

# connection

SERVING RESIDENTS OF NORTH CLACKAMAS COUNTY



**NEW! BEGINNING  
WATERCOLOR**  
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**FREE FITNESS &  
ENRICHMENT  
WORKSHOPS**  
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**MY LITTLE  
VALENTINE  
DANCE**  
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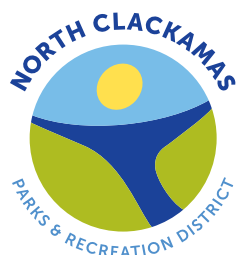
**LUNAR NEW  
YEAR**  
PAGE 19

## CENTER SUPERVISOR'S MESSAGE

As I walked through our kitchen the other morning to deliver a message and greet the staff, I was surprised by one of our volunteers. Long-time kitchen volunteer Doris Geber let me know that this day was her 28th anniversary as a volunteer at the Milwaukie Community Center. Wow, that is a second career of volunteering in the kitchen. Doris faithfully packs the meals two mornings a week, every week. I have always enjoyed Doris and been impressed with her steady demeanor. Her husband Jim, who passed in 2011, was in fact, one of the first volunteers I remember meeting when I started at the Milwaukie Center. Jim volunteered to drive people to doctors' appointments, as well as delivering Meals on Wheels. There are so many memories and relationships to be formed here. Although it is a building with walls and rooms, it is the people that make the MCC such a wonderful place to work, volunteer, or just visit. It is a great place for adults to experience quality relationships and meet new lifelong friends. As the New Year 2024 is upon us, take a moment to reflect on some of the relationships you have forged at the MCC, and make it a point this year of finding some new ones to nurture into the future.



**Marty Hanley, Center Supervisor**  
(503) 794-8058 | [martyh@ncprd.com](mailto: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](http://ncprd.com/mcc-connection). If you would like to submit story ideas or recommendations on how we can further improve the newsletter, email us at [milwaukiecenter@ncprd.com](mailto:milwaukiecenter@ncprd.com).

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

## 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

Lin Brockman

Betty Dominguez

Joseph Hyder

Nancy Leifheit

Kathleen Loeffl

Kerry Nelson

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

As the New Year begins, new things have come with it. I am excited about all the current opportunities to impact our community.

Even though I have been working at the Center for six years, as the new director of the Milwaukie Community Center Foundation, I have learned many additional things.

Did you know that over 300 meals a day are prepared in our kitchen for the Meals on Wheels program? Over 270 of those meals are delivered to homebound seniors and other members of our community with reduced mobility. That's over 75,000 meals a year. For reference, in the first quarter 2020, we delivered 170 meals a day. The need for Meals on Wheels has increased by 63% and is continuing to grow. In the last year the Foundation has taken on not only the fundraising responsibility for Meals on Wheels but also the other special programs at the Center.

These are a couple of the Foundation's successful ongoing fundraising programs:

**Artisan Gifts** – The beautifully remodeled gift shop is a venue for local craftspeople to show and sell their work on consignment. A percentage of the consignment goes back into the Foundation to support Meals on Wheels and other critical programs. If you know a local artist who would be interested in becoming a vendor, contact Artisan Gifts at (503) 974-8025 during business hours.

**Thursday Night Bingo** – This weekly event is our biggest, most consistent fundraiser. It has grown to a record number of over 100 in attendance. Although we have delayed our plans to add another evening of Bingo, we are looking for volunteers to learn the ropes in preparation.

And speaking of new things, come see the updated and remodeled Foundation office. We have made changes that will streamline our operations and enhance our space to be more inviting and professional. To support continuity, we have utilized the colors from the entry area, reception and main hallway.

Thank you for all the well wishes and blessings in my new position. For me it has seemed to be a natural progression. It most certainly has been exciting to remain a part of this amazing team.

**Stan Catherman**  
**MCC Foundation Director**  
(503) 794-8043  
[stan@MilwaukieCCFoundation.org](mailto:stan@MilwaukieCCFoundation.org)



# center spotlight



*We are excited to welcome two new faces to the Milwaukie Community Center staff. Get to know the newest members of our team!*



## DIANE HAASE

### Mindfulness Meditation Instructor

Diane Haase has been studying and practicing mindfulness for nearly a decade including some co-teaching with her teacher (Surja Tjahaja). She is excited to share this practice with others, “I wish to make the world a happier place, one person at a time.” Diane recently finished a 30+ year career providing support to forest seedling nurseries throughout the Western United States and the Pacific Islands. She helped to improve the quality of baby trees for future forests through workshops, presentations, publications, research, and on-site visits. In her retirement, she also plans to spend more time quilting, geocaching, reading, traveling, playing violin, volunteering, and visiting with family and friends.



