



milwaukie community center

Adult Programs

Adult programs take place at Milwaukie Community Center (5440 S.E. Kellogg Creek Dr., Milwaukie).
Schedules subject to change.

ART

ACRYLICS

Discover your unique style and creativity. Learn about acrylics through color, composition, value, and perspective. Color theory is emphasized and projects include working from still life and photographs. No previous painting or drawing is necessary. No class Jul. 4.

Location: Milwaukie Community Center
Fee: NCPRD, \$135*; non-resident, \$169*
Time/Date: 10 a.m.-12:30 p.m. M 6/23-8/18
10 a.m.-12:30 p.m. F 6/27-8/29

MIXED MEDIA

Mixed Media is a highly intuitive art form that encourages creative expression. The sky's the limit! Explore working with acrylics, oils, watercolor, gouache, pencils, ink, and more. No experience is necessary; students will learn basic techniques during this explorative class.

Location: Milwaukie Community Center
Fee: NCPRD, \$135*; non-resident, \$169*
Time/Date: 3:15-5:45 p.m. Th 7/3-8/28

OIL PAINTING

Develop composition and color mixing skills with one-on-one instruction that will guide you through each step of the process, from canvas preparation to the finished project.

Location: Milwaukie Community Center
Fee: NCPRD, \$150*; non-resident, \$188*
Time/Date: 9:30 a.m.-noon Th 6/26-8/28

WATERCOLOR, BEGINNING

Discover the magic of watercolors. This class will start by introducing the various supplies and how to use them, and teaching the basics of mixing primary colors to create a range of colors. Learn about painting techniques and applying paint to paper through guided prompts. No experience is necessary.

Location: Milwaukie Community Center
Fee: NCPRD, \$135*; non-resident, \$169*
Time/Date: 12:30-3 p.m. Th 7/3-8/28

COOKING

NEW! VEGAN CHEESE SAUCE THREE WAYS

Discover the magic of one vegan cheese sauce, three delicious ways! In this cooking-focused class, you'll learn how to make a creamy, versatile plant-based cheese sauce using simple ingredients—no dairy or nuts required. Then, we'll explore how to use it in three different dishes. You'll walk away with a jar of homemade cheese sauce and recipes to create endless variations at home.

Location: Milwaukie Community Center
Fee: NCPRD, \$40; non-resident, \$50
((\$5 material fee will be added to cost of class))
Time/Date: 10 a.m.-noon Sa 7/26

INTRO TO FERMENTING: VEGETABLES & SAUERKRAUT

Get ready to dive into the tangy world of vegetable fermentation! Learn the basics of lacto-fermentation while making your very own batch of sauerkraut. By the end of the class, you'll have the know-how to turn cabbage into a crunchy, probiotic-rich delight, perfect for topping off meals or enjoying straight from the jar! Come with an appetite for adventure—and leave with your own homemade kraut.

Location: Milwaukie Community Center
Fee: NCPRD, \$50; non-resident, \$63
Time/Date: 10 a.m.-noon Sa 8/16

NEW! PICKLING WITH THE REAL DILL

Dive into the world of pickling! Learn about pickling using two different brines – vinegar and sweet (aka "pickle chips" or "bread and butter pickles"), and discover the perfect balance of flavors, spices, and seasonings. Participants will bring home their own jar of pickles. No prior experience needed—just bring your curiosity and by the end of the class you will possess the skills to create mouthwatering pickles from scratch.

Location: Milwaukie Community Center
Fee: NCPRD, \$50; non-resident, \$63
Time/Date: 10 a.m.-12:30 p.m. Sa 8/30

NEW! SPREAD THE LOVE: BLACKBERRY JAM MAKING

Jam is one of the easiest ways to preserve food so you can enjoy it later. Learn the secrets to making the perfect homemade jam using fresh, seasonal berries. The instructor will guide you step-by-step, using low-sugar pectin to create a healthier, balanced flavor. By the end, you'll have a jar of delicious, homemade jam to take home and share with friends and family.

