

DECEMBER 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,

It's the most wonderful time of the year, and here at the Center, we're ready to embrace every moment of joy, warmth, and holiday cheer. Our December calendar is festively full with seasonal outings, special events, creative opportunities, and plenty of chances to connect and celebrate together.

This season brings not only celebration but also tremendous generosity from our community. A heartfelt thank-you to those who help make the holidays brighter here at the Center. Thank you to the OC Women's Club for their delicious donation of pies to our Meals on Wheels Participants—your kindness brings joy (and smiles!) to many. We're also deeply appreciative of all who contribute to our Giving Tree and the many other acts of giving that support older adults during this meaningful time of year.

Whether you're joining us for a festive outing, a cozy gathering, a creative activity, or simply stopping by to enjoy time with friends, we're delighted to celebrate this magical month with you.

Warm holiday wishes,
Cecily Rose
Manager

UPCOMING CLOSURES

December 24
Christmas Eve
Closure

December 25
Christmas Day
Closure

January 1
New Year's
Day Closure



PIONEER HIGHLIGHTS

A look back at us...
Having Fun!



Halloween Party 2025



Having Fun!



*** **HAPPY** *Veterans* **DAY** ***



HAPPY
HALLOWEEN



Halloween Zumba!



Women's Club
Pie Donation!



Girl Scout's 10743



Happy Birthday to our December volunteers!

Barbara B.

Paul L.

Esther

David S.

HAPPY
Birthday
to YOU



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

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 – 2:30 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

D E C E M B E R A C T I V I T Y C A L E N D A R

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CONGREGATE LUNCH MONDAY-FRIDAY 11:00AM-12:00PM Age 60+ \$3 suggest donation Age under 60 \$4.50 fee			
1 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	2 8-9 Zumba - Drop In 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15 Better Bones & Balance 10-11 Estate Planning AFEPI 10-11:30 Mindfulness Free Workshop 11-12 Congregate Lunch 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance 2-4 United Health Care 101	3 9:15 Better Bones & Balance 10-12 Premier World Travel Presentation 11-12 Congregate Lunch 12-1 Folk Dance Pop-Up 12-3 Poker Trip Day PIR Holiday Lights	4 8-9 Zumba - Drop In 9:15 Better Bones & Balance 11-12 Congregate Lunch 12:30-2 Bingo	5 9:00 January Trip Sign Up 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
8 9:30-11:30 Crafting with Friends 11-12 Congregate Lunch 11:30 OC Ukers Performance 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance	9 8-9 Zumba 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15 Better Bones & Balance 11-12 Congregate Lunch 12-1 Beginning Line Dance 1-2 Improver Line Dance 1:30-2:30 Alzheimer's Support guest speaker on Effective Communication	10 9:15 Better Bones & Balance 11-12 Congregate Lunch 12-1 Folk Dance Pop-Up 12-3 Poker 2-4 United Health Care 101 Dine-Out Rivershore Bar & Grill	11 8-9 Zumba - Drop In 9:15 Better Bones & Balance 11-12 Congregate Lunch 11:30 Mobile OC Library Visit 12:30-2 Bingo 1:30-3 Grief Release	12 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 10:00 Food Pantry 11-12 Congregate Lunch 12:00 Movie Matinee 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games
15 9:30-11:30 Crafting with Friends 10:30 Hot Cocoa & Holiday Sweater Social 11-12 Congregate Lunch 12-3 Poker 12-1 Beginning Line Dance 12-3 American Mahjong 1-2 High Beg/Improver Line Dance 	16 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 11:15 Trivia Tuesday 12-1 Beginning Line Dance 1-2 High Beg/Improver Line Dance 	17 9:15 Better Bones & Balance 10:00 Cookie Decorating 11-12 Congregate Lunch 12:00 Bunco 12-3 Poker  Trip Day Victorian Belle Tour	18 8-9 Zumba - Drop In 9:15 Better Bones & Balance 11-12 Congregate Lunch 11:15 SINGO Holiday Music Bingo Game 12:30-2 Bingo 	19 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 10:00 Food Pantry 11-12 Holiday Luncheon 12-3 Rummikub 12:30-3 Pinochle 1-3 Cards & Dice Games 
22 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	23 8-9 Zumba 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15 Better Bones & Balance 10-11:30 Fireside Book Chat 11-12 Congregate Lunch 12-1 Beginning Line Dance 1-2 Improver Line Dance	24  CLOSED	25  Pioneer Community Center CLOSED	26 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
29 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	30 8-9 Zumba 9:00 Foot Care Clinic w/appt. 9:00 Walking Club 9:15 Better Bones & Balance 11-12 Congregate Lunch 12-1 Beginning Line Dance 1-2 Improver Line Dance	31 9:15 Better Bones & Balance 11:00 New Year's Eve Party! 12:00 Bunco 12-3 Poker  Trip Day OMSI		

