

connection

SERVING RESIDENTS OF NORTH CLACKAMAS COUNTY



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CENTER SUPERVISOR'S MESSAGE

If you are venturing to the Center this fall you will notice some differences to the building. In September we are painting the reception area and lobby with new colors to freshen up and make the entrance more inviting.



In October we have scheduled a muralist, Alex Chiu, to liven up the road-facing side of the building. The mural will feature a wide range of ages and ethnicities, reflecting the vibrancy and diversity of the community.

We originated as the Milwaukie Senior Center in 1980, transformed it into the Milwaukie Center in the 90s and finally landed on the Milwaukie Community Center two years ago. Along with the evolving name, efforts have been made to make the MCC a more inviting and inclusive space to all ages and backgrounds. NCPRD staff is always looking for ways to give the community a voice, and we welcome your input as we continue to evolve and grow as a community center.

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.

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.

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**

GREETINGS FROM THE FOUNDATION DEVELOPMENT OFFICE

The crisp air of autumn is indeed a welcome reprieve from the hot summer months. My wish is that you made many wonderful memories with friends and family as you enjoyed the summer sunshine!

With a new season we look forward to the activities and events at the Center. Added to the lineup this year is a second Housing and Senior Services Fair! We are expecting 80 vendors from a variety of local businesses and services that can help you navigate the challenges of daily life. A face-to-face connection is so beneficial, and questions can be answered on the spot for you. Everything from helping you organize your treasures, creating or adjusting a will, to the options available for selling your home and moving on to a new chapter in a senior living community. Join us for this FREE event on Thursday, September 14 from 10 a.m. to noon for a valuable and fun day of information!

We also have some VERY exciting news regarding the Foundation's largest income generating program . . . BINGO! Due to the growing popularity of our Thursday night game – over 100 players regularly – we are expanding to Tuesday nights as well. Remember that this is a FUNDRAISER for the wonderful Social Service programs at the Center and Meals on Wheels so that we can make sure “no senior goes hungry!” We are also introducing handheld bingo machines to make playing your games easier and more enjoyable. Launch of the additional night will be in mid-November.

Come have a look around Artisan Gifts featuring local handmade items that would surely please any taste. Proceeds benefit the Foundation so your purchase gets paid forward!

Mark your calendars for our annual Traditional Thanksgiving Dinner, Sunday, November 19. Bring your friends and enjoy delicious food and good company, holiday-themed raffle items and live entertainment!

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



DON'T MISS THE HOUSING & SENIOR SERVICES FAIR
ON **SEPTEMBER 14**, FROM **10AM-NOON**.

More info on page 17.

center spotlight

Congratulations, Maria!



MARIA LOPEZ

Bilingual Program and Special Event Coordinator

Maria is no stranger to NCPRD. In fact, she started at the Milwaukie Community Center as a volunteer and then moved into a recreation leader role (nearly 10 years ago) before her position as Office Specialist at the Center. She provided excellent customer service, assisting with special events and providing Spanish translation services for NCPRD to make our programs and services more accessible to our Spanish-speaking community members. Beginning in June, she moved into her new position as Bilingual Program and Special Event Coordinator – congratulations, Maria! When Maria is not working, she enjoys spending time with her two boys, family and friends, going on hikes, road trips, going to the beach, concerts, dancing and is a car enthusiast.

Meet our new instructors!



SERGIO VELLA

Breaking Instructor

Originally from Texas, Serg has been breaking since 2001. In addition to competing internationally, he has also been a mentor to several other competition breakers over the last decade. Serg believes that understanding the foundation of this energetic form of dance and the individual moves is critical for progress in breaking. Breaking pushes the boundaries of what is possible with the human body, through the value of discipline. See page 12 for details on the breaking class.



OLATZ PASCARIU

Spanish Instructor

Olatz was born in Spain and has been teaching for more than 30 years. She believes that people learn better when they are having fun. Olatz says, “Hola amigos! What are you waiting for? Sign up for my class!” See page 10 for details on Spanish classes.



SARAH STERN

Computer Literacy Instructor

Sarah has been passionate about learning and working with technology for over a decade. She has a background of training for companies such as Apple, Microsoft and J.D. Power. Her innovative teaching methods and patient approach make her popular among students of all ages. Sarah believes in empowering her students with practical skills, ensuring that they not only understand the theory behind the concepts they learn, but can also apply their new skills in real-world scenarios. See page 10 for details on computer literacy classes.

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. - 12:45 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, 11:45 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.



SEEKING VOLUNTEERS!

