

# Pioneer Adult Community Center January/February 2020 Newsletter

## Our Services

- Recreation
- Education
- Socialization
- Nutrition
- Meals on Wheels
- Client Services
- Transportation
- Fitness Center
- Computer Lab
- Volunteer Opportunities
- Pioneer Pantry
- Outdoor Garden
- Facility Rentals

Open Hours: 9am-4pm  
Monday-Friday

Working to  
promote  
a healthy,  
active lifestyle!



Pioneer Adult Community Center  
615 5<sup>th</sup> Street | Oregon City, OR 97045  
503-657-8287 | [www.orcity.org/pioneercenter](http://www.orcity.org/pioneercenter)



## OUR STAFF

**Kathy Wiseman**  
Supervisor  
503-496-1523

**Jamie Davie**  
Client Services  
503-722-3268

**Jessica Spencer**  
Recreation Programmer  
503-722-3781

**Debbie Taplin**  
Office Specialist  
503-974-5514

**Shirley Ryan**  
Meals on Wheels  
Coordinator  
503-722-5979

**Lorelei McCaffrey**  
Receptionist

**Angela Hartmann**  
Nutrition Assistant

**Patty Hopkins**  
Food Service Worker

**Jerry Waggener**  
**Jennifer Garrick**  
**Neal Schmitt**  
Van Drivers

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### Become a Member or Renew Your Membership

The Pioneer Center provides many services to our community. If you use our transportation, take classes, go on our day trips or participate in any of our activities, we ask that you become a member of the Pioneer Center.

Next time you're in, please fill out our application.  
We ask for an annual \$10 donation.

With your annual membership you will be automatically:

- Entered into our quarterly members only prize drawing. (Sponsored by Health Net Medicare Programs)
- Entered into our monthly birthday gift card drawing (must be present to win)
- Sent our bimonthly newsletter (your choice of an electronic or mailed version)

### HOLIDAY CLOSURE NOTICE:

**The Pioneer Center will be closed**  
**Wednesday, January 1 | New Year's Day**  
**Monday, January 20 | MLK Jr. Day**  
**Monday, February 17 | President's Day**

**BUEL'S**  
**impressions**  
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## DROP-IN ACTIVITIES

### REFIT CARDIO

Tuesdays | 5:30-6:30pm | Free

### BINGO

Thursdays | 12:30-3:00pm | .25 cents/card

### BUSY BEES CRAFT CLUB

Mondays | 9:00am-12:00pm | Free

### BILLIARDS

Monday–Friday | 9:00am-4:00pm  
(As Available)

### FOOD PANTRY

Tuesdays & Fridays | 9:00-9:30am

### TRIPLE DECK PINOCHLE

Fridays | 1:00-3:30pm | .25 cents

### WALKING CLUBS

Monday/Wednesday/Friday | Free  
Start Times 9:00am & 9:30am

### BIG BAND BALLROOM DANCE

Wednesdays | 12:45-3:00pm | \$5

### INTERMEDIATE LINE DANCING

Tuesdays | 1:00-3:00pm | .50 cents

### POKER

Mondays | 2nd & 4th Tuesdays | 12:00-3:30pm

### AMERICAN MAHJONG

Mondays | 12:30-3:30pm | Free  
(Experience & current card required)

### BOOK CLUB

3rd Wednesday | 1:00pm

### VARIOUS GAMES

Fridays | 12:30-3:00pm | Free

### BEGINNING LINE DANCING

Mondays | 1:00-2:00pm | .50 cents  
Tuesdays | 12:00-1:00pm | .50 cents

## VOLUNTEERS NEEDED

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 vulnerable seniors in our community.

### Available Volunteer Opportunities:

- **Meals on Wheels Drivers (10:30am-12:30pm)**  
**(Several Routes Available)**

Volunteers must be 21 and over and are required to fill out a volunteer application and background check.

For more information, contact Jamie at 503-722-3268 or [jdavie@orcify.org](mailto:jdavie@orcify.org)



(503) 518-1058

Join us every Sunday @  
10:00 AM as we gather  
at 405 Warner Parrott  
Rd in Oregon City for  
Christian worship &  
Bible-based teaching.



Web: [www.connectionministries.com](http://www.connectionministries.com)  
Facebook: [@connectionministries](https://www.facebook.com/connectionministries)

## CURRENT EVENTS

### AARP Tax Aide

**Tuesdays & Fridays | February 4-April 14 | 9:00am-2:00pm**  
(Appointments on March 27, 31, and April 3 will be held at the OC Library)



The Pioneer Center will again be an AARP Tax-Aide site providing free tax assistance for low- to middle-income Clackamas County taxpayers, with a focus on those 60 and older. IRS-trained volunteers annually help over 2 million nationwide file their taxes. We'll start making appointments on **Thursday, January 2.**

Call 503-657-8287 x0 to make your appointment.