WINTER CLASS SCHEDULE

HEALTH AND FITNESS CLASSES – REGISTRATION OPENS DECEMBER 3RD 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	No Class 3/17
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, 3/17
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	\$100.00	\$70.00	Rachael Petersen	No Class 1/27, 1/29
NEW! 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	No Class 3/17

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

BECOME A SPONSOR

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





New Program

FOLK DANCING

STARTING JANUARY 7TH
WEEKLY | WEDNESDAY
12:00-1:00PM

\$1 Drop-In | No Partner Needed!

POP UP CLASSES
DECEMBER 3RD & 10TH
12:00-1:00PM

Folk dancing is a community-centered style of dance rooted in cultural traditions from around the world. These dances are often passed down through generations and are designed for people of all ages and skill levels to enjoy together.

Most folk dances are easy to learn, involve simple repeated steps, and are danced in circles, lines, or small groups. They celebrate music, heritage, and togetherness – no partner or prior experience required!



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



**Renew
Active™**
by UnitedHealthcare

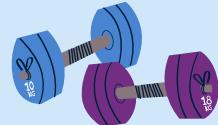
Active&Fit

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



CALL TO SET UP AN ORIENTATION TODAY!

503-657-8287



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)



Questions/Information:
Social Services Coordinator
Shirley Ryan
503-722-3268 or
sryan@orc city.org





NATIONAL DAY OF GIVING | DECEMBER 2ND

WAYS TO GIVE

DONATE CANNED GOODS & NON-PERISHABLES

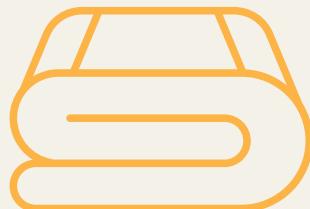


Help restock the Pioneer Community Center Food Pantry with items such as:

- Canned soups, proteins, fruits, and vegetables
- Pasta, rice, boxed meals
- Shelf-stable milk, nut butters, cereals

These staples go directly to community members facing food insecurity. Donations can be dropped off Monday-Thursday between 9:00am-4:00pm.

DONATE WARM BLANKETS, COATS & SCARVES



Help keep our Meals on Wheels recipients warm this winter by donating:

- New blankets
- Warm coats
- Scarves, gloves, socks

These comfort items are especially meaningful for seniors living alone or on fixed incomes.

MAKE A MONETARY DONATION



Financial contributions help sustain vital services at the Pioneer Community Center.

You can make a tax-deductible gift to:

- Meals on Wheels
- Pioneer Community Center Programs – programming, activities, and support services



*Meals on Wheels
Donation page*

Thank you for your contributions!

615 5th St. Oregon City, OR 97045

503-657-8287





PIONEER COMMUNITY CENTER



GIVING TREE



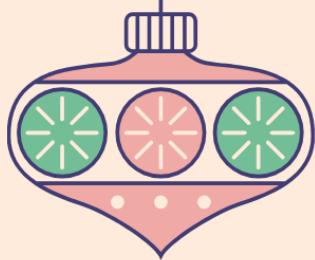
ORNAMENTS AVAILABLE
STARTING:
MONDAY
NOVEMBER 17

**RETURN
BY:**
FRIDAY
19
DECEMBER

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.

9:00AM - 4:00PM



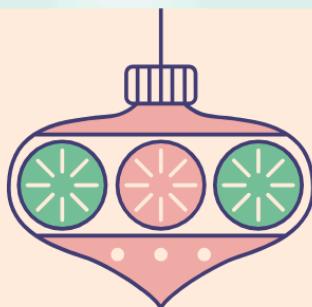
PIONEER COMMUNITY CENTER

Holiday Bazaar

DECEMBER 6, 2025
9:00AM - 3:00PM

615 5TH STREET
OREGON CITY, OR 97045

OVER 40
ART, CRAFT, FOOD &
VINTAGE VENDORS



HAPPENING AT THE CENTER



When:
Tuesday, Dec. 2nd
10:00-11:00

REAL ESTATE
And
ESTATE PLANNING

COMMUNITY EVENT AT
PIONEER COMMUNITY
CENTER

Heather Morrison, AFEPI-NW - Estate Planning Educator

- We have over three decades of serving families
- Protect what you have worked for and ensure it lasts for future generations
- Trusted guidance for you, your children, and your grandchildren

Andrea Hand - Senior Real Estate Specialist

- 20+ years helping older adults transition & downsize
- Tips for preparing your home for sale
- How to make a smooth move into retirement community and what you can expect