Location: Milwaukie Community Center
Fee: NCPRD, \$50; non-resident, \$63
Time/Date: 10 a.m.-12:30 p.m. Sa 9/6

LANGUAGE & WRITING

SPANISH, INTRO

It's never too late to learn another language! This class is for students with little to no Spanish language experience looking to build a foundation. Learn the fundamentals of pronunciation, grammar, and practical vocabulary. No class Jul. 3.

Location: Milwaukie Community Center
Fee: NCPRD, \$60; non-resident, \$75
Time/Date: 7:15-8:15 p.m. Th 6/26-9/4

SPANISH, BEGINNING

For those with limited Spanish knowledge and an interest in learning more. This class teaches the fundamentals of basic grammar with past and future tenses, practical vocabulary, and useful phrases to begin conversations. No class Jul. 3.

Location: Milwaukie Community Center
Fee: NCPRD, \$90; non-resident, \$113
Time/Date: 5:30-7 p.m. Th 6/26-9/4

SPANISH II/CONVERSATION II

Build off your current knowledge of Spanish pronunciation, add more practical vocabulary, and dive further into grammar. No class Jul. 3.

Location: Milwaukie Community Center
Fee: NCPRD, \$90; non-resident, \$113
Time/Date: 3:45-5:15 p.m. Th 6/26-9/4

TECHNOLOGY

COMPUTER BASICS

Do computers intimidate you? Perfect for beginners, this hands-on course will help you get comfortable with computers even if you've never used one. Learn the fundamentals of computer hardware, operating systems, productivity and media tools, file management, keyboarding skills, internet, email, security, and troubleshooting basics. By the end of the course, you will be ready to explore on your own.

Location: Milwaukie Community Center
Fee: NCPRD, \$81; non-resident, \$101
Time/Date: 2-3:30 p.m. Th 6/26-8/21

SMARTPHONES, BEGINNING 1

Whether you are entirely new to smartphones or looking to boost your tech skills, this class will cover introductory basics, including navigating your phone, setting up essential apps, sending messages, and making calls. You will also learn about customization, privacy settings and staying safe and secure online. Tablet users are also welcome.

Location: Milwaukie Community Center
Fee: NCPRD, \$81; non-resident, \$101
Time/Date: 12:15-1:45 p.m. Th 6/26-8/21

MIND & BODY

CHAIR YOGA

Levels 1-3. Chair pose, warrior II, triangle, tree pose, pigeon, and spinal twist. Learn these yoga poses and many more! Don't let mobility, flexibility, or balance issues keep you from experiencing the benefits of yoga. Enjoy modified versions of traditional yoga poses and stretches from seated and/or standing positions. Practice deep breathing for better circulation, improved lung capacity, anxiety relief, and relaxation. Increase your sense of balance, flexibility, and strength, all while listening to soft instrumental music. No yoga mat needed.

Location: Milwaukie Community Center
Fee: NCPRD, \$48*; non-resident, \$60*
Time/Date: 1:30-2:15 p.m. M 6/23-8/25

HATHA YOGA

Levels 2-3. Hatha yoga goes back to traditional yoga poses (asanas) and concentrates on holding poses longer and at a slower pace for more physical benefits. Breathwork is an integral part of the practice for individualized results. Students will learn warriors 1, 2 and 3, triangle, side angle, tree, eagle, chair, spinal twists, bridge, and pigeon poses – all as part of a possible daily regimen. No class Jul. 4.

Location: Milwaukie Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
Time/Date: 8:30-9:30 a.m. M 6/23-8/25
Fee: NCPRD, \$60*; non-resident, \$75*
Time/Date: 8:30-9:30 a.m. F 6/27-9/5

INNERGYSTICS

Levels 3-4. INNERgystics is a unique workout with focused, simultaneous upper and lower body exercises. Build lean muscle strength and sculpt the body with various weights while listening to fun music. Breathing techniques will guide you through movements that optimize muscle burning, provide an aerobic workout, and improve your overall well-being. Please bring a mat and water bottle.

