

MILWAUKIE COMMUNITY CENTER

JANUARY / FEBRUARY  
MARCH 2025

# connection

SERVING RESIDENTS OF NORTH CLACKAMAS COUNTY



**MARCH FOR MEALS**  
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**LUNAR NEW YEAR  
CELEBRATION**  
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**NCPRD DINNER &  
DESIGN SOCIAL**  
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THEATRE 2**  
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SUPPORTED BY THE MILWAUKIE  
COMMUNITY CENTER FOUNDATION



**NORTH CLACKAMAS**  
PARKS & RECREATION DISTRICT

## CENTER MANAGER'S MESSAGE

What gives a community center its identity? There are many factors, including location, size, and what types of programming and services it offers. While these factors all play a role, most importantly, it is the people who participate in the community center that establishes its identity. The Milwaukie Community Center has a wide variety of awesome volunteers and patrons who utilize the programs and keep the Center abuzz with activity. I would argue that first and foremost, however, it is the Center staff that sets the tone and attitude. I would like to recognize the staff who work at making this Center a welcoming, fun and enriching place to visit. Different people come here for a wide variety of reasons, but I believe most visitors leave with a very positive interaction with staff. I witness these interactions every day, and very often receive praise about specific members of our hardworking team.

I hope that you, as users of the Milwaukie Community Center, feel the same way about our staff, and feel empowered to share with me any positive or negative feedback regarding your visit here. My office is across from the free table in the back of the building. If I am not in, leave me a voicemail or send me an email, and I will be sure to follow up. Thank you for being a part of the Center's fabric, and for sharing your opinions on how we are executing the programming for our community.

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



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## ABOUT THE MILWAUKIE COMMUNITY CENTER

The Milwaukie Community Center opened in January 1980 as a resource for community members seeking stability, support, 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.



### FOLLOW US!



@ncprd



@MilwaukieCenter  
@ncprd

*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 MANAGER**

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, Maria Lopez

### **FACILITY RENTALS**

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

### **FOUNDATION OFFICE**

Stan Catherman . . . . . (503) 794-8043

### **TRANSPORTATION**

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

Mysti Trujillo, Mike Monahan,

Kevin O'Hollearn, Kelly Kim

### **VOLUNTEER COORDINATOR**

Joseph Hyder . . . . . (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 printed newsletter is available 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 supporting 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

Loraine Collacchi

Riley Clark-Long

Mark Elliott

Jeanne Heise

Rosie Herboth

Rebecca Hollenbeck

Virginia Seitz

## 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 at (503) 794-8043.

### **MEMBERS**

Angela Wright, Chair

Penny Zeiler, Vice Chair

Tomma Bersie, Secretary

Jonathan Halstensen, Treasurer

Juanita Crawford, At Large

Lin Brockman

Betty Dominguez

Krysta Kendall

Nancy Leifheit

Dave McDowell

Kerry Nelson

Emily Reynolds

Kendel White

Stan Catherman, Executive 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

Dear Milwaukie Community,

As we step into 2025, I'm reminded that the heart of our work is community—people connecting to care for one another. Whether it's a warm meal, a kind word, or simply showing up, every act of generosity strengthens the bonds that hold us together.

Thanks to your support, the Milwaukie Community Center Foundation continues to provide vital programs and services to our community, especially seniors, individuals with disabilities, and others in need. Together, we ensure that no one feels forgotten and everyone knows they are valued.

Looking ahead, I'm excited to announce our ***March for Meals*** campaign in support of Meals on Wheels. Throughout March, we'll rally to ensure no senior goes hungry. Watch for flyers and table tents at the Center and local businesses, and remember—you can donate anytime at ***Meals4Seniors.com***. Your participation, whether through donations or spreading the word, will make a meaningful difference.

If you missed our year-end appeal, it's not too late to make an impact. Every gift, no matter the size, directly supports Meals on Wheels and other essential programs that keep our community connected and thriving.

Thank you for your continued generosity and dedication. Let's make 2025 a year of compassion, connection, and impact.

With gratitude,

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



# fit tips with Herta



**HERTA MCCLENAHAN**

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

Another New Year . . . another year older. And the years seem to go by faster as we age. Here's a look at how we can age with strength and grace. We know that muscle strength and balance are important at any age, but being able to perform everyday functional activities helps us to maintain our independence and quality of life. Let's start with the need for resistance training and its benefits for improving our physical and mental fitness.

## **Machine-based training (MBT) vs. Free-weight training (FWT):**

MBT works well for the novice because it places the individual in a fixed position and provides greater joint stability. In contrast, FWT requires more stability, balance and motor control. When starting out, it is best to begin with an MBT program and progress to a FWT program. An MBT program will give you the strength foundation needed to then incorporate more complex free-weight exercises that more closely resemble everyday movements and activities. FWT also requires additional mental concentration as new motor patterns are learned, thus benefiting brain function.

Ask a fitness professional for assistance before getting started. Be the best '*you*' you can be.

*Herta McClenahan*

*ACE-certified Personal Trainer, Orthopedic Exercise Specialist and Certified Cancer Exercise Specialist. Herta is a fitness trainer at East Side Athletic Club in Milwaukie and currently teaches classes here at the Milwaukie Community Center.*

# center spotlight

## March *for* Meals

*Milwaukie Community Center Foundation Fundraiser*



*The month of March is the annual "March for Meals" fundraising campaign to support the Milwaukie Community Center's Meals on Wheels program, which delivers nutritious meals to our homebound senior neighbors. The demand for Meals on Wheels remains high, and community support is essential to the program's success. Thank you for your continued support!*



# Meals *on* Wheels

## BY THE NUMBERS

(2023-2024 FY)

**455**

*Meals on Wheels recipients*

**68,093**

*Meals served*

**390**

*Nutrition Program Volunteers*

**24,394**

*Volunteer hours (snow, rain or shine!)*



## DID YOU KNOW?

The Milwaukie Community Center's Meals on Wheels program is the largest INDEPENDENT Meals on Wheels program in the state. We receive no funding from the Meals on Wheels People organization that only services Multnomah, Washington and Clark Counties. Although federal funding covers a portion of meal costs, more than half must be raised through donations, fundraisers and the generosity of community partners. Every dollar counts in our efforts to keep this program financially viable and contributions of any size are appreciated.

## HERE'S HOW YOU CAN HELP

- **Donate in person at the front desk of the Milwaukie Community Center**
- **Write a check to MCCF – Meals on Wheels, and send it to:**  
5440 S.E. Kellogg Creek Dr., Milwaukie, OR 97222
- **Donate online at [Meals4Seniors.com](https://www.Meals4Seniors.com)**

**MORE INFORMATION AT [NCPRD.COM/MARCH-FOR-MEALS](https://www.ncprd.com/march-for-meals) OR CALL (503) 794-8043**

# 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 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 Café. To see the full list of upcoming meals served each day, please visit [ncprd.com/nutrition-program](http://ncprd.com/nutrition-program).

**M-F, 11:45 A.M. - 12:30 P.M.**

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



## *Meals on Wheels* **DRIVERS NEEDED!**

Become a driver for Meals on Wheels, and give the gift of joy and a healthy meal to vulnerable members of our community.

