

**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



*Egg Art!*



*Outdoor Fun!*

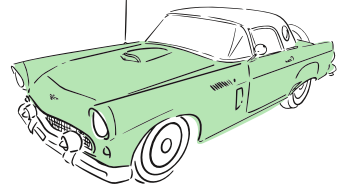


*Eggstra special!*

*Volunteer Appreciation Luncheon*



*Nice Rides!*







# 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
<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>Upcoming Legal Presentations</b>  <b>May 14th, 10am.</b> <b>Rose Elder Law Estate Planning</b>  <b>June 12th 10am-12pm</b> <b>John Stromberg of WarrenAllen Power of Attorney Presentation</b>		<b>1</b>  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	<b>2</b>  9:00 Walking Clubs <b>9:00 June Trip Sign Up</b> 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
<b>5</b> 9:00 Walking Clubs 9:30-11:30 Crafting Friends 10-11 Tai Chi Continuing 10:30-11:15 Absolute Beg. Ukulele <b>11-12 Cinco de Mayo Party</b> 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>6</b> 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	<b>7</b>  9:00 Walking Club 10-11 Walk With Ease Program 10-11 Tai Chi Continuing <b>10-11 Dudley's Visit</b> 11:15-11:45 Tai Chi Extra Study 12-3 Poker  <b>Trip Day</b> <b>The Japanese Gardens</b>	<b>8</b> 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	<b>9</b> 9:00 Walking Clubs 10:00 Food Pantry <b>11:00 Mother's Day Event</b> 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games  
<b>12</b> 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	<b>13</b> 8-9 Zumba-Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club <b>9:00 Classic Cartoons</b> 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 <b>1:30-2:30 Alzheimer's Support</b>	<b>14</b> 9:00 Walking Club <b>10:00 Estate Planning 101</b> 10-11 Walk With Ease Program 10-11 Tai Chi Continuing <b>10-11:30 Mindfulness Free Class</b> 11:15-11:45 Tai Chi Extra Study <b>11:00 Ballroom Basics</b> 12-3 Poker <b>2-3:30 United Healthcare Information</b>  <b>Trip Day</b> <b>Granny Fi's Shortbread &amp; A Spot of Tea</b>	<b>15</b> 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	<b>16</b>  9:00 Walking Clubs <b>9-2 Pioneer Center Service Day</b> 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games  
<b>19</b> 9:00 Walking Clubs 9:30-11:30 Crafting Friends <b>10:00 Clackamas Womens Service</b> 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>20</b> 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 <b>12-1 Diamond Presentation</b> 1-2 High Beg/Improver Line Dance	<b>21</b> 9:00 Walking Club <b>10:00 Long Term Care 101</b> 10-11 Walk With Ease Program 10-11 Tai Chi Continuing 11:15-11:45 Tai Chi Extra Study 12pm Bunco 12-3 Poker  <b>Trip Day</b> <b>The Donkey Sanctuary</b>	<b>22</b> 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 <b>1:30-3 Grief Release</b>	<b>23</b> 9:00 Walking Clubs 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games
<b>26</b> 	<b>26</b> 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	<b>28</b> 9:00 Walking Club 10-11 Walk With Ease Program 10-11 Tai Chi Continuing <b>11:00 Birthday Day Lunch</b> 11:15-11:45 Tai Chi Extra Study <b>12:00 Movie Matinee</b> 12-3 Poker  <b>Trip Day</b> <b>Aldeman Peony Garden</b> 	<b>29</b> 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	<b>30</b> 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 RECEPTION 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 SHARE 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**





**BASICS BALLROOM LUNCH & LEARN**

**MAY 14TH  
11:15-11:45 AM**

**DURING CONGREGATE LUNCH**

**MAY  
MOVIE MATINEE**

**MAY 28TH  
12:00PM**





1 hour 42 minutes



2 hours 8 minutes



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	<b>No Class 8/21, 8/28, 9/2</b>
Thai Chi Beginning	Tuesdays Thursdays	10:30-11:30	Jun 24-Sep 11	\$110.00	\$77.00	Ulises Correa	<b>No Class 7/3, 8/21, 9/1</b>
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	<b>Located in Daylight Basement Room</b>
Be Fit	Tuesdays Thursdays	10:00-11:00	Jun 24-Sep 4	\$110.00	\$77.00	Vikki Perlson	<b>Located in Daylight Basement Room</b>
Tai Chi Extra Study	Mondays Wednesdays	11:15-11:45	Jun 23-Sep 3	\$5 Drop-in Fee		Ulises Correa	<b>No Class 9/1</b>
Zumba	Tuesdays Thursdays	8:00-9:00	Jun 24-Sep 4	Silver Program Fitness Punch Card \$1 Drop-In		Laura Luna- Brice	<b>No Class 7/29, 7/31</b>

## CREATIVE EXPRESSION

Absolute Beginners Ukulele	Mondays	10:30-11:15	Jun 23-Aug 25	<b>\$144, \$18 Drop-In</b> First drop-in is FREE		Brian Fergus	<b>No Class 9/1</b>
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 | Aldeman 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.



