

**JULY 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 July! As we embrace the warmth of summer, we invite you to celebrate our Independence Day in numerous ways. Our team has been busy preparing for our Center BBQ, our Department's large 4<sup>th</sup> of July "OC Unity" celebration, and Concerts in the Park. We're delighted to offer a great lineup of events and programs that provide an array of festive activities this month.

Over the years, our Department and Division have grown to meet the needs of the community. It is our Division that now holds the responsibility of some of the largest summer events in Oregon City. I wanted to share a heartfelt thank you to our amazing team and volunteers who make all of these events possible. Their dedication, efforts, and unique touch make each event shine and I am grateful for the way this team's talent is able to bring a beautiful vision to fruition! As we head into summer, thank you in advance for your patience and understanding at the Center as the team is pulled in multiple directions.

Wishing everyone a Happy July filled with celebration,

Cecily Rose  
**Community Center Manager**  
**Pioneer Community Center**



# PIONEER HIGHLIGHTS

A look back at us...

Having Fun!



Memorial Event



United Salute



OC Uker's



Aldeman Peony Farm



Time for a Day Trip!



Visiting Zebs Wish Equine





# Pioneer Membership

The Pioneer Community Center provides many services to our community.

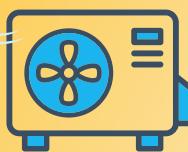
If you use our transportation, take classes, go on day trips or participate in any activities, we ask that you become a member.

**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.

## Summer Climate Support



### HEALTH RELATED CLIMATE SUPPORTS HEALTH SHARE OF OREGON

Climate Support is a health-related social need (HRSN) service and is provided by the Oregon Health Plan. This program is available to members of the following HealthShare providers:

CareOregon, Kaiser, OHSU, Providence.

Climate supports devices to help keep people safe during climate events.

**Members must meet all of the eligibility requirements, such as be at risk for heat-related illness or have a condition that makes climate events challenging or dangerous, be over the age of 65, live in a place with electricity, and can use device safely.**

**Call Health Share of Oregon for further information and to see if you qualify.**

**Monday through Friday 8am-5pm 503-416-4100**

**Covered devices are only for use in the members home or primary residence and may include the following:**

- AIR CONDITIONERS, HEATERS AND AIR FILTERS TO PROVIDE CLEAN AIR AND HEALTHY TEMPERATURES.**
- MINI FRIDGES TO KEEP MEDICATION COLD DURING A POWER OUTAGE.**
- PORTABLE POWER SUPPLIES TO OPERATE MEDICAL DEVICES LIKE VENTILATORS DURING A POWER OUTAGE.**

## OUR FITNESS ROOM

IS NOW ACCEPTING  
THE FOLLOWING PROGRAMS!



