

AQUATICS

1211 JACKSON STREET

(503)657-8273

Registration may be done in person or over the phone

SWIM TIMES!

Recreational Swim	
Fri	7:30 - 9:00
Sat	2:00 - 3:30 pm
Teen Swim	
Fri	7:30 - 9:00 pm
Teen swim is for 6th-8th grade students only.	

Family Swim	
Tues	7:15 - 8:30 pm
Max charge per family is \$5.25 Res/ \$7.50 Non-Res	

Adult Swim	
Mon-Fri	1:00-2:00 pm
Sat	2:00-1:00 pm

Shallow Water Exercise	
Mon - Fri	8:00-9:00 am
Tu & TH	6:16 - 7:15 pm

Deep Water Exercise	
Tue, Thu	6:15 - 7:15 pm

Lap Swim	
Mon-Fri	6:00-8:00 am
Mon-Fri	12:00-1:00 pm
Mon,Wed & Fri	5:15-6:00 pm
Sat	1:00 - 2:00 pm

Residents are those living inside the City Limits of Oregon City

Daily Admissions		
	Residents	Non-Residents
Adult	\$2.25	\$3.25
Senior ⁽⁶²⁺⁾	\$2.00	\$3.00
Youth (2-18)	\$2.00	\$3.00



Senior Punch Cards			
Good for all swim programs listed to the left.			
Punches	10	20	40
Resident	\$19.50	\$28.00	\$44.75
Non-Res	\$29.35	\$42.00	\$67.25

Adult Punch Cards			
Good for all swim programs listed to the left.			
Punches	10	20	40
Resident	\$24.25	\$42.25	\$70.00
Non-Res	\$36.50	\$63.25	\$105.25

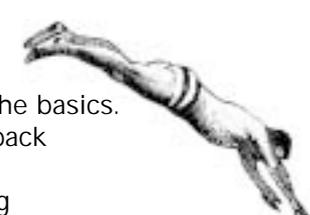
SWIMMING LESSONS

Level	Spring 1 MWF April 1 - April 19	Spring 2 MWF April 22 - May 10	Spring 3 MWF May 13 - June 3**	Sat 1 Apr 6-May 4	Sat 2 May 11- June 15**
Continuing Registration*	March 20	March 20	March 20	March 20	March 20
Registration Begins	March 21	March 21	March 21	March 21	March 21
Intro to Water	6:00 6:30	6:00 6:30	6:00 6:30		
Level 1	6:00 6:30 7:00(2)	6:00 6:30 7:00(2)	6:00 6:30 7:00(2)		
Level 2	6:30(2) 7:00(2)	6:30(2) 7:00(2)	6:30(2) 7:00(2)	12:00-1:00	12:00-1:00
Level 3	6:00 6:30	6:00 6:30	6:00 6:30	12:00-1:00	12:00-1:00
Level 4	6:00 7:00	6:00 7:00	6:00 7:00	Private lessons available Saturdays	
Water Babies	6:00	6:00	6:00	at 1:00 and 1:30	
Pre Comp 1	6:00	6:00	6:00		
Pre Comp 2	6:30	6:30	6:30		

*Continuing registration is only for those currently enrolled in lessons

**There will not be class on Memorial weekend, Saturday May 25 or Monday May 27

- Intro to Water For 3-5 year olds-with little water experience who need to learn the basics.
- Level 1 Students will learn to submerge, float and kick on their front and back
- Level 2 Students will add arm-strokes and learn skills on their backs
- Level 3 Students will increase distance to 15 yards and learn side breathing
- Level 4 Students will improve endurance and technique, and learn auxiliary strokes
- Water Babies Entry level class for parents and their children 6 months to 3 years old



Memberships

Good for lap, family and recreational swim. Seniors save 10%. Program times may vary throughout the year. Members can participate in water exercise classes for an additional 50 cents per class.

	1st Person	2nd Person	3rd	One Year	1st Person	2nd Person	3rd
Resident	\$42.25	\$33.75	\$7.00	Resident	\$84.50	\$67.50	\$13.50
Non-Res	\$78.00	\$62.50	\$12.50	Non-Res	\$156.00	\$124.75	\$25.00

Lesson Fees

Residents	\$28.00
Non-Residents	\$42.00
Private Lessons	\$16.00
Semi-Privates	\$21.50

Residents are those living within the City Limits of Oregon City

If a student is withdrawn at least four days prior to the start of class, credit toward another lesson will be given. Students will receive credit for late withdrawals if a doctor's note is received. Children must be at least three years old to enter their own class. Water babies students must be six months old and accompanied in the water by an adult. Students that are not toilet trained, must wear swim diapers.

