

**NOVEMBER 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 we step into November, a month traditioned with gratitude, we want to take a moment to express our heartfelt thanks to each of you. Your support, hard work, volunteerism, and generosity truly make our Center thrive. We couldn't do all that we do without you!

November is famously known for a time to gather around the table with friends and loved ones. The Center is holding this longstanding tradition and once again providing you a wonderful opportunity to enjoy a joy-filled Thanksgiving Celebration with us. Join us on Wednesday, November 26<sup>th</sup>, but don't forget to RSVP by November 21<sup>st</sup> as seats are limited.

Thank you for being a vital part of our Center. Your kindness and generosity inspire us daily. Wishing you a happy Thanksgiving and a wonderful month ahead.

See you at the Center,

Cecily Rose  
Manager  
Pioneer Community Center





# PIONEER HIGHLIGHTS

A look back at us...

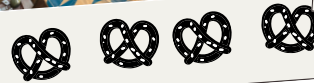
*Having Fun!*



Prost!



Oktoberfest Party



Chicken Dance!



Pumpkin Art



So creative!!!



WOW!



Look at that!

**Happy Birthday to our November volunteers!**

Lorraine

Kathy

Jordan

Nick

HAPPY  
Birthday  
to YOU

Jeff

Casandra





# 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

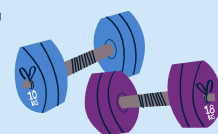


**Fitness Center hours are  
Monday - Friday 9:00AM-4:00PM**



**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

## BETTER BONES & BALANCE PROGRAM (DAYLIGHT BASEMENT)

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

**No Class November 12**

## 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



**EVERY TUESDAY, WEDNESDAY,  
THURSDAY**

**9:15AM IN THE BASEMENT**

REGISTER AT OUR RECEPTION DESK  
OR 503-657-8287



# NOVEMBER 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>3</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>4</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>12-2 AARP Scam Jam</b> 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance	<b>5</b> 9:15 Better Bones & Balance 11-12 Congregate Lunch 12-3 Poker  <b>Trip Day</b> <b>History Museum of Hood River</b>	<b>6</b> 8-9 Zumba - Drop In 9:15 Better Bones & Balance 11-12 Congregate Lunch 12:30-2 Bingo	<b>7</b> <b>9:00 December 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>Wreath Sales END Today</b>
<b>10</b> 9:30-11:30 Crafting with Friends 11-12 Congregate Lunch <b>VETERAN'S DAY LUNCH</b> 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance	<b>11</b>   <b>Pioneer Community Center CLOSED</b>	<b>12</b> <b>8:45-4:15 AARP Driver Safety Better Bones &amp; Balance Canceled 11/12</b> <b>10:00 Senior Law Project w/appt.</b> 11-12 Congregate Lunch 12-3 Poker <b>2-4 United Health Care 101</b>  <b>Trip Day</b> <b>Ilani Casino</b>	<b>13</b> 8-9 Zumba - Drop In 9:15 Better Bones & Balance 11-12 Congregate Lunch <b>11:30 Mobile OC Library Visit</b> 12:30-2 Bingo <b>1:30-3 Grief Release</b>	<b>14</b> 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 10:00 Food Pantry 11-12 Congregate Lunch <b>12:00 Movie Matinee</b> 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games
<b>17</b> 9:30-11:30 Crafting with Friends 11-12 Congregate Lunch <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>Giving Tree Starts Today</b>	<b>18</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 Mickey's Birthday Vintage Cartoons</b> 11-12 Congregate Lunch <b>12-1 Diamond Presentation</b> 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance <b>1:30-2:30 Alzheimer's Support</b>	<b>19</b> 9:15 Better Bones & Balance 11-12 Congregate Lunch 12:00 Bunco 12-3 Poker   <b>Trip Day</b> <b>Wendel Museum of Animal Conservation</b>	<b>20</b> 8-9 Zumba - Drop In 9:15 Better Bones & Balance 11-12 Congregate Lunch 12:30-2 Bingo	<b>21</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>1-3:30 Brain Injury Support</b>
<b>24</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>25</b> 8-9 Zumba 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15 Better Bones & Balance <b>10-11:30 Fireside Book Chat</b> 11-12 Congregate Lunch 12-1 Beginning Line Dance 1-2 Improver Line Dance	<b>26</b> 9:15 Better Bones & Balance <b>11-12 Thanksgiving Luncheon</b> <b>RSVP by November 21st</b> 12-3 Poker  	<b>27</b>   <b>Pioneer Community Center CLOSED</b>	<b>28</b>   <b>Pioneer Community Center CLOSED</b>