**\$20**

for a 24 visit  
punch card

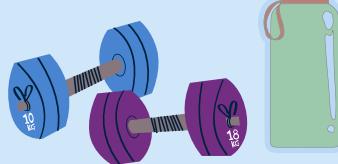


**Fitness Center hours are  
Monday - Friday 9:00AM-4:00PM**



**CALL TO SET UP AN ORIENTATION TODAY!**

**503-657-8287**



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





# 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

## 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.*

## 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**

# WALK WITH EASE

EVERY TUESDAY, WEDNESDAY, THURSDAY  
10:00-11:00AM  
REGISTER AT OUR RECEPTION DESK  
OR 503-657-8287

\$1 DROP IN SUGGESTED  
DONATION  
OR  
SILVER PROGRAM  
ACCESS

# JULY ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>CONGREGATE LUNCH   MONDAY-FRIDAY   11:00AM-12:00PM</b> Age 60+ \$3 suggest donation   Age under 60 \$4.50 fee			
	<p><b>1</b> 8-9 Zumba - Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 10-11 Walk With Ease 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance</p>	<p><b>2</b> 9:00 Walking Club 10-11 Walk With Ease 12-3 Poker</p> <p style="text-align: center;"><b>Trip Day</b> <b>Cannon Beach</b></p>	<p><b>3</b>  8-9 Zumba Drop In 10-11 Walk With Ease <b>11:00 Independence Day BBQ</b> 12:30-2 Bingo</p> <p style="text-align: center;"></p> <p><b>Bingo Sponsor</b> <b>Gilman Grove</b></p>	<p><b>4</b> </p> <p><b>HAPPY Independence Day</b></p> <p><b>Pioneer Community Center</b> <b>Closed</b></p>
<p><b>7</b> 9:00 Walking Clubs 9:30-11:30 Crafting with Friends 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance</p>	<p><b>8</b> 8-9 Zumba - Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 10 Law Project w/ Appt. 10-11 Walk With Ease 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance <b>1:30-2:30 Alzheimer's Support</b></p>	<p><b>9</b> 9:00 Walking Club 10-11 Walk With Ease 12-3 Poker</p> <p><b>12:00 Movie Matinee</b> <b>2-3:30 United Healthcare Information</b></p> <p style="text-align: center;"></p> <p><b>Trip Day</b> <b>Tualatin Hills Nature Hike</b></p>	<p><b>10</b> 8-9 Zumba Drop In 10-11 Walk With Ease <b>11:30-12:30 Mobile Library</b> 12:30-2 Bingo <b>1:30-3 Grief Release</b></p>	<p><b>11</b> 9:00 Walking Clubs 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards &amp; Dice Games</p>
<p><b>14</b> <b>National Mac &amp; Cheese Day</b> 9:00 Walking Clubs 9:30-11:30 Crafting with Friends <b>11:00 Lunch &amp; Learn Mac &amp; Cheese</b> 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance</p> <p style="text-align: center;"></p>	<p><b>15</b> 8-9 Zumba-Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 10-11 Walk With Ease 10:00 Law Project w/appt <b>12:00 Karaoke Party</b> <b>12-1 Diamond Presentation</b> 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance</p>	<p><b>16</b> <b>National Hot Dog Day</b> 9:00 Walking Club 10-11 Walk With Ease 12-3 Poker 2pm Bunco</p> <p style="text-align: center;"><b>Trip Day</b> <b>Spirit Mt. Casino</b></p>	<p><b>17</b> 8-9 Zumba Drop In 10-11 Walk With Ease 12:30-2 Bingo</p> <p style="text-align: center;"></p> <p><b>Bingo Sponsor</b> <b>Heritage Heights</b></p>	<p><b>18</b> 9:00 Walking Clubs 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards &amp; Dice Games</p>
<p><b>21</b> 9:00 Walking Clubs 9:30-11:30 Crafting with Friends 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance</p>	<p><b>22</b> 8-9 Zumba Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club <b>10:00 Fireside Bookchat</b> 10-11 Walk With Ease 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance</p>	<p><b>23</b> 9:00 Walking Club 10-11 Walk With Ease</p> <p><b>12:00 Gorgeous Grandma Pageant</b></p> <p style="text-align: center;"></p> <p><b>Trip Dine Out Day</b> <b>Smoking Jay BBQ</b></p>	<p><b>24</b> 8-9 Zumba Drop In 10-11 Walk With Ease 12:30-2 Bingo <b>1:30-3 Grief Release</b></p>	<p><b>25</b> 9:00 Walking Clubs 10:00 Food Pantry 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards &amp; Dice Games</p>
<p><b>28</b> <b>National Milk Chocolate Day</b> 9:00 Walking Clubs 9:30-11:30 Crafting with Friends <b>11:15 Lunch &amp; Learn : World War 1</b> <b>12:00 Fireside Film: The Lost Battalion</b> 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance</p>	<p><b>29</b> 8-9 Zumba Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 10-11 Walk With Ease 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance</p>	<p><b>30</b> <b>National Cheesecake Day</b> 9:00 Walking Club 10-11 Walk With Ease <b>11:00 Birthday Day Lunch</b> 12-3 Poker</p> <p style="text-align: center;"></p> <p><b>Trip Day</b> <b>Willamette Falls Jet Boats</b></p>	<p><b>31</b> 8-9 Zumba Drop In 10-11 Walk With Ease <b>12:30-2 Community Bingo</b></p> <p style="text-align: center;"></p> <p><b>Bingo Sponsor</b> <b>The Ridge</b></p>	

