

AUGUST 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 and warm August greetings to you. The Center's schedule is packed with a wide variety of programs and activities that perfectly cater to the spirit of summer. As I look at the calendar of events continuing to fill, I'm excited for our annual rummage sale, national dog day, and a beachy concert. We have something sunny and special for you this month.

There is a city-wide closure on August 28th at 12pm with a private city event happening at our facility. We apologize in advance for the interruption to programming and services this day. Our team will be working diligently to make this as seamless as possible for patrons and recipients.

As summer comes to an end this month, some of our fantastic summer programming is ending as well. Make sure you take advantage of our last Concerts in the Park, attend the last Walk with Ease classes, or enjoy your summer trips and outings while they last. See you at the Center,

Cecily Rose
Community Center Manager
Pioneer Community Center



EARLY CLOSURE | AUGUST 28TH

THE PIONEER COMMUNITY CENTER WILL BE CLOSED STARTING AT 12:00PM
ON AUGUST 28TH AND WILL REOPEN AT 9:00AM ON AUGUST 29TH.

PIONEER HIGHLIGHTS

A look back at us...

Having Fun!



Volunteers make things happen!



BBQ FUN!



4TH OF July



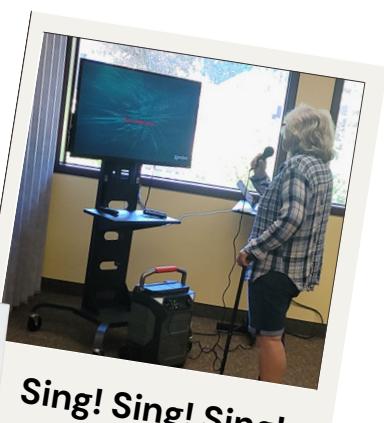
Get your karaoke on!



KARAOKÊ



Friends singing together!



Sing! Sing! Sing!

Road Trip!



Time for a Day Trip



Love it!



Fun at Spirit Mountain!



Smiles all around!

JOIN US! 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 request a \$10 annual donation or \$15 per household. Membership includes entry into quarterly prize drawings and participation in monthly Birthday Day gift card drawings (must be present to win). You'll also receive our monthly e-newsletter via email.

OUR FITNESS ROOM IS NOW ACCEPTING
THE FOLLOWING PROGRAMS!



\$20
for a 24 visit
punch card

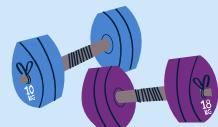
Renew Active
by UnitedHealthcare

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



CALL TO SET UP AN ORIENTATION TODAY!

503-657-8287



Transportation Reaching People

Mobility opens doors, offering independence and community connection

Caring people with reliable cars volunteer to drive seniors and people with disabilities to medical appointments and important errands.

Volunteers receive:

- Mileage reimbursement
- Free defensive driving training, which may give you a discount on your auto insurance
- Flexible scheduling

To request a free ride:

- Call us at 503-655-8208 to register by answering a few easy questions.

After you are in our registration system, you can schedule a ride by voicemail.

Contact us to get started as a volunteer or client!

- Phone: 503-655-8208 Email: trpclackamas@clackamas.us
- www.clackamas.us/socialservices/senior