## COMING IN DECEMBER

**December 6th**  
**9:00AM-3:00PM**



Holiday Bazaar

**Spirit Week**  
**December 15-19**  
*Holiday Activities Galore!*

**December 19th**  
**11:00AM**



Holiday Luncheon  
RSVP 11/24-12/12

**December 8th**  
**11:30AM-12:00PM**



OC Uker's  
Holiday Concert

**December 31st**  
**11:00 AM**



New Year's  
Eve Party



# WINTER CLASS SCHEDULE

HEALTH AND FITNESS CLASSES – REGISTRATION OPENS DECEMBER 3<sup>RD</sup> AT 12 NOON

CLASS	DAY	TIME	DATES	FEE	FEE 62+	INSTRUCTOR	NOTES
Hatha Yoga	Tuesdays Thursdays	9:15–10:15	Jan 6–Mar 19	\$110.00	\$77.00	Becky Pyles	
Thai Chi Beginning	Tuesdays Thursdays	10:30–11:30	Jan 6–Mar 19	\$110.00	\$77.00	Ulises Correa	No Class 1/19, 2/16
Thai Chi Continuing	Mondays Wednesdays	10:00–11:00	Jan 5 – Mar 18	\$100.00	\$70.00		
Be Fit	Tuesdays Thursdays	10:15–11:15	Jan 6–Mar 19	\$110.00	\$77.00	Rachael Petersen	
<b>NEW!</b> Chair Fit	Mondays Wednesdays	10:15–11:15	Jan 5 – Mar 18	\$90.00	\$63.00	Rachael Petersen	No Class 1/19, 1/26, 1/28, 2/16
Meditation	Wed	10:00–11:30	Jan 7 – Mar 11	\$75.00	\$53.00	Diane Haase	Located in the Fireside Room
Tai Chi Extra Study	Mondays Wednesdays	11:15–11:45	Jan 5 – Mar 18	\$5 Drop-in Fee		Ulises Correa	No Class 1/19, 2/16
Zumba	Tuesdays Thursdays	8:00–9:00	Jan 6 – Mar 19	Silver Program Fitness Punch Card \$1 Drop-In		Laura Luna-Brice	

## CREATIVE EXPRESSION

Absolute Beginner Ukulele	Mon	10:30–11:15	Jan 5 – Mar 16	\$130, \$18 Drop-In First Drop-In is free		Brian Fergus	No Class 1/19, 2/16
Beginning Ukulele	Mon	11:15–12:00	Jan 5 – Mar 16				
Beyond Beginning Ukulele	Mon	12:00–1:30	Jan 5 – Mar 16				
Watercolor Painting	Thursdays	10:00–12:30	Jan 8 – Feb 26	\$100.00	\$70.00	Melissa Gannon	



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



PIONEER COMMUNITY CENTER



# GIVING TREE



ORNAMENTS AVAILABLE  
STARTING:  
**MONDAY**  
**NOVEMBER 17**

1. PICK A PAPER ORNAMENT
2. TAKE A HOLIDAY BAG
3. PURCHASE GIFTS & STUFF IN PROVIDED BAG
4. RETURN TO THE PIONEER COMMUNITY CENTER  
BY DECEMBER 19

GIFTS WILL BE DELIVERED TO MEALS ON WHEELS  
CLIENTS IN OREGON CITY & WEST LINN.

