

connection

SERVING RESIDENTS OF NORTH CLACKAMAS COUNTY



HEALTHY LIVING SEMINARS

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BASIL STRAWBERRY POPSICLE RECIPE

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CENTER SUPERVISOR'S MESSAGE

In May the Milwaukie Community Center received two new 14-passenger lift-equipped buses from our partner agency, Ride Connection. Ride Connection has partnered with the MCC since their inception 30 years ago. They provide vehicles along with maintenance assistance and driver trainings. These vehicles replaced two of the older vehicles in our fleet.



The MCC Transportation Program is near and dear to me as I started my tenure at the MCC as the Transportation Coordinator and have spent many hours behind the wheel of the Center buses. Having a transportation option available to access the Center for those who do not drive is essential to our mission of making the Center accessible to the entire community. These buses provide door-to-door service to and from the Center on a daily basis and also provide rides to the grocery store. Keeping services affordable is also essential to accessibility. Rides are by donation, with the Foundation contributing to offset fares for those who cannot donate towards their ride.

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



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ABOUT THE MILWAUKIE COMMUNITY CENTER

Let's talk! The North Clackamas Park and Recreation District (NCPRD) is now offering translation services in 82 different languages. In partnership with Pocketalk, our staff uses real-time translation technology to bridge language gaps with non-English speaking residents and remove barriers to programs and services. Visit the front desk for assistance.

The Milwaukie Community Center opened in January 1980 as a resource for community members seeking stability, support, friendship and laughter. The Center offers a wide range of programs and services to meet the diverse needs of the community. We offer social services, resources and classes for all ages. Need space for your next event? Milwaukie Community Center has rental space of varying capacity.

Cover image by Hamid Shibata Bennett.

HAY SERVICIOS DE TRADUCCION DISPONIBLE AQUÍ

¡Platiquemos! El Distrito de Parques y Recreación del Norte de Clackamas (NCPRD, por sus siglas en inglés) ahora está ofreciendo servicios de traducción en 82 idiomas diferentes. En colaboración con Pocketalk, nuestro personal usa tecnología de traducción en tiempo real para poder superar la diferencia de idiomas con los residentes que no hablan inglés y, así, eliminar las barreras para los programas y servicios. Visite la recepción para obtener asistencia.

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? Milwaukie Community Center tiene espacio para rentar de diferente capacidad.

DIRECTORY

MAIN NUMBER (503) 653-8100

CENTER SUPERVISOR

Marty Hanley (503) 794-8058

SOCIAL SERVICES

Linda Whitmore (503) 794-8037

Jamie Davie (503) 794-8040

Diana Cone (503) 794-8038

MEALS ON WHEELS

Lisa Kasubuchi (503) 794-8035

Judy Wellington,
Frank Cuccurullo,
Courtney Johnson

RECREATION

Tina Johnson (503) 794-8092

Pam Martin, Jan Pearlman,
Sarah Kreiter

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

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.

Thanks to MCC Foundation for the printing of this publication.

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

Wilda Parks, Chair
Paul Ellison, Vice Chair
Ben Horner-Johnson, Secretary
Joel Bergman
Julie Donohue
Mark Elliott
Rebecca Hollenbeck
Virginia Seitz
Marilyn Shrum
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
Jeanne Brown, Vice Chair
Tomma Bersie, Secretary
John Lee, Treasurer
Penny Zeiler, At Large
Tina Botcheos
Lin Brockman
Betty Dominguez
Joseph Hyder
Nancy Leifheit
Kathleen Loeffl
Kerry Nelson
Jacklyn Olive
Kendel White
Junia Stephens, *Foundation Director*

**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**

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.

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.

GREETINGS FROM THE FOUNDATION DEVELOPMENT OFFICE

A special thanks to our dedicated sponsors of the 35th Annual Wine and Roses Italian Dinner and Celebrate Pride Drag Bingo.

If you ever find yourself in need of a service they offer, please support them so that they may continue to support us!



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



center spotlight

Meet our new team members!