AUGUST 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			
				
4 9:30-11:30 Crafting with Friends 10-12 National Coloring Book Day Pop-Up Art Lab 11-12 Congregate Lunch 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance 	5 8-9 Zumba - Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 10-11 Walk With Ease 11-12 Congregate Lunch 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance	6 10-11 Walk With Ease 11-12 Congregate Lunch 12-3 Poker	7 8-9 Zumba - Drop In 10-11 Walk With Ease 11-12 Congregate Lunch 12:30-2 Bingo	1 9:00 September Trip Sign Up 9:00 Foot Care Clinic w/appt. 8:30/9:00 Walking Clubs 10:00 Food Pantry 11-12 Congregate Lunch 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games
11 9:30-11:30 Crafting with Friends 11-12 Congregate Lunch 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance	12 8-9 Zumba - Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 10-11 Walk With Ease 11-12 Congregate Lunch 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance 1:30-3:30 Alzheimer's Support	13 10-11 Walk With Ease 10-11 Lifestyle Medicine Happiness! Presentation 11-12 Congregate Lunch 12-3 Poker 2-4 United Health Care 101	14 8-9 Zumba - Drop In 10-11 Walk With Ease 10-12 Legal Presentation: Wills & Trusts 11-12 Congregate Lunch 12:30-2 Bingo 1:30-3 Grief Release Annual Picnic @ Chapin Park (Not Pioneer Community Center)	15 9:00 Walking Club 10:00 Food Pantry 11-12 Congregate Lunch 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games 
18 9:30-11:30 Crafting with Friends 11-12 Congregate Lunch 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance 	19 8-9 Zumba - Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 10-11 Walk With Ease 11-12 Congregate Lunch 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance 2-3 Medicare 101 Educational Presentation	20 10-11 Walk With Ease 10:00 Law Project w/appt. 11-12 Congregate Lunch 12:00 Bunco 12-3 Poker	21 8-9 Zumba - Drop In 11-12 Congregate Lunch 11-12:30 Summer Bash! 10-11 Walk With Ease 12:30-2 Bingo	22 9:00 Walking Club 10:00 Food Pantry 11-12 Congregate Lunch 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games 
 VACATION	WEEK	SEE PAGE 11		
25 9:30-11:30 Crafting with Friends 11-12 Congregate Lunch 11:30 OC Ukers Performance 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance 	26 8-9 Zumba - Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 10-11 Walk With Ease 11-12 Congregate Lunch 11:30-12 Lunch & Learn Show Dog Presentation 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance National Dog Day 	27 10-11 Walk With Ease 11-12 Birthday Day Lunch 12-3 Poker  Trip Day Oregon Gardens	28 8-9 Zumba - Drop In 10-11 Walk With Ease 11-12 Congregate Lunch 1:30-3 Grief Release in Daylight Basement Space PIONEER COMMUNITY CENTER CLOSES AT 12:00PM 8/28/25 ONLY	29 9:00 Walking Club 10:00 Food Pantry 11-12 Congregate Lunch 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games

FALL CLASS SCHEDULE

HEALTH AND FITNESS CLASSES (REGISTRATION OPENS AUGUST 6TH AT 12 NOON)

CLASS	DAY	TIME	DATES	Fee	Fee 62+	INSTRUCTOR	NOTES
Hatha Yoga	Tuesdays Thursdays	9:15-10:15	Sep 30-Dec 11	\$95.00	\$67.00	Becky Pyles	No Class 11/11, 11/25, 11/27
Thai Chi Beginning	Tuesdays Thursdays	10:30-11:30	Sep 30-Dec 11	\$95.00	\$67.00	Ulises Correa	No Class 11/11, 11/24, 11/25, 11/26, 11/27
Thai Chi Continuing	Mondays Wednesdays	10:00-11:00	Sep 29-Dec 10	\$100.00	\$70.00		
Be Fit	Tuesdays Thursdays	10:00-11:00	Oct 7-Dec 18	\$100.00	\$70.00	Rachael Petersen	No Class 11/11, 11/27
Tai Chi Extra Study	Mondays Wednesdays	11:15-11:45	Sep 29-Dec 10	\$5 Drop-in Fee		Ulises Correa	No Class 11/24
Zumba	Tuesdays Thursdays	8:00-9:00	Sep 30-Dec 11	Silver Program Fitness Punch Card \$1 Drop-In	Laura Luna-Brice	Laura Luna-Brice	No Class 11/11, 11/27
Better Bones & Balance	Tuesdays Wednesdays Thursdays	9:15-10:00	Starts Sep 2	Silver Program Fitness Punch Card \$1 Drop-In			

CREATIVE EXPRESSION

Absolute Beginner Ukulele	Mon	10:30-11:15	Sep 29-Dec 8	\$158, \$18 Drop-In First Drop-In is free	Brian Fergus	
Beginning Ukulele	Mon	11:15-12:00	Sep 29-Dec 8			
Beyond Beginning Ukulele	Mon	12:00-1:30	Sep 29-Dec 8			
Watercolor Painting	Thursdays	10:00-12:30	Sep 25-Nov 13	\$100.00	\$70.00	Melissa Gannon



SPONSORSHIP OPPORTUNITIES

Sponsorships are a great way for individuals and businesses to receive prominent recognition of their services in exchange for helping us meet the growing needs for our programs and services.

Please contact us if you would like to participate as a sponsor or have any sponsorship ideas!

