

connection

SERVING RESIDENTS OF NORTH CLACKAMAS COUNTY



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CENTER SUPERVISOR'S MESSAGE

I made the mistake this past July in saying out loud that, "we are fully staffed without any personnel vacancies." Well, that changed in a hurry. This summer has brought a lot of vacant positions and new faces to the MCC staff. Maria Lopez left her position as Office Specialist at the MCC to take a full-time position with NCPRD as a Recreation Coordinator. Jessi La Main was hired as our new Office Specialist in September and has hit the ground running. MCC Foundation Director Junia Stephens left in September with MCC Volunteer Coordinator Stan Catherman being named the new Foundation Director, which then of course, opened a vacancy in the Volunteer Coordinator position which is being filled on an interim basis with one of our building monitors, Joseph Hyder. This means we need another Building Coordinator. As they say, "the only constant is change." The MCC is not about a facility, it is about the people. The patrons, volunteers and staff are what makes this place so special. As we transition to new staff, please take the opportunity to get to meet the new folks as well as the people who have been here for years. Part of all our jobs here is to get to know the patrons and volunteers that make this place go.



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

OFFICE SPECIALIST

Jessi La Main (503) 794-8067

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

Stan Catherman (503) 794-8043

TRANSPORTATION

Anna Hernandez (503) 794-8014

Mysti Trujillo, Kelly Kim,

Kevin O'Hollearn

VOLUNTEER COORDINATOR

Joseph Hyder (Interim) (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

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 Stan Catherman, (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

Stan Catherman, *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

Much has changed since Junia Stephens' letter in September. After developing the Foundation into a vibrant organization over the past 4½ years, Junia tendered her resignation to accept a position in Astoria, closer to her family and home. We thank her for all her hard work and wish her well in her new position.

The Foundation Board immediately got to work to find Junia's replacement. We are very happy to announce that Stan Catherman has accepted the position of Foundation Director. Stan has worked at the Milwaukie Community Center for the past 5½ years and is very familiar with all the routines and people. He is committed to the mission of the Foundation and we are delighted to have him as part of our team.

Before handing over this column to Stan, a few updates. Have you noticed our wonderful, bright new hallway? What a difference a paint job can make! The first Fall Housing and Senior Services Fair was a great success. Many thanks to our vendors for joining this event. The proposed expansion of the BINGO program, to include handheld machines, has been put on hold for a while. We are still in negotiations with the supplier. Thursday evening BINGO is alive and very well attended! Tickets for the Thanksgiving Dinner on November 19 are available at the front desk and online at ncprd.com/thanksgiving.

Over to you, Stan.

Angela Wright
MCC Foundation Chair
(503) 794-8043
angelaw@MilwaukieCCFoundation.org

Thank you Angela, and thank you to the Board for your vote of confidence. It is with great humility and excitement that I take up the mantle of Foundation Director. I am humbled to follow my predecessors who together with the Board, have built this Foundation into the amazing organization it is today. I am excited to see where we can go from here.

Stan Catherman
MCC Foundation Director
(503) 794-8043
stan@MilwaukieCCFoundation.org



year in review

2022-2023 BY THE NUMBERS

The Milwaukie Community Center was bustling with activity this past year, as we provided opportunities for fitness and enrichment, as well as social connection and support. Thank you to staff, community partners and volunteers who help keep these programs and services running. We're grateful to serve this community.

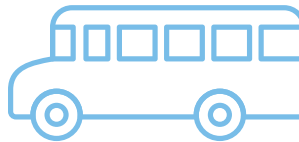


75,975

Nutrition Program
Meals Served

5,007

Bus Rides Given



2

New Buses



2,262

Client Cases Monitored
(98% increase)



13

Events



493

Volunteers



37,897

Volunteer Hours
(42% increase)



27 Healthy

Aging Seminars
(15 more than last year)



172

Fitness and
Enrichment
Programs



100

Blood Pressure
Checks



355

Meals on Wheels
Recipients



center spotlight

New faces around MCC



VIKKI PERLSON

Yogaflex and Low Impact Aerobic Strength Training Instructor

Vikki says she's excited to be part of the Center's recreation program. She led fitness classes for many years at the YMCA when she and her husband lived in Southern Oregon. They moved to the Milwaukie area about a year ago to be closer to their children and she's missed leading classes. She's looking forward to meeting all participants and sharing opportunities to learn new things, improve and maintain our fitness, and have fun!