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



DIANA CONE

Human Services Coordinator

Diana comes to MCC with a background in Occupational Therapy Assisting, having worked most recently for Marquis Company. Along with a passion for community service and helping those in need, she has a Bachelor of Fine Arts in painting and drawing, which will come in handy as she creates activities for the APAC Caregiver Respite Program. Diana lives in Oregon City with her husband, two children, and two cats. In her spare time, Diana takes care of over 60 dahlia plants and gives away bouquets all summer. She loves to paint, hike, read, and spend time with family. Diana says she feels very lucky to be a part of this community and is excited to meet all the wonderful people who make MCC great -- so be sure to introduce yourself to her!



JANIS WULGART

STEAMventures Instructor

In the Science World, Janis Wulgart is known as Electra Current. When she retired from teaching in California after 30 years, she immediately realized that she was not done with working for children. She says she has worked with every age and ability of more than a thousand children and is still amazed by their individuality and creativity. She believes in the whole child and loves to guide them through their curiosity and ingenuity by creating exciting curriculum in the form of camps and workshops. Julia has teamed up with two other amazing women where children can experience working in groups as well as individually to understand the world better. They call themselves STEAMventures.



JULIA CORKETT

STEAMventures Instructor

Julia Corkett is a Portland native, spending her professional life in education in both the United Kingdom and America. She believes in the importance of opening children's minds to the wonderful world around them; exciting them about learning, and encouraging them to ask questions and explore in a safe environment. She has worked as a librarian in both public and school libraries, planning and presenting educational and recreational programs for all ages. In the Science World, Julia is known as Molly Molecule, introducing children from preschool through 6th grade to the complex world of science; helping them to understand that science is what happens all around them all the time. She is excited to join two dedicated educators in STEAMventures, a company whose mission is to get children excited about science.

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.

BLUEBERRY PICKING

Blueberry pickers needed at Stringfield Family Park, 3614 S.E. Naef Road, Oak Grove. All of the picked blueberries are used for our Meals on Wheels program. Berries can be dropped off at the back door of the Center Monday through Friday before 1 p.m., mornings recommended for picking as the bushes are in the shade. Berries can be kept at home until the next day if needed. We have Ziplock bags available if needed or we can exchange your container for ours.

*Contact Lisa Kasubuchi with questions at
(503) 794-8035.*



TO REGISTER FOR CLINICS, GROUPS & SEMINARS
CALL (503) 653-8100



Recent participants of the APAC Respite group at the Center.

ONGOING CLINICS & GROUPS

APAC RESPITE PROGRAM

“A Place at the Center” (APAC) is an activities program that is specially designed for people experiencing memory loss due to Alzheimer’s, stroke, or other neurological conditions. The group allows the family caregiver to take valuable respite time, and the participant benefits from social engagement. APAC meets in the library on Wednesdays, with lunch served and a variety of enrichment activities including music therapy, arts, cognitive stimulation, and movement. For additional information, hours, application, and fees, call Diana at (503) 794-8038.

WEDNESDAYS

BRAIN GAMES

Brain Games has moved to the second Wednesday of each month! 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 **2ND W**

BLOOD PRESSURE CHECK

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

FREE

10 - 11:30 A.M. **2ND T**

BUS TRANSPORTATION

Stay active and connected to the community. Our lift-equipped buses will take you from your home to the Center, Monday-Friday, with a suggested donation \$3 round trip. The buses can also take you to Fred Meyer to go grocery shopping on Tuesdays, with a suggested donation \$4. Call Anna for more information, (503) 794-8014.

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. **2ND AND 4TH WEDNESDAY**

DIABETES SUPPORT GROUP

The diabetes support group is facilitated by a registered nurse/diabetes care and education specialist, and held bi-monthly on the 3rd Friday of every other month. Drop-ins welcome!

FREE

2 - 3:30 P.M.

3RD FRIDAYS EVERY OTHER MONTH:

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.

FIRST THREE TUESDAYS OF THE MONTH

SENIOR LAW CLINIC

Volunteer elder law attorneys provide up to a ½ 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.

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. No RSVP needed. Drop-ins welcome.

FREE

1ST FRIDAYS OF EVERY MONTH

10 - 11:30 A.M.

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

Friendships as we Age (Friday, August 4)

As we age, we may experience the loss of friends due to any number of reasons. Losing friends, whatever the cause, can leave a hole in the fabric of our lives. Let's talk about the process and challenges of making new friends in our senior years and the importance of having friends whatever our age.

