

Pioneer Adult Community Center November/December 2019 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 5th Street | Oregon City, OR 97045
503-657-8287 | www.orcity.org/pioneercenter**



OUR STAFF

Kathy Wiseman
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503-496-1523

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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.
- 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)



Congratulations to Arlene Pearson!
She's our 4th quarter membership winner!



HOLIDAY CLOSURE NOTICE:

The Pioneer Center will be closed
Monday, November 11 | Veteran's Day
Thursday-Friday, November 28-29 | Thanksgiving
Tuesday-Wednesday, December 24-25 | Christmas



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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)

AMERICAN MAHJONG

Mondays | 12:30-3:30pm | Free

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

FOOD PANTRY

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

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



(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
Facebook: @connectionministries

CURRENT EVENTS

Space is limited for all seminars.

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

Preventing Scams and Fraud

Presented by the Clackamas County Sheriff's Office

Wednesday, November 13 | 10:00am—11:00am

Scams are more popular than ever. It is important to stay one step ahead of the scammers by learning about current swindles the crooks use. The most popular scams will be reviewed and the methods these thieves use will be discussed so you are able to recognize when things seem fishy.



Veterans Benefits Presentation

Thursday, November 14 | 10:00am—11:00am

If you have served in the military, getting access to all the resources and benefits you are eligible for can be daunting. If you don't know where to start, join us for this presentation.



Estate Planning 101

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

Thursday, December 5 | 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.



Holiday Art Show & Sale

Saturday, December 7 | 9:00am—4:00pm

Sunday, December 8 | 10:00am—4:00pm

Get a jump start on your holiday shopping! The Three Rivers Artist Guild will be holding their annual Holiday Show & Sale at the Pioneer Community Center. Attendees can buy special handmade gifts while supporting local artists. For more information please visit www.threeriversartistguild.com.



Santa Bingo!

Thursday, December 19 | 12:30pm—3:00pm

Join us for an afternoon of fun and fabulous prizes! Santa will be calling our bingo games and refreshments will be served, courtesy of Elite Care.

Get here early as there is limited seating!



HEALTHY AGING PROGRAMS

Health Seminar

Presented by Dr. Andrew Gentile with Inovia Vein Center

Tuesday, November 19 | 10:00am—11:00am

Join us for a talk on Chronic venous insufficiency (CVI). Varicose Veins, Restless leg, and wounds that will not heal are all symptoms of this condition. Join us to learn management tools and treatment options.

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



Help my World is Turning Upside Down!

Presented by Annette Mulligan

Wednesday, December 4 | 10:00am—11:00am

How to respond and adapt to changes in your life (due to retirement, physical issues, job change, cultural shifts, life concerns).

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



Long Term Care Planning

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

Thursday, December 12 | 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.

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



SEASONAL PROGRAMS

Energy Assistance Program

Please call Jamie at 503-722-3268 for more info or to see if you qualify.*

Applications available only by appointment: October 1–November 29.

This federal program assists low-income households with winter heating bills. The program is on a first-come, first-served basis and you must be a Clackamas County resident.

Applicants must meet federal low-income guidelines to apply and qualify.

Funds are available to assist those who heat with:

Electricity (PGE) | Natural Gas (NW Natural) | Oil | Pellets | Propane | Wood

Medicare Open Enrollment

Don't delay! Medicare open enrollment runs through December 7. Several Medicare providers have scheduled seminars at the Pioneer Center during this period. Review your present coverage and plan on attending one of these seminars with any questions to ensure you are well covered.

Please call 503-657-8287 for our schedule.

TRAVEL PROGRAM - DAY TRIPS

Please see inserted registration form
regarding January-April trip sign ups.



