

FEBRUARY 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 February! As we step into this lovely month, I'm filled with excitement and gratitude. After some time away, it's wonderful to be back among such an incredible community of dedicated staff, patrons, and friends. Thank you for your warm welcomes, they have meant so much to me. I want to extend a heartfelt thank you to our amazing staff for their hard work and dedication during my absence. Their resilience during the recent months has been nothing short of inspiring. Each has stepped up in remarkable ways, ensuring that our Center continues to thrive, and I am truly grateful for each one of them.

Love is in the air this month, and we invite you to join us for our Valentine's Day Party on Friday, February 14th during the lunch program. This celebration is sure to be a time of love, friendship, and appreciation. We look forward to celebrating the love and care we share with our friends, as well as the camaraderie that makes the Pioneer Community Center so truly special. You're sure to find something sweet here at the Center, so we encourage your participation in the many programs and events we have to offer.

With love,

Cecily Rose

Social Service and Community Center Manager

Pioneer Community Center

U P C O M I N G
H O L I D A Y
C L O S U R E



PIONEER HIGHLIGHTS

A look back at us...
enjoying January!



Happy
New Year



New Year's Eve Lunch



Cheers!

What's coming next?
March for Meals



MARCH FOR MEALS

#ENDTHEWAIT

As a 2025 member, we are
joining Meals on Wheels America
in the fight to End The Wait.



HELP FUNDRAISE



DONATE IN MARCH
ONLINE OR IN PERSON
AT THE PIONEER
COMMUNITY CENTER!



MARCH CALENDAR
FUNDRAISER
PICK UP PACKETS AT THE
PIONEER COMMUNITY
CENTER STARTING
FEBRUARY 24TH!

FOR MORE INFORMATION
503-657-8287 | PIONEERCC@ORCITY.ORG

THE NUMBERS

Nationally:

- Over 12 million seniors face food insecurity
- 1 in 3 Meals on Wheels programs currently have a waitlist
- Federal funding only covers 37% of the cost to serve more than 2 million seniors Meals on Wheels annually
- Volunteerism is at its lowest in nearly two decades



DROP IN ACTIVITIES



LUNCH

Monday – Friday | 11:00 am – 12:00 pm
 Adults 60+ | \$3.00 suggested donation
 Under 60 | \$4.50 fee

BINGO

Thursdays | 12:30 – 2:00 pm
 \$0.25/card
 Bingo cards on sale at noon.

CRAFT & CROCHET FRIENDS

Mondays | 9:30 – 11:30 am

AMERICAN MAHJONG

Mondays | 12:00 – 3:00 pm

POKER

Mondays & Wednesdays | 12:00 – 3:00 pm

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

BUNCO

3rd Wednesdays | 12pm – 2:00 pm
 Drop in Donation \$1

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.

Volunteer computer lab attendant available
Tuesdays | 10:00–11:00 AM

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

UPCOMING PRESENTATIONS

United Health Care Information Presentation

2nd Wednesday,
 February 12th, 2pm
 Classroom 1 & 2

Diamond Presentation

Tuesday
 February 18th 12pm-1pm

Care Oregon Information Table

Thursday,
 February 20th, 10am-1pm
 Main Hall



FREE **AARP**[®] TAX AID SERVICES

TUESDAY'S & WEDNESDAY'S
FEBRUARY 4- APRIL 9

SCHEDULE TODAY



503-657-8287



Reception Desk

FEBRUARY ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 PIONEER COMMUNITY CENTER  503-657-8287 615 5th St. Oregon City, OR 97045	 CONGREGATE LUNCH MONDAY-FRIDAY 11:00AM-12:00PM Age 60+ \$3 suggest donation Age under 60 \$4.50 fee			
				
