

APRIL 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,

As we spring into April, it's apparent that we're blooming with reasons and opportunities to celebrate and we do hope that you'll join us.

We kick off the month with our Spring Affair Bazaar on Saturday, April 5th from 9am to 3pm. This event is a wonderful fundraiser for the Center where we showcase local artisans, crafters and vendors. This provides a great opportunity to support our community in numerous ways.

We're thrilled to once again host our Volunteer Appreciation Event this month. It's an honor to recognize the army of volunteers who dedicate their time and energy to make our Center the thriving success that it is. I encourage you to seek out a volunteer this month and give them an enormous "Thank you!" We could not be the Center we are without them.

The Friday prior to the Holiday, join us for our annual Easter celebration. A time of bringing friends together while adding a little competition and fun with egg decorating and an annual Easter egg hunt.

Join us for these activities and so much more!
See you at the Center,

Cecily Rose
Social Service and Community Center Manager
Pioneer Community Center

THANK YOU!

Thank you to the following local businesses & City facilities
for supporting our March for Meals donation containers!

Beavercreek Tavern

Buel's Impressions Printing

Citizen's Bank

Friends of the Oregon City Library Used Book Store

Howell's Restaurant & Lounge

Laurie's Books

Linn City Pub

Miller Paint

My Mother Knows

NW Fitness

Olive & Shea

Oregon City Brewing Company

Oregon City Building & Planning Facility

Oregon City Public Library

Oregon City Public Works

Parkrose Hardware

Redland Cafe

Subaru Lithia of Oregon City

Super Torta

The Hive

Tony's Seafood

Wally's Music Rentals

Watershed Cafe

West Linn Adult Center

Wichita Pub & Grill

Willamette Coffee House

PIONEER HIGHLIGHTS

A look back at us...

Having Fun!



NATIONAL POLAR BEAR DAY



"IRISH" SODAS!



IRISH FOR A DAY!



OC UKERS!



LIVE, LAUGH, LUCK!



IRISH SMILES



GUIDE DOGS FOR THE BLIND



RICE NORTHWEST ROCK MUSEUM



OUR
NEW
BUS!



JORDAN SCHNITZER
MUSEUM OF ART



DROP IN ACTIVITIES



LUNCH

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

CRAFTS & FRIENDS

Bring your own craft & socialize with friends
Mondays | 9:30 – 11:30 am

AMERICAN MAHJONG

Mondays | 12:00 – 3:00 pm

POKER

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

BUNCO

\$1 DROP-IN

3rd Wednesdays | 12pm – 2:00 pm

BINGO

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

PINOCLE

Fridays | 12:30 – 3:00 pm

RUMMIKUB

Fridays | 12:00 – 3:00 pm

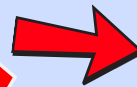
CARD & DICE GAMES

Fridays | 1:00 – 3:00 pm

CHESS CLUB

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

NEW!



