

How to reach us

www.orcity.org

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Susan John, Coodinator

Ermatinger House & Living History Museum

503-650-1851
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Marge and Rolla Harding
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Parks and Cemetery

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Pioneer (Adult) Community Center

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Susan Devecka, Manager

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Swimming Pool

503-657-8273
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Ben Waverly, Rec. Programmer

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503-496-1565

O R E G O N C I T Y
S U M M E R
2002
A C T I V I T Y G U I D E
C A R N E G I E C E N T E R · M O U N T A I N V I E W C E M E T E R Y
P I O N E E R (A D U L T) C O M M U N I T Y C E N T E R · L I B R A R Y
R E C R E A T I O N · S W I M M I N G P O O L

Oregon City Parks & Recreation has much to offer

For years Oregon City Parks & Recreation has been dedicated to offering the highest quality programming year round for you and your family. This summer of 2002, the people of Oregon City have much to look forward to. The summer is filled with many opportunities to relax, create, or just goof around! Here are just a few ideas on how to start your summer by spending quality time with your family, exercising your mind and body, contributing to your community by volunteering.....inside you will find many more opportunities as well.

A walk in the park: Play hooky from work, and grab the kids off the couch! Come and visit one or all 29 lush parks. They are a relaxing haven for a fun game of baseball, volleyball, or just enjoying your own picnic. Come check them out, make it a summertime goal for you and the kids to come experience all 29 beautiful parks.

Just Splashing Around: For those blazing summer days, come to your very own water paradise, the Oregon City Municipal Pool. Swoosh down their crazy slide, enjoy a great game of basketball inside the pool. There is even an outside wading pool so you little ones can enjoy themselves too, This is the place where summer memories are made. The pool offers water exercise classes, swimming lessons, or recreational swim for the whole family.

Inside you will be amazed at how many opportunities there are to have fun with your family and friends this beautiful summer!

Oregon City Parks and Recreation Mission Statement:

“Create recreation, leisure and cultural opportunities by providing high quality parks, facilities, programming and support services to people of all ages”



Oregon City Parks and Recreation
PO Box 3040
Oregon City, OR 97045

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RESIDENTIAL CUSTOMER

**IN THE GALLERY
SUMMER 2002**

June 1 - 30

Paintings and Prints by artist Carrie Moore.

Brilliant pastel paintings and dynamic prints by popular artist Carrie Moore. Moore works in a variety of mediums, using strong line, design and color to produce outstanding works of art.

Join the artist at an Artist's Reception, Friday, June 7, 6 - 8 PM.

Multi talented musician Ron Saltmarsh will provide music at Carrie's reception. Mr. Saltmarsh's music ranges from jazz, Souza to the other-worldly sounds of multi-media's cutting edge.

July 2 - 31

Out on a Limb - the Abernethy Elm Wood Show

When the historic Abernethy Elm was cut down, the wood from this historic tree was offered to wood artists. The results of their labors, plus other wood and fiber artists is on display. The drawings and paintings from the Oregon City murals, if in good condition will be on display as well.

August 1 - 31

This is the month for the gallery artists to show off what they have been doing during the summer months. Visit the Carnegie Center to view new works by gallery artist and new to the gallery artists.

Upcoming Fall Shows

September 3 - 30	Northwood
Print Council Show	
October 1 - 31	SPLASH Group

CALL FOR ARTISTS

The Carnegie Center is looking for new gallery artists for Summer/Fall 2002. All mediums considered. Work is juried from slides or photos. To receive a Call for Artists form, please call 503-557-9199

Call for Artists Abernethy Elm Show July 2002

The Carnegie Center is looking for artists who work with wood or fiber to participate in the July "Out on a Limb" show featuring objects made from the wood of the Abernethy Elm. To receive a Call for Artists form, or for more information please call 503-557-9199.



SUMMER ART CAMP FOR KIDS

For kids 8 - 12. Join us for an intensive week of studying the arts. Expand your creativity as you explore a variety of art mediums and techniques. Explore painting, beading, drawing, clay and more. Art Camp will meet Monday through Friday, July 8 - 12 for session one and August 12 - 16 for session two.

Fees are \$75 per student for residents and \$112 for non residents. You will need to bring a sack lunch and wear clothes that can get really messy. All supplies are included. Pre-registration is required.

7/8 - 12	10 - 3pm	\$75/\$112
8/12 - 16	10 - 3pm	\$75/\$112

Summer at the Ermatinger House

The Ermatinger House and Living History Museum will be open Friday, Saturday and Sunday 12 - 2 PM. If you are interested in a tour, please come to the Carnegie Center and enjoy a cup of coffee while a staff member prepares your visit. The Ermatinger will be staffed on Fridays through the summer. For information about Living History Teas and Tours, please call 503-650-1851.

SUMMER READING AT THE LIBRARY

Sign-up for the Summer Reading Program begins on June 13. This year's theme is



"Don't Bug Me..I'm Reading!"

LISTENERS AND READERS from toddlers through 5th grade will:

- read (or be read to) for at least 15 minutes each day
- keep track of the books read in a reading log
- receive a reading certificate and other goodies at the end of the program

There will also be a drawing for summer reading program t-shirts at the end of the summer. Anyone who signs up will automatically be entered in the drawing.

Teens have a contest as well. Anyone entering grades 6 – 12 is eligible to enter.

- earn coupons for various reading activities
- weekly prize drawings
- grand prize drawing at the end of the contest

Storytimes, crafts and special programs will run all summer long.