**RETURN**

**BY:**

**FRIDAY**

**19**

**DECEMBER**

**9:00AM - 4:00PM**





Scam

## Protect Yourself Against Fraud

**Tuesday, November 4th, 2025, Noon – 2:00 pm**  
**Pioneer Community Center**

**Tuesday**  
**Nov 4th**

Empower yourself, family and friends with the latest knowledge and tools to recognize, avoid, and respond to scams and fraudulent activity. Learn how Artificial Intelligence fuels modern scams and fraud. Bring your questions to the Q&A session.

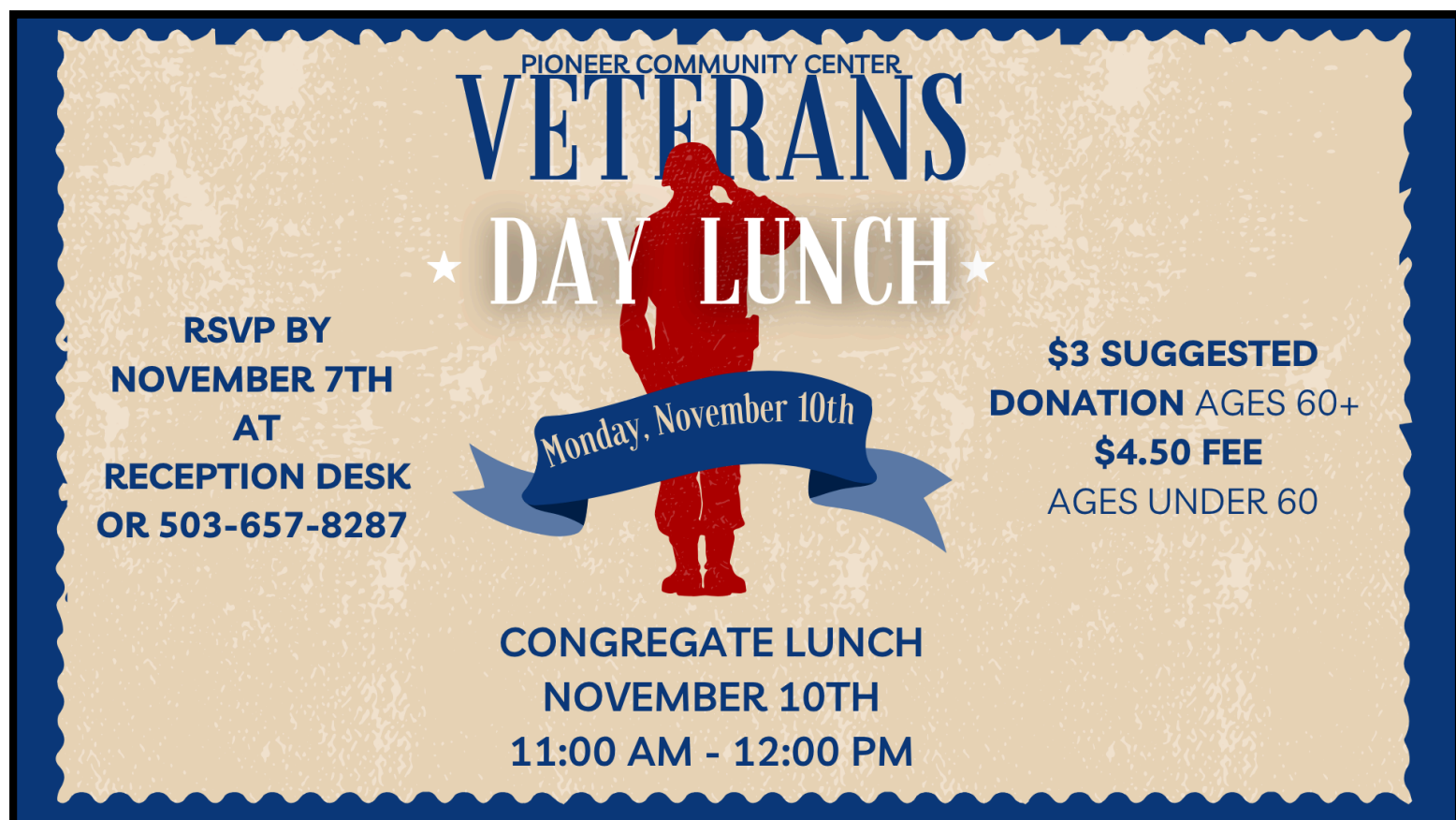
Join us on Tuesday, November 4th **at the Pioneer Community Center, 615 Fifth St in Oregon City!** This session promises to provide practical information to help educate yourself on this ever-changing topic.