WALK WITH EASE PROGRAM

\$1 DROP-IN

Tuesdays, Wednesdays & Thursdays | 10:00 am

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






WALK WITH EASE



**EVERY TUESDAY, WEDNESDAY, THURSDAY
10:00–11:00AM
REGISTER AT OUR RECEPTION DESK
OR 503-657-8287**

**\$1 DROP IN SUGGESTED
DONATION
OR
SILVER PROGRAM
ACCESS**

APRIL ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  CONGREGATE LUNCH MONDAY-FRIDAY 11:00AM-12:00PM Age 60+ \$3 suggest donation Age under 60 \$4.50 fee  </div>				
PIONEER COMMUNITY CENTER  503-657-8287 615 5th St. Oregon City, OR 97045	1 8:00-9:00 Zumba 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15-11:30 Hatha Yoga 10-11 Walk With Ease Program 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	2 9:00 National Walking Day 9:00 Walking Club 10-11 Walk With Ease Program 10-11 Tai Chi Continuing 11:15-11:45 Tai Chi Extra Study 12-3 Poker 	3 8:00-9:00 Zumba 9:15-11:15 Hatha Yoga 10-11 Walk With Ease Program 10-11:30 Mindfulness Meditation 10-11 Be Fit 10-12:30 Watercolor Painting 10:30-11:30 Tai Chi Beginning 12:30-2 BINGO	4 9:00 Walking Clubs 9:00 May Trip Sign Up 9:00 Foot Care Clinic w/appt. 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games
7 9:00 Walking Clubs 9:30-11:30 Crafts Sewing & Quilting 10-11 Tai Chi Continuing 10:30-11:15 Absolute Beg. Ukulele 11:15-11:45 Tai Chi Extra Study 11:15-12 Beginning Ukulele 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	8 8:00-9:00 Zumba 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15-11:30 Hatha Yoga 10-11 Walk With Ease Program 10-11 Be Fit 10:30-11:30 Tai Chi Beginning 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance 1:30-2:30 Alzheimer's Support	9 9:00 Walking Club 10-11 Walk With Ease Program 10-11 Tai Chi Continuing 10-11 Lifestyle Medicine a Focus on Nutrition Presentation 11:15-11:45 Tai Chi Extra Study 12-3 Poker 2-3:30 United Healthcare Information	10 8:00-9:00 Zumba 9:15-11:15 Hatha Yoga 10-11 Walk With Ease Program 10-11 Be Fit 10-12:30 Watercolor Painting 10:30-11:30 Tai Chi Beginning 12:30-2 BINGO 1:30-3 Grief Release	11 9:00 Walking Clubs 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games
14 9:00 Walking Clubs 9:30-11:30 Crafts Sewing & Quilting 10-11 Tai Chi Continuing 10:30-11:15 Absolute Beg. Ukulele 11:15-11:45 Tai Chi Extra Study 11:15-12 Beginning Ukulele 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	15 8:00-9:00 Zumba 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15-11:30 Hatha Yoga 10-11 Walk With Ease Program 10-11 Be Fit 10:30-11:30 Tai Chi Beginning 12-1 Beginning Line Dance 12-1 Diamond Presentation 1-2 High Beg/Improver Line Dance	16 9:00 Walking Club 9:30-11 SHIBA & AARP Fraud Prevention Presentation 10-11 Walk With Ease Program 10:00 Law Project w/appt 10-11 Tai Chi Continuing 11:15-11:45 Tai Chi Extra Study 12-3 Poker	17 8:00-9:00 Zumba 9:15-11:15 Hatha Yoga 10-11 Walk With Ease Program 10-1 Care Oregon Information 10-11 Be Fit 10-12:30 Watercolor Painting 10:30-11:30 Tai Chi Beginning 12:30-2 BINGO	18 9:00 Walking Clubs 10:00 Food Pantry 10:30 Easter Party 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games 
21 9:00 Walking Clubs 9:30-11:30 Crafts Sewing & Quilting 10-11 Tai Chi Continuing 10:30-11:15 Absolute Beg. Ukulele 11:15-11:45 Tai Chi Extra Study 11:15-12 Beginning Ukulele 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	22 8:00-9:00 Zumba 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15-11:30 Hatha Yoga 10-11 Walk With Ease Program 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	23 9:00 Walking Club 10-11 Walk With Ease Program <div> 11-12:30 Volunteer Appreciation Luncheon RSVP by April 7th </div> 12-3 Poker 2-3:30 United Healthcare Information	24 8:00-9:00 Zumba 9:15-11:15 Hatha Yoga 10-11 Walk With Ease Program 10-11 Be Fit 10-12:30 Watercolor Painting 10:30-11:30 Tai Chi Beginning 12:30-2 BINGO 1:30-3 Grief Release	25 9:00 Walking Clubs 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games
28 9:00 Walking Clubs 9:30-11:30 Crafts Sewing & Quilting 10-11 Tai Chi Continuing 10:30-11:15 Absolute Beg. Ukulele 11:15-11:45 Tai Chi Extra Study 11:15-12 Beginning Ukulele 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	29 8:00-9:00 Zumba 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15-11:30 Hatha Yoga 10-11 Walk With Ease Program 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	30  9:00 Walking Club 10-11 Walk With Ease Program 10-11 Tai Chi Continuing 11:00 Birthday Day Lunch 11:15-11:45 Tai Chi Extra Study 12-3 Poker 12-2 Kentucky Derby Bunco  		



PIONEER COMMUNITY CENTER

SPRING AFFAIR

LOCAL ARTISANS, PLANT SALES & MORE!

BAZAAR

April 5 | 9:00am-3:00pm



**OREGON
CITY**

PIONEER COMMUNITY CENTER

615 5th St
Oregon City, OR 97045

HAPPENING AT THE CENTER

NATIONAL WALKING DAY

APRIL 2ND | 9:30 AM

JOIN ROSE CITY ROAMERS TO CELEBRATE NATIONAL WALKING DAY!

9:00AM | REGISTRATION
9:10AM | WARM UP WITH FITNESS INSTRUCTOR
9:30AM | WALK BEGINS
5KM & 10KM OPTIONS



The Power of Lifestyle Medicine in Health & Healing

Nutrition!

April 9th | 10:00-11:00AM



Speaker
Dr. Iris Schrijver

This talk emphasizes the importance of nutrition and offers practical health tips. **Dr. Iris Schrijver**, a certified lifestyle medicine physician and adjunct professor at Stanford, discusses her book "On the Path to Health, Wellbeing, and Fulfillment," exploring scientific insights into healthy living and wellbeing. She co-authored "Living with the Stars," connecting human health and the Universe. More information is available at lifestyleforhealthandwellness.com.