- Toddler storytime, especially for 2 year olds – Thursdays at 10:15 am
- Preschool storytime for 3-5 year olds – Tuesdays at 10:15 am
- Primary storytime for 6-8 year olds – Wednesdays at 10:15 am

Special programs for this summer are as follows:

Wednesday, June 19	1:00 pm	"Buggy About Books" with Steve Taylor
Thursday, June 27	1:00 pm	Juggling & Magic with Drop D the Juggler
Tuesday, July 2	1:00 pm	"Butterflies, Bugs & Bears. Oh My!" with Greta Pedersen
Thursday, July 11	1:00 pm	"Bedbugs & Fireflies" with Anne-Louise Sterry
Thursday, July 18	1:00 pm	"The Bugs with Imagination Show" featuring Actors in Action
Thursday, July 25	1:00 pm	"The Great & Wonderful Flea Circus" with Celeste Rose & the Oregon 'Fantasy Theatre Storyteller Will Hornyak
Wednesday, July 31	1:00 pm	"ZAP-Bugs!" – a hands-program presented by the Oregon Zoo
Thursday, Aug 1	1:00 pm	"Spin Bop Boom" with Mad Science
Thursday, Aug 8	1:00 pm	"Reptiles & Exotic Insects" with Creature Feature
Thursday, Aug 15	1:00 pm	

There will be a *special prize drawing* at each program. Reading certificates may be picked up at the library anytime after August 15.



Our Summer Reading program is made possible through the generous support of The Oregon City Optimist Club and local merchants.

INTERNET TRAINING AT THE OREGON CITY PUBLIC LIBRARY

The library offers Internet training throughout the year to our patrons and community. Beginners are welcome!

We are offering a range of short programs throughout the summer. Each session lasts approximately forty-five minutes and participants will have the opportunity to practice what they learn. Sessions are on Saturdays from 11:00-11:45 a.m.

Please visit the library or call the reference desk to sign up for classes as each session is limited to twelve participants.

Participants will learn:

Specific web sites of resources on the topic,
how to search the topic in a search engine,
how to evaluate the best resources on the topic,
how to search the library's web-based online catalog to find books and materials on the topic, and
how to use EBSCOHost to find magazine and newspaper articles on the topic.

Topics and Dates:

June 1, 2002

Gardening – what to plant, when to plant it, how to find an expert and more

June 15, 2002

Travel-booking reservations, planning your itinerary, getting the best rates and more

June 29, 2002

Genealogy-learn some of the best tools to start your genealogical research

July 13, 2002

Email-learn how to get set up with a free web-based email system

July 27, 2002

Books and book reviews-what to read next, if I like this author, who else would I like to read?



Used Book Store

at the
Oregon City Antique Mall
502 Seventh Street
Oregon City

Open 11 am to 4 pm
Monday – Saturday

Hardbound Books – \$1.00 and up
Paperback Books – \$.50 and up
CD's, Videos, Cassettes &
Children's Books at Varied Prices

Staffed by the
Friends of the Oregon City Library

Donations welcome during business hours

SPECIAL PROGRAM PLANNING

We're still in the planning stages for Summer Cultural Programming. So far we have scheduled:

Chinese Stick Puppeteers

June 26th from 7:00-8:00 p.m.

Chinese puppeteer, Yuqin Wang.

Yuqin Wang was born and raised in Beijing, China. Ms. Wang is now one of the world's most noted stick puppeteers, an art form dating back to the 6th century BC in China. Her puppet troupe includes her husband who makes all the puppets and her daughter Brenda. Together they present vignettes of Chinese stories. In May, they were honored by the National Folk Arts Center in Washington D.C.

**Other programs on our roster (dates not set):**

- **The County Extension Service's Master Gardener program** presenting sessions on gardening and food preservation.
- **Sylvia Murariu** author and teacher demonstrating **Romanian lace making**.
- **Chica Marimba**
A ten member all female band that brings rhythm, melody, song and spirit to its listeners. All members are educators or mental health counselors and they "seek to make a difference in people's lives by sharing and creating music together". Chica Marimba models the power of women making music and building community.
- **Ballet Folklorico de Woodburn**
This full-sized folklorico dance troupe performs folk dances from Mexico and made up primarily of teenagers of Mexican heritage from Woodburn, Oregon. They perform a variety of regional dances in authentic costumes.
- **Sweet Thunder**
An all female jazz trio from the Portland area that performs the softer side of jazz.

For more information on programming visit the library's web site at:
<http://www.oregoncity.lib.or.us>

OR call the library at 503-657-8269

OR come visit us at:
362 Warner Milne Road
Oregon City, OR 97045

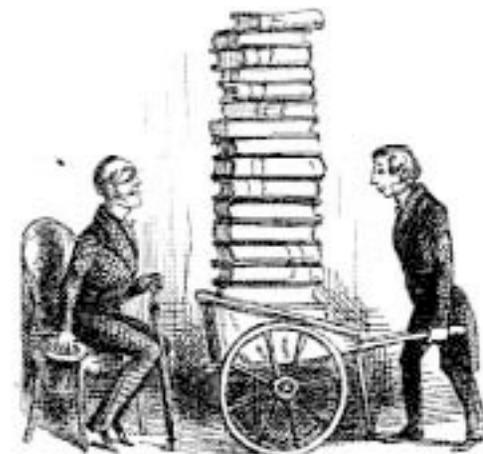
AND pick up one of our Monthly Activity Schedules

**COMING SOON TO YOUR LIBRARY:
CULTURAL PASSES**

This summer we will introduce a new program, offering for check out one-day family passes to local cultural venues. You will be able to reserve a pass for a specific day, check it out at the library, and treat your family to a FREE adventure.

