

**JANUARY 2025**

**PIONEER  
COMMUNITY  
CENTER**



**OPEN HOURS**

**9AM – 4PM**

**MONDAY – FRIDAY**

**503-657-8287**

**OUR SERVICES**

Recreation | Education | Socialization

Meals on Wheels | Social Services

Transportation | Congregate Lunch

Fitness Center | Computer Lab

Volunteer Opportunities | Facility Rentals



# PIONEER COMMUNITY CENTER

CITY OF OREGON CITY

## OUR STAFF

Cecily Rose  
**Social Services &  
Community Center**

**Manager**  
503-496-1523

Taylor Miller  
**Rental & Events  
Coordinator**  
971-204-0425

Shirley Ryan  
**Social Services  
Coordinator**  
503-722-3268

Alex Kocher  
**Meals on Wheels  
Programmer**  
503-722-5979

Debbie Taplin  
**Transportation**  
503-974-5514

Christie Horner  
**Receptionist**

Angela Hartmann  
**Food Services**  
971-204-0430

Linda Eells  
**Nutrition Assistant**

Laura Luna-Brice  
**Fitness Instructor**

Neal Schmitt  
Tony Zuniga  
Kevin Poppen  
**Transportation Drivers**

Dear Friends of the Pioneer Community Center,

We are sincerely grateful for your generous contributions to our annual Giving Tree, Craft Bazaar, Subaru Stuff the Trunk Event, Wreath Sale, Winter Pantry Food Drive, and our Annual Appeal.

Your kindness and generosity have brought immense joy to many, brightening their holiday season.

The staff at the Pioneer Community Center extends their heartfelt thanks for your remarkable support of our programs.

Together, we are making a meaningful impact in the lives of those we serve. We eagerly anticipate the upcoming year as we continue to tackle challenges and provide essential services to our community.

Warm regards,

*Happy New Year!*

The Team at the Pioneer Community Center

U P C O M I N G  
H O L I D A Y  
C L O S U R E S

**JANUARY 1st**  
NEW YEAR'S  
DAY

**JANUARY 20th**  
MARTIN  
LUTHER KING  
JR DAY



# 2024 GIVING TREE | APPRECIATION



We extend our heartfelt gratitude to the community for their generous donations to our 2024 Giving Tree!

A special thanks goes to our dedicated volunteers at the Pioneer Community Center for spreading holiday joy throughout the season.

A total of 200 gifts were delivered to Meals on Wheels recipients and Congregate members!





# PIONEER HIGHLIGHTS

A look back at us...

*enjoying the Holidays!*



Santa Visited Bingo



Christmas Sweater Bingo!



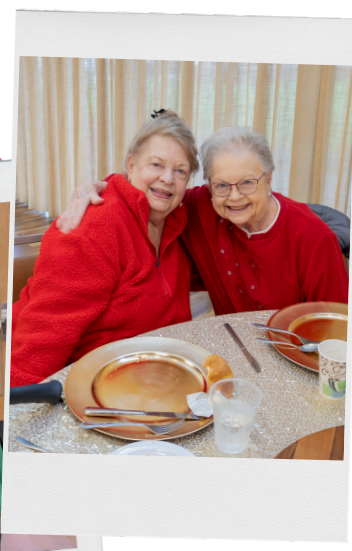
Staff enjoying the City Holiday Party



Ho! Ho! Ho!



Smiles all around!





# HOLIDAY HIGHLIGHTS

## Spirit Week



## Christmas Party





# DROP IN ACTIVITIES



## LUNCH

Monday – Friday | 11:00 am – 12:00 pm  
Adults 60+ | \$3.00 suggested donation  
Under 60 | \$4.50 fee

## BINGO

Thursdays | 12:30 – 2:00 pm  
\$0.25/card  
Bingo cards on sale at noon.