## LOUISA MOUTOS

### Painting Instructor

An overwhelming love of nature, texture, color and a deep need to “move her brush” is what compels Louisa to oil paint. Louisa’s passion for the masters is visible in her work, resulting in traditional expressions of beauty. Her Greek heritage and desire to create paintings and pottery have inspired her to share her knowledge. Louisa studies directly from nature observing the ever-changing light and form. She studies and takes reference photos as the basis for her work. Louisa participates in local juried shows and was most recently exhibited in the 2021 Clackamas County Art Alliance Program.

# center programs

## NUTRITION PROGRAMS

### 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.

### 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](http://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**

### FOOD SCRAP COLLECTION

In a step toward sustainability, the Milwaukie Community Center is participating in Clackamas County's program to reduce and reuse food waste. After patrons have finished their meals, volunteers clear the dishes and separate food waste, scraping off food into the correct bin. Keeping food waste out of landfills helps prevent greenhouse gas pollution. Every Monday the County picks up the bins, and from there the food waste is taken to a composting facility that combines it with yard debris to turn it into fertilizer. Eventually, it will be used as a source of alternative energy as well as fertilizer.

## THANK YOU

**NEW SEASONS  
MARKET**

*and volunteers!*

The Happy Valley store raised

**\$8,780**

for our Meals on Wheels program  
during the "Donate Dinner" fundraiser.

## HEALTHY LIVING SEMINARS

*The Milwaukie Community Center offers Healthy Living Seminars focusing on a variety of education and health topics presented by local professionals.*

### 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; and get tips on how to report in the event you become a victim of a scam or identity theft.

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

**FREE**

**11 A.M. - NOON      W      1/31**

### SUSTAINABLE CLEANING

Interested in learning how to make less toxic, more economical cleaning products for your home? Join us as Clackamas County Sustainability & Solid Waste leads a hands-on workshop on how to clean using less toxic products you already have at home.

Benefits to cleaning with green cleaners include cost savings, better air quality, and safer products for people and the environment. Participants will get to make, and take home, their own green cleaners including soft scrub, all-purpose cleaner, and glass cleaner.

Presented by Colleen Johnston, Sustainability Analyst with Clackamas County Sustainability & Solid Waste. Space is limited. For more information, or to reserve your spot, please call (503) 653-8100.

**FREE**

**11 A.M. - NOON      W      2/28**

### 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.**

#### *Living Solo as a Senior (Friday, January 5)*

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

**FREE**

**10 - 11:30 A.M.      F      1/5**

#### *Talking With Your Doctor (Friday, February 2)*

In a good doctor/patient relationship, you will feel you are part of a team. Join us for a conversation about the frustrations of dealing with doctors and share ideas on how to have a more satisfying relationship with them.

**FREE**

**10 - 11:30 A.M.      F      2/2**

#### *Giving Up the Keys (Friday, March 1)*

We are 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? Share your 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      3/1**

# 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. 2<sup>ND</sup> TUESDAY**

### 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 2<sup>ND</sup> WEDNESDAY**

### 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. 2<sup>ND</sup> AND 4<sup>TH</sup> WEDNESDAY**

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

### 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.***

### 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.

**\$50**

**8:30 A.M. - 3 P.M. TUESDAYS**

### MEDICAL EQUIPMENT LOAN PROGRAM

Durable medical equipment including wheelchairs, walkers, bath benches, commodes, shower chairs, crutches and canes are available for short-term loan. \$10 suggested loan fee per item. By appointment only. To reserve equipment, or check availability, please 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**



### CENTER MEET AND GREET TOUR

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

**LOCATION: MILWAUKIE COMMUNITY CENTER**

**FEE: FREE**

**DATE/TIME: CALL TO SET UP YOUR PERSONAL TOUR**

# center programs

## 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
	<b>NEW!</b> BEGINNING WATERCOLOR	TH	12:30-3PM	JAN 18-MAR 14	\$113	\$85
	<b>NEW!</b> 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

