

**SEPTEMBER 2025**

# **PIONEER COMMUNITY CENTER**



## **OPEN HOURS**

**9AM – 4PM**

**MONDAY – FRIDAY**

**503-657-8287**

## **OUR SERVICES**

Recreation | Education | Socialization

Meals on Wheels | Social Services

Transportation | Congregate Lunch

Fitness Center | Computer Lab

Volunteer Opportunities | Facility Rentals





# PIONEER COMMUNITY CENTER

CITY OF OREGON CITY

## OUR STAFF

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

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

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

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

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

Christie Horner  
**Receptionist**

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

Linda Eells  
**Nutrition Assistant**

Laura Luna-Brice  
**Fitness Instructor**

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

Dear Friends of the Center,

As the seasons begin to change from summer to fall, we are excited to welcome you to September! This month brings wonderful opportunity to begin something new. As we age, learning and trying new things has a whole new meaning. It's one of the best things we can do for brain and cognition health! Like the familiar feeling of a new start of the school year, new seasons bring new programming. It's with great joy we announce the kick-off a new evidence based program called Better Bones & Balance. I've had the pleasure of watching this program transform people's health, mobility and confidence over the years, and I'm excited to hear your feedback once it gets underway.

If you're like me and look forward to your coffee every morning, you'll enjoy our National Coffee Day celebration. It's an honor to have my Supervisor and new Parks and Recreation Director, Scott Archer joining us for coffee talk. Please bring your questions, suggestions, and ideas to him and get ready to learn about the future of Parks and Recreation in Oregon City!

See you at the Center,

Cecily Rose  
Community Center Manager  
Pioneer Community Center





# PIONEER HIGHLIGHTS

A look back at us...

*Having Fun!*



Nice mustache!



Paris Day



Oui! Oui!



Time for a Day Trip



Smiles all around!



Day Trippers

**Happy Birthday to our September volunteers!**

HAPPY  
Birthday  
to YOU

Krista D.

Tom S.

Dorene P.

Kathy R.

Jim W.

Rachael M.

Shiona C.

Greg M.

Mike B.

We ♥ our  
Volunteers





# 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

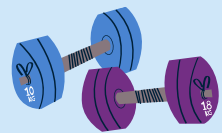


**Fitness Center hours are  
Monday - Friday 9:00AM-4:00PM**



**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

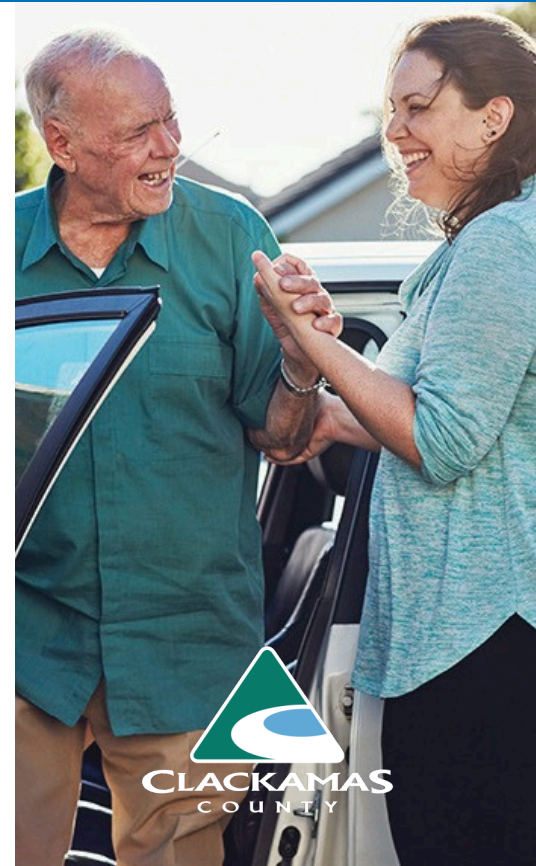
### To request a free ride:

- 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](mailto:trpclackamas@clackamas.us)
- [www.clackamas.us/socialservices/senior](http://www.clackamas.us/socialservices/senior)







# 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 | 12:00 – 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

**NEW!**

## BETTER BONES & BALANCE PROGRAM (DAYLIGHT BASEMENT)

**Silver Program | Punch Card | \$1 Drop-In**  
Tuesdays, Wednesdays & Thursdays | 9:15 am

## WALKING CLUB

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

# BETTER BONES & BALANCE

GRADUALLY IMPROVE YOUR  
BALANCE AND STRENGTH TO  
AVOID FALLS AND MAINTAIN  
INDEPENDENCE

**STARTING SEPT 2ND**



**EVERY TUESDAY, WEDNESDAY,  
THURSDAY  
9:15AM IN THE BASEMENT**

REGISTER AT OUR RECEPTION DESK  
OR 503-657-8287



# SEPTEMBER 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>1</b>  <b>HAPPY LABOR DAY</b> The Pioneer Center is Closed No Classes or Services	<b>2</b> 8-9 Zumba - Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15 Better Bones & Balance 11-12 Congregate Lunch 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance	<b>3</b> 9:00 Walking Club 9:15 Better Bones & Balance 11-12 Congregate Lunch 12-3 Poker  Trip Day Fruit Loop Hood River	<b>4</b> 8-9 Zumba - Drop In 9:15 Better Bones & Balance <b>10-11 National Wildlife Day Documentary Film</b> 11-12 Congregate Lunch 12:30-2 Bingo 	<b>5</b> <b>9:00 October Trip Sign Up</b> 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 10:00 Food Pantry 11-12 Congregate Lunch 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games
<b>8</b> 9:30-11:30 Crafting with Friends <b>9:30 SHIBA Medicare 101 Presentation</b> 11-12 Congregate Lunch 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance	<b>9</b> 8-9 Zumba - Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15 Better Bones & Balance <b>10:00 Senior Law Project</b> 11-12 Congregate Lunch 12-1 Beginning Line Dance <b>12-1 Diamond Presentation</b> 1-2 High Beg/Improver Line Dance 1:30-2:30 Alzheimer's Support	<b>10</b> 9:00 Walking Club 9:15 Better Bones & Balance 11-12 Congregate Lunch 12-3 Poker <b>2-4 United Health Care 101</b>  Dine-Out Fire Foods	<b>11</b> 8-9 Zumba - Drop In 9:15 Better Bones & Balance <b>10:00 Paper Crane Making</b> 11-12 Congregate Lunch <b>11:30 Mobile OC Library Visit</b> 12:30-2 Bingo <b>1:30-3 Grief Release</b> 	<b>12</b> 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 10:00 Food Pantry 11-12 Congregate Lunch <b>12-1 Movie Matinee</b> 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games 
<b>15</b> 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	<b>16</b> 8-9 Zumba - Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15 Better Bones & Balance 11-12 Congregate Lunch 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance <b>1:30-3:30 Medicare 101 Educational Event</b>  National Guacamole Day	<b>17</b> 9:00 Walking Club 9:15 Better Bones & Balance 11-12 Congregate Lunch <b>12:00 Bunco</b> 12-3 Poker  Trip Day Jackson Bottom Wetland Hike	<b>18</b> 8-9 Zumba - Drop In 9:15 Better Bones & Balance <b>10:00 Care Oregon Advantage 101</b> 11-12 Congregate Lunch 12:30-2 Bingo Sponsor: Heritage Heights	<b>19</b> 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 10:00 Food Pantry 11-12 Congregate Lunch <b>11:30-12 Talk Like A Pirate Day Treasure Hunt</b> 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games <b>Ahooy!</b> 
<b>22</b> 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  National Ice Cream Cone Day	<b>23</b> 8-9 Zumba - Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15 Better Bones & Balance <b>10:00 Fireside Book Chat</b> 11-12 Congregate Lunch 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance	<b>24</b> 9:00 Walking Club 9:15 Better Bones & Balance <b>11-12 Birthday Day Lunch</b> 12-3 Poker  Trip Day Tillamook Cheese Factory	<b>25</b> 8-9 Zumba - Drop In 9:15 Better Bones & Balance 11-12 Congregate Lunch 12:30-2 Bingo Sponsor: The Ridge <b>1:30-3 Grief Release</b>	<b>26</b> 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 10:00 Food Pantry <b>10:00 Estate Planning Seminar</b> 11-12 Congregate Lunch 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games <b>1-3:30 Brain Injury Support Group</b>
<b>29</b> 9:30-11:30 Crafting with Friends <b>10:00 National Coffee Day Coffee with P&amp;R Director</b> 11-12 Congregate Lunch 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance 	<b>30</b>  8-9 Zumba - Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15 Better Bones & Balance 11-12 Congregate Lunch & <b>Octoberfest Party</b> 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance 			