JESSI LA MAIN

Office Specialist

Jessi La Main is settling in to her role as the new Office Specialist quite nicely and is very thankful for such a warm welcome. As a Clackamas County resident and local, she is thrilled to be working so closely with the community! She and her wife enjoy walking their therapy-dog-in-training, Ryan, at NCPRD parks and the surrounding area. Jessi is an absolute lover of all things music and plays live music professionally around town. She plays guitar and sings, so who knows when you might find her on the stage at the Milwaukie Community Center!



MARGARET MILLS

Writing Instructor

Margaret Mills is a native of the Pacific Northwest and began publishing articles and short stories as a young stay-at-home mom. Now a grandmother, she has continued to write about religion, the outdoors, and crafts, with the last few years branching into history and memoir. She lives with her daughter and an elderly cat in the historic section of Oregon City.



MICAH THORP

Karate Instructor

Micah Thorp has been studying traditional Karate for over 15 years, after starting classes with his own children, who are now grown. He is a second-degree black belt with the Japan Karatedo Federation Renbukai and a registered coach with USA Karate. His other hobbies include writing, scuba diving and running. A lifelong Oregonian, he lives in Milwaukie.

New paint in the lobby!

During maintenance week this last September, the Center's front entrance, lobby and hallways received a major facelift. The Milwaukie Community Center Advisory Board (MCCAB) has stated as one of its goals that they would like to make the Center's appearance more bright, lively and inviting.

The idea was to start with the part of the Center that everyone who enters sees first. Board member Mark Elliot, who is a retired architect, asked his colleagues to assist in the design of this area. Two designers from ZGF Architects gave us a pro bono design and color scheme to use. The Foundation agreed to pay for a professional painter who proceeded to do this work. With help from the MCC staff, the work was completed, and the first stage done. The next step is artwork and furnishings, and then planning for the next area of the Center.

AFTER



BEFORE



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.



PETE'S CAFÉ FORUM

We want to hear from you! Have you ever wanted to know why we have Pete's Café and congregate lunch? Do you have some good ideas to share with the kitchen staff regarding Pete's selections?

On November 13 at 12:45-1:45 p.m. we are holding a forum in Pete's Café for anyone interested in hearing how the Café is operated and why things are done the way they are. This is both an opportunity to have questions answered as well as an opportunity to give any input into the operations. No RSVP is required.

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.



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.**

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

Forgiveness & Reconciliation (Friday, December 1)

Throughout our lives, we are fortunate to have friends and family to share experiences with, but sometimes these relationships fade and break. What if we rethought our feelings and worked toward forgiveness and reconciliation? Share your experiences with forgiving and being forgiven and learn from others how they incorporated forgiveness into their lives.

FREE

10 - 11:30 A.M. F 12/1

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

CELEBRATE THE HOLIDAYS SUSTAINABLY

Join Clackamas County Sustainability & Solid Waste to learn how to celebrate the holidays in a more sustainable way and find out what can and cannot go in your recycling bin after the holidays. Presented by Colleen Johnston, Sustainability Analyst with Clackamas County Sustainability & Solid Waste. No RSVP needed.

FREE

11 A.M. - NOON W 12/6

center programs

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:

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

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

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

EMERGENCY FIREWOOD PROGRAM

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.

ENERGY ASSISTANCE PROGRAM

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 through November. LIEAP eligibility is determined using gross income (before taxes). Required documentation: proof of monthly income for all household members, photocopies of your utility bill (PGE, NWN), and photo identification. For more information, or to schedule an appointment, please call (503) 653-8100.

NEW! BEGINNING KARATE

INSTRUCTOR: MICAH THORP

LOCATION: MILWAUKIE COMMUNITY CENTER

FOR ADULTS

Students will learn the background, format and structure of traditional Karate, in addition to blocks, kicks, strikes and stances. No prior martial arts training is required.

Come to a free workshop, January 8, 6:15-7 p.m.