To learn more and volunteer, contact Joseph Hyder at (503) 794-8034 or [JHyder@ncprd.com](mailto:JHyder@ncprd.com).



## HEALTHY AGING PROGRAMS

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

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

Join Oregon attorney, Michael Rose, as he discusses why you must have more than a will in order to protect yourself and your family in 2025. Mr. Rose will 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. Topics will include the most expensive estate planning mistakes, how to avoid probate, protecting your assets with trusts, avoiding estate taxes and much more.

**FREE**

**10:30 A.M. - NOON      TU      2/4**

### AFFORDING LONG-TERM CARE

Worried about long-term care? Join Oregon attorney, Michael Rose, as he discusses how to pay for long-term care including qualifying for Medicaid without impoverishing your spouse, and qualifying for Medicaid when you have too much money or income.

**FREE**

**10:30 - 11:30 A.M.      TU      2/18**

### SOCIAL SECURITY 101: UNDERSTANDING YOUR BENEFITS

Do you understand how Social Security works? Have you wondered what the differences between full, early, and delayed benefits are? This workshop focuses on building an understanding of the implications of Social Security claiming decisions. We'll discuss what Social Security is, when and how to claim your benefits, spousal and survivor benefits and the future of Social Security. We'll also share more information and resources to help you make an informed decision, like the AARP Social Security Resource Center. We'll also address how Congress needs to take action in the next 10 years to protect Social Security to ensure Americans continue to receive the full benefits they have earned, and how AARP is advocating to protect Social Security.

**FREE**

**10 - 11 A.M.      W      3/5**

### DOWNSIZING 101

Downsizing can indeed be a daunting task, but it can also provide a valuable opportunity to simplify your life, declutter, and create a more organized living space. With expert guidance from professionals with Managed Moves, you'll learn essential strategies to make the downsizing process as smooth as possible. By the end of the class, you'll have all the tools and knowledge needed to approach downsizing with confidence, making the process as efficient and stress free as possible. Whether it's a life change or simply the desire to simplify, this presentation will guide you through every step.

**FREE**

**10 - 11 A.M.      TH      3/20**

# center programs

## 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.

**FREE**

**1ST FRIDAYS OF EVERY MONTH  
10 - 11:30 A.M.**

### *Downsizing*

**(Friday, January 3)**

Many of us don't think about where and how we will live as we age. Although we may have strong feelings about what we would like, our health or social needs change, and then we may need to downsize our belongings to best fit our life. Join us for a discussion about the things that are most important to us and how to let go of those belongings that no longer fit in our life.

**FREE**

**10 - 11:30 A.M.      F      1/3**

### *Forgetfulness*

**(Friday, February 7)**

Do you find that more and more, you are spending a lot of time looking for your glasses or keys?

While these situations may be concerning, they may just be a normal part of aging. Come join us in a discussion about your experiences with and concerns about forgetfulness.

**FREE**

**10 - 11:30 A.M.      F      2/7**

### *Open Conversation*

**(Friday, March 7)**

Is there something you have wanted to talk about: regrets, difficult relatives, happy memories? Join us for a facilitated morning of confidential conversations among seniors on one or several topics.

**FREE**

**10 - 11:30 A.M.      F      3/7**

## *Learning from Grief & Loss*

**(Friday, April 4)**

As we age, we experience many types of loss. Grief may become a more common experience. Explore with others how to find your own unique path through grief. Learn how loss can affect your sense of self as well as your health and various ways to cope with loss and grief.

**FREE**

**10 - 11:30 A.M.      F      4/4**



## COMMUNITY GARDENS

Milwaukie Community Center, in partnership with the Clackamas County Master Gardeners, has an amazing community garden with 17 raised beds available for rent from April through October. Gardening enthusiasts can register for a garden bed starting Tuesday, April 1. Fee is \$20 per raised bed. Gardeners who rented beds last year, and are in good standing, have first option for their bed from last year. Priority then goes to older adults (60+) and people with disabilities residing in North Clackamas Parks and Recreation District. Proceeds help pay for maintenance and costs of caring for the garden. Due to high demand for the garden plots, individuals can only request one plot at this time. Applications will be available at the Milwaukie Community Center reception desk beginning **April 1.**



## 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

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**

**12:30 - 2 P.M. 2<sup>ND</sup> AND 4<sup>TH</sup> WEDNESDAYS**

### 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 number for a return call.

**\$50**

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

### GRIEF SUPPORT GROUP

This group is for people who have experienced the loss of an important person in their lives. Facilitated by a licensed counselor, participants will share a safe space to talk about their grief and gain support from the group. Pre-registration and consents are required. To inquire, please contact Lesley at (503) 215-4622.

**FREE**

**12:30 - 1:45 P.M. 1<sup>ST</sup> AND 3<sup>RD</sup> WEDNESDAYS**

### MEDICAL EQUIPMENT LOAN PROGRAM

Mobility equipment including walkers, wheelchairs, crutches, knee scooters and canes are available for short-term loan. \$10 suggested loan fee per item.

By appointment only. To check availability, reserve equipment, or schedule a donation drop off, please call (503) 794-8037. ***Please note, we no longer rent or accept donations of shower chairs, bath benches, commodes and raised toilet seats.***

### 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, call (503) 653-8100.

**FREE**

**VARIOUS TUESDAYS**

# center programs

## SPRING REGISTRATION

Mark your calendar! First day of registration for the spring term will be Tuesday, February 4 at noon for NCPRD residents and Tuesday, February 11 at noon for non-residents. Check [ncprd.com](http://ncprd.com) for program descriptions and schedules.

### ART

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+
	ACRYLICS	F	10AM-12:30PM	APR 4-MAY 30	\$124	\$93
	ACRYLICS	F	1-3:30PM	APR 4-MAY 30	\$124	\$93
	OIL PAINTING	TH	9:30AM-NOON	APR 3-JUNE 5	\$138	\$104
	WATERCOLOR, BEGINNING	TH	12:30-3PM	APR 3-MAY 29	\$124	\$93
☾	MIXED MEDIA	TH	3:15-5:45PM	APR 3-MAY 29	\$124	\$93

### LANGUAGE & WRITING

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+
	CREATIVE WRITING/YOUR STORY	W	1:30-3PM	APR 2-MAY 28	\$74	\$56
☾	SPANISH, BEGINNING	TH	5:30-7PM	APR 3-MAY 29	\$74	\$56
☾	SPANISH, INTRO	TH	7:15-8:15PM	APR 3-MAY 29	\$50	\$38
☾	SPANISH II/CONVERSATION II	TH	3:45-5:15PM	APR 3 MAY 29	\$74	\$56

### TECHNOLOGY & COMPUTER LITERACY

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+
	SMARTPHONES, BEGINNING	TH	12:15-1:45PM	APR 3-MAY 29	\$74	\$56
	COMPUTER BASICS	TH	2-3:30PM	APR 3-MAY 29	\$74	\$56

☾ NIGHT CLASSES \*Zoom options available \*\*Zoom only

Please do not wait to register first day of class.