# FALL CLASS SCHEDULE

## HEALTH AND FITNESS CLASSES

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	<b>No Class</b> 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	<b>No Class</b> 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	<b>No Class</b> 11/11, 11/27
Tai Chi Extra Study	Mondays Wednesdays	11:15-11:45	Sep 29-Dec 10	\$5 Drop-in Fee		Ulises Correa	<b>No Class</b> 11/24
Zumba	Tuesdays Thursdays	8:00-9:00	Sep 30-Dec 11	Silver Program Fitness Punch Card \$1 Drop-In		Laura Luna-Brice	<b>No Class</b> 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		Laura Luna-Brice	<b>No Class</b> 11/11, 11/27

## CREATIVE EXPRESSION

Absolute Beginner Ukulele	Mon	10:30-11:15	Sep 29-Dec 8	<b>\$158, \$18 Drop-In</b> 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





# MEDICARE 101 PRESENTATION



**SEPTEMBER 8TH**

**9:30AM**

**PIONEER COMMUNITY CENTER**

**615 5<sup>TH</sup> ST.**

**OREGON CITY, OR 97045**



**RESERVE A SPOT**  
**503-657-8287**

Trained SHIBA volunteer counselors help older adults and persons with disabilities understand their health insurance benefits.

Volunteers provide free, objective support by phone, in person, online and through a variety of public events. These sessions provide individuals with increased knowledge of benefit options, billing issues, and appeals.

SHIBA helps:

- residents over the age of 65 and people with disabilities (ages 18–64) understand their health insurance benefits and options
- increase health care access and understanding
- identify potential areas of Medicare fraud, error or abuse