RSVP
503-657-8287



Pioneer Community Center
615 5th St. Oregon City, OR 97045

EASTER PARTY APRIL 18TH & EGG HUNT

PARTY & EGG DECORATING 10:30 AM
CONGREGATE LUNCH 11:00 AM
EGG HUNT 11:45 AM

RSVP: 503-657-8287

Pioneer Community Center
615 5th St. Oregon City, OR 97045



Kentucky Derby BUNCO

April 30th | 12:00PM

BUNCO | PRIZES | KENTUCKY DERBY HISTORY
NO BUY IN

RSVP

RECEPTION DESK OR 503-657-8287



HAPPENING AT THE CENTER



AARP

SHIBA

SHIBA & AARP

FRAUD PREVENTION SEMINAR

➤ **APRIL 16TH** ➤
9:30 - 11:00 AM



RSVP
503-657-8287



Pioneer Community Center
615 5th St. Oregon City, OR 97045



AARP SMART DRIVER COURSE GET UP TO SPEED LEARN TECHNIQUES FOR SAFE DRIVING



PIONEER COMMUNITY CENTER | BASEMENT

8:45 AM - 4:15 PM

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

Thank you to our community partners AARP & SHIBA!



Pioneer Diner

● *Shake, rattle and thank you!* ●

Volunteer Appreciation Luncheon

April 23rd, 2025

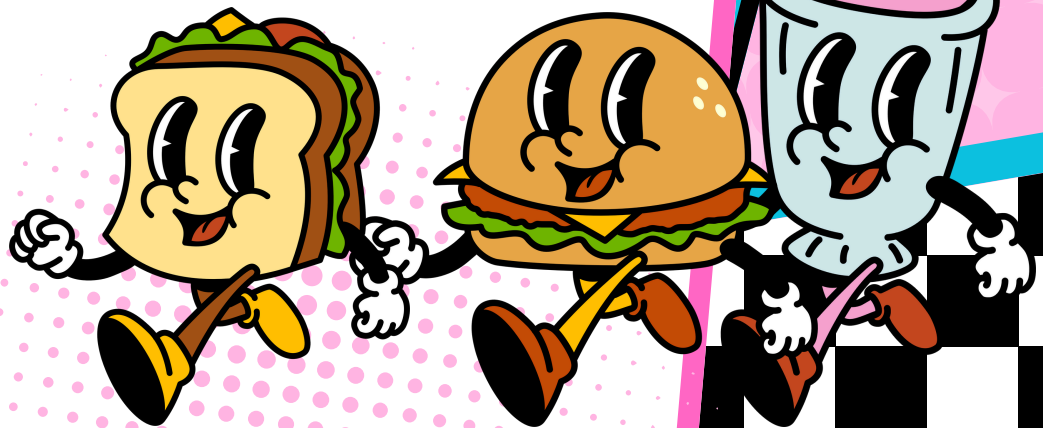
11:00 AM - 12:30 PM

Pioneer Community Center

Burger Bar | Entertainment | Games | Soda Jerk Counter

1950's dress encouraged!

RSVP
BY APRIL 7TH
503-657-8287



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	No Class 5/15, 5/20, 5/22
Thai Chi Beginning	Tuesdays Thursdays	10:30-11:30	Apr 1-Jun 12	\$110.00	\$77.00	Ulises Correa	No Class 4/23, 5/26
Thai Chi Continuing	Mondays Wednesdays	10:00-11:00	Mar 31-Jun 11	\$101.00	\$70.00		
Mindfulness Meditation	Thursdays	10:00-11:30	Apr 3-Jun 5	\$75.00	\$53.00	Diane Haase	Located in the Fireside Room
Be Fit (formerly Strength, Stretch & Tone)	Tuesdays Thursdays	10:00-11:00	Apr 1-Jun 12	\$110.00	\$77.00	Vikki Perlson	Located in Daylight Basement Room
Tai Chi Extra Study	Mondays Wednesdays	11:15-11:45	Mar 31-Jun 11	\$5 Drop-in Fee		Ulises Correa	No Class 5/26
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 31-Jun 9	\$144, \$18 Drop-In First drop-in is FREE		Brian Fergus	No Class 5/26
Beginning Ukulele	Mondays	11:15-12:00	Mar 31-Jun 9				
Beyond Beginning Ukulele	Mondays	12:00-1:30	Mar 31-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



In-Person

Registration for May Trips Friday, April 7th at 9:00am



**May 7th | Portland Japanese Garden-
\$18.95 Admission Fee**

May 14th | Granny Fi's Shortbread



May 21st | Donkey Sanctuary



May 28th | Aldeman Peony Garden



**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.

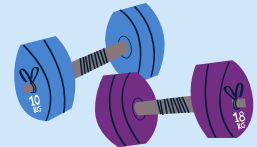
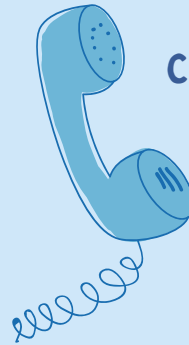
**OUR FITNESS ROOM
IS NOW ACCEPTING
THE FOLLOWING PROGRAMS!**



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

CALL TO SET UP AN ORIENTATION TODAY!