Please call as soon as possible as appointments fill up fast.

### Financial & Tax Tips Workshop

*Presented by CFA Ben James, President of Elevate Wealth Advisors, & CPA Stephan Sykes, President of Plus Minus Taxes*



**Thursday, January 16 | 10:00am-11:15am**

It's tax season! Join us for an informative discussion on the latest tax codes and strategies to protect the assets you have worked so hard for. Refreshments will be provided.



Space is limited. Please call 503-657-8287 x0 to reserve your seat today!

### AARP Smart Driver™

**Wednesday & Thursday, February 26-27 | 9:00am-12:00pm**

The AARP Smart Driver™ course will help you refresh your driving skills, and may even help you save on your auto insurance!

Sign up today to see how much you could save.

Space is limited. Please call 503-657-8287 x0 to reserve your seat today!



### The Present and Future of Social Security

*Presented by CFA Ben James, President of Elevate Wealth Advisors*

**Wednesday, February 26 | 1:00pm-2:15pm**

Join us for a discussion regarding social security's possible longevity, the financial health of the current system, and possible changes ahead as federal reserves for the Social Security System become more challenged.



Space is limited. Please call 503-657-8287 x0 to reserve your seat today!

# HEALTHY AGING PROGRAMS

## **Healthy Living for Your Brain and Body** **Wednesday, March 4 | 10:00am - 11:00am**

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. You will also learn how to use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Please call the Alzheimer's Association helpline at 800-272-3900 to RSVP.



## **National Walking Day Celebration** **Wednesday, April 1 | 9:00am** **Location & Additional Details TBA**

Join us for a free recreational walk, on Wednesday, April 1 in honor of National Walking Day. The annual celebration of walking is a great way to raise awareness of the importance of physical activity. Walking has many health benefits which makes "National Walking Day" the ideal time to kick-start your physical activity routine.



## **Walk with Ease Exercise Program** **Mondays, Wednesdays, Fridays | 9:15am - 10:15am** **Monday, April 13 - Friday, May 22**

This free 6-week Walk With Ease Program will help you improve balance, flexibility, strength & stamina, motivate you to get active, walk safely and comfortably, and reduce pain! Led by certified instructors, each session will include health-related discussion topics and self-paced group walks. Each participant will receive their own Walk With Ease Guidebook.

Please call 503-657-8287 x0 to reserve your seat today!



## **10 Warning Signs of Alzheimer's** **Tuesday, April 21 | 10:00am - 11:30am**

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. This program will help you recognize common signs of the disease and know what to watch for in yourself and others. Please call the Alzheimer's Association helpline at 800-272-3900 to RSVP.



# TRAVEL PROGRAM - DAY TRIPS

Please register for day trips in person at the Pioneer Center.  
All trips must be prepaid in advance.  
In addition to yourself, you may sign up 1 guest.

For complete trip details and pricing please stop by the  
Pioneer Center's front desk or call 503-657-8287 x0.

## January - April Trips

There are still spots open on the following day trips!

### JANUARY 8

Frank's Noodle House (Dine Out)

### FEBRUARY 12

Po' Shines Café (Dine Out)

### MARCH 18

Big Al's \$2 Bowling

### APRIL 8

Pastini Pastaria (Dine Out)

Stay tuned for May-August trip and registration details in March!



# TRAVEL PROGRAM - Extended Trips

## Premier World Discovery.

For more trip information, please contact Susan at  
skwiatkowski@premierworlddiscovery.com or 310-372-3668 x235.

Paris in the Spring, Burgundy & Provence River Cruise April 13-23, 2020   11 Days Rooms starting at \$5,195 PPDO	Nashville, Smoky Mountains & Bluegrass May 6-13, 2020   8 Days \$3,095 PPDO
Great Canadian Cities August 5-13, 2020   9 Days \$3,445 PPDO	Albuquerque Balloon Fiesta October 9-14, 2020   6 Days \$2,525 PPDO



## Collette

For complete trip details please stop by the Pioneer Center or visit

<https://gateway.gocollette.com/link/975484>

**Join us Wednesday, February 12 at 10:00am for a fun travel presentation!**

Sunny Portugal

November 3-12, 2020 | 10 Days

\$2,999 PPDO



# THANK YOU FOR YOUR CONTINUED SUPPORT!

We would not be able to provide all of our services and programs without your dedicated support. This fall you purchased beautiful fresh wreaths and also donated to our holiday giving tree as well as our annual giving campaign. We truly appreciate every donation and want to thank you for helping make this a special and memorable holiday season for so many!

Every donation makes a difference in the lives of our community's seniors!

We want to give a special thank you to the following volunteers who committed extra hours to help us with our fundraisers:

Thank you **Bonnie, Tammy and Sue** who made the beautiful bows for our Christmas wreaths!



