

**JUNE 2025**

**PIONEER  
COMMUNITY  
CENTER**



**OPEN HOURS**  
**9AM – 4PM**  
**MONDAY – FRIDAY**  
**503-657-8287**

**OUR SERVICES**

Recreation | Education | Socialization  
Meals on Wheels | Social Services  
Transportation | Congregate Lunch  
Fitness Center | Computer Lab  
Volunteer Opportunities | Facility Rentals





# PIONEER COMMUNITY CENTER

CITY OF OREGON CITY

## OUR STAFF

Cecily Rose  
**Social Services &  
Community Center  
Manager**  
503-496-1523

Taylor Miller  
**Rental & Events  
Coordinator**  
971-204-0425

Shirley Ryan  
**Social Services  
Coordinator**  
503-722-3268

Alex Kocher  
**Meals on Wheels  
Programmer**  
503-722-5979

Debbie Taplin  
**Transportation**  
503-974-5514

Christie Horner  
**Receptionist**

Angela Hartmann  
**Food Services**  
971-204-0430

Linda Eells  
**Nutrition Assistant**

Laura Luna-Brice  
**Fitness Instructor**

Neal Schmitt  
Tony Zuniga  
Kevin Poppen  
**Transportation Drivers**

Dear Friends of the Center,

Happy June to you and yours! We are thrilled to kick off the summer season with an array of activities including a day enjoying Rocky Road Ice-cream, a concert from the OC Ukers, the first hike of the season to Tryon Creek, a Father's day luncheon, and programs galore.

While things are bustling here, we are slowing things down in the kitchen this month in order to complete a kitchen upgrade project. Much of our kitchen equipment has neared the end of its life and we are implementing new equipment and streamlining processes to improve meal service. These upgrades will allow us to more efficiently and effectively utilize space and resources for the nutrition programs that include the Meals on Wheels programs for Oregon City and West Linn, as well as the Congregate Dining program. This project is scheduled to take place June 2nd-6th. While we have planned numerous details, this project has some components that may be subject to change. Please know we will do our best to maintain service and menu items as projected to the best of our ability. We appreciate your patience as we complete these needed and exciting upgrades. Thank you for being a vital part of our community.

See you at the Center,

Cecily Rose  
Social Service and Community Center Manager  
Pioneer Community Center





# PIONEER HIGHLIGHTS

A look back at us...

*Having Fun!*



How cute!



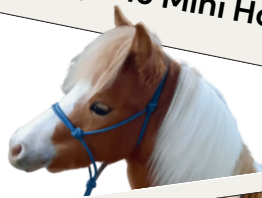
Dudley the Mini Horse



Walk With Ease



Multnomah Falls



Time for a Day Trip!



Dance! Dance! Dance!



The Basics Ballroom



Grow, grow, grow!



Visit from a Master!



2025 Service Day



Thank you to Pioneer volunteers and students from North Clackamas Christian School!



Sweep it up!



Volunteering in the garden!





# 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





# KITCHEN REMODEL



## KITCHEN REMODEL MAY 30TH - JUNE 6TH

Our kitchen equipment is outdated, prompting the introduction of new equipment and streamlined processes to enhance meal service. These upgrades will improve space and resource utilization for nutrition programs, including Meals on Wheels for Oregon City and West Linn, as well as the Congregate Dining program.



### MENU REPLACEMENT JUNE 4<sup>TH</sup> ONLY

The Pioneer Cafe will be partially closed on June 4<sup>th</sup>. Serving pizza, salad, and celebrating National Cheese Day!

## IN THE KITCHEN, WHAT'S NEW?



- STEAM TABLE REPLACEMENT
- ADDITION OF GRIDDLE
- OVEN REPLACEMENT
- SUPPRESSION UPGRADES
- PLUMBING ENHANCEMENT
- ELECTRICAL UPGRADES

***\*PLEASE BE AWARE THAT WHILE THE REMODELING IS SCHEDULED FOR THE TIMES INDICATED, WE KINDLY ASK FOR YOUR UNDERSTANDING, AS BOTH THE SCHEDULE AND MENU ITEMS MAY CHANGE.***



