

MARCH 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 welcome in the month of March, I'm excited that we are once again highlighting the vital fundraising efforts and events of "March for Meals." Throughout the entire month we are collaborating with local businesses and partners to support our mission of providing meals to those in need. Your participation and enthusiasm are vital to the success of this initiative. Thanks for making a difference in the community!

A new evidence-based wellness class is beginning in March! Join us for Walk with Ease, a class developed by the Arthritis Foundation. This program is a community-based program proven to reduce the pain and discomfort of arthritis, increase balance and improve overall health. Sign up at the front desk if you're interested or call the Center at 503-657-8287 and we'd be glad to answer any questions you may have.

A friendly reminder that our Center will be closed the week of March 24-28th for our annual Spring Cleaning and Project Week. Many wonderful things to improve the schedule and we can't wait for you to return to see them!

See you at the Center,

Cecily Rose
Social Service and Community Center Manager
Pioneer Community Center

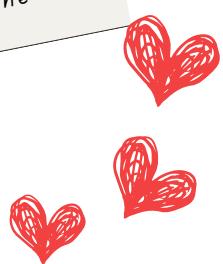


PIONEER HIGHLIGHTS

A look back at us...
enjoying February!



Happy
Valentines
Day





DROP IN ACTIVITIES



LUNCH

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

NEW!

WALK WITH EASE PROGRAM

\$1 DROP-IN
Tuesdays, Wednesdays & Thursdays | 10:00 am

WALKING CLUBS

Mondays, Wednesdays, Fridays | 9:00 am
Tuesdays & Fridays | 9:00 am

LINE DANCING BEGINNING

Mondays & Tuesdays | 12:00 – 1:00 pm | \$1

LINE DANCING

HIGH BEGINNER/IMPROVER

Mondays & Tuesdays | 1:00 – 2:00 pm | \$1

ZUMBA

Tuesdays & Thursdays | 8:00–9:00 am
Silver Program | Punch Card | \$1 Drop-In

COMPUTER LAB

Monday – Friday | 9:00 am – 4:00 pm
No printers available.

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

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

BUNCO

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

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

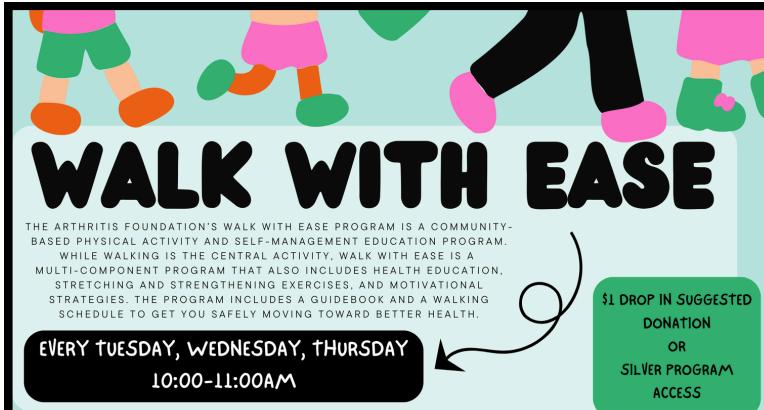
CARD & DICE GAMES

Fridays | 1:00 – 3:00 pm

CHESS CLUB

First Three Sundays of the month
12:30 – 4:00 pm | Daylight Basement

NEW



The Arthritis Foundation's Walk with Ease Program is a community-based physical activity and self-management education program. While walking is the central activity, Walk with Ease is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies. The program includes a guidebook and a walking schedule to get you safely moving toward better health.

EVERY TUESDAY, WEDNESDAY, THURSDAY
10:00–11:00AM

**\$1 DROP-IN SUGGESTED
DONATION
OR
SILVER PROGRAM
ACCESS**





MARCH FOR MEALS

#ENDTHEWAIT

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

JOIN US & MAKE AN IMPACT!

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!