Location: Milwaukie Community Center
Fee: NCPRD, \$66*; non-resident, \$83*
Time/Date: 11:30 a.m.-12:30 p.m. Th 6/26-9/4

STRENGTH AND RELAXATION YOGA

Levels 2-3. This class combines all the benefits of yoga – meditation, breathing, stretching, strengthening, and balance – and presents it at a slow and gentle pace. Please bring a mat.

Location: Milwaukie Community Center
Fee: NCPRD, \$60*; non-resident, \$75* (in person or Zoom)
Time/Date: 2:45-3:45 p.m. M 6/23-8/25
Fee: NCPRD, \$66*; non-resident, \$83*
Time/Date: 9:30-10:30 a.m. Tu 6/24-9/2
9:30-10:30 a.m. W 6/25-9/3



STRENGTH AND RELAXATION YOGA IN THE PARK

Levels 2-3. This class takes all the benefits of yoga – meditation, breathing, stretching, strengthening, and balance – and presents it at a slow and gentle pace. Please bring a yoga mat and water. No class Aug. 28.

Location: North Clackamas Park
Fee: NCPRD, \$78*; non-resident, \$98*
Time/Date: 6:45-7:45 p.m. Tu 6/24-9/16

Location: Risley Park
Fee: NCPRD, \$72*; non-resident, \$90*
Time/Date: 11 a.m.-noon Th 6/26-9/18

TAI CHI, BEGINNING: 24 YANG FORM

Levels 2-3. Learn the Yang style 24 form of Tai Chi in a friendly, accessible setting. This optimized, standard form of the ancient art is renowned for its gentle, mindful movements that help improve your strength, balance, and flexibility while promoting relaxation. Enhance your physical and mental well-being in a supportive environment as we explore this venerated practice together. No class Sep. 1.

Location: Milwaukie Community Center
Fee: NCPRD, \$126*; non-resident, \$158*
Time/Date: 3-4 p.m. M/W 6/23-9/3

TAI CHI, BEGINNING: 108 YANG FORM

Levels 2-3. This Yang-style Tai Chi class will start at the very beginning. It is perfect for those new to tai chi or those with experience who recognize the value of returning to the beginning to strengthen foundations. Refresh your body with a relaxed yet invigorating ancient sequence of tai chi moves. It is surprising how much capability, strength, balance, and health we gain with the gentle movement in this class. No class Sep. 1.

Location: Milwaukie Community Center
Fee: NCPRD, \$126*; non-resident, \$158*
Time/Date: 4:10-5:10 p.m. M/W 6/23-9/3

TAI CHI, BEGINNING II: 108 YANG FORM

Levels 2-3. This Yang-style Tai Chi class will continue to build on the basics. It is perfect for anyone who has ever done tai chi before. Build strength, improve balance, and increase health through gentle movements. Brighten your mind and mood in a welcoming environment.

Location: Milwaukie Community Center
Fee: NCPRD, \$132*; non-resident, \$165*
Time/Date: 8:05-9:05 a.m. Tu/Th 6/24-9/4
5:15-6:15 p.m. Tu/Th 6/24-9/4

STRENGTH & CARDIO

BALANCE AND STRENGTH

Level 2. This class uses a combination of body weight and dumbbells to work on strengthening muscles and helping with fall prevention.

Location: Milwaukie Community Center
Fee: NCPRD, \$52*; non-resident, \$66*
Time/Date: 10:30-11:15 a.m. Th 6/26-9/4

CHAIR ZUMBA

Levels 1-2. This class is for people who love to dance. Spice up your fitness with this full body dance workout in chairs. Movements are choreographed to fun Latin American and other world music, and are designed for people who have limited mobility or who are recovering from injuries. No class Jul. 4.