# JUNE 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> <div>  </div>				
<b>2</b> 9:00 Walking Clubs 9:30-11:30 Crafting with Friends 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance  <b>National Rocky Road Day</b> 	<b>3</b> 8-9 Zumba - Drop In 9:00 Foot Care Clinic w/appt 9:00 Walking Club 10-11 Walk With Ease 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance  	<b>4</b> 9:00 Walking Club <b>9:30 Presentation: Senior Living Roadmap</b> 10-11 Walk With Ease 12-3 Poker  <b>National Cheese Day</b>  <b>Trip Day</b> <b>Zeb's Wish Equine Tour</b> 	<b>5</b> 8-9 Zumba Drop In 10-11 Walk With Ease 12:30-2 Bingo  	<b>6</b> 9:00 Walking Clubs <b>9:00 July 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>9</b> 9:00 Walking Clubs 9:30-11:30 Crafting with Friends <b>11:30 OC Ukers Performance</b> 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance <b>1:00 Presentation: Premier Travel</b>	<b>10</b> 8-9 Zumba - Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 10-11 Walk With Ease 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance <b>1:30-2:30 Alzheimer's Support</b>	<b>11</b> 9:00 Walking Club 10-11 Walk With Ease 12-3 Poker <b>2-3:30 United Healthcare Information</b>  <b>Trip Day</b> <b>Deepwood Museum &amp; Garden</b>	<b>12</b> 8-9 Zumba Drop In 10-11 Walk With Ease <b>10-12 Presentation: Power of Attorney</b> 12:30-2 Bingo <b>1:30-3 Grief Release</b>	<b>13</b> 9:00 Walking Clubs 10:00 Food Pantry <b>11:00 Father's Day Lunch</b> 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games  
<b>16</b> 9:00 Walking Clubs 9:30-11:30 Crafting with Friends 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance  	<b>17</b> 8-9 Zumba-Drop In 9:00 Foot Care Clinic w/appt 9:00 Walking Club 10-11 Walk With Ease 10:00 Law Project w/appt <b>12:00 Juneteenth Fireside Film</b> 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance  	<b>18</b> 9:00 Walking Club 10-11 Walk With Ease 10 Senior Law Project w/appt <b>10-11:30 Mindfulness Free Class</b> <b>11:45 Lunch and Learn Juneteenth Documentary</b> 12-3 Poker 2pm Bunco  <b>Trip Day</b> <b>Tryon Creek Hike</b>	<b>19</b>   <b>Pioneer Community Center Closed</b>	<b>20</b> 9:00 Walking Clubs 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games  
<b>23</b> 9:00 Walking Clubs 9:30-11:30 Crafting with Friends 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance  <b>National Typewriter Day</b> 	<b>24</b> 8-9 Zumba Drop In 9:00 Foot Care Clinic w/appt 9:00 Walking Club 10-11 Walk With Ease <b>10:00 Fireside Book Chat</b> 12-1 Beginning Line Dance <b>12-1 Diamond Presentation</b> 1-2 High Beg/Improver Line Dance  	<b>25</b> 9:00 Walking Club 10-11 Walk With Ease <b>11:00 Birthday Day Lunch</b> 12-3 Poker   <b>Trip Day</b> <b>Bauman's Farm &amp; Garden</b>	<b>26</b> 8-9 Zumba Drop In 10-11 Walk With Ease 12:30-2 Bingo <b>1:30-3 Grief Release</b>	<b>27</b> 9:00 Walking Clubs 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games  
<b>30</b> 9:00 Walking Clubs 9:30-11:30 Crafting with Friends <b>10:00 Ice Tea Social</b> 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance  				

SUMMER RECREATION CLASS SCHEDULE ON NEXT PAGE



# 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	Rachael Petersen	<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)





# HAPPENING AT THE CENTER

PIONEER COMMUNITY CENTER

## MAKE YOUR OWN ROCKY ROAD

NATIONAL ROCKY ROAD DAY!



**JUNE 2ND @ 11:15 AM  
DURING CONGREGATE LUNCH**



RSVP AT THE  
RECEPTION DESK  
OR 503-657-8287

## Senior Living **ROADMAP**

What You Need to Know

**Wednesday - June 4th**

**9:30 - 11:00 am**

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

**Many topics are covered. Get your questions answered!**

If you want more information about all things related to **SENIOR LIVING**, this presentation is for you! You'll be surprised and encouraged by what you learn in this engaging and very informative presentation. This information is great for seniors and their family members who may need to make a change one day. Leave feeling less fearful, less confused and less stressed. Get **FREE** support and assistance.

*Presentation is being delivered in English.*

**Space is limited. Registration is required.**

### About the Presenter



As a Senior Advisor and Placement Specialist, Belinda Godin helps people transition to senior living communities when the time arrives so families aren't tackling the process alone. There's a lot to know and a lot to do. You will receive hands-on, boots-on-the-ground guidance through all the decisions you'll need to make.

Belinda brings a robust library of experience and perspective to this conversation as she has worked inside senior living communities as an Admissions Director in two states. She also walked with her Mom on the senior living journey. Belinda has 13 years as a senior's real estate specialist. She is licensed by the state of Oregon and is the owner of Aging Stages Senior Services which provides free advising and placement services. Belinda encourages you to join the conversation just so you know what may lie ahead for you or someone you know. You can also call her about scheduling a private conversation for yourself or for a group to which you belong. You'll leave more educated about next steps if that time comes.