While we are still working on the details, it is our hope to be able to offer you:

- The Portland Art Museum
- The Children's Museum
- The Japanese Garden
- The World Forestry Center
- The End of the Oregon Trail Interpretive Center
- The Oregon Historical Society
- The Chinese Garden
- The Pittock Mansion
- The Museum of the Oregon Territory
- The Stevens-Crawford House
- The McLoughlin House
- The Ermatinger House
- And more...

**BOOK DISCUSSION GROUPS**

The Library's two book discussion groups will continue to meet over the summer months. Newcomers are always welcome.

Classic Group meets on the first Tuesday of the month at 9:00 a.m. Topics will be:

- June *The Prime of Miss Jean Brodie* by Muriel Spark
- July Reader's choice on the theme of "America"
- August *A Tale of Two Cities* by Charles Dickens

Mystery Group meets on the fourth Tuesday each month at 9:00 a.m. Summer topics are:

- June *The End of the Pier* by Martha Grimes
- July *The Devil in Velvet* by Ann Cleeves
- August *Thirteenth Night* by Alan Gordon

PARKS AND CEMETERY

500 HILDA ST

(503) 657-8299

chris@ci.oregon-city.or.us

Welcome to Oregon City Parks!

The department of Parks and Cemetery would like you to experience the great outdoors. Get outside, breath the fresh air and spend time with family and friends at our beautiful, up-dated facilities. Our staff is committed to the community by continually up-grading the landscaping and equipment, and maintaining the parks for your enjoyment. Improving our existing parks and creating new parks is a continuous process!

You might consider having a family or company picnic at one of our facilities. Picnic shelters are available for rent at most parks. Reservation forms and information are available at our office. Please call us for information. Get outside and enjoy!

Walking Paths

Chapin Park
Clackamette Park
End of the Oregon Trail
Hillendale Park
McLoughlin Promenade
Old Canemah Park
Park Place
Singer Creek Park

Playgrounds

Atkinson Park
Barclay Hills Park
Canemah Children's Park
Carnegie Center
Chapin Park
Hartke Park
Hazelwood Park
Hillendale Park
Park Place Park
Rivercrest Park

Shelters Available for Rent

Chapin Park
Clackamette Park
Hillendale Park
Rivercrest Park

Sport Fields

Chapin Park - baseball, softball
tennis
Park - basketball, baseball, tennis
Park - tennis
Park - baseball, tennis, basketball

CLACKAMETTE PARK – 1955 CLACKAMETTE DRIVE

Clackamette Park lies between the junction of the Willamette and Clackamas rivers in Oregon City with easy access from I-205 and 99E. The park contains 38 parking spaces for RV camping on or with a view of the Willamette River. Spaces are available on a first come, first serve basis.

Visitors come from miles around to enjoy the many amenities of Clackamette Park. It is a perfect place to get together with family and friends. A boat ramp to launch fishing and recreational boats is available for public use. The beaches attract both the sun worshipper and the nature lover with sun, water, nature paths and wildlife! For years, horseshoe enthusiasts 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, this six-acre neighborhood park includes a covered picnic area, an outdoor wading pool, softball diamond, and tennis and basketball courts.

Chapin Park - 340 Warner Parrott Rd.

This 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 picnic shelter.

Hillendale Park – 19260 Clairmont Way

Hillendale is a sixteen-acre neighborhood park that includes a picnic shelter, tennis court, walking path and two play areas for children. This park will be receiving a major facelift that sports enthusiasts will enjoy. A new ball field and soccer field will be going in, as well as a resurfacing of the existing tennis courts and a new parking facility. This project is scheduled to begin Fall 2002.

The Buena Vista House - 1601 Jackson Street

The Buena Vista Clubhouse located at 16th and Jackson Street in Atkinson Park has undergone some recent renovations. The wood floors have been refinished, kitchen remodeled and it is newly painted. This facility is a fun place to hold birthday parties and receptions. Please call our office for rental information or if you would like a tour.





Singer Creek Park - 130 Linn Avenue

This park provides the nature lover with trails that wind through natural habitats along Singer Creek. Come explore the fruit orchards and walk this 11-acre park.

Mountain View Cemetery

This historic cemetery is located above Newell Creek Canyon with a spectacular view of Mt. Hood to the east. A path to Newell Creek Canyon is accessible from the cemetery. Come and take a walking tour of our cemetery and enjoy the breathtaking scenery and wildlife in this park. The staff would be happy to assist you with any genealogy information. The cemetery office is open Monday through Friday, 8- 4:30. Cemetery gates open at 5:00 AM and close at 8:30 PM seven days a week.

**Construction Zones
Canemah Park Shelter**

The Neighborhood of Canemah has received grant money to have a picnic shelter installed at the Children's Park. This much anticipated project should be completed Summer of 2002. We are all looking forward to this!

New Park

On the corner of Abernathy Road and Washington Street a new park is taking shape. We have planted 250 fir, hemlock, and cedar trees to restore it to the natural habitat. Our goal is to provide trails through this new park that link to Clackamette Park. Be on the lookout for more news about this exciting new project.

Hillendale Park

Hillendale Park will be receiving a major facelift beginning this Fall. A new ball field and soccer field will be going in, as well as a resurfacing of the existing tennis courts and a new parking facility.

Rivercrest Park

Plans to replace the play equipment are in the works with a completion date of Fall 2002

Oregon City Parks would not be the beautiful places they are without the volunteers that give their time to help maintain them: our thanks to all of you! If you are interested in volunteering, please contact Chris at (503)657-8299 for more information.