503-657-8287

PIONEERCC@ORCITY.ORG

ANNUAL

RUMMAGE SALE

9:00AM – 3:00PM | AUGUST 8, 2025

PIONEER COMMUNITY CENTER
615 5TH STREET, OREGON CITY

VENDOR REGISTRATION AT
503-657-8287
\$20 SPACES AVAILABLE



HAPPENING AT THE CENTER



AUGUST 4TH | 10:00AM - 12:00 PM

NATIONAL COLORING BOOK DAY!

JOIN US FOR A POP-UP COLORING BOOK STATION WITH LOCAL ARTIST CATHY ROWE!



CATHY CREATES COLORING BOOKS OF HISTORICAL SITES IN OREGON CITY AND THE WILLAMETTE VALLEY!



The Power of Lifestyle Medicine in Health & Healing

Happiness!

August 13th | 10:00-11:00AM



Speaker: Dr. Iris Schrijver

This talk reveals how health and happiness are connected. Looking at what makes us happy, what works well in the happiest nations, whether money buys happiness and how we can harness the power of positive health, practical tips for increasing personal happiness and how to live a life of better health, wellbeing, and fulfilment.

Dr. Iris Schrijver, is a certified lifestyle medicine physician, also specialized in clinical pathology and molecular genetics. She is an adjunct clinical professor at the Stanford University School of Medicine. Her passion for the possibility of wellbeing for everyone sparked her latest work: "On the Path to Health, Wellbeing, and Fulfilment: To Your Health".

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



OC UKERS

VIBES OF THE BEACH BOYS!

August 25th | 11:30am

DURING CONGREGATE LUNCH
\$3 suggested donation | Age of 60+
\$4.50 fee | Under Age of 60



National Dog Day

AUGUST 26TH
11:30AM - 12:00PM



MEET SOME LOCAL SHOW DOGS AND LEARN ABOUT THEIR PROFESSIONAL CAREERS!

DURING CONGREGATE LUNCH
\$3 SUGGEST DONATION | 60+
\$4.50 FEE | UNDER 60



LEGAL PRESENTATION 2.0

WILLS & TRUSTS



John Stromberg, a trusted expert in Elder Law, Domestic Abuse, and Estate Planning. 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*

AUGUST 14 | 10:00AM - 12:00PM

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

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

MEDICARE 101 EDUCATIONAL EVENT

**3RD TUESDAYS | 2:00-3:00PM
JUNE - SEPTEMBER**

Confused by Medicare?

Whether you're turning 65 or still not sure how your coverage works, this educational session is for you. Join our licensed team for a clear, no-pressure overview of Medicare basics. No plans will be discussed; instead, you'll receive helpful guidance to make informed choices with confidence.



VACATION WEEK!

STAY-CATION AT THE PIONEER COMMUNITY CENTER!

MONDAY, AUGUST 18TH | WHERE IN THE WORLD?

11:00AM - 12:00 PM | PASSPORT TO FUN!

- Pin your favorite places you've traveled or dream destinations — on our giant world map.
- Test your knowledge with international trivia and cultural facts.
- Collect your official Vacation Week Passport and earn your first stamp as an honorary globe-trotter!

DURING CONGREGATE LUNCH



TUESDAY, AUGUST 19TH | A DAY IN PARIS

10:00 - 11:00AM | MINI MASTERPIECE: PAINT LIKE MONET

RSVP @ 503-657-8287 OR RECEPTION DESK | \$3 FEE

11:00AM - 12:00 PM | PILOT TALK & PARISIAN CAFE

- National Aviation Day - Pilot Talk (11:15-11:45AM)
- Parisian Café Experience
- Paris Photo Spot

DON'T FORGET YOUR PASSPORT STAMP!

WEDNESDAY, AUGUST 20TH | CULTURE IN MOTION

10:00 AM | GLOBAL DANCE PARTY

- Learn simple dances from around the world — try salsa, hula, & Bollywood-style steps.
- Make some noise with international rhythms and percussion.
- Activity takes place in the Classroom - RSVP @ 503-657-8287 OR RECEPTION DESK

DON'T FORGET YOUR PASSPORT STAMP!



THURSDAY, AUGUST 21ST | ISLAND GETAWAY!

11:00AM - 12:30 PM | SUMMER BASH PARTY

- Don your leis and tropical prints for a festive island escape.
- Enjoy fruity mocktails, beach games, and music.

AUGUST 21ST IS ALSO SENIOR CITIZEN DAY! JOIN US ALL DAY FOR HEALTH & FITNESS ACTIVITIES, SOCIAL SERVICE RESOURCES AND MORE!