Location: Milwaukie Community Center
Fee: NCPRD, \$48*; non-resident, \$60*
Time/Date: noon-12:45 p.m. F 6/27-9/5

COMPLETE CONDITIONING

Levels 2-3. A whole body workout using aerobics, weights, and other strength training exercises. This class is for active people taking fitness classes at least twice weekly.

Location: Milwaukie Community Center
Fee: NCPRD, \$66*; non-resident, \$83*
Time/Date: 9:20-10:20 a.m. Th 6/26-9/4

FUNCTIONAL FITNESS

Levels 2-3. Rhythmic training to work on balance, while marching to a beat. Get a full body workout that includes cardio, muscle toning, and stretching. Hand-held weights are used.

Location: Milwaukie Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
(in person or Zoom)
Time/Date: 11 a.m.-noon Tu 6/24-8/26

LINE DANCE FOR FITNESS: ULTRA BEGINNERS

Levels 2-3. Get your cardio workout by following basic dance steps. Keep your heart rate up by dancing to upbeat music while learning easy line dances that will help you build your knowledge and confidence. No class Jul. 4.

Location: Milwaukie Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
Time/Date: 1-2 p.m. F 6/27-9/5

LINE DANCE FOR FITNESS

Levels 2-3. For people who have some dance background and want to dance for aerobic exercise and stimulate their memory. A wide variety of upbeat music, paired with easy-to-follow dance patterns will keep you moving. Students will learn many dances in one hour. No class Jul. 4.

Location: Milwaukie Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
Time/Date: 9:45-10:45 a.m. M 6/23-8/25
9:45-10:45 a.m. F 6/27-9/5

LINE DANCE FOR FITNESS II

Levels 2-3. Get a cardio workout while learning choreography to new dances with different genres of music. As a bonus, line dancing is great for improving memory. No partner is needed to join. Basic knowledge of line dance is required to take the class.

Location: Milwaukie Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
Time/Date: 12:45-1:45 p.m. Tu 6/24-8/26
12:45-1:45 p.m. Th 6/26-8/28

SIT-N-B-FIT

Levels 1-2. Strengthen muscles and improve range of motion and mobility while seated. Great for those with some physical limitations. No class Jul. 4.

Location: Milwaukie Community Center
Fee: NCPRD, \$52*; non-resident, \$66*
Time/Date: 11-11:45 a.m. W 6/25-9/3
Fee: NCPRD, \$48*; non-resident, \$60*
Time/Date: 11-11:45 a.m. M 6/23-8/25
11-11:45 a.m. F 6/27-9/5

ZUMBA

Levels 3-4. Zumba combines Latin and international music which incorporates hip-hop, cumbia, reggaeton, salsa, merengue, mambo and more. Build strength, burn calories, and improve motion and posture.

Location: Milwaukie Community Center
Fee: NCPRD, \$66*; non-resident, \$83*
(in person or Zoom)
Time/Date: 6:40-7:40 p.m. Tu 6/24-9/2
6:40-7:40 p.m. Th 6/26-9/4

ZUMBA GOLD TONING

Levels 2-3. Learn to sculpt and tone through creative, fun dance routines using hand weights. World music with lively rhythms pumps this class up! Please provide your own light hand weights (1 or 2 lbs.).

Location: Milwaukie Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
(in person or Zoom)
Time/Date: noon-1 p.m. M 6/23-8/25
Fee: NCPRD, \$66*; non-resident, \$83*
(in person or Zoom)
Time/Date: noon-1 p.m. W 6/25-9/3