We're looking for Meals on Wheels drivers, kitchen and serving helpers.

Interested?

Email Stan at scatherman@ncprd.com
or call (503) 794-8034



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

BLOOD PRESSURE CHECK

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

FREE

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

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

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:

9/15, 11/17, 1/19, 3/15, 5/17, 7/19, 9/20, 11/15

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

SUPPLEMENTAL FIREWOOD:

Opens October 2

Seasoned firewood is available to low-income seniors and persons with disabilities residing in North Clackamas Parks & Recreation District. This program is only available to low-income NCPRD residents who use wood as their primary or supplemental source of heat. Interested NCPRD residents may phone the Center at (503) 653-8100 and leave their contact information. **By appointment only.** Proof of income required.

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.

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

Who Am I Now? (Friday, October 6)

Our roles and responsibilities change throughout our lives as we take on new roles and give up others. Join us as we explore who you are at this point in your life and share with others the roles that you've had over your lifetime.

FREE

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

Battling the Blues (Friday, November 3)

Have you experienced feeling down, sad, or blue? Come and explore healthy ways to move through these feelings and recognize when you may need help. Learn the difference between sadness, depression, and grief and share strategies that work for you.

FREE

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



MEDICARE INFORMATION BOOTH

Clackamas County SHIBA (Senior Health Insurance Benefits Assistance) Program provides free, year-round assistance with all of your Medicare questions. Stop by the Medicare booth and get up-to-date information, learn more about SHIBA, get ready for Medicare Open Enrollment (Oct. 15 – Dec. 7), and receive a complimentary medication organizer (while supplies last).

FREE

10 A.M. - 1 P.M. T 9/12

ESTATE PLANNING 101: PROTECTING YOURSELF AND YOUR FAMILY

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 9/20

PROTECTING YOURSELF FROM FRAUD, IDENTITY THEFT AND SCAMS

Identity theft can happen to anyone and even the most cautious of people can be at risk. Join our free “Protecting Your Identity Workshop” and learn key facts to safeguard yourself from becoming a victim.

- Learn how to recognize a scam or identity theft attempt
- Educate yourself on the current scams taking place
- Learn how to protect yourself from being a victim of ongoing scams
- Get tips on how to report in the event you become a victim of a scam or identity theft

Presented by Jacklyn Olive, Community Relations Specialist, and Stephanie Vlachos, Membership Development Specialist, at Embold Credit Union. Call (503) 653-8100 to reserve your spot.

FREE
11 A.M. - NOON W 9/27

ENERGY ASSISTANCE PROGRAM: *Opens October 2-November 30*

Low-income Energy Assistance Program, is a federally-funded program designed to assist low-income seniors and persons with disabilities with their energy bills. The Milwaukie Community Center is able to offer early sign-up during October through November. LIEAP eligibility is determined using gross income (before taxes). Required documentation: proof of monthly income for all household members, current 2023 Social Security award letter, current pension letter and any other monthly income; photocopies of your utility bill (PGE, NWN), social security card and photo identification. Please gather and make copies of the required documentation prior to scheduling an appointment. Call the Center (503) 653-8100 to schedule an appointment.

FREE

MEDICARE 101 PRESENTATION

Join us as Clackamas County Certified SHIBA Counselors give an extensive overview of Medicare and the most recent/upcoming changes for 2024,

including Medicare eligibility and enrollment, covered services and choices, Medicare fraud prevention tips and more. This is a great opportunity for anyone who is currently enrolled in Medicare, or is soon approaching Medicare eligibility. Q&A session following presentation. Registration is not required.

FREE
10 - 11 A.M. W 10/25

MEDICARE COUNSELING WORKSHOP

Do you need help during the Medicare Open Enrollment Period (Oct. 15 – Dec. 7)? Open Enrollment is the time of year when most Medicare beneficiaries can make changes to their medical coverage. To get a free, personalized counseling session about your Medicare options, schedule an appointment with a Certified SHIBA Counselor by calling SHIBA at (503) 655-8269, option 4 (Monday – Thursday). **By appointment only.** SHIBA counselors do not sell insurance; they are trained volunteers who provide free, objective Medicare education and assistance.

FREE
10 A.M. - 2:30 P.M. W 11/1

VETERAN BENEFIT PRESENTATION

If you, or a loved one, have served in the military, getting access to all the resources and benefits you are eligible for can be daunting. If you don't know where to start, join us for this informative presentation. Topics will include obtaining military records, filing a claim for benefits, property tax reductions for those with 40% or greater disability rating, end of life/burial planning and more. Presented by Dave Soto, a veteran and volunteer for the Oregon Department of Veterans Affairs. Dave will also share his own experience with dealing with the Veterans Administration on claim issues, health issues, property tax reduction, and his own final disposition wishes. No RSVP needed.