FREE

10 - 11:30 A.M. F 8/4

Giving up the Keys (Friday, September 1)

We're familiar with the joys and freedom associated with driving. How would it feel if you or a loved one had to give up the keys? Join us as we share feelings and concerns with others, and explore ways to cope with the changes that come with giving up driving.

FREE

10 - 11:30 A.M. F 9/1

AGING IN THE RIGHT PLACE

Join us as we learn from a team of professionals who can help you age in the right place. Stay living in your home longer with recommendations to enhance quality of life. Learn how the same professionals can provide you with key resources when the time is right to downsize your home or make the move to a senior community. Guest speakers include: Elise Holcombe, RN, BSN, OsteoStrong Happy Valley; Kimberly Steele, Changing Places; Kerry Nelson, CSA, CarePatrol of Portland; Nancy Kinzer, Mortgage Loan Consultant, Fairway Independent Mortgage Corp.; Kendel White, Realtor, SRES, Premiere Property Group, LLC. Call (503) 653-8100 to reserve your space.

FREE

10 - 11 A.M. T 7/25

LONG-TERM CARE PRESENTATION

Worried about long-term care? Join Oregon attorneys Michael Rose and Jennifer Trundy for a free seminar on how to pay for long-term care using private funds, Veterans benefits, and applying and qualifying for Medicaid. Q&A session following the presentation. Call (503) 653-8100 to reserve your space.

FREE

12:30 - 2 P.M. W 8/23

HEALTHY LIVING FOR YOUR BRAIN & BODY: TIPS FROM THE LATEST RESEARCH

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about the latest research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Presented by the Alzheimer's Association Oregon & SW Washington. Call (503) 653-8100 to reserve your space.

FREE

11 A.M. - NOON TH 8/11



youth programs

KIDS STEAMVENTURES CAMPS



STEAMVENTURES: BLAST OFFS

Ages 7-12. A rocket a day keeps the boredom away! Want to build and fly your very own model rocket? You can! In this camp designed to introduce students to the exciting world of model rocketry, you will learn how to effectively construct and safely launch your own model rocket. Whether you're experienced in model building or not, you will get your chance to watch your rocket soar into the air. Parents, model rocketry is a safe and widespread hobby credited as a significant source of inspiration for children who eventually become scientists and engineers.

STEAMVENTURES: MINI WORLD IN A BOTTLE

Ages 6-10. Our eco-discovery camp will take your children's natural curiosity and enthusiasm for nature to help them understand important ecological concepts including earth cycles. Create a magical garden for your room by combining a mini ecosystem with plants. Plant your own seeds and watch them grow. Make a grass head just for fun and enjoy the wow factor of your egg carton geodes. Experience a worm container and pet live worms. Pick plants, mix soil, and put together a mini world known as a terrarium.



STEAMVENTURES: BEHIND THE SCENES

Ages 6-10. Come and enjoy learning about the ancient partnership of science and theatre. Experiment with sound and light effects. Create your own mini theater using machines, light and color to set a mood. Learn about finger puppetry and work with fellow campers to create an original story with music and choreography, played out by you!

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

STEAMVENTURES CAMP SCHEDULE

CAMP	DAYS	TIME	DATES	FEE NON	FEE RESIDENT	AGES	INSTRUCTOR
STEAMVENTURES: BLAST OFFS	M-F	9AM-NOON	JUL 10-14	\$235 NR	\$188 NCPRD	7-12	JANIS WULGART
STEAMVENTURES: BLAST OFFS	M-F	1-4PM	JUL 31-AUG 4	\$235 NR	\$188 NCPRD	7-12	JULIA CORKETT
STEAMVENTURES: BLAST OFFS	M-F	9AM-NOON*	AUG 21-25	\$235 NR	\$188 NCPRD	7-12	JANIS WULGART
STEAMVENTURES: MINI WORLD IN A BOTTLE	M-F	9AM-NOON*	JUL 24-28	\$235 NR	\$188 NCPRD	6-10	JANIS WULGART
STEAMVENTURES: MINI WORLD IN A BOTTLE	M-F	1-4PM*	AUG 21-25	\$235 NR	\$188 NCPRD	6-10	JULIA CORKETT
STEAMVENTURES: BEHIND THE SCENES	M-F	1-4PM*	JUL 24-28	\$235 NR	\$188 NCPRD	6-10	JULIA CORKETT
STEAMVENTURES: BEHIND THE SCENES	M-F	9AM-NOON	AUG 14-18	\$235 NR	\$188 NCPRD	6-10	JANIS WULGART