## CRAFT & CROCHET FRIENDS

Mondays | 9:30 – 11:30 am

## AMERICAN MAHJONG

Mondays | 12:00 – 3:00 pm

## POKER

Mondays & Wednesdays | 12:00 – 3:00 pm

## PINOCLE

Fridays | 12:30 – 3:00 pm

## RUMMIKUB

Fridays | 12:00 – 3:00 pm

## CARD & DICE GAMES

Fridays | 1:00 – 3:00 pm

## CHESS CLUB

First Three Sundays of the month  
12:30 – 4:00 pm | Daylight Basement

## BUNCO

3rd Wednesdays | 12pm – 2:00 pm  
Drop in Donation \$1

## WALKING CLUBS

Mondays, Wednesdays, Fridays | 9:00 am  
Tuesdays & Fridays | 9:00 am

## LINE DANCING BEGINNING

Mondays & Tuesdays | 12:00 – 1:00 pm | \$1

## LINE DANCING

### HIGH BEGINNER/IMPROVER

Mondays & Tuesdays | 1:00 – 2:00 pm | \$1

## ZUMBA

Tuesdays & Thursdays | 8:00–9:00 am  
Silver Program | Punch Card | \$1 Drop-In

## COMPUTER LAB

Monday – Friday | 9:00 am – 4:00 pm  
*No printers available.*

**Starting January 7th**  
**Volunteer computer lab attendant available**  
**Tuesdays | 10:00–11:00 AM**

## FOOD PANTRY

Fridays | 10:00 am

## ALZHEIMER'S SUPPORT GROUP

2nd Tuesdays | 1:30 – 3:30 pm

## GRIEF RELEASE GROUP

2nd & 4th Thursday | 1:30 – 3:00 pm

**FOR ADDITIONAL INFORMATION PLEASE**

**VISIT THE RECEPTION DESK OR CALL**

**503-657-8287**

## UPCOMING PRESENTATIONS

### United Health Care

#### Information Presentation

2nd Wednesday,  
January 8th, 2pm  
Classroom 1 & 2

### Estate Planning 101

#### Presentation by

#### Rose Elder Law

Wednesday,  
January 15th & 29th, 10am  
Classroom 1 & 2

**RSVP today!**

### Care Oregon

#### Information Table

Thursday,  
January 16th, 10am–1pm  
Main Hall



# JANUARY ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>PIONEER COMMUNITY CENTER</b></p>  <p>503-657-8287 615 5th St. Oregon City, OR 97045</p>		<p><b>1</b></p>  <p><b>Pioneer Community Center CLOSED</b></p>	<p><b>2</b></p> <p>8:00-9:00 Zumba <b>9:15-11:30 Hatha Yoga Free Class</b> 11-12 Lunch 12:30-2 Bingo</p>	<p><b>3</b></p> <p><b>9:00 February Trip Sign Up</b> 9:00 Foot Care Clinic w/appt. 9:00 Walking Clubs <b>10:00 Village 1st Friday Coffee</b> 10:00 Food Pantry 11-12 Lunch 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards &amp; Dice Games</p>
<p><b>6</b></p> <p>9:00 Walking Clubs 9:30-11:30 Crafts &amp; Crochet 10-11 Tai Chi Continuing 10:30-11:15 Absolute Beginning Ukulele 11-12 Lunch 11:15-12 Beginning Ukulele 11:15-11:45 Tai Chi Extra Study 12-1:30 Beyond Beg. Ukulele 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance</p>	<p><b>7</b></p> <p>8:00-9:00 Zumba 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15-11:30 Hatha Yoga <b>10 Create Your Own Vision Board</b> 10-11 Be Fit 10-11 Computer Lab Demos 10:30-11:30 Tai Chi Beginning 11-12 Lunch 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance</p>	<p><b>8</b></p> <p>9:00 Walking Club 10-11 Tai Chi Continuing 11-12 Lunch 11:15-11:45 Tai Chi Extra Study <b>12 Movie Matinee</b> 12-3 Poker <b>2-4 United Health Care Presentation</b></p>	<p><b>9</b></p> <p>8:00-9:00 Zumba 9:15-11:15 Hatha Yoga 10-12:30 Watercolor Painting 10-11 Be Fit 10-1 Care Oregon Information 10:30-11:30 Tai Chi Beginning 11-12 Lunch 1:30-3 Grief Release Group <b>National Apricot Day!</b></p>  <p><b>Sponsored by The Ridge at OC</b></p>	<p><b>10</b></p> <p>9:00 Walking Clubs 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards &amp; Dice Games</p>