DON'T FORGET YOUR PASSPORT STAMP!

FRIDAY, AUGUST 22ND | THRILL RIDE FINALE

11:45 AM | VIRTUAL POV THEME PARK

- Take a virtual adventure on POV roller coaster rides from Disneyland, Universal, and beyond.
- Enjoy theme park snacks like popcorn and cotton candy.

RSVP @ 503-657-8287 OR RECEPTION DESK

DON'T FORGET YOUR PASSPORT STAMP!



CELEBRATE & THRIVE NATIONAL SENIOR CITIZENS DAY

JOIN US FOR A DAY OF FUN, LEARNING & COMMUNITY!



August 21st



9:00AM-2:00PM



Pioneer Community Center

This special day is dedicated to celebrating our seniors, fostering connections, and providing valuable resources to support happy, healthy lives. From dancing and laughter to learning and networking—there's something for everyone!

**RSVP FOR ALL ACTIVITIES
503-657-8287 OR RECEPTION DESK**

ACTIVITIES INCLUDE:

- Senior Resource Fair | 9:00AM-12:00PM
- Zumba | 8:00 - 9:00AM
Silver Program | Punch Card | \$1 Drop-In
- Retro Dance & Fit | 9:15 - 9:45AM
FREE! Join Laura Luna-Brice on the Pioneer Yard for some easy stretches and retro dance fun! Let's groove and move to the hits of yesteryear together!
- Walk with Ease | 10:00 - 11:00AM
Silver Program | Punch Card | \$1 Drop-In

SUMMER BASH PARTY

11:00AM-12:30PM

Escape to a tropical paradise! Enjoy refreshing drinks, lively music, games, and more as we soak up the summer fun together!

DURING CONGREGATE LUNCH | 11:00AM

Ages 60+ | \$3 suggested donation
Under 60 | \$4.50 fee

- Bingo | 12:30 - 2:00PM
\$0.25 cards | Purchase cards at noon

THIS IS JOY IN RETIREMENT

Smiles are part of our daily life at Gilman Grove!
Discover your vibrant retirement in Oregon City.



Your amenities:

- Engaging life enrichment program
- Restaurant-style dining
- Personalized care plans
- And more



GILMAN GROVE

Oregon City Senior Living

Schedule your tour today!
OregonCityRetirement.com



HERITAGE HEIGHTS
Senior Living

Tucked away in the heart of Oregon City, our community offers compassionate boutique care services in a cozy and nurturing residential setting.

- ENHANCED CARE SERVICES
- LIFE ENRICHMENT
- CHEF PREPARED DINING
- BEAUTIFUL LANDSCAPE & GARDENS
- FRIENDLY STAFF

An Affiliate Community of Laurelwood Senior Living

503-656-8113

HeritageHeights.com

13637 Garden Meadow Dr, Oregon City, OR 97045

DAY TRIPS & DINE OUTS



August 2025 Trips

August 6th | Lincoln City

August 13th | Hoyt Arboretum Overlook Hike

August 20th | Swan Island Dahlias

August 27th | Oregon Gardens

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



In-Person Registration for September Trips

Friday August 1st at 9:00am

September 3rd | Fruit Loop Hood River

the Hood River Fruit Loop, a scenic 35-mile drive that winds through the enchanting Hood River Valley. Imagine a landscape framed by the majestic snow-capped peaks of Mt. Hood and Mt. Adams, where orchards, forests, and farmlands stretch as far as the eye can see.



September 10th | Fire Foods Dine Out

September 17th | Jackson Bottom Wetland Hike

Jackson Bottom Wetlands Preserve is a 635-acre wetlands area along the Tualatin River in Washington County, Oregon



September 24th | Tillamook Cheese Factory

New ice cream flavors, free cheese and a few hidden delights: Come along for a tour of Tillamook Creamery's visitor center.



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.

FILL THE PANTRY FOOD DRIVE

WEEKLY DROP OFF
WEDNESDAYS
9:00AM - 4:00PM



WHAT
WE NEED?

UNEXPIRED & NON PERISHABLE
FOOD, HOUSEHOLD CLEANING
SUPPLIES, TOILETRIES &
PERSONAL CARE ITEMS

FOR MORE INFORMATION

503-722-3268
sryan@orccity.org

PIONEER
COMMUNITY
CENTER

615 5TH ST.
OREGON CITY, OR



VOLUNTEER OPPORTUNITIES



*Together,
We make a
Difference*

Pioneer Community Center

For more information on
becoming a volunteer:

Social Services Coordinator

Shirley Ryan

503-722-3268 or

sryan@orc city.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



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

Sandra C.