**SUMMER RECREATION CLASS SCHEDULE ON NEXT PAGE**

# SUMMER CLASS SCHEDULE

## HEALTH AND FITNESS CLASSES (Registration Opens May 14 at 12 noon)

CLASS	DAY	TIME	DATES	Fee	Fee 62+	INSTRUCTOR	NOTES
<b>Hatha Yoga</b>	Tuesdays Thursdays	9:15-10:15	Jun 24-Sep 9	\$100.00	\$70.00	Becky Pyles	<b>No Class 8/21, 8/28, 9/2</b>
<b>Thai Chi Beginning</b>	Tuesdays Thursdays	10:30-11:30	Jun 24-Sep 11	\$110.00	\$77.00	Ulises Correa	<b>No Class 7/3, 8/21, 9/1</b>
<b>Thai Chi Continuing</b>	Mondays Wednesdays	10:00-11:00	Jun 23-Sep 3	\$105.00	\$74.00		
<b>Mindfulness Meditation</b>	Wednesdays	10:00-11:30	Jun 25-Aug 27	\$75.00	\$53.00	Diane Haase	<b>Located in Daylight Basement Room</b>
<b>Be Fit</b>	Tuesdays Thursdays	10:00-11:00	Jun 24-Sep 4	\$110.00	\$77.00	Rachael Petersen	<b>Located in Daylight Basement Room</b>
<b>Tai Chi Extra Study</b>	Mondays Wednesdays	11:15-11:45	Jun 23-Sep 3	\$5 Drop-in Fee		Ulises Correa	<b>No Class 9/1</b>
<b>Zumba</b>	Tuesdays Thursdays	8:00-9:00	Jun 24-Sep 4	Silver Program Fitness Punch Card \$1 Drop-In		Laura Luna- Brice	<b>No Class 7/29, 7/31</b>

## CREATIVE EXPRESSION

<b>Absolute Beginners Ukulele</b>	Mondays	10:30-11:15	Jun 23-Aug 25	<b>\$144, \$18 Drop-In</b> First drop-in is FREE	Brian Fergus	<b>No Class 9/1</b>
<b>Beginning Ukulele</b>	Mondays	11:15-12:00	Jun 23-Aug 25			
<b>Beyond Beginning Ukulele</b>	Mondays	12:00-1:30	Jun 23-Aug 25			
<b>Watercolor Painting</b>	Thursdays	10:00-12:30	Jun 26-Aug 14	\$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)



# HAPPENING AT THE CENTER

★★★ PIONEER COMMUNITY CENTER ★★★

## INDEPENDENCE DAY

# BBQ



JULY 3RD, 2025 | 11:00AM-12:00PM



AGE 60+ \$3 SUGGESTED DONATION  
AGE UNDER 60 \$4.50 FEE

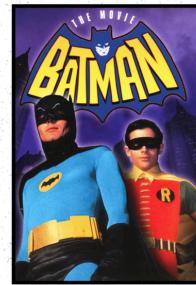
PIONEER COMMUNITY CENTER | 615 5TH STREET, OREGON CITY OR 97045

RSVP AT 503-657-8287 OR RECEPTION DESK

## JULY MOVIE MATINEE

### JULY 9TH 12:00PM

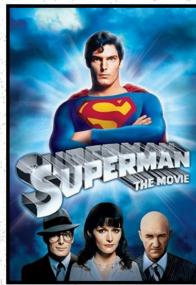




1 hour 41 minutes (1966)



1 hour 15 minutes (1974)



2 hours 7 minutes (1978)

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

\$2 SUGGESTED DONATION FOR CONCESSIONS



PIONEER COMMUNITY CENTER

## MACARONI CHEESE DAY



LUNCH & LEARN  
11:15AM

"HOW MAC AND  
CHEESE BECAME AN  
ALL-AMERICAN DISH"

