center (MCC) for trying new enriching activities. Take a moment to explore the many offerings in this issue of the MCC Connection and perhaps you will find something new that interests you. Take a class that introduces you to a new hobby or helps you achieve your fitness goals, or help others by signing up to volunteer. Whatever your involvement may be, I encourage you to reach out this year and try to take a step towards a better you.



**Marty Hanley, Center Supervisor**  
(503) 794-8058 | [martyh@ncprd.com](mailto:martyh@ncprd.com)

## 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](https://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](mailto:milwaukiecenter@ncprd.com).

*Thanks to MCC Foundation for the printing of this publication.*




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## 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](https://ncprd.com).

### FOLLOW US!

-  @ncprd
-  @MilwaukieCenter
-  @ncprd



## 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

### FRONT DESK

Maria Lopez . . . . . (503) 794-8067

### SOCIAL SERVICES

Linda Whitmore . . . . . (503) 794-8037

Jamie Davie . . . . . (503) 794-8040

### MEALS ON WHEELS

Lisa Kasubuchi . . . . . (503) 794-8038

Judy Wellington . . . . . (503) 794-8035

Frank Cuccurullo,  
Courtney Johnson

### RECREATION

Tina Johnson . . . . . (503) 794-8092

Pam Martin, Jan Pearlman

### FACILITY RENTALS

Rachelle Bonsi . . . . . (503) 794-8013

### FOUNDATION OFFICE

Junia Stephens . . . . . (503) 794-8043

### TRANSPORTATION

Anna Hernandez . . . . . (503) 794-8014

Paul Baker, Mysti Trujillo,  
Kevin O'Hollearn, Kelly Kim

### VOLUNTEER COORDINATOR

Stan Catherman . . . . . (503) 794-8034

**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

Kim Buchholz

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*

## 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

New Year greetings to the family that makes up the Milwaukie Community Center and the MCC Foundation! As we step foot into 2023, we look forward with grand anticipation the exciting year ahead.



Let me first sincerely thank each and every one of you for digging deep for our Annual Appeal. Your generosity is humbling. The money we bring in from this campaign provides support for ALL of the programs at the Center – Nutrition/Meals on Wheels, Social Services, Transportation and Recreation. There is so much to do! And your dollars allow us to expand and provide needed help and services to so many – from a bus ride to the grocery store, to a daily meal for balanced nutrition. So much that we take for granted is a challenge for some. We are honored to extend a helping hand.

There are a few changes coming down the pike in the year to come. If your mouth is watering for our delicious spaghetti at the Italian Dinner, you'll have to hold on to that craving until May this year. We are pleased to again be a Community Partner Event with the Portland Rose Festival. Our Italian Night will be an evening of Wine and Roses and a delight for the tastebuds as always!

Artisan Gifts has expanded, updated and continues to welcome new local artisans and makers. The timeless handmade treasures have not gone away. We've just enhanced your shopping experience with a new variety of beautiful, unique handcrafted items that are sure to impress. Remember that the profits from Artisan Gifts support the good works of the Foundation.

If you are looking for a fun way to *Have Fun and Make Money* . . . please join us for Thursday night Bingo! We play from 6-9:30 p.m. The Snack Bar has a variety of goodies and hot dogs. The payouts for Bingo winners have been several hundred dollars lately! So we stand by our slogan for sure!

As we embark on a new year full of hope and possibilities, we are proud of past accomplishments and look forward to what is to come. With your support anything is possible!

Warmest wishes,

**Junia Stephens**  
**MCC Foundation Director**  
(503) 794-8043  
[junia@MilwaukieCCFoundation.org](mailto:junia@MilwaukieCCFoundation.org)

**Angela Wright**  
**MCC Foundation Chair**  
(503) 794-8043  
[angelaw@MilwaukieCCFoundation.org](mailto:angelaw@MilwaukieCCFoundation.org)



*"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."*

*-John Fitzgerald Kennedy*



## ***We gratefully acknowledge the following donors***

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Edward Rappaport	Mary Starrett	
Edward & Nancy Buckman	Mary Kulm	

# center spotlight

*Welcome to our new transportation staff!*



## KELLY KIM

"My wife Margaret and I moved to Clackamas from Los Angeles in 2020. I enjoy eating, trying new restaurants, family, fun, fishing and learning about Oregon's many trees and types of vegetation.

We also enjoy traveling and exploring different local parks, open spaces and the hometown friendliness of Oregon. I look forward to meeting all of my fellow passengers and employees!"



## MYSTI TRUJILLO

"I am a lifelong Oregonian, born in Portland and raised in Milwaukie, graduating from Rex Putnam High School. I enjoy origami, Legos and watching the Ducks. I did medical billing for ten

years, it was challenging but lonely work. I really enjoy driving the bus for the Milwaukie Community Center and look forward to seeing the folks every week."