**Combine for a full-day camp. For an additional \$10, NCPRD resident; \$12, non-resident, combine a morning and afternoon camp that take place in the same week. Must sign up separately for the supervised lunch break.*

RECMOBILE

Ages 6-10. The RecMobile is coming to a park near you! Join our recreation staff Monday through Friday at select parks throughout the District for free drop-in activities. Children can get outside for fun in the sun, including playing games, making crafts and meeting new friends! Each week will feature an exciting theme to ignite young imaginations. See locations, dates and times at ncprd.com/recmobile

DATES: JUNE 26-AUGUST 11 (no program July 4)



center programs

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
☾	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
	MAH JONGG	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	DROP IN	\$2.00	\$1.00 PER SESSION
	WOODCARVING	W	8-11:30AM	DROP IN	\$2.00	\$1.00 PER SESSION

****Evening BINGO!:** \$6 first packet; \$5 second packet; \$4 third packet

FALL REGISTRATION

Mark your calendar! First day of registration for the fall term will be Tuesday, August 1 for NCPRD residents and Tuesday, August 8 for non-residents. Check ncprd.com for program descriptions and schedules.

healthy tips



ALISON DELANCEY

Owner of Science + Spirit Nutrition, LLC
#science.spirit.nutrition

Few midsummer delights are as delicious as fresh basil! Native to India, Asia, and Africa, *Ocimum basilicum* is an extremely popular member of the mint family, and with good reason! Due to its variety of essential oils, basil is peppery yet sweet, its flavor sharp, yet rounded. This means it works well with both sweet (recipe for Strawberry Basil Popsicles below) and savory dishes, pairing deliciously with tomato, eggplant, any color of pepper, meat and fish.

The herb also has a myriad of health benefits! Basil is a good source of vitamin A; it promotes retinol health and the immune system. It provides vitamin K1 to reduce bruising and aid in vitamin D absorption. It is rich in eugenol, an anti-inflammatory that has been shown to lower blood pressure. It has magnesium, which improves blood flow by helping blood vessels to relax and expand. And just 2.5 grams of basil (about a half a teaspoon) has about 4 mg. of calcium!

Fresh basil is far more pungent in flavor than dried. During midsummer it is usually cheapest at your local farmers market. As with all leafy greens, buy basil that has not been sprayed with pesticides. To store, place in a jar of water and place on your counter out of direct sunlight. And enjoy this aromatic herb all summer long!

Alison Delancey

Owner of Science + Spirit Nutrition, LLC

BASIL STRAWBERRY POPSICLES

- 1 1/2 cups watermelon chunks
- 1 1/2 cups halved strawberries
- 2 tbsp sugar
- 10 fresh basil leaves
- 2 tbsp lime juice

Put everything together in a blender and blitz until smooth. Adjust sugar and lime to your tastes. Freeze in popsicle molds for at least six hours.

travel trips



Go Places with Travel Trips!

- 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.

ALPACAS AT MARQUAM HILL RANCH & LUNCH

The beautiful 18-acre Marquam Hill ranch in Molalla is home to over 80 alpacas. Get a hands-on tour of the farm, including an educational alpaca feeding. The \$12 tour cost is included in the fee. After the tour visit the gift shop, and bring money for any purchases and lunch.