JULY 14<sup>TH</sup> | 11:00AM - 12:00PM

CONGREGATE LUNCH

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

# Karaoke Party!



15TH  
JULY

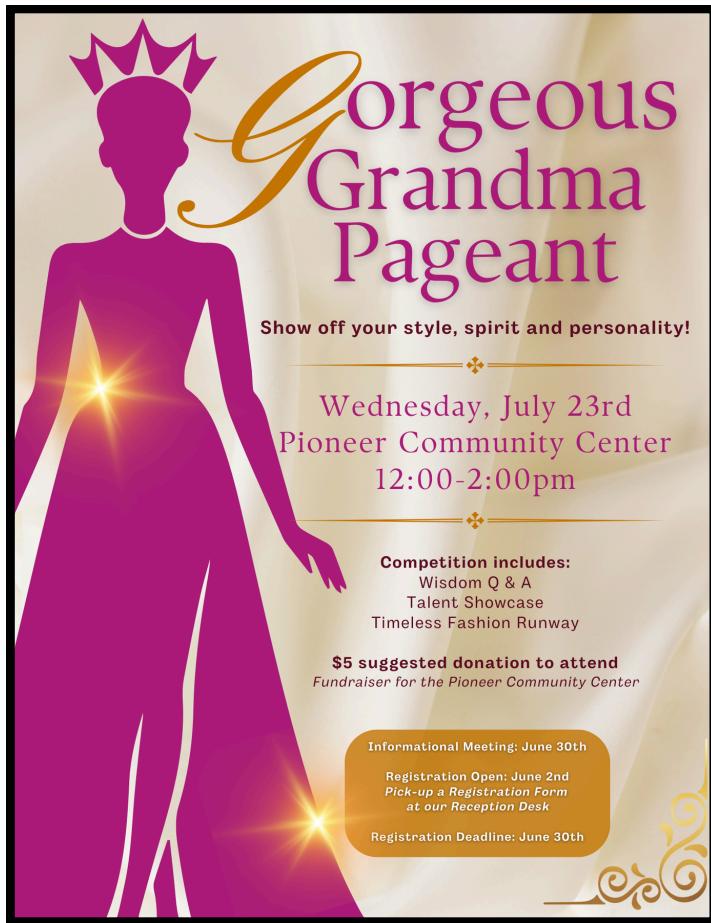
12 - 1 PM

PIONEER  
COMMUNITY CENTER  
615 5TH STREET  
OREGON CITY, OR

RSVP:  
503-657-8287

SING YOUR  
HEART OUT!

# HAPPENING AT THE CENTER



**Gorgeous Grandma Pageant**  
Show off your style, spirit and personality!

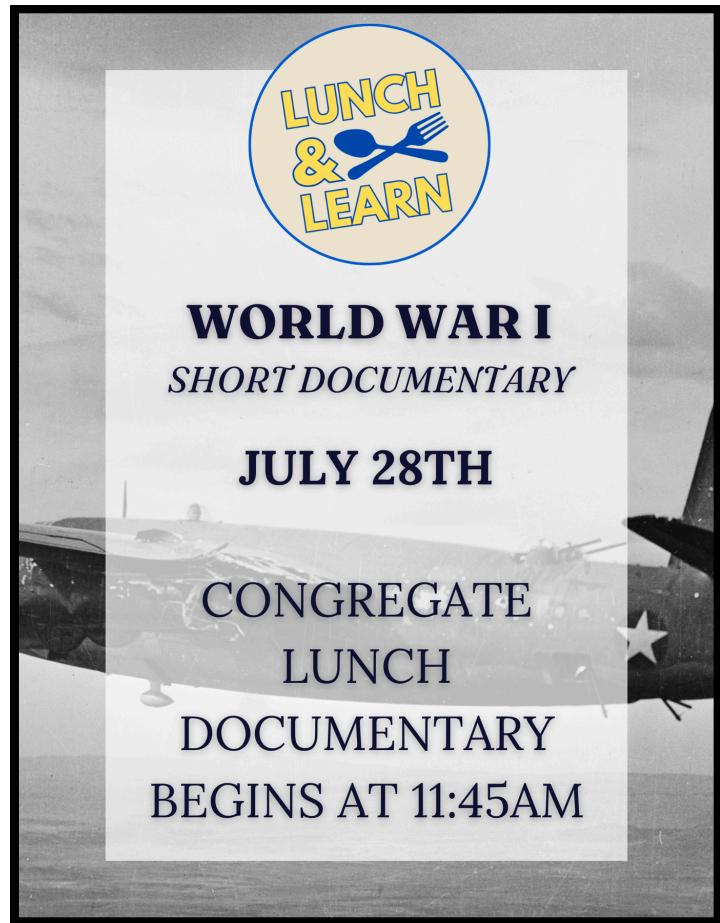
Wednesday, July 23rd  
Pioneer Community Center  
12:00-2:00pm