*Congratulations to Kathi Schroeder on her retirement!*



*"To my volunteers, clients, supporters and staff members, if you were to ask me what the best part of my job has been, my answer is **You**. That's right, **You, You, and You**. **You** made my day. Thank you for letting me serve **You**, letting me direct **You**, and letting me just enjoy and get to know **You**."*

**-Kathi Schroeder**

*"Kathi started her 26 years at the Center as a volunteer Meals on Wheels driver and medical escort driver. As a busy mother she found the time to give back to her community in this manner, until eventually being persuaded to take a job as the Meals on Wheels Coordinator. This progressed until she took charge of the entire Nutrition Program. Under her leadership, the Nutrition Program became a very well run and efficient program. Kathi's first concern was always our most precious resource, our volunteer drivers. She worked to make their jobs as easy and safe as possible. She also had a lot of empathy for those receiving the meals and worked with Social Services staff to help these neighbors in more ways than just providing a meal for them. Kathi was the most reliable and organized employee I had the pleasure to work with and could always be counted on. She will be missed here at the Milwaukie Community Center, but the foundation of what she built will be evident for many years to come."*

**-Marty Hanley, Center Supervisor**

# 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. - 1 P.M.**

### TRILLIUM LUNCH

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

**M-F, NOON - 12:30 P.M.**

**\$3 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 60,000 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.

## THANK YOU

**NEW SEASONS**  
**MARKET**

*and volunteers!*

The Happy Valley store raised

**\$14,567.85**

for our Meals on Wheels program during  
the Eight Days of Kindness campaign.



*Meals on Wheels volunteer making a delivery.*



# center programs

## ONGOING CLINICS & GROUPS

### SUPPLEMENTAL FIREWOOD PROGRAM

Seasoned firewood is available to low income seniors and persons with disabilities residing in North Clackamas Parks District. Interested NCPRD residents may phone the Center (503) 653-8100 and leave their contact information. A staff member will return the call to discuss eligibility requirements and program limitations.

### 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 Lisa at (503) 794-8038.

**WEDNESDAYS**

### 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**

### BRAIN GAMES

Join in to improve your memory skills while having some 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> 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. To schedule an appointment, please call (503) 653-8100.

**FREE**

**1 - 2:30 P.M. 2<sup>ND</sup> W**

### NEW! 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., beginning in March 2023! Join us for our first meeting on Friday, March 17th at 2 p.m.

**FREE**

**3RD FRIDAYS EVERY OTHER MONTH;  
JAN., MAR., MAY, JUL., SEP., NOV.  
2-3:30 P.M.**

### 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. We are no longer accepting new clients. To schedule an appointment, please call (503) 653-8100 and leave your name and phone number for a returncall.

**\$45**

**1<sup>ST</sup>, 3<sup>RD</sup> AND 4<sup>TH</sup> TUESDAY OF THE MONTH  
8:30 A.M. - 3:00 P.M.**





TO REGISTER FOR WORKSHOPS AND CLASSES, GO TO  
**NCPRD.COM OR CALL (503) 794-8092**



## 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. Space is limited. Please RSVP to (503) 653-8100.

#### **New Wisdom, Life Lessons (Friday, Jan. 6)**

Along with the challenges that frequently accompany aging, increased wisdom is an outcome as well. Join us for a conversation about the wisdom you have developed over the year.

**FREE**

**10 - 11:30 A.M. F 1/6**

#### **Living Solo as a Senior (Friday, Feb. 3)**

As we age, some of us have family or friends who will provide care or support for us if needed, and some of us do not. Even if we have children, they may not be available or able to provide support. Join us for this discussion on facing aging as a solo senior.

**FREE**

**10 - 11:30 A.M. F 2/3**

### ESTATE PLANNING 101: PROTECTING YOURSELF AND YOUR FAMILY

Join Oregon attorney Michael Rose with Rose Elder Law to discuss how you can protect yourself and your family in the event that you or a loved one needs long term care or passes away. Mr. Rose will discuss how to use a trust, 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 2/1**

# center programs

## FREE! WORKSHOPS

Not sure which fitness or enrichment class to take first? Try a free workshop before signing up for a class!

☾	FOXTROT	MONDAY, JAN. 9 6:30-7:30 P.M.	MILWAUKIE COMMUNITY CENTER
	STRENGTH & RELAXATION YOGA	TUESDAY, JAN. 10 9:30-10:30 A.M.	MILWAUKIE COMMUNITY CENTER
☾	TAI CHI BEGINNING I	TUESDAY, JAN. 10 5-6 P.M.	CONCORD SCHOOL PROPERTY (3811 S.E. Concord Rd., Oak Grove)
	TAI CHI FOR BETTER HEALTH	SATURDAY, JAN. 21 9:30-10:30 A.M.	MILWAUKIE COMMUNITY CENTER
	MINDFUL WAY TO BETTER	SATURDAY, MAR. 18 10:45 A.M.-NOON	MILWAUKIE COMMUNITY CENTER

## ☾ NIGHT CLASSES

Please do not plan to register first day of class.