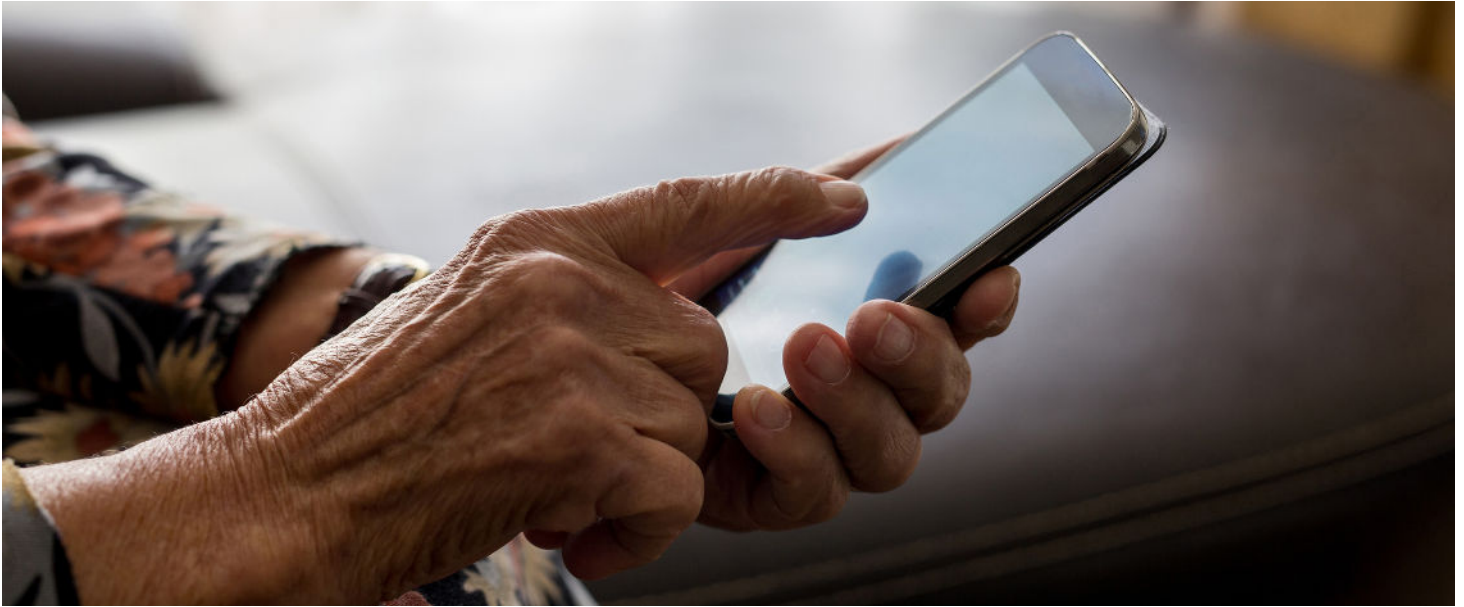
**LEVEL 1** NEED SUPPORT (CHAIR FITNESS) | **LEVEL 2** BEGINNER  
**LEVEL 3** ACTIVE NOW (INTERMEDIATE) | **LEVEL 4** ATHLETE (ADVANCED)

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+	LEVEL
	BALANCE AND STRENGTH	TH	10:30-11:15AM	JAN 11-MAR 21	\$41	\$31	L2
☾	<b>NEW!</b> 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	L2-3
	EZ DOES IT AEROBICS	W	8:30-9:15AM	JAN 17-MAR 20	\$38	\$29	L1-2
	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
	TAI CHI FOR BETTER HEALTH AT CLACKAMAS SCHOOL PROPERTY	S	9:30-10:30AM	JAN 13-MAR 23	\$55	\$41	
	YOGAFLEX	M	1:30-2:15PM	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 wait to register first day of class.

# center programs



## TECHNOLOGY & COMPUTER LITERACY

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

## 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**

## FREE WORKSHOPS AND MEET & GREETs

	CLASS	DAY	TIME	DATE	FEE	FEE AGE 62+
☾	BEGINNING KARATE FOR KIDS (8-17) 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
	BEGINNING 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



### **NEW! BEGINNING WATERCOLOR**

Discover the magic of watercolors. This class will start you off by introducing the various supplies and how to use them, as well as teaching the basics of mixing primary colors to create a range of colors. Learn about painting techniques and applying paint to paper through guided painting prompts. No experience necessary. **Meet the instructor and learn more about the class on Thursday, January 11, 2:30-3 p.m.**

**INSTRUCTOR:** LOUISA MOUTOS

**LOCATION:** MILWAUKIE COMMUNITY CENTER

**FEE:** NCPRD, \$85; NON-RES, \$113

**DATE/TIME:** 12:30-3 P.M. TH 1/18-3/14

# center programs



## NEW! BEGINNING KARATE

**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.**

**INSTRUCTOR:** MICAH THORP

**LOCATION:** MILWAUKIE COMMUNITY CENTER

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

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

## 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
☾	<b>NEW!</b> 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 wait to register first day of class.*

## SPRING REGISTRATION

Mark your calendar! First day of registration for the spring term will be **Tuesday, February 6** for NCPRD residents and **Tuesday, February 13** for non-residents. Check [ncprd.com](http://ncprd.com) for program descriptions and schedules.

