

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**



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!



HOLIDAY HIGHLIGHTS

Spirit Week



Christmas
Party



Friendships are strong!



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
PIONEER COMMUNITY CENTER  503-657-8287 615 5th St. Oregon City, OR 97045		1  Pioneer Community Center CLOSED	2 8:00-9:00 Zumba 9:15-11:30 Hatha Yoga Free Class 11-12 Lunch 12:30-2 Bingo	3 9:00 February Trip Sign Up 9:00 Foot Care Clinic w/appt. 9:00 Walking Clubs 10:00 Village 1st Friday Coffee 10:00 Food Pantry 11-12 Lunch 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games
6 9:00 Walking Clubs 9:30-11:30 Crafts & 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	7 8:00-9:00 Zumba 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15-11:30 Hatha Yoga 10 Create Your Own Vision Board 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	8 9:00 Walking Club 10-11 Tai Chi Continuing 11-12 Lunch 11:15-11:45 Tai Chi Extra Study 12 Movie Matinee 12-3 Poker 2-4 United Health Care Presentation	9 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 National Apricot Day! 	10 9:00 Walking Clubs 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games
13 9:00 Walking Clubs 9:30-11:30 Crafts & 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	14 8:00-9:00 Zumba 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15-11:30 Hatha Yoga 10-12 Law Project w/appt 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	15 9:00 Walking Club 10-11 Tai Chi Continuing 10:00 Rose Elder Law Estate Planning Presentation 11-12 Lunch 11:15-11:45 Tai Chi Extra Study 12-3 Poker CRAZY HAT DAY 	16 8:00-9:00 Zumba 9:15-11:15 Hatha Yoga 10-1pm Care Oregon Information 10-11 Be Fit 10-12:30 Watercolor Painting 10-11:30 Mindfulness Meditation 10:30-11:30 Tai Chi Beginning 11-12 Lunch 11:15 Lunch & Learn Event 12:30-2 BINGO 	17 9:00 Walking Clubs 10:00 Food Pantry 12-3 Rummikub 12-6 Red Cross Blood Drive 12:30-3 Pinochle 1-3 Cards & Dice Games
20  Center Closed	21 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 12:00 Diamond Presentation 1-2 High Beg/Improver Line Dance	22 9:00 Walking Club 10-11 Tai Chi Continuing 11-12 Lunch Birthday Day 11:15-11:45 Tai Chi Extra Study 12-3 Poker 12-2 Bunco 12-2 Fireside Film Series 	23 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 	24 9:00 Walking Clubs 10:00 Food Pantry 11-12 Lunch 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games
27 9:00 Walking Clubs 9:30-11:30 Crafts & 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	28 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 National Blueberry Pancake Day!	29 9:00 Walking Club 10-11 Tai Chi Continuing 10:00 Fireside Book Chat 10:00 Rose Elder Law Estate Planning Presentation 11-12 Lunch 11:15-11:45 Tai Chi Extra Study 12-3 Poker	30 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	31 9:00 Walking Clubs 10:00 Food Pantry 11-12 Lunch 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games