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	JAN 12-MAR 23	\$41	\$31	L2
	COMPLETE CONDITIONING	TH	9:20-10:20AM	JAN 12-MAR 23	\$55	\$41	L2-3
	EXERCENTRICS	M	12:15-1:15PM	JAN 9-MAR 20	\$45	\$34	L3-4
	FUNCTIONAL FITNESS*	T	11AM-NOON	JAN 10-MAR 21	\$55	\$41	L2-3
	INNERGYSTICS*	TH	11:30AM-12:30PM	JAN 12-MAR 23	\$55	\$41	L3-4
	LINE DANCE FOR FITNESS	M	9:30-10:30AM	JAN 9-MAR 20	\$45	\$34	L3-4
	LINE DANCE FOR FITNESS	F	9:30-10:30AM	JAN 13-MAR 17	\$50	\$38	L2-3
☾	LOW IMPACT AEROBIC STRENGTH TRAINING*	TH	4-4:45PM	JAN 12-MAR 23	\$41	\$31	L2-3
	SIT-N-B-FIT	M	11-11:45AM	JAN 9-MAR 20	\$34	\$26	L1-2
	SIT-N-B-FIT	W	11-11:45AM	JAN 11-MAR 22	\$41	\$31	L1-2
	SIT-N-B-FIT	F	11-11:45AM	JAN 13-MAR 24	\$41	\$31	L1-2
	STRENGTH & RELAXATION YOGA*	M	2:45-3:45PM	JAN 9-MAR 20	\$45	\$34	L2-3
	STRENGTH & RELAXATION YOGA WORKSHOP	T	9:30-10:30AM	JAN 10	FREE	FREE	L2-3
	<b>NEW!</b> STRENGTH & RELAXATION YOGA	T	9:30-10:30AM	JAN 17-MAR 21	\$50	\$38	L2-3
	STRENGTH & RELAXATION YOGA	W	9:30-10:30AM	JAN 11-MAR 22	\$55	\$41	L2-3
	TAI CHI FOR BETTER HEALTH WORKSHOP	S	9:30-10:30AM	JAN 21	FREE	FREE	L2-3
☾	TAI CHI BEGINNING 1	M/W	4-5PM	JAN 9-MAR 22	\$100	\$75	L2-3
	TAI CHI BEGINNING 1	T/TH	8:10-9:10AM	JAN 10-MAR 23	\$110	\$83	L2-3
☾	TAI CHI BEGINNING 2	M/W	5:15-6:15PM	JAN 9-MAR 22	\$100	\$75	L2-3
	WALKING WITH WAYNE	W	10AM @ N CLACK PARK	ONGOING	FREE	FREE	L3-4
	YOGAFLEX*	M	1:30-2:15PM	JAN 9-MAR 20	\$34	\$26	L1-3
	ZUMBA GOLD TONING*	M	NOON-1PM	JAN 9-MAR 20	\$45	\$34	L2-3
	ZUMBA GOLD TONING*	W	NOON-1PM	JAN 11-MAR 22	\$55	\$41	L2-3
☾	ZUMBA*	T	6:40-7:40PM	JAN 10-MAR 21	\$55	\$41	L3-4
☾	ZUMBA*	TH	6:40-7:40PM	JAN 12-MAR 23	\$55	\$41	L3-4

☾ NIGHT CLASSES \*Zoom options available

Please do not plan to register first day of class.



# center programs



## ART

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+
	ACRYLICS	M	10AM-12:30PM	JAN 9-MAR 20	\$113	\$85
	ACRYLICS	F	10AM-12:30PM	JAN 13-MAR 10	\$113	\$85
	OIL PAINTING	TH	9:30-NOON	JAN 12-MAR 16	\$125	\$94

## DANCE

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+
	LINE DANCE BEGINNING II	T	12:45-1:45PM	JAN 10-MAR 14	\$50	\$38
	LINE DANCE BEGINNING II	TH	12:45-1:45PM	JAN 12-MAR 16	\$50	\$38
☾	FOXTROT WORKSHOP	M	6:30-7:30PM	JAN 9	FREE	FREE
☾	FOXTROT	M	6:30-7:30PM	JAN 23-MAR 20	\$40	\$30

## LANGUAGE & WRITING

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+
	WRITING: CREATIVE/YOUR STORY*	W	1:30-3PM	JAN 11-MAR 1	\$60	\$45
	SPANISH I	TH	11:40AM-1:10PM	JAN 12-MAR 2	\$60	\$45
	SPANISH II/CONVERSATION II	TH	9:30-11AM	JAN 12-MAR 2	\$60	\$45

### ☾ NIGHT CLASSES



TO REGISTER FOR WORKSHOPS AND CLASSES, GO TO  
**NCPRD.COM OR CALL (503) 794-8092**

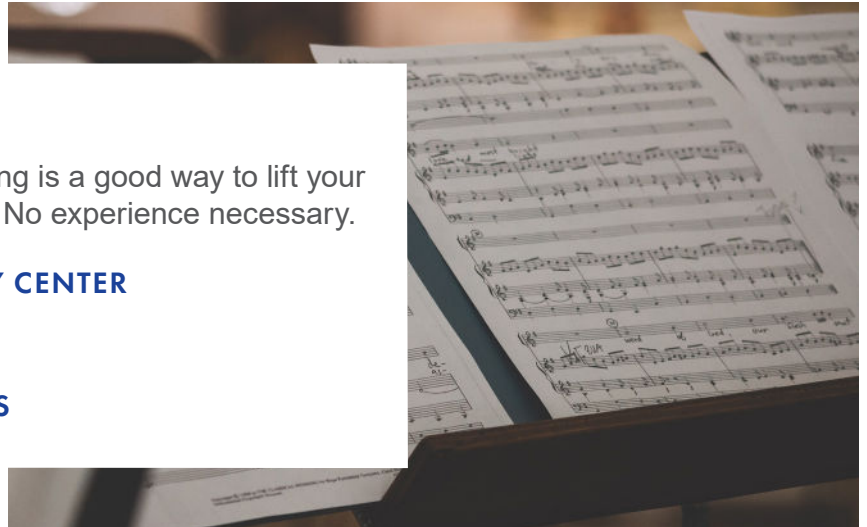
## NEW! SING-A-LONG

Sing-a-long or listen to familiar songs. Singing is a good way to lift your spirits. Come join this casual singing group. No experience necessary.