Rent the Pool and Party Room for your special occasion

The swimming pool and 2,000 sq ft party room is available for private rental on Saturdays from 3:30-7:30PM. Lifeguards are provided with rates as low as \$53.00 per hour for the pool and \$10.75 per hour for the room.

CARNEGIE CENTER (503)557-9199 606 JOHN ADAMS ST

The following classes take place at the Carnegie Center and require pre-registration.

Bead Basics I

This class teaches composition, form and proper finishing techniques. Bead kit includes beads and materials to complete a class project.

Fee includes bead kit. Age 8 and up.

March 16	10 - 11:30AM	\$15.00 per person
April 1	6:30 - 8:30PM	\$15.00 per person

Bead Basics - Caterpillar Bracelet

Very sparkly and fun. Very easy to make! This fluid fun bracelet makes up quick and easy using a classic overlay embellishment technique. Kit provided includes beads and findings to complete two bracelets.

March 23	10 - 12Noon	\$17.50 per person
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Bead Basics II

Stringing, composition, barrel clasp and finish. Bead kit includes beads and materials to complete the class project necklace.

April 8	6:30 - 8:30PM	\$15.00 per person
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Bead Basics - Net Beading

Learn the basics of net beading, including the chevron pattern. Bead kit includes materials and beads to complete class project.

April 15	6:30 - 8:30PM	\$15.00 per person
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Bead Basics - Brick Stitch

Learn the brick stitch, an ancient method of beading. Class fee includes beads and materials for class project.

April 22	6:30 - 8:30PM	\$15.00 per person
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Introduction to Watercolor with Jude Welter

This is a short course on the basics in watercolor. By the end of the 3rd class, you will have experienced most of the transparent techniques involved in getting nice, bright paintings! Includes all supplies.

Tuesday afternoons

March 26 - April 9	1 - 3:30 PM	\$60.00 per student
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Exploring Watercolor Painting with Jude Welter

This class is for beginners and intermediate students. Students will complete a quarter sheet painting as they explore a different subject each week. Supply list upon registration.

Tuesday afternoons

April 16 - May 7	1 - 3:30PM	\$75.00 per student
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Discovery Landscape

Artist Pat Averill will lead students to use their instincts and learn to allow the painting to "tell" them what to do next. Learn about tonal application of color, composition, and technique. Free paper and pencil samples included. Supply list upon registration.

Wednesday Evenings

April 10 & 17	5:30 - 7:30PM	\$36.00 per student
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Terrific Tuesdays for Kids

This is a structured craft and learning session for kids, ages 8 - 11, who love to make things and wish to learn advanced techniques in crafting. Parents should be comfortable with their children using a variety of craft tools and materials. Preregistration is required, class fee is \$2 per session, cost of supplies varies with each project. Instructors will encourage parent participation.

Tuesday afternoons	3 - 4PM	\$2 plus materials fee
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SPRING TEA AND VINTAGE

FASHION SHOW

Carnegie Arts League annual fundraising tea will be Saturday, May 11, 2002. Vintage fashions, basket auction, wonderful food and lovely hot tea. Tickets are \$20 each, in advance. All proceeds benefit the Carnegie Center. Call 503-557-9199 for tickets and information.



ERMATINGER HOUSE AND LIVING HISTORY MUSEUM

This Spring the Ermatinger House will be serving tea with a helping of history! For information about teas, living history tours and rentals, call (503)650-1851.

Open Studio

Bring your work in progress and work in the company of other artists. This open studio meets every Wednesday evening from 7 - 9PM. Good lighting, good company.

Wednesday evenings	7 - 9 PM	\$2
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IN THE GALLERY

APRIL 1 - 30

COLORED PENCIL SOCIETY OF AMERICA

Local Chapter 201 annual show and sale. Opening reception Sunday, April 7, 2 - 4PM.

MAY 1 - 31

GARDEN SHOW

Carnegie artists show off their garden inspired art. Framed artwork, sculpture, furniture, prints and more!

