

**FEBRUARY 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 Center,

Happy February! As we step into this lovely month, I'm filled with excitement and gratitude. After some time away, it's wonderful to be back among such an incredible community of dedicated staff, patrons, and friends. Thank you for your warm welcomes, they have meant so much to me. I want to extend a heartfelt thank you to our amazing staff for their hard work and dedication during my absence. Their resilience during the recent months has been nothing short of inspiring. Each has stepped up in remarkable ways, ensuring that our Center continues to thrive, and I am truly grateful for each one of them.

Love is in the air this month, and we invite you to join us for our Valentine's Day Party on Friday, February 14th during the lunch program. This celebration is sure to be a time of love, friendship, and appreciation. We look forward to celebrating the love and care we share with our friends, as well as the camaraderie that makes the Pioneer Community Center so truly special. You're sure to find something sweet here at the Center, so we encourage your participation in the many programs and events we have to offer.

With love,

Cecily Rose  
Social Service and Community Center Manager  
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



# PIONEER HIGHLIGHTS

A look back at us...  
*enjoying January!*



What's coming next?  
*March for Meals*



## MARCH FOR MEALS

#ENDTHEWAIT

As a 2025 member, we are  
joining Meals on Wheels America  
in the fight to End The Wait.

### HELP FUNDRAISE



DONATE IN MARCH  
ONLINE OR IN PERSON  
AT THE PIONEER  
COMMUNITY CENTER!

MARCH CALENDAR  
FUNDRAISER  
PICK UP PACKETS AT THE  
PIONEER COMMUNITY  
CENTER STARTING  
FEBRUARY 24TH!



FOR MORE INFORMATION  
503-657-8287 | [PIONEERCC@ORCITY.ORG](mailto:PIONEERCC@ORCITY.ORG)

### THE NUMBERS

Nationally:

- Over 12 million seniors face food insecurity
- 1 in 3 Meals on Wheels programs currently have a waitlist
- Federal funding only covers 37% of the cost to serve more than 2 million seniors Meals on Wheels annually
- Volunteerism is at its lowest in nearly two decades