Enter Oregon City Parks and Recreation's "Name a Park" contest. The department is completing plans to develop a 13.5 acre park located southeast of Leland Road and just north of Jessie Court. The property is currently referred to as "The Jessie Court Property." Clearly, it needs a better name. Please help us out!

Park Name Guidelines:

Parks named after an individual still alive require their written permission.

If the park is named after a deceased person, the next of kin must provide permission (if possible).

The name should have a historical context or be descriptive of the park's location.

To avoid confusion, please refrain from using names that are already in use in Oregon City (ie. McLoughlin Park).

The winner will have their name inscribed on a plaque mounted on the park's drinking fountain, a Carnegie Center gift basket and a \$100 gift certificate redeemable at any one of our sites (good for things like swimming lessons, youth classes, park rentals, pool parties, etc...).

Please mail your entry to:

Park Naming Contest
Oregon City Parks and Recreation
PO bOX 3040
Oregon City, OR 97045

Entries must be received in our office by June 7, 2002.



Name _____ Address _____
Phone _____ Proposed Park Name _____

Explain why you chose this name _____

Movies for June, 2002

June 7th – Rock Star
 June 14th – Thirteen Days
 June 21st – Traffic
 June 28th – Snow Dogs

Movies for July, 2002

July 5th- True Grit
 July 12th- African Queen
 July 19th- Paint Your Wagon
 July 26th- Gigi

**Movies for August, 2002**

August 2nd- Three Coins in the Fountain
 August 9th- To Kill a Mocking Bird
 August 16th- The Glenn Miller Story
 August 23rd- The Way We Were
 August 30th- Breakfast At Tiffany's

June Dine-Outs, 2002

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

July Dine-Outs, 2002

July 1st- Olive Garden
 July 8th- Pogy's Subs and Salads
 July 15th- MC Menamin's (Oregon City)
 July 22nd- Gigi's (Mc Loughlin Blvd)
 July 29th- Jack In The Box

August Dine-Outs, 2002

August 5th- Kentucky Fried Chicken
 August 12th- Picnic In the Park (Take out from McDonalds)
 August 19th- New China Restaurant
 August 26th- Camp Three Restaurant (Hawaiian Food)

SUMMER CLASSES AT THE PIONEER ADULT COMMUNITY CENTER**Chairside Aerobics**

6/25/02-8/1/02 (8 weeks), 9:15-10:00 AM every Tuesday and Wednesday. Strengthen your muscles, improve your range of motion, mobility and balance sitting in or standing next to a chair for support. Great for those with some physical limitations. Cost is \$22.00, Gold Card \$11.00. No class July 4th.

Gentle Pilate Stretching Yoga

6/25/02-8/1/02 (8 weeks) 10:00-11:00 AM every Tuesday and Wednesday. Using Yoga movements and Pilate stretches to strengthen and promote more flexibility, strength & balance. Please bring a mat and light hand held weights. Adults of all ages welcome. Cost is \$30.00, Gold Card \$15.00.

Light Aerobics

6/24/02-9/4/02 (11 weeks) 9:30-10:30 AM every Monday and Wednesdays. A fun low-impact exercise program. Class includes stretching, toning and use of light hand held weights. (Bring 1-2 pound weights). Cost is \$57.00, Gold Card \$29.00. No class Sept. 2nd.

Line Dancing

6/2/02-9/15/02 (8 weeks) 11:30AM-1:15 PM every Tuesday. This class is free. Learn the latest line dance steps, and some traditional ones as well. No partner needed.

Weight Room Orientation- An individual weight training session to introduce you to a personalized fitness program designed to meet your individual needs. Call for an appointment 503-657-8287.

Weight Training Room-Come and join our weight room- it's fun to exercise with others. Open Monday thru Friday 9AM-4AM. Pre-requisite: Weight Room Orientation. Purchase 24 visits for \$18.00.

Bingo

Our Bingo group meets every Thursday from 12:30-3:00PM. We have a lively group here, but we could use more players to make it more enjoyable.

Bridge

Do you enjoy a good game of bridge? Come play with this friendly group. Play is on-going on Thursday afternoons from 12:30-3PM.

Pinochle- 1:00-3:00 PM every Monday and Wednesday. This group has lots of fun and what a wonderful opportunity to meet new and interesting people.

Bunco- 1:00-3:00 PM every Wednesdays. This group has lots of fun. Stop by some Wednesday and sit in on one of their games and you'll get caught up in their fun.

Movie Day- Every Friday at 10:00 AM. Free popcorn and cake raffle. Great way to meet new and interesting people.

Busy Bees- Every Monday fro 10:00 AM-12:00 noon. Have fun making crafts, sewing or repairing quilts, stockings for Fill A Stocking, Fill A Heart Program, aprons, Teddy Bears etc. If you have some talents to share please come and join us.

Chorus- 6/28/02-9/6/02 (11 weeks) every Friday from 10:00-11:30 AM. . Open to all adults who enjoy singing a variety of show tunes and good time oldies. If you love to sing you'll enjoy our chorus. Come in one Friday and listen. Cost is \$44.00, Gold Card \$22.00

Computer Basics 6/24/09/5//02 (11 weeks) This starter course opens with a survey of computer terminology and components. You'll learn to set up master folders in windows and explore the Worldwide Web. Call 503-723-9497 for more information.

Word processing 6/24/02-09/5/02 (11 weeks) Build on basics you've mastered to fine-tune your word processing skills. Call 503-723-9497 for more information.

Group Piano Lessons- every Tuesday from 1:30-2:30PM. Piano lessons for beginners and early intermediates. Call John Jaqua for more information at 503-620-6950.

Feng Shui Classes will resume again in the Fall if you're interested please call the center.