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



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

MARCH 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			
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 Walk With Ease Program 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 Walk With Ease Program 10-11 Tai Chi Continuing 12:00 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 10-11 Walk With Ease Program 10-11:30 Mindfulness Meditation 10-11 Be Fit 10-12:30 Watercolor Make-up 10:30-11:30 Tai Chi Beginning 11:00 Mardi Gras Soiree 12:30-2 BINGO	7 9:00 Walking Clubs 9:00 April 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 10-11:30 Meditation Make-up 10:30-11:15 Absolute Beg. 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	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 Walk With Ease Program 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	12 9:00 Walking Club 10:00 Coffee with Alex 10-11 Walk With Ease Program 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 Walk With Ease Program 10-11 Be Fit 10-11:30 Mindfulness Meditation 10:30-11:30 Tai Chi Beginning 12:30-2 BINGO 1:30-3 Grief Release	14 9:00 Walking Clubs 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games
17 9:00 Walking Clubs 9:30-11:30 Crafts & Crochet 10-11 Tai Chi Continuing 10:30-11:15 Absolute Beg. Ukulele 11:00-12 St. Patrick's Day Party and OC Yuker's Performance 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	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 Walk With Ease Program 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 10-11 Walk With Ease Program 8:45-4:15 AARP Driver Safety 11:00 Birthday Day Lunch 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 10-11 Care Oregon Information 10-11 Walk With Ease Program 10-11 Be Fit 10-11:30 Mindfulness Meditation 10:30-11:30 Tai Chi Beginning 12:30-2 BINGO 1:30-3 Grief Release	 21 9:00 Walking Clubs 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games

SPRING CLOSURE WEEK

MARCH 24TH - 30TH

ALL PROGRAMMING & SERVICES CLOSED

31

9:00 Walking Clubs
9:30-11:30 Crafts & Crochet
10-11 Tai Chi Continuing
10:30-11:15 Absolute Beg. Ukulele
11:15-11:45 Tai Chi Extra Study
11:15-12 Beginning Ukulele
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

April

Event! The Introduction to The Power of Lifestyle
Medicine in Health and Healing - A special focus on Nutrition.
This talk reveals the key role of nutrition, and includes many practical tips for a life of better health, wellbeing, and fulfilment. Speaker Dr. Iris Schrijver is a certified lifestyle medicine physician, specialized in clinical pathology and molecular genetics. She is an adjunct clinical professor at the Stanford University School of Medicine.

April 9th, 10-11am



PIONEER
COMMUNITY CENTER



503-657-8287

615 5th St.

Oregon City, OR 97045

HAPPENINGS AT THE CENTER



SAVE THE DATE

National Walking Day | April 2nd

Celebrate National Walking Day by stepping toward better health—walk for fitness, fun, and wellness!

Easter Lunch & Egg Hunt | April 18th

**Congregate Suggested Donation / Charge*

Join us for a festive Easter Lunch & Egg Hunt—good food, fun, and plenty of eggs to find indoors! Prizes included!

Volunteer Appreciation Luncheon | April 23rd

**Congregate Suggested Donation / Charge*

Cruisin' into Gratitude! Join us for a 1950s Diner & Route 66-themed Volunteer Appreciation Luncheon—a rockin' good time to celebrate YOU! Open for both Volunteers & Congregate.

Kentucky Derby Bunco | April 30th

**\$1 Game Play*

Put on your best hat and roll the dice for a Kentucky Derby-themed Bunco—fun, prizes, and a dash of Southern charm!

Mother's Day Lunch | May 9th

**Congregate Suggested Donation / Charge*

Join us for a special Mother's Day Luncheon at the Pioneer Community Center —great food, warm company, and a celebration of all the wonderful moms!

Father's Day Lunch | June 13th

**Congregate Suggested Donation / Charge*

Celebrate all the amazing dads at our Father's Day Lunch — games and activities galore!

SPRING AFFAIR

LOCAL ARTISANS, PLANT SALES & MORE!