## CLASS UPDATES

### NEW CLASS!

#### Home Organization

*Instructor – Kaye Silver, Professional Organizer*

Please contact Kaye at 971-270-0996 or [kaye@tidypdx.com](mailto:kaye@tidypdx.com) to register. Declutter your home once and for all! Each week participants will learn techniques for organizing a category of items. Results are discussed the following week and a new category is taught. Once complete, you will be surrounded by things that give you joy, have extra space, be reacquainted with your interests, and be less likely to over-consume in the future!

*Fridays | January 10-March 20 | 7:00pm-8:30pm*

*\$114 | 11 weeks, 11 classes*



### CANCELLED CLASS

Evening Taoist Tai Chi classes cancelled effective January 2020.

Questions? Please call 503-220-5970

# WINTER CLASS SCHEDULE

CLASS	DAY	TIME	DATES	FEE	FEE 62+	INSTRUCTOR	HOW TO REGISTER
<b>Fitness and Health</b>							
Gentle Yoga	T/Th	9:15-10:15	Jan 7-March 19	\$105	\$74	Marcus Quinlan	At Pioneer Ctr.
Tai Chi Beginning	T/Th	10:30-11:30	Jan 7-March 19	\$150	\$100 (55+)	Nick Hancock	503-266-9939
Tai Chi Continuing	M/W	10:40-11:40	Jan 6-March 18	\$150	\$100 (55+)		
Tai Chi Straight sword	Th	9:00-10:00	Jan 9-March 19	\$100	\$75 (55+)		
Qi - Gong	T	9:00-10:00	Jan 7-March 17	\$100	\$75 (55+)		
Zumba	T W Th	3:30-4:30pm 5:30-6:30pm 3:30-4:30pm	Jan 7-March 17 Jan 8-March 18 Jan 9-March 19	\$45 \$5 drop in, 5 class punchcard \$20		Beverly Bunting	503-348-3842
Yoga	Th	5:30-6:30pm	Jan 9-March 12	\$70	\$62	Jenny Juffs	971-400-6927
REFIT Cardio	T	5:30-6:30pm	Ongoing	FREE		Emily Frack	Drop In
Chair Yoga	T/Th	10:30-11:30	Jan 7-March 19	\$100	\$70	Colleen Watson	503-473-1349
Weight Room Orientation	TBD	TBD	Ongoing	\$20-24 visits (50+)		Staff	503-722-3781
Mindfulness Meditation	T	2:00-3:30pm 7:00-8:30pm	Jan 7-March 17	\$88 or \$10 drop in		Surja Tjahaja	503-656-8910
Women's Cardio	W	5:30-6:30pm	Jan 8-March 18	\$60 or \$10 drop in		Jill St. John	971-221-4813
<b>Music and Dancing</b>							
Music Makers Choir	F	10:00-Noon	Ongoing	\$35/semester		Melinda Beyers	503-381-9827
Beyond Beginning Guitar Sessions I & II	M	2:45-3:30	I: Jan 6-Feb 3 II: Feb 24-Mar 16	I: \$49 II: \$49		Bill Price	503-997-6568
Beginning Guitar 1 & II	M	2:00-2:45	I: Jan 6-Feb 3 II: Feb 24-Mar 16	I: \$57 II: \$49			
Beyond Beginning Ukulele Sessions I & II	M	12:00-1:00	I: Jan 6-Feb 3 II: Feb 24-Mar 16	I: \$49 II: \$49			
<b>Creative Expression</b>							
Home Organization	F	7:00-8:30pm	Jan 10-March 20	\$114		Kaye Silver	971-270-0996
Acrylic & Oil Painting	W	9:30-11:30 12:30-2:30	Jan 8-March 11	\$95	\$65	Shirlee Lind	503-722-3845
Watercolor Painting All Levels	Th	10:00-12:30	Jan 9-Feb 27	\$100	\$70	Melissa Gannon	503-557-3963
Swans in the Marsh Workshop	F	10:00-1:00	January 24	\$65			
Aspen Trees in Acrylic Workshop	F	10:00-1:00	February 28	\$65			
Hummingbird & Fuchsias Workshop	Th	10:00-1:00	March 19	\$65			
<b>Computer Skills</b>							
Levels 1 - 3 1st Steps, Windows 10 Word Processing, Email	M	Please call for details	Please call for details	\$65		Jerry King	503-723-9497

# MARK YOUR CALENDARS

## Estate Planning 101

*Presented by Michael J. Rose, Attorney with Rose Elder Law, LLC*

**Thursday, March 5 | 10:00am-11:30am**

**Thursday, April 9 | 10:00am-11:30am**

In this seminar, we'll discuss what estate plans are, and whether you need one.

You'll also learn how to protect yourself and estate from incapacity. Topics

include wills, trusts, probate, special needs planning, powers of attorney, and advance directives.

Please call 503-657-8287 x0 to RSVP as space is limited.