<p><b>13</b></p> <p>9:00 Walking Clubs 9:30-11:30 Crafts &amp; Crochet 10-11 Tai Chi Continuing 10:30-11:15 Absolute Beginning Ukulele 11-12 Lunch 11:15-12 Beginning Ukulele 11:15-11:45 Tai Chi Extra Study 12-1:30 Beyond Beg. Ukulele 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance</p>	<p><b>14</b></p> <p>8:00-9:00 Zumba 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15-11:30 Hatha Yoga 10-11 Computer Lab Demos <b>10-12 Law Project w/appt</b> 10-11 Be Fit 10:30-11:30 Tai Chi Beginning 11-12 Lunch 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance</p>	<p><b>15</b></p> <p>9:00 Walking Club 10-11 Tai Chi Continuing <b>10:00 Rose Elder Law Estate Planning Presentation</b> 11-12 Lunch 11:15-11:45 Tai Chi Extra Study 12-3 Poker</p> <p><b>CRAZY HAT DAY</b></p> 	<p><b>16</b></p> <p>8:00-9:00 Zumba 9:15-11:15 Hatha Yoga <b>10-1pm Care Oregon Information</b> 10-11 Be Fit 10-12:30 Watercolor Painting 10-11:30 Mindfulness Meditation 10:30-11:30 Tai Chi Beginning 11-12 Lunch <b>11:15 Lunch &amp; Learn Event</b> 12:30-2 BINGO</p>  <p><b>Bingo Sponsored by Home Instead</b></p>	<p><b>17</b></p> <p>9:00 Walking Clubs 10:00 Food Pantry 12-3 Rummikub <b>12-6 Red Cross Blood Drive</b> 12:30-3 Pinochle 1-3 Cards &amp; Dice Games</p>
<p><b>20</b></p> <p><b>Martin Luther King Jr Day</b></p>  <p><b>Center Closed</b></p>	<p><b>21</b></p> <p>8:00-9:00 Zumba 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15-11:30 Hatha Yoga 10-11 Be Fit 10-11 Computer Lab Demos 10:30-11:30 Tai Chi Beginning 11-12 Lunch 12-1 Beginning Line Dance <b>12:00 Diamond Presentation</b> 1-2 High Beg/Improver Line Dance</p>	<p><b>22</b></p> <p>9:00 Walking Club 10-11 Tai Chi Continuing 11-12 Lunch <b>Birthday Day</b> 11:15-11:45 Tai Chi Extra Study 12-3 Poker 12-2 Bunco <b>12-2 Fireside Film Series</b></p> 	<p><b>23</b></p> <p>8:00-9:00 Zumba 9:15-11:15 Hatha Yoga 10-11 Be Fit 10-12:30 Watercolor Painting 10-11:30 Mindfulness Meditation 10:30-11:30 Tai Chi Beginning 11-12 Lunch 12:30-2 BINGO 1:30-3 Grief Release Group</p>  <p><b>Bingo Sponsored by 1st Choice Advisory Services</b></p>	<p><b>24</b></p> <p>9:00 Walking Clubs 10:00 Food Pantry 11-12 Lunch 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards &amp; Dice Games</p>
<p><b>27</b></p> <p>9:00 Walking Clubs 9:30-11:30 Crafts &amp; Crochet 10-11 Tai Chi Continuing 10:30-11:15 Absolute Beginning Ukulele 11-12 Lunch 11:15-12 Beginning Ukulele 11:15-11:45 Tai Chi Extra Study 12-1:30 Beyond Beg. Ukulele 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance</p>	<p><b>28</b></p> <p>8:00-9:00 Zumba 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15-11:30 Hatha Yoga 10-11 Be Fit 10-11 Computer Lab Demos 10:30-11:30 Tai Chi Beginning 11-12 Lunch 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance</p> <p><b>National Blueberry Pancake Day!</b></p>	<p><b>29</b></p> <p>9:00 Walking Club 10-11 Tai Chi Continuing <b>10:00 Fireside Book Chat</b> <b>10:00 Rose Elder Law Estate Planning Presentation</b> 11-12 Lunch 11:15-11:45 Tai Chi Extra Study 12-3 Poker</p>	<p><b>30</b></p> <p>8:00-9:00 Zumba 9:15-11:15 Hatha Yoga 10-11 Be Fit 10-12:30 Watercolor Painting 10-11:30 Mindfulness Meditation 10:30-11:30 Tai Chi Beginning 11-12 Lunch 12:30-2 BINGO</p>	<p><b>31</b></p> <p>9:00 Walking Clubs 10:00 Food Pantry 11-12 Lunch 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards &amp; Dice Games</p>