# healthy tips



**ALISON DELANCEY**

*Owner of Science + Spirit Nutrition, LLC*

[#science.spirit.nutrition](#)

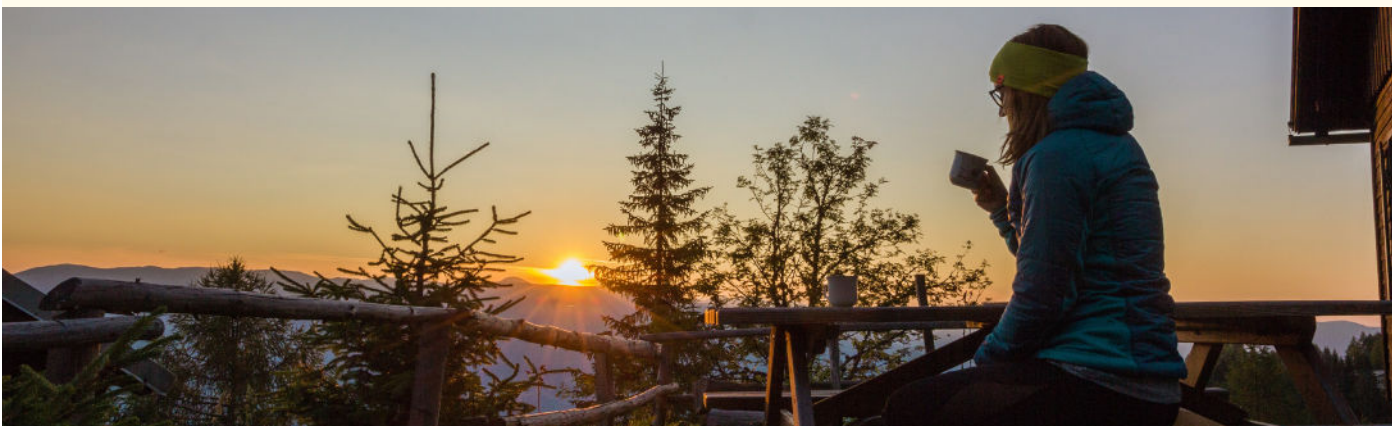
Feel a bit of a sore throat or a cold coming on? Time for some lemon and honey tea! Fresh lemon juice is filled with potassium, vitamin C, and other antioxidants. It is anti-fungal and anti-bacterial. It has been shown to reduce the flu virus, and reduce phlegm. Honey coats your throat to soothe a cough. It is anti-bacterial and anti-inflammatory, and just as importantly, it helps drive the other nutrients deep into the body.

Squeeze the juice of half a lemon into a cup of boiled water. Add two teaspoons to one tablespoon of raw honey (be sure to use raw -- commercial honey has all the pollen removed, and with it, honey's healing power). Stir and sip slowly. The warmth of the water will act like a vasodilator, opening the blood vessels that carry nutrients to your organs, and widening the lymph vessels that carry toxins out of your body.

For an added bonus, sip your tea 15 minutes before a meal. The lemon juice will initiate production of hydrochloric acid in the stomach for better digestion. Who would guess there are so many health benefits in a simple cup of lemon and honey tea?!

*Alison Delancey*

*Owner of Science + Spirit Nutrition, LLC*



# travel trips



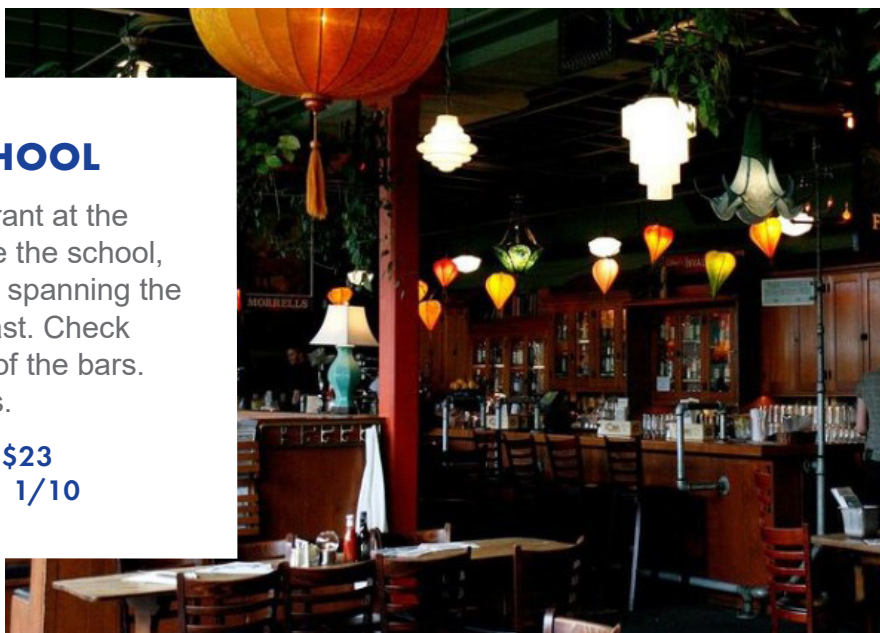
## Go Places with Travel Trips!