**LOCATION:** MILWAUKIE COMMUNITY CENTER

**FEE:** NCPRD, \$1; NON-RES, \$2

**TIME/DATE:** 11-11:45 A.M. TUESDAYS



## ACTIVITY GROUPS

	ACTIVITY	DAY	TIME	DATES	FEE NON	FEE RESIDENT
	BILLIARDS	M-F	8AM-4PM	DROP IN	\$2.00	\$1.00 ALL DAY
	DAYTIME BINGO	T/TH	1-2PM	DROP IN	\$0.50	\$0.25 PER CARD
	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
	MAH JONGG	W	12:30-3:30PM	DROP IN	\$2.00	\$1.00 PER SESSION
	SING-A-LONG	T	11-11:45AM	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	DROP IN	\$2.00	\$1.00 PER SESSION
	WOODCARVING	W	8-11:30AM	DROP IN	\$2.00	\$1.00 PER SESSION

^Mt. Dulcimer and Ukulele Jam: Times subject to change. Please call (503) 794-8092

## 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	JAN 11-MAR 1	\$80	\$60	
☾	TAI CHI BEGINNING I WORKSHOP	T	5-6PM	JAN 10	FREE	FREE	L2-3

☾ NIGHT CLASSES \*Zoom options available

Please do not plan to register first day of class.

# center programs



## NEW! 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.

**INSTRUCTOR:** JAMIE CARTER AND FRIENDS

**LOCATION:** MILWAUKIE COMMUNITY CENTER

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

**TIME/DATE:** 10-10:30 A.M. TUESDAYS 1/24-3/14

## KIDS CLASSES

	CLASS	DAY	TIME	DATES	FEE NON	FEE RESIDENT	AGES
	MOVEMENT AND ME	TH	9:30-10:15AM	JAN 19-MAR 9	\$115 NR	\$90 NCPRD	2-5
	JOY OF MOVEMENT	TH	10:30-11:15AM	JAN 19-MAR 9	\$115 NR	\$90 NCPRD	3-5
	PRE-SCHOOL SING-A-LONG (DROP IN)	T	10-10:30AM	JAN 24-MAR 14	\$3.00	\$2.00 PER SESSION	1-5
☾	TINY TOTS PRE-BALLET	W	4-4:30PM	JAN 18-MAR 8	\$106 NR	\$85 NCPRD	3-4
☾	LITTLE DANCERS BALLET & JAZZ	W	4:40-5:25PM	JAN 18-MAR 8	\$115 NR	\$90 NCPRD	5-6
☾	BEGINNER DANCERS BALLET & JAZZ	W	5:35-6:20PM	JAN 18-MAR 8	\$115 NR	\$90 NCPRD	6-8

### ☾ NIGHT CLASSES

*Please do not plan to register first day of class.*

## SPRING REGISTRATION

Mark your calendar! First day of registration for the spring term will be Tuesday, February 7 for NCPRD residents and Tuesday, February 14 for non-residents. Check [ncprd.com](http://ncprd.com) for program descriptions and schedules.

# fit tips with Herta



**HERTA MCCLENAHAN**

*ACE-certified Personal Trainer, Orthopedic Exercise Specialist and Certified Cancer Exercise Specialist*

Do you typically start the New Year with resolutions? How well do you adhere to them? Try something different for 2023 . . . daily intentions. Intentions set a more positive tone than resolutions, they're more flexible and forgiving if you're unable to fulfill them. A resolution is a 'firm decision' to do or not to do something. Guilt usually follows our underachievement.

Instead of a laundry list of resolutions for the entire year, start each morning with just one or two intentions for that day. They can be as simple as:

- *I will smile at a stranger today*
- *I will treat myself as nicely as I do my friends*
- *I will be a positive force to all I contact*
- *I will do a (spontaneous) good deed for someone*
- *I will respect the opinions of others*
- *I will be mindful of my words and actions*

And one of my favorites,

- *I will live today in the moment*

As you can see, the list of intentions is limitless, and may be very personal in nature or how you would like your energy to radiate into the universe. Remember, these are daily intentions, *just* for that day. If you're unable to achieve it one day, you can carry it forward. It's not meant to be stated as something you will do every day for the entire year, so you can avoid the resolution trap.

Regardless of what your intentions are and how you decide upon them, believe in them and embrace them with all your heart. If it helps, write them down and/or meditate on them; give them energy. Make this year the **best** year ever . . . one day at a time.