FEE: NCPRD, \$50; NON-RES, \$63

DATE/TIME: 6:15-7 P.M. M 1/22-3/18

FOR KIDS

Ages 8-17. This introduction class teaches the fundamentals of traditional Karate, including basic blocks, punches, kicks and stances. Various exercises will keep students smiling, sweating and learning new martial arts skills. This is a coed class. **Come to a free workshop on January 8, 5:15-6 p.m.**

FEE: NCPRD, \$50; NON-RES, \$63

DATE/TIME: 5:15-6 P.M. M 1/22-3/18



center programs

WINTER REGISTRATION

NCPRD RESIDENT:
OPENS DEC. 5 AT 9 A.M.

NON-RESIDENT:
OPENS DEC. 12 AT 9 A.M.

Register at ncprd.com



ART

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+
	ACRYLICS	M	1-3:30PM	JAN 8-MAR 18	\$113	\$85
	ACRYLICS	F	10AM-12:30PM	JAN 12-MAR 8	\$113	\$85
	OIL PAINTING	TH	9:30AM-NOON	JAN 11-MAR 14	\$125	\$94
	DRAWING	F	1-3PM	JAN 12-MAR 8	\$90	\$68
	NEW! WATERCOLOR	TH	12:30-3PM	JAN 18-MAR 14	\$113	\$85
	NEW! MIXED MEDIA	TH	3:15-5:45PM	JAN 18-MAR 14	\$113	\$85

DANCE

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+
	EAST COAST SWING	M	2-3PM	JAN 8-MAR 18	\$45	\$34
	LINE DANCE BEGINNING II	T	12:45-1:45PM	JAN 9-MAR 12	\$50	\$38
	LINE DANCE BEGINNING II	TH	12:45-1:45PM	JAN 11-MAR 14	\$50	\$38

LANGUAGE & WRITING

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+
	WRITING: CREATIVE/YOUR STORY	W	1:30-3PM	JAN 17-MAR 6	\$60	\$45
☾	INTRO TO SPANISH	TH	5:30-7PM	JAN 18-MAR 21	\$68	\$51
	SPANISH II/CONVERSATION II	TH	3:45-5:15PM	JAN 18-MAR 21	\$68	\$51

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 11-MAR 21	\$41	\$31	L2
☾	NEW! BEGINNING KARATE	M	6:15-7PM	JAN 22-MAR 18	\$63 NR	\$50 NCPRD	
	COMPLETE CONDITIONING	TH	9:20-10:20AM	JAN 11-MAR 21	\$55	\$41	L2-3
	EXERCENTRICS	M	NOON-1PM	JAN 8-MAR 18	\$45	\$34	L3-4
	EZ DOES IT AEROBICS	W	8:30-9:15AM	JAN 17-MAR 20	\$38	\$29	L2-3
	FUNCTIONAL FITNESS*	T	11AM-NOON	JAN 9-MAR 19	\$55	\$41	L2-3
	INNERGYSTICS	TH	11:30AM-12:30PM	JAN 11-MAR 7	\$45	\$34	L3-4
	LINE DANCE FOR FITNESS	M	9:30-10:30AM	JAN 8-MAR 18	\$45	\$34	L2-3
	LINE DANCE FOR FITNESS	F	9:30-10:30AM	JAN 12-MAR 15	\$50	\$38	L2-3
☾	LOW IMPACT AEROBIC STRENGTH TRAINING	TH	4-4:45PM	JAN 11-MAR 21	\$41	\$31	L2-3
☾	MINDFUL MEDITATION	T	6-7:30PM	JAN 16-MAR 19	\$75	\$56	
	SIT-N-B-FIT	M	11-11:45AM	JAN 8-MAR 18	\$34	\$26	L1-2
	SIT-N-B-FIT	W	11-11:45AM	JAN 10-MAR 20	\$41	\$31	L1-2
	SIT-N-B-FIT	F	11-11:45AM	JAN 12-MAR 22	\$41	\$31	L1-2
	STRENGTH & RELAXATION YOGA*	M	2:45-3:45PM	JAN 8-MAR 18	\$45	\$34	L2-3
	STRENGTH & RELAXATION YOGA	T	9:30-10:30AM	JAN 9-MAR 19	\$55	\$41	L2-3
	STRENGTH & RELAXATION YOGA	W	9:30-10:30AM	JAN 10-MAR 20	\$55	\$41	L2-3
☾	TAI CHI BEGINNING 1	MW	4-5PM	JAN 8-MAR 13	\$90	\$68	L2-3
☾	TAI CHI BEGINNING 1	TTH	5-6PM	JAN 9-MAR 21	\$110	\$83	L3-4
☾	TAI CHI BEGINNING 2	MW	5:15-6:15PM	JAN 8-MAR 13	\$90	\$68	L2-3
	TAI CHI BEGINNING 2	TTH	8:10-9:10AM	JAN 9-MAR 21	\$110	\$83	L2-3
	YOGAFLEX	M	1:15-2PM	JAN 8-MAR 18	\$34	\$26	L1-3
	ZUMBA GOLD TONING*	M	NOON-1PM	JAN 22-MAR 18	\$40	\$30	L2-3
	ZUMBA GOLD TONING*	W	NOON-1PM	JAN 17-MAR 20	\$50	\$38	L2-3
☾	ZUMBA*	T	6:40-7:40PM	JAN 9-MAR 19	\$55	\$41	L3-4
☾	ZUMBA*	TH	6:40-7:40PM	JAN 11-MAR 21	\$55	\$41	L3-4