FEE: RESIDENT, \$33; NON-RESIDENT, \$42
TIME/DATE: 10 A.M.-3 P.M. W 7/12





CANNON BEACH

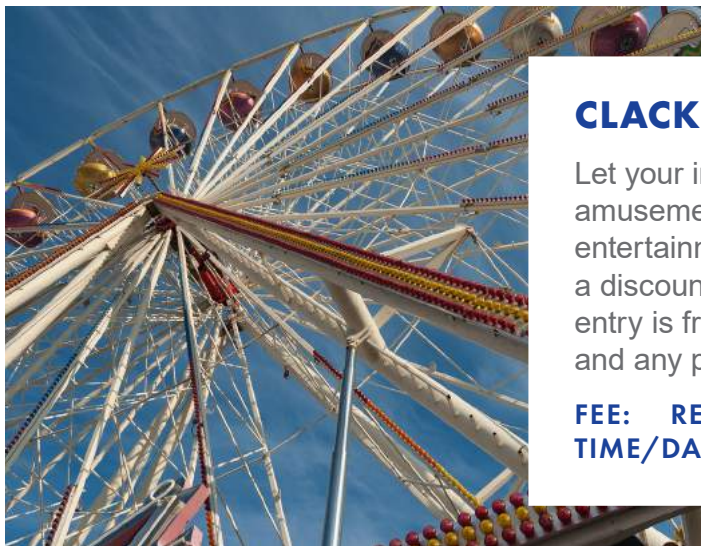
Join us for a day at the beach. You will have time to enjoy a stroll down the charming streets and experience this seaside town. Bring money for any purchases and lunch.

FEE: RESIDENT, \$42; NON-RESIDENT, \$53
TIME/DATE: 9 A.M.-5 P.M. TH 7/27

THE GARDEN VIEW RESTAURANT

Come join us for lunch at this beautiful restaurant with gorgeous views of the 80-acre Oregon Garden and the surrounding Willamette Valley through large picture windows. Bring money for lunch.

FEE: RESIDENT, \$21; NON-RESIDENT, \$24
TIME/DATE: 10:30 A.M.-3 P.M. M 8/7



CLACKAMAS COUNTY FAIR

Let your inner kid out at the Clackamas County Fair! Enjoy amusement rides, livestock exhibits and competitions, live entertainment and delicious food. During Senior Day there is a discounted price of \$2 for adults 60 years and older, and entry is free for adults 75 and older. Bring money for entry and any purchases.

FEE: RESIDENT, \$15; NON-RESIDENT, \$19
TIME/DATE: 11 A.M.-2:30 P.M. W 8/16

featured events



CONCERTS IN THE PARK

Get ready for memorable summer evenings with the return of our free Concerts in the Park series. Bring your family and friends to enjoy a night of music, and don't forget your lawn chairs or blankets for seating.

THE NU WAVERS (Classic Hits/Dance Band)

LOCATION: MILWAUKIE BAY PARK

TIME/DATE: 5:30-8 P.M. SA 7/8

Hearth and Soul Pizza, Pidgin Hole, Alchemy Sandwich Co., Neighborhood Creamery, Breakside Brewery and Hip Chicks Do Wine will be on-site.

KENARI SAXOPHONE QUARTET (Chamber Music NW)

LOCATION: NORTH CLACKAMAS PARK

TIME/DATE: 7-8 P.M. F 7/14

RED YARN (Folk Music/Puppetry)

LOCATION: ARDENWALD PARK

TIME/DATE: 5:30-7 P.M. TH 7/20

Face painting and other kids activities will be on-site.

MOVIES IN THE PARK

Bring a blanket or lawn chair and enjoy movies outside under the stars! All movies are free and begin at dusk.

JULY 22: LUCA

AT CONCORD SCHOOL PROPERTY

JULY 29: PUSS IN BOOTS: THE LAST WISH (Subtitles in Spanish)

AT ANN-TONI SCHREIBER PARK

AUG. 5: THE GOONIES

AT PFEIFER PARK

AUG. 12: TOP GUN: MAVERICK

AT NORTH CLACKAMAS PARK

AUG. 19: MINIONS: THE RISE OF GRU

AT WICHITA CENTER

Visit commonsensemedia.org to decide if the movie is appropriate for your family.

MANY THANKS TO OUR SPONSORS:



featured events



MARY AND THE JAZZ TONES

The Center will be welcoming Mary and the Jazz Tones to our stage on the 4th Friday of each month from noon-2 p.m., starting June 23. In addition, every Wednesday from 1-3 p.m., beginning June 14, they will use our stage for their practices, which are open to the public. <https://www.maryandthejazztones.com/>

FIESTA LATINA EN EL PARQUE

Join us for a party in the park to celebrate Latino culture and heritage in North Clackamas! Come learn about traditions through food, music, arts, crafts and kids activities. This family-friendly community festival is open to all.