JUNE 1 - 30

CARRIE MOORE

Paintings and prints by local artist Carrie Moore. Artist reception Friday evening, June 7, 6 - 8 PM.

m A R T H A
m O N D A Y S e V E N I N G
O P E N C R A F T S T U D I O

Work on your own project, seek help and advice, learn, experiment and share. Have a really wonderful time! Every Monday evening, 7 - 9PM. \$2 drop in fee, bring your own supplies or supply kits are available. Cost of kit varies according to each project.

March 4—25
Learn how to make and decorate sugar, natural dyed and lacquered eggs and how to decorate a straw hat using various items for different themes.

April 1—29
Explore decoupage, and how to cover almost anything with fabric, from books to boxes!

May 6—27
Decorate frames and trays using pressed flowers, tiles, embossing and woodburning.

We would like to be of service to you. If you need any assistance or have questions, please feel free to call us at 503-657-8299, or contact the Park Host located at the entrance to the park.

We believe our park rules will afford you the comfort and luxury you deserve, as we would like your stay with us to be a pleasant one.

PARK RULES

- Pets are welcome, but must be leashed – and please clean up after your pets.
- Alcohol consumption is allowed by permit only.
- Fires are allowed only in designated receptacles.
- No firearms or fireworks.
- No amplified music or public address systems.

Hours The hours of group use will be stipulated on the reservation form. Groups shall adhere to the hours stated on the reservation form. City parks are closed from 10:00PM to 5AM. It is unlawful for persons to be in the parks between those hours.

Reservations Include only the right to use the picnic shelter. The ball fields are not included, unless stipulated on the form.

Fundraising Use of facilities for fundraising will be handled on an individual basis. Groups or individuals desiring to conduct fundraising activities should apply for a Special Use Permit at City Hall.

Picnic Tables The maximum number of tables available for use in any reserved area will be ten (10) unless otherwise requested. A fee for additional tables will be assessed.

Liability All persons and or groups to whom a reservation has been granted must agree in writing to hold the City harmless from any and all liability for injury to persons or property as a result of the activity. Each group shall be fully responsible for the physical condition in which they leave the facility. The person requesting the reservation is responsible for the clean up of the picnic area. Any expense resulting from any damage or undue maintenance shall be charged to the contact person.

Amplified Music If radios, tape players or generators are used, the sound should be kept to an acceptable level as to not disturb other park users. Amplification systems will require a Noise Permit from the Parks Department.

Alcoholic beverages are allowed by permit only. An Alcohol permit application must be completed prior to the event and approved by the Parks and Recreation Director and chief of Police. If a major community event or if alcohol is to be sold, a permit issued by the Commission (OLCC) will be required.

RESERVATION INFORMATION

1. Reservations shall be taken on a first-come, first serve basis.
2. Reservation forms and information on availability of sites may be obtained at the Parks Department Office, 500 Hilda Street, Oregon City, OR or by calling 503-657-8299. Reservation forms must be filled out and approved by the Parks Department, and the full reservation fee paid, before a reservation can be confirmed. Reservations cannot be confirmed by phone.
3. Fees – Users of the reservation system will be assessed at reasonable costs for the reservation privilege. The fee schedule below shall be followed:

Number in Group	Fee	
Under 50	\$35	(6 hour maximum)
51-100	\$50	(6 hour maximum)
100 plus	\$100	(6 hour maximum)
	\$6	each additional hour
Additional picnic tables	\$35	for first five additional
Electrical Outlet	\$30	(not available in all parks)

Major Events (Clackamette Park only) will be assessed by a completely different process. A Major Event application must be completed.

Additional costs incurred by the City because of abuse or excessive cleanup or repair as determined and documented by the Parks Department shall be charged to the group creating the added costs. (An advance deposit may be required)



RV Park / Camping

Clackamette Park lies between the junction of the Willamette and Clackamas Rivers in Oregon City. The park contains RV parking spaces on or with a view of the Willamette River.

Spaces are available on a first come first serve basis.

1. Camping is limited to ten (10) days.
2. Pets must be kept on a leash. Pets that are noisy, unruly or cause complaints are not welcome. Please clean up after your pet.
3. No motor bikes are allowed in the park. Please walk them out to the road.
4. Please be considerate of others in observing our quiet hours from 10:00 PM to 8:00 AM

Check out time is 1:00 PM

RV Sites	Spaces 1 – 28	\$15.00 per night
	Spaces 29 – 38	\$18.00 per night
	(river frontage)	

October 1 through March 31, all spaces \$15.00 per night

Extra Vehicle (when permitted overnight) \$5.00

An additional camping fee is charged when an extra vehicle is driven into the campground and left overnight.