3 9:00 Walking Clubs 9:30-11:30 Crafts & Crochet 10-11 Tai Chi Continuing 10:30-11:15 Absolute Beginning Ukulele 11:15-12 Beginning Ukulele 11:15-11:45 Tai Chi Extra Study 12-1:30 Beyond Beg. Ukulele 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance	4 8:00-9:00 Zumba 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15-11:30 Hatha Yoga 10-11 Be Fit 10-11 Computer Lab Attendant 10:30-11:30 Tai Chi Beginning 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance	5 9:00 Walking Club 10-11 Tai Chi Continuing 12 Movie Matinee 11:15-11:45 Tai Chi Extra Study 12-3 Poker	6 8:00-9:00 Zumba 9:15-11:15 Hatha Yoga 10-12:30 Watercolor Painting 10-11:30 Mindfulness Meditation 10-11 Be Fit 10-1 Care Oregon Information 10:30-11:30 Tai Chi Beginning 12:30-2 BINGO	7 9:00 Walking Clubs 9:00 March Trip Sign Up 9:00 Foot Care Clinic w/appt. 10:00 Village 1st Friday Coffee 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games
10 9:00 Walking Clubs 9:30-11:30 Crafts & Crochet 10-11 Tai Chi Continuing 10:30-11:15 Absolute Beg. Ukulele 11-12 Pioneer Center Anniversary 11:15-12 Beginning Ukulele 11:15-11:45 Tai Chi Extra Study 12-1:30 Beyond Beg. Ukulele 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance	11 8:00-9:00 Zumba 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15-11:30 Hatha Yoga 10-11 Be Fit 10:30-11:30 Tai Chi Beginning 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance 1:30-2:30 Alzheimer's Support Group	12 9:00 Walking Club 10-11 Tai Chi Continuing 11:15-11:45 Tai Chi Extra Study 12-3 Poker 2-3:30 United Healthcare Care	13 8:00-9:00 Zumba 9:15-11:15 Hatha Yoga 10-11 Be Fit 10-12:30 Watercolor Painting 10-11:30 Mindfulness Meditation 10:30-11:30 Tai Chi Beginning 12:30-2 BINGO 1:30-3 Grief Release Group	14 9:00 Walking Clubs 10:00 Food Pantry 11:00 Valentine's Day Party 12-3 Rummikub 12-6 Red Cross Blood Drive 12:30-3 Pinochle 1-3 Cards & Dice Games 
17 President's Day  Pioneer Community Center CLOSED	18 8:00-9:00 Zumba 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15-11:30 Hatha Yoga 10-11 Be Fit 10:30-11:30 Tai Chi Beginning 12-1 Beginning Line Dance 12-1 Diamond Presentation 1-2 High Beg/Improver Line Dance	19 9:00 Walking Club 10-11 Tai Chi Continuing 10:00 Law Project w/appt only 11:15-11:45 Tai Chi Extra Study 12-3 Poker 12-2 Bunco	20 8:00-9:00 Zumba 9:15-11:15 Hatha Yoga 10-1pm Care Oregon Information 10-11 Be Fit 10-12:30 Watercolor Painting 10-11:30 Mindfulness Meditation 10:30-11:30 Tai Chi Beginning 12:30-2 BINGO  Bingo Sponsored by Home Instead	21 9:00 Walking Clubs 10:00 Food Pantry 10:30 Premier World Travel Meeting 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games
24 9:00 Walking Clubs 9:30-11:30 Crafts & Crochet 10-11 Tai Chi Continuing 10:30-11:15 Absolute Beginning Ukulele 11:15-12 Beginning Ukulele 11:15-11:45 Tai Chi Extra Study 12-1:30 Beyond Beg. Ukulele 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance	25 8:00-9:00 Zumba 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15-11:30 Hatha Yoga 10:00 Fireside Book Chat 10-11 Be Fit 10:30-11:30 Tai Chi Beginning 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance	26 9:00 Walking Club 10-11 Tai Chi Continuing 11-12 Birthday Day 11:15-11:45 Tai Chi Extra Study 12:00 Spring Class Sign-Up Begins 12-3 Poker	27 8:00-9:00 Zumba 9:15-11:15 Hatha Yoga 10-11 Be Fit 10-12:30 Watercolor Painting 10-11:30 Mindfulness Meditation 10:30-11:30 Tai Chi Beginning 11:15 Lunch & Learn Polar Bear Day 12:30-2 BINGO 1:30-3 Grief Release Group	9:00 Walking Clubs 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games

JOIN US FOR A



Valentine's Day Party!