# HAPPENING AT THE CENTER

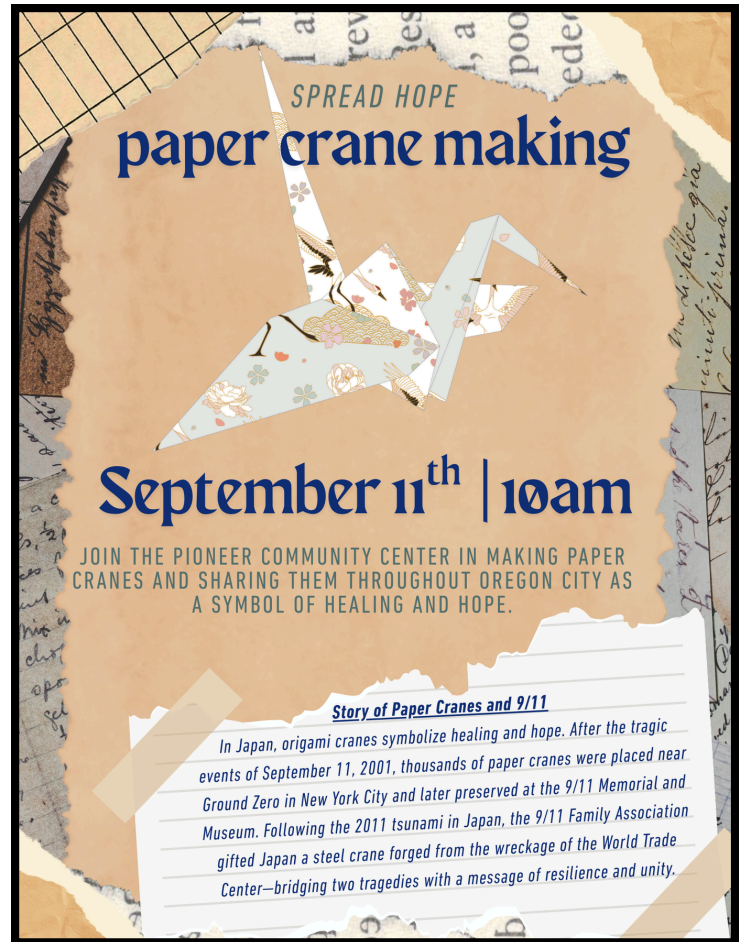


## National Wildlife Day

### Fireside Film

### September 4<sup>th</sup> | 10:00am

BBC Amazing Animal Moments Documentary



## SPREAD HOPE

## paper crane making

### September 11<sup>th</sup> | 10am

JOIN THE PIONEER COMMUNITY CENTER IN MAKING PAPER CRANES AND SHARING THEM THROUGHOUT OREGON CITY AS A SYMBOL OF HEALING AND HOPE.

Story of Paper Cranes and 9/11

In Japan, origami cranes symbolize healing and hope. After the tragic events of September 11, 2001, thousands of paper cranes were placed near Ground Zero in New York City and later preserved at the 9/11 Memorial and Museum. Following the 2011 tsunami in Japan, the 9/11 Family Association gifted Japan a steel crane forged from the wreckage of the World Trade Center—bridging two tragedies with a message of resilience and unity.

## SEPTEMBER

## MOVIE MATINEE

### SEPTEMBER 12TH

### 12:00PM



2h 13 minutes



1hr 54 minutes



1hr 52 minutes

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

**\$2 SUGGESTED DONATION FOR CONCESSIONS**



## National GUACAMOLE Day!



## ENJOY!

### September 16th

11:00 AM | DURING CONGREGATE LUNCH



# HAPPENING AT THE CENTER



## Treasure Hunt

Solve clues, explore hidden spots, and win amazing prizes.

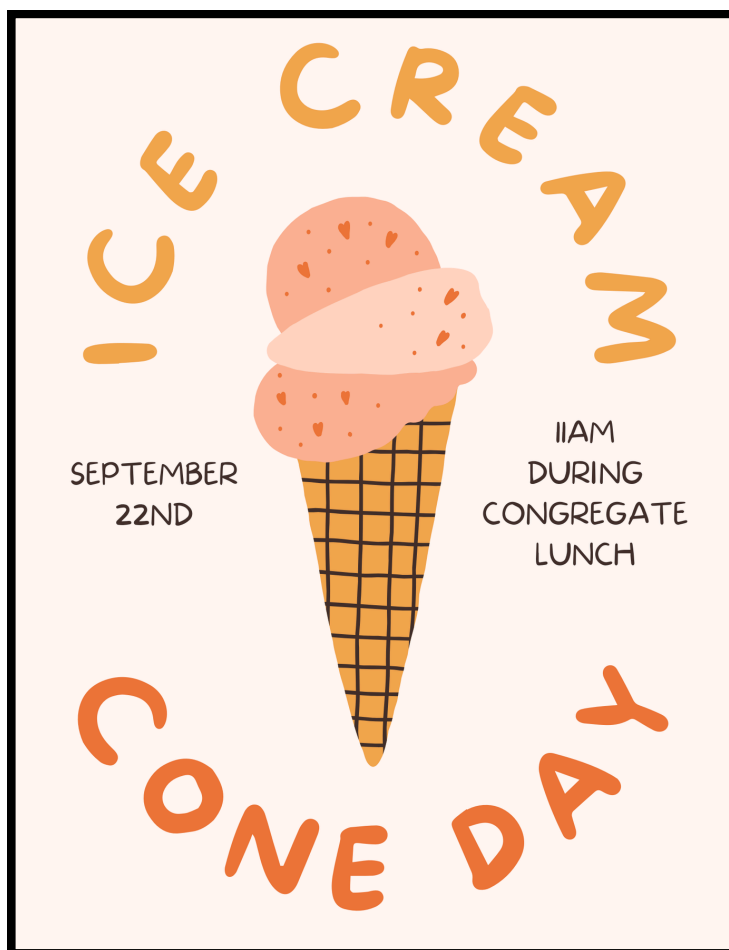
**Celebrating National Talk Like a Pirate Day**