Clackamette Park - 1955 Clackamette Drive

Visitors come from miles around to enjoy the many amenities of Clackamette Park. Located where the Clackamas River flows into the Willamette, beautiful Clackamette Park has activities for everyone. With easy access from I-205 and 99E, Clackamette Park is situated within easy reach of visitors.

A long and proud history of “hog lines” and excellent steelhead and salmon fishing attract avid fishermen to Clackamette Park. Clackamette Park contains a boat ramp to launch fishing and recreational boats. The beaches attract both the sun worshipper and the nature lover who can enjoy sun, water, nature paths and wildlife! Friendly waterfowl are more than willing to share lunch. The park contains 38 RV parking spaces on or with a view of the Willamette River. Horseshoe enthusiasts for years have enjoyed the multiple stakes available for their games in the northern end of the park. The Oregon City Skatepark, located near the entrance of the park, draws enthusiastic skateboarders from all over who enjoy the state of the art design. Enjoy boating or a variety of other activities in this regional park.

Rivercrest Park – 131 Park Drive

Located among the towering fir trees is Rivercrest Park. This six-acre neighborhood park includes a covered picnic area, an outdoor wading pool, softball diamond, tennis and basketball courts. Rivercrest Park is one of Oregon City’s most popular parks, reservations should be made early.



Chapin Park – 340 Warner Parrott Road

Chapin Park is host to the majority of the sporting events in the City. This seventeen acre park includes four baseball / softball diamonds and two soccer fields. A walking / jogging path surrounds the southern end of the park. This park also has a play area and a shelter that is available for rent.

Hillendale Park – 19260 Clairmont Way

Hillendale Park is a sixteen-acre neighborhood park. This park includes a picnic shelter, tennis court, walking path and two play areas for children. Hillendale’s most outstanding feature is the pond in the center of the park that has been restored to its natural state.

Singer Creek Park – 130 Linn Avenue

This Park provides the nature lover with an outstanding array of natural habitat. Explore the fruit orchards and nature trails at Singer Creek Park.

End of the Oregon Trail - 1726 Washington Street

The designated end of the Oregon Trail is located at the End of the Trail Interpretive Center. Travel back in time as you explore the pioneer heritage garden with authentic plants brought to the northwest by pioneers.

Preregistration is strongly recommended. Classes fill fast. Preregistration will insure that you have a place!

Parent & Child Classes

Shoe Buddies (Ages 2-5)

Parents and children will create soft foam critters for little shoes. Help your child make something they will be proud to wear.

F	10:00-11:00am	4/5
\$6/\$9	OC Pool	Gressel

Sun Flyers (Ages 2-5)

Use plates, ribbons, fun shapes and more to design your sun flyer. Hang it up at home and watch it fly in the breeze.

F	10:00-11:00am	4/19
\$6/\$9	OC Pool	Gressel

Knot-Heads (Ages 2-5)

Parent and child will construct a doll that is easy to make and fun to decorate.

F	10:00-11:00am	5/3
\$6/\$9	OC Pool	Gressel

Hat Tops (Ages 2-5)

Express your creativity as you make a face to wear on the top of your head.

F	10:00-11:00am	5/17
\$6/\$9	OC Pool	Gressel

Oatmeal Creations (Ages 2-5)

Get your hands dirty as you use clay made from oatmeal to create shapes and critters.

F	10:00-11:00am	5/31
\$6/\$9	OC Pool	Gressel

Plate Wear (Ages 2-5)

Making faces and getting away with it!

F	10:00-11:00am	6/14
\$6/\$9	OC Pool	Gressel

Placemats (Ages 2-5)

Design your own placemat so that you have a place for everything and each meal becomes something special.

F	10:00-11:00am	6/28
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Youth Classes

Kickboxing (Ages 12-18)

Do you want to increase your endurance and muscular strength, tone your body, and feel good about yourself? Come join the fun as you kick with the best! Get a great cardio workout by kicking, punching, jump roping, strength training and more.

M	3:45-4:45pm	4/1-5/6
M	3:45-4:45pm	5/13-6/24 No Class 5/27
\$45/68	Pioneer Center	Brasfield

Beady Babies (Ages 6-9)

Construct fun objects and animals with beads, feathers and pipe cleaners. Use your imagination to create new animals and out of this world objects.