BAZAAR

April 5 | 9:00am-3:00pm





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 31-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 31-Jun 9			
Beyond Beginning Ukulele	Mondays	12:00-1:30	Mar 31-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



In-Person

Registration for April Trips

Friday, March 7th at 9:00am



April 2nd | The Gordon House



April 9th | New York Rubens



April 16th | Crystal Spring Rhododendron Garden



April 23rd | Nordic Northwest Trolls

JOIN US

April 30th | Multnomah Falls



**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!**

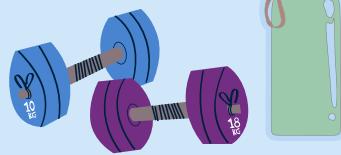


**Fitness Center hours are
Monday - Friday 9:00AM-4:00PM**



CALL TO SET UP AN ORIENTATION TODAY!

503-657-8287



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



VOLUNTEER OPPORTUNITIES



CALL for VOLUNTEERS *Spring into Action!*



The Pioneer Community Center has several wonderful volunteer opportunities for you to jump in and make a difference. When you become a volunteer you can work with us to provide home-delivered meals, center support, enrichment activities and special events to adults of all ages. With spring comes new growth in all areas and to keep our programs strong and healthy as we grow, the need for more volunteers increases.

March is the perfect time to come in and see what we do!

**Let's
Grow
Together**

For more information:

Social Services Coordinator

Shirley Ryan

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

March

Antonio M. Craig B. Danna B.

Dean H. Dollie D. Elaina S.

Karen S. Lois E. Shirley W. Zebulun F.



**Happy
Birthday
To You!**



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



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.

The Pioneer Community Center
1:30pm-2:30pm

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





MARCH CONGREGATE MENU



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sesame Ginger Pork Green Peas Carrots Wheat Roll Fresh Orange	4 Turkey Pot Pie Country Cottage Vegetables Tossed Salad Biscuit Mixed Fruit Milk	5 Farmer's Chicken Stew Whole Kernel Corn Spinach Salad Oat Bran Wheat Roll Sliced Apples	6 Mardi Gras Special Jambalaya Red Beans and Rice Green Peas & Carrots Romaine Salad French Bread Bread Pudding	7 Breaded Chicken Patty w/Creamy Paprika Sauce Diced Potatoes Mixed Vegetables Squash Bread Tropical Fruit
10 Shaved Turkey Half Sandwich on Wheat Bread w/Dijonnaise Sauce Shredded Lettuce Potato Onion Soup Garbanzo Bean Salad	11 Beef Mushroom Patty Whipped Potatoes Cabbage and Carrots French Bread Peaches	12 BBQ Pork Rib Patty Garlic Whipped Potatoes Green Bean w/Red Peppers Seven Grain Bread Fresh Orange	13 Herbed Chicken Patty w/Tomato and Mushroom Sauce Delmonico Potatoes Mixed Vegetables Sunflower Seed Bread Carrot Cake	14 Chicken Taco Lettuce, Tomato, and Shredded Cheese Pinto Beans Cilantro Coleslaw Flour Tortilla Pineapple Tidbits
17 HAPPY ST. PATRICK'S DAY Kielbasa Sausage on a Bun Yellow Mustard Baked Beans Corn Sugar Cookie	18 Cheese Lasagna Rollup in Marinara Sauce Sliced Carrots Broccoli Honey Wheat Roll Applesauce	19 Corned Beef & Cabbage Green Bean w/Red Peppers Coleslaw Irish Soda Bread Shamrock Cake	20 New! Beef Broccoli Honey Cashews Brown Rice Peas & Carrots Asian Coleslaw Tropical Fruit	21 Chicken Rice Bake Spinach Kidney Bean Salad Onion Roll Mandarin Oranges
24	25	26	27	28



31 Country Meatballs Country Gravy Diced Potatoes Broccoli & Cauliflower Rye Bran Bread Mandarin Oranges	<p>MARCH FOR MEALS Annual Event HELP US FUNDRAISE TO #ENDTHEWAIT & SAVE LUNCH Your donation will make a difference!</p> <p></p>
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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.