 **615 5<sup>th</sup> St. Oregon City, 97045**

 **September 19<sup>th</sup> | 11:30am**

**21+ ONLY**

RSVP  **503-657-8287**



## ICE CREAM CONE DAY

SEPTEMBER 22ND

11AM DURING CONGREGATE LUNCH



## FREE COMMUNITY EDUCATION EVENT

**The 5 Estate Planning Strategies You Need to Know to Avoid Probate**



**ESTATE PLANNING**

**SEPTEMBER 26TH 10:00 AM**

**September 26<sup>th</sup> | 10:00AM**

**Pioneer Community Center**  
**615 5<sup>th</sup> St. Oregon City, OR 97045**

**Presented by:** Heather Morrison, Legacy Builder AFEPI Northwest | Serving Oregon, Washington & Beyond

**Get the Facts—Not the Surprises.**

Too many families learn the hard way what happens without the right estate plan. That's why we're bringing this free, no-sales, educational event to your community.

**RSVP at the Reception Desk or 503-657-8287**

Heather Morrison - Legacy Builder | Cell: 541-971-5361 | Email: heather@afepinw.com



## PIONEER COMMUNITY CENTER

# Coffee with...

**PARKS & RECREATION DIRECTOR**  
**SCOTT ARCHER**

## National Coffee Day!

**SEPTEMBER 29TH**  
**10:00 AM | DINING ROOM**

*Enjoy regular coffee, decaf, lattes and more sweet treats!*

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



# MEDICARE 101 EDUCATIONAL EVENT

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**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.