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

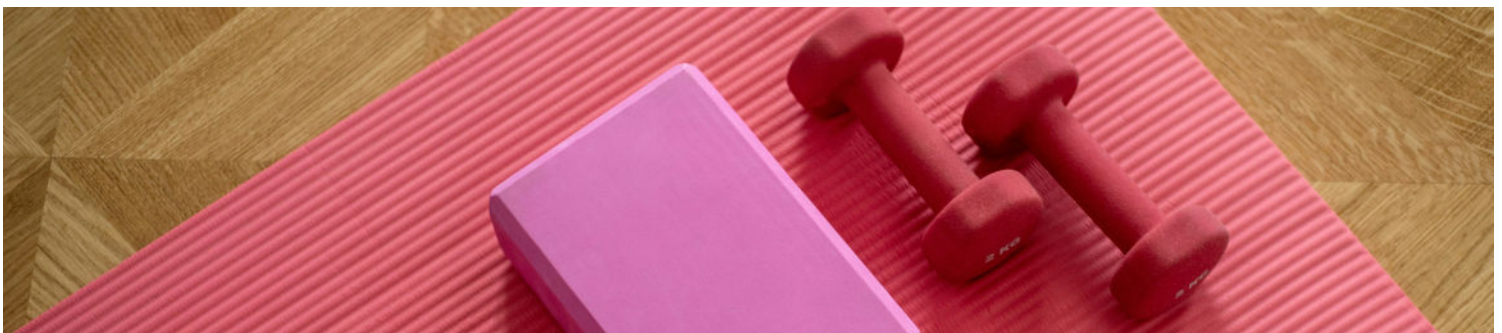
## CARDIO & STRENGTH

**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	APR 3-JUN 12	\$47	\$35	L2
	CHAIR ZUMBA	F	NOON-12:45PM	APR 4-JUN 6	\$43	\$32	L1-2
	COMPLETE CONDITIONING	TH	9:20-10:20AM	APR 3-JUN 12	\$61	\$46	L2-3
	EZ DOES IT AEROBICS	TU	2-3PM	APR 1-JUN 10	\$61	\$46	L2-3
	FUNCTIONAL FITNESS*	TU	11AM-NOON	APR 1-JUN 10	\$55	\$41	L2-3
	LINE DANCE FOR FITNESS: ULTRA BEGINNERS	F	NOON-1PM	APR 4-JUN 6	\$55	\$41	L2-3
	LINE DANCE FOR FITNESS	M	9:30-10:30AM	MAR 31-JUN 9	\$55	\$41	L2-3
	LINE DANCE FOR FITNESS	F	9:30-10:30AM	APR 4-JUN 6	\$55	\$41	L2-3
	LINE DANCE FOR FITNESS II	TU	12:45-1:45PM	APR 1-JUN 3	\$55	\$41	L2-3
	LINE DANCE FOR FITNESS II	TH	12:45-1:45PM	APR 3-JUN 5	\$55	\$41	L2-3
☾	LOW IMPACT AEROBIC STRENGTH TRAINING	TH	4-5PM	APR 3-JUN 12	\$61	\$46	L2-3
	SIT-N-B-FIT	M	11-11:45AM	MAR 31-JUN 9	\$43	\$32	L1-2
	SIT-N-B-FIT	W	11-11:45AM	APR 2-JUN 4	\$43	\$32	L1-2
	SIT-N-B-FIT	F	11-11:45AM	APR 4-JUN 6	\$43	\$32	L1-2
	ZUMBA GOLD TONING*	M	NOON-1PM	MAR 31-JUN 9	\$55	\$41	L2-3
	ZUMBA GOLD TONING*	W	NOON-1PM	APR 2-JUN 4	\$55	\$41	L2-3
☾	ZUMBA*	TU	6:40-7:40PM	APR 1-JUN 10	\$61	\$46	L3-4
☾	ZUMBA*	TH	6:40-7:40PM	APR 3-JUN 12	\$61	\$46	L3-4

☾ **NIGHT CLASSES** \*Zoom options available \*\*Zoom only

Please do not wait to register first day of class.



# center programs

## MIND & BODY

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+	LEVEL
	CHAIR YOGA	M	1:15-2PM	MAR 31-JUN 9	\$43	\$32	L1-3
	HATHA YOGA	M	9-10AM	MAR 31-JUN 9	\$50	\$38	L2-3
	HATHA YOGA	F	9:20-10:20AM	APR 4-JUN 6	\$55	\$41	L2-3
	INNERGYSTICS	TH	11:30AM-12:30PM	APR 3-JUN 12	\$61	\$46	L3-4
	STRENGTH & RELAXATION YOGA*	M	2:45-3:45PM	MAR 31-JUN 9	\$50	\$38	L2-3
	STRENGTH & RELAXATION YOGA	TU	9:30-10:30AM	APR 1-JUN 10	\$61	\$46	L2-3
	STRENGTH & RELAXATION YOGA	W	9:30-10:30AM	APR 2-JUN 11	\$55	\$41	L2-3
☾	TAI CHI, BEGINNING: 24 YANG FORM	MW	3-4PM	MAR 31-JUN 11	\$116	\$87	L2-3
☾	TAI CHI, BEGINNING: 108 YANG FORM	MW	4:10-5:10PM	MAR 31-JUN 11	\$116	\$87	L2-3
	TAI CHI, BEGINNING II: 108 YANG FORM	TTH	8:05-9:05AM	APR 1-JUN 12	\$121	\$91	L2-3
☾	TAI CHI, BEGINNING II: 108 YANG FORM	TTH	5:15-6:15PM	APR 1-JUN 12	\$121	\$91	L2-3

## ACTIVITY GROUPS *(Center is closed March 24-28)*

	ACTIVITY	DAY	TIME	DATES	FEE NON	FEE RESIDENT
	BILLIARDS	M-F	8AM-4PM	DROP IN	\$2.00	\$1.00 ALL DAY
	DAYTIME BINGO	TU/TH	12:45-1:45PM	DROP IN	\$0.50	\$0.25 PER CARD
☾	EVENING BINGO!	TU*/TH	6:30-9:30PM	DROP IN	→	\$4-6 PER PACKET**
	CARDS AND BOARD GAMES	TU	2-4PM	DROP IN	\$2.00	\$1.00 PER SESSION
	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
	AMERICAN MAH JONGG	W	12:30-3:30PM	DROP IN	\$2.00	\$1.00 PER SESSION
☾	UKULELE JAM	TH	6-7:15PM^	1ST & 3RD TH	\$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!: Excluding 4th Tuesdays

\*\*Evening BINGO!: \$6 first packet; \$4 second packet; \$4 third packet; \$3 fourth 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](http://NCPRD.COM) OR CALL (503) 794-8092

## MILWAUKIE COMMUNITY CENTER FOUNDATION

Presents

**Tuesday\* & Thursday  
Nights**

**6:30 to 9:30 p.m.**

**Doors Open at 4:30 p.m.**

*\*Excluding 4th Tuesdays*

**12 Regular Games  
6 Blackout Games**

**Kitty Pot &  
Progressive Pot**

**Build each night until  
someone wins!**



Our Bingo Nights offer the chance to

**WIN BIG PRIZES**

while enjoying a great atmosphere with friends and family.