Acupuncture

Every first Thursday of the Month. Appointments are every ½ hour starting at 9:00 AM to 12:00 noon. Cost is \$30.00 per session. Our appointments fill up very fast. Dr. Dreger is very good and many of his clients are scheduled every month here at the center. Stop by and ask some of his patients about him.

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)

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 , 3 computers and a printer available for seniors. 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.

FATHER'S DAY LUNCHEON

June 14th.

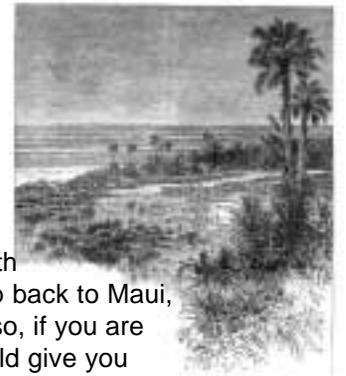
AT THE PIONEER ADULT
COMMUNITY CENTER

FROM 11:30 -12:30PM

Hawaiian Day

at the Pioneer Adult
Community Center

Come and join us for lunch on August 23rd from 11:30-12:30pm. Wear your Hawaiian dress or shirt. Have lunch with Julie and listen to her talk about her trip back to Maui, Hawaii and how much fun she had. Also, if you are planning a future trip to Hawaii she could give you some tips on planning your stay.



SENIOR HEALTH FAIR

WEDNESDAY, MAY 29
10AM - 2PM



You are invited to our third annual 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 mannikins, or just observe.

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

Classes

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. This class is more intense and invigorating and designed for intermediate levels.

M	5:30-7:00pm	6/17-8/19
\$65/\$98	Buena Vista House	Kleemann

Yoga for Beginners

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.

Th	5:30-6:45pm	6/20-8/22
\$56/\$84	Buena Vista House	Kleemann

Yoga for Youth

This class will introduce children and youth to the centering and calming technique of yoga through meditation and breath and the physical aspects through stretch and strengthening poses. Learn about the awareness of breath and how to connect to your own individuality.

W	3:30-4:30pm	6/19-8/21
\$45/\$68	Buena Vista House	Kleemann

Pilates

This ten-week class consists of a series of precise and controlled movements, which engage specific muscles to develop strength and flexibility without building bulk.

W	5:30-6:30pm	6/19-8/21
\$45/\$68	Buena Vista House	Kleemann

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. Come join the fun! For a schedule of projects please call 503-722-9816.

Tu	6:30-9:00pm	
\$3.00 drop-in fee	Buena Vista House	

Specialty Camps

3,2,1 Action (Ages 11-14)

Wanna be a movie star? Ever wonder what it means when you hear 'break a leg?' Here's your chance to learn what it takes. Join us for a week full of fun as you learn how to work with others and express your creative side as you build your own props, sets, costumes, learn about stage make-up, and make a video of your production.

M-F	10:00am-3:00pm	7/22-7/26
M-F	10:00am-3:00pm	8/5-8/9
\$75/\$112	Buena Vista House	Garcia & Staff

The Great Outdoors (Ages 11-14)

Do you like being outside? Are you a fan of hiking, learning about the river systems, animals, plants, and observing it all in the wilderness? In this week long camp, you will have the opportunity to hike into the Newell Creek Canyon and learn about it's inhabitants, become river stewards and help plant shrubs and plants that help upkeep the banks of the river, tour the Clackamas river and locks, learn how to track animals, plant a terrarium and much, much more.

M-F	10:00am-3:00pm	6/24-6/28
\$75/\$112	Meet at Buena Vista House	

Ultimate SportsPack (ages 11 - 14)

Are you a sports nut? Do you love a great game of flag football or kickball? Join us for a week full of basketball, volleyball, soccer, swimming, golfing, bowling, and more. We will also be attending a Portland Fire basketball game the week of July 15th. This is the *ultimate* sports experience for kids.

M-F	10:00am-3:00pm	7/15-7/19
M-F	10:00am-3:00pm	7/29-8/2
\$75/\$112	Meet at Chapin Park	

Day Camps

Kids Connection (Ages 3-5)

This camp emphasizes cooperative play, creativity, and fun. Sign up for one week at a time. Kids Connection meets Tuesday and Thursday from 9:30 -11:30am at the Oregon City Pool (1211 Jackson Street). *Make sure to wear clothes that can get messy!* Fees are \$15 for residents or \$23 for non-residents per week excluding session 2. Pre-registration is required.

Session 1: 6/25 & 6/27 - Join us as we make magnets, patriotic windsocks, do some finger painting and get a visit from some tidepool creatures.

Session 2: 7/2 only (fee \$8/\$12) - Make a flag to wave during our birthday party for the USA.

Session 3: 7/9 & 7/11 - Make collages with macaroni and more, play in the wading pool, talk with police officers and create with play dough.

Session 4: 7/16 & 7/18 - Create special cards, make yummy treats, draw with sidewalk chalk and make a pair of crazy glasses.

Session 5: 7/23 & 7/25 - Decorate masks, make a new frog friend, have some bubble fun, and eat some delicious watermelon.

Session 6: 7/30 & 8/1 - Get down and dirty with play dough, decorate a sun catcher, make a collage and enjoy a cookie or two.

Session 7: 8/6 & 8/8 - Make floral leis, play in the wading pool, decorate trinket boxes and take a closer look at a fire engine.

Session 8: 8/13 & 8/15 - Decorate your own puzzle, make gak, enjoy tasty treats and play with sidewalk chalk.

