

MAY 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,

This May we're welcoming another beautiful spring at our Center. As the flowers bloom and the days grow longer, we are excited to invite you to partake in numerous activities this month.

Join us in celebrating Cinco de Mayo with a festive party filled with music, food, and fun as we immerse ourselves in culture. As we honor the special women in our lives, we are thrilled to host a Mother's Day Tea Party. This flourishing gathering is a chance to recognize the remarkable women who inspire us daily.

Whether you're interested in a visit from a miniature pony named Dudley, a service day at the Center, or numerous educational opportunities, the possibilities for participation at the Center continue to be endless! Kudos to my amazing team that brings this vision to fruition.

As we embark on these exciting options, I want to extend a heartfelt thanks for your support in registering for our Silver Programming options. Your willingness has helped us create sustainable programs and services that will continue to enrich the lives of our community members for years to come.

Celebrating spring together - and looking forward to seeing you at the Center,

Cecily Rose
Social Service and Community Center Manager
Pioneer Community Center

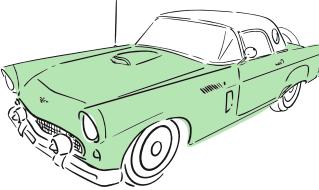
PIONEER HIGHLIGHTS

A look back at us...
Having Fun!

Egg Hunt



Volunteer Appreciation Luncheon





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

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.

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**

MAY ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 CONGREGATE LUNCH MONDAY-FRIDAY 11:00AM-12:00PM Age 60+ \$3 suggest donation Age under 60 \$4.50 fee 				
PIONEER COMMUNITY CENTER  503-657-8287 615 5th St. Oregon City, OR 97045	Upcoming Legal Presentations May 14th, 10am. Rose Elder Law Estate Planning June 12th 10am-12pm John Stromberg of WarrenAllen Power of Attorney Presentation		1 8-9 Zumba Drop In 9:15-11:15 Hatha Yoga 10-11 Walk With Ease Program 10-12:30 Watercolor Painting 10:30-11:30 Tai Chi Beginning 12:30-2 BINGO	2 9:00 Walking Clubs 9:00 June Trip Sign Up 9:00 Foot Care Clinic w/appt. 10:00 Food Pantry 12-3 Rummikub 11:30 Red Cross Blood Drive 12:30-3 Pinochle 1-3 Cards & Dice Games
5 9:00 Walking Clubs 9:30-11:30 Crafting Friends 10-11 Tai Chi Continuing 10:30-11:15 Absolute Beg. Ukulele 11-12 Cinco de Mayo Party 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	6 8-9 Zumba - Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15-11:30 Hatha Yoga 10-11 Walk With Ease Program 10:30-11:30 Tai Chi Beginning 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance	7 9:00 Walking Club  10-11 Walk With Ease Program 10-11 Tai Chi Continuing 10-11 Dudley's Visit 11:15-11:45 Tai Chi Extra Study 12-3 Poker	8 8-9 Zumba Drop In 9:15-11:15 Hatha Yoga 10-11 Walk With Ease Program 10-12:30 Watercolor Painting 10:30-11:30 Tai Chi Beginning 12:30-2 BINGO 1:30-3 Grief Release	9 9:00 Walking Clubs 10:00 Food Pantry 11:00 Mother's Day Event 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games 
12 9:00 Walking Clubs 9:30-11:30 Crafting Friends 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	13 8-9 Zumba-Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:00 Classic Cartoons 9:15-11:30 Hatha Yoga 10-11 Walk With Ease Program 10:00 Law Project w/appt 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	14 9:00 Walking Club 10:00 Estate Planning 101 10-11 Walk With Ease Program 10-11 Tai Chi Continuing 10-11:30 Mindfulness Free Class 11:15-11:45 Tai Chi Extra Study 11:00 Ballroom Basics 12-3 Poker 2-3:30 United Healthcare Information	15 8-9 Zumba Drop In 9:15-11:15 Hatha Yoga 10-11 Walk With Ease Program 10-12:30 Watercolor Painting 10:30-11:30 Tai Chi Beginning 12:30-2 BINGO	16 9:00 Walking Clubs 9-2 Pioneer Center Service Day 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games 
19 9:00 Walking Clubs 9:30-11:30 Crafting Friends 10:00 Clackamas Womens Service 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	20 8-9 Zumba Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15-11:30 Hatha Yoga 10-11 Walk With Ease Program 10:30-11:30 Tai Chi Beginning 12-1 Beginning Line Dance 12-1 Diamond Presentation 1-2 High Beg/Improver Line Dance	21 9:00 Walking Club 10:00 Long Term Care 101 10-11 Walk With Ease Program 10-11 Tai Chi Continuing 11:15-11:45 Tai Chi Extra Study 12pm Bunco 12-3 Poker	22 8-9 Zumba Drop In 9:15-11:15 Hatha Yoga 10-11 Walk With Ease Program 10-12:30 Watercolor Painting 10:30-11:30 Tai Chi Beginning 12:30-2 BINGO 1:30-3 Grief Release	23 9:00 Walking Clubs 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games
26 	26 8:00-9:00 Zumba- Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15-11:30 Hatha Yoga 10-11 Walk With Ease Program 10:30-11:30 Tai Chi Beginning 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance	28 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 12:00 Movie Matinee 12-3 Poker	29 8:00-9:00 Zumba Drop In 9:15-11:15 Hatha Yoga 10-11 Walk With Ease Program 10:30-11:30 Tai Chi Beginning 12:30-2 BINGO	30 9:00 Walking Clubs 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games
				