— ALL DAY —  
**ADVOCATE**  
Health Insurance Broker

***Proceeds benefit Meals on Wheels and the programs and  
services provided by the Milwaukie Community Center***

[MILWAUKIECCFOUNDATION.ORG/BINGO](http://MILWAUKIECCFOUNDATION.ORG/BINGO)

# youth programs

## KIDS CLASSES

	CLASS	DAY	TIME	DATES	FEE NON	FEE RESIDENT	AGES
	MELODIES IN MOTION: YOGA, SONGS, AND MOVEMENT	M	12:30-1:15 PM	APR 7-JUN 2	\$115 NR	\$90 NCPRD	3-5
☾	BEAT KEEPERS: RHYTHM AND TECHNIQUE FOR KIDS	T	4:30-5:15PM	APR 8-MAY 27	\$157 NR	\$126 NCPRD	7-9
	PRESCHOOL SING-ALONG (DROP IN)	T	10-10:30AM	APR 8-MAY 27	\$4/EA	\$3/EA	1-5
☾	LITTLE DANCERS BALLET & JAZZ	W	5:20-6:05PM	APR 16-JUN 4	\$115 NR	\$90 NCPRD	5-7
☾	TINY TOTS PRE-BALLET	W	4-4:30PM	APR 16-JUN 4	\$106 NR	\$85 NCPRD	3-4
☾	TINY TOTS PRE-BALLET	W	4:40-5:10PM	APR 16-JUN 4	\$106 NR	\$85 NCPRD	3-4
	STEAMVENTURES SPRING BREAK CAMP: BLAST OFF ROCKET CAMP	M-F	1-4PM	MAR 24-28	\$256 NR	\$205 NCPRD	9-12
	STEAMVENTURES SPRING BREAK CAMP: ROCKETS & THE SCIENCE OF THINGS THAT FLY	M-F	9AM-NOON	MAR 24-28	\$256 NR	\$205 NCPRD	6-9
	PLAYWELL SPRING BREAK CAMP: POKÉMON MASTER ENGINEERING USING LEGO® MATERIALS	M-F	9AM-NOON	MAR 24-28	\$256 NR	\$205 NCPRD	5-7
	PLAYWELL SPRING BREAK CAMP: MINECRAFT ENGINEERING USING LEGO® MATERIALS	M-F	1-4PM	MAR 24-28	\$256 NR	\$205 NCPRD	7-12

### **NEW!** MELODIES IN MOTION: YOGA, SONGS, AND MOVEMENT

**Ages 3-5 yrs.** Introduce your child to movement and music! This fun, energetic class is designed to engage the body and mind. Combines playful music, lively movement activities, and simple animal yoga poses. Each session encourages creativity, coordination, and relaxation through song-based games, rhythmic exercises, and gentle stretches. No class on May 26.

**LOCATION:** MILWAUKIE COMMUNITY CENTER  
**FEE:** NCPRD, \$90; NON-RESIDENT, \$115  
**TIME/DATE:** 12:30-1:15 P.M. M 4/7-6/2



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

## SPRING BREAK CAMPS

NCPRD's spring break science camps foster curiosity and inspire wide-eyed wonder, while teaching kids about the world around them.



### STEAMVENTURES: BLAST OFF ROCKET CAMP (Ages 9-12)

**LOCATION:** MILWAUKIE COMMUNITY CENTER  
**FEE:** NCPRD, \$205; NON-RES, \$256  
**DATE/TIME:** 1-4 P.M. M-F 3/24-3/28

### STEAMVENTURES: ROCKETS AND THE SCIENCE OF THINGS THAT FLY (Ages 6-9)

**LOCATION:** MILWAUKIE COMMUNITY CENTER  
**FEE:** NCPRD, \$205; NON-RES, \$256  
**DATE/TIME:** 9 A.M.-NOON M-F 3/25-3/29

### PLAYWELL: POKÉMON MASTER ENGINEERING USING LEGO MATERIALS (Ages 5-7)

**LOCATION:** MILWAUKIE COMMUNITY CENTER  
**FEE:** NCPRD, \$205; NON-RES, \$256  
**DATE/TIME:** 9 A.M.-NOON M-F 3/24-3/28

### PLAYWELL: MINECRAFT ENGINEERING USING LEGO MATERIALS (Ages 7-12)

**LOCATION:** MILWAUKIE COMMUNITY CENTER  
**FEE:** NCPRD, \$205; NON-RES, \$256  
**DATE/TIME:** 1-4 P.M. M-F 3/24-3/28



# featured events

## TEEN NIGHTS

**Ages 11-18.** Looking for a teens-only space to chill with friends (or make new ones)? Join us for board games, Nintendo Switch, crafts, snacks, and a mix of rotating themed activities. Whether you're into gaming, getting creative, or just hanging out, there's something for everyone. Advanced registration is required due to limited spots; sign up to reserve your place. Photo/Student ID required at entry.

**LOCATION:** MILWAUKIE COMMUNITY CENTER

**FEE:** FREE

**DATE/TIME:** 6:30-8:30 P.M. F

1/10: INSPIRE & CREATE: VISION BOARDS

3/7: PASSPORT TO FUN: GLOBAL ADVENTURES



## LUNAR NEW YEAR CELEBRATION

Usher out the old year and welcome prosperity into the new! Lunar New Year is a holiday widely celebrated in other countries, including China, Korea, and Vietnam. Join us in this vibrant celebration as we explore the rich traditions through interactive activities, crafts, music, and dance. Experience the excitement of a live lion dance performance accompanied by the powerful beats of drummers, bringing good fortune and joy. Come learn about and experience firsthand the cultural significance of this celebration.

**LOCATION:** MILWAUKIE COMMUNITY CENTER

**FEE:** \$5 SUGGESTED DONATION FOR 18+

**DATE/TIME:** SUNDAY, JANUARY 26  
1-3:30 P.M.

## NCPRD DESIGN AND DINNER SOCIAL

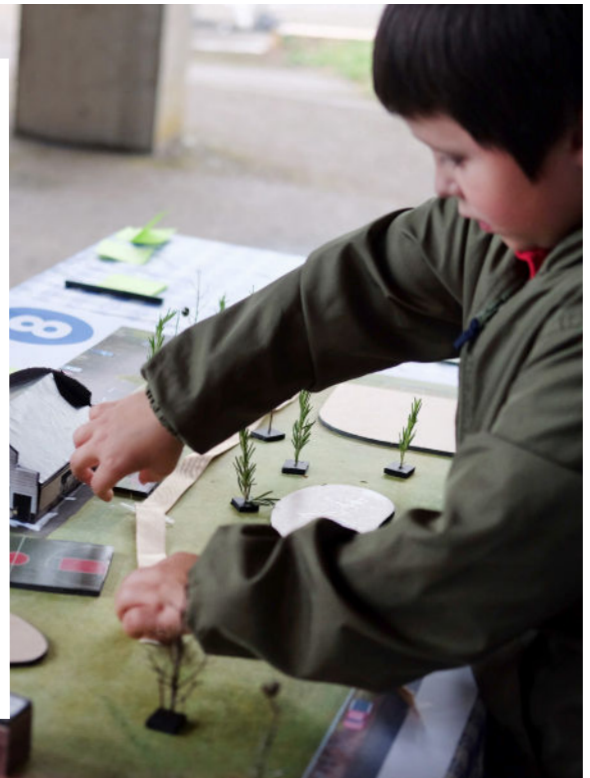
Join us for an evening of design, delicious food, lively DJ music, and an inside look at current district projects. Get inspired and share your ideas through hands-on activities and input opportunities that will help shape the future of parks and recreation within our community. This free, all-ages event is packed with creativity, collaboration, and fun!