- 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.

## MCMENAMINS KENNEDY SCHOOL

Join us on a trip to the Courtyard Restaurant at the Kennedy School for lunch. As you explore the school, you'll be amazed by the abundance of art spanning the hallways which offer a glimpse into the past. Check out the gift shop or grab a drink at either of the bars. Bring money for lunch and any purchases.

**FEE: RESIDENT, \$18; NON-RESIDENT, \$23**  
**TIME/DATE: 11:15 A.M.-3 P.M. W 1/10**





## RIVERSHORE RESTAURANT

Rivershore Bar & Grill celebrates the end of the Oregon Trail with a beautiful river view, great food and friendly, professional service. Dine in Oregon City's best restaurant while enjoying a perfect view of the river. Bring money for lunch.

**FEE:** RESIDENT, \$11; NON-RESIDENT, \$14  
**TIME/DATE:** 11:30 A.M.-2 P.M. TH 1/25

## MARGARITA FACTORY

If you're craving fun, delicious food, and a refreshing margarita, you'll want to enjoy the flavors of Mexico in the Margarita Factory. Come join us for lunch. Bring money for drinks and lunch.

**FEE:** RESIDENT, \$12; NON-RESIDENT, \$15  
**TIME/DATE:** 11:30 A.M.-2:30 P.M. TH 2/8



## OREGON HISTORICAL SOCIETY

The Oregon Historical Society is dedicated to making Oregon's long, rich history visible and accessible to all. For more than a century, the Oregon Historical Society has served as the state's collective memory, preserving a vast collection of artifacts, photographs, maps, manuscript materials and books. The price of the tour is included in the fee.

**FEE:** RESIDENT, \$23; NON-RESIDENT, \$29  
**TIME/DATE:** 11 A.M.-3 P.M. W 2/21

# featured events

## MY LITTLE VALENTINE DANCE

Create lasting memories of dancing and fun at this Valentine-themed family event. Admission includes DJ-curated music, decadent dessert buffet, photo opportunity and games. Families come in all shapes and sizes, and this event is open to all types of families who wish to join us. For more information or to register, call (503) 794-8092.

**LOCATION:** MILWAUKIE COMMUNITY CENTER

**FEE:** NCPRD, \$25; NON-RESIDENT, \$32

**DATE/TIME:** SATURDAY, FEBRUARY 10  
6:30-9 P.M.



## LUNCHTIME ENTERTAINMENT

Join us most weekdays for live music.

**LOCATION:** MILWAUKIE COMMUNITY CENTER

**FEE:** FREE

### STAGE SCHEDULE:

- **TUNEFUL TUESDAY TRIO**, 2ND & 4TH TUESDAYS, 11:30 A.M.-12:30 P.M.
- **THE THROWBACKS**, 2ND FRIDAYS, 11:30 A.M.-1:30 P.M.
- **BROAD HIGHWAY**, 1ST, 3RD, 5TH WEDNESDAYS, 11:30 A.M.-12:30 P.M.
- **THERON BRAYMAN**, 1ST, 3RD, 5TH MONDAYS, 11 A.M.-NOON
- **MARY & THE JAZZ TONES**, 4TH FRIDAYS, 11:30 A.M.-1:30 P.M.

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

## LUNAR NEW YEAR

Usher out the old year and bring prosperity into the New Year! Lunar New Year is an important holiday in China, Korea, Vietnam, Japan and other countries worldwide. Join us in celebrating Lunar New Year by learning about special traditions through activities, crafts, music and dance. Enjoy an exceptional performance with lion dancers and drummers.

**LOCATION:** MILWAUKIE COMMUNITY CENTER

**FEE:** FREE

**DATE/TIME:** SUNDAY, FEBRUARY 18  
NOON-2:30 P.M.



# around the center



## ADAPTIVE AND INCLUSIVE COSTUME DANCE

A good time was had by all at the Adaptive and Inclusive Costume Dance. Thank you to everyone who came out to celebrate spooky season with us!



## TRADITIONAL THANKSGIVING DINNER

Over 175 friends and neighbors gathered for a Thanksgiving feast, hosted in partnership with Milwaukie Community Center Foundation. We're grateful to the community for helping to raise funds for Meals on Wheels, and to the wonderful volunteers who made this event possible.

*Photos by Hamid Shibata Bennett.*



## FOOD SERVED

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

## WINTER CELEBRATIONS EVENT

We're still brimming with merriment and good cheer following our Winter Celebrations event! Residents of all ages joined us to celebrate winter holiday traditions from different cultures through music, dance, food, crafts and interactive experiences.