F	3:15-4:15PM	4/12
\$8/\$12	OC Pool	Gressel

Mini Bird Bath (Ages 6-9)

Make a bathtub for your feathered friends.

F	3:15-4:15pm	4/26
\$8/\$12	OC Pool	Gressel



Dancing in the Wind (Ages 6-9)

Use craft foam and ribbons to design your very own breeze catcher to take home and hang on your back porch.

F	3:15-4:15pm	5/10
\$8/\$12	OC Pool	Gressel

Travel Scrap Cases (Ages 6-9)

Create a special place to save all your vacation pictures and other memories.

F	3:15-4:15pm	5/24
\$8/\$12	OC Pool	Gressel

Backyard Silver (Ages 6-9)

Make backyard decorations from silverware and beads that will be the talk of all your summer barbecues and envy of all your friends.

F	3:15-4:15pm	6/7
\$8/\$12	OC Pool	Gressel

Scrub-A-Dub (Ages 6-9)

Make your own bathtub paints and take 'em home for some good, clean fun!

F	3:15-4:15pm	6/21
\$8/\$12	OC Pool	Gressel



Hershey Track Meet

Hershey's Track and Field Youth Program is designed to encourage physical fitness among youth ages 9 to 12 and emphasize participation and sportsmanship. This year's meet will be held on May 2nd from 6:00 to 8:00pm at the Oregon City High School Track Field.

Registration will begin at 5:30pm. Call for more information. This is a free event.

Kids Day (Ages 4-9)

Treat yourself and your kids to KIDS DAY! Join us at the Oregon City Pool for a day full of arts & crafts, games, swimming, and lots of fun! Don't forget to bring a sack lunch, swim suit, and towel.

M	8:30am-3:30pm	4/1
\$20/\$30	OC Pool	Staff

Adult Classes

Yoga

This ten-week class will use a combination of Hatha & Kundalini yoga to strengthen your body, mind and spirit. Skill level ranges from beginning to intermediate. Come experience the power of yoga!

W	4:14-5:15pm	4/17-6/19
W	5:45-6:45pm	4/17-6/19
\$45/\$68	Buena Vista House	Jones

Yoga

Embrace the wholeness of being as the mind, body, and spirit engage with breath, intention and awareness through the principals of Iyengar and Anusara yoga. Beginner and intermediate levels are welcome to discover and deepen the experience of yoga.

M	5:30-6:30pm	4/1-6/10 No Class 5/27
Th	5:30-6:30pm	4/4-6/6
\$45/\$68	Buena Vista House	Kleemann

RECREATION 503-722-9816

Oregon City Community Quilters

Looking for a place to quilt, make new friends, and work on group projects? We meet every first and third Tuesday of the month from 7:00-9:00pm at the Buena Vista House. Come join the fun! For a schedule of projects please call 503-722-9816.

Tu 7:00-9:00pm

\$3.00 drop-in fee or \$18 for term Pay by session or term.

Pilates

Series of precise and controlled movements which engage specific target muscles to develop strength and flexibility without building bulk.

W
\$45/\$68

5:30-6:30pm

Pioneer Center Basement

4/3-6/5

Kleemann

The following classes will be offered on an interest list basis only. This will allow us to hold these classes as often as requested. When class rosters fill, we will schedule the class. To place your name on the list, call 503-722-9816.

Children and Youth Classes

Create A Puppet and A Play (Ages 8-12) Create a puppet and a play from a Pioneer Tall Tale and then learn how to make your puppet come to life. This class will be led by Alva & Nina Bradford of Mr. B's Puppet Theater. This class will be two hours per week for six weeks.

\$40/\$60

Bradford & Bradford

Discovering the New Clay (Ages 8 to adult) Join artist Bonnie Merchant and discover the world of the New Clay. Expand the limits of your creativity as you make polymer canes and pendants or zipper pulls. This will be a two-day workshop.

\$25/\$36

Merchant

Fun With French (Ages 8-12) Ever wanted to learn a second language but felt too overwhelmed to know where to start. Take the first plunge in this fun-filled class of beginning French. We will be learning through songs and games in this four-week class.

\$20/\$28

Edmondson

Beginning Watercolor (Ages 10-12) Explore the watercolor medium in this two-week class. Topics will include basic watercolor techniques and special effects.

\$15/\$23

Gannon

Acting Out (Ages 6-9) This six-week class is the perfect introductory class for those interested in drama and theater. Develop acting skills through theater games and fun improvisations.