# HAPPENINGS AT THE CENTER

CREATE YOUR  
OWN 2025  
COLLAGE...

vision  
board

JANUARY 7TH  
10:00AM

RSVP AT THE FRONT DESK  
BY JANUARY 6TH

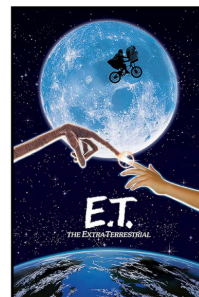
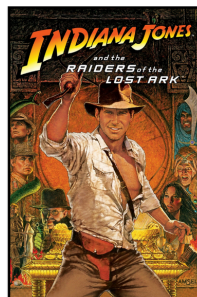
PIONEER COMMUNITY CENTER

2025



JANUARY  
MOVIE MATINEE

JANUARY 8TH  
12:00PM



RSVP AT THE FRONT DESK OR 503-657-8287  
& VOTE FOR YOUR MOVIE PICK!

**\$2 SUGGESTED DONATION FOR CONCESSIONS**



NATIONAL  
APRICOT  
DAY

January 9th

During  
Congregate  
Lunch  
11:00am



LUNCH  
&  
LEARN

MARTIN  
LUTHER  
KING JR DAY  
SHORT  
DOCUMENTARY

JANUARY 16TH  
CONGREGATE LUNCH  
DOCUMENTARY BEGINS  
AT 11:15AM





# HAPPENINGS AT THE CENTER

YOU AND YOUR HAT ARE INVITED

## CRAZY HAT DAY



**JANUARY 15TH**

WEAR A CRAZY HAT TO CONGREGATE LUNCH

11:00AM

PRIZES FOR THE CRAZIEST HATS

CRAZY HAT BUNCO @ 12:00PM



**OREGON CITY**  
PIONEER COMMUNITY CENTER



## Fireside Films

FILM SERIES IN THE FIRESIDE ROOM

**JANUARY MOVIE:**  
KING IN THE WILDERNESS  
MLK JR. DOCUMENTARY

**January 22nd  
12:00-2:00 PM  
Fireside Room**

RSVP at Front Desk  
Max 20 guests



PIONEER COMMUNITY CENTER  
615 5TH ST.  
OREGON CITY, OR



## National Blueberry Pancake Day

**January 28th | 10:00am**

**Blueberry Pancake Bites & Coffee**

**Jazz Vinyl Record Listening Party**



# WINTER CLASS SCHEDULE

## HEALTH AND FITNESS CLASSES

CLASS	DAY	TIME	DATES	FEE	FEE 62+	INSTRUCTOR	NOTES
Hatha Yoga	Tuesdays Thursdays	9:15-10:15	Jan 7-Mar 20	\$110.00	\$77.00	Becky Pyles	
Thai Chi <b>Beginning</b>	Tuesdays Thursdays	10:30-11:30	Jan 7-Mar 20	\$110.00	\$77.00	Ulises Correa	<b>No Class 1/20 &amp; 2/17</b>
Thai Chi <b>Continuing</b>	Mondays Wednesdays	10:00-11:00	Jan 6-Mar 19	\$100.00	\$70.00		
Mindfulness Meditation	Thursdays	10:00-11:30	Jan 16-Mar 20	\$75.00	\$53.00	Diane Haase	
Be Fit (formerly Strength, Stretch & Tone)	Tuesdays Thursdays	10:00-11:00	Jan 7-Mar 20	\$110.00	\$77.00	Vikki Perlson	<b>Located in Daylight Basement Room</b>
Tai Chi Extra Study	Mondays Wednesdays	11:15-11:45	Jan 6-Mar 19	\$5 Drop-in Fee		Ulises Correa	<b>No Class 1/20 &amp; 2/17</b>
Zumba	Tuesdays Thursdays	8:00-9:00	Starts Nov 5	Silver Program Fitness Punch Card \$1 Drop-In		Laura Luna-Brice	<b>No Class 12/24 &amp; 12/26</b>

## CREATIVE EXPRESSION

Absolute Beginners Ukulele	Mondays	10:30-11:15	Jan 6-Mar 17	<b>\$130, \$18 Drop-In</b> First drop-in is FREE		Brian Fergus	<b>No Class 1/20 &amp; 2/17</b>
Beginning Ukulele	Mondays	11:15-12:00	Jan 6-Mar 17				