Competition includes:  
Wisdom Q & A  
Talent Showcase  
Timeless Fashion Runway

\$5 suggested donation to attend  
Fundraiser for the Pioneer Community Center

Informational Meeting: June 30th  
Registration Open: June 2nd  
Pick-up a Registration Form  
at our Reception Desk  
Registration Deadline: June 30th

A large silhouette of a woman in a gown and crown is on the left side of the poster.



**LUNCH & LEARN**

**WORLD WAR I**  
*SHORT DOCUMENTARY*

**JULY 28TH**

**CONGREGATE LUNCH DOCUMENTARY BEGINS AT 11:45AM**

A background image of a World War I era biplane flying over a field.



**Fireside Films**  
FILM SERIES IN THE FIRESIDE ROOM

**JULY FILM:**  
THE LOST BATTALION  
(2001, 1 HR 32M)

**July 28th**  
**12:00-2:00 PM**  
**Fireside Room**  
RSVP at Front Desk  
Max 20 guests

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

A film camera on a tripod is on the left side of the poster.



**ANNUAL**  
**RUMMAGE**  
**SALE**

**9:00AM - 3:00PM | AUGUST 8, 2025**

**PIONEER COMMUNITY CENTER**  
**615 5TH STREET, OREGON CITY**

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

A graphic of a clothing rack with various items and a red starburst with the word "Sale" is at the bottom right.



# The Power of Lifestyle Medicine in Health & Healing

# Happiness!

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



Speaker: Dr. Iris Schrijver

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

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



RSVP  
503-657-8287



Pioneer Community Center  
615 5th St. Oregon City, OR 97045

# CELEBRATE & THRIVE

## NATIONAL SENIOR CITIZENS DAY

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



August 21st



9:00AM-2:00PM



Pioneer Community Center

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

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

### ACTIVITIES INCLUDE:

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

### SUMMER BASH PARTY

**11:00AM-12:30PM**

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

### DURING CONGREGATE LUNCH | 11:00AM

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

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

# DAY TRIPS & DINE OUTS

Adventure  
time!!



IMPORTANT

LOOK!



## In-Person Registration for August Trips

**Friday, June 27th at 9:00am**

### August 6th | Lincoln City

The Beach that has everything: casino, shopping & surf.



### August 13th | Hoyt Arboretum Overlook Hike

This trail takes you above the visitor center and offers views of Mt. St. Helens and Mt. Rainier on a clear day.



### August 20th | Swan Island Dahlias

Take a selfie in 50 acres of breathtaking display of 375 Dahlia varieties.

### August 27th | Oregon Gardens

The Oregon Garden is a stunning botanical garden of more than 80 acres in the little town of Silverton, Oregon.

**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.

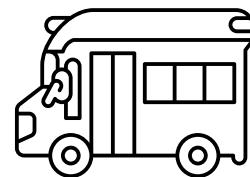
**Cancellations:** Must be made at least one week in advance to receive voucher.

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.

Let's  
GO!



# THIS IS JOY IN RETIREMENT

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



## Your amenities:

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



**GILMAN GROVE**

Oregon City Senior Living

**Schedule your tour today!**  
[OregonCityRetirement.com](http://OregonCityRetirement.com)



**HERITAGE HEIGHTS**  
Senior Living

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

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

An Affiliate Community of Laurelwood Senior Living

**503-656-8113**

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

13637 Garden Meadow Dr, Oregon City, OR 97045

# FILL THE PANTRY SUMMER FOOD DRIVE

JULY - AUGUST 11TH

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



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



## COMMUNITY BINGO

07.31.2025

12:30 P.M. to 2:00 P.M.

**\$0.25  
PER CARD**

Join us for an exciting afternoon of bingo, sponsored by The Ridge at Oregon City. Test your luck against other participants hoping to win the grand prize. Prizes and assorted snacks provided by The Ridge at Oregon City.