## Long Term Care Planning

*Presented by Michael J. Rose, Attorney with Rose Elder Law, LLC*

**Thursday, March 19 | 10:00am-11:30am**

**Thursday, April 16 | 10:00am-11:30am**

Long term care is expensive. Many seniors do not have the income or resources to pay for this type of service. Please join us for an informational presentation on how you can afford long term care including private pay, Medicaid, and Veterans Aid & Attendance.

Please call 503-657-8287 x0 to RSVP as space is limited.



## AARP Smart Driver™

**Tuesday & Wednesday, May 12-13 | 9:00am-12:00pm**

The AARP Smart Driver™ course will help you refresh your driving skills, and may even help you save on your auto insurance! Sign up today to see how much you could save.

Space is limited. Please call 503-657-8287 x0 to reserve your seat today!



## Estate Planning Workshop: Why a Will isn't Enough

*Presented by Schneider Rasche LLC*

**Tuesday, June 23 | 10:00am-11:30am**

Attorney Richard B. Schneider will provide practical advice on how to safeguard your assets and health care wishes during and after your lifetime.

Acquire up to date knowledge about: Wills, Living Trusts, Health Care

Documents, Issues Regarding Guardianship, and Conservatorship. Learn how to avoid Probate, and how to handle your estate when there are complications in the family.

Please call Laura at 503-241-1215 for more information or to reserve your seat today!



## IMPORTANT: ANNUAL SPRING CLOSURE

The Pioneer Center will be closed for two weeks,

**Monday, March 23 – Friday, April 3**

**for extended building maintenance.**

**All activities and services are cancelled for these two weeks.**



# Community Support & Services

## IN-CENTER AND OUTREACH SERVICES FOR SENIORS, FAMILIES & FRIENDS

### ONSITE SERVICES

#### **Information and Referral**

Staff can connect individuals with services available at the Pioneer Center and provide information and referrals to community resources.

#### **Law Project**

Clackamas County residents (60+) may schedule a free half-hour consultation with a volunteer attorney to discuss estate planning. 2nd Monday of each month, by appointment only. Please contact Jamie 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.

#### **Tax Aide**

The Center offers a yearly Tax-Aide service starting February through April by trained AARP volunteers. By appointment only.

### 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.**

Provides general housing information, referral regarding landlord-tenant issues, and can assist in finding lower cost housing in Clackamas County. Call HRRC at 503-650-5750.

#### **Senior Loneliness Line**

Free confidential call service for adults 55+ in Clackamas County. Those experiencing loneliness or isolation can call 503-200-1633 24/7 365 days a year.

### NUTRITION SERVICES

#### **Nutrition Program**

Lunch with dessert bar is served Monday thru Friday from 11:30am-12:30pm in our dining room. **Suggested donation 60+ is \$3.00. Under 60, the cost is \$4.50.**

#### **Meals on Wheels**

For homebound seniors 60+. Serving Oregon City, West Linn, Beavercreek, and Redland. Daily deliveries Monday-Friday, with frozen meals available for weekends. Please contact Shirley for more info at 503-722-5979.

### SUPPORT GROUPS

#### **Alzheimer's Caregiver Support Group**

1st & 3rd Wednesday, 12:00-1:30pm.  
A caregiver's support group for those whose loved ones have Alzheimer's or other types of dementia.  
Call 1-800-272-3900 for more information.

#### **Grief Support Group**

2nd & 4th Thursdays, 1:30-3:00pm.  
This support group, led by Chaplain Joanne Petrie (Bristol Hospice), provides a safe haven to share your thoughts, feelings and problems related to your loss. Learn how other group members cope with, and are working through their grief.  
Call 503-698-8911 for more information.

#### **Diabetes Support Group**

1st Fridays, 12:00-1:00pm.  
A peer support group for those living with diabetes.

The following groups meet weekly in the Wagon Room (Basement):

AA - Sundays, 1:30-3:30pm

Naranon - Thursdays, 7:00-9:00pm

### TRANSPORTATION SERVICES

#### **Pioneer Center Bus**

For those 60+ (or people with disabilities) living in Oregon City and West Linn. Lift service is available on request. Suggested \$1.00 donation, each way. Reservations may be scheduled up to a week in advance. Call 503-657-8287.

#### **Grocery Shopping (Space Limited)**

We provide transportation to Market of Choice, Grocery Outlet, Fred Meyer, Albertsons, Safeway, and Winco.

### Additional Resources

#### **Transportation Reaching People (TRP)**

Volunteer drivers use their personal vehicles to provide transportation. 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 & requirements.

### HEALTH SERVICES

#### **Foot Care Clinic**

Clinic is offered on the first and third Tuesday, and second Friday of each month, by appointment only. Please bring two large towels to your appointment. The fee is \$35, paid directly to the RN. Call 503-657-8287 for an appointment.