**RSVP AT 503-657-8287**

This is a **free public event**; you do not need to be an AARP member to attend.

**Presented by AARP-Oregon Fraud Prevention and the  
Oregon City Pioneer Community Center**

# HAPPENING AT THE CENTER





# HAPPENING AT THE CENTER

## NOVEMBER MOVIE MATINEE

NOVEMBER 14TH | 12:00PM



1h 40minutes



1hr 45 minutes



1hr 35 minutes

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

**\$2 SUGGESTED DONATION FOR CONCESSIONS**

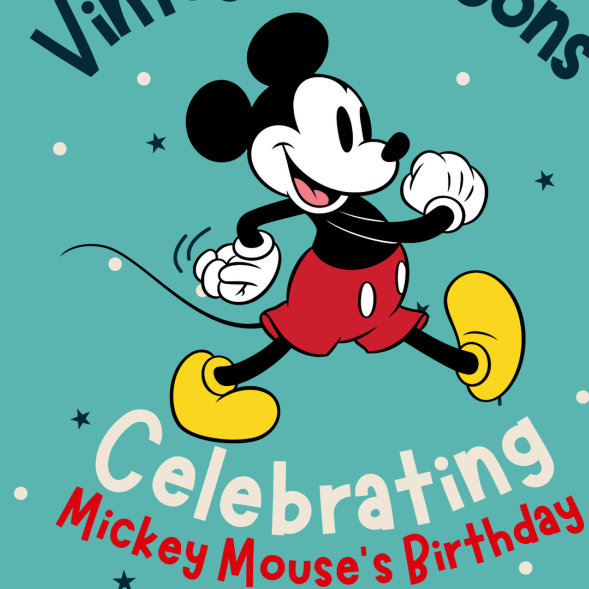
## OC UKERS MOON SONGS



NOVEMBER 17TH | 11:30AM

DURING CONGREGATE LUNCH  
\$3 SUGGESTED DONATION | AGE OF 60+  
\$4.50 FEE | UNDER AGE OF 60

## Vintage Cartoons



NOVEMBER 18

CARTOON COMPILATION: 10:00AM  
STEAMBOAT WILLIE: 10:45AM

DINING ROOM



HOSTED BY THE  
PIONEER COMMUNITY CENTER

26TH NOVEMBER 2025

# THANKS GIVING

## *Luncheon*

WEDNESDAY  
NOVEMBER  
26TH  
11:00AM



60+  
SUGGESTED  
DONATION  
\$3

UNDER 60  
\$4.50 CHARGE

EVENT FOR AGES 21+  
MAX GUESTS 120

**DURING CONGREGATE LUNCH**

RSVP OPEN NOVEMBER 3<sup>RD</sup>- 21<sup>ST</sup>

RSVP @ RECEPTION DESK

OR 503-657-8287

Pioneer Community Center, 615 15th St. Oregon City, OR 97045





# DAY TRIPS & DINE OUTS

## November 2025 Trips

November 5th | History Museum of Hood River

November 12th | Ilani Casino

November 19th | Wendel Museum of Animal Conservation

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

## In-Person Registration for November Trips

**Friday, November 7 at 9:00am**



### December 3 | PIR Holiday Lights

Winter Wonderland is the single largest fundraiser for Sunshine Division's year-round hunger relief programs. Every dollar raised will go toward feeding local families in the Portland metro area.