January - April Trips

JANUARY 8

Frank's Noodle House (Dine Out)

JANUARY 29

Red Lobster (Dine Out)

FEBRUARY 12

Po' Shines Café De La Soul (Dine Out)

MARCH 4

National Weather Service Tour

MARCH 18

Big Al's \$2 Bowling

APRIL 15

Mystery Tour

JANUARY 15

World Beat Gallery Tour

FEBRUARY 5

OMSI

FEBRUARY 19

Old Church Noon Concert

MARCH 11

Culinary Institute (Dine Out)

APRIL 8

Pastini Pastaria (Dine Out)

APRIL 29

Markum Inn (Dine Out)

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



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



WINTER CLASS SCHEDULE

CLASS	DAY	TIME	DATES	FEE	FEE 62+	INSTRUCTOR	HOW TO REGISTER
Fitness and Health							
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
Taoist Tai Chi: Beginning Taoist Tai Chi: Cont.	M	6:00-7:30pm 7:00-8:30pm	Jan 6-April 27	\$140	\$110 (60+)	Joe Manning	503-220-5970
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
Music and Dancing							
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			
Creative Expression							
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			
Computer Skills							
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

FUNDRAISERS

HOLIDAY WREATHS

Our fresh 22-inch diameter wreaths are assembled in Clackamas County and contain noble fir, cedar, berried juniper and pine cones, and are finished with a hand-tied bow.

*Orders must be placed by November 20 | \$20 each | Pre-payment required when ordering
Wreaths will be available to pick up at the Pioneer Center Tuesday, December 3 at noon.*

SOS: SUPPORT OUR SENIOR CENTER!

The Pioneer Community Center continues to offer life enhancing services and recreational classes which attract hundreds of people per day to the center. Services extend beyond our walls through the Meals on Wheels Program offering nutritional lunches for hundreds of home bound seniors.

A recent inspection of our forty-year-old facility revealed a series of rotted structural support beams in need of immediate replacement. With these unforeseen costly repairs, the Pioneer Center is asking for your support through fundraising efforts.

All donations received by our generous community members will go directly to the replacement of these structural beams and will be tax-deductible. Your financial support will help keep our services and programs such as Meals on Wheels and Noon Lunch Service at the Pioneer Center thriving.

Contributions to the Pioneer Center are tax deductible.

You can make donations online at <https://www.orcity.org/pioneercenter> or via cash or check (payable to "Pioneer Community Center").



MARK YOUR CALENDARS

New Class!

Home Organization

Instructor – Kaye Silver, Professional Organizer

Please contact Kaye at 971-270-0996 or 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



AARP Tax Aide

Tuesdays & Fridays | February 4—April 14 | 9:00am—2:00pm

(Appointments on March 24, 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.



Estate Planning 101

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

Thursday, March 5 | 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

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.



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 or call 503-650-5622

www.ADRCoforegon.org



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THE BRAINS BEHIND SAVING YOURS™