HAPPENINGS AT THE CENTER

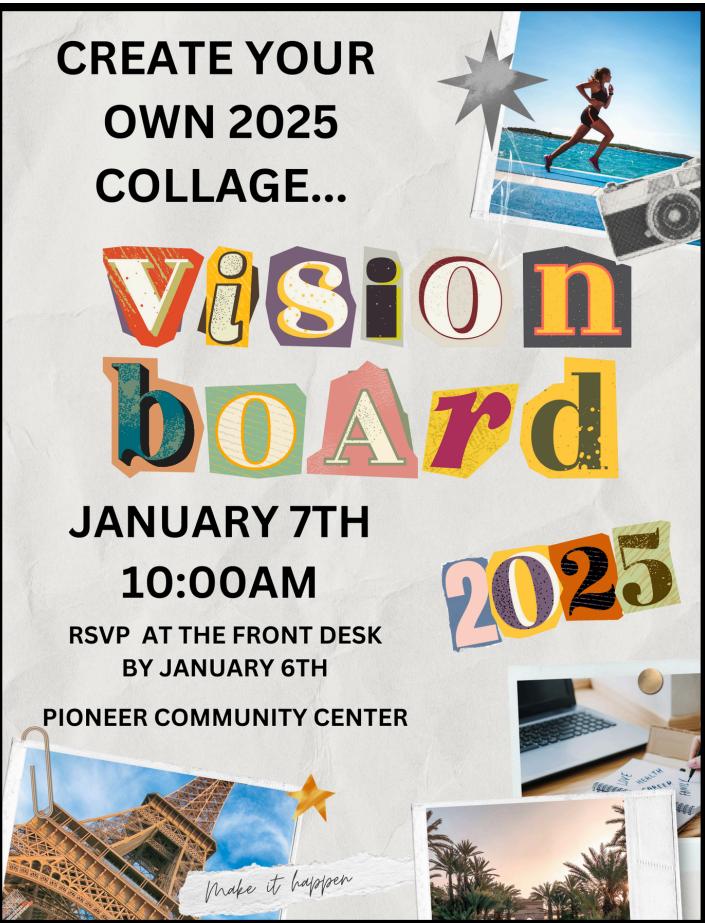
CREATE YOUR OWN 2025 COLLAGE...

vision board

JANUARY 7TH 10:00AM

RSVP AT THE FRONT DESK BY JANUARY 6TH

PIONEER COMMUNITY CENTER



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

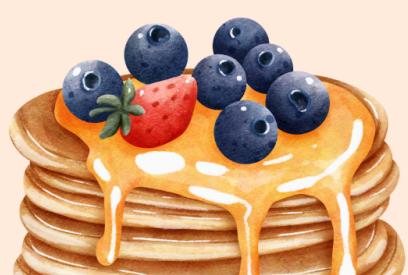
PIONEER COMMUNITY CENTER
615 5TH ST.
OREGON CITY, OR



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 Beginning	Tuesdays Thursdays	10:30-11:30	Jan 7-Mar 20	\$110.00	\$77.00	Ulises Correa	No Class 1/20 & 2/17
Thai Chi Continuing	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	Located in Daylight Basement Room
Tai Chi Extra Study	Mondays Wednesdays	11:15-11:45	Jan 6-Mar 19	\$5 Drop-in Fee		Ulises Correa	No Class 1/20 & 2/17
Zumba	Tuesdays Thursdays	8:00-9:00	Starts Nov 5	Silver Program Fitness Punch Card \$1 Drop-In		Laura Luna- Brice	No Class 12/24 & 12/26

CREATIVE EXPRESSION

Absolute Beginners Ukulele	Mondays	10:30-11:15	Jan 6-Mar 17	\$130, \$18 Drop-In First drop-in is FREE	Brian Fergus	No Class 1/20 & 2/17
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



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.

Winter

Senior Utility Support

November 2024 -

April 2025



503-722-3268

**OUR FITNESS ROOM
IS NOW ACCEPTING
THE FOLLOWING PROGRAMS!**



\$20
for a 24 visit
punch card



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



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.

**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@orc city.org



Happy New Year!

Wendy F.

Richard H.

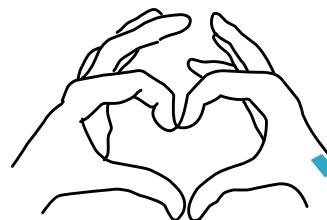
Carol C.

Hank K.

Howard M.

Elaina S.

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



**redefining
senior living
with a fresh,
energetic
approach**



THE RIDGE

AT OREGON CITY

Independent Living | 503-656-7614

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
- www.clackamas.us/socialservices/senior





JANUARY CONGREGATE MENU



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

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