*Herta McClenahan*

*ACE-certified Personal Trainer, Orthopedic Exercise Specialist and Certified Cancer Exercise Specialist. Herta operates Integrated Fitness in Milwaukie and currently teaches classes here at the Milwaukie Community Center.*



# travel trips



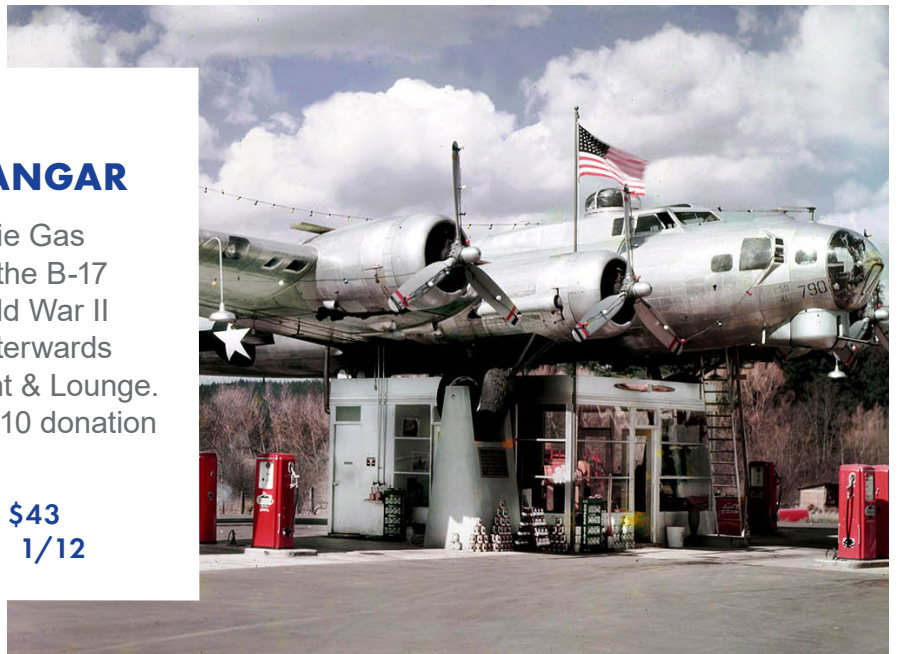
## Travel Trips are back!

- 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.

## B-17 ALLIANCE FOUNDATION MUSEUM & RESTORATION HANGAR

Check out the B-17, the famous “Milwaukie Gas Station Bomber,” in Salem. The vision of the B-17 Alliance is to restore the 70-year-old World War II bomber aircraft to airworthy condition. Afterwards we will head to the Flight Deck Restaurant & Lounge. Bring money for lunch and a suggested \$10 donation to the museum.

**FEE: RESIDENT, \$34; NON-RESIDENT, \$43**  
**TIME/DATE: 8:45 A.M.-4 P.M. TH 1/12**







## CREO CHOCOLATE FACTORY TOUR

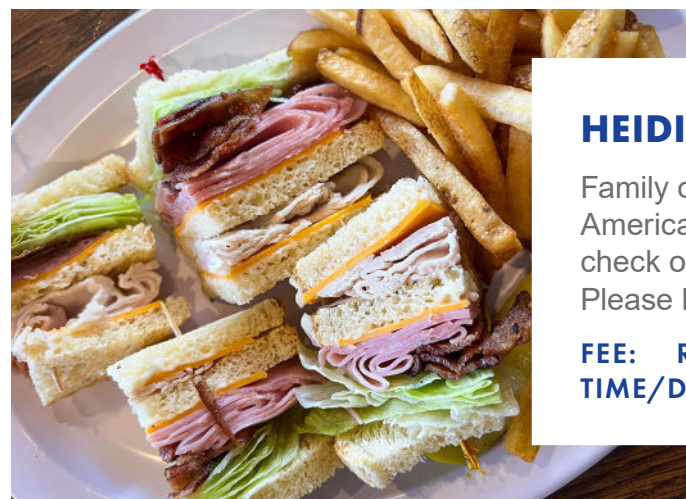
Come learn about chocolate as part of a private tour. Build your own chocolate bar to take home, and afterward enjoy a delicious Italian meal at Olive Garden. The tour of the Chocolate Factory is included in the price. Please bring money for lunch.

**FEE: RESIDENT, \$40; NON-RESIDENT, \$50**  
**TIME/DATE: 9:15 A.M.-2 P.M. T 1/24**

## ALBANY HISTORIC CAROUSEL & MUSEUM

Enjoy a stop at the Brick & Mortar Café for brunch, before taking a tour of the Historic Carousel and Museum. See firsthand the operating carousel and artisans at work. Enjoy a ride on the beautiful carousel for only \$2. Please bring money for brunch.

**FEE: RESIDENT, \$39; NON-RESIDENT, \$49**  
**TIME/DATE: 8:45 A.M.-3:30 P.M. TH 2/9**



## HEIDI'S OF GRESHAM

Family owned and operated for over 50 years. Get a taste of American, German and Swiss dining at its finest. After lunch, check out the selection of gifts and souvenirs in the gift shop. Please bring money for lunch and gift shop.

**FEE: RESIDENT, \$15; NON-RESIDENT, \$19**  
**TIME/DATE: 11 A.M.-2:30 P.M. T 2/28**

# featured events



## LUNAR NEW YEAR

Usher out the old year and bring prosperity to the New Year by celebrating traditions through activities, crafts and light refreshments. Drums, cymbals and lion dancers will also add to the excitement of this event.

**LOCATION:** MILWAUKIE COMMUNITY CENTER

**FEE:** FREE

**DATE/TIME:** SUNDAY, JANUARY 22  
NOON-2 P.M.

The lion dance is usually performed during Chinese New Year festivals, banquets, weddings, store openings and other celebrations. The performance is accompanied by drums, cymbals, a gong, and sometimes firecrackers which help to chase away ghosts and evil spirits. The lion represents courage, stability and superiority. The lion heads, often oversized and shaped more like a dragon, have a horn and a mirror on their forehead, which is used to expel negative energy. Lions are performed by two dancers and have four legs.