FEB | 14 | 11 AM

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



RSVP BY FEBRUARY 10TH
RECEPTION DESK OR 503-657-8287

HAPPENINGS AT THE CENTER

FEBRUARY MOVIE MATINEE

FEBRUARY 5TH
12:00PM



1 hour 46 minutes



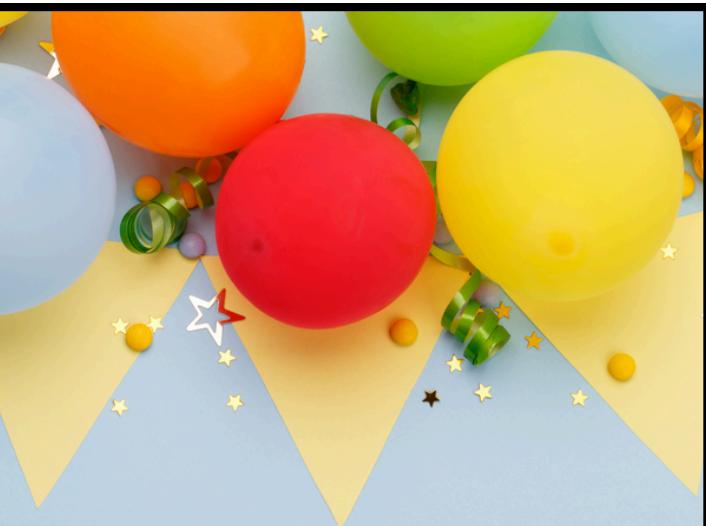
2 hours 30 minutes



1 hour 50 minutes

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

\$2 SUGGESTED DONATION FOR CONCESSIONS



FEBRUARY 10TH | 11:00 AM - 12:00PM

Pioneer Community Center Anniversary!

46
YEARS!

ENJOY CONGREGATE LUNCH & CELEBRATE OUR COMMUNITY!

\$3 SUGGESTED DONATION AGES 60+ OR \$4.50 FEE AGES UNDER 60

RSVP BY
FEBRUARY 6TH

503-657-8287
RECEPTION DESK

PREMIER
WORLD DISCOVERY
PRESENTATION

TRAVEL
DESTINATIONS
WITH PREMIER

FEBRUARY 21ST
10:30 AM
PIONEER
CLASSROOM

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

**LUNCH
&
LEARN**

**NATIONAL
POLAR
BEAR
DAY**

FEBRUARY 27TH

DURING CONGREGATE LUNCH
DOCUMENTARY BEGINS
AT 11:15AM



AARP SMART DRIVER COURSE

GET UP TO SPEED LEARN TECHNIQUES FOR SAFE DRIVING



PIONEER COMMUNITY CENTER | BASEMENT

8:45 AM - 4:15 PM

MARCH 19TH | MAY 28TH

AUGUST 27TH | NOVEMBER 12TH

R S V P @ 5 0 3 - 6 5 7 - 8 2 8 7

\$20 AARP MEMBERS | \$25 NON-MEMBER

CLASS FEE IS PAID TO THE INSTRUCTOR

SPRING CLASS SCHEDULE

HEALTH AND FITNESS CLASSES (Registration Opens Feb 26th at 12 noon)

CLASS	DAY	TIME	DATES	Fee	Fee 62+	INSTRUCTOR	NOTES
Hatha Yoga	Tuesdays Thursdays	9:15-10:15	Apr 1-Jun 12	\$95.00	\$67.00	Becky Pyles	No Class 5/15, 5/20, 5/22
Thai Chi Beginning	Tuesdays Thursdays	10:30-11:30	Apr 1-Jun 12	\$110.00	\$77.00	Ulises Correa	No Class 5/26
Thai Chi Continuing	Mondays Wednesdays	10:00-11:00	Mar 31-Jun 11	\$105.00	\$74.00		
Mindfulness Meditation	Thursdays	10:00-11:30	Apr 3-Jun 5	\$75.00	\$53.00	Diane Haase	Located in the Fireside Room
Be Fit (formerly Strength, Stretch & Tone)	Tuesdays Thursdays	10:00-11:00	Apr 1-Jun 12	\$110.00	\$77.00	Vikki Perlson	Located in Daylight Basement Room
Tai Chi Extra Study	Mondays Wednesdays	11:15-11:45	Mar 31-Jun 11	\$5 Drop-in Fee		Ulises Correa	No Class 5/26
Zumba	Tuesdays Thursdays	8:00-9:00	Apr 1-Jun 12	Silver Program Fitness Punch Card \$1 Drop-In		Laura Luna- Brice	

CREATIVE EXPRESSION

Absolute Beginners Ukulele	Mondays	10:30-11:15	Mar 30-Jun 9	\$144, \$18 Drop-In First drop-in is FREE	Brian Fergus	No Class 5/26
Beginning Ukulele	Mondays	11:15-12:00	Mar 30-Jun 9			
Beyond Beginning Ukulele	Mondays	12:00-1:30	Mar 30-Jun 9			
Watercolor Painting	Thursdays	10:00-12:30	Apr 3-May 22	\$100.00	\$70.00	Melissa Gannon

VOLUNTEER OPPORTUNITIES

Volunteers are an important and vital part of the services we provide at the Center. Without you, we would not be able to meet the needs of seniors in our community.