Beyond Beginning Ukulele	Mondays	12:00-1:30	Jan 6-Mar 17				
Watercolor Painting	Thursdays	10:00-12:30	Jan 9-Feb 27	\$100.00	\$70.00	Melissa Gannon	

## VOLUNTEER OPPORTUNITIES

Volunteers are an important and vital part of the services we provide at the Center. Without you, we would not be able to meet the needs of seniors in our community.

### Available Volunteer Opportunities:

Activity Leaders (Bunco & Art Lab)  
Meals on Wheels Drivers & Substitutes as needed  
Kitchen Helpers (hosting, serving, clean up)





# DAY TRIPS & DINE OUTS

UPCOMING  
JANUARY  
TRIPS

January 8th | McMenamins Bagdad Theater

January 16th | Rose City Dog Show

January 22nd | Lake Oswego Noodles

January 29th | Milwaukie Bowl

A New Year of  
Adventure

**In-Person Registration for February Trips**  
**Friday, January 3rd at 9:00am**



February 5th | Jade Teahouse

February 12th | Tualatin Heritage  
Museum



February 20th(thurs) | Oregon State  
Police Forensic Lab



February 26th | Jordan Schnitzer  
Museum of Art



**All registration will be in person.**  
**You may sign up yourself and 1 other guest.**

**Meals are not included unless specified.**

If you are not able to self-ambulate, please bring a caregiver  
to assist you on the trip.

Guests are unable to stay on the bus when it is stopped during the trip.

**Cancellations:** Must be made at least one week in advance to receive voucher.

Trips are subject to change or cancellation due to lack of participation,  
weather. Please call us for departure/return times and further information.

**All trips depart and return to the Pioneer Community Center.**

There are no early or late pickups available. Participants must have their own  
transportation to & from the Center.



# Pioneer Membership

The Pioneer Community Center provides many services to our community.

If you use our transportation, take classes, go on day trips or participate in any activities, we ask that you become a member.

**Become a member or renew your membership by creating a SmartRec account or visit the Reception Desk.**

**We ask for an annual \$10 donation or \$15 donation per household.**

With your annual membership you will automatically be entered into our quarterly members only prize drawing and you are invited to participate in our monthly Birthday Day gift card drawing in the Dining Room (must be present to win). We will also email our monthly e-newsletter to you.