Music by DJ Jessi LaMain. Dinner from Taco Amigo Express (options for vegetarians, meat lovers, and gluten-free diets). More information at [ncprd.com/event/design-dinner-social](https://ncprd.com/event/design-dinner-social).

**LOCATION:** MILWAUKIE COMMUNITY CENTER

**FEE:** FREE

**DATE/TIME:** SATURDAY, FEBRUARY 8  
3:30-6:30 P.M.



## OREGON BALLET THEATRE 2

Join Oregon Ballet Theatre's second company, OBT2, on a stop during their 2025 Spring Tour! OBT2 serves as a cultural ambassador of the performing arts throughout the Pacific Northwest. OBT2 has performed in a wide variety of performing arts centers, college campuses, and outdoor festivals. This year's tour features work by George Balanchine, Ben Stevenson, Artistic Director, Dani Rowe, and OBT2 Director, Dominic Walsh. Meet the dancers and have your photo with them after the performance!

**LOCATION:** MILWAUKIE COMMUNITY CENTER

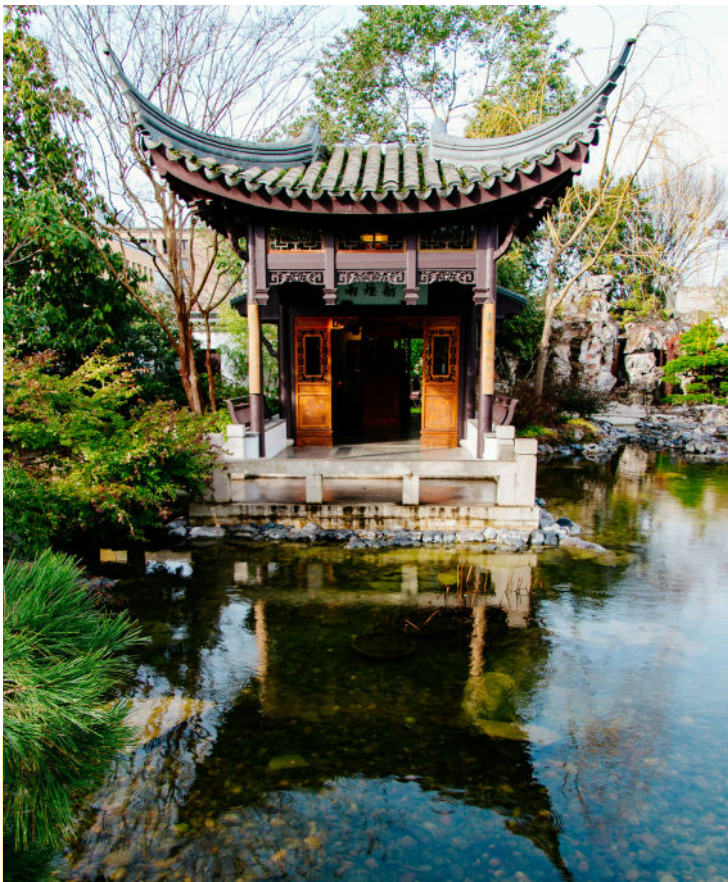
**FEE:** \$5 SUGGESTED DONATION

**DATE/TIME:** SATURDAY, MARCH 22  
5 P.M.

# 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.

## OLD SPAGHETTI FACTORY ON THE WILLAMETTE RIVER

The Old Spaghetti Factory is always a good place for lunch! Sit in an old-fashioned trolley car that doubles as a dining hall. Come join us as we experience lunch along Portland's beautiful Willamette River. Bring money for lunch.

**FEE:** RESIDENT, \$20; NON-RESIDENT, \$25  
**TIME/DATE:** 11:30 A.M.-2 P.M. W 1/8

## LAN SU CHINESE GARDEN/WAN LUNG RESTAURANT

Lan Su Garden has the best features, particularly on a rainy day when ripples through the Koi pond add to the garden tranquil atmosphere. You can sit at the tea house while enjoying a cup of tea and explore the garden's history, culture and beauty. Please bring \$16 admission fee, and money for purchases and lunch.

**FEE:** RESIDENT, \$23; NON-RESIDENT, \$29  
**TIME/DATE:** 10 A.M.-3 P.M. W 1/22

## PORTLAND ART MUSEUM/LUNCH

The Portland Art Museum's permanent collection has over 42,000 works of art. It's free to get in on first Thursday of the Month, so let's take advantage and explore. Bring money for lunch and any purchases.

**FEE:** RESIDENT, \$23; NON-RESIDENT, \$29  
**TIME/DATE:** 10 A.M.-3 P.M. TH 2/6

## THE ORIGINAL PANCAKE HOUSE

Let's go to brunch at a family business. Enjoy their famous Dutch Baby pancakes, the apple pancakes, or specialty waffles & French crepes. Omelettes are available as well. Bring money for lunch.

**FEE:** RESIDENT, \$22; NON-RESIDENT, \$28  
**TIME/DATE:** 10 A.M.-2 P.M. TH 2/20

## KELLS IRISH PUB

Kells Irish Pub features authentic Irish cuisine. Experience the warmth and charm of Ireland right here in the heart of Portland. Bring money for lunch.

**FEE:** RESIDENT, \$17; NON-RESIDENT, \$22  
**TIME/DATE:** NOON-3:30 P.M. F 3/7



**Rosie**  
Herboth

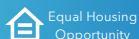
Real Estate Broker

Serving Milwaukie & Surrounding Area

☎ 971-235-9941

✉ HerbothHomesLLC@gmail.com

🌐 www.rosieherboth.realestate  
License Number 201221307



# ADVERTISE HERE

SPONSOR THE MCC  
CONNECTION!

We've added a Community Resource section in the MCC Connection that will feature local businesses. Get more visibility for your business or organization by becoming a sponsor!

## Interested?

For more information, contact Stan Catherman at [stan@milwaukieccfoundation.org](mailto:stan@milwaukieccfoundation.org).

Connecting you to volunteers & new friends

*Stay in your home longer*



"The longer I live the more beautiful life becomes."