#### **Health Equipment Loan**

For equipment loans or to donate please contact Glenn or Jean at 503-829-7345.

#### **Blood Pressure Clinic**

2nd Tuesday of each month, 10am-12pm (Free). Provided by Helping Hands Home Care. No appointment needed.



## Have questions about aging or living with a disability?

Get connected to local information that can help older adults, veterans, persons with disabilities, caregivers and family members live independently, access benefits, get support for memory loss or dementia, and find community resources and services.

Email: [clackamasadrc@clackamas.us](mailto:clackamasadrc@clackamas.us) or call 503-650-5622

[www.ADRCoforegon.org](http://www.ADRCoforegon.org)



alzheimer's association®  
THE BRAINS BEHIND SAVING YOURS™

Health, Housing & Human Services 

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

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**Thank you for bringing  
joy this holiday season  
and for supporting our  
annual giving campaign!**

# PIONEER CENTER MENU

## January 2020

Menu items subject to change. Nutrition questions, call 503-722-5979



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Lunch is served 11:30am-12:30pm Monday-Friday.</b>  <b>A suggested donation of \$3.00 for seniors 60+. Under 60 must pay \$4.50.</b></p>		<p><b>1</b>  <b>Pioneer Center Closed</b>  <b>Happy New Year!</b></p>	<p><b>2</b>  <b>Chicken Pomodoro</b>                      Mixed Vegetables                      Tossed Salad                      Ice Cream Cup</p>	<p><b>3</b>  <b>Swedish Meatballs</b>                      Swedish Sauce                      Delmonico Potatoes                      Cabbage &amp; Carrots                      Whole Wheat Bread                      Confetti Cake</p>
<p><b>6</b>  <b>Pasta Primavera</b>                      Spinach                      Carrot Raisin Salad                      Oatmeal Roll                      Applesauce                      Gingerbread</p>	<p><b>7</b>  <b>Country Beef Stew</b>                      Mixed Vegetables                      Tossed Salad                      Whole Wheat Roll                      Lemon Pudding</p>	<p><b>8</b>  <b>Chicken Tetrzzini</b>                      Glazed Carrots                      Broccoli                      Rice Pudding  <b>Happy January Birthdays!</b></p>	<p><b>9</b>  <b>Turkey Pot Pie</b>                      Green Beans                      Spinach Romaine Salad                      Biscuit                      Butterscotch Bar</p>	<p><b>10</b>  <b>Egg Salad 1/2 Sandwich</b>                      Cream of Broccoli Soup                      Country Coleslaw                      Whole Wheat Bread                      Pineapple Tidbits</p>
<p><b>13</b>  <b>Turkey Alfredo Bake</b>                      Green Peas                      Blended Vegetables                      Spiced Applesauce</p>	<p><b>14</b>  <b>Meatloaf</b>                      Brown Gravy                      Lyonnaise Potatoes                      Herbed Carrots                      Rye Bread                      Pear Cobbler</p>	<p><b>15</b>  <b>Chicken Parmesan</b>                      Blended Vegetables                      German Potato Salad                      Oval French Roll                      Seasonal Fresh Fruit</p>	<p><b>16</b>  <b>Baked Beef Rigatoni</b>                      Green Peas                      Pickled Beets                      Wheat Roll                      Orange Whip</p>	<p><b>17</b>  <b>Pork Sausage Gravy w/Biscuit</b>                      Broccoli                      Romaine Iceberg Salad                      Coffee Cake</p>
<p><b>20</b>  <b>Pioneer Center Closed</b>  </p>	<p><b>21</b>  <b>Shoyu Chicken</b>                      Brown Rice Pilaf                      Oregon Bean Medley                      Ice Cream Cup</p>	<p><b>22</b>  <b>BBQ Smokehouse Chop</b>                      Whipped Sweet Potatoes                      Green Beans w/ Red Peppers                      Whole Wheat Bread                      Tiramisu Cake</p>	<p><b>23</b>  <b>Southwest Chicken</b>                      Whipped Potatoes                      Carrots                      Spinach Romaine Salad                      Onion Bread                      Seasonal Fresh Fruit</p>	<p><b>24</b>  <b>Cheese Omelet w/Western Cheese Sauce</b>                      Parslied Potatoes                      Country Trio Vegetables                      Oatmeal Bread                      Butterscotch Pudding</p>
<p><b>27</b>  <b>Shaved Turkey 1/2 Sandwich</b>                      Lentil Soup                      Potato Salad                      Whole Wheat Bread                      Peaches</p>	<p><b>28</b>  <b>Sliced Ham</b>                      Mustard Sauce                      Delmonico Potatoes                      Spinach Romaine Salad                      Cornmeal Roll                      Zucchini Brownie</p>	<p><b>29</b>  <b>BBQ Chicken</b>                      Garlic Whipped Potatoes                      California Blend Vegetables                      Chocolate Pudding</p>	<p><b>30</b>  <b>Beef Spanish Rice Bake</b>                      Oregon Bean Medley                      Creamy Coleslaw                      Rye Bran Roll                      Gelatin Jewels w/ Whipped Topping</p>	<p><b>31</b>  <b>Chicken Pomodoro</b>                      Broccoli                      Spinach Romaine Salad                      Multigrain Roll                      Golden Fruit Cup</p>