\$30/\$45

Garcia

Basic Drawing (Ages 8 to adult) Learn the techniques of basic drawing. Topics covered will include shapes, shading, and more.

\$15/\$23

Staff

Acting Out (Ages 10-12) This six-week class will cover character development through fun improvisation, theater games, and scene work. Monologues, props, and behind the scenes issues will also be covered.

\$30/\$45

Garcia

Fabric Painting (Ages 8 to adult) Learn the basic techniques of fabric painting as you create a floor cloth. Use stencils or free hand to create a work of art.

\$25/\$36

Merchant



Bass and String Bass Guitar (All Ages) Tired of playing air guitar? Here is your chance to learn how to play a real guitar. Eight-week private lessons.

\$80/\$120

Langford

Adult Classes

Song Writing (Adult) This eight-week class will cover topics including lyrics, music composition and more

\$80/\$120

Langford

Antique Look Covered Vessels (Adult) Create small bottles and boxes of polymer clay to be incised, impressed, and painted to give an antique look. Embellish with beads and wires.

\$25/\$36

Merchant

Beginning Watercolor

This six-week class will explore the watercolor medium. Some topics include painting the ocean, painting sunlight, using special effects, painting from photos and painting still lifes. Supply list will be provided.

\$45/\$68

Gannon

OI ! ALL YOU MIDDLE AND HIGH SCHOOLERS! FRIDAY NIGHT LIVE SPRING CONCERT!

COME DANCE TO LIVE MUSIC BY ZIPPER TROUBLE
FRIDAY APRIL 26 2002 AT THE OC SWIMMING POOL
AGES ID UP.



\$2.00 Admission

PIONEER (ADULT) COMMUNITY CENTER

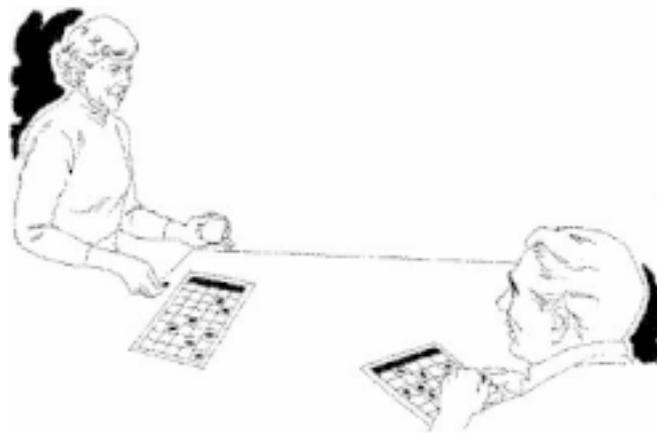
MOVIES FOR APRIL, MAY & JUNE:

April 5th- Song Catcher
April 12th- Captain Corell's Mandolin
April 19th- Hearts In Atlantis
April 26th- Atlantis

May 3rd- The Curse of the Jade Scorpion
May 10th- Firetrap
May 17th- Hard Ball
May 24th- Rat Race
May 31st- Don't Say A Word

June 7th- Rock Star
June 14th- Thirteen Days
June 21st- Traffic
June 28th- American Pie 2

** Movies are subject to change**



MONDAY DINE-OUTS FOR APRIL, MAY & JUNE

April 1st- Rivershore Bar & Grill
April 8th- Hal's Restaurant
April 15th- Miller's Restaurant
April 22nd- Lou's Drive Inn

May 6th- Panda Chinese Food
May 13th- Chang's Mongolian Grill
May 20th- Toki's

June 3rd- Old Country Buffet
June 10th- Mike's Drive In
June 17th- Tacho's Mexican Restaurant
June 24th- International House of Pancakes

CLASSES

Piano Class for Beginning Adults

This is a group class designed to provide an introduction to basic piano technique, from learning the names of the notes on the keyboard to harmonizing simple melodies. Symbols of music notation, beginning with notes and their values, scales, fingering, and counting, progressing to chords and their inversions, time signatures, key signatures and the circle of fifths will be explained. Classroom instruction and individual keyboard practice will be included in each lesson. This class starts in April. Call for more information.

New at the Center Feng Shui Classes

De-Clutter with Feng Shui on April 15th – 5:30-8:30 PM. Let the art of Feng Shui help you free yourself from the clutter that is complicating your life. Find solutions for letting go of the things you no longer use or love. It's time to take back control of your world! The cost per person is \$8.00.