Session 9: 8/20 & 8/22 - Make beaded jewelry and foam fishies, cool off in the wading pool, take a turn hitting the piñata and join our end of the summer celebration.

Sports Camps

The following sports camps are all based on learning the basics of each sport. In these camps, you will find a non-competitive positive learning atmosphere.

Soccer Camp (Ages 5-7)

Learn how to dribble, pass, trap and more. Offensive and defensive tactics will both be covered as well as goalie skills. Drills, relays, and games will all be used as teaching methods.

June 24-28	10:00am-12:00pm
July 1-5 (no camp July 4)	10:00am-12:00pm (fee \$24/\$36)
July 8-12	10:00am-12:00pm
July 15-19	10:00am-12:00pm
July 22-26	10:00am-12:00pm
July 29-Aug 2	10:00am-12:00pm
Aug 5 - 9	10:00am-12:00pm
\$30/\$45	Chapin Park

Soccer Camp (Ages 8-10)

Learn the basics skills and rules of soccer. In this camp, you will learn the basics including dribbling, passing, shooting and trapping. Offensive and defensive tactics and goalie skills will also be covered. Drills, relays and games will all be used as teaching methods.

June 24-28	1:00-3:30pm
July 1-5 (no camp July 4)	1:00-3:30pm (fee \$28/\$42)
July 8-12	1:00-3:30pm
July 15-19	1:00-3:30pm
July 22-26	1:00-3:30pm
July 29-Aug 2	1:00-3:30pm
Aug 5 - 9	1:00 - 3:30pm
\$35/\$52	Chapin Park

Tennis Camp (2nd-6th Graders)

Learn the basics of tennis. Court etiquette, serving, correct form, and strokes will all be covered. You will have the opportunity to learn through drills and then practice what you have learned through playing games. Class size is limited to 6. Call for more information.

Day Camps

Rivercrest Camp (Ages 6-10)

This camp is a program incorporating arts & crafts, sports, games, and fun. Sign up for one week at a time. Rivercrest Camp meets Monday through Thursday from 10:00am-4:00pm at Rivercrest park (131 Park Drive). *Make sure to wear clothes that can get messy and bring a sack lunch!* Fees are \$45 for residents or \$68 for non-residents per week excluding session 2. Pre-registration is required.

Session 1: 6/24-6/27 - Animal friends will join us as we make, masks, birdfeeders, nature prints and more.

Session 2: 7/1-7/3 (no camp on 7/4, fee \$34/\$51) -Celebrate the 4th of July with a Patriotic Party. Play lots of games and make lots of patriotic crafts.

Session 3: 7/8-7/11 - Enjoy a visit from the Police Department, tie-die a t-shirt, make wooden yo-yos, and compete in a Scavenger Hunt.

Session 4: 7/15-7/18 - Cheer on the Portland Fire team at a game, make kites, picture frames, clay bowls, and bird gliders.

Session 5: 7/22-7/25 - Make musical instruments, have a sing-a-long, and strut your stuff in a Camp Talent Show, make trinket boxes, and much more.

Session 6: 7/29-8/1 - Cut loose during a field day, learn about the public works vehicles, make cards, collages, gak and tile coasters

Session 7: 8/5-8/8 - Make dream catchers and flubber, get hosed down by the Fire Department, learn to weave a basket and color the sidewalks with chalk.

Session 8: 8/12-8/15 - Learn about water conservation, make warm fuzzies, magnets with fuse beads, have a water balloon war and more.

Session 9: 8/19-8/22 - Celebrate the end of summer with a field day, make puzzle piece frames, bean and seed mosaics, and be sure to get some candy from the piñata.

Extended Day Program

Early drop-off and late pick-up options are available before and after Rivercrest Camp and Friday Field Trips. Early drop-off times are from 7:30 to 10:00am and late pick-up times are from 4:00 - 5:30pm. Fees for this are \$25/\$38 for Monday through Thursday and \$6/\$9 for Fridays.

Drop-in Programs Chapin and Hillendale Parks

This summer we will be offering organized activities including arts & crafts, games, hot weather activities and more. Chapin Park (340 Warner Parrott Road) and Hillendale Park (19260 Clairmont Way) will both have a drop-in program running Monday through Friday from 10:00am - 3:00pm weather permitting. This is not a child-care option. Children will be supervised while participating in organized activities, but will *not* be supervised once they leave the activity. Children and parents are welcome to join in any of the organized activities. There will be a small fee for arts & crafts activities.

Friday Field Trips (Ages 6-13) Each Friday, we will be hitting the road for some exciting adventures. You will need to sign up for each field trip separately and bring a lunch and spending money (optional) for souvenir. We will be loading the bus at 10:00am and return at 4:00pm at Rivercrest Park (131 Park Drive). Transportation and entrance fees are included. Pre-registration is required.

6/28 Enjoy a day full of adventure at Oak's Park. Start the day off by hiking through Oak's Bottoms and then return to the amusement park for unlimited rides. \$16/\$24

7/5 Mt Hood Skibowl Travel to the top of Skibowl Peak in a sky chair and enjoy the spectacular view. Hike to the bottom or ride the alpine slide down. \$16/\$24

7/12 Explore the world of science at OMSI. Discover the mysteries of microscopic organisms, from those that sustain life on Earth to those that threaten our health and even our existence. \$14/\$21

7/19 Try for a perfect game at Gladstone Lanes and then do some swimming at the Oregon City Pool. Parents will need to pick kids up at Pool. \$14/\$21

7/26 Visit your favorite animals at the Oregon Zoo. Enjoy a visit to the Alaskan Tundra, go on an African Safari, get up close and personal with Packy and more. \$16/\$24