LOCATION: NORTH CLACKAMAS PARK

FEE: FREE

DATE/TIME: SATURDAY, SEPTEMBER 23
NOON-4 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.

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



BALLET WITH OBT2

Oregon Ballet Theatre's junior ensemble, OBT2, enchanted audiences with a special performance of classic and contemporary dance on June 3.



DRAG QUEEN BINGO

Drag Queen Bingo was a huge success, which featured Poison Waters and Darcelle XV performers. The event was hosted by Milwaukie Community Center Foundation to raise funds for MCC programs and services.



ANDERSON-SASAKI DUO

Portland-native violinist Rebecca Anderson and pianist Mika Sasaki captivated audiences with an interactive musical performance.



COMMUNITY GARDEN BEDS – EAGLE SCOUT PROJECT

The community garden beds have never looked better! Luke Sandness, Life Scout with Troop 259 in Milwaukie, and a senior at Rex Putnam, chose to restore the Milwaukie Community Center community garden for his Eagle Scout project. Luke, along with members of his troop, family and friends, helped with replacing the top boards of all garden beds, pressure washing, weed pulling, moss removal, replenishing and leveling gravel, cleaning and repainting number plates, and adding new soil to all beds.

PROVIDENCE WOOD CUTTING VOLUNTEER PROJECT

Volunteers with ProvNext in Oregon donated their time on Saturday, April 8 to help split and stack donated firewood to support the Community Center's Emergency Firewood Program.

Pictured: Ed D'Ambrosia, Steve D'Ambrosia, Brian Wilson, Rick Roberts, Davis (minor) and Kateri Spinelli.



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--Various Positions
- Event Support
- Gardening and Landscape Maintenance
- General Maintenance and Janitorial
- Marketing and Social Media Support
- Meals on Wheels
- Reception
- Thursday Night Bingo
- Wood Splitting and Stacking



SPECIAL EVENT VOLUNTEERS NEEDED!

Help support Fiesta Latina en el Parque September 23 at North Clackamas Park. Join us for a party in the park to celebrate Latino culture and heritage in North Clackamas! Event positions include kids activities, volunteer booth, trash pickup, NCPRD booth set up and tear down.

INTERESTED IN VOLUNTEERING WITH THE MILWAUKIE COMMUNITY CENTER?
CONTACT OUR VOLUNTEER COORDINATOR:



Stan Catherman
(503) 794-8034

SCatherman@ncprd.com

ncprd.com/milwaukie-center/volunteer

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



SHOP ARTISAN GIFTS

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.-WED., FRI.: 10 a.m.-3 p.m.

THUR.: 10 a.m.-6 p.m.



Artisan Gifts

UNIQUE • HANDMADE • LOCAL
MILWAUKIE COMMUNITY CENTER FOUNDATION

july

MONDAY

TUESDAY

WEDNESDAY

3 11 a.m.-noon – Theron Brayman 12:30-3:30 p.m. – Chinese Mah Jongg	4 Independence Day	5 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 11:30 a.m.-12:30 p.m. – Broad Highway 12:30-3:30 p.m. – Mah Jongg 6-7:15 p.m. – Ukulele Jam
10 12:30-3:30 p.m. – Chinese Mah Jongg	11 8:30 a.m.-3 p.m. – Foot Care 10:30 a.m.-noon – Blood Pressure Check 1-2 p.m. – Daytime Bingo	12 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 10 a.m.-3 p.m. – Alpacas at Marquam Hill Ranch 10:30 a.m.-noon – Brain Games 12:30-3:30 p.m. – Mah Jongg 1-2:30 p.m. – Caregiver's Support Group
17 11 a.m.-noon – Theron Brayman 12:30-3:30 p.m. – Chinese Mah Jongg	18 8:30 a.m.-3 p.m. – Foot Care 1-2 p.m. – Daytime Bingo	19 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 11:30 a.m.-12:30 p.m. – Broad Highway 12:30-3:30 p.m. – Mah Jongg 6-7:15 p.m. – Ukulele Jam
24 12:30-3:30 p.m. – Chinese Mah Jongg	25 10-11 a.m. – Aging in the Right Place 1-2 p.m. – Daytime Bingo	26 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 11 a.m.-noon – Larry Wilder 12:30-3:30 p.m. – Mah Jongg 1-2:30 p.m. – Caregiver's Support Group
31 11 a.m.-noon – Theron Brayman 12:30-3:30 p.m. – Chinese Mah Jongg		