Mike Choi, pictured on cover, is the founder and leader of the International Lion Dance. He was born in Hong Kong but moved to the Portland area when he was eight. He was taught by Grand Master Mak (Choi Lee Fut) Kung Fu, Lion, and Dragon dance. Mike was a member of the Lee's Chinese Lion Dance troupe before he formed the International Lion Dance, and is an enthusiastic and supportive teacher of all who want to learn the magic of Lion Dance.



## **NEW! MINDFUL WAY TO BETTER**

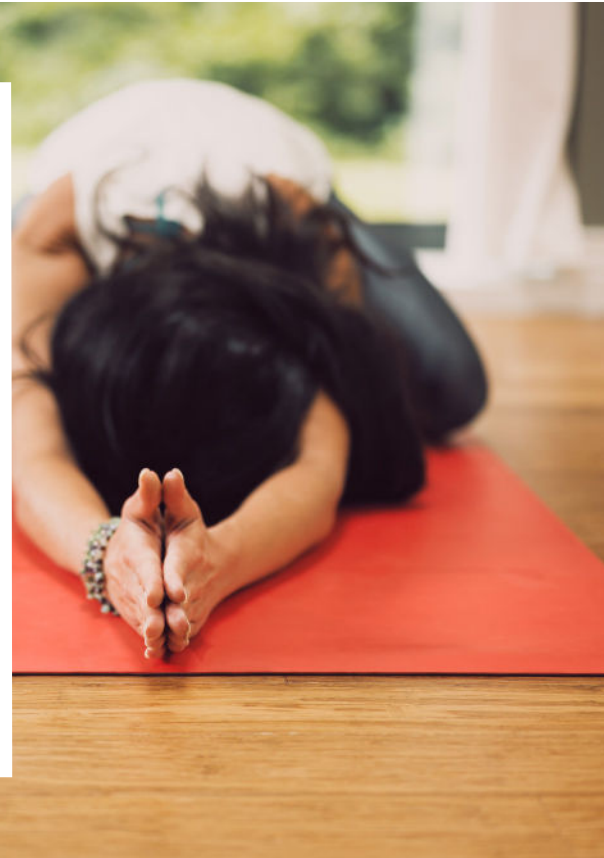
The Alexander Technique is an established system that engages mind and body to help you move in a more relaxed and comfortable way. Using awareness and active participation, you can learn to ease and better control your body. Discover techniques to help you manage back pain, reduce tension and have more resilience. These take-away strategies can be applied immediately, helping you recover more quickly from injuries or setbacks.

**INSTRUCTOR: ANITA AUGUST**

**LOCATION: MILWAUKIE COMMUNITY CENTER**

**FEE: FREE**

**DATE/TIME: SUNDAY, MARCH 18  
10:45 A.M-NOON**



## **CENTER MEET AND GREET TOUR**

Are you thinking about making a commitment to meet others and socialize more in the New Year? 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**

# around the center



## FAMOUS THANKSGIVING DINNER

Over 200 friends and neighbors gathered for a Thanksgiving dinner to support Meals on Wheels, so no senior goes hungry.



## FOOD SERVED

Turkey – 100 pounds  
Stuffing – 80 pounds  
Gravy – 6 gallons  
Mashed Potatoes – 100 pounds  
Sweet Potatoes – 100 pounds  
Green Beans – 40 pounds  
Cranberry Sauce – 20 pounds  
Apple Pie – 17 pies  
Rolls – 260 rolls







## HALLOWEEN AT THE CENTER

*Costume-clad kids of all ages joined us for a spooky good time with games, crafts and trick-or-treating.*



## WINTER CELEBRATIONS EVENT

*Over 400 community members gathered for a festive good time to celebrate winter holiday traditions from around the world.*

# 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
- Gardening
- Grocery shopping
- Janitorial assistance
- Maintenance assistance
- Meals on Wheels drivers
- Noon Entertainment
- Reception
- Wood splitting



INTERESTED IN VOLUNTEERING WITH THE MILWAUKIE COMMUNITY CENTER?

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



## VOLUNTEER OPPORTUNITY: MEALS ON WHEELS DRIVER

Drivers are needed for the Meals on Wheels program. Make a positive difference in the lives of others. Deliveries are Monday-Friday, and approximately a 1.5-hour commitment once a week.



## VOLUNTEER OPPORTUNITY: ARTISAN GIFTS SHOP ATTENDANT

Artisan Gifts is in need of a gift shop attendant who will perform sales transactions, both cash and credit using the Square Register. The attendant will assist customers with item selections, bagging, wrapping and payment. Order processing as needed.