# January 2020 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1  <b>Pioneer Center Closed</b>  <b>Happy New Year!</b>	2 12:30-3pm Bingo	3 9:00 Pioneer Pantry 9:30 Walking Club <b>12-1 Diabetes Support</b> 12:30 Games 1-3:30 DDD Pinochle
6 9-12 Busy Bees 9:30 Walking Club 10:40 Tai Chi Cont. 12:00-3:30 Poker 12:00-3:30 Ukulele & Guitar Classes 12:30 Mahjong 1-2 Line Dance, Beg.	7 9:00 Pioneer Pantry 9-3 Pedicures 9:00 Qi Gong 9:15 Gentle Yoga 10:30 Chair Yoga 10:30 Tai Chi Beg. 12-1 Line Dance, Beg. 1-3 Line Dancing, Int. 2:00 Meditation 3:30 Zumba 5:30 REFIT Cardio	8 9:30 Walking Club 9:30 Acrylic & Oil 10:40 Tai Chi Cont. <b>11:30 Birthday Celebration</b> 12:30 Acrylic & Oil 12:45 Big Band Dance 5:30 Zumba 5:30 Cardio <b>DINE OUT: Frank's Noodle House</b>	9 9:00 Straight sword 9:15 Gentle Yoga 10:00 Watercolor 10:30 Chair Yoga 10:30 Tai Chi Beg. 12:30-3pm Bingo <b>1:30-3:00 Grief Support</b> 3:30 Zumba	10 9:00 Pioneer Pantry 9-3 Pedicures 9:30 Walking Club 10:00 Music Makers 12:30 Games 1-3:30 DDD Pinochle 7:00 Home Organization
13 9-12 Busy Bees 9:30 Walking Club 10:40 Tai Chi Cont. 12:00-3:30 Poker 12:00-3:30 Ukulele & Guitar Classes 12:30 Mahjong <b>12:30 Senior Law Project</b> 1-2 Line Dance, Beg.	14 9:00 Pioneer Pantry 9:00 Qi Gong 9:15 Gentle Yoga 10:30 Chair Yoga 10:30 Tai Chi Beg. 12-1 Line Dance, Beg. 12:00-3:30 Poker 1-3 Line Dancing, Int. 2:00 Meditation 3:30 Zumba 5:30 REFIT Cardio	15 9:30 Walking Club 9:30 Acrylic & Oil 10:40 Tai Chi Cont. <b>12-1:30 Alzheimer Support</b> 12:30 Acrylic & Oil 12:45 Big Band Dance <b>1:00 Book Club</b> 5:30 Zumba 5:30 Cardio <b>DAY TRIP: World Beat Gallery</b>	16 9:00 Straight sword 9:15 Gentle Yoga 10:00 Watercolor 10:30 Chair Yoga 10:30 Tai Chi Beg. 12:30-3pm Bingo 3:30 Zumba	17 9:00 Pioneer Pantry 9:30 Walking Club 10:00 Music Makers 12:30 Games 1-3:30 DDD Pinochle 7:00 Home Organization
20  <b>Pioneer Center Closed</b>  	21 9:00 Pioneer Pantry 9-3 Pedicures 9:00 Qi Gong 9:15 Gentle Yoga 10:30 Chair Yoga 10:30 Tai Chi Beg. 12-1 Line Dance, Beg. 1-3 Line Dancing, Int. 2:00 Meditation 3:30 Zumba 5:30 REFIT Cardio	22 9:30 Walking Club 9:30 Acrylic & Oil 10:40 Tai Chi Cont. 12:30 Acrylic & Oil 12:45 Big Band Dance 5:30 Zumba	23 9:00 Straight sword 9:15 Gentle Yoga 10:30 Chair Yoga 10:30 Tai Chi Beg. 12:30-3pm Bingo <b>1:30-3:00 Grief Support</b> 3:30 Zumba	24 9:00 Pioneer Pantry 9:30 Walking Club 10:00 Music Makers 10:00 Watercolor Workshop 12:30 Games 1-3:30 DDD Pinochle 7:00 Home Organization
27 9-12 Busy Bees 9:30 Walking Club 10:40 Tai Chi Cont. 12:00-3:30 Poker 12:00-3:30 Ukulele & Guitar Classes 12:30 Mahjong 1-2 Line Dance, Beg.	28 9:00 Pioneer Pantry 9:00 Qi Gong 9:15 Gentle Yoga 10:30 Chair Yoga 10:30 Tai Chi Beg. 12-1 Line Dance, Beg. 12:00-3:30 Poker 1-3 Line Dancing, Int. 2:00 Meditation 3:30 Zumba 5:30 REFIT Cardio	29 9:30 Walking Club 9:30 Acrylic & Oil 10:40 Tai Chi Cont. 12:30 Acrylic & Oil 12:45 Big Band Dance 5:30 Zumba 5:30 Cardio <b>DINE OUT: Red Lobster</b>	30 9:00 Straight sword 9:15 Gentle Yoga 10:00 Watercolor 10:30 Chair Yoga 10:30 Tai Chi Beg. 12:30-3pm Bingo 3:30 Zumba	31 9:00 Pioneer Pantry 9:30 Walking Club 10:00 Music Makers 10:00 Watercolor Workshop 12:30 Games 1-3:30 DDD Pinochle 7:00 Home Organization