Health, Housing & Human Services 

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

PRST STD
US POSTAGE
PAID
OR CITY OR
PERMIT #1



**Support the Pioneer Center
this fall by taking part in
our holiday fundraisers!**

**Thank you for
Your support!**



PIONEER CENTER MENU

November 2019

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch is served 11:30am-12:30pm Monday-Friday. A suggested donation of \$3.00 for seniors 60+. Under 60 must pay \$4.50.</p>				<p>1 Beef Patty w/ Peppers & Onions Whipped Potatoes Blended Vegetables Red Devil Beet Cake</p>
<p>4 Orange Glazed Chicken Brown Rice Oregon Bean Medley Broccoli Baked Pumpkin Custard</p>	<p>5 Beef Sukiyaki Brown Rice Steamed Zucchini Mixed Vegetables Seven Grain Roll Ice Cream Cup</p>	<p>6 Chicken LoMein Green Peas Spinach Romaine Salad Peanut Butter Bar</p>	<p>7 Ham Salad Half Sandwich Chunky Tomato Rice Soup Garden Vegetable Salad Whole Wheat Bread Seasonal Fresh Fruit</p>	<p>8 Herbed Chicken Patty Country Gravy Herbed Potatoes Broccoli Multigrain Bread Apple Crisp</p>
<p>11 Pioneer Center Closed</p>	<p>12 Garlic Chicken Poultry Gravy Delmonico Potatoes Glazed Carrots Herb Bread Mandarin Oranges</p>	<p>13 Hot Dog w/Sauerkraut Whole Kernel Corn Country Coleslaw Carrot Cake</p> <p style="text-align: center;">Happy November Birthdays!</p>	<p>14 Spaghetti w/Meat Sauce Green Beans Tossed Salad Garlic Roll Mandarin Oranges</p>	<p>15 Shoyu Chicken Brown Rice Broccoli Romaine Iceberg Salad Fresh Orange Herb Roll</p>
<p>18 Macaroni & Cheese Herbed Carrots Tossed Salad Chocolate Pudding</p>	<p>19 Meatloaf Sand. Half Corn Chowder Pickled Beets Whole Wheat Bread Golden Fruit Cup</p>	<p>20 Sweet & Sour Pork Brown Rice Green Peas Spinach Romaine Salad Whole Wheat Roll Spiced Peaches</p>	<p>21 Baked Beef Rigatoni California Blend Vegetables Broccoli Raisin Salad Herb Roll Banana Pudding</p>	<p>22 Chicken Salad 1/2 Sandwich Potato Chowder Carrot Pineapple Salad Pears</p>
<p>25 Chicken w/Pasta & Broccoli Mixed Vegetables Creamy Coleslaw Seasonal Fresh Fruit</p>	<p>26 Scalloped Potatoes and Turkey Ham Brussel Sprouts Tossed Salad Rye Roll Chocolate Cake w/ Frosting</p>	<p>27 Roasted Turkey Poultry Gravy Whipped Potatoes Mixed Vegetables Bread Dressing Cranberry Sauce Baked Pumpkin Custard Whipped Topping</p>	<p>28 Pioneer Center Closed</p>	<p>29 Pioneer Center Closed</p>

November 2019 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 Pioneer Pantry 9:30 Walking Club 12-1 Diabetes Support 12:30 Games 1-3:30 DDD Pinochle
4 9-12 Busy Bees 9:30 Walking Club 10:40 Tai Chi Cont. 12:00-3:30 Poker 12:30 Mahjong 1-2 Line Dance, Beg. 6:00 Taoist Tai Chi Beg. 7:00 Taoist Tai Chi Cont.	5 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	6 9:30 Walking Club 10:40 Tai Chi Cont. 12-1:30 Alzheimer Support 12:45 Big Band Dance 5:30 Zumba 5:30 Cardio	7 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 DAY TRIP: PT 658 Center Tour	8 9:00 Pioneer Pantry 9-3 Pedicures 9:30 Walking Club 10:00 Music Makers 12:30 Games 1-3:30 DDD Pinochle
11 Pioneer Center Closed	12 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	13 9:30 Walking Club 10:40 Tai Chi Cont. 11:30 Birthday Celebration 12:45 Big Band Dance 5:30 Zumba 5:30 Cardio DINE OUT: Portland Seafood Co.	14 9:00 Straight sword 9:15 Gentle Yoga 10:00 Watercolor 10:30 Chair Yoga 10:30 Tai Chi Beg. 12:30-3pm Bingo 1:30-3:00 Grief Support 3:30 Zumba	15 9:00 Pioneer Pantry 9:30 Walking Club 10:00 Music Makers 10:00 Watercolor Workshop 12:30 Games 1-3:30 DDD Pinochle
18 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. 6:00 Taoist Tai Chi Beg. 7:00 Taoist Tai Chi Cont.	19 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	20 9:30 Walking Club 9:30 Acrylic & Oil 10:40 Tai Chi Cont. 12-1:30 Alzheimer Support 12:30 Acrylic & Oil 12:45 Big Band Dance 1:00 Book Club 5:30 Zumba DAY TRIP: Pittock Mansion	21 9:00 Straight sword 9:15 Gentle Yoga 10:30 Chair Yoga 10:30 Tai Chi Beg. 12:30-3pm Bingo 3:30 Zumba	22 9:00 Pioneer Pantry 9:30 Walking Club 10:00 Music Makers 12:30 Games 1-3:30 DDD Pinochle
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PIONEER CENTER MENU