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

<p>6</p> <p>9:30-11 a.m. – Ukulele Jam 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>7</p> <p>10-11:30 a.m. – Resilience Noon-2 p.m. – Mt. Dulcimer Jam</p> <p>»» Sat. July 8, 5:30-8 p.m. Concert in the Park: The Nu Wavers at Milwaukie Bay Park</p>
<p>13</p> <p>9:30-11 a.m. – Ukulele Jam 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>14</p> <p>Noon-1 p.m. – Great American BBQ Noon-2 p.m. – The Throwbacks 7-8 p.m. – Concert in the Park: Kenari Saxophone Quartet at North Clackamas Park</p>
<p>20</p> <p>9:30-11 a.m. – Ukulele Jam 11 a.m.-noon – Mark Maguire & Friends 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 1:30-2:30 p.m. – Memory Café 5:30-7 p.m. – Concert in the Park: Red Yarn at Ardenwald Park 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>21</p> <p>Noon-2 p.m. – Mt. Dulcimer Jam 2-3:30 p.m. – Diabetes Support Group</p> <p>»» Sat. July 22, 9 p.m. Movie in the Park: Luca at Concord School Property</p>
<p>27</p> <p>9 a.m.-5 p.m. – Cannon Beach 9:30-11 a.m. – Ukulele Jam 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>28</p> <p>Noon-2 p.m. – Mary & The Jazz Tones</p> <p>»» Sat. July 29, 9 p.m. Movie in the Park: Puss in Boots at Ann-Toni Schreiber Park</p>

FRIDAY

Concerts
IN THE PARK

THE NU WAVERS
 (Classic Hits/Dance Band)
July 8

KENARI SAXOPHONE QUARTET
 (Chamber Music NW)
July 14

RED YARN
 (Folk Music/Puppetry)
July 20

See page 16.

SCHEDULES AND PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

CONTACT US FOR THE LATEST UPDATES.

(503) 653-8100

august

MONDAY

TUESDAY

WEDNESDAY

	1 8:30 a.m.-3 p.m. – Foot Care 1-2 p.m. – Daytime Bingo	2 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 11:30 a.m.-12:30 p.m. – Broad Highway 12:30-3:30 p.m. – Mah Jongg 6-7:15 p.m. – Ukulele Jam
7 10:30 am-3 p.m. – Garden View Restaurant 11 a.m.-noon – Theron Brayman 12:30-3:30 p.m. – Chinese Mah Jongg	8 8:30 a.m.-3 p.m. – Foot Care 10:30 a.m.-noon – Blood Pressure Check 1-2 p.m. – Daytime Bingo	9 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 10:30 a.m.-noon – Brain Games 12:30-3:30 p.m. – Mah Jongg 1-2:30 p.m. – Caregivers Support Group
14 12:30-3:30 p.m. – Chinese Mah Jongg	15 8:30 a.m.-3 p.m. – Foot Care 1-2 p.m. – Daytime Bingo	16 8-11:30 a.m. – Woodcarving 11 a.m.-2:30 p.m. – Clackamas County Fair 11:30 a.m.-12:30 p.m. – Broad Highway 12:30-3:30 p.m. – Mah Jongg APAC Respite Program (call for time) 6-7:15 p.m. – Ukulele Jam
21 11 a.m.-noon – Theron Brayman 12:30-3:30 p.m. – Chinese Mah Jongg	22 1-2 p.m. – Daytime Bingo	23 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 12:30-2 p.m. – Long Term Care Presentation 12:30-3:30 p.m. – Mah Jongg 1-2:30 p.m. – Caregivers Support Group
28 12:30-3:30 p.m. – Chinese Mah Jongg	29 1-2 p.m. – Daytime Bingo	30 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 11:30 a.m.-12:30 p.m. – Broad Highway 12:30-3:30 p.m. – Mah Jongg