# PIONEER CENTER MENU

## February 2020

Menu items subject to change. For questions, call 503-722-5979



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Sweet &amp; Sour Pork</b> Brown Rice Blended Vegetables Hermit Bar	<b>4</b> <b>Beef Stew</b> Brussel Sprouts Broccoli Cauliflower Craisin Salad Squash Roll Chocolate Cake w/ Frosting	<b>5</b> <b>Mexican Pasta Bake</b> Chuckwagon Corn Spinach Romaine Salad Cornmeal Roll S'more Pudding	<b>6</b> <b>Spaghetti &amp; Meat Sauce</b> Green Beans Garden Vegetable Salad White Dinner Roll Seasonal Fresh Fruit	<b>7</b> <b>Macaroni &amp; Cheese</b> Blended Vegetables Apple Cranberry Coleslaw Banana Chocolate Chip Bar
<b>10</b> <b>Beef Mushroom Patty</b> Garlic Whipped Potatoes Blended Vegetables Whole Wheat Bread Lime Whip	<b>11</b> <b>Chef Mini Salad</b> Spinach Romaine Corn Chowder Dill Roll Spiced Peaches	<b>12</b> <b>Chicken Pomodoro</b> Italian Blend Vegetables Garden Salad Whole Wheat Roll Gelatin Jewels w/ Whipped Topping  <p style="text-align: center;"><b>Happy February Birthdays!</b></p>	<b>13</b> <b>Beef &amp; Black Bean Chili</b> Broccoli Spinach Romaine Salad Cornmeal Roll Vanilla Pudding	<b>14</b> <b>Chicken Breast Supreme</b> Whipped Potatoes Succotash Tossed Salad Valentine Cookie
<b>17</b>  <p style="text-align: center;"><b>Pioneer Center Closed</b></p>	<b>18</b> <b>Chicken Patty Sandwich</b> Minestrone Soup Carrot Coleslaw Pineapple Tidbits	<b>19</b> <b>Meatloaf</b> Brown Gravy Sour Cream & Chive Potatoes Country Trio Vegetables Squash Bread Chocolate Cake	<b>20</b> Creamed Chicken & Vegetables Whipped Potatoes Green Peas Ice Cream Cup	<b>21</b> <b>Shaved Turkey 1/2 Sandwich</b> Potato Chowder Marinated Spring Garden Salad Whole Wheat Bread Applesauce
<b>24</b> <b>Beef Sloppy Joe</b> Winter Blended Vegetables Potato Salad Cherry Poke n' Pour Cake	<b>25</b> <b>White Bean Chicken Chili</b> Tossed Salad Herbed Carrots Seven Grain Roll Snickerdoodle Bar	<b>26</b> <b>Breaded Baked Fish</b> Tartar Sauce Tater Tots Broccoli Whole Wheat Roll Hermit Bar	<b>27</b> <b>Chicken &amp; Sausage Jambalaya</b> Succotash Marinated Zucchini Salad Bread Pudding w/ Raisins	<b>28</b> <b>Chickpea Salad Sandwich</b> Minestrone Soup Pickled Beets Pears
				<p style="text-align: center;"><b>Lunch is served            11:30am-12:30pm            Monday-Friday            A suggested            donation of \$3.00            for seniors 60+.            Under 60 must pay            \$4.50.</b></p>