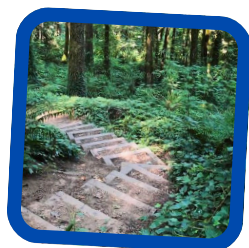
### June 11th | Deepwood Museum & Garden

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.

**OUR FITNESS ROOM**

**IS NOW ACCEPTING**

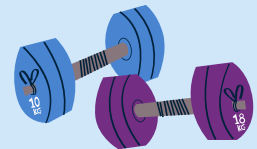
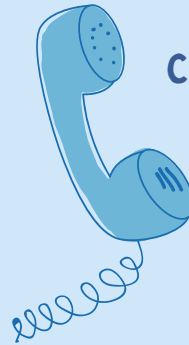
**THE FOLLOWING PROGRAMS!**



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

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

**503-657-8287**



## Summer

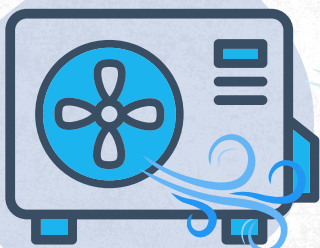
**Senior Utility Support  
May - September 2025**

**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

*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](mailto: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](mailto:scp@clackamas.us)
- [www.clackamas.us/socialservices/senior](http://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](mailto: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><b>1</b></p> <p>Salisbury Steak w/Brown Gravy Whipped Potatoes Carrots Squash Bread Seasonal Fresh Fruit</p>	<p><b>2</b></p> <p>Cottage Cheese and Tropical Fruit Salad over greens Split Pea Soup Multigrain Roll</p>
<p><b>5</b> <b>Cinco de Mayo</b></p> <p>Beef Stroganoff Penne Pasta California Vegetables Carrot Pepper Coleslaw Garlic Roll Seasonal Fresh Fruit</p>	<p><b>6</b></p> <p>Chicken Tortilla Soup Romaine Iceberg Salad Spinach Rye Bran Roll Seasonal Fresh Fruit</p>	<p><b>7</b></p> <p>Chicken Mole Pinto Beans Romaine Iceberg Salad Flour Tortilla Churro</p>	<p><b>8</b></p> <p>Pork Carnitas w/Verde Salsa w/ Tortilla Whole Kernel Corn Cucumber and Red Onion Salad Cinnamon Chocolate Pudding</p>	<p><b>9</b></p> <p>Chicken Pot Pie Green Beans Carrot Raisin Salad Biscuit Fresh Apple</p> <p>♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥</p>
<p><b>12</b></p> <p>Chicken Jambalaya Collard Greens Creamy Coleslaw French Roll Fresh Orange</p>	<p><b>13</b></p> <p>Roast Pork w/Blueberry Chutney Sauce Au gratin Potatoes Green Beans Sunflower Seed Bread Carrot Cake</p>	<p><b>14</b></p> <p>Macaroni &amp; Cheese Stewed Tomatoes Marinated Zucchini Salad Rye Bran Roll Fresh Banana</p>	<p><b>15</b></p> <p>Spaghetti &amp; Meat Sauce Green Beans Broccoli Cauliflower Craisin Salad Garlic Roll Frosted Yellow Cake</p>	<p><b>16</b></p> <p>Creamed Chicken &amp; Vegetables Whipped Potatoes Peas and Carrots Oat Bran Bread Fresh Apple</p>
<p><b>19</b></p> <p>Lime Chicken Brown Cilantro Lime Rice Black Bean &amp; Corn Salad Fiesta Vegetables Seasonal Fruit</p>	<p><b>20</b></p> <p>Garden Turkey Mini Salad w/Caesar Dressing Over Greens Pickled Beets Herb Roll Tropical Fruit</p>	<p><b>21</b></p> <p>Sloppy Joe Baked Beans Coleslaw WG Hamburger Bun Hot Cinnamon Applesauce</p>	<p><b>22</b></p> <p>Herbed Chicken w/Country Gravy Parmesan Whipped Potatoes California Vegetables Honey Wheat Bread Fresh Apple</p>	<p><b>23</b></p> <p>Kielbasa Sausage Sauerkraut/Yellow Mustard Potato Salad Corn Hot Dog Bun Ice Cream</p>
<p><b>26</b></p> <p><b>MEMORIAL DAY</b></p>  <p>REMEMBER AND HONOR</p>	<p><b>27</b></p> <p>Butter Chicken Jasmine Rice New! Sesame Green Beans Carrots Fresh Banana</p>	<p><b>28</b></p> <p>Cheese Burger Tomatoes and Pickles Hamburger Bun Baked Beans Coleslaw Sherbet</p> <p>🎉 <b>HAPPY BIRTHDAY</b> 🎉</p>	<p><b>29</b></p> <p>Pork Sausage Patty w/Cheese Tater Tots California Vegetables Biscuit Seasonal Fresh Fruit</p>	<p><b>30</b></p> <p>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@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.