Basic Feng Shui on May 13th - 5:30-8:30 PM. Feng Shui can turn your home from merely a shelter into a sanctuary. Join Angie to learn the basic principles, adjustments and applications of this ancient art of placement. Fill your life with positive energy & discover a whole new way of seeing your surroundings. The cost per person is \$8.00

Acupuncture

Dr. Gary Dreger, ND, Lac has been a licensed acupuncturist since 1989. He attended the Oregon College of Oriental Medicine where he obtained a Masters in Acupuncture & Oriental Medicine. Dr. Dreger currently practices in Oregon City. One hour appointments are available the first Thursday of the month and will start at 9:00 am and end at 12:00pm. The cost per session is \$30.00. Due to limited space, make your appointments early.

Seated & Table Massage

Lisa Donnelly, a licensed Massage Therapist offers her services at our center the 2nd Friday of the month. Lisa offers ½ hour, 45 minutes and 1 hour seated or table massage. Scheduled appointments are available between 9:30AM and 3:00 PM. The cost is ½ hour \$25.00, 45 minutes \$30.00 and 1 hour \$40.00. When making appointments please specify if you want a seated or table massage, this will determine the appointment time. Do not wait, as we expect that appointments will be at a premium. Gift Certificates are available (inquire at the front desk)

Weight Room Orientation Free by appointment only!

Weight Room cards may be purchased: \$18.00 for 24 visits
Prerequisite: Weight Room Orientation

Spanish Introduction- 4/2/02-5/21/02 (\$31.00- * Gold Card \$16.00) 12:15-1:45 PM.

Spanish II- 4/2/02-5/21/02 (\$62.00- *Gold Card \$31.00) 9:15-12:15 PM.

Computer Word Processing Classes- Build on basics you've mastered to fine-tune your word processing skills. Call Jerry King for more information 503-723-9497.

Line Dancing- Every Tuesday from 11:30-1:00PM (no charge).

Chorus- 4/5/02-6/14/02 (11 weeks) 10:00-11:30 am. (\$43.00-Gold Card \$22.00)

Gentle Pilates Stretching /Yoga-4/2/02-6/13/02 (11 weeks) (\$57.00-Gold Card \$22.00)

Light Aerobics- 4/2/02-6/12/02 (11 weeks) (\$55.00-Gold Card \$28.00) 9:30-10:30 am.

Bridge- 4/1/02-6/15/02 (11 weeks) 12:30-3:00 PM every Thursday.

Busy Bees- 4/1/02-6/15/02 (11 weeks) 9:00-12:00 PM every Monday. Have fun making crafts, sewing quilts, and stockings for Fill A Stocking, Fill A Heart Program. Make aprons, Teddy Bears etc. for fundraisers and the Center Gift Shop.

Pinochle- 4/1/02-6/15/02 (11) 1:00-3:00 PM every Monday and Wednesday.

Pool- 4/1/02-6/15/02 (11 weeks) 9-4:00 PM Monday through Thursday and Fridays after 12:00 noon.

Movie Day- Every Friday (10:00-12:00 PM) Free popcorn and cake raffle. Fun, entertaining movies to enjoy.

Chair Aerobics - April 2 - June 13 (11 weeks) every Tuesday and Thursday 9:15 - 10 am. \$43. (Gold Card \$21.)

Gold Card Prices are available for seniors 62 and over ***

(503)657-8287



WHERE TO TURN FOR
SERVICES & OPPORTUNITIES FOR
SENIORS...FRIENDS... FAMILIES... NEIGHBORS
CLIENT SERVICES- *Beth Schleichert, Coordinator

TELEPHONE REASSURANCE- Daily safety contact for frail homebound.*

PROBLEM SOLVING ASSISTANCE & FAMILY COUNSELING- For anyone who may have concerns about life situations: Consumer, interpersonal relationships, homemaking, personal care, finances, home repairs, agency, personal loans, etc.

INFORMATION- Resources, contacts and areas of concern. *

FRIENDLY VISITOR- Telephone or home visits to the homebound. *

TRANSPORTATION - For those 55+ & disabled residing in Oregon City, Urban Growth Boundary & West Linn. Redland & Beavercreek on Thursday only. Lift available. \$0.50 donation, one-way, calls the day before.

GROCERY SHOPPING - Mon., Tues. & Fridays after lunch. Space is limited, call early. Monday at Albertson's, Tuesdays, Fred Meyer's and Fridays at Danielson's.