**PDX**  
**INSURANCE**  
ASSOCIATES





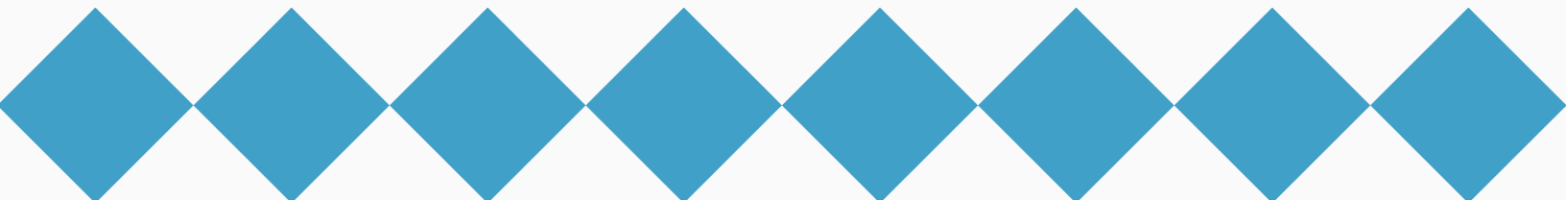
# Oktoberfest Party

September 30th | 11:00 AM

RSUP @ Reception Desk



Music | Games | Treats





# DAY TRIPS & DINE OUTS

## September 2025 Trips

September 3rd | Fruit Loop Hood River   September 10th | Dine-Out to Fire Foods

September 17th | Jackson Bottom Wetland Hike

September 24th | Tillamook Cheese Factory

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

## In-Person Registration for October Trips

**Friday September 5th at 9:00am**



**October 1st | Western Antique Airplane & Auto Museum**



**October 8th | Powell Butte Nature Park Hike**



**October 15<sup>th</sup> | Bannings Dine-Out**



**October 22nd | Spirit Mt. Casino**



**October 30<sup>th</sup> | Pumpkin Patch**

**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.



## HERITAGE HEIGHTS

*Senior Living*

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

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

*An Affiliate Community of Laurelwood Senior Living*

**503-656-8113**

[HeritageHeights.com](http://HeritageHeights.com)

13637 Garden Meadow Dr, Oregon City, OR 97045

# FILL THE PANTRY F♥OOD DRIVE

**WHAT  
WE NEED?**

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

**FOR MORE INFORMATION**

**503-722-3268**  
**[sryan@orccity.org](mailto:sryan@orccity.org)**

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

**PIONEER  
COMMUNITY  
CENTER**

**615 5TH ST.  
OREGON CITY, OR**







# SEPTEMBER CONGREGATE MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <b>Center Closed</b> <b>No Services</b>	<b>2</b> Country Meatballs with Gravy Whipped Potatoes Spinach Onion Bread Pineapple Tidbits	<b>3</b> Chicken with Dijon Mustard Sauce Delmonico Potatoes Mixed Vegetables Rye Bran Bread Fruit	<b>4</b> BBQ Pulled Pork Baked Beans Macaroni Salad Hawaiian Roll Gelatin with Fruit	<b>5</b> Southwest Chicken Pasta Bake Mixed Vegetables Pineapple Slaw Seven Grain Bread Fruit
<b>8</b> Cheese Omelet w/Salsa Tater Tots Broccoli Biscuit Fruit	<b>9</b> Mozzarella Chicken Broccoli & Cauliflower Garbanzo Bean Salad French Roll Fruit	<b>10</b> Roasted Turkey Poultry Gravy Whipped Potatoes California Vegetables Garlic Bread Applesauce	<b>11</b> Chili Macaroni Sliced Carrots Broccoli Ranch Salad Rye Bran Roll Black Forest Cake	<b>12</b> Herbed Chicken Patty Creole Sauce Lyonnais Potatoes California Vegetables Sunflower Seed Bread Pineapple Tidbits
<b>15</b> Shaved Turkey Half Sandwich Potato Onion Soup Spinach Salad w/Radishes Fruit	<b>16</b> Chicken Fajitas Shredded Cheese Pinto Beans Romaine Iceberg Salad Fruit	<b>17</b> Chicken Penne Pasta Broccoli & Carrots Bayou Slaw Cornbread Fresh Apple	<b>18</b> Tuna Salad Half Sandwich on Wheat Bread w/Shredded Lettuce Lentil Soup Carrot Raisin Salad Fruit	<b>19</b> Homestyle Turkey Patty Poultry Gravy Whipped Potatoes Club Spinach French Bread Fruit
<b>22</b> Vegetable Romanoff Whole Kernel Corn Kidney Bean Salad Multigrain Roll Fruit	<b>23</b> Greek Chicken Thigh Cucumber Yogurt Sauce Broccoli Carrots Pita Bread Fruit	<b>24</b> BBQ hamburger Lettuce Tomato Ranch Beans Coleslaw Fruit 	<b>25</b> Chicken Spanish Rice California Vegetables Black Bean Corn Salad Oat Bran Wheat Roll Fruit	<b>26</b> Homestyle Pork Patty w/Gravy Whipped Potatoes Glazed Carrots Cracked Wheat Bread Fruit
<b>29</b> Chicken Piccata Green Beans Spinach Romaine Salad Garlic Roll Fruit	<b>30 Oktoberfest</b> Pork Sausage w/ Sauerkraut Corn with Peppers German Potato Salad German Chocolate Cake			<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.