MIND & BODY

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

☾	CLASS	DAY	TIME	DATES	FEE	LEVEL
	CHAIR YOGA	M	1:30-2:15PM	JUN 23-AUG 25	R \$48*/NR \$60*	L1-3
	HATHA YOGA	M	8:30-9:30AM	JUN 23-AUG 25	R \$60*/NR \$75*	L2-3
	HATHA YOGA	F	8:30-9:30AM	JUN 27-SEP 5	R \$60*/NR \$75*	L2-3
	INNERGYSTICS	TH	11:30AM-12:30PM	JUN 26-SEP 4	R \$66*/NR \$83*	L3-4
	STRENGTH & RELAXATION YOGA**	M	2:45-3:45PM	JUN 23-AUG 25	R \$60*/NR \$75*	L2-3
	STRENGTH & RELAXATION YOGA	TU	9:30-10:30AM	JUN 24-SEP 2	R \$66*/NR \$83*	L2-3
	STRENGTH & RELAXATION YOGA	W	9:30-10:30AM	JUN 25-SEP 3	R \$66*/NR \$83*	L2-3
☾	STRENGTH & RELAXATION YOGA IN THE PARK (NORTH CLACKAMAS PARK)	TU	6:45-7:45PM	JUN 24-SEP 16	R \$78*/NR \$98*	L2-3
	STRENGTH & RELAXATION YOGA IN THE PARK (RISLEY PARK)	TH	11AM-NOON	JUN 26-SEP 18	R \$72*/NR \$90*	L2-3
	TAI CHI, BEGINNING: 24 YANG FORM	M/W	3-4PM	JUN 23-SEP 3	R \$126*/NR \$158*	L2-3
	TAI CHI, BEGINNING: 108 YANG FORM	M/W	4:10-5:10PM	JUN 23-SEP 3	R \$126*/NR \$158*	L2-3
	TAI CHI, BEGINNING II: 108 YANG FORM	TU/TH	8:05-9:05AM	JUN 24-SEP 4	R \$132*/NR \$165*	L2-3
☾	TAI CHI, BEGINNING II: 108 YANG FORM	TU/TH	5:15-6:15PM	JUN 24-SEP 4	R \$132*/NR \$165*	L2-3

☾ **NIGHT CLASSES** **Zoom options available

*Senior discount for 62+



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	LEVEL
	BALANCE AND STRENGTH	TH	10:30-11:15AM	JUN 26-SEP 4	R \$52*/NR \$66*	L2
	CHAIR ZUMBA	F	NOON-12:45PM	JUN 27-SEP 5	R \$48*/NR \$60*	L1-2
	COMPLETE CONDITIONING	TH	9:20-10:20AM	JUN 26-SEP 4	R \$66*/NR \$83*	L2-3
	FUNCTIONAL FITNESS**	TU	11AM-NOON	JUN 24-AUG 26	R \$60*/NR \$75*	L2-3
	LINE DANCE FOR FITNESS: ULTRA BEGINNERS	F	1-2PM	JUN 27-SEP 5	R \$60*/NR \$75*	L2-3
	LINE DANCE FOR FITNESS	M	9:45-10:45AM	JUN 23-AUG 25	R \$60*/NR \$75*	L2-3
	LINE DANCE FOR FITNESS	F	9:45-10:45AM	JUN 27-SEP 5	R \$60*/NR \$75*	L2-3
	LINE DANCE FOR FITNESS II	TU	12:45-1:45PM	JUN 24-AUG 26	R \$60*/NR \$75*	L2-3
	LINE DANCE FOR FITNESS II	TH	12:45-1:45PM	JUN 26-AUG 28	R \$60*/NR \$75*	L2-3
	SIT-N-B-FIT	M	11-11:45AM	JUN 23-AUG 25	R \$48*/NR \$60*	L1-2
	SIT-N-B-FIT	W	11-11:45AM	JUN 25-SEP 3	R \$52*/NR \$66*	L1-2
	SIT-N-B-FIT	F	11-11:45AM	JUN 27-SEP 5	R \$48*/NR \$60*	L1-2
☾	ZUMBA**	TU	6:40-7:40PM	JUN 24-SEP 2	R \$66*/NR \$83*	L3-4
☾	ZUMBA**	TH	6:40-7:40PM	JUN 26-SEP 4	R \$66*/NR \$83*	L3-4
	ZUMBA GOLD TONING**	M	NOON-1PM	JUN 23-AUG 25	R \$60*/NR \$75*	L2-3
	ZUMBA GOLD TONING**	W	NOON-1PM	JUN 25-SEP 3	R \$66*/NR \$83*	L2-3