FREE
10 - 11:30 A.M. T 11/7

center programs

ART

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+
	ACRYLICS	M	10AM-12:30PM	SEP 25-NOV 27	\$113	\$85
	ACRYLICS	F	10AM-12:30PM	SEP 29-DEC 8	\$113	\$85
	OIL PAINTING	TH	9:30AM-NOON	SEP 28-DEC 7	\$125	\$94
	LOOM KNITTING (AGES 12+)	T	1-3:30PM	NOV 7 & 14	\$19	\$15
	DRAWING	F	1-3PM	SEP 29-DEC 8	\$90	\$68

DANCE

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+
☾	AMERICAN TANGO	M	6:30-7:30PM	OCT 2-DEC 4	\$50	\$38
	LINE DANCE BEGINNING II	T	12:45-1:45PM	SEP 26-NOV 28	\$50	\$38
	LINE DANCE BEGINNING II	TH	12:45-1:45PM	SEP 28-DEC 7	\$45	\$34

LANGUAGE & WRITING

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+
	CREATIVE WRITING*	W	1:30-3PM	SEP 27-NOV 15	\$60	\$45
	YOUR STORY	S	10:40AM-12:10PM	OCT 7-DEC 9	\$53	\$40
	ELEMENTS OF WRITING	S	9-10:30AM	OCT 7-DEC 9	\$53	\$40
	INTRO TO SPANISH	M	11:10AM-12:40PM	OCT 9-NOV 27	\$60	\$45
	SPANISH II/CONVERSATION II	M	9:30-11AM	OCT 9-NOV 27	\$60	\$45

TECHNOLOGY & COMPUTER LITERACY

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+
	INTRO TO TABLETS AND ANDROIDS	W	NOON-1:30PM	OCT 4-NOV 29	\$60	\$45
	INTRO TO IPADS AND IPHONES	W	1:45-3:15PM	OCT 4-NOV 29	\$60	\$45

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	SEP 28-DEC 7	\$38	\$29	L2
	COMPLETE CONDITIONING	TH	9:20-10:20AM	SEP 28-DEC 7	\$50	\$38	L2-3
	FUNCTIONAL FITNESS*	T	11AM-NOON	SEP 26-DEC 12	\$55	\$41	L2-3
	INNERGYSTICS**	M	12:20-1:20PM	SEP 25-DEC 4	\$45	\$34	L3-4
	INNERGYSTICS	TH	11:30AM-12:30PM	SEP 21-DEC 7	\$55	\$41	L3-4
	LINE DANCE FOR FITNESS	M	9:30-10:30AM	SEP 25-NOV 27	\$50	\$38	L2-3
	LINE DANCE FOR FITNESS	F	9:30-10:30AM	SEP 29-DEC 8	\$45	\$34	L2-3
☾	LOW IMPACT AEROBIC STRENGTH TRAINING	TH	4-4:45PM	SEP 28-DEC 7	\$38	\$29	L2-3
	SIT-N-B-FIT	M	11-11:45AM	SEP 25-DEC 4	\$41	\$31	L1-2
	SIT-N-B-FIT	W	11-11:45AM	SEP 27-DEC 6	\$41	\$31	L1-2
	SIT-N-B-FIT	F	11-11:45AM	SEP 29-DEC 8	\$34	\$26	L1-2
	STRENGTH & RELAXATION YOGA*	M	2:45-3:45PM	SEP 25-DEC 11	\$55	\$41	L2-3
	STRENGTH & RELAXATION YOGA	T	9:30-10:30AM	SEP 26-DEC 5	\$55	\$41	L2-3
	STRENGTH & RELAXATION YOGA	W	9:30-10:30AM	SEP 27-DEC 13	\$55	\$41	L2-3
☾	TAI CHI BEGINNING 1	MW	4-5PM	OCT 2-DEC 6	\$100	\$75	L2-3
	TAI CHI FOR BETTER HEALTH	S	9:30-10:30AM	OCT 7-DEC 9	\$35	\$26	L2-3
☾	TAI CHI BEGINNING 2	MW	5:15-6:15PM	SEP 25-DEC 6	\$110	\$82	L2-3
	TAI CHI BEGINNING 2	TTH	8:10-9:10AM	SEP 26-DEC 7	\$105	\$79	L2-3
	WALKING WITH WAYNE	W	10AM @ N CLACK PARK	ONGOING	FREE	FREE	L3-4
	YOGAFLEX	M	2-2:45PM	SEP 25-DEC 4	\$41	\$31	L1-3
	ZUMBA GOLD TONING*	M	NOON-1PM	SEP 25-DEC 4	\$55	\$41	L2-3
	ZUMBA GOLD TONING*	W	NOON-1PM	SEP 27-DEC 6	\$55	\$41	L2-3
☾	ZUMBA*	T	6:40-7:40PM	SEP 26-DEC 5	\$55	\$41	L3-4
☾	ZUMBA*	TH	6:40-7:40PM	SEP 28-DEC 7	\$50	\$38	L3-4