8/2 At Oxbow Park, learn about water insects and other water creatures by gently handling and observing, stroll through the ancient forest and play some fun, hands on games. \$14/\$21

8/9 Explore the fairy tale world of the Enchanted Forest. Visit the three bears house, the English Village, the Seven Dwarfs Cottage and take a ride on the bobsled down Ice Mountain. \$18/\$27

8/16 Experience life as a butterfly and learn how to grow a garden to attract butterflies at the Environmental Learning Center and then take a dip in the Oregon City Pool. Parents will need to pick kids up at Pool. \$14/\$21

8/23 Play the day away at Bullwinkles Fun Center. Bracelets include access to unlimited miniature golf, bumper boats, batting cages, and kidopolis. \$18/\$27

Registration Form *use only for Recreation & Carnegie Center* 503-722-9816

Participant or Parent/Guardian _____

Address _____ City _____ Zip _____

Day Phone _____ Evening Phone _____

Emergency Contact _____ Emergency Phone _____

City of Oregon City Resident

Non-Resident

Name of Participant	Age	Activity Name	Dates	Time	Location	Fee

I give permission for the participant(s) listed above to receive first aid from the personnel of the City of Oregon City. I authorize the participant(s) to attend the City's activities this season. I hereby release and hold harmless the City, it's officers, agents and employees from all claims, actions and demands that may arise from the performance of the activity other than those arising out of the negligence of the City. I agree that pictures taken during City activities may be used for future promotional purposes.

Participant or Parent/Guardian Signature _____

Date _____

AQUATICS

(503)657-8273

Registration may be done in person or over the phone

SWIM TIMES!

FEES

Recreational Swim	
Mon-Fri	2:00 - 4:00 pm
M, W, Fri	7:30 - 9:00 pm
Sat	2:00 - 3:30 pm
Teen Swim	
Fri	9:00 - 10:00 pm
Teen swim is for 6th-8th grade students only.	

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

Deep Water Exercise	
Tu, Th	6:00 - 7:00 pm

Lap Swim	
Mon-Fri	6:00-8:00 am
Mon-Fri	11:30-1:00 pm
Mon,Wed & Fri	7:00-7:30 pm
Sat	1:00 - 2:00 pm

Family Swim	
Tu	7:00 - 8:30 pm
Max charge per family is \$5.50 Res/ \$7.75 Non-Res	

Adult Swim	
Sat	12:00-1:00 pm

Residents are those living inside the City Limits of Oregon City

Daily Admissions		
	Residents	Non-Residents
Adult	\$2.50	\$3.50
Senior ⁽⁶²⁺⁾	\$2.25	\$3.25
Youth ⁽²⁻¹⁸⁾	\$2.25	\$3.25

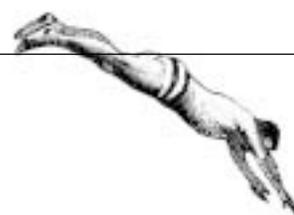


Senior Punch Cards			
Good for all swim programs listed to the left.			
Punches	10	20	40
Resident	\$20.00	\$28.75	\$46.00
Non-Res	\$30.25	\$43.25	\$69.25

Adult Punch Cards			
Good for all swim programs listed to the left.			
Punches	10	20	40
Resident	\$25.00	\$43.51	\$72.00
Non-Res	\$37.50	\$65.25	\$108.50

Memberships								
Three Month	1st Person	2nd Person	3rd	One Year	1st Person	2nd Person	3rd	
	Resident	\$43.50	\$34.75		\$7.25	Resident	\$87.00	
Non-Res	\$78.00	\$66.50	\$12.65	Non-Res	\$156.00	\$124.75	\$25.00	

Lesson Fees	
Residents	\$28.75
Non-Residents	\$43.25
Private Lessons	\$16.50
Semi-Privates	\$22.25
Residents are those living within the City Limits of Oregon City	



SWIMMING LESSONS

Level	Morning (M-F, M-Th) 27 minute lessons	Afternoon (MW) 27 minute lessons	Evening (MWF) 27 minute lessons	Saturday 57 minute lessons
Intro to Water	9:00 9:30 10:30 11:00 11:30	1:00 1:30	6:00 6:30	
Level 1	9:00 10:00(2) 10:30 11:00(2) 11:30	1:00 1:30	6:00 6:30 7:00	
Level 2	9:00 9:30 10:00(2) 10:30 11:00 11:30	1:00 1:30	6:00 6:30 7:00	12:00-1:00
Level 3	9:30 10:30 11:00	1:00	6:30 7:00	12:00-1:00
Level 4	10:30 11:00	1:30	7:00	
Water Babies	10:00 10:30		6:00	
Private Lessons	9:00 9:30 10:00 11:30			1:00 1:30

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

Registration begins
Saturday June 1st.

Morning Session 1	June 17 - 27
Morning Session 2	July 1 - 11
Morning Session 3	July 15 - 5
Morning Session 4	July 29 - Aug 8
Morning Session 5	Aug 12 - 22
Afternoon Session 1	June 17 - July 15
Afternoon Session 2	July 22 - Aug 19
Evening Session 1	June 17 - July 5
Evening Session 2	July 8 - July 26
Evening Session 3	July 29 - Aug 16
Saturday Session 1	June 22 - July 20
Saturday Session 2	July 27 - Aug 24

Guard Start

Guard Start is an American Red Cross junior lifeguarding program. Participants will be introduced to the job of a lifeguard. Much of class is in the water as participants prepare themselves for the possibility of taking lifeguard training in the future. Must be 11-14 years old.