☾ **NIGHT CLASSES** **Zoom options available

*Senior discount for 62+

REGISTER ONLINE AT **NCPRD.COM**



DROP-IN ACTIVITIES

NCPRD offers a variety of drop-in activities at the Milwaukie Community Center (5440 S.E. Kellogg Creek Dr., Milwaukie) for anyone wanting to be in a fun environment while making friends and learning new skills. *Schedules subject to change.*

BILLIARDS

Two pool tables with open play.

Fee: NCPRD, \$2 all day;
non-resident, \$2.50 all-day
Time/Date: 8 a.m.-4 p.m. M-F

BINGO - DAYTIME

Play bingo for fun during this one-hour activity.

Fee: NCPRD, \$.25/card,
non-resident, \$.50/card
Time/Date: 12:45-1:45 p.m. Tu/Th

BINGO - EVENING

Bingo Nights offer the chance to win big prizes while enjoying a great atmosphere with friends and family. Not offered 4th Tuesday of the month.

Fee: \$3-\$6 per packet
Time/Date: 6:30-9:30 p.m. Tu/Th

CARD AND BOARD GAMES

Fun and simple games like Rummikub, Five Crowns and Golf (card game) are played. You are welcome to bring your favorite card or board game as well.

Fee: NCPRD, \$2; non-resident, \$2.50
Time/Date: 2-4 p.m. Tu

MAH JONGG (CHINESE)

The game's objective is to be the first to Mah Jongg where all your tiles form four sets, plus one pair.

Fee: NCPRD, \$2; non-resident, \$2.50
Time/Date: 12:30-3:30 p.m. M

MAH JONGG (AMERICAN)

Mah Jongg originated in China as a game of skill, strategy, and chance. Experience preferred. Please bring your current American Mah Jongg card.

Fee: NCPRD, \$2; non-resident, \$2.50
Time/Date: 12:30-3:30 p.m. W

MT. DULCIMER JAM GROUP

Bring your mountain dulcimer and jam with the group. Newcomers, please contact Denice at ddkadm@comcast.net. Call 503-794-8092 for more information. Meets first and third Fridays.

Fee: NCPRD, \$2; non-resident, \$2.50
Time/Date: noon-2 p.m. F

PARTY BRIDGE

Ages 18+ and for those who already play the game. Group rules apply.

Fee: NCPRD, \$2; non-resident, \$2.50
Time/Date: 12:30-3:30 p.m. Th

UKULELE JAM GROUP

Practice strumming to popular songs in this casual atmosphere. Please call 503-794-8092 for the daytime group or email ishiismith@gmail.com. For the evening group, email spr4000@gmail.com. Join the email list to receive the song list. All ages welcome. Adult supervision recommended for 10 years and younger. Thursday evening jam meets first and third Thursdays. Thursday morning jam meets Thursday each week.

Fee: NCPRD, \$2; non-resident, \$2.50
Time/Date: 9:30-11 a.m. Th
6-7:15 p.m. Th

WOODCARVING

Activity period for novice to advanced woodcarvers with guidance for starter projects, instruction on safety, and tool care.

Fee: NCPRD, \$2; non-resident, \$2.50
Time/Date: 8-11:30 a.m. W



Youth Programs



Youth programs take place at Milwaukie Community Center (5440 S.E. Kellogg Creek Dr., Milwaukie).
Schedules subject to change.

DANCE

MELODIES IN MOTION: YOGA, SONGS, AND MOVEMENT

Ages 3-5. 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.

