

**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!*



ST. PATRICK'S DAY



TRIP DAY





# APRIL ACTIVITY CALENDAR

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

PIONEER COMMUNITY CENTER

# SPRING AFFAIR

LOCAL ARTISANS, PLANT SALES & MORE!

# BAZAAR

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



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 Fulfilment," 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](http://lifestyleforhealthandwellness.com).

 **RSVP**  
503-657-8287 |  **Pioneer Community Center**  
615 5th St. Oregon City, OR 97045



## EASTER PARTY & EGG HUNT

**APRIL 18TH**

**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



SHIBA & AARP

## FRAUD PREVENTION SEMINAR



APRIL 16TH  
9:30 - 11:00AM



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**

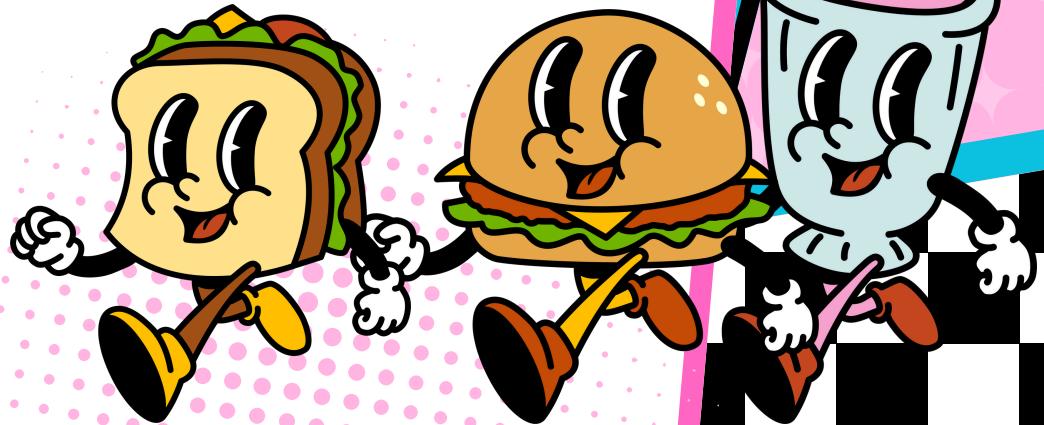
11:00 AM - 12:30 PM

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-Jun 12	\$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 4/23, 5/26</b>
Thai Chi <b>Continuing</b>	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	<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-Jun 12	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	<b>No Class 5/26</b>
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 | Alderman 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.**

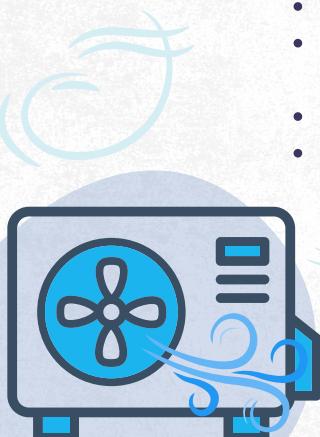
**We ask for an annual \$10 donation or \$15 donation per household.**

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.

## Summer

**Senior Utility Support**

**May - September 2025**



**503-722-3268**

- **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.**



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

## OUR FITNESS ROOM

**IS NOW ACCEPTING  
THE FOLLOWING PROGRAMS!**



**\$20**

for a 24 visit  
punch card



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



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

**503-657-8287**



**CONNECT WITH US FOR UTILITY SUPPORT**

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

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

**Call 503-722-3268 for more information**

**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@orc city.org](mailto:sryan@orc city.org)

 **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
<b>Lunch &amp; Learn Events</b>  <b>April 9th 10am-11am</b> <b>The Power of Medicine in Health &amp; Healing</b>  <b>April 16th 9:30-11:00am</b> <b>SHIBA/AARP Fraud Prevention Seminar</b>	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 <b>Lunch &amp; Learn Event</b> 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 <b>Lunch &amp; Learn Event</b> 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 <b>Easter Party</b> 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 <b>1950's Theme Volunteer Appreciation Luncheon</b> 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@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 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.