Please join us Dec. 2nd AT 10:00 a.m. for expert advise and \$500 in raffles!
625 Center St. Oregon City RSVP at 541-971-5361 or heather@afepinw.com



OCUKERS
HOLIDAY CONCERT

DECEMBER 8 | 11:30 AM - 12:00 PM

DURING CONGREGATE LUNCH

\$3 suggested donation | Age of 60+
\$4.50 fee | Under Age of 60



Holiday CARD POP-UP

**\$2 SUGGESTED
DONATION**

DECEMBER 9
FROM 10 AM TO 12 PM

PIONEER COMMUNITY CENTER
615 5TH ST, OREGON CITY



**MOVIE MATINEE
DOUBLE FEATURE**

**DECEMBER 12TH
12:00PM**

RUDOLPH THE RED-NOSED REINDEER
47 minutes

A CHARLIE BROWN CHRISTMAS
25 minutes

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

**\$2 SUGGESTED DONATION
FOR CONCESSIONS**



HOLIDAY SPIRIT WEEK

DECEMBER 15-19

12/15

Hot Cocoa & Holiday Sweater Social

10:30 AM – 12:00 PM (Dining Room)



Wear your most festive holiday sweater and join us for a cozy Hot Cocoa Social with a build-your-own cocoa bar — complete with marshmallows, peppermint sticks, whipped cream, and more. Don't miss the Stocking Stuffer Raffle for a chance to win festive prizes!

12/16

Trivia Tuesday

11:15 AM (During Congregate Lunch)



Test your seasonal smarts at our festive Holiday Trivia Challenge! Join us for a fun and friendly round of questions covering winter traditions, classic movies, holiday music, famous foods, and more.

12/17

\$3 SUGGESTED
DONATION

Cookie Decorating

10:00 – 11:00 AM (Classroom)



Get creative — and festive — at our Holiday Cookie Decorating Day! We'll provide sugar cookies, frosting, sprinkles, and all the cheerful toppings you need to design your own delicious masterpieces.

12/18

SINGO Holiday Music Bingo Game

11:15 AM (During Congregate Lunch)



Join us for a lively round of Holiday SINGO — our musical twist on bingo! Instead of numbers, you'll listen for classic holiday tunes and mark your card when you hear a match. From timeless favorites to cheerful seasonal hits, it's a fun and festive way to celebrate the season.

12/19

Holiday Luncheon

11:00 AM (Multipurpose Room)



Join us for a festive Holiday Luncheon at the Pioneer Community Center! Celebrate the season with friends, great food, and cheerful holiday spirit. Enjoy a warm, seasonal meal accompanied by live piano music, creating a cozy and joyful atmosphere as we wrap up another wonderful year at the PCC.

**RSVP is required by Thursday, December 12.
Reception Desk or call 503-657-8287.**

PIONEER COMMUNITY CENTER

HOLIDAY LUNCHEON

FRIDAY, DECEMBER 19

11:00 AM | 3 COURSE MEAL

EVENT FOR AGES 21+
RSVP OPEN DECEMBER 1ST - 12TH

RSVP @ RECEPTION DESK
OR 503-657-8287

AGE 60+
SUGGESTED
DONATION
\$3

UNDER 60
\$4.50
CHARGE

HAPPENING AT THE CENTER

NEW YEAR'S EVE *Celebration*

Wednesday, December 31st

11:00 AM – 12:00 PM

RSVP BY DECEMBER 26th
AT THE FRONT DESK OR 503-657-8287

\$3 SUGGESTED DONATION | 60+
\$4.50 CHARGE | UNDER 60

SPARKLING BEVERAGES
MUSIC & GAMES

AROUND THE WORLD IN NEW YEARS
PIONEER COMMUNITY CENTER



A YEAR LONG CELEBRATION SERIES

NEW BEGINNINGS ACROSS CULTURES

DECEMBER: NEW YEAR'S EVE
FEBRUARY: LUNAR NEW YEAR
MARCH: NOWRUZ
APRIL: SONGKRAN
SEPTEMBER: ROSH HASHANAH
NOVEMBER: DIWALI

DAY TRIPS & DINE OUTS

December 2025 Trips

December 3 PIR Holiday Lights	December 9 Aspen Meadows Senior Night
December 10 Rivershore Bar & Grill Dine Out	December 17 Victorian Belle Tour
December 31 OMSI Monsters of the Abyss	

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

In-Person Registration for November Trips

Friday, December 5 at 9:00am



January 7 | Portland Art Museum

The Portland Art Museum is the largest museum in Oregon with robust, diverse permanent collections and large graphic art and silver collections.