# 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.*

**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,  
February 12th, 2pm  
Classroom 1 & 2

### Diamond Presentation

Tuesday  
February 18th 12pm-1pm

### Care Oregon

#### Information Table

Thursday,  
February 20th, 10am-1pm  
Main Hall





# FREE **AARP**<sup>®</sup> TAX AID SERVICES

TUESDAY'S & WEDNESDAY'S  
FEBRUARY 4- APRIL 9

**SCHEDULE TODAY**


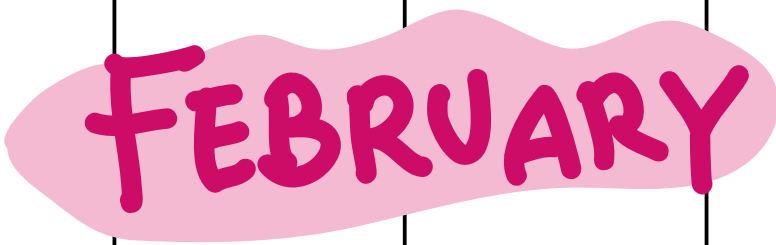




503-657-8287



Reception Desk

# FEBRUARY ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  <b>CONGREGATE LUNCH   MONDAY-FRIDAY   11:00AM-12:00PM</b>            Age 60+ \$3 suggest donation   Age under 60 \$4.50 fee            </div>				
<b>PIONEER COMMUNITY CENTER</b>  503-657-8287 615 5th St. Oregon City, OR 97045	  			
<b>3</b> 9:00 Walking Clubs 9:30-11:30 Crafts & Crochet 10-11 Tai Chi Continuing 10:30-11:15 Absolute Beginning Ukulele 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	<b>4</b> 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 Attendant 10:30-11:30 Tai Chi Beginning 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance	<b>5</b> 9:00 Walking Club 10-11 Tai Chi Continuing <b>12 Movie Matinee</b> 11:15-11:45 Tai Chi Extra Study 12-3 Poker	<b>6</b> 8:00-9:00 Zumba 9:15-11:15 Hatha Yoga 10-12:30 Watercolor Painting 10-11:30 Mindfulness Meditation 10-11 Be Fit <b>10-1 Care Oregon Information</b> 10:30-11:30 Tai Chi Beginning 12:30-2 BINGO	<b>7</b> 9:00 Walking Clubs <b>9:00 March Trip Sign Up</b> 9:00 Foot Care Clinic w/appt. <b>10:00 Village 1st Friday Coffee</b> 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games
<b>10</b> 9:00 Walking Clubs 9:30-11:30 Crafts & Crochet 10-11 Tai Chi Continuing 10:30-11:15 Absolute Beg. Ukulele <b>11-12 Pioneer Center Anniversary</b> 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	<b>11</b> 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 10:30-11:30 Tai Chi Beginning 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance <b>1:30-2:30 Alzheimer's Support Group</b>	<b>12</b> 9:00 Walking Club 10-11 Tai Chi Continuing 11:15-11:45 Tai Chi Extra Study 12-3 Poker <b>2-3:30 United Healthcare Care</b>	<b>13</b> 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 12:30-2 BINGO <b>1:30-3 Grief Release Group</b>	<b>14</b> 9:00 Walking Clubs 10:00 Food Pantry <b>11:00 Valentine's Day Party</b> 12-3 Rummikub <b>12-6 Red Cross Blood Drive</b> 12:30-3 Pinochle 1-3 Cards & Dice Games 
<b>17 President's Day</b>  <b>Pioneer Community Center CLOSED</b>	<b>18</b> 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 10:30-11:30 Tai Chi Beginning 12-1 Beginning Line Dance <b>12-1 Diamond Presentation</b> 1-2 High Beg/Improver Line Dance	<b>19</b> 9:00 Walking Club 10-11 Tai Chi Continuing 10:00 Law Project w/appt only 11:15-11:45 Tai Chi Extra Study 12-3 Poker 12-2 Bunco	<b>20</b> 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 12:30-2 BINGO  <b>Bingo Sponsored by Home Instead</b>	<b>21</b> 9:00 Walking Clubs 10:00 Food Pantry <b>10:30 Premier World Travel Meeting</b> 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games
<b>24</b> 9:00 Walking Clubs 9:30-11:30 Crafts & Crochet 10-11 Tai Chi Continuing 10:30-11:15 Absolute Beginning Ukulele 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	<b>25</b> 8:00-9:00 Zumba 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15-11:30 Hatha Yoga <b>10:00 Fireside Book Chat</b> 10-11 Be Fit 10:30-11:30 Tai Chi Beginning 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance	<b>26</b> 9:00 Walking Club 10-11 Tai Chi Continuing <b>11-12 Birthday Day</b> 11:15-11:45 Tai Chi Extra Study <b>12:00 Spring Class Sign-Up Begins</b> 12-3 Poker 	<b>27</b> 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 <b>11:15 Lunch &amp; Learn Polar Bear Day</b> 12:30-2 BINGO <b>1:30-3 Grief Release Group</b>	<b>28</b> 9:00 Walking Clubs 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games



JOIN US FOR A



# Valentine's Day Party!

FEB | 14 | 11 AM

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



RSVP BY FEBRUARY 10TH  
RECEPTION DESK OR 503-657-8287

# HAPPENINGS AT THE CENTER

## FEBRUARY MOVIE MATINEE

FEBRUARY 5TH  
12:00PM



1 hour 46 minutes



2 hours 30 minutes



1 hour 50 minutes

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

**\$2 SUGGESTED DONATION FOR CONCESSIONS**



FEBRUARY 10TH | 11:00 AM - 12:00PM

***Pioneer Community Center  
Anniversary!***

**46  
YEARS!**

ENJOY CONGREGATE LUNCH & CELEBRATE OUR COMMUNITY!