Cinco De Mayo Party



**MAY | 11AM-
05 | 12:30PM**

PARTY & LUNCH

60+ \$3.00 suggested donation
Under 60 \$4.50 fee

**RSVP @ 503-657-8287
OR RECEPTION DESK**



Pioneer
Community
Center

615 5th Street
Oregon City, OR 97045





YOU ARE INVITED...

Mother's Day Tea Party



CELEBRATE MOTHER'S DAY WITH FRIENDS

9th *May*
2025

11:00 AM-12:00 PM
Pioneer Community Center

RSVP BY MAY 5TH
503-657-8287 OR RECPETION DESK



HAPPENING AT THE CENTER



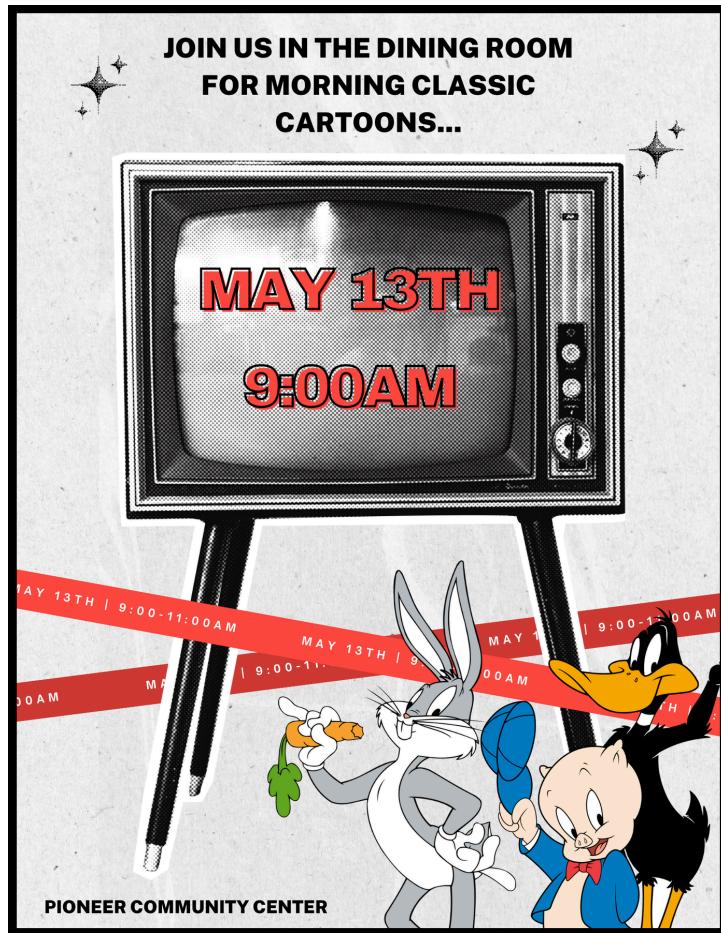
DUDLEY

THE MINIATURE HORSE WITH A BIG HEART WILL BE AT THE PIONEER CENTER SHARING HIS UNCONDITIONAL LOVE, FUNNY & FUZZY MUZZLE MOMENTS, BRINGING SMILES, LAUGHTER AND HAPPINESS WITH HIS GENTLE HEART.

MAY 7TH 10AM-12PM | PIONEER COMMUNITY CENTER

KRISTEN DOWNS THE WONDERFUL OWNER OF DUDLEY, VOLUNTEERS TO MAKE A DIFFERENCE AND SPREAD JOY BY OFFERING VISITS TO THOSE ON HOSPICE. WORKING WITH DUDLEY BRINGS HER JOY AND SHE WANTS TO SHARES THAT JOY WITH ALL OF US!