☾ NIGHT CLASSES *Zoom options available **Zoom only

Please do not plan to register first day of class.

center programs



NEW! LOOM KNITTING

Ages 12+. Discover this easy way of knitting using no needles. Instructor will show you how easy it is to make a hat for yourself or a gift for someone in their favorite colors. No need to purchase a loom, they will be provided during class. Please bring 2 skeins of yarn, 360 yards in one color, or 4 skeins of yarn, 360 yards/each in two different colors to make a hat using two colors. This craft is ideal for people with arthritis.

INSTRUCTOR: JEAN MCKINNEY

LOCATION: MILWAUKIE COMMUNITY CENTER/ZOOM

FEE: NCPRD, \$15; NON-RESIDENT, \$19

DATE/TIME: 1-3:30 P.M. T 11/7-11/14

NEW! CLACKAMAS SCHOOL PROPERTY

We will be holding our first classes at the Clackamas School Property, **15301 S.E. 92nd Ave.**

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+	LEVEL
☾	TAI CHI BEGINNING 1	T/TH	5-6 PM	OCT 3-DEC 7	\$95	\$71	L3-4

KIDS CLASSES

	CLASS	DAY	TIME	DATES	FEE NON	FEE RESIDENT	AGES
☾	TINY TOTS PRE-BALLET	W	4-4:30PM	OCT 11-NOV 29	\$111 NR	\$89 NCPRD	3-4
☾	LITTLE DANCERS BALLET & JAZZ	W	4:40-5:25PM	OCT 11-NOV 29	\$121 NR	\$97 NCPRD	5-6
☾	BEGINNER DANCERS BALLET & JAZZ	W	5:35-6:20PM	OCT 11-NOV 29	\$121 NR	\$97 NCPRD	6-8
☾	INTRO TO BREAKING	T	5:15-6:15PM	OCT 10-NOV 28	\$169 NR	\$135 NCPRD	8-12
	PRESCHOOL SING-A-LONG (DROP IN)	T	10-10:30AM	OCT 3-DEC 5	\$4/EA	\$3/EA	1-5

☾ 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

FREE WORKSHOPS

	CLASS	DAY	TIME	DATE	FEE	FEE AGE 62+	LEVEL
☾	TAI CHI BEGINNING 1 WORKSHOP	M	4-5PM	SEP 25	FREE	FREE	L2-3
☾	TAI CHI BEGINNING 1 WORKSHOP (CLACKAMAS)	T	5-6PM	SEP 26	FREE	FREE	L2-3
	TAI CHI FOR BETTER HEALTH WORKSHOP	S	9:30-10:30AM	SEP 30	FREE	FREE	L2-3
☾	AMERICAN TANGO WORKSHOP	M	6:30-7:30PM	SEP 25	FREE	FREE	
	SPANISH II/CONVERSATION II MEET & GREET	M	10:30-11AM	OCT 2	FREE	FREE	
	INTRODUCTION TO SPANISH MEET & GREET	M	11-11:30AM	OCT 2	FREE	FREE	
	ELEMENTS OF WRITING MEET & GREET	S	10-10:30AM	SEP 30	FREE	FREE	L2-3
	YOUR STORY MEET & GREET	M	10:30-11AM	SEP 30	FREE	FREE	
	TABLETS & ANDROIDS MEET & GREET	W	1-1:30PM	SEP 27	FREE	FREE	
	IPHONES & IPADS MEET & GREET	W	1:30-2PM	SEP 27	FREE	FREE	