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

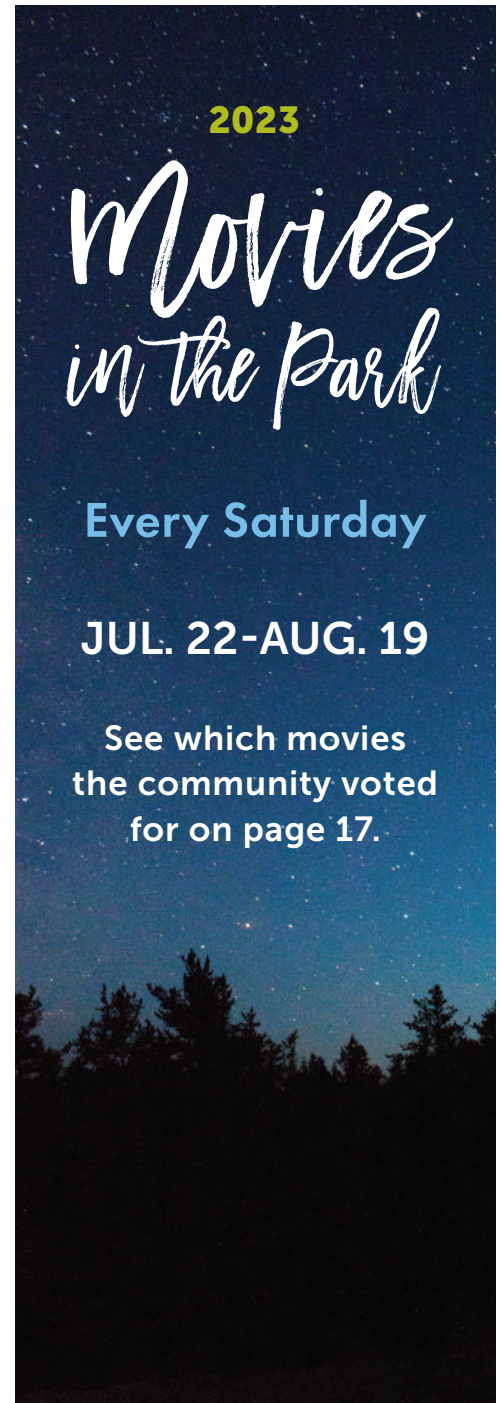
M, T, W, F: 10 a.m. - 3 p.m.
Th: 10 a.m. - 6 p.m.

MILWAUKIE COMMUNITY CENTER EVENTS & OFFERINGS

THURSDAY

FRIDAY

<p>3</p> <p>9:30-11 a.m. – Ukulele Jam 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>4</p> <p>10-11:30 a.m. – Friendships As We Age Noon-2 p.m. – Mt. Dulcimer Jam</p> <p>Sat. Aug. 5, 9 p.m. Movie in the Park: The Goonies at Pfeifer Park</p>
<p>10</p> <p>9:30-11 a.m. – Ukulele Jam 11 a.m.-noon – Healthy Living for Your Brain & Body 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>11</p> <p>Noon-2 p.m. – The Throwbacks</p> <p>Sat. Aug. 12, 9 p.m. Movie in the Park: Top Gun Maverick at North Clackamas Park</p>
<p>17</p> <p>9:30-11 a.m. – Ukulele Jam 11 a.m.-noon – Mark Maguire & Friends 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>18</p> <p>Noon-2 p.m. – Mt. Dulcimer Jam</p> <p>Sat. Aug. 19, 9 p.m. Movie in the Park: Minions at Wichita Center</p>
<p>24</p> <p>9:30-11 a.m. – Ukulele Jam 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>25</p> <p>Noon-2 p.m. – Mary & The Jazz Tones</p>
<p>31</p> <p>9:30-11 a.m. – Ukulele Jam 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i></p>	



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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



Everything is coming up *Roses*

Did you know there is a beautiful rose garden nestled next to the Milwaukie Community Center? The Sarah Hite Rose Garden is a hidden gem waiting to be explored. Take a peaceful walk along the brick paths, and enjoy the vibrant and sweet-smelling roses that are currently in full bloom.