☾ NIGHT CLASSES *Zoom options available **Zoom only

Please do not plan to register first day of class.

center programs

TECHNOLOGY & COMPUTER LITERACY

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+
	SMARTPHONE BASICS	TH	10:30AM-NOON	JAN 18-MAR 7	\$60	\$45
	SMARTPHONE BASICS 2	TH	12:15-1:45PM	JAN 18-MAR 7	\$60	\$45
	COMPUTER BASICS	TH	2-3:30PM	JAN 18-MAR 7	\$60	\$45

FREE WORKSHOPS AND MEET & GREETs

	CLASS	DAY	TIME	DATE	FEE	FEE AGE 62+
☾	BEGINNING KARATE FOR KIDS WORKSHOP	M	5:15-6PM	JAN 8	FREE	FREE
☾	BEGINNING KARATE FOR ADULTS WORKSHOP	M	6:15-7PM	JAN 8	FREE	FREE
☾	MINDFUL MEDITATION MEET & GREET	T	6-6:30PM	JAN 9	FREE	FREE
	EZ DOES IT AEROBICS WORKSHOP	W	8:30-9:15AM	JAN 10	FREE	FREE
	WRITING: CREATIVE/YOUR STORY MEET & GREET	W	1:30-2PM	JAN 10	FREE	FREE
	WATERCOLOR MEET & GREET	TH	2:30-3PM	JAN 11	FREE	FREE
	MIXED MEDIA MEET & GREET	TH	3-3:30PM	JAN 11	FREE	FREE
☾	SPANISH II/CONVERSATION II MEET & GREET	TH	4:30-5PM	JAN 11	FREE	FREE
☾	INTRODUCTION TO SPANISH MEET & GREET	TH	5-5:30PM	JAN 11	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 Jams: Times subject to change. Please call (503) 794-8092.

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



KIDS STEAMVENTURES WINTER BREAK CAMPS

CAMP	DAYS	TIME	DATES	FEE NON	FEE RESIDENT	AGES
MINI WORLD IN A BOTTLE FOR THE HOLIDAYS	M-F	9AM-NOON	DEC 18-22	\$235 NR	\$188 NCPRD	6-10
STEAMVENTURES LUNCH BREAK	M-F	NOON-1PM	DEC 18-22	\$12 NR	\$10 NCPRD	6-10
BUILD, WHIP-UP AND GROW HOLIDAY GIFTS	M-F	1-4PM	DEC 18-22	\$235 NR	\$188 NCPRD	6-10
WINTER SECRETS OF PLANTS AND ANIMALS	T-F, T	10AM-1PM	DEC 26-JAN 2	\$235 NR	\$188 NCPRD	6-10

KIDS CLASSES

	CLASS	DAY	TIME	DATES	FEE NON	FEE RESIDENT	AGES
☾	TINY TOTS PRE-BALLET	W	4-4:30PM	JAN 17-MAR 6	\$111 NR	\$89 NCPRD	3-4
☾	LITTLE DANCERS BALLET & JAZZ	W	4:40-5:25PM	JAN 17-MAR 6	\$121 NR	\$97 NCPRD	5-6
☾	BEGINNER DANCERS BALLET & JAZZ	W	5:35-6:20PM	JAN 17-MAR 6	\$121 NR	\$97 NCPRD	6-8
☾	NEW! BEGINNING KARATE	M	5:15-6PM	JAN 22-MAR 18	\$63 NR	\$50 NCPRD	8-17
	PRESCHOOL SING-A-LONG (DROP IN)	T	10-10:30AM	JAN 23-MAR 12	\$4/EA	\$3/EA	1-5

☾ NIGHT CLASSES

Please do not plan to register first day of class.