~ Frank Lloyd Wright

971-808-2340

[info@riverseastvillage.org](mailto:info@riverseastvillage.org)

**Rivers East Village** is a member of the **VNW Network**

**Bonaventure's Newest  
Senior Living Community is  
COMING SOON!**



**Bonaventure**  
of Milwaukie

**(971) 447-0172**

RETIREMENT • ASSISTED LIVING • MEMORY CARE

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# around the center



## TRADITIONAL THANKSGIVING DINNER

*The Traditional Thanksgiving Dinner fundraiser, hosted by Milwaukie Community Center Foundation, was a resounding success! This sold-out event showcased the excellent quality food prepared and served by our talented Meals on Wheels kitchen staff, with support from over 60 dedicated volunteers. Thank you to the local chapters of the National Charity League and Boys Team Charity for their incredible contributions. Thanks to your support, the proceeds will directly benefit our Meals on Wheels program, ensuring we can continue delivering nutritious meals and vital support to those in need.*

***Photos by Hamid Shibata Bennett.***



## WINTER CELEBRATIONS

We're brimming with holiday cheer after seeing the community come together for Winter Celebrations! On December 7, around 300 attendees enjoyed a festive celebration featuring interactive cultural booths for Kwanzaa, Hanukkah, St. Lucia, Three Kings Day and Dongzhi offering food tastings, crafts and games. Special thanks to event sponsor Milwaukie Community Center Foundation and to the many volunteers and performers who made this event possible.

**Photos by Hamid Shibata Bennett.**



## ART THERAPY

In November, AccentCare Hospice and Palliative Care donated a free music therapy session to the APAC Respite Group. Our group members enjoyed an hour of beautiful guitar music and singing from music therapist, Greg. We here at MCC want to extend a big thank you to AccentCare for the generous donation of services.



# volunteer

## THANK YOU, VOLUNTEERS!

Did you know that your [MyImpactPage.com](http://MyImpactPage.com) website has an app that you can download to your smart phone? Volunteers can use it to check out current opportunities and potential volunteers can use it to schedule an on-boarding appointment. The app will preload your [MyImpactPage.com](http://MyImpactPage.com) username and password so you can check out available opportunities on the go. When an opportunity is selected by a volunteer, it updates in real time. Check it out! Lunar New Year's Celebration is coming up on January 26 from 1-3 p.m. Check your [MyImpactPage.com](http://MyImpactPage.com) website for available opportunities.

### Volunteers Needed:

- ***A Place at the Center Volunteers***
- ***Event Volunteers***
- ***Meals on Wheels Drivers***
- ***Tuesday Bingo Night Volunteers***
- ***Front Desk Volunteers***

Our volunteers made our ***Traditional Thanksgiving Dinner*** fundraiser a resounding success, and for that we are truly grateful! Kudos to all for helping others enjoy a delicious holiday meal.

Speaking of delicious meals ... SAVE THE DATE! Our annual ***Volunteer Appreciation Champagne Brunch*** has been scheduled for Saturday, April 5 from 9:30-11:30 a.m. There'll be entertainment, swag bags and, once again, delicious food. Last year's "invitation only" bash was loads of fun and our committee is hard at work to ensure that this year's "exclusive-to-volunteers" brunch is even better. More details to follow as more decisions are made. Check occasionally with the front desk. And as always, many thanks for all you do.

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](http://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](http://ncprd.com), or call us after 8:30 a.m. at (503) 653-8100 for updates.

# services



## SHOP ARTISAN GIFTS

Visit Milwaukie Community Center's unique store featuring handcrafted items from talented local artisans. Whether you're searching for a meaningful gift or a special treat for yourself, Artisan Gifts offers a wide selection of beautifully crafted jewelry, cozy knitted goods, holiday decorations, and more.

Each purchase supports both the local artisans who bring their creativity to life and the essential programs of the Milwaukie Community Center, including Meals on Wheels and other services that benefit our community year round.

*Visit Artisan Gifts today and find something truly unique!*

**JEWELRY | CERAMICS | ART | WEAVINGS | BLOWN GLASS | CRAFTS | MORE!**

**Monday-Thursday 10 a.m.-3 p.m.; Friday 10 a.m.-1 p.m.**

***Operated by Milwaukie Community Center Foundation***



## CENTER MEET AND GREET TOUR

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.

# january

MONDAY

TUESDAY

WEDNESDAY

		<b>1</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>12:30-1:45 p.m.</b> – Grief Support Group
<b>6</b> 🎶 <b>11:30 a.m.-12:30 p.m.</b> – Theron Brayman <b>12:30-3:30 p.m.</b> – Chinese Mah Jongg	<b>7</b> <b>8:30 a.m.-3 p.m.</b> – Foot Care <b>12:45-1:45 p.m.</b> – Daytime Bingo <b>2-4 p.m.</b> – Cards and Board Games <b>6:30-9:30 p.m.</b> – Evening <b>BINGO!</b>	<b>8</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>11:30 a.m.-2 p.m.</b> – Old Spaghetti Factory <b>12:30-2 p.m.</b> – Caregivers Support Group <b>12:30-3:30 p.m.</b> – Mah Jongg
<b>13</b> <b>12:30-3:30 p.m.</b> – Chinese Mah Jongg	<b>14</b> <b>8:30 a.m.-3 p.m.</b> – Foot Care <b>10-10:30 a.m.</b> – Preschool Sing-along <b>10-11:30 a.m.</b> – Blood Pressure Check 🎶 <b>11:30 a.m.-12:30 p.m.</b> – Tuesday Trio & Steve <b>12:45-1:45 p.m.</b> – Daytime Bingo <b>2-4 p.m.</b> – Cards and Board Games <b>6:30-9:30 p.m.</b> – Evening <b>BINGO!</b>	<b>15</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>12:30-1:45 p.m.</b> – Grief Support Group
<b>20</b> <i>Closed for Martin Luther King Jr. Day</i>	<b>21</b> <b>8:30 a.m.-3 p.m.</b> – Foot Care <b>10-10:30 a.m.</b> – Preschool Sing-along <b>12:45-1:45 p.m.</b> – Daytime Bingo <b>2-4 p.m.</b> – Cards and Board Games <b>6:30-9:30 p.m.</b> – Evening <b>BINGO!</b>	<b>22</b> <b>8-11:30 a.m.</b> – Woodcarving APAC Respite Program (call for time) <b>10 a.m.-3 p.m.</b> – Lan Su Chinese Garden <b>12:30-3:30 p.m.</b> – Mah Jongg <b>12:30-2 p.m.</b> – Caregivers Support Group
<b>27</b> <b>12:30-3:30 p.m.</b> – Chinese Mah Jongg	<b>28</b> <b>8:30 a.m.-3 p.m.</b> – Foot Care <b>10-10:30 a.m.</b> – Preschool Sing-along 🎶 <b>11:30 a.m.-12:30 p.m.</b> – Tuesday Trio & Steve <b>12:45-1:45 p.m.</b> – Daytime Bingo <b>2-4 p.m.</b> – Cards and Board Games <b>No Evening BINGO!</b>	<b>29</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

## ONGOING DAILY OFFERINGS

### TRILLIUM LUNCH

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

### BILLIARDS

8 a.m. - 4 p.m.

### PETE'S CAFÉ

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

### ARTISAN GIFTS

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

Fri.: 10 a.m. - 1 p.m.