LITTLE HOOVES SPREADING LOTS OF LOVE



JOIN US IN THE DINING ROOM FOR MORNING CLASSIC CARTOONS...

**MAY 13TH
9:00AM**

PIONEER COMMUNITY CENTER



THE BASICS BALLROOM LLC

**BASICS BALLROOM
LUNCH & LEARN**

MAY 14TH
11:15-11:45 AM

DURING CONGREGATE LUNCH



**MAY
MOVIE MATINEE**

**MAY 28TH
12:00PM**

THE SANDLOT
1 hour 42 minutes

A League of Their Own
2 hours 8 minutes

ANGELS OUTFIELD
1 hour 43 minutes

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

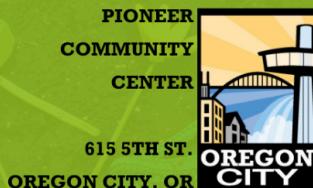
\$2 SUGGESTED DONATION FOR CONCESSIONS



PIONEER SERVICE DAY

MAY 16TH | 9:00AM - 2:00PM

*Join Pioneer Community Center staff and volunteers to care
for the garden and enhance our grounds!*



**RSVP AT THE
FRONT DESK OR
503-657-8287**

INFORMATIONAL SEMINAR



May 19th | 10:00-11:00AM

PIONEER COMMUNITY CENTER



SUMMER CLASS SCHEDULE

HEALTH AND FITNESS CLASSES (Registration Opens May 14 at 12 noon)

CLASS	DAY	TIME	DATES	Fee	Fee 62+	INSTRUCTOR	NOTES
Hatha Yoga	Tuesdays Thursdays	9:15-10:15	Jun 24-Sep 9	\$100.00	\$70.00	Becky Pyles	No Class 8/21, 8/28, 9/2
Thai Chi Beginning	Tuesdays Thursdays	10:30-11:30	Jun 24-Sep 11	\$110.00	\$77.00	Ulises Correa	No Class 7/3, 8/21, 9/1
Thai Chi Continuing	Mondays Wednesdays	10:00-11:00	Jun 23-Sep 3	\$105.00	\$74.00		
Mindfulness Meditation	Wednesdays	10:00-11:30	Jun 25-Aug 27	\$75.00	\$53.00	Diane Haase	Located in Daylight Basement Room
Be Fit	Tuesdays Thursdays	10:00-11:00	Jun 24-Sep 4	\$110.00	\$77.00	Vikki Perlson	Located in Daylight Basement Room
Tai Chi Extra Study	Mondays Wednesdays	11:15-11:45	Jun 23-Sep 3	\$5 Drop-in Fee		Ulises Correa	No Class 9/1
Zumba	Tuesdays Thursdays	8:00-9:00	Jun 24-Sep 4	Silver Program Fitness Punch Card \$1 Drop-In		Laura Luna-Brice	No Class 7/29, 7/31

CREATIVE EXPRESSION

Absolute Beginners Ukulele	Mondays	10:30-11:15	Jun 23-Aug 25	\$144, \$18 Drop-In First drop-in is FREE	Brian Fergus	No Class 9/1	
Beginning Ukulele	Mondays	11:15-12:00	Jun 23-Aug 25				
Beyond Beginning Ukulele	Mondays	12:00-1:30	Jun 23-Aug 25				
Watercolor Painting	Thursdays	10:00-12:30	Jun 26-Aug 14	\$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



May 2025 Trips

May 7th | Portland Japanese Garden - \$18.95 Admission Fee
May 14th | Granny Fi's Shortbread
May 21st | Donkey Sanctuary
May 28th | Alderman Peony Garden

**Check with the Reception Desk or call 503-657-8287
for trip openings this month!**



In-Person Registration for June Trips **Friday, May 2nd at 9:00am**

June 4th | Zeb's Wish Equine Tour

Rescue sanctuary for elder and special needs equines.
Donation Request.



June 11th | Deepwood Museum & Garden

Visit this historic house & garden in Salem.
The home was built in 1893.



June 18th | Tryon Creek Hike

Hike on trails through second growth forest along Tyron Creek.
Lunch at Reverand's BBQ.

June 25th | Bauman's Farm & 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.

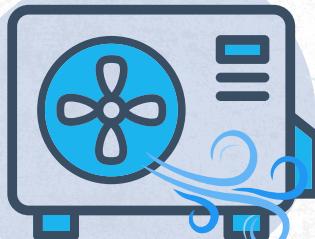
We ask for an annual \$10 donation or \$15 donation per household.