WINTER REGISTRATION

First day of registration for the winter term will be **Tuesday, December 5** for NCPRD residents and **Tuesday, December 12** for non-residents. Check ncprd.com for program descriptions and schedules.

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.

PORTLAND HOLIDAY MARKET

Join us on a trip to a Christmas Bazaar at the Expo Center. It's an entirely new holiday shopping experience and the one place you can go to get all your holiday shopping done. Admission is \$10 at the door (not included in the fee).

FEE: RESIDENT, \$20; NON-RESIDENT, \$25

TIME/DATE: 10:30 A.M.-4 P.M. F 11/17





ERNESTO'S ITALIAN RESTAURANT

Their extensive menu ranges from traditional pasta, lasagna, fettuccine, and pizza to hand-crafted soups and homemade tiramisu. The meatballs are hand-rolled daily along with fresh focaccia and pizza dough. Bring money for lunch.

FEE: RESIDENT, \$18; NON-RESIDENT, \$23
TIME/DATE: 10:30 A.M.-2 P.M. TH 11/30

SLEIGHBELLS OF SHERWOOD & RED ROBIN

Their building is filled with gorgeous ornaments and other holiday decorations. Shop for your Christmas wreaths and fresh-made sweet treats. Bring money for lunch at Red Robin and any purchases.

FEE: RESIDENT, \$21; NON-RESIDENT, \$27
TIME/DATE: 10:30 A.M.-3 P.M. TH 12/7

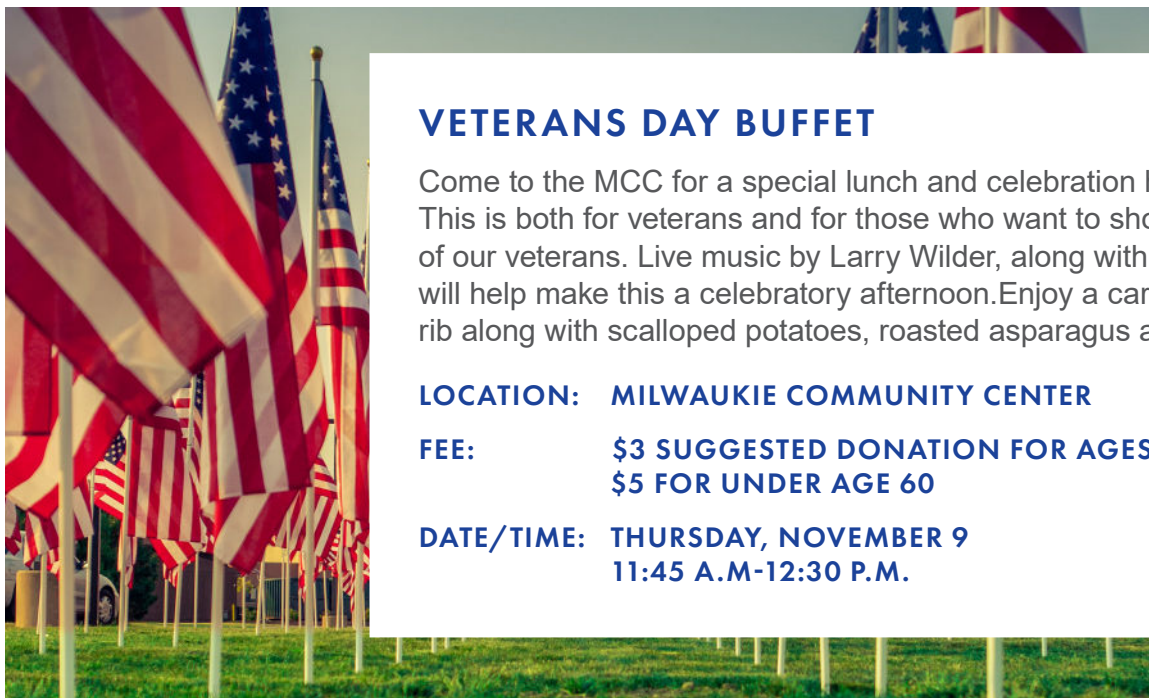


THE ORIGINAL PANCAKE HOUSE

Come enjoy their world famous apple pancakes, yummy crepes and specialty waffles. Bring money for food.