## MAH JONGG TOURNAMENT

The Mah Jongg Tournament in October had a great turnout with 80 attending. They raised \$3,000 for the Foundation's support of the Center's programs.

# volunteer

Our volunteers at Milwaukie Community Center are key to its continued robust program offerings and special events. The positive impact that they make daily upon the Milwaukie community is considerable and deeply appreciated by our patrons, from Meals on Wheels drivers to our Artisan Gift sales volunteers. Volunteering is a great way for individuals to contribute to the well-being of their community while also gaining valuable experiences. Please join us, won't you?

If you'd like to contribute your talents toward making our community a better place to live, please contact our Volunteer Coordinator, Joseph Hyder.

## URGENT VOLUNTEER POSITIONS

- **Meals on Wheels delivery drivers** — It takes a lot to keep Meals on Wheels going, including preparing and delivering 300 meals per day to our most vulnerable neighbors. The Center is short drivers, and we need your help!
- **BINGO** — Become a BINGO volunteer to join the fun, while helping to raise funds for programs and services at the Center.



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](https://ncprd.com/milwaukie-center/volunteer)



## INCLEMENT WEATHER POLICY

The Milwaukie Community Center will remain open to provide services Monday through Friday, whenever possible. However, if weather is severe enough, the Center may temporarily close. This closure will include all programs except Meals on Wheels, which we always attempt to deliver. During inclement weather conditions, check online at [ncprd.com](https://ncprd.com), or call us after 8:30 a.m. at (503) 653-8100 for updates.

# services



## SHOP ARTISAN GIFTS

The cold winter days are approaching, but Artisan Gifts has everything you need to stay toasty warm. Our vendors have made cozy handcrafted items, including a wonderful selection of knitted scarves, shawls and booties. For those frosty nights, we have quilted blankets in various sizes. If you're looking for baby items, doll clothes, or sport-themed items, we have those, too. Our vendors will be offering special Valentine's Day items for all ages. Come visit Artisan Gifts and explore what the local artisans have made just for you. A portion of the Artisan Gifts sales goes to support the Milwaukie Community Center services. Happy Winter from all the volunteers who support Artisan Gifts.

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

## OTHER ON-SITE SERVICES

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

- CAN RECYCLING
- COMMUNITY RESOURCE INFORMATION
- COMPUTER WORKSTATIONS & WI-FI ACCESS
- EMERGENCY FIREWOOD — SEASONAL
- INSURANCE RESOURCES
- MEDICAL EQUIPMENT LOAN
- MEDICARE INSURANCE RESOURCES
- RESOURCE LIBRARY
- VOTER REGISTRATION
- TAX AIDE — SEASONAL

# january

MONDAY

TUESDAY

WEDNESDAY

<p><b>1</b></p> <p><i>Closed for New Year's Day</i></p>	<p><b>2</b></p> <p><b>8:30 a.m.-3 p.m.</b> – Foot Care <b>12:45-1:45 p.m.</b> – Daytime Bingo</p>	<p><b>3</b></p> <p><b>8-11:30 a.m.</b> – Woodcarving APAC Respite Program (call for time) <b>11:30 a.m.-12:30 p.m.</b> – Broad Highway <b>12:30-3:30 p.m.</b> – Mah Jongg <b>6-7:15 p.m.</b> – Ukulele Jam</p>
<p><b>8</b></p> <p><b>12:30-3:30 p.m.</b> – Chinese Mah Jongg</p>	<p><b>9</b></p> <p><b>8:30 a.m.-3 p.m.</b> – Foot Care <b>10-11:30 a.m.</b> – Blood Pressure Check <b>11:30 a.m.-12:30 p.m.</b> – Tuneful Tuesday Trio <b>12:45-1:45 p.m.</b> – Daytime Bingo</p>	<p><b>10</b></p> <p><b>8-11:30 a.m.</b> – Woodcarving APAC Respite Program (call for time) <b>10:30 a.m.-noon</b> – Brain Games <b>11:15 a.m.-3 p.m.</b> – McMenamins Kennedy School <b>12:30-3:30 p.m.</b> – Mah Jongg <b>1-2:30 p.m.</b> – Caregivers Support Group</p>
<p><b>15</b></p> <p><i>Closed for Martin Luther King Jr. Day</i></p>	<p><b>16</b></p> <p><b>8:30 a.m.-3 p.m.</b> – Foot Care <b>12:45-1:45 p.m.</b> – Daytime Bingo</p>	<p><b>17</b></p> <p><b>8-11:30 a.m.</b> – Woodcarving APAC Respite Program (call for time) <b>11:30 a.m.-12:30 p.m.</b> – Broad Highway <b>12:30-3:30 p.m.</b> – Mah Jongg <b>6-7:15 p.m.</b> – Ukulele Jam</p>
<p><b>22</b></p> <p><b>12:30-3:30 p.m.</b> – Chinese Mah Jongg</p>	<p><b>23</b></p> <p><b>8:30 a.m.-3 p.m.</b> – Foot Care <b>11:30 a.m.-12:30 p.m.</b> – Tuneful Tuesday Trio <b>12:45-1:45 p.m.</b> – Daytime Bingo</p>	<p><b>24</b></p> <p><b>8-11:30 a.m.</b> – Woodcarving APAC Respite Program (call for time) <b>12:30-3:30 p.m.</b> – Mah Jongg <b>1-2:30 p.m.</b> – Caregivers Support Group</p>
<p><b>29</b></p> <p><b>11 a.m.-noon</b> – Theron Brayman <b>12:30-3:30 p.m.</b> – Chinese Mah Jongg</p>	<p><b>30</b></p> <p><b>8:30 a.m.-3 p.m.</b> – Foot Care <b>12:45-1:45 p.m.</b> – Daytime Bingo</p>	<p><b>31</b></p> <p><b>8-11:30 a.m.</b> – Woodcarving APAC Respite Program (call for time) <b>11 a.m.-noon</b> – Protecting Yourself from Scams <b>11:30 a.m.-12:30 p.m.</b> – Broad Highway <b>12:30-3:30 p.m.</b> – Mah Jongg</p>