Location: Milwaukie Community Center
Fee: NCPRD, \$100; non-resident, \$126
Time/Date: 12:30-1:15 p.m. M 6/30-8/18

LITTLE DANCERS BALLET & JAZZ

Ages 5-7. This coed class provides the perfect foundation for any little dancer. Explore movement in a fun and welcoming environment while learning classroom etiquette, ballet positions, creative movement, and basic across-the-floor combinations.

Location: Milwaukie Community Center
Fee: NCPRD, \$100; non-resident, \$126
Time/Date: 5:20-6:05 p.m. W 7/2-8/20

TINY TOTS PRE-BALLET

Ages 3-4. This coed class provides an introduction to ballet. Dancers will learn body awareness, rhythm, classroom technique, ballet positions, and free movement. Parents are welcome to watch the last five minutes of class.

Location: Milwaukie Community Center
Fee: NCPRD, \$92; non-resident, \$116
Time/Date: 4-4:30 p.m. W 7/2-8/20
4:40-5:10 p.m. W 7/2-8/20

MUSIC

PRESCHOOL SING-ALONG

Ages 1-5. Explore rhythms and notes through singing during this 30-minute drop-in activity. Bond with your preschooler while learning new songs and meeting other preschoolers. Enjoy milk and cookies afterwards in Pete's Cafe. Please bring cash for this drop-in program.

Location: Milwaukie Community Center
Fee: NCPRD, drop-in \$3; non-resident, \$4
Time/Date: 10-10:30 a.m. Tu 7/1-8/19



REGISTER ONLINE AT **NCPRD.COM**

COMMUNITY SERVICES

Milwaukie Community Center (5440 S.E. Kellogg Creek Dr., Milwaukie) is an essential link for the older adult community and their families in North Clackamas, offering resources and helpful information. These programs are supported by **Milwaukie Community Center Foundation**. *Schedules subject to change.*



BUS TRANSPORTATION

Milwaukie Community Center lift equipped buses will take you from your home to the Center. Call Anna at 503-794-8014 for pick-up and drop-off times and for more information. Eligibility is for those 60+ and persons with disabilities.

Fee: \$2 suggested donation per ride
Time/Date: Varies M-F

MEALS ON WHEELS

Milwaukie Community Center has provided Meals on Wheels to community members in North Clackamas for the last 40 years. This program is for eligible homebound older adults 60+. Nutritious meals are made fresh daily and delivered directly to homes by dedicated volunteers. To learn about qualifications and how to apply, call social services at 503-653-8100.

Fee: \$4 suggested donation
Time/Date: 10:30 a.m.-1 p.m. M-F

MEDICAL EQUIPMENT LOAN PROGRAM

Mobility equipment is available at the Milwaukie Community Center for short-term loan, including walkers, wheelchairs, crutches, knee scooters, and canes. \$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.

PETE'S CAFÉ

Pete's Cafe 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 are affordable and include specialty salads, homemade soups, made to order sandwiches, bakery items, and hot and cold beverages.

Fee: Varies
Time/Date: 9 a.m.-12:45 p.m. M-F

TRILLIUM LUNCH

A hot, well-balanced lunch is served daily in the Trillium Room at the Milwaukie Community Center. To see the daily menu please visit ncprd.com/nutrition-program.

Fee: \$4 suggested donation for age 60+,
\$6 for under 60
Time/Date: 11:45 a.m.-12:30 p.m. M-F

ONGOING CLINICS & GROUPS

APAC RESPITE PROGRAM

"A Place at the Center" (APAC) is an activities program 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 various enrichment activities, including music therapy, arts, cognitive stimulation, and movement. Pre-registration required. For additional information or to register, call 503-794-8038.

Fee: NCPRD, \$35 per session; non-resident, \$45 per session
Time/Date: 10 a.m.-2 p.m. W

BLOOD PRESSURE CLINIC

Drop in and get your blood pressure checked by a volunteer nurse. Available second Tuesday of each month.