### December 10 | Rivershore Bar & Grill DINE OUT!



### December 17 | Victorian Belle Tour

This is a guided holiday historical tour of the Victorian Belle Mansion. Learn about the estate's history and the cast of characters who have lived there. From the original owners to the family who registered the Belle on the National Registry of Historic Places.



### December 31 | OMSI Monsters of the Abyss

Dive back in time to explore what lurked beneath the surface at the newest exhibit in Portland. Highlighted by amazing fossils and some unbelievable live animals, this exhibit brings guests face-to-face with the real-life monsters who defy imagination and have inspired myths and legends. You'll have to see them to believe them.



**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 F♥️OD 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](mailto:sryan@orccity.org)**

**PIONEER  
COMMUNITY  
CENTER**

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







# NOVEMBER CONGREGATE MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Beef Patty Pepper Onion Gravy Whipped Potatoes Broccoli & Carrots Squash Bread Red Devil Beet Cake	<b>4</b> Chicken Paprika Cream Sauce Stewed Tomatoes Cracked Wheat Bread Pumpkin Bar	<b>5</b> Beef Spanish Rice Chuckwagon Corn Apple Cranberry Coleslaw Cornbread  <b>National Donut Day</b>	<b>6</b> Spaghetti Meat Sauce Green Beans Spinach Romaine Salad Pineapple Tidbits	<b>7</b> Cheese Lasagna Roll Up Marina Sauce Harvard Beets California Vegetables Fruit
<b>10</b> BBQ Smokehouse (beef) Cheesy Shredded Hashbrowns Winter Vegetables Hoagie Bun Fruit	<b>11</b>   <b>Pioneer Community Center CLOSED</b>	<b>12</b> Meatballs Marina Sauce Spaghetti Club Spinach Italian Vegetables Applesauce	<b>13</b> BBQ Diced Chicken Sandwich Whole Kernel Corn Potato Salad Hamburger Bun Confetti Cake	<b>14</b> Chicken Thigh Mole Pinto Beans Cilantro Coleslaw Corn Tortilla Spiced Fruit
<b>17</b> Cheese Omelet Cheese Sauce Diced Red Potatoes Broccoli Wheat Bread Fruit	<b>18</b> Roasted Pork Apple Chutney Brown Rice Mixed Vegetables Brussel Sprouts Fruit	<b>19</b> Breaded Fish Tartar Sauce Rice Pilaf Italian Vegetables Carrot Mandarin Salad Pineapple Tidbits  	<b>20</b> Chicken Alfredo Bake California Vegetables Green Salad Rye Bran Roll Mixed Fruit	<b>21</b> Chicken Caesar Salad French Roll Spinach Romaine Corn Chowder Fruit
<b>24</b> Chicken Teriyaki Coconut Jasmine Rice Kyoto Vegetables Coleslaw Fruit	<b>25</b> BBQ Chicken Breast Garlic Whipped Potatoes Mixed Vegetables Squash Bread Fruit	<b>26</b> <b>Thanksgiving Luncheon</b> Roast Turkey Garlic Mashed Potatoes Stuffing and Gravy Roasted Vegetables Mixed Greens Salad Pie  <b>RSVP required by November 21st</b>	<b>27</b>   <b>Pioneer Community Center CLOSED</b>	<b>28</b>   <b>Pioneer Community Center CLOSED</b>

# 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@orcify.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 60+ 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  
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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.