## 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

<b>4</b> <b>9:30-11 a.m.</b> – Ukulele Jam <b>12:30-3:30 p.m.</b> – Party Bridge <b>12:45-1:45 p.m.</b> – Daytime Bingo <b>6-9:30 p.m.</b> – Evening <i>BINGO!</i>	<b>5</b> <b>10-11:30 a.m.</b> – Living Solo as a Senior <b>Noon-2 p.m.</b> – Mt. Dulcimer Jam
<b>11</b> <b>9:30-11 a.m.</b> – Ukulele Jam <b>12:30-3:30 p.m.</b> – Party Bridge <b>12:45-1:45 p.m.</b> – Daytime Bingo <b>6-9:30 p.m.</b> – Evening <i>BINGO!</i>	<b>12</b> <b>11:30 a.m-1:30 p.m.</b> – The Throwbacks
<b>18</b> <b>9:30-11 a.m.</b> – Ukulele Jam <b>12:30-3:30 p.m.</b> – Party Bridge <b>12:45-1:45 p.m.</b> – Daytime Bingo <b>6-9:30 p.m.</b> – Evening <i>BINGO!</i>	<b>19</b> <b>Noon-2 p.m.</b> – Mt. Dulcimer Jam
<b>25</b> <b>9:30-11 a.m.</b> – Ukulele Jam <b>11:30 a.m.-2 p.m.</b> – Rivershore Restaurant <b>12:30-3:30 p.m.</b> – Party Bridge <b>12:45-1:45 p.m.</b> – Daytime Bingo <b>6-9:30 p.m.</b> – Evening <i>BINGO!</i>	<b>26</b> <b>11:30 a.m-1:30 p.m.</b> – Mary & The Jazz Tones



## EMERGENCY FIREWOOD PROGRAM

Available to low-income seniors and persons with disabilities residing in North Clackamas Parks & Recreation District.