FEE: RESIDENT, \$15; NON-RESIDENT, \$19
TIME/DATE: 9:30 A.M.-1 P.M. TH 12/21

featured events



VETERANS DAY BUFFET

Come to the MCC for a special lunch and celebration honoring veterans. This is both for veterans and for those who want to show their appreciation of our veterans. Live music by Larry Wilder, along with the special lunch will help make this a celebratory afternoon. Enjoy a carving station of prime rib along with scalloped potatoes, roasted asparagus and a roll.

LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: \$3 SUGGESTED DONATION FOR AGES 60+,
\$5 FOR UNDER AGE 60

DATE/TIME: THURSDAY, NOVEMBER 9
11:45 A.M-12:30 P.M.

TRADITIONAL THANKSGIVING DINNER

Gather with friends and family at the 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 ncprd.com/thanksgiving. 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. **Deadline for purchase is Nov. 13.** Reservations required.

LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: PRE-PURCHASE TICKETS \$18 PER ADULT
\$10 FOR CHILDREN 12 AND UNDER

DATE/TIME: SUNDAY, NOVEMBER 19
TWO SEATING TIMES, 3 P.M. OR 4:30 P.M.





WINTER CELEBRATIONS

Fun for all ages! Celebrate winter holiday traditions from different cultures through music, games and food. Learn more about Las Posadas, St. Lucia Day, Dongzhi Festival, Hanukkah, Kwanzaa and Christmas. Please join us for this interactive festive experience. Sponsored by the MCC Foundation.

LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: FREE

DATE/TIME: SATURDAY, DECEMBER 2
9:30 A.M-NOON

ADAPTIVE AND INCLUSIVE WINTER SOCIAL

Ages 15+. This winter social is a great opportunity for individuals with a disability or special need to spend time with friends and/or build new friendships. Participants can play an organized game of bingo or Jenga, or just relax and enjoy music. Pre-registration is required. Maximum of two chaperones per paid participant. First chaperone attends for free; second chaperone is \$5.

LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: NCPRD, \$12; NON-RESIDENT, \$15

DATE/TIME: FRIDAY, DECEMBER 15
6:30-8:30 P.M.



around the center



FIESTA LATINA EN EL PARQUE

Over 1,180 community members came together at North Clackamas Park to celebrate diverse Latin traditions through food, kids activities, music, dance, and arts and crafts.

Photos by Hamid Shibata Bennett.





HOUSING FAIR

Milwaukee Community Center Foundation hosted another Housing and Senior Services Fair, featuring vendors from independent and assisted living communities, in-home care, and other helpful resources.



FIREWOOD ASSISTANCE PROGRAM

MCC would like to thank Jason Herget of Apex Tree Service for donating his time and skill to our program by cutting up some large oak tree trunks that were too big for our regular volunteers to tackle. He responded to our need quickly and finished the job in no time at all! Thanks to their generosity and hard work, the firewood will go toward helping to offset utility costs for low-income seniors.



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 ncprd.com/milwaukie-center/volunteer.

VOLUNTEER OPPORTUNITIES

- Meals on Wheels, especially delivery drivers
- Bingo
- Artisan Gifts
- Thanksgiving Dinner
- 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 for more information.



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:



Joseph Hyder
(503) 794-8034

JHyder@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

Fall is here! With the holidays just around the corner, Artisan Gifts is again excited and looking forward to offering lots of wonderful handmade crafts to their customers for decorating and gift giving. The shop currently offers a wide variety of artisan goods, 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