M-TH 1:00 – 2:00PM JULY 8 - 18
\$38/\$57 Swimming Pool

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. Life-guards are provided with rates as low as \$54.50 per hour for the pool and \$11.00 per hour for the room.

Summer Rec Swim Team

Have you taken swimming lessons before? Can you swim one length of the pool? Do you like to swim? If you answered yes to any of these questions, then join us for a summer full of swimming. No previous swim team experience is necessary. Taught by the Oregon City Swim Team.

M –Thu 1:00 – 2:00 PM June 17 – July 25
\$38/\$57 Swimming Pool

Aqua Camp

Aqua Camp is a fun filled week of creative fun and recreational swim. The kids are well supervised during all phases of the camp with lifeguards-on-duty during the swimming portion. Flyers with information on weekly themes and activities will be available at the swimming pool by the end of May. Must be 5-10 years old.

M-F	12:30-4:00pm	Session 1 June 24 - June 28
M-F	12:30-4:00pm	Session 2 July 1 - July 5
M-F	12:30-4:00pm	Session 3 July 8 - July 12
M-F	12:30-4:00pm	Session 4 July 15 - July 19
M-F	12:30-4:00pm	Session 5 July 22 - July 26

\$37/\$55.50 Swimming Pool Hedahl

Swimming Lesson Information

If a student is withdrawn from lessons 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.

POOL CLOSURES

The Swimming Pool will be closed:

July 4 at 4:00PM

Monday, September 2
through Friday, September 13 for
yearly maintenance.

We Want Your Help!

Oregon City Parks & Recreation is trying to expand the recreation program for families, youth, and teens. Tell us what you want to do, where you want to go, and what you want to learn; in other words, how do you want to spend your leisure time? We welcome any ideas for classes, special events, activities, concerts, programs, or trips. Please call 503-722-9816.

Instructors Wanted

If you have a talent, hobby, knowledge, special interest, and want to share it with others...we are looking for you! Please call 503-722-9816 if you would like to become an instructor for the Oregon City Parks & Recreation Department.

Cancellation Policy

- The City reserves the right to cancel any or all OCPRD programs listed in this brochure.
- A full refund will be issued for cancelled classes.

Refund Policy

- If you are dissatisfied with a class, a refund or credit may be available upon request. Please call the facility you registered through with all refund or credit requests.
- Refunds or credits will be given at the discretion of Oregon City Parks & Recreation staff. Amount of refund will depend on class, number of sessions, size, and time of cancellation.
- Please allow at least three weeks to process refunds

Fee Information

Since the Oregon City Parks & Recreation Department is tax supported, some activities have an additional fee for those who do not pay City of Oregon City taxes. On these, you will notice two fees. The price on the left is the in-city fee and the price on the right is the out-of-city fee.
process refunds

Volunteer Opportunities

We need your help! Oregon City Parks & Recreation has a variety of volunteer opportunities for you, your friends, and family ranging from one time opportunities to long term possibilities. Some of the areas we need help with are:

- Children's Museum
- Cemetary Clean-ups
- Concerts in the Park
- Carnegie Center
- Field Trips
- Pioneer Center

No previous training is needed to become a volunteer. If you would like to help make Oregon City a better place by volunteering, call Chris Wadsworth at 503-657-8299.

Come & play soccer with us !!

Registration for
2002 - 2003

FALL SOCCER

Will be held

Saturday, June 1 & Saturday June 8

At Oregon City Sporting Goods

(located in the Oregon

City Shopping Center)

10am - 3pm

Boys and Girls that were born on, or before,

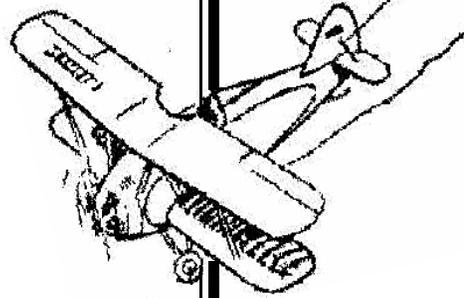
7/31/97 are eligible to play.

You must provide a copy of your STATE birth Certificate

(hospital certificate not accepted) in order to register

Contact us at (503)673-9264 x484, if you have any questions.





OREGON CITY
PARKS AND
RECREATION

2002 Concerts in the Park

at CARNEGIE CENTER
606 John Adams Street

WEDNESDAY EVENINGS
CONCERTS START AT 6:30 pm

FOOD SERVICE STARTS AT 5:00 pm

JULY 11	WOODY HITE BIG BAND Big Band Swing	Oregon City Optimists Catered Meal
	Sponsored by Danielson's Fresh Marketplace	
JULY 18	BLACK SWAN Dixieland	Rivershore Grill German
	Sponsored by Oak Grove GI Joe's	
JULY 25	SAWTOOTH MOUNTAIN BOYS Roots Music	Little Red Hen
AUGUST 1	AMADAN Celtic	Dominos Pizza Pizza by the Slice
AUGUST 8	ELLEN WHITE AND REFLEX BLUE R & B	Rivershore Grill German
AUGUST 15	TOUCHABLES 50's & 60's Rock and Roll	Fill-a-Stocking BBQ
AUGUST 22	SHOEHORN Great Jazz and Tap Dancing!	Earth Crusaders Authentic Indian Style Baked Salsas
AUGUST 29	GAIL & A TOUCH OF CLASS Favorites from Broadway to Hawaii	Maui Camp 3 Yaki Soba Noodles, Teriyaki Chicken

CONCERTS IN THE PARK brought to you by THESE GENEROUS SPONSORS

North Willamette Radiologists

Portland Electrical Construction

CONCERTS IN THE PARK