\$3 SUGGEST DONATION AGES 60+ OR \$4.50 FEE AGES UNDER 60

RSVP BY  
FEBRUARY 6TH

503-657-8287  
RECEPTION DESK



**PREMIER  
WORLD DISCOVERY  
PRESENTATION**

**TRAVEL  
DESTINATIONS  
WITH PREMIER**

**FEBRUARY 21ST  
10:30 AM  
PIONEER  
CLASSROOM**



RSVP @ THE  
RECEPTION DESK  
OR CALL 503-657-8287



**LUNCH  
&  
LEARN**

**NATIONAL  
POLAR  
BEAR  
DAY**

**FEBRUARY 27TH**

**DURING CONGREGATE LUNCH  
DOCUMENTARY BEGINS  
AT 11:15AM**





# **AARP SMART DRIVER COURSE**

## **GET UP TO SPEED**

## **LEARN TECHNIQUES FOR SAFE DRIVING**



**PIONEER COMMUNITY CENTER | BASEMENT**

**8:45 A M - 4:15 P M**

**MARCH 19TH | MAY 28TH**  
**AUGUST 27TH | NOVEMBER 12TH**

**RSVP @ 503-657-8287**

**\$20 AARP MEMBERS | \$25 NON-MEMBER**

**CLASS FEE IS PAID TO THE INSTRUCTOR**

# SPRING CLASS SCHEDULE

## HEALTH AND FITNESS CLASSES (Registration Opens Feb 26th at 12 noon)

CLASS	DAY	TIME	DATES	FEE	FEE 62+	INSTRUCTOR	NOTES
Hatha Yoga	Tuesdays Thursdays	9:15-10:15	Apr 1-Jun12	\$95.00	\$67.00	Becky Pyles	<b>No Class 5/15, 5/20, 5/22</b>
Thai Chi <b>Beginning</b>	Tuesdays Thursdays	10:30-11:30	Apr 1-Jun 12	\$110.00	\$77.00	Ulises Correa	<b>No Class 5/26</b>
Thai Chi <b>Continuing</b>	Mondays Wednesdays	10:00-11:00	Mar 31-Jun 11	\$105.00	\$74.00		
Mindfulness Meditation	Thursdays	10:00-11:30	Apr 3-Jun 5	\$75.00	\$53.00	Diane Haase	<b>Located in the Fireside Room</b>
Be Fit (formerly Strength, Stretch & Tone)	Tuesdays Thursdays	10:00-11:00	Apr 1-Jun 12	\$110.00	\$77.00	Vikki Perlson	<b>Located in Daylight Basement Room</b>
Tai Chi Extra Study	Mondays Wednesdays	11:15-11:45	Mar 31-Jun 11	\$5 Drop-in Fee		Ulises Correa	<b>No Class 5/26</b>
Zumba	Tuesdays Thursdays	8:00-9:00	Apr 1-Jun12	Silver Program Fitness Punch Card \$1 Drop-In		Laura Luna-Brice	

## CREATIVE EXPRESSION

Absolute Beginners Ukulele	Mondays	10:30-11:15	Mar 30-Jun 9	<b>\$144, \$18 Drop-In</b> First drop-in is FREE		Brian Fergus	<b>No Class 5/26</b>
Beginning Ukulele	Mondays	11:15-12:00	Mar 30-Jun 9				
Beyond Beginning Ukulele	Mondays	12:00-1:30	Mar 30-Jun 9				
Watercolor Painting	Thursdays	10:00-12:30	Apr 3-May 22	\$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  
FEBRUARY  
TRIPS

February 5th | Jade Teahouse

February 12th | Tualatin Heritage Museum

February 20th | Oregon State Forensic Lab

February 26th | Jordan Schnitzer Museum of Art

A  
New Year of  
Adventure

## **In-Person Registration for March Trips** **Friday, February 7th at 9:00am**

### **March 5th | Rice Northwest Museum of Rocks**

The Rice Northwest Museum of Rocks and Minerals is home to over 20,000 rock and mineral specimens.



### **March 12th | Philadelphia's Steak & Hoagies**

### **March 19th | Guide Dogs for the Blind**

Empowering individuals with vision loss to navigate all of life's adventures with a guide dog at their side.



**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.

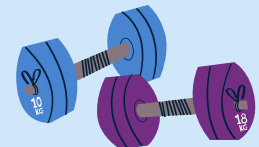
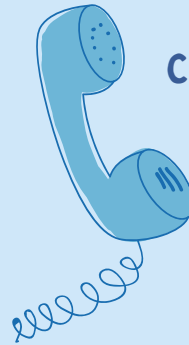
**OUR FITNESS ROOM  
IS NOW ACCEPTING  
THE FOLLOWING PROGRAMS!**



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

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

**503-657-8287**



## Winter

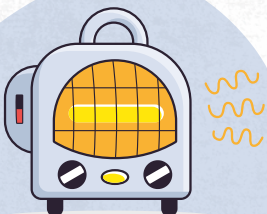
Senior Utility Support  
Now - April 2025

### 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.**



**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)



## FEBRUARY

Sue W.