December 2019

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



Monday	Tuesday	Wednesday	Thursday	Friday
2 Turkey Apple Meatballs Apple Berry Sauce Garlic Whipped Potatoes Green Beans Squash Bread	3 Sliced Ham Orange Glaze Whipped Sweet Potatoes Green Peas Cranberry Sauce Pumpkin Bar	4 Macaroni & Cheese Broccoli Spinach Romaine Salad Mandarin Oranges	5 Mexican Pasta Bake Mixed Vegetables Romaine Iceberg Salad Herb Roll Cherry Gelatin	6 Chicken Salad Half Sandwich Cream of Tomato Soup Carrot Coleslaw Whole Wheat Bread Pineapple Tidbits
9 Swiss Style Patty Swiss Sauce Whipped Potatoes Zucchini w/Red Peppers Seven Grain Bread Seasonal Fresh Fruit	10 Herbed Chicken Patty BBQ Sauce Baked Beans Potato Salad Hamburger Bun Caramel Apple Pudding	11 Beef Tomato and Macaroni Green Peas Creamy Coleslaw Herb Roll Spiced Applesauce <p style="text-align: center;">Happy December Birthdays!</p>	12 Ham Salad Half Sandwich Cream of Broccoli Soup Carrot Raisin Salad Whole Wheat Bread Peaches	13 Breaded Fish Tartar Sauce Normandy Blend Vegetables Mashed Potatoes Chocolate Chip Bar
16 Country Stew Spinach Romaine Salad Country Trio Vegetables Dill Roll Pears	17 Roast Pork Pork Gravy Whipped Potatoes Blended Vegetables Whole Wheat Bread Zucchini Brownie	18 Chicken Alfredo Pasta Oregon Bean Medley Spinach Romaine Salad Whole Wheat Roll Seasonal Fresh Fruit	19 Turkey & Pasta Blend Vegetables Pickled Beets Squash Roll Butterscotch Bar	20 Shoyu Chicken Brown Rice Broccoli Blended Vegetables Cracked Wheat Bread Pineapple Peach Crisp
23 Roasted Turkey Poultry Gravy Whipped Potatoes Succotash Whole Wheat Bread Ice Cream Cup	24 <p style="text-align: center;">Pioneer Center Closed</p>	25 <p style="text-align: center;">Pioneer Center Closed</p>	26 Pork Choppie Pork Gravy Whipped Potatoes Broccoli Cuts Key Lime Bar	27 Lasagna Roll Up Cabbage & Carrots Tossed Salad Onion Roll Spice Cake
30 Spaghetti w/Meat Sauce Green Peas Spinach Romaine Salad Oat Bran Roll Gelatin Jewels Whipped Topping	31 Cranberry Walnut Chicken Salad Half Sandwich Potato Salad Vegetarian Vegetable Soup Fresh Apple Slices			Lunch is served 11:30am-12:30pm Monday-Friday A suggested donation of \$3.00 for seniors 60+. Under 60 must pay \$4.50.