**See page 9.**

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

**(503) 653-8100**

# february

MONDAY

TUESDAY

WEDNESDAY

<b>5</b> <b>11 a.m.-noon</b> – Theron Brayman <b>12:30-3:30 p.m.</b> – Chinese Mah Jongg	<b>6</b> <b>8:30 a.m.-3 p.m.</b> – Foot Care <b>12:45-1:45 p.m.</b> – Daytime Bingo  <i>First day of spring registration for residents</i>	<b>7</b> <b>8-11:30 a.m.</b> – Woodcarving APAC Respite Program (call for time) <b>11:30 a.m.-12:30 p.m.</b> – Broad Highway <b>12:30-3:30 p.m.</b> – Mah Jongg <b>6-7:15 p.m.</b> – Ukulele Jam
<b>12</b> <b>12:30-3:30 p.m.</b> – Chinese Mah Jongg	<b>13</b> <b>8:30 a.m.-3 p.m.</b> – Foot Care <b>10-11:30 a.m.</b> – Blood Pressure Check <b>11:30 a.m.-12:30 p.m.</b> – Tuneful Tuesday Trio <b>12:45-1:45 p.m.</b> – Daytime Bingo  <i>First day of spring registration for non-residents</i>	<b>14</b> <b>8-11:30 a.m.</b> – Woodcarving APAC Respite Program (call for time) <b>10:30 a.m.-noon</b> – Brain Games <b>12:30-3:30 p.m.</b> – Mah Jongg <b>1-2:30 p.m.</b> – Caregivers Support Group
<b>19</b> <i>Closed for Presidents Day</i>	<b>20</b> <b>8:30 a.m.-3 p.m.</b> – Foot Care <b>12:45-1:45 p.m.</b> – Daytime Bingo	<b>21</b> <b>8-11:30 a.m.</b> – Woodcarving APAC Respite Program (call for time) <b>11 a.m.-3 p.m.</b> – Oregon Historical Society <b>11:30 a.m.-12:30 p.m.</b> – Broad Highway <b>12:30-3:30 p.m.</b> – Mah Jongg <b>6-7:15 p.m.</b> – Ukulele Jam
<b>26</b> <b>12:30-3:30 p.m.</b> – Chinese Mah Jongg	<b>27</b> <b>8:30 a.m.-3 p.m.</b> – Foot Care <b>11:30 a.m.-12:30 p.m.</b> – Tuneful Tuesday Trio <b>12:45-1:45 p.m.</b> – Daytime Bingo	<b>28</b> <b>8-11:30 a.m.</b> – Woodcarving APAC Respite Program (call for time) <b>11 a.m.-noon</b> – Sustainable Cleaning <b>12:30-3:30 p.m.</b> – Mah Jongg <b>1-2:30 p.m.</b> – 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

<p><b>1</b></p> <p><b>9:30-11 a.m.</b> – Ukulele Jam  <b>12:30-3:30 p.m.</b> – Party Bridge  <b>12:45-1:45 p.m.</b> – Daytime Bingo  <b>6-9:30 p.m.</b> – Evening <i>BINGO!</i></p>	<p><b>2</b></p> <p><b>10-11:30 a.m.</b> – Talking With Your Doctor  <b>Noon-2 p.m.</b> – Mt. Dulcimer Jam</p>
<p><b>8</b></p> <p><b>9:30-11 a.m.</b> – Ukulele Jam  <b>11:30 a.m.-2:30 p.m.</b> – Margarita Factory  <b>12:30-3:30 p.m.</b> – Party Bridge  <b>12:45-1:45 p.m.</b> – Daytime Bingo  <b>6-9:30 p.m.</b> – Evening <i>BINGO!</i></p>	<p><b>9</b></p> <p><b>11:30 a.m-1:30 p.m.</b> – The Throwbacks</p> <div data-bbox="597 674 976 787"> <p>»»</p> <p><b>Sat. Feb. 10, 6:30-9 p.m.</b>  <b>EVENT: My Little Valentine Dance</b></p> </div>
<p><b>15</b></p> <p><b>9:30-11 a.m.</b> – Ukulele Jam  <b>12:30-3:30 p.m.</b> – Party Bridge  <b>12:45-1:45 p.m.</b> – Daytime Bingo  <b>6-9:30 p.m.</b> – Evening <i>BINGO!</i></p>	<p><b>16</b></p> <p><b>Noon-2 p.m.</b> – Mt. Dulcimer Jam</p> <div data-bbox="597 982 976 1094"> <p>»»</p> <p><b>Sun. Feb. 18, noon-2:30 p.m.</b>  <b>EVENT: Lunar New Year</b></p> </div>
<p><b>22</b></p> <p><b>9:30-11 a.m.</b> – Ukulele Jam  <b>12:30-3:30 p.m.</b> – Party Bridge  <b>12:45-1:45 p.m.</b> – Daytime Bingo  <b>6-9:30 p.m.</b> – Evening <i>BINGO!</i></p>	<p><b>23</b></p> <p><b>11:30 a.m-1:30 p.m.</b> – Mary &amp; The Jazz Tones</p>
<p><b>29</b></p> <p><b>9:30-11 a.m.</b> – Ukulele Jam  <b>12:30-3:30 p.m.</b> – Party Bridge  <b>12:45-1:45 p.m.</b> – Daytime Bingo  <b>6-9:30 p.m.</b> – Evening <i>BINGO!</i></p>	



## 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 14 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 S.E. KELLOGG CREEK DRIVE

MILWAUKIE, OREGON 97222

PHONE: (503) 653-8100

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

# BINGO!

**CASH PRIZES | SNACKS AVAILABLE FOR PURCHASE | FUN ATMOSPHERE**

Every Thursday evening at Milwaukie Community Center

EARLY BIRDS START AT 6:30 P.M.

REGULAR GAMES START AT 7 P.M.

DOORS OPEN AT 4:30 P.M.

12 regular games | 5 blackout games

***Proceeds benefit Meals on Wheels and the Social Services at the Center.***