**OUR FITNESS ROOM**

**IS NOW ACCEPTING**

**THE FOLLOWING PROGRAMS!**

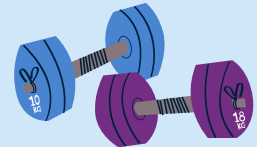
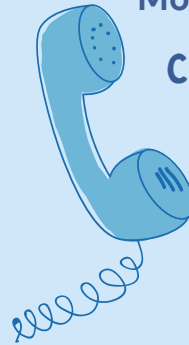


**The Pioneer Community Center Fitness Room is available for patrons 50 years and older.**

**Fitness Center hours are  
Monday – Friday 9:00AM–4:00PM**

**CALL TO SET UP AN ORIENTATION TODAY!**

**503-657-8287**



# Winter

Senior Utility Support  
November 2024 -  
April 2025

## GET HELP WITH HEATING COSTS

**WE CAN HELP YOU APPLY FOR CLACKAMAS  
COUNTY INCOME QUALIFIED  
UTILITY SUPPORT**

**PORTLAND GENERAL ELECTRIC | NW NATURAL GAS | OC WATER  
OIL/PROPANE/PELLET & WOOD VENDORS**

- **PRIORITY RESIDENTS: SENIORS 60+ AND HOUSEHOLDS WITH A PERSON IDENTIFIED AS HAVING A DISABILITY.**
- **ELIGIBILITY IS BASED ON TOTAL HOUSEHOLD INCOME 2024–2025.**
- **MUST PROVIDE PROOF OF SOCIAL SECURITY CARD AND INCOME FOR ALL MEMBERS OF THE HOUSEHOLD.**
- **PROVIDE COPIES OF CURRENT UTILITY STATEMENTS. VENDOR STATEMENTS.**
- **LIVE IN CLACKAMAS COUNTY.**
- **DECEMBER 1, 2024 OPENS FOR GENERAL PUBLIC UNTIL APRIL 30TH OR AS FUNDS ALLOW.**



**503-722-3268**

**CONTACT OUR  
SOCIAL SERVICES COORDINATOR  
SHIRLEY RYAN  
FOR MORE INFORMATION  
OR TO MAKE AN APPOINTMENT**

**PIONEER  
COMMUNITY  
CENTER  
615 5TH ST.  
OREGON CITY, OR**





# VOLUNTEER OPPORTUNITIES



## VOLUNTEERS NEEDED



The Pioneer Community Center Nutrition Program has several ways for you to lend a hand to make a difference in our community.

By volunteering, you can provide home-delivered meals, offering not just food but also companionship and reassurance to homebound seniors. Make a New Year's resolution to support those in need and make a difference!

**VOLUNTEER TO MAKE A DIFFERENCE!**

**For more information:**

**Social Services Coordinator**

**Shirley Ryan**

**503-722-3268 or [sryan@orccity.org](mailto:sryan@orccity.org)**



*Happy New Year!*



**Wendy F.**

**Hank K.**

**Howard M.**

**Richard H.**

**Elaina S.**

**Carol C.**

**Robert D.**





## ALZHEIMER'S SUPPORT GROUP

EVERY 2ND TUESDAY OF THE MONTH

Our small group offers a comfortable setting to ask questions and gather information and ideas that can benefit someone caring for an individual with Alzheimer's.

We are here to listen to your concerns, experiences, while providing you the support you need.

Join us at

**The Pioneer Adult Community Center**  
**1:30pm-2:30pm**



For more information contact  
Social Services Coordinator  
Shirley Ryan 503-722-3268  
or [sryan@orccity.org](mailto:sryan@orccity.org)



redefining  
senior living  
with a fresh,  
energetic  
approach



## Senior Companion Program

*Listen and connect while improving your social health and vitality*



Companion volunteers help their senior client stay independent and involved. Volunteers must be 55+ and on a fixed income.