December 2019 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 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 6:00 Taoist Tai Chi Beg. 7:00 Taoist Tai Chi Cont.	3 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	4 9:30 Walking Club 10:40 Tai Chi Cont. 12-1:30 Alzheimer Support 12:45 Big Band Dance 5:30 Zumba 5:30 Cardio DAY TRIP: Ralph Radio Theatre	5 9:00 Straight sword 9:15 Gentle Yoga 10:30 Chair Yoga 10:30 Tai Chi Beg. 12:30-3pm Bingo 3:30 Zumba 5:30 Yoga	6 9:00 Pioneer Pantry 9:30 Walking Club 10:00 Music Makers 12-1 Diabetes Support 12:30 Games 1-3:30 DDD Pinochle
9 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 12:30 Senior Law Project 1-2 Line Dance, Beg 6:00 Taoist Tai Chi Beg.	10 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	11 9:30 Walking Club 10:40 Tai Chi Cont. 12:45 Big Band Dance 5:30 Zumba 5:30 Cardio DINE OUT: Huber's	12 9:00 Straight sword 9:15 Gentle Yoga 10:30 Chair Yoga 10:30 Tai Chi Beg. 12:30-3pm Bingo 1:30-3:00 Grief Support 3:30 Zumba 5:30 Yoga	13 9-3 Pedicures 9:00 Pioneer Pantry 9:30 Walking Club 10:00 Music Makers 12:30 Games 1-3:30 DDD Pinochle
16 9-12 Busy Bees 9:30 Walking Club 12:00-3:30 Poker 12:30 Mahjong 1-2 Line Dance, Beg 6:00 Taoist Tai Chi Beg. 7:00 Taoist Tai Chi Cont.	17 9-3 Pedicures 9:00 Pioneer Pantry 12-1 Line Dance, Beg. 1-3 Line Dancing, Int. 2:00 Meditation 5:30 REFIT Cardio	18 9:30 Walking Club 12-1:30 Alzheimer Support 12:45 Big Band Dance 1:00 Book Club DAY TRIP: Winter Wonderland	19 9:00 Straight sword 10:30 Chair Yoga 10:30 Tai Chi Beg. 12:30-3pm Bingo 5:30 Yoga	20 9:00 Pioneer Pantry 9:30 Walking Club 10:00 Music Makers 12:30 Games 1-3:30 DDD Pinochle
23 9-12 Busy Bees 9:30 Walking Club 12:00-3:30 Poker 12:30 Mahjong 1-2 Line Dance, Beg 6:00 Taoist Tai Chi Beg. 7:00 Taoist Tai Chi Cont.	24 Pioneer Center Closed	25 Pioneer Center Closed	26 12:30-3pm Bingo	27 9:00 Pioneer Pantry 9:30 Walking Club 10:00 Music Makers 12:30 Games 1-3:30 DDD Pinochle
30 9-12 Busy Bees 9:30 Walking Club 12:00-3:30 Poker 12:30 Mahjong 1-2 Line Dance, Beg 6:00 Taoist Tai Chi Beg. 7:00 Taoist Tai Chi Cont.	31 9:00 Pioneer Pantry 12-1 Line Dance, Beg. 1-3 Line Dancing, Int. 5:30 REFIT Cardio			

PIONEER ADULT COMMUNITY CENTER

January - April 2020 Trips

Form Due Date: Wednesday, December 4th

Please mark the trips you wish to sign up for in order of preference (**Maximum of 6**)
and return form by **4pm on 12/4/19**.

Names will be drawn and you will be called regarding your trip selection(s).

In addition to yourself, you may register one additional guest.

If you would like to register for additional trips, in person registration begins Monday, December 9th.

For more details, please reference the trip brochure trifold or call us at 503-657-8287 x0.

NAME: _____ PHONE: _____

GUEST: _____ PHONE: _____

MOBILITY DEVICE(S): Walker: _____ Wheelchair: _____ Motorized Wheelchair/Scooter: _____

Mark Choice(s) 1-6	Guest(s) 1 or 2	Trip	Date	Tentative Departure Time	Approximate Return Time	Activity Level
		Frank's Noodle House (Dine Out)	Wed, Jan 8	10:15am	2:30pm	Low
		World Beat Gallery Tour	Wed, Jan 15	9:15am	3:00pm	Moderate
		Red Lobster (Dine Out)	Wed, Jan 29	10:45am	2:00pm	Low
		OMSI	Wed, Feb 5	9:15am	3:00pm	Moderate
		Po' Shines Café' (Dine Out)	Wed, Feb 12	10:45am	2:00pm	Low
		Old Church Noon Concert	Wed, Feb 19	10:45am	4:00pm	Low
		National Weather Service Tour	Wed, March 4	9:15am	3:00pm	Moderate
		Oregon Culinary Institute (Dine Out)	Wed, March 11	11:00am	2:00pm	Low
		Big Al's \$2 Bowling	Wed, March 18	10:30am	3:00pm	Moderate
		Pastini Pastaria (Dine Out)	Wed, April 8	10:45am	2:00pm	Low
		Mystery Tour	Wed, April 15	8:30am	4:00pm	Moderate
		Markum Inn (Dine Out)	Wed, April 29	10:15am	2:00pm	Low

OFFICE USE ONLY: Date received: _____

Initials: _____

Lottery #: _____