# MILWAUKIE COMMUNITY CENTER EVENTS & OFFERINGS

## THURSDAY

## FRIDAY

<p><b>2</b></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  6-7:15 p.m. – Ukulele Jam  6:30-9:30 p.m. – Evening <i>BINGO!</i></p>	<p><b>3</b></p> <p>10-11:30 a.m. – Downsizing  Noon-2 p.m. – Mt. Dulcimer Jam</p>
<p><b>9</b></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  6:30-9:30 p.m. – Evening <i>BINGO!</i></p>	<p><b>10</b></p> <p>🎵 11:30 a.m.-12:30 p.m. –  Throwback</p>
<p><b>16</b></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  6-7:15 p.m. – Ukulele Jam  6:30-9:30 p.m. – Evening <i>BINGO!</i></p>	<p><b>17</b></p> <p>Noon-2 p.m. – Mt. Dulcimer Jam  🎵 11:30 a.m.-12:30 p.m. – Pinky  Roberts</p>
<p><b>23</b></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  6:30-9:30 p.m. – Evening <i>BINGO!</i></p>	<p><b>24</b></p> <p>🎵 11:30 a.m.-12:30 p.m. – The Marv-  Tones</p> <div data-bbox="532 1381 971 1476"> <p>➡➡</p> <p>Sun. Jan. 26, 1-3:30 p.m.  EVENT: Lunar New Year</p> </div>
<p><b>30</b></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  6:30-9:30 p.m. – Evening <i>BINGO!</i></p>	<p><b>31</b></p>

— ALL DAY —  
**ADVOCATE**  
Health Insurance Broker

**Brendan Barnhart | Principal Broker**  
All Day Advocate LLC  
Health Insurance Agency  
Medicare - Individual - Group  
503-765-7652 (text or call)  
[BrendanB@AllDayAdvocate.com](mailto:BrendanB@AllDayAdvocate.com)  
[AllDayAdvocate.com](http://AllDayAdvocate.com)

**Attend One of Our In-Person  
Medicare Meetings.  
Scan Below for Dates & Times.**

**For accommodations of persons  
with special needs at meetings  
call (503-765-7652) TTY 711**

All Day Advocate is not connected to the  
Federal Medicare Program.  
This is a solicitation for insurance

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

**(503) 653-8100**

# february

## MONDAY

## TUESDAY

## WEDNESDAY

<p><b>3</b></p> <p>🎵 11:30 a.m.-12:30 p.m. – Theron Brayman</p> <p>12:30-3:30 p.m. – Chinese Mah Jongg</p>	<p><b>4</b></p> <p>8:30 a.m.-3 p.m. – Foot Care</p> <p>10-10:30 a.m. – Preschool Sing-along</p> <p>10:30 a.m.-noon – Estate Planning 101</p> <p>12:45-1:45 p.m. – Daytime Bingo</p> <p>2-4 p.m. – Cards and Board Games</p> <p>6:30-9:30 p.m. – Evening <i>BINGO!</i></p> <p><i>First day registration for residents</i></p>	<p><b>5</b></p> <p>8-11:30 a.m. – Woodcarving</p> <p>APAC Respite Program (call for time)</p> <p>🎵 11:30 a.m.-12:30 p.m. – Broad Highway</p> <p>12:30-1:45 p.m. – Grief Support Group</p> <p>12:30-3:30 p.m. – Mah Jongg</p>
<p><b>10</b></p> <p>12:30-3:30 p.m. – Chinese Mah Jongg</p>	<p><b>11</b></p> <p>8:30 a.m.-3 p.m. – Foot Care</p> <p>10-10:30 a.m. – Preschool Sing-along</p> <p>10-11:30 a.m. – Blood Pressure Check</p> <p>🎵 11:30 a.m.-12:30 p.m. – Tuesday Trio &amp; Steve</p> <p>12:45-1:45 p.m. – Daytime Bingo</p> <p>2-4 p.m. – Cards and Board Games</p> <p>6:30-9:30 p.m. – Evening <i>BINGO!</i></p> <p><i>First day registration for non-residents</i></p>	<p><b>12</b></p> <p>8-11:30 a.m. – Woodcarving</p> <p>APAC Respite Program (call for time)</p> <p>10:30 a.m.-noon – Brain Games</p> <p>12:30-2 p.m. – Caregivers Support Group</p> <p>12:30-3:30 p.m. – Mah Jongg</p>
<p><b>17</b></p> <p><i>Closed for Presidents' Day</i></p>	<p><b>18</b></p> <p>8:30 a.m.-3 p.m. – Foot Care</p> <p>10-10:30 a.m. – Preschool Sing-along</p> <p>10:30-11:30 a.m. – Affording Long-Term Care</p> <p>12:45-1:45 p.m. – Daytime Bingo</p> <p>2-4 p.m. – Cards and Board Games</p> <p>6:30-9:30 p.m. – Evening <i>BINGO!</i></p>	<p><b>19</b></p> <p>8-11:30 a.m. – Woodcarving</p> <p>APAC Respite Program (call for time)</p> <p>🎵 11:30 a.m.-12:30 p.m. – Broad Highway</p> <p>12:30-1:45 p.m. – Grief Support Group</p> <p>12:30-3:30 p.m. – Mah Jongg</p>
<p><b>24</b></p> <p>12:30-3:30 p.m. – Chinese Mah Jongg</p>	<p><b>25</b></p> <p>8:30 a.m.-3 p.m. – Foot Care</p> <p>10-10:30 a.m. – Preschool Sing-along</p> <p>🎵 11:30 a.m.-12:30 p.m. – Tuesday Trio &amp; Steve</p> <p>12:45-1:45 p.m. – Daytime Bingo</p> <p>2-4 p.m. – Cards and Board Games</p> <p><b>No Evening BINGO!</b></p>	<p><b>26</b></p> <p>8-11:30 a.m. – Woodcarving</p> <p>APAC Respite Program (call for time)</p> <p>12:30-3:30 p.m. – Mah Jongg</p> <p>12:30-2 p.m. – Caregivers Support Group</p>

## ONGOING DAILY OFFERINGS

### TRILLIUM LUNCH

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

### BILLIARDS

8 a.m. - 4 p.m.

### PETE'S CAFÉ

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

### ARTISAN GIFTS

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

Fri.: 10 a.m. - 1 p.m.