## OTHER ON-SITE SERVICES

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

- BATTERY AND 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

# january

MONDAY

TUESDAY

WEDNESDAY

<p><b>2</b></p> <p><b>12:30-3:30 p.m.</b> – Chinese Mah Jongg</p>	<p><b>3</b></p> <p><b>8:30 a.m.-3 p.m.</b> – Foot Care  <b>11-11:45 a.m.</b> – MCC Sing-A-Long  <b>1-2 p.m.</b> – Daytime Bingo</p>	<p><b>4</b></p> <p><b>8-11:30 a.m.</b> – Woodcarving APAC Respite Program (call for time)  <b>12:30-3:30 p.m.</b> – Mah Jongg  <b>6-7:15 p.m.</b> – Ukulele Jam</p>
<p><b>9</b></p> <p><b>12:30-3:30 p.m.</b> – Chinese Mah Jongg</p>	<p><b>10</b></p> <p><b>10:30 a.m.-noon</b> – Brain Games  <b>10:30 a.m.-noon</b> – Blood Pressure Check  <b>11-11:45 a.m.</b> – MCC Sing-A-Long  <b>1-2 p.m.</b> – Daytime Bingo</p>	<p><b>11</b></p> <p><b>8-11:30 a.m.</b> – Woodcarving APAC Respite Program (call for time)  <b>11:30 a.m.-12:30 p.m.</b> – Bluegrass Band  <b>12:30-3:30 p.m.</b> – Mah Jongg  <b>1-2:30 p.m.</b> – Caregiver's Support Group</p>
<p><b>16</b></p> <p><i>Closed for Martin Luther King Jr. Day</i></p>	<p><b>17</b></p> <p><b>8:30 a.m.-3 p.m.</b> – Foot Care  <b>11-11:45 a.m.</b> – MCC Sing-A-Long  <b>1-2 p.m.</b> – Daytime Bingo</p>	<p><b>18</b></p> <p><b>8-11:30 a.m.</b> – Woodcarving APAC Respite Program (call for time)  <b>12:30-3:30 p.m.</b> – Mah Jongg  <b>6-7:15 p.m.</b> – Ukulele Jam</p>
<p><b>23</b></p> <p><b>12:30-3:30 p.m.</b> – Chinese Mah Jongg</p>	<p><b>24</b></p> <p><b>8:30 a.m.-3 p.m.</b> – Foot Care  <b>9:15 a.m.-2 p.m.</b> – Creo Chocolate Factory Tour  <b>11-11:45 a.m.</b> – MCC Sing-A-Long  <b>1-2 p.m.</b> – Daytime Bingo</p>	<p><b>25</b></p> <p><b>8-11:30 a.m.</b> – Woodcarving APAC Respite Program (call for time)  <b>11:30 a.m.-12:30 p.m.</b> – Bluegrass Band  <b>12:30-3:30 p.m.</b> – Mah Jongg</p>
<p><b>30</b></p> <p><b>12:30-3:30 p.m.</b> – Chinese Mah Jongg</p>	<p><b>31</b></p> <p><b>11-11:45 a.m.</b> – MCC Sing-A-Long  <b>1-2 p.m.</b> – Daytime Bingo</p>	

## ONGOING DAILY OFFERINGS

### TRILLIUM LUNCH

Noon - 12:30 p.m.

### BILLIARDS

8 a.m. - 4 p.m.

### PETE'S CAFE

9 a.m. - 1 p.m.

### ARTISAN GIFTS

M, T, W, F: 10 a.m. - 3 p.m.  
 Th: 10 a.m. - 6 p.m.



# MILWAUKIE COMMUNITY CENTER EVENTS & OFFERINGS

## THURSDAY

## FRIDAY

<p><b>5</b></p> <p><b>9:30-11 a.m.</b> – Ukulele Jam  <b>12:30-3:30 p.m.</b> – Party Bridge  <b>1-2 p.m.</b> – Daytime Bingo  <b>6-9:30 p.m.</b> – Evening BINGO</p>	<p><b>6</b></p> <p><b>10-11:30 a.m.</b> – New Wisdom, Life Lessons  <b>Noon-2 p.m.</b> – Mt. Dulcimer Jam</p>
<p><b>12</b></p> <p><b>8:45 a.m.-noon</b> – B-17 Alliance Foundation Museum  <b>9:30-11 a.m.</b> – Ukulele Jam  <b>12:30-3:30 p.m.</b> – Party Bridge  <b>1-2 p.m.</b> – Daytime Bingo  <b>6-9:30 p.m.</b> – Evening BINGO</p>	<p><b>13</b></p>
<p><b>19</b></p> <p><b>9:30-11 a.m.</b> – Ukulele Jam  <b>12:30-3:30 p.m.</b> – Party Bridge  <b>1-2 p.m.</b> – Daytime Bingo  <b>6-9:30 p.m.</b> – Evening BINGO</p>	<p><b>20</b></p> <p><b>Noon-2 p.m.</b> – Mt. Dulcimer Jam  <b>2-3:30 p.m.</b> – Foot Care</p> <div data-bbox="613 1066 971 1192"> <p>»»»  <b>Sun. Jan. 22, noon-2 p.m.</b>  <b>EVENT:</b>  Lunar New Year</p> </div>
<p><b>26</b></p> <p><b>9:30-11 a.m.</b> – Ukulele Jam  <b>12:30-3:30 p.m.</b> – Party Bridge  <b>1-2 p.m.</b> – Daytime Bingo  <b>6-9:30 p.m.</b> – Evening BINGO</p>	<p><b>27</b></p>



## LUNCHTIME Entertainment

Join us most  
weekdays for  
live music

**11-12:30 P.M.**  
during congregate dining

SCHEDULES AND PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.  
CONTACT US FOR THE LATEST UPDATES.