Fee: Free
Time/Date: 10-11 a.m. Tu

BRAIN GAMES

Join in 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. Meets the second Wednesday of each month.

Fee: NCPRD, \$2; non-resident, \$2.50
Time/Date: 10:30 a.m.-noon W

CAREGIVER SUPPORT GROUP

This drop-in group is designed for individuals caring for a spouse, parent, friend, or sibling. It provides participants with an opportunity to share ideas and meet with others who are experiencing similar challenges. Occasional speakers. Meets the second and fourth Wednesday of each month.

Fee: Free
Time/Date: 12:30-2 p.m. W

FOOT CARE CLINIC

This service is offered by registered nurses who specialize in foot care. The service includes a foot care exam, toenail, callus trim, and lotion rub. To schedule an appointment, call 503-794-8038.

Fee: \$50 cash or check
Time/Date: 8:30 a.m.-3 p.m. Tu

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 consent are required. To register, contact Lesley at 503-215-4622. Meets the first and third Wednesday of each month.

Fee: Free
Time/Date: 12:30-1:45 p.m. W

SENIOR LAW CLINIC

Volunteer elder law attorneys provide up to a half-hour free consultation on estate planning issues such as wills, trusts, probate, and advanced directives. This service is available to older adults (60+) in North Clackamas. Various Tuesdays of each month, by appointment only. To schedule an appointment, call 503-794-8040.

Fee: Free
Time/Date: 9:30 a.m.-noon Tu

HEALTHY AGING PROGRAMS

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and FDA-approved treatments available. Presented by the Alzheimer's Association of Oregon & SW Washington.

Fee: Free
Time/Date: 10-11:30 a.m. F 6/20

AGING VETERANS BENEFITS THROUGH THE VA

If you or your significant other served any time in the military, you may be eligible for VA benefits. Join us as we discuss the process and timeline for applying for two specific programs that provide certain veterans with additional assistance. We will also discuss filing claims for VA disability compensation and how the Clackamas County Veteran Services Office is here to assist you with successfully navigating the VA process.

Fee: Free
Time/Date: 10-11 a.m. Tu 7/15

SIX PILLARS OF BRAIN HEALTH

It's never too late to focus on your brain health! In this interactive session, you will learn about the six pillars of brain health and activities that support brain health. This session is a good overview for anyone interested in learning more about brain health. It will provide information on the latest research on brain health, lifestyle suggestions, and resources to learn more.

Fee: Free
Time/Date: 10-11 a.m. W 7/30

HOW TO CREATE A FULFILLING RETIREMENT

In this workshop, we'll look at some common phases people go through during retirement and how to recognize them. Through slide presentations, guided discussions, and periods of reflection, the participants will identify which phase they're currently in and what they may be experiencing emotionally. We'll discuss ideas to improve feelings of happiness and fulfillment, how people can identify the right activities to provide a sense of meaning and purpose, and how to recognize when you're stuck and how to move forward. This presentation is for people currently in retirement or planning for it.

Fee: Free
Time/Date: 10-11 a.m. W 8/6

ESTATE PLANNING 101: PROTECTING YOURSELF AND YOUR FAMILY

Join Oregon attorney Michael Rose as he discusses why you must have more than a will to protect yourself and your family in 2025. Mr. Rose will discuss how you can protect yourself and your family if 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, how to protect your assets with trusts, how to avoid estate taxes, and much more.

Fee: Free
Time/Date: 10:30 a.m.-noon Tu 9/30

VIEWS CONVERSATIONS ON AGING

Conversations on Aging is a peer facilitator program that provides older adults with free opportunities to talk about specific topics around the challenges of aging in a welcoming and confidential atmosphere. Conversations vary by topic on the first Friday of each month. No program Jul. 4.

Fee: Free
Time/Date: 10-11:30 a.m. F 8/1, 9/5, 10/3

REGISTER ONLINE AT **NCPRD.COM**