**COME | PLAY | WIN**

Located at Pioneer Community Center  
615 5th st, Oregon City, OR 97045





# OC UNITY

4 TH OF JULY  
COMMUNITY CELEBRATION

## JULY 4TH, 2025

FOOD TRUCKS, LIVE MUSIC,  
& LASER LIGHT SHOW

END OF THE OREGON TRAIL  
1726 WASHINGTON STREET

SITE OPENS | 4:00 PM  
ONSITE PARKING | \$5 CASH ONLY  
FOOD & BEVERAGE SALES | 5:00 PM



6:00 PM SCHOWN SLADE BAND

8:00 PM JOHNNY LIMBO & THE LUGNUTS

9:45 PM PATRIOTIC PRESENTATION  
& LASER LIGHT SHOW

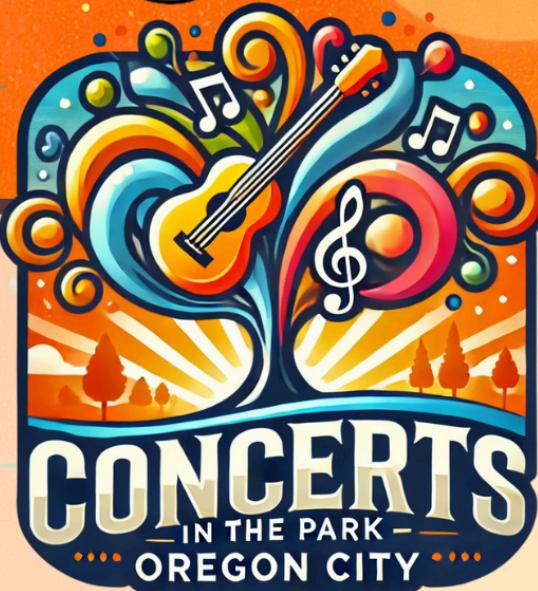


**FRIENDS OF UNITY SPONSORS**

Citizens Bank | Oregon City Optimist Club | Oregon City Festival of the Arts



HOSTED BY



BEER GARDEN BY



JULY 10  
**ANTS IN THE KITCHEN**  
ROCK, SOUL & BLUES

JULY 17  
**BAND AFTER MIDNIGHT**  
ABBA TRIBUTE

JULY 24  
**NATE BOTSFORD**  
COUNTRY ROCK HYBRID

JULY 31  
**FIGHTING FOOS**  
FOO FIGHTERS TRIBUTE

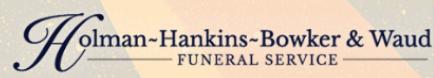
AUGUST 7  
**KALIMBA**  
EARTH, WIND AND FIRE TRIBUTE

AUGUST 14  
**HIT MACHINE**  
DANCEABLE HITS

THURSDAYS | 6:30-8:30 PM  
**END OF THE OREGON TRAIL**  
1726 WASHINGTON STREET, OREGON CITY

CONCERT SITE OPEN | 4:00 PM  
ONSITE PARKING | \$5 CASH ONLY  
FOOD & BEVERAGE SALES | 5:00 PM

KIDS ZONE BY



**FRIENDS OF THE CONCERTS**

Citizens Bank | Oregon City Optimist Club | McLoughlin Neighborhood Association | Oregon City Festival of the Arts

# VOLUNTEER OPPORTUNITIES

# Volunteers needed

## Meals on Wheels Drivers

Delivering meals to our homebound citizens in Oregon City, Beavercreek, Redland & West Linn!  
Monday, Tuesday, Thursday & Fridays

## Gardening

We are looking for helpers to work in our garden this summer. Picking raspberries, blueberries and tomatoes for our nutrition program.  
Monday- Friday

## Pioneer Community Center

For more information on becoming a volunteer:

Social Services Coordinator

Shirley Ryan

503-722-3268 or

sryan@orc city.org

JOIN OUR  
team

## Nutrition Program Helpers

Morning Packers, Helpers, Servers, Hostesses, Clean up, and Event Helpers.  
Positions available.  
Monday – Friday

ENGAGE

JOIN

PARTICIPATE

UNITE

INVOLVE

## Activity Leaders

Game host & Recreation Leaders who love to play and host game events, craft events and more.  
Monday – Friday

Christina F.