Lori F.

Barbara C.

Mary G.

Bill G.

Deanna H.

Laurie M.

Larry T.

Kent S.

Yelena D.

**HAPPY  
BIRTHDAY**  
To you





## 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@orc.org](mailto:sryan@orc.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)





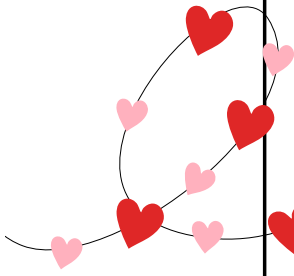
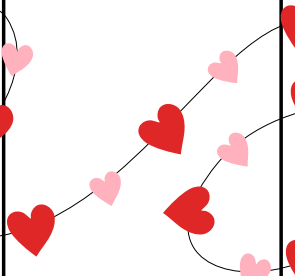
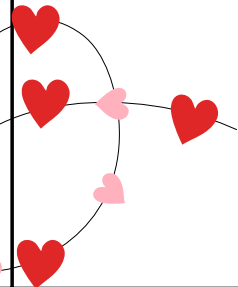





# FEBRUARY CONGREGATE MENU

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>3</b> Beef Mushroom Patty Whipped Potatoes Cabbage and Carrots French Bread Sliced Apples	<b>4</b> Farmer's Chicken Stew Whole Kernel Corn Spinach Salad Oat Bran Wheat Roll Tropical Fruit	<b>5</b> Herbed Chicken Patty w/Tomato and Mushroom Sauce Delmonico Potatoes Mixed Vegetables Sunflower Seed Bread Fresh Orange	<b>6</b> Beef Taco Lettuce, Tomato, and Shredded Cheese Pinto Beans Cilantro Coleslaw Flour Tortilla Pineapple Tidbits	<b>7</b> Swiss Style Patty Swiss Steak Sauce Garlic Whipped Potatoes Spinach Sprouted Wheatberry Bread Mixed Fruit
<b>10</b> Cheese Lasagna Rollup in Marinara Sauce Mixed Vegetables Honey Wheat Roll Fresh Orange	<b>11</b> Caribbean Chicken Colcannon Potatoes Green Bean w/Red Peppers Seven Grain Bread Applesauce	<b>12</b> Macaroni & Cheese Spinach Kidney Bean Salad Onion Roll Mandarin Oranges	<b>13</b> Lime Chicken Fiesta Vegetables Broccoli Ranch Coleslaw Rye Bran Roll Frosted Marble Cake	<b>14</b> Parmesan Chicken Whole Grain Penne Pasta California Vegetables Carrot Raisin Salad Sprouted Wheat Berry Bread Valentine Sugar Cookie
<b>17</b> <i>President's Day</i>  <b>Pioneer Community Center CLOSED</b>	<b>18</b> Orange Glazed Chicken Brown Rice Peas & Carrots Coleslaw Peaches	<b>19</b> New! Chicken Piccata Garlic Whipped Potatoes Green Beans w/Red Peppers Sunflower Seed Bread Red Devil Beet Cake	<b>20</b> Ground Beef Stew Spinach Black Bean and Corn Salad Dill Roll Pears	<b>21</b> Country Meatballs Country Gravy Diced Potatoes Broccoli & Cauliflower Rye Bran Bread Mandarin Oranges
<b>24</b> Cheese Omelet w/ Cheese Sauce Peas & Carrots Green Beans Herb Roll Pineapple Tidbits	<b>25</b> Meatloaf w/Brown Gravy Whipped Potatoes Brussels Sprouts & Corn Focaccia Bread Fresh Orange	<b>26</b> Teriyaki Chicken Southwest Corn Pickled Beets WG Hamburger Bun Hot Cinnamon Applesauce	<b>27</b> Beef Kettle Lasagna Green Beans Mixed Vegetables Squash Bread Fresh Orange	<b>28</b> New! Beef Picadillo Cilantro Rice Pinto Beans Romaine Iceberg Salad Applesauce



**CONGREGATE LUNCH | MONDAY-FRIDAY | 11:00AM-12:00PM**

Age 60+ \$3 suggest donation | Age under 60 \$4.50 fee



# 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@orc.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 65+ 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.



PIONEER  
COMMUNITY CENTER  
503-657-8287  
615 5th St.  
Oregon City, OR 97045

### 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.