**CENTER MANAGER’S MESSAGE**

Did you know that July 1 is the first day of our fiscal year? What does that mean? The Milwaukee Community Center, as part of NCPRD and Clackamas County, resets its budget cycle on July 1 every year. Most of the operating funds that keep this building humming come from the property tax-supported NCPRD general fund. This is the $0.54 per $1,000 assessed value that NCPRD residents pay every year on their property tax. This type of funding is part of the reason the Milwaukee Community Center is truly a community center. If you live and pay taxes in the parks district, then you help support the Center and should take full advantage of the different programs and services we have to offer. Additional opportunities for support come in the form of contributions, volunteering, or participating in Center programs or services. The more supported the Center is, the more value it brings back to the community. If you do participate, thanks for enriching your community. If you are thinking about participating, then now is a great time to give your community center a try.

Marty Hanley, Center Manager
(503) 794-8058 | martyh@ncprd.com

**FOLLOW US!**
@ncprd
@MilwaukieCenter
@ncprd
@ncprd

**HAY SERVICIOS DE TRADUCCION DISPONIBLE AQUI**

¡Plátanos! El Distrito de Parques y Recreación del Norte de Clackamas (NCPRD, por sus siglas en inglés) ahora está ofreciendo servicios de traducción en 82 idiomas diferentes. En colaboración con Pocketalk, nuestro personal usa tecnología de traducción en tiempo real para poder superar la diferencia de idiomas con los residentes que no hablan inglés y, así, eliminar las barreras para los programas y servicios. Visite la recepción para obtener asistencia.

El Milwaukee Community Center abrió en