WHEELCHAIR & WALKER LOAN*

FOOT CARE CLINIC - 3RD Wednesday of each month, by appointment for those 55 + who need help in caring for their feet. Fee is \$20.00.

BOOKS BY MAIL- For those unable to use the Library, call 503-650-3187.

VOLUNTEER FINANCIAL SERVICES - For an appointment, please call Beth.*

RECYCLE EYEGLASSES & HEARING AIDS - Drop off at the Center for the Lions Hearing & Sight Program.

LAW PROJECT - By appointment for Clackamas County residents 60 +. they may schedule a free half-hour consultation with a volunteer attorney here at the Center to discuss legal problems or questions.*

NUTRITION PROGRAM - T-F 11:30-12:30. Frozen meals sent to homebound for Mondays. Monday dine-outs planned every month, see monthly newsletters. Donation for those 60+. Meals on Wheels for homebound 60+. Serving Oregon City, West Linn, Beavercreek & Redland. Call 503-657-8287. Suggested donation for 60 + is \$2.25; under 60 \$4.00.

MEDICAL INSURANCE HELP - A SHIBA volunteer will help you with any problems or questions. Call Beth at 503-657-8287.

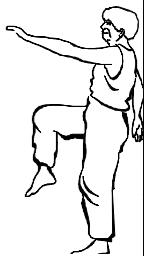
UTILITY DROP BOX - No postage necessary. PGE, NW Natural Gas, AT&T Broadband, Oregon City/Clackamas River Water, Oregon City Garbage, Qwest.

EMERGENCY TRANSPORTATION - For short notice emergency trips only.*

BLOOD PRESSURE CHECKS - 2nd Tuesday at 10:45 AM.

NOTARY - Clackamas Federal Credit Union.

COMING SOON: Have you taken a computer class but don't have a computer to practice on? We will have available for seniors, 3 computers and a printer. The new computer lab will be in the lounge so be sure to check with us to see when they will be available. At a future date, they will be connected to the internet.



615 FIFTH STREET

SENIOR HEALTH FAIR

WEDNESDAY, MAY 29 10AM - 2PM



We would like to invite you to our third annual **Senior Health Fair**. We will have a variety of information on nutrition, health screening, Medicare, safety, diabetes, alternative living options, health insurance, transportation options and much more. The Health Fair is aimed at improving the health of seniors through prevention and early detection of medical problems. Living your life to the fullest depends on preventative health care, we hope you will come and find out what is available.

PRESENTATIONS

10 AM *Natural Treatments for Osteoarthritis*. Dr. Joanne Gordon, ND, PT, will give a brief review of nutritional supplements and diet for improving joint health and reducing the discomfort of osteoarthritis.



10:30AM *Elevated Cholesterol?* Presented by Dr. Dregar, ND, LAC. Learn how to maintain healthy cholesterol levels with diet, exercise, nutritional supplements and herbs.

11:30AM *Introduction to Qi-gong*. A sequence of gentle movements combined with visualization. Qi-gong focuses on moving energy within the body. Practicing qi-dong balances all systems of the mind, body and spirit. JoAnne Albrecht is a certified Qi-gong instructor from Oregon College of Oriental Medicine.

1:00PM *Introduction to CPR* by Jim Row, City of Oregon City Aquatics Manager. This session will introduce you to the basics of CPR. Learn what to do if someone's heart stops beating, or if they stop breathing. We will also cover first aid for choking. No certification cards will be issued for this introductory class. Come and practice your skills on sanitary CPR manikins, or just observe.

1:30PM *Neighborhood Safety Program* presented by Deputy Sheriff Mark Koberstein. Learn how to prepare yourself and your community for emergency situations such as earthquakes, floods, windstorms and other disasters.

MOTHERS DAY LUNCHEON

MAY 10, 11:30 - 12:30

FATHERS DAY LUNCHEON

JUNE 14, 11:30 - 12:30



OREGON OLD TIME FIDDLERS

SUNDAY, APRIL 14, 1:00 - 4:00 (no charge)

OLD FASHIONED FIDDLERS JAMBOREE



About 30 musicians will be performing old fiddle tunes, which have been handed down from one generation to the next. Ages of the musicians vary from 6 years to 90+. Come and join us for an afternoon of fun and listening enjoyment. Snack bar will be provided by Friends of the Pioneer Adult Community Center. All funds go to support the fundraising at the center.