Available Volunteer Opportunities:

Activity Leaders (Bunco & Art Lab)

Meals on Wheels Drivers & Substitutes as needed

Kitchen Helpers (hosting, serving, clean up)



DAY TRIPS & DINE OUTS

UPCOMING
FEBRUARY
TRIPS

February 5th | Jade Teahouse

February 12th | Tualatin Heritage Museum

February 20th | Oregon State Forensic Lab

February 26th | Jordan Schnitzer Museum of Art

*A
New Year
of
Adventure*

In-Person Registration for March Trips Friday, February 7th at 9:00am

March 5th | Rice Northwest Museum of Rocks

The Rice Northwest Museum of Rocks and Minerals is home to over 20,000 rock and mineral specimens.



March 12th | Philadelphia's Steak & Hoagies

March 19th | Guide Dogs for the Blind

Empowering individuals with vision loss to navigate all of life's adventures with a guide dog at their side.



**All registration will be in person.
You may sign up yourself and 1 other guest.**

Meals are not included unless specified.

If you are not able to self-ambulate, please bring a caregiver to assist you on the trip.

Guests are unable to stay on the bus when it is stopped during the trip.

Cancellations: Must be made at least one week in advance to receive voucher.

Trips are subject to change or cancellation due to lack of participation, weather. Please call us for departure/return times and further information.

All trips depart and return to the Pioneer Community Center.
There are no early or late pickups available. Participants must have their own transportation to & from the Center.



Pioneer Membership

The Pioneer Community Center provides many services to our community.

If you use our transportation, take classes, go on day trips or participate in any activities, we ask that you become a member.

Become a member or renew your membership by creating a SmartRec account or visit the Reception Desk.

We ask for an annual \$10 donation or \$15 donation per household.

With your annual membership you will automatically be entered into our quarterly members only prize drawing and you are invited to participate in our monthly Birthday Day gift card drawing in the Dining Room (must be present to win). We will also email our monthly e-newsletter to you.

Winter

Senior Utility Support
Now - April 2025



503-722-3268

GET HELP WITH HEATING COSTS
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 HOUSEHOLD INCOME 2024-2025.**
- **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.**

**CONTACT OUR
SOCIAL SERVICES COORDINATOR
SHIRLEY RYAN
FOR MORE INFORMATION
OR TO MAKE AN APPOINTMENT**

**OUR FITNESS ROOM
IS NOW ACCEPTING
THE FOLLOWING PROGRAMS!**



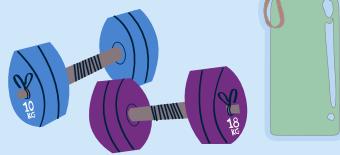
\$20
for a 24 visit
punch card

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



CALL TO SET UP AN ORIENTATION TODAY!

503-657-8287



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



VOLUNTEER OPPORTUNITIES



VOLUNTEERS NEEDED



The Pioneer Community Center Nutrition Program has several ways for you to lend a hand to make a difference in our community.

By volunteering, you can provide home-delivered meals, offering not just food but also companionship and reassurance to homebound seniors. Make a New Year's resolution to support those in need and make a difference!

VOLUNTEER TO MAKE A DIFFERENCE!



For more information:

Social Services Coordinator

Shirley Ryan

503-722-3268 or sryan@orc city.org



FEBRUARY

Sue W.

Mary G.

Laurie M.

Kent S.

Lori F.

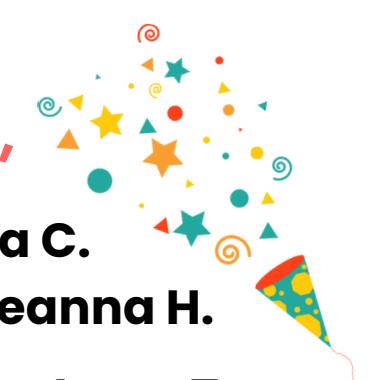
Bill G.

Barbara C.

Deanna H.

Larry T.

Yelena D.