### Spend time together each week doing activities like:

- Checking in about their week
- Watching movies or playing games
- Doing productive activities like scheduling appointments

### Volunteers receive:

- \$4 per hour nontaxable stipend
- Mileage reimbursement
- Ongoing training
- Social connection

### Contact us to get started as a volunteer or client!

- Phone: 503-655-8208
- Email: [scp@clackamas.us](mailto:scp@clackamas.us)
- [www.clackamas.us/socialservices/senior](http://www.clackamas.us/socialservices/senior)











# JANUARY CONGREGATE MENU

Menu items subject to change. Menu questions, call 971-204-0430.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PIONEER COMMUNITY CENTER</b>  503-657-8287 615 5th St. Oregon City, OR 97045		<b>1</b>  <b>Happy New Year</b> <b>Center Closed</b>	<b>2</b> Beef Stroganoff Green Beans w/Red Peppers Marinated Vegetable Salad Multigrain Roll Fresh Orange	<b>3</b> Teriyaki Meatballs Teriyaki Sauce Brown Rice Glazed Carrots Asian Coleslaw Coconut Treasure Cake
<b>6</b> Chicken Breast w/Creole Sauce Garlic Whipped Potatoes Italian Vegetables Squash Bread Cranberry Crunch Bar	<b>7</b> Beef & Black Bean Chili Whole Kernel Corn Creamy Coleslaw Cornbread Fresh Orange	<b>8</b> Stuffed Pepper Casserole (Beef) Fiesta Vegetables Broccoli Rye Bran Roll Pineapple Tidbits	<b>9</b> Salisbury Steak w/Brown Onion Gravy Whipped Potatoes California Vegetables Sunflower Seed Bread	<b>10</b> Chicken Pasta Bake Mixed Vegetables Creamy Cucumber Salad Garlic Roll Pears
<b>13</b> Beef Broccoli Honey Cashews Brown Rice Peas & Carrots Coleslaw Sliced Apples	<b>14</b> Macaroni & Cheese Spinach Kidney Bean Salad Onion Roll Mandarin Oranges	<b>15</b> BBQ Bone-In Chicken Lyonnaise Potatoes Green Beans Oat Bran Bread Tropical Fruit	<b>16</b> Country Meatballs Country Gravy Diced Potatoes Broccoli & Cauliflower Rye Bran Bread Poke n' Pour- Cake	<b>17</b> Garden Chicken Mini Salad Caesar Dressing over Spinach Romaine Corn Chowder Herb Roll Pineapple Tidbits
<b>20</b> <i>Martin Luther King Jr Day</i>  <b>Center Closed</b>	<b>21</b> Meatloaf w/Brown Gravy Whipped Potatoes Brussels Sprouts & Corn Focaccia Bread Fresh Orange	<b>22</b> <i>Birthday Day</i> Vegetarian Spicy Southwest Pasta Spinach Black Bean and Corn Salad Dill Roll Peaches 	<b>23</b> Beef Kettle Lasagna Green Beans Mixed Vegetables Squash Bread Pears	<b>24</b> Southwest Chicken Cilantro Rice Pinto Beans Romaine Iceberg Salad Mandarin Oranges
<b>27</b> Turkey Pot Pie Country Cottage Vegetables Broccoli Biscuit Mixed Fruit	<b>28</b> Sloppy Joe Southwest Corn Pickled Beets WG Hamburger Bun Hot Cinnamon Applesauce	<b>29</b> Spaghetti/Meat Sauce Green Beans Glazed Carrots Garlic Roll Pears	<b>30</b> Breaded Beef Steak Country Gravy Diced Potatoes Mixed Vegetables Squash Bread Fresh Orange	<b>31</b> Egg Salad Half Sandwich Shredded Lettuce Potato Onion Soup Garbanzo Bean Salad Wheat Bread Mixed Fruit

Lunch is served Monday through Friday from 11am-12pm.

A suggested donation of \$3.00 for seniors 60+. Under 60 must pay \$4.50

## COMMUNITY RESOURCES & SUPPORT

### CONNECTING IN CENTER AND COMMUNITY RESOURCES TO SENIORS, FAMILIES & FRIENDS

#### INFORMATION AND REFERRAL

Staff can connect individuals with services available at the Pioneer Center and provide information and referrals to community resources.