# MILWAUKIE COMMUNITY CENTER EVENTS & OFFERINGS

## THURSDAY

<p><b>6</b></p> <p><b>9:30-11 a.m.</b> – Ukulele Jam  <b>10 a.m.-3 p.m.</b> – Portland Art Museum  <b>12:30-3:30 p.m.</b> – Party Bridge  <b>12:45-1:45 p.m.</b> – Daytime Bingo  <b>6-7:15 p.m.</b> – Ukulele Jam  <b>6:30-9:30 p.m.</b> – Evening <i>BINGO!</i></p>	<p><b>7</b></p> <p><b>10-11:30 a.m.</b> – Forgetfulness  <b>Noon-2 p.m.</b> – Mt. Dulcimer Jam</p> <p>»»</p> <p><b>Sat. Feb. 8, 3:30-6:30 p.m.</b>  <b>EVENT:</b> NCPRD Dinner &amp; Design Social</p>
<p><b>13</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>6:30-9:30 p.m.</b> – Evening <i>BINGO!</i></p>	<p><b>14</b></p> <p>🎵 <b>11:30 a.m-12:30 p.m.</b> –          Throwback</p>
<p><b>20</b></p> <p><b>9:30-11 a.m.</b> – Ukulele Jam  <b>10 a.m.-2 p.m.</b> – Original Pancake House  <b>12:30-3:30 p.m.</b> – Party Bridge  <b>12:45-1:45 p.m.</b> – Daytime Bingo  <b>6-7:15 p.m.</b> – Ukulele Jam  <b>6:30-9:30 p.m.</b> – Evening <i>BINGO!</i></p>	<p><b>21</b></p> <p>🎵 <b>11:30 a.m-12:30 p.m.</b> – Pinky Roberts  <b>Noon-2 p.m.</b> – Mt. Dulcimer Jam</p>
<p><b>27</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>6:30-9:30 p.m.</b> – Evening <i>BINGO!</i></p>	<p><b>28</b></p> <p>🎵 <b>11:30 a.m-12:30 p.m.</b> – The Marv-Tones</p>

## FRIDAY



## GET HELP with your TAXES

AARP will be assisting with tax returns starting February 4 on Tuesdays and Wednesdays.

To schedule an appointment, call (503) 794-8091 starting Tuesday, January 21 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**

# march

## MONDAY

## TUESDAY

## WEDNESDAY

<p><b>3</b></p> <p>🎵 11:30 a.m.-12:30 p.m. – Theron Brayman</p> <p>12:30-3:30 p.m. – Chinese Mah Jongg</p>	<p><b>4</b></p> <p>8:30 a.m.-3 p.m. – Foot Care</p> <p>10-10:30 a.m. – Preschool Sing-along</p> <p>12:45-1:45 p.m. – Daytime Bingo</p> <p>2-4 p.m. – Cards and Board Games</p> <p>6:30-9:30 p.m. – Evening <i>BINGO!</i></p>	<p><b>5</b></p> <p>8-11:30 a.m. – Woodcarving APAC Respite Program (call for time)</p> <p>10-11 a.m. – Social Security: 101</p> <p>🎵 11:30 a.m.-12:30 p.m. – Broad Highway</p> <p>12:30-1:45 p.m. – Grief Support Group</p> <p>12:30-3:30 p.m. – Mah Jongg</p>
<p><b>10</b></p> <p>12:30-3:30 p.m. – Chinese Mah Jongg</p>	<p><b>11</b></p> <p>8:30 a.m.-3 p.m. – Foot Care</p> <p>10-11:30 a.m. – Blood Pressure Check</p> <p>🎵 11:30 a.m.-12:30 p.m. – Tuesday Trio &amp; Steve</p> <p>12:45-1:45 p.m. – Daytime Bingo</p> <p>2-4 p.m. – Cards and Board Games</p> <p>6:30-9:30 p.m. – Evening <i>BINGO!</i></p>	<p><b>12</b></p> <p>8-11:30 a.m. – Woodcarving APAC Respite Program (call for time)</p> <p>10:30 a.m.-noon – Brain Games</p> <p>12:30-2 p.m. – Caregivers Support Group</p> <p>12:30-3:30 p.m. – Mah Jongg</p>
<p><b>17</b></p> <p>🎵 11:30 a.m.-12:30 p.m. – Theron Brayman</p> <p>12:30-3:30 p.m. – Chinese Mah Jongg</p>	<p><b>18</b></p> <p>8:30 a.m.-3 p.m. – Foot Care</p> <p>12:45-1:45 p.m. – Daytime Bingo</p> <p>2-4 p.m. – Cards and Board Games</p> <p>6:30-9:30 p.m. – Evening <i>BINGO!</i></p>	<p><b>19</b></p> <p>8-11:30 a.m. – Woodcarving APAC Respite Program (call for time)</p> <p>🎵 11:30 a.m.-12:30 p.m. – Broad Highway</p> <p>12:30-1:45 p.m. – Grief Support Group</p> <p>12:30-3:30 p.m. – Mah Jongg</p>
<p><b>24</b></p> <p>12:30-3:30 p.m. – Chinese Mah Jongg</p>	<p><b>25</b></p> <p>8:30 a.m.-3 p.m. – Foot Care</p> <p>🎵 11:30 a.m.-12:30 p.m. – Tuesday Trio &amp; Steve</p> <p>12:45-1:45 p.m. – Daytime Bingo</p> <p>2-4 p.m. – Cards and Board Games</p> <p><b>No Evening <i>BINGO!</i></b></p>	<p><b>26</b></p> <p>8-11:30 a.m. – Woodcarving APAC Respite Program (call for time)</p> <p>12:30-2 p.m. – Caregivers Support Group</p> <p>12:30-3:30 p.m. – Mah Jongg</p>
<p><b>31</b></p> <p>🎵 11:30 a.m.-12:30 p.m. – Theron Brayman</p> <p>12:30-3:30 p.m. – Chinese 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 CAFÉ

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

### ARTISAN GIFTS

Mon-Thur.: 10 a.m. - 3 p.m.  
Fri.: 10 a.m. - 1 p.m.

# MILWAUKIE COMMUNITY CENTER EVENTS & OFFERINGS

## THURSDAY

<p><b>6</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>6-7:15 p.m.</b> – Ukulele Jam  <b>6:30-9:30 p.m.</b> – Evening <i>BINGO!</i></p>	<p><b>7</b></p> <p><b>10-11:30 a.m.</b> – Open Conversation  <b>Noon-2 p.m.</b> – Mt. Dulcimer Jam  <b>Noon-3 p.m.</b> – Kells Irish Pub</p>
<p><b>13</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>6:30-9:30 p.m.</b> – Evening <i>BINGO!</i></p>	<p><b>14</b></p> <p>🎵 <b>11:30 a.m-12:30 p.m.</b> – Throwback</p>
<p><b>20</b></p> <p><b>9:30-11 a.m.</b> – Ukulele Jam  <b>10-11 a.m.</b> – Downsizing 101  <b>12:30-3:30 p.m.</b> – Party Bridge  <b>12:45-1:45 p.m.</b> – Daytime Bingo  <b>6-7:15 p.m.</b> – Ukulele Jam  <b>6:30-9:30 p.m.</b> – Evening <i>BINGO!</i></p>	<p><b>21</b></p> <p>🎵 <b>11:30 a.m-12:30 p.m.</b> – Pinky Roberts  <b>Noon-2 p.m.</b> – Mt. Dulcimer Jam</p> <div data-bbox="597 1079 974 1194"> <p>➡➡➡</p> <p><b>Sat. Mar. 22, 5 p.m.</b>  <b>EVENT: OBT2</b></p> </div>
<p><b>27</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>6:30-9:30 p.m.</b> – Evening <i>BINGO!</i></p>	<p><b>28</b></p> <p>🎵 <b>11:30 a.m-12:30 p.m.</b> – The Marv-Tones</p>

## FRIDAY



*Are you looking for local realtor that will respond to your needs?*

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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

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Printing of this newsletter is funded by



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# 2025 MARCH *for* MEALS

See **pages 6-7** for more information on how to get involved.



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PARKS & RECREATION DISTRICT