January 14 | McMenamins Kennedy School Movie

Join us for casual pub food & drinks, with a 2nd run movie matinee.



January 21 | Curiosities Vintage Mall

This mall has 70+ dealers of the widest variety of merchandise in the Portland Metro area. The Space is everchanging with new merchandise and new dealers, it is never static or dusty.



January 28 | Babica Hen Cafe | Dine Out

Known for in house made breakfast & lunch fare served in a warm, simple dining room.

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

Meals are not included unless specified.

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

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

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

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

All trips depart and return to the Pioneer Community Center.

There are no early or late pickups available. Participants must have their own transportation to & from the Center.



HERITAGE HEIGHTS
Senior Living

WISHES YOU A

**HAPPY HOLIDAY
SEASON!**



What better way to start off the year than a...

NEWLY RENOVATED

APARTMENT

(AVAILABLE NOW)



SCHEDULE A VISIT WITH US TODAY...

CALL US AT (503) 656 - 8113

13637 Garden Meadow Dr.

In the Heart of Oregon City!





Angela Griffiths

Refresh Bathing & Homecare Services

*Sometimes all you need
is a little extra help to
remain independent.*

refreshbhs.com

503-502-1840

angela@refreshbhs.com



Services

- Bathing Assistance
- Nail Care (non-diabetic)
- Light Housekeeping
- Outings in the community
- Check-in Service
- Communication Support
- Ergonomics
- Haircuts
- Concierge

Transportation Service

Offered by



Transportation Reaching People (TRP) | ClackCo Connects Shuttle
Vets Driving Vets | Ride Together | Mt. Hood Express | Village Shuttle

Learn more about getting around the county at
www.clackamas.us/socialservices/transportation



Senior Companion Program

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



Transportation Reaching People

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: trp@clackamas.us
- www.clackamas.us/socialservices/senior



DECEMBER CONGREGATE MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Patty Brown Gravy Whipped Potatoes Mixed Vegetables Wheat Roll Fruit	2 Vegetarian Lasagna Roll Up w/ Alfredo Sauce Italian Vegetables Whole Kernel Corn Wheat Roll Fruit	3 Chicken & Vegetable Stir Fry Brown Rice Green Beans Spinach Romaine Salad Pineapple Tidbits	4 Vegetarian Chili Chuckwagon Cor Apply Cranberry Coleslaw Cornbread Fruit	5 Breaded Baked Fish w/ Tartar Sauce Tater Tots Club Spinach Garbanzo Bean Salad Fruit
8 Chicken A La King Brown Rice Harvard Beets California Vegetables Fruit	9 BBQ Smokehouse (beef) Cheesy Hashbrowns Winter Vegetables Hoagie Bun Fruit	10 Meatloaf w/ Brown Gravy Whipped Potatoes Sliced Carrots Seven Grain Bread Carrot Cake	11 Shoyu Chicken Brown Rice Kyoto Vegetables Carrot Pineapple Salad Blushing Pears	12 Baked Ham w/ Raisin Sauce Whipped Sweet Potatoes Green Beans & Carrots French Bread Apple Cobbler
15 Salisbury Steak w/ Brown Gravy Whipped Potatoes Broccoli Cracked Wheat Bread Candy Cane Cake	16 Pork Sausage Patty w/ Cheese O'Brien Potatoes Broccoli & Cauliflower Whole Grain Bagel Hot Spiced Peaches	17 Scalloped Potatoes & Turkey Garlic Spinach Garden Vegetable Salad Seven Grain Bread Fruit	18 Diced Pineapple Pork (al Pastor) Pinto Beans Cilantro Coleslaw Corn Tortilla Hot Spiced Fruit	19 Roasted Pork w/ Apple Chutney Brown Rice Mixed Vegetables Romaine Salad Fruit
22 Beef Stroganoff Whipped Potatoes Green Beans Garlic Roll Fruit	23 Breaded Chicken Patty w/ Mayo, Shredded Lettuce and Bun Tater Tots Kidney Bean Salad Fruit	24 Pioneer Community Center CLOSED	25 MERRY CHRISTMAS Pioneer Community Center CLOSED	26 Vegetarian Meatballs w/ Marinara Sauce Pasta California Vegetables Chuckwagon Corn Fruit
29 Breaded Pollock Tartar Sauce Brown Rice Mixed Vegetables Pineapple Tidbits	30 BBQ Chicken Breast Garlic Whipped Potatoes Broccoli Squash Bread Fruit	31 Hearty Chicken Stew Peas and Carrots Coleslaw Oat Bran Wheat Roll Pineapple Tidbits 		

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 Center and provide information and referrals to community resources.

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.

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 Fridays 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

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.