Shirley W.

Camille K.

Susan D.

Jo R.



MaryJo C.

Jackie J.

Nadine B.

Taylor R.

Kathy R.

Holly R.

Larry S.

Diane P.

Bonnie T.

Alyssa T.

Lonnie S.



\$75 HOURLY
STARTING
RATE



FACILITY RENTALS

PIONEER COMMUNITY CENTER

*Birthday Parties *Weddings *Baby Showers
*Anniversaries *Celebration of Life *Retirement
Parties *Fundraisers *Meetings *Seminars

BALLROOM - DAYLIGHT BASEMENT - PEACE GARDEN

The Pioneer Community Center is located in charming historic Oregon City. Our Ballroom is an ideal setting for a seated dinner or a dance, accommodating up to 200 guests. The outdoor Peace Garden is at your disposal for weddings, receptions, and picturesque photo shoots. Additionally, our Daylight Basement space offers a versatile option for ongoing rentals, meetings, trainings, or intimate group events. Count on our dedicated staff to ensure that your event, whether in the serene Peace Garden or within the welcoming walls of the Pioneer Community Center, is a delightful and memorable experience.



FEATURED DETAILS

✓ 3,500 sq. ft Ballroom

✓ Tables and chairs for 200 people, theater or reception style

✓ Elevated stage for live band, DJ, or speaker

✓ Additional rooms available to rent for dressing or storage

✓ Food service area available

✓ Outside catering is allowed

✓ Alcohol is permitted (additional fee)



Phone: 503-657-8287

Email: pioneercc@orccity.org

Address: 615 5th St, Oregon City, OR 97045



AUGUST CONGREGATE MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PIONEER COMMUNITY CENTER 503-657-8287 615 5th St. Oregon City, OR 97045				1 Cheese Omelet Red Potatoes Broccoli Biscuit Fruit
4 Sloppy Joe Green Peas Chuckwagon Corn Fruit	5 Sweet & Sour Pork Brown Rice Mixed Vegetables Pineapple Slaw Seven Grain Bread Tropical Fruit	6 Chili Macaroni Sliced Carrots Broccoli Rye Bran Roll Fruit	7 Salisbury Steak Brown Gravy Lyonnaisse Potatoes California Vegetables Sunflower Seed Bread Pineapple Tidbits	8 Meatloaf Half Sandwich Potato Onion Soup Spinach Salad with Radishes Tropical Fruit National Lemon Meringue Pie Day
11 Beef Taco w/Lettuce, Tomato Cheese Pinto Beans Romaine Iceberg Salad	12 Macaroni & Cheese Pea & Carrots Squash Bread Fruit	13 Ground Beef Stew Whole Kernel Corn Kidney Bean Salad Multigrain Roll Fruit	14 Homestyle Turkey Patty Poultry Gravy Diced Red Potatoes Spinach French Bread lemon Poppy Seed Cake	15 Beef Chili w/Beans Broccoli & Carrots Bayou Slaw Cornbread Fruit
18 Gyro Meat (Beef/Lamb) on a Pita Bread w/ Cucumber Yogurt Sauce Tomato, Cucumber & Feta Salad Spiced Peaches	19 Ham & Swiss Cheese Half Sandwich on Wheat Bread w/Shredded Lettuce Lentil Soup Coleslaw	20 Tuna Noodle Bake California Vegetable Black Bean Corn Salad Oat Bran Wheat Roll Fruit	21 Garden Burger w/Shredded Lettuce and Sliced Tomatoes Ranch Beans Coleslaw Fruit National Senior Citizens Day	22 Chicken Piccata Green beans Spinach Romaine Salad Garlic Roll Fruit
25 Meatballs Country Potatoes Pickled Beets Wheat Roll Fruit OC Uker's Performance	26 Bratwurst w/Sauerkraut baked Beans Potato Salad Ice Cream National Dog Day	27 Chicken Fajita Bowl Fiesta Vegetables Coleslaw Oat Bran Wheat Roll Fruit 	28 Cheese Lasagna Roll Stewed Tomatoes Apple cranberry Coleslaw Seven Grain Roll Fruit	29 Orange Glazed Chicken Rice Pilaf Sesame Green Beans Carrot Mandarin Salad Fortune Cookie

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.