503-657-8287



Summer

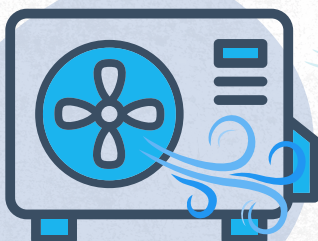
**Senior Utility Support
May - September 2025**

CONNECT WITH US FOR UTILITY SUPPORT

**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 MONTHLY HOUSEHOLD INCOME IN 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

We ♥ our
Volunteers



The Pioneer Adult Community Center is so grateful for all the wonderful ways our volunteers make us shine. Volunteers working side by side with us to provide vital services like Meals on Wheels and participating in the fun and exciting activities like Kentucky Derby Bunco.

We couldn't do it without all the wonderful individuals who heard our call and became a volunteer for us!

The need for volunteers is always growing!
We would love to have you join our team.

For more information:

Social Services Coordinator

Shirley Ryan

503-722-3268 or sryan@orccity.org

HAPPY
Birthday
TO YOU

APRIL

Laura D.

Anne F.

Ginny G.

Donna S.

Diana B.

Heather W.

Joshua W.





APRIL CONGREGATE MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch & Learn Events April 9th 10am-11am The Power of Medicine in Health & Healing April 16th 9:30-11:00am SHIBA/AARP Fraud Prevention Seminar	1 Garden Chicken Mini Salad Caesar Dressing over Spinach Romaine Corn Chowder Herb Roll Pineapple Tidbits	2 Turkey Pot Pie Country Cottage Vegetables Tossed Salad Biscuit Mixed Fruit	3 Sloppy Joe on a Bun Southwest Corn Pickled Beets Hot Cinnamon Applesauce	4 Beef Kettle Lasagna Green Beans Mixed Vegetables Squash Bread Fresh Orange
7 Southwest Chicken Rice Pinto Beans Romaine Iceberg Salad Fresh Apple	8 Chicken Brunswick Stew Green Peas Coleslaw Wheat Roll Seasonal Fresh Fruit	9 Lunch & Learn Event Spaghetti & Meat Sauce Green Beans Broccoli & Cauliflower Garlic Roll Fresh Orange	10 Roast Pork w/Pork Gravy Whipped Potatoes Peas and Carrots Oat Bran Bread Frosted Chocolate Cake	11 Lime Chicken Brown Cilantro Lime Rice Black Bean & Corn Salad Fiesta Vegetables Seasonal Fruit
14 BBQ Chicken Salad w/Ranch Dressing Over Greens Pickled Beets Herb Roll Tropical Fruit	15 Macaroni & Cheese Stewed Tomatoes Marinated Zucchini Salad Rye Bran Roll Fresh Banana	16 Lunch & Learn Event Homestyle Turkey Patty w/Poultry Gravy Parmesan Whipped Potatoes California Vegetables Honey Wheat Bread Fresh Apple	17 Kalua Pork w/Teriyaki Sauce Jasmine Rice Sesame Green Beans Carrot Mandarin Salad Fresh Banana	18 Easter Party Egg Salad Half Sandwich on Sprouted Wheatberry Bread Broccoli and Cheese Soup Kidney Bean Salad Pineapple Tidbits 
21 Swedish Meatballs w/Sauce Whipped Potatoes Brussels, Corn, and Carrots Rye Bran Bread Fresh Orange	22 Garden Burger Tomatoes and Pickles on a Bun Baked Beans Coleslaw Hot Cinnamon Applesauce	23 1950's Theme Volunteer Appreciation Luncheon Burger Bar Shakes Dessert RSVP by April 7th 	24 Beef Spanish Rice Whole Kernel Corn Broccoli Ranch Salad Seven Grain Roll Fresh Orange	25 Baked Bone In Chicken w/Apple Cider Glaze Mashed Spiced Yams Green Beans Onion Bread Coconut Treasure Cake
28 Potato Crusted Fish w/Alfredo Basil Sauce Orzo Pasta Spinach Pineapple Slaw Wheat Bread Mixed Fruit	29 Sesame Diced Pork Brown Rice Broccoli and Carrots Asian Coleslaw Fresh Banana	30 Turkey Rice Bake Winter Vegetables Carrot Pineapple Salad Sunflower Roll Fresh Apple 		PIONEER COMMUNITY CENTER  503-657-8287 615 5th St. Oregon City, OR 97045

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.



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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.