ALZHEIMER'S SUPPORT GROUP

EVERY 2ND TUESDAY OF THE MONTH

Our small group offers a comfortable setting to ask questions and gather information and ideas that can benefit someone caring for an individual with Alzheimer's.

We are here to listen to your concerns, experiences, while providing you the support you need.

Join us at

The Pioneer Adult Community Center

1:30pm-2:30pm



For more information contact
Social Services Coordinator
Shirley Ryan 503-722-3268
or sryan@orccity.org



**redefining
senior living
with a fresh,
energetic
approach**



THE RIDGE
AT OREGON CITY
Independent Living | 503-656-7614

Senior Companion Program

Listen and connect while improving your social health and vitality



Companion volunteers help their senior client stay independent and involved. Volunteers must be 55+ and on a fixed income.

Spend time together each week doing activities like:

- Checking in about their week
- Watching movies or playing games
- Doing productive activities like scheduling appointments

Volunteers receive:

- \$4 per hour nontaxable stipend
- Mileage reimbursement
- Ongoing training
- Social connection

Contact us to get started as a volunteer or client!

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

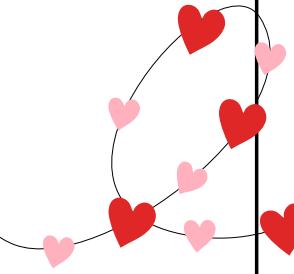
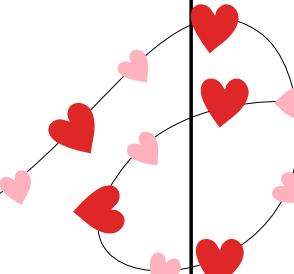




FEBRUARY CONGREGATE MENU

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				
3 Beef Mushroom Patty Whipped Potatoes Cabbage and Carrots French Bread Sliced Apples	4 Farmer's Chicken Stew Whole Kernel Corn Spinach Salad Oat Bran Wheat Roll Tropical Fruit	5 Herbed Chicken Patty w/Tomato and Mushroom Sauce Delmonico Potatoes Mixed Vegetables Sunflower Seed Bread Fresh Orange	6 Beef Taco Lettuce, Tomato, and Shredded Cheese Pinto Beans Cilantro Coleslaw Flour Tortilla Pineapple Tidbits	7 Swiss Style Patty Swiss Steak Sauce Garlic Whipped Potatoes Spinach Sprouted Wheatberry Bread Mixed Fruit
10 Cheese Lasagna Rollup in Marinara Sauce Mixed Vegetables Honey Wheat Roll Fresh Orange	11 Caribbean Chicken Colcannon Potatoes Green Bean w/Red Peppers Seven Grain Bread Applesauce	12 Macaroni & Cheese Spinach Kidney Bean Salad Onion Roll Mandarin Oranges	13 Lime Chicken Fiesta Vegetables Broccoli Ranch Coleslaw Rye Bran Roll Frosted Marble Cake	14 Parmesan Chicken Whole Grain Penne Pasta California Vegetables Carrot Raisin Salad Sprouted Wheat Berry Bread Valentine Sugar Cookie
17 President's Day  Pioneer Community Center CLOSED	18 Orange Glazed Chicken Brown Rice Peas & Carrots Coleslaw Peaches	19 New! Chicken Piccata Garlic Whipped Potatoes Green Beans w/Red Peppers Sunflower Seed Bread Red Devil Beet Cake	20 Ground Beef Stew Spinach Black Bean and Corn Salad Dill Roll Pears	21 Country Meatballs Country Gravy Diced Potatoes Broccoli & Cauliflower Rye Bran Bread Mandarin Oranges
24 Cheese Omelet w/ Cheese Sauce Peas & Carrots Green Beans Herb Roll Pineapple Tidbits	25 Meatloaf w/Brown Gravy Whipped Potatoes Brussels Sprouts & Corn Focaccia Bread Fresh Orange	26 Teriyaki Chicken Southwest Corn Pickled Beets WG Hamburger Bun Hot Cinnamon Applesauce	27 Beef Kettle Lasagna Green Beans Mixed Vegetables Squash Bread Fresh Orange	28 New! Beef Picadillo Cilantro Rice Pinto Beans Romaine Iceberg Salad Applesauce



CONGREGATE LUNCH | MONDAY-FRIDAY | 11:00AM-12:00PM

Age 60+ \$3 suggest donation | Age under 60 \$4.50 fee



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 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.