Mary S.

Gary B.

Kristi C.

Joeleen M.

HAPPY  
Birthday  
to YOU

Ann K.

Peggy T.

Antonio M G.

Richard L.

Anthony R.

Joyce C.

Frank W.

Eddie S.

Silvia C.

DeeAnn M.

Cory F.

Best wishes  
ON YOUR  
DAY



# JULY CONGREGATE MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b> Shaved Turkey Half Sandwich w/Wheat Bread Broccoli &amp; Cheese Soup Kidney Bean Salad Pineapple Tidbits</p>	<p><b>2</b> Potato Crusted Fish w/Alfredo Basil Sauce Over Orzo Pasta Spinach Pineapple Slaw Wheat Bread Mixed Fruit</p>	<p><b>3 Independence Day BBQ</b> Hamburgers with all the fixin's Macaroni Salad Baked Beans Assorted Chips Strawberry Shortcake</p>	<p><b>4</b>  <b>HAPPY Independence Day</b> Pioneer Community Center Closed</p>
<p><b>7</b> Pork Sausage Patty w/Cheese Tater Tots California Vegetables Biscuit Seasonal Fresh Fruit</p>	<p><b>8</b> BBQ Pulled Chicken on a Bun Baked Beans Coleslaw Confetti Cake</p>	<p><b>9</b> Homestyle Turkey Patty w/Poultry Gravy Whipped Potatoes Spinach French Bread Fresh Orange</p>	<p><b>10</b> Beef Chilli w/Beans Broccoli &amp; Carrots Bayou Slaw Cornbread</p>	<p><b>11</b> Greek Chicken Thigh Cucumber Yogurt Sauce Tomato, Cucumber &amp; Feta Salad Pita Bread Broccoli</p>
<p><b>14 National Mac &amp; Cheese Day</b> Ham &amp; Swiss Cheese Half Sandwich on Whole Wheat Bread Lentil Soup Coleslaw Tropical Fruit</p>	<p><b>15 Karoake Party</b> Ground Beef Stew Whole Kernel Corn Kidney Bean Salad Multigrain Roll Fresh Banana</p>	<p><b>16 National Hot Dog Day</b> Hot Dogs with all the fixin's Assorted Chips Potato Salad Cookies</p>	<p><b>17</b> Spaghetti &amp; Meat Sauce Green beans Spinach Romaine Salad Garlic Roll Seasonal Fruit</p>	<p><b>18</b> Chicken Cobb Salad w/ Bacon over Spinach Romaine Pickled Beets Wheat Roll Tropical Fruit</p>
<p><b>21</b> Chicken Spanish Rice California Vegetables Black Bean Corn Salad Oat Bran Wheat Roll Fresh Banana</p>	<p><b>22</b> BBQ Hamburger On a Bun Ranch Beans Coleslaw Seasonal Fresh Fruit</p>	<p><b>23 Nat'l Gorgeous Grandma Day</b> Cheese Lasagna Roll w/Alfredo Sauce Stewed Tomatoes Broccoli Seven Grain Roll Fresh Orange</p>	<p><b>24</b> Pork Char Siu Rice Pilaf Sesame Green Beans Carrot Mandarin Salad Fortune Cookie</p>	<p><b>25</b> Herbed Chicken Patty w/Country Gravy Whipped Potatoes Spinach Onion Bread Pineapple Tidbits</p>
<p><b>28 National Milk Chocolate Day</b> Breaded Fish w/ Tarter Sauce on a Bun Tater Tots Mixed Vegetables Fresh Apple</p>	<p><b>29</b> Chicken Fajita Bowl Fiesta Vegetables Cilantro Coleslaw Oat Bran Wheat Roll Fresh Banana</p>	<p><b>30 National Cheesecake Day</b> Pork Pizza Rotini Bake Broccoli and Cauliflower Garbanzo Bean Salad French Roll Seasonal Fruit</p>	<p><b>31</b> BBQ Pork Rib Patty Garlic Whipped Potatoes Mixed Vegetables Honey Wheat Bread Peaches</p>	<p>PIONEER COMMUNITY CENTER</p> <p>503-657-8287 615 5th St. Oregon City, OR 97045</p>



# 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.