**(503) 653-8100**

# february

MONDAY

TUESDAY

WEDNESDAY

		<b>1</b> <b>8-11:30 a.m.</b> – Woodcarving APAC Respite Program (call for time) <b>12:30-2 p.m.</b> – Estate Planning 101 <b>12:30-3:30 p.m.</b> – Mah Jongg <b>6-7:15 p.m.</b> – Ukulele Jam
<b>6</b> <b>12:30-3:30 p.m.</b> – Chinese Mah Jongg	<b>7</b> <b>8:30 a.m.-3 p.m.</b> – Foot Care <b>11-11:45 a.m.</b> – MCC Sing-A-Long <b>1-2 p.m.</b> – Daytime Bingo	<b>8</b> <b>8-11:30 a.m.</b> – Woodcarving APAC Respite Program (call for time) <b>11:30 a.m.-12:30 p.m.</b> – Bluegrass Band <b>12:30-3:30 p.m.</b> – Mah Jongg <b>1-2:30 p.m.</b> – Caregivers Support Group
<b>13</b> <b>12:30-3:30 p.m.</b> – Chinese Mah Jongg	<b>14</b> <b>10:30 a.m.-noon</b> – Brain Games <b>10:30 a.m.-noon</b> – Blood Pressure Check <b>11-11:45 a.m.</b> – MCC Sing-A-Long <b>1-2 p.m.</b> – Daytime Bingo	<b>15</b> <b>8-11:30 a.m.</b> – Woodcarving <b>12:30-3:30 p.m.</b> – Mah Jongg APAC Respite Program (call for time) <b>6-7:15 p.m.</b> – Ukulele Jam
<b>20</b> <i>Closed for Presidents Day</i>	<b>21</b> <b>8:30 a.m.-3 p.m.</b> – Foot Care <b>11-11:45 a.m.</b> – MCC Sing-A-Long <b>1-2 p.m.</b> – Daytime Bingo	<b>22</b> <b>8-11:30 a.m.</b> – Woodcarving APAC Respite Program (call for time) <b>11:30 a.m.-12:30 p.m.</b> – Bluegrass Band <b>12:30-3:30 p.m.</b> – Mah Jongg
<b>27</b> <b>12:30-3:30 p.m.</b> – Chinese Mah Jongg	<b>28</b> <b>8:30 a.m.-3 p.m.</b> – Foot Care <b>11-11:45 a.m.</b> – MCC Sing-A-Long <b>11:30 a.m.-2:30 p.m.</b> – Heidi's of Gresham <b>1-2 p.m.</b> – Daytime Bingo	

## ONGOING DAILY OFFERINGS

### TRILLIUM LUNCH

Noon - 12:30 p.m.

### BILLIARDS

8 a.m. - 4 p.m.

### PETE'S CAFE

9 a.m. - 1 p.m.

### ARTISAN GIFTS

M, T, W, F: 10 a.m. - 3 p.m.  
Th: 10 a.m. - 6 p.m.

# MILWAUKIE COMMUNITY CENTER EVENTS & OFFERINGS

## THURSDAY

## FRIDAY

<b>2</b> <b>9:30-11 a.m.</b> – Ukulele Jam <b>12:30-3:30 p.m.</b> – Party Bridge <b>1-2 p.m.</b> – Daytime Bingo <b>6-9:30 p.m.</b> – Evening BINGO	<b>3</b> <b>10-11:30 a.m.</b> – Living Solo as a Senior <b>Noon-2 p.m.</b> – Mt. Dulcimer Jam
<b>9</b> <b>8:45 a.m.-3:30 p.m.</b> – Albany Historic Carousel <b>9:30-11 a.m.</b> – Ukulele Jam <b>12:30-3:30 p.m.</b> – Party Bridge <b>1-2 p.m.</b> – Daytime Bingo <b>6-9:30 p.m.</b> – Evening BINGO	<b>10</b>
<b>16</b> <b>9:30-11 a.m.</b> – Ukulele Jam <b>12:30-3:30 p.m.</b> – Party Bridge <b>1-2 p.m.</b> – Daytime Bingo <b>6-9:30 p.m.</b> – Evening BINGO	<b>17</b> <b>Noon-2 p.m.</b> – Mt. Dulcimer Jam
<b>23</b> <b>9:30-11 a.m.</b> – Ukulele Jam <b>12:30-3:30 p.m.</b> – Party Bridge <b>1-2 p.m.</b> – Daytime Bingo	<b>24</b>



## GET HELP with your TAXES

AARP will be assisting with tax returns starting February 7 on Tuesdays and Wednesdays.

To schedule an appointment, call (503) 794-8091 starting Tuesday, January 17 at 9 a.m.

Leave your name and phone number and your call will be returned in the order received. Please do not call more than once as it may delay your position in line.

SCHEDULES AND PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.  
CONTACT US FOR THE LATEST UPDATES.

**(503) 653-8100**



## MILWAUKIE COMMUNITY CENTER

5440 SE KELLOGG CREEK DRIVE

MILWAUKIE, OREGON 97222

PHONE: (503) 653-8100

[NCPRD.COM/MILWAUKIE-CENTER](http://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.**



# Artisan Gifts

UNIQUE • HANDMADE • LOCAL  
MILWAUKIE COMMUNITY CENTER FOUNDATION