# February 2020 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9-12 Busy Bees 9:30 Walking Club 10:40 Tai Chi Cont. 12:00-3:30 Poker 12:00-3:30 Ukulele & Guitar Classes 12:30 Mahjong 1-2 Line Dance, Beg	<b>4</b> 9:00 Pioneer Pantry 9-3 Pedicures 9:00 Qi Gong 9:15 Gentle Yoga 10:30 Chair Yoga 10:30 Tai Chi Beg. 12-1 Line Dance, Beg. 1-3 Line Dancing, Int. 2:00 Meditation 3:30 Zumba 5:30 REFIT Cardio	<b>5</b> 9:30 Walking Club 9:30 Acrylic & Oil 10:40 Tai Chi Cont. <b>12-1:30 Alzheimer Support</b> 12:30 Acrylic & Oil 12:45 Big Band Dance 5:30 Zumba 5:30 Cardio  <b>DAY TRIP: OMSI</b>	<b>6</b> 9:00 Straight sword 9:15 Gentle Yoga 10:00 Watercolor 10:30 Chair Yoga 10:30 Tai Chi Beg. 12:30-3pm Bingo 3:30 Zumba 5:30 Yoga	<b>7</b> 9:00 Pioneer Pantry 9:30 Walking Club 10:00 Music Makers <b>12-1 Diabetes Support</b> 12:30 Games 1-3:30 DDD Pinochle 7:00 Home Organization
<b>10</b> 9-12 Busy Bees 9:30 Walking Club 10:40 Tai Chi Cont. 12:00-3:30 Poker 12:00-3:30 Ukulele & Guitar Classes 12:30 Mahjong <b>12:30 Senior Law Project</b> 1-2 Line Dance, Beg	<b>11</b> 9:00 Pioneer Pantry 9:00 Qi Gong 9:15 Gentle Yoga 10:30 Chair Yoga 10:30 Tai Chi Beg. 12-1 Line Dance, Beg. 12:00-3:30 Poker 1-3 Line Dancing, Int. 2:00 Meditation 3:30 Zumba 5:30 REFIT Cardio	<b>12</b> 9:30 Walking Club 9:30 Acrylic & Oil 10:40 Tai Chi Cont. <b>11:30 Birthday Celebration</b> 12:30 Acrylic & Oil 12:45 Big Band Dance 5:30 Zumba 5:30 Cardio  <b>DINE OUT: Po' Shines Cafe</b>	<b>13</b> 9:00 Straight sword 9:15 Gentle Yoga 10:00 Watercolor 10:30 Chair Yoga 10:30 Tai Chi Beg. 12:30-3pm Bingo <b>1:30-3:00 Grief Support</b> 3:30 Zumba 5:30 Yoga	<b>14</b> 9-3 Pedicures 9:00 Pioneer Pantry 9:30 Walking Club 10:00 Music Makers 12:30 Games 1-3:30 DDD Pinochle 7:00 Home Organization
<b>17</b>  <b>Pioneer Center Closed</b>	<b>18</b> 9:00 Pioneer Pantry 9-3 Pedicures 9:00 Qi Gong 9:15 Gentle Yoga 10:30 Chair Yoga 10:30 Tai Chi Beg. 12-1 Line Dance, Beg. 1-3 Line Dancing, Int. 2:00 Meditation 3:30 Zumba 5:30 REFIT Cardio	<b>19</b> 9:30 Walking Club 9:30 Acrylic & Oil 10:40 Tai Chi Cont. <b>12-1:30 Alzheimer Support</b> 12:30 Acrylic & Oil 12:45 Big Band Dance <b>1:00 Book Club</b> 5:30 Zumba 5:30 Cardio  <b>DAY TRIP: Old Church</b>	<b>20</b> 9:00 Straight sword 9:15 Gentle Yoga 10:00 Watercolor 10:30 Chair Yoga 10:30 Tai Chi Beg. 12:30-3pm Bingo 3:30 Zumba 5:30 Yoga	<b>21</b> 9:00 Pioneer Pantry 9:30 Walking Club 10:00 Music Makers 12:30 Games 1-3:30 DDD Pinochle 7:00 Home Organization
<b>24</b> 9-12 Busy Bees 9:30 Walking Club 12:00-3:30 Poker 12:00-3:30 Ukulele & Guitar Classes 12:30 Mahjong 1-2 Line Dance, Beg	<b>25</b> 9:00 Pioneer Pantry 9:00 Qi Gong 9:15 Gentle Yoga 10:30 Chair Yoga 10:30 Tai Chi Beg. 12-1 Line Dance, Beg. 12:00-3:30 Poker 1-3 Line Dancing, Int. 2:00 Meditation 3:30 Zumba 5:30 REFIT Cardio	<b>26</b> 9:30 Walking Club 9:30 Acrylic & Oil 10:40 Tai Chi Cont. 12:30 Acrylic & Oil 12:45 Big Band Dance 5:30 Zumba 5:30 Cardio	<b>27</b> 9:00 Straight sword 9:15 Gentle Yoga 10:00 Watercolor 10:30 Chair Yoga 10:30 Tai Chi Beg. 12:30-3pm Bingo <b>1:30-3:00 Grief Support</b> 3:30 Zumba 5:30 Yoga	<b>28</b> 9:00 Pioneer Pantry 9:30 Walking Club 10:00 Music Makers 12:30 Games 1-3:30 DDD Pinochle 7:00 Home Organization