Call for assistance.

Social Services Coordinator  
Shirley Ryan 503-722-3268 or  
sryan@orcify.org

#### LAW PROJECT

Clackamas County residents (60+) may schedule a free half hour consultation with a volunteer attorney to discuss estate planning. 2nd Tuesday or 3rd Weds of each month, by appointment only. Please contact staff at 503-722-3268.

#### PAYMENT DROP OFF

No postage necessary. Drop off the following bills at the Pioneer Center: PGE, NW Natural Gas, Clackamas River Water, OC Water and OC Garbage. Bills are mailed out Monday through Friday.

#### FOOT CARE CLINIC

Clinic is offered on Tuesdays and mornings the 1st Friday of the month by appointment only. The fee is \$40, paid directly to the RN. Appointments call 971-204-0428.

#### TAX AIDE

The Center hosts a yearly AARP Tax-Aide service starting February through April. By appointment only.

#### PGE UTILITY SUPPORT

Heating and Cooling assistance is available for low income seniors in Oregon City and West Linn. By appointment only. For more information call 503-722-3268.

#### CLACKAMAS COUNTY AGING AND PEOPLE WITH DISABILITIES RESOURCES

Assistance with Medicaid, Medicare, SNAP/Food Stamps, Benefit screenings. For more information call 971-673-7600

#### TRANSPORTATION SERVICES

##### PIONEER CENTER BUS SERVICE

For ages 60+ or adults with disabilities in Oregon City or West Linn. Oregon City riders call 971-221-9391. West Linn rides please call 971-347-7493.

Reservations can be made up to seven days in advance. Suggested donation: \$1.00 each way.

##### Additional Resources

##### TRANSPORTATION REACHING PEOPLE (TRP)

For more information or to schedule a ride, call 503-655-8208.

##### TRI-MET LIFT PROGRAM

Pre-registration required. Call 503-962-8000 for information and requirements.

##### SUPPORT GROUPS

##### CLACKAMAS COUNTY FAMILY CAREGIVER SUPPORT PROGRAM 503-650-5622

##### GRIEF RELEASE GROUP

2nd & 4th Thursdays, 1:30-3:00pm. Share your thoughts, feelings and learn how others cope. For more information, please call Bristol Hospice at 503-698-8911.

##### ALZHEIMER'S SUPPORT GROUP

2nd Tuesday of each month.  
1:30 - 3:30  
For family members and caregivers.



#### NUTRITION SERVICES

##### MEALS ON WHEELS

For homebound seniors 60+. Serving Oregon City, West Linn, Beavercreek, and Redland. Please contact us for more information at 503-722-5979.

##### CONGREGATE DINING

Lunch is served Mon - Fri  
11:00am-12:00pm  
in the dining room.

**Suggested donation 60+ is \$3.00.  
Under 60, the cost is \$4.50.**

#### COMMUNITY SERVICES

##### MEDICARE BENEFITS ASSISTANCE

Trained SHIBA volunteers help older adults understand their health insurance benefits. Call SHIBA at 503-655-8269.

##### HOUSING RIGHTS & RESOURCES CTR.

GENERAL HOUSING INFORMATION regarding landlord-tenant laws, fair housing, housing-related issues, and can assist with finding lower cost housing in Clackamas County. Call HRRC at 503-650-5750.

##### SENIOR LONELINESS LINE

Free confidential service for adults 55+ in Clackamas County experiencing loneliness or isolation. Call 503-200-1633, 24/7, 365 days a year.

##### SENIOR COMPANION PROGRAM

Volunteers providing companionship to older adults. Call 503-655-8875 for more info.

##### HEALTH EQUIPMENT LOAN

For medical equipment loans or to donate please contact Glenn or Jean at 503-829-7345.

##### VETERANS AFFAIRS BENEFITS

Contact Clackamas County Veteran Service Office 503-650-5631 if you have questions. Office open M-Th.