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

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

OUR FITNESS ROOM

**IS NOW ACCEPTING
THE FOLLOWING PROGRAMS!**

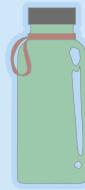
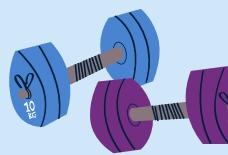


**Fitness Center hours are
Monday - Friday 9:00AM-4:00PM**



CALL TO SET UP AN ORIENTATION TODAY!

503-657-8287



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**

- 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.**

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



VOLUNTEER OPPORTUNITIES

*Together,
we make a
Difference*

VOLUNTEERS NEEDED



Love gardening but don't have a yard of your own?

Come get your hands dirty with us!

The Pioneer Adult Community Center

Garden Group is looking for
enthusiastic volunteers to help keep our
beautiful garden spaces thriving.

Together, we'll weed, plant, grow, and
harvest the fruits (and veggies!) of our labor
while building community and enjoying the outdoors.

If you're interested, simply fill out a
volunteer application.

Once your background check is complete,
we'll schedule your time in the garden and get you growing!
Let's dig in—together!

For more information on becoming a volunteer:

Social Services Coordinator

Shirley Ryan

503-722-3268 or sryan@orccity.org



MAY

Pat R. Connie M. Julie J. Bill S.

Peter B. Gayle D. David T. Barbara F. Susan J.

Karen S.

Hans E. Dave G. William K.

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



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.

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

For more information contact
Social Services Coordinator
Shirley Ryan 503-722-3268
or sryan@orccity.org





MAY CONGREGATE MENU



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PIONEER COMMUNITY CENTER</p>  <p>503-657-8287 615 5th St. Oregon City, OR 97045</p>			<p>1 Salisbury Steak w/Brown Gravy Whipped Potatoes Carrots Squash Bread Seasonal Fresh Fruit</p>	<p>2 Cottage Cheese and Tropical Fruit Salad over greens Split Pea Soup Multigrain Roll</p>
<p>5 CINCO de Mayo Beef Stroganoff Penne Pasta California Vegetables Carrot Pepper Coleslaw Garlic Roll Seasonal Fresh Fruit</p>	<p>6 Chicken Tortilla Soup Romaine Iceberg Salad Spinach Rye Bran Roll Seasonal Fresh Fruit</p>	<p>7 Chicken Mole Pinto Beans Romaine Iceberg Salad Flour Tortilla Churro</p>	<p>8 Pork Carnitas w/Verde Salsa w/ Tortilla Whole Kernel Corn Cucumber and Red Onion Salad Cinnamon Chocolate Pudding</p>	<p>9 Chicken Pot Pie Green Beans Carrot Raisin Salad Biscuit Fresh Apple</p> 
<p>12 Chicken Jambalaya Collard Greens Creamy Coleslaw French Roll Fresh Orange</p>	<p>13 Roast Pork w/Blueberry Chutney Sauce Au gratin Potatoes Green Beans Sunflower Seed Bread Carrot Cake</p>	<p>14 Macaroni & Cheese Stewed Tomatoes Marinated Zucchini Salad Rye Bran Roll Fresh Banana</p>	<p>15 Spaghetti & Meat Sauce Green Beans Broccoli Cauliflower Craisin Salad Garlic Roll Frosted Yellow Cake</p>	<p>16 Creamed Chicken & Vegetables Whipped Potatoes Peas and Carrots Oat Bran Bread Fresh Apple</p>
<p>19 Lime Chicken Brown Cilantro Lime Rice Black Bean & Corn Salad Fiesta Vegetables Seasonal Fruit</p>	<p>20 Garden Turkey Mini Salad w/Caesar Dressing Over Greens Pickled Beets Herb Roll Tropical Fruit</p>	<p>21 Sloppy Joe Baked Beans Coleslaw WG Hamburger Bun Hot Cinnamon Applesauce</p>	<p>22 Herbed Chicken w/Country Gravy Parmesan Whipped Potatoes California Vegetables Honey Wheat Bread Fresh Apple</p>	<p>23 Kielbasa Sausage Sauerkraut/Yellow Mustard Potato Salad Corn Hot Dog Bun Ice Cream</p>
<p>26  REMEMBER AND HONOR</p>	<p>27 Butter Chicken Jasmine Rice New! Sesame Green Beans Carrots Fresh Banana</p>	<p>28 Cheese Burger Tomatoes and Pickles Hamburger Bun Baked Beans Coleslaw Sherbet</p> 	<p>29 Pork Sausage Patty w/Cheese Tater Tots California Vegetables Biscuit Seasonal Fresh Fruit</p>	<p>30 Chicken Mushroom Bake Whole Kernel Corn Broccoli Ranch Salad Seven Grain Roll Fresh Orange</p>

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 HRRCC 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.