ACTIVITY GROUPS

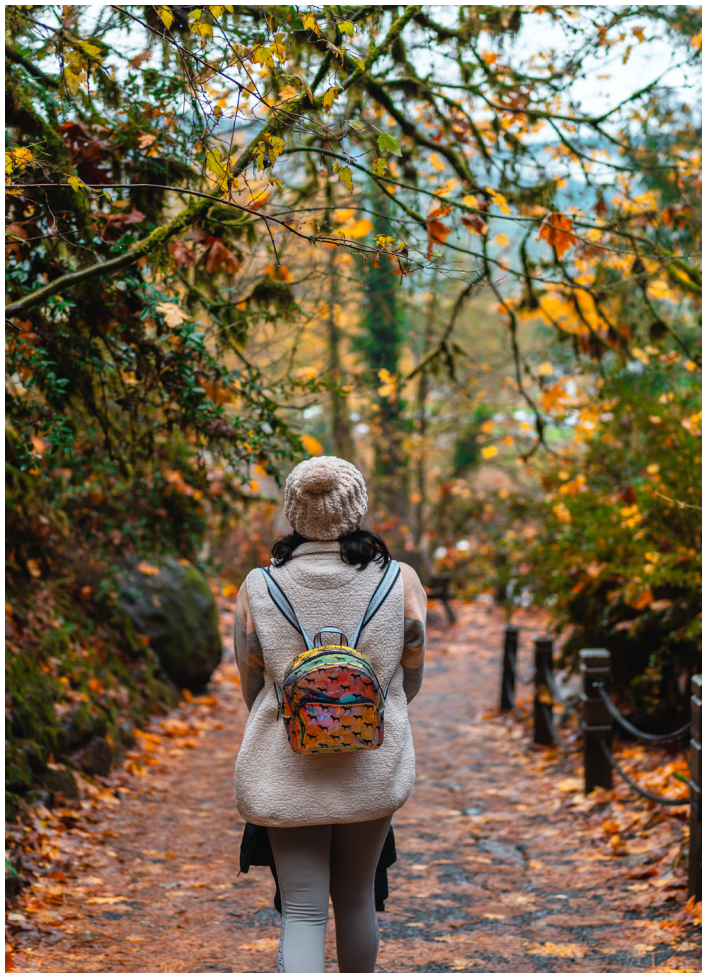
	ACTIVITY	DAY	TIME	DATES	FEE NON	FEE RESIDENT
	BILLIARDS	M-F	8AM-4PM	DROP IN	\$2.00	\$1.00 ALL DAY
	DAYTIME BINGO	T/TH	12:45-1:45PM	DROP IN	\$0.50	\$0.25 PER CARD
☾	EVENING BINGO!	TH	6-9:30PM	DROP IN	→	\$4-6 PER PACKET**
	PARTY BRIDGE	TH	12:30-3:30PM	DROP IN	\$2.00	\$1.00 PER SESSION
	MT. DULCIMER JAM	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

☾ NIGHT CLASSES

****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.

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.

MT. ANGEL OKTOBERFEST

Celebrate German culture and enjoy a wonderful blend of music, food and beer. Bring money for entry, lunch and any drinks you wish to purchase.

FEE: RESIDENT, \$29; NON-RESIDENT, \$37
TIME/DATE: 10 A.M.-3 P.M. TH 9/14





PORTLAND SPIRIT

Explore the Willamette River on the Portland Spirit Cruise. Enjoy a wonderful lunch and music entertainment (included in the price).

FEE: RESIDENT, \$83; NON-RESIDENT, \$104
TIME/DATE: 10:30 A.M.-2 P.M. TH 9/21

MULTNOMAH FALLS RESTAURANT

Join us for a scenic trip to Multnomah Falls Historic Lodge for lunch. Please note there are stairs; mobility might be an issue if the elevator is out of use. Please bring money for lunch and any other purchases in the gift shop.

FEE: RESIDENT, \$23; NON-RESIDENT, \$29
TIME/DATE: 10 A.M.-3 P.M. TH 10/5



YESTERYEAR FARM AND LUNCH

Celebrate autumn with a trip to a pumpkin patch. This family-owned farm is dedicated to giving everyone who visits exceptional service and an unforgettable experience. Be prepared for countless photo opportunities. Bring money for lunch and any purchases from the beautifully curated gift shop.

FEE: RESIDENT, \$17; NON-RESIDENT, \$22
TIME/DATE: 11 A.M.-3 P.M. TH 10/26

featured events

FIESTA LATINA EN EL PARQUE

Join us for a multicultural party in the park and enjoy delicious food, live music and performances, kids activities, games and authentic artisan vendors. Performances by La Consentida Banda Estrella De Oro, Mariachi Mexico En La Piel and Ollin Yoliztli PDX. Featured food vendors include Birrieria Carlos, Mi Xalisco, Sabor Casero Pupuseria, Rosas Churros and Las Marquesas Snacks. Sponsored by Milwaukie Community Center Foundation.