november

MONDAY

TUESDAY

WEDNESDAY

		1 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 10 a.m.-2:30 p.m. – Medicare Counseling Workshop 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
6 11 a.m.-noon – Theron Brayman 12:30-3:30 p.m. – Chinese Mah Jongg	7 8:30 a.m.-3 p.m. – Foot Care 10-11:30 a.m. – Veteran Benefit Presentation 12:45-1:45 p.m. – Daytime Bingo	8 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
13 12:30-3:30 p.m. – Chinese Mah Jongg 12:45-1:45 p.m. – Pete’s Cafe Forum	14 8:30 a.m.-3 p.m. – Foot Care 10-11:30 a.m. – Blood Pressure Check 11:45 a.m.-12:30 p.m. – Tuesday Tunes 12:45-1:45 p.m. – Daytime Bingo	15 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
20 11 a.m.-noon – Theron Brayman 12:30-3:30 p.m. – Chinese Mah Jongg	21 8:30 a.m.-3 p.m. – Foot Care 12:45-1:45 p.m. – Daytime Bingo	22 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 12:30-3:30 p.m. – Mah Jongg 1-2:30 p.m. – Caregivers Support Group
27 12:30-3:30 p.m. – Chinese Mah Jongg	28 11:45 a.m.-12:30 p.m. – Tuesday Tunes 12:45-1:45 p.m. – Daytime Bingo	29 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

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

<p>2</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>3</p> <p>10-11:30 a.m. – Battling the Blues Noon-2 p.m. – Mt. Dulcimer Jam</p>
<p>9</p> <p>9:30-11 a.m. – Ukulele Jam 11:45 a.m.-12:30 p.m. – Veterans Day Buffet 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>10</p> <p><i>Closed for Veterans Day</i></p>
<p>16</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>17</p> <p>Noon-2 p.m. – Mt. Dulcimer Jam 10:30 a.m.-4 p.m. – Portland Holiday Market 2-3:30 p.m. – Diabetes Support Group</p> <p>»»»</p> <p>Sun. Nov. 19, 3 & 4:30 p.m. EVENT: Traditional Thanksgiving Dinner</p>
<p>23</p> <p><i>Closed for Thanksgiving</i></p>	<p>24</p> <p>Noon-2 p.m. – Mary & The Jazz Tones</p>
<p>30</p> <p>9:30-11 a.m. – Ukulele Jam 10:30 a.m.-2 p.m. – Ernesto's Italian 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>	



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

(503) 653-8100

december

MONDAY

TUESDAY

WEDNESDAY

4 11 a.m.-noon – Theron Brayman 12:30-3:30 p.m. – Chinese Mah Jongg	5 8:30 a.m.-3 p.m. – Foot Care 12:45-1:45 p.m. – Daytime Bingo <i>First day registration for residents</i>	6 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 11 a.m.-noon – Celebrate Sustainably 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
11 12:30-3:30 p.m. – Chinese Mah Jongg	12 8:30 a.m.-3 p.m. – Foot Care 10-11:30 a.m. – Blood Pressure Check 11:45 a.m.-12:30 p.m. – Tuesday Tunes 12:45-1:45 p.m. – Daytime Bingo <i>First day registration for non-residents</i>	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
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) 11:30 a.m.-12:30 p.m. – Broad Highway 12:30-3:30 p.m. – Mah Jongg 6-7:15 p.m. – Ukulele Jam
25 <i>Closed for Christmas</i>	26 11:45 a.m.-12:30 p.m. – Tuesday Tunes 12:45-1:45 p.m. – Daytime Bingo	27 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 12:30-3:30 p.m. – Mah Jongg 1-2:30 p.m. – 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. – Forgiveness & Reconciliation Noon-2 p.m. – Mt. Dulcimer Jam <div> Sat. Dec. 2, 9:30 a.m.-noon EVENT: Winter Celebrations </div>
7 9:30-11 a.m. – Ukulele Jam 10:30 a.m.-3 p.m. – Sleighbells of Sherwood 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>	8 Noon-2 p.m. – The Throwbacks
14 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>	15 Noon-2 p.m. – Mt. Dulcimer Jam
21 9:30-11 a.m. – Ukulele Jam 9:30 a.m.-1 p.m. – Pancake House 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
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



GET HELP with your TAXES

AARP will be assisting with tax returns starting February 6 on Tuesdays and Wednesdays.

To schedule an appointment, call (503) 794-8091 starting Tuesday, January 16 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

WINTER

Celebrations

DECEMBER 2 ✨ 9:30 A.M. TO NOON

AT THE MILWAUKIE COMMUNITY CENTER

MORE ON PAGE 19