*Aging Stages*  
SENIOR SERVICES

971.488.3280

[Belinda@AgingStagesSeniorServices.com](mailto:Belinda@AgingStagesSeniorServices.com)  
<https://agingstageseniorservices.com/>

## OC UKERS

**JUNE 9TH  
11:30AM**

**During Congregate Lunch**

**\$3 suggested donation | Age of 60+  
\$4.50 fee | Under Age of 60**

Enjoy a  
performance  
from the OC  
Uker's of their  
favorite songs!



## PREMIER WORLD DISCOVERY PRESENTATION

### TRAVEL DESTINATIONS WITH PREMIER

**MONDAY  
JUNE 9TH  
1:00 PM  
PIONEER  
CLASSROOM**

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



# **LUNCH** **FATHER'S DAY**

**JUNE 13TH | 11:00 AM**  
**DURING CONGREGATE LUNCH**

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

**JUNETEENTH**  
**DOCUMENTARY:**  
**THE LONG ROAD TO FREEDOM**  
*(PBS, 30 MINUTE LENGTH)*

**JUNE 18TH**  
**CONGREGATE LUNCH**  
**DOCUMENTARY BEGINS AT 11:45AM**





# HAPPENING AT THE CENTER



## LEGAL PRESENTATION

**POWER OF ATTORNEY: ENSURING YOU TAKE THE RIGHT STEPS**

John Stromberg, a trusted expert in Elder Law, Domestic Abuse, and Estate Planning, will provide valuable insights into the importance of having a Power of Attorney in place. Whether you're planning for your future or helping a loved one navigate complex legal matters, this session will guide you on how to make informed decisions.

*Presenter: John Stromberg from Warren Allen Attorneys at Law*

**JUNE 12TH | 10:00AM - 12:00PM**

Shirley Ryan  
Social Services Coordinator  
sryan@orc.org  
503-722-3268

**CALL TODAY FOR QUESTIONS OR TO RESERVE A SPOT!**



# Fireside Films

FILM SERIES IN THE FIRESIDE ROOM




**JUNE MOVIE IN RECOGNITION OF JUNETEENTH:**  
BLACK BARBIE (DOCUMENTARY)

**June 17th  
12:00-2:00 PM  
Fireside Room**

RSVP at Front Desk  
Max 20 guests






## NATIONAL TYPEWRITER DAY

TYPE A LETTER TO A LOVED ONE, FRIEND, OR YOUR FUTURE SELF ON A 1967 OLYMPIA TYPEWRITER!

**JUNE 23RD 9:00 AM - 2:00 PM**



# ICE TEA SOCIAL

**FRIDAY, JUNE 30TH | 10:00AM - 12:00PM**  
ON THE PATIO

**RSVP AT THE RECEPTION DESK  
OR CALL 503-657-8287**





# UPCOMING SUMMER EVENTS



## **Independence Day BBQ**

July 3rd | 11:00am



## **Movie Matinee**

July 9th | 12:00pm



## **Karaoke Party**

July 15th | 12:00-1:00pm



## **Coloring Book Day Pop-Up**

*with local artist Kathy Rowe*

August 4th | 10:00am-12:00pm




## **Annual Rummage Sale**

August 8th | 9:00am-3:00pm




## **Summer Bash** ***National Senior Citizens Day***

August 21st | 9:00am-2:00pm



*Events & Activities throughout the day, including Summer Bash Party during lunch program and weekly Bingo!*





# DAY TRIPS & DINE OUTS



## June 2025 Trips

June 4th | Zeb's Wish Equine Tour

June 11th | Deepwood Museum & Garden

June 18th | Tryon Creek Hike

June 25th | Bauman's Farm & Garden

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



## In-Person Registration for July Trips

**Friday, June 6th at 9:00am**

**July 2nd | Cannon Beach**

Visit the sandy beach crowned by Haystack Rock.

**July 9th | Tualatin Hills Nature Hike**

This park features 5 miles of trails, with 1.5 miles of paved trail, and the remaining 3.5 miles of soft surface trail.

**July 16th | Spirit Mt. Casino**

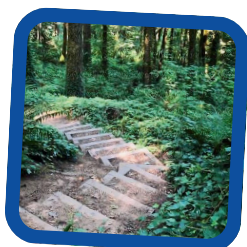
Try your luck at the Las Vegas style casino.

**July 23rd | Smoking Jay BBQ Dine-Out**

**July 30th | Willamette Falls Jet Boats**

Take a 15 mile tour of the Willamette River.

Cost of Ticket to ride \$43.95



**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.

# VOLUNTEER OPPORTUNITIES



## Pioneer Community Center

**For more information on  
becoming a volunteer:**

**Social Services Coordinator**

**Shirley Ryan**

**503-722-3268 or**

**sryan@orcity.org**



### **Meals on Wheels Drivers**

Delivering meals to our homebound  
citizens in Oregon City, Beavercreek,  
Redland & West Linn!