LOCATION: NORTH CLACKAMAS PARK

FEE: FREE

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



FULL EVENT INFO AND REGISTRATION AVAILABLE AT
NCPRD.COM OR (503) 653-8100



HOUSING & SENIOR SERVICES FAIR

PRESENTED BY MILWAUKIE COMMUNITY CENTER FOUNDATION

Come explore independent and assisted living communities, in-home care and many other resources for quality of life enhancement. Having a large variety of vendors in one place makes it easy and convenient to ask questions, make appointments and get valuable information.

LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: FREE

**DATE/TIME: THURSDAY, SEPTEMBER 14
10 A.M.-NOON**

SPONSORED BY:

*Willamette View, Milwaukie Floors and More,
New Seasons Market, Providence Milwaukie
Hospital, Understanding My Medicare, Humana,
Managed Moves, Cascade Benefit Advisors,
Happy Baskets*



featured events



TRADITIONAL THANKSGIVING DINNER

Gather with friends and family at the Milwaukie Community Center (MCC) for our Traditional Thanksgiving Dinner hosted by the MCC Foundation. Enjoy delicious roasted turkey, ham, mashed potatoes, gravy, dressing, sweet potatoes, vegetables, cranberries, rolls and dessert. Two seating times are available. Tickets can be purchased at the front desk at the MCC or online at www.AftonTickets.com/MCCThanksgivingDinner2023. Seating is limited so get your tickets early! Beer and wine are available for purchase. Fun holiday themed raffle. All proceeds benefit the Meals on Wheels program at the Milwaukie Community Center. Tickets are available beginning Oct. 16; Deadline for purchase is Nov. 13.

LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: \$18 PER ADULT, \$12 FOR CHILDREN 12 AND UNDER

DATE/TIME: SUNDAY, NOVEMBER 19
TWO SEATING TIMES, 3:30 OR 5 P.M.
RESERVATIONS REQUIRED

MAH JONGG TOURNAMENT

Join us for a fun day of Mah Jongg and friendship. All experience levels are welcome. Gift cards and prizes for winners. Proceeds benefit the programs and services at the Milwaukie Community Center. Must pre-register by October 13. For more information and to register, email Angela Wright at: AngelaW@milwaukieccfoundation.org.

LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: \$38* PER PERSON; LUNCH INCLUDED

DATE/TIME: SATURDAY, OCTOBER 21
11 A.M.-4 P.M.



healthy tips



ALISON DELANCEY

Owner of Science + Spirit Nutrition, LLC

[#science.spirit.nutrition](#)

September and October are just gorgeous in the PNW! These golden autumn days are the perfect time to boost your immune system before the cold weather sets in. Doing so could help ward off illness all winter long.

- If you did not take vitamin D3 during the sunny summer, start now! D3 deficiencies have been shown to increase one's susceptibility to infection.⁽¹⁾ Take 4-5,000 IUs daily, with your breakfast or earliest meal.
- Zinc is essential for multiple functions in the immune system.⁽²⁾ Consume 30-40 mg./daily. Red meats, shellfish, eggs, legumes, nuts, and hard cheeses are all rich food sources of zinc.
- Vitamin C boosts the immune system and aids the speed of recovery in case of infections. Take 1,000 mg./daily. Have it with your zinc, as the two have a strong synergistic relationship. Good food sources of C include citrus, bell peppers, berries, and cruciferous veggies like broccoli.
- Your immune system relies on a well-hydrated body. Water helps keep a healthy amount of mucous in your nose, mouth and throat; dry nasal passages are less effective at keeping out bad bacteria. Stay hydrated by drinking several glasses of water every day.

As the days get shorter and cooler, bolster your immune system. Supplement with vitamins C, D3, and the mineral zinc; stay well hydrated. Build up your immunity now to improve your health all winter long!

Alison Delancey

Owner of Science + Spirit Nutrition, LLC

1. Martens, P., Gysemans, C., Verstuyf, A., and Mathieu, C. *Vitamin D's Effect on Immune Function*, Nutrients. 2020 May; 12(5): 1248.
2. Prasad, A. Zinc in Human Health: Effect of Zinc on Immune Cells, Mol Med. 2008 May-Jun; 14(5-6): 353–357.

around the center



CONCERT IN THE PARK: THE KENARI QUARTET

The Kenari Quartet performed at North Clackamas Park as part of NCPRD's Concert in the Park series. It doesn't get more pleasant than chamber music outside during golden hour.



BBQ AT THE CENTER

A delicious BBQ lunch was served to raise funds for Center programs and services, accompanied by live music provide by The Throwbacks.



MOVIE IN THE PARK

The community gathered for Top Gun Maverick at North Clackamas Park for an adventure-packed film under the stars with friends and family.



volunteer

Did you know that the Milwaukie Community Center Foundation's Thursday Night Bingo is one of the most successful fundraising programs for Meals on Wheels and the services offered at the Center? This weekly event draws nearly 100 loyal participants regularly!

As the popularity continues to grow, along with the demand for social services that it helps to fund, the Foundation has endeavored to add another night of Bingo on Tuesday nights in November. Become a volunteer, and have fun while helping to raise money for essential programs and services at the Center.



BINGO VOLUNTEER OPPORTUNITIES

- Snack Bar Workers
- Floor Walkers – verifying Bingos, selling cards and handling money
- Buy-in Positions – hand out game cards and raffle tickets which were purchased at entry
- Experienced Bingo Caller

OTHER VOLUNTEER OPPORTUNITIES

- Artisan Gifts Cashier
- Meals on Wheels Drivers
- Meals on Wheels Kitchen and Serving Help
- Firewood Delivery
- Maintenance and Janitorial



CENTER MEET AND GREET TOUR

Are you thinking about making a commitment to meet others and socialize more this fall? 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.

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

With fall just around the corner, Artisan Gifts is again excited and looking forward to offering lots of wonderful handmade crafts to their customers for the upcoming holidays. The shop currently offers a wide variety, such as jewelry, knitted items, woodworks, quilted items, baby items, doll clothes, kids items and sports-themed crafts. The vendors are busy adding to the inventory and preparing to also offer wonderful holiday-themed items. Make sure to include a visit to Artisan Gifts for all your personal and holiday shopping.

MON.-FRI.: 10 a.m.-3 p.m.



Artisan Gifts

UNIQUE • HANDMADE • LOCAL
MILWAUKIE COMMUNITY CENTER FOUNDATION

september

MONDAY

TUESDAY

WEDNESDAY

4 <i>Labor Day</i>	5 <i>This Week Closed for Maintenance</i>	6
11 12:30-3:30 p.m. – Chinese Mah Jongg	12 8:30 a.m.-3 p.m. – Foot Care 10 a.m.-1 p.m. – Medicare Info Booth 10:30 a.m.-noon – Blood Pressure Check 12:45-1:45 p.m. – Daytime Bingo	13 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 6-7:15 p.m. – Ukulele Jam
18 11 a.m.-noon – Theron Brayman 12:30-3:30 p.m. – Chinese Mah Jongg	19 8:30 a.m.-3 p.m. – Foot Care 12:45-1:45 p.m. – Daytime Bingo	20 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 11 a.m.-noon – Larry Wilder 11:30 a.m.-12:30 p.m. – Broad Highway 12:30-2 p.m. – Estate Planning 101 12:30-3:30 p.m. – Mah Jongg
25 12:30-3:30 p.m. – Chinese Mah Jongg	26 12:45-1:45 p.m. – Daytime Bingo	27 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 11 a.m.-noon – Protecting Yourself 12:30-3:30 p.m. – Mah Jongg 6-7:15 p.m. – Ukulele Jam 1-2:30 p.m. – Caregivers Support Group

ONGOING DAILY OFFERINGS

TRILLIUM LUNCH

11:45 a.m. - 12:30 p.m.

BILLIARDS

8 a.m. - 4 p.m.

PETE'S CAFE

9 a.m. - 12:45 p.m.

ARTISAN GIFTS

Mon.-Fri.: 10 a.m. - 3 p.m.

MILWAUKIE COMMUNITY CENTER EVENTS & OFFERINGS

THURSDAY

FRIDAY

	1 10-11:30 a.m. – Giving Up the Keys Noon-2 p.m. – Mt. Dulcimer Jam
7	8
14 9:30-11 a.m. – Ukulele Jam 10 a.m.-noon – Senior Services Fair 10 a.m.-3 p.m. – Mt. Angel Oktoberfest 12:30-3:30 p.m. – Party Bridge 12:45-1:45 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i>	15 Noon-2 p.m. – Mt. Dulcimer Jam Noon-2 p.m. – The Throwbacks 2-3:30 p.m. – Diabetes Support Group
21 9:30-11 a.m. – Ukulele Jam 10:30 a.m.-2 p.m. – Portland Spirit 11 a.m.-noon – Mark Maguire & Friends 12:30-3:30 p.m. – Party Bridge 12:45-1:45 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i>	22 Noon-2 p.m. – Mary & The Jazz Tones <div> Sat. Sept. 23, noon-4 p.m. EVENT: Fiesta Latina en el Parque </div>
28 9:30-11 a.m. – Ukulele Jam 12:30-3:30 p.m. – Party Bridge 12:45-1:45 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i>	29 Noon-2 p.m. – Mt. Dulcimer Jam 2-3:30 p.m. – Diabetes Support Group