Monday, Tuesday,  
Thursday & Fridays

### **Gardening**

We are looking for helpers to work in our  
garden this summer. Picking raspberries,  
blueberries and tomatoes for our  
nutrition program.

Monday- Friday

ENGAGE

JOIN

PARTICIPATE

UNITE

INVOLVE

### **Nutrition Program Helpers**

Morning Packers, Helpers,  
Servers, Hostesses, Clean up,  
and Event Helpers.  
Positions available.

Monday – Friday

### **Activity Leaders**

Game host & Recreation Leaders  
who love to play and host game  
events, craft events and more.

Monday – Friday



**Ann B.**

**Maja M.**

**Jo S.**

**Kathy N.**

**Danielle M.**

**Ira J.**

**Steven M.**

**Darlene S.**

**Nancy R.**

**Elisabeth O.**

**Shirley W.**

**Amelia M.**







# 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**

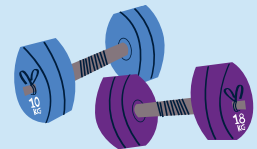
**THE FOLLOWING PROGRAMS!**



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

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

**503-657-8287**



## Summer

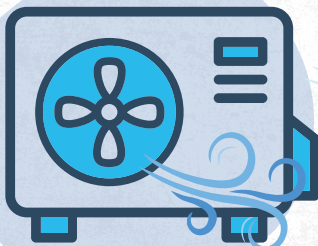
**Senior Utility Support  
May - September 2025**

**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**





# JUNE CONGREGATE MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2 Rocky Road Ice Cream Day</b> Meatloaf w/Brown Gravy Delmonico Potatoes Mixed Vegetables Oat Bran Bread Fresh Apple	<b>3</b> Chicken Thigh w/Lemon Caper Sauce Orzo Pasta Spinach Pineapple Slaw Wheat Bread Mixed Fruit	<b>4</b> <b>Kitchen Closed for Remodel, Dining Room Open</b> <b>Replacement Menu:</b> Pizza Garden Salad Cheese Charcuterie <b>National Cheese Day</b>	<b>5</b> Beef Kettle Lasagna Winter Vegetables Carrot Pineapple Salad Sunflower Roll Fresh Apple	<b>6</b> Ground Beef Stew Romaine Iceberg Salad Spinach Rye Bran Roll Seasonal Fresh Fruit
<b>9</b> Chicken Caesar Salad over Greens Tropical Fruit Multigrain Roll 	<b>10</b> Vegetarian Meatballs w/Marinara Sauce Penne Pasta California Vegetables Carrot Pepper Coleslaw Garlic Roll Seasonal Fresh Fruit	<b>11</b> Chicken Pot Pie Green Beans Carrot Raisin Salad Biscuit Fresh Apple	<b>12</b> Chicken Jambalaya Collard Greens Creamy Coleslaw French Roll Frosted Red Devil Beet Cake	<b>13</b> <i>HAPPY Father's Day</i> Beef Taco Shredded Lettuce & Tomatoes Pinto Beans Chuckwagon Corn Mixed Fruit
<b>16</b> Broccoli and Beef Rice Peas and Carrots Romaine Lettuce Salad Seasonal Fresh Fruit	<b>17</b> A1 Chopped Steak Whipped Potatoes California Vegetables Cracked Wheat Bread Poke n' Pour Cake	<b>18</b> Roast Pork w/Pork Gravy Whipped Potatoes Peas and Carrots Oat Bran Bread Fresh Apple	<b>19</b>  <b>Pioneer Community Center Closed</b>	<b>20</b> Spaghetti & Meat Sauce Green Beans Broccoli Cauliflower Craisin Salad Garlic Roll Fresh Orange
<b>23</b> Cowboy Campfire Stew Stewed Tomatoes Marinated Zucchini Salad Rye Bran Roll Fresh Banana	<b>24</b> Lime Chicken Brown Cilantro Lime Rice Black Bean & Corn Salad Fiesta Vegetables Seasonal Fruit	<b>25</b> Kalua Pork w/Teriyaki Sauce Jasmine Rice Sesame Green Beans Carrot Mandarin Salad Fresh Banana 	<b>26</b> Sloppy Joe Baked Beans Coleslaw WG Hamburger Bun Hot Cinnamon Applesauce	<b>27</b> Homestyle Turkey Patty w/Poultry Gravy Parmesan Whipped Potatoes California Vegetables Honey Wheat Bread Fresh Apple
<b>30 Ice Tea Social</b> Chicken Parmesan Whole Grain Penne Pasta Brussels, Corn, and Carrots Rye Bran Bread Fresh Orange 				<b>PIONEER COMMUNITY CENTER</b>  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.



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.