SEEKING NEW volunteers for TAX-AIDE

AARP Foundation Tax-Aide is looking for people like you.

As a Tax-Aide volunteer you can help low-income taxpayers who can't afford tax preparation services.

Please call (888) 227-7669 or visit aarpfoundation.org/taxaidevolunteer for more information.

SCHEDULES AND PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

CONTACT US FOR THE LATEST UPDATES.

(503) 653-8100

october

MONDAY

TUESDAY

WEDNESDAY

2 12:30-3:30 p.m. – Chinese Mah Jongg	3 8:30 a.m.-3 p.m. – Foot Care 12:45-1:45 p.m. – Daytime Bingo	4 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
9 11 a.m.-noon – Theron Brayman 12:30-3:30 p.m. – Chinese Mah Jongg	10 8:30 a.m.-3 p.m. – Foot Care 10-11:30 a.m. – Blood Pressure Check 12:45-1:45 p.m. – Daytime Bingo	11 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
16 12:30-3:30 p.m. – Chinese Mah Jongg	17 8:30 a.m.-3 p.m. – Foot Care 12:45-1:45 p.m. – Daytime Bingo	18 8-11:30 a.m. – Woodcarving 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
23 11 a.m.-noon – Theron Brayman 12:30-3:30 p.m. – Chinese Mah Jongg	24 12:45-1:45 p.m. – Daytime Bingo	25 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 10-11 a.m. – Medicare 101 Presentation 12:30-3:30 p.m. – Mah Jongg 1-2:30 p.m. – Caregivers Support Group
30 12:30-3:30 p.m. – Chinese Mah Jongg	31 12:45-1:45 p.m. – Daytime Bingo	

ONGOING DAILY OFFERINGS

TRILLIUM LUNCH

11:45 a.m. - 12:30 p.m.

BILLIARDS

8 a.m. - 4 p.m.

PETE'S CAFE

9 a.m. - 12:45 p.m.

ARTISAN GIFTS

Mon.-Fri.: 10 a.m. - 3 p.m.

MILWAUKIE COMMUNITY CENTER EVENTS & OFFERINGS

THURSDAY

<p>5</p> <p>9:30-11 a.m. – Ukulele Jam 10 a.m.-3 p.m. – Multnomah Falls Restaurant 12:30-3:30 p.m. – Party Bridge 12:45-1:45 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>6</p> <p>10-11:30 a.m. – Who Am I Now? Noon-2 p.m. – Mt. Dulcimer Jam</p>
<p>12</p> <p>9:30-11 a.m. – Ukulele Jam 12:30-3:30 p.m. – Party Bridge 12:45-1:45 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>13</p> <p>Noon-2 p.m. – The Throwbacks</p>
<p>19</p> <p>9:30-11 a.m. – Ukulele Jam 11 a.m.-noon – Mark Maguire & Friends 12:30-3:30 p.m. – Party Bridge 12:45-1:45 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>20</p> <p>Noon-2 p.m. – Mt. Dulcimer Jam</p> <div data-bbox="532 1066 977 1194"> <p>»» Sat. Oct. 21, 11:15 a.m. (sign in) Mah Jongg Tournament at 12:15 p.m.</p> </div>
<p>26</p> <p>9:30-11 a.m. – Ukulele Jam 11 a.m.-3 p.m. – Yesteryear Farm and Lunch 12:30-3:30 p.m. – Party Bridge 12:45-1:45 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>27</p> <p>Noon-2 p.m. – Mary & The Jazz Tones</p>



MAH JONGG TOURNAMENT

Saturday, October 21

11 A.M.-4 P.M.

Registration fee \$38

For more information and to register,
 email Angela Wright at:
AngelaW@milwaukieccfoundation.org.

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



CLOSURE REMINDER

Milwaukie Community Center will be closed **September 5-8** for annual maintenance.

Meals on Wheels will continue to operate as scheduled during that week.

For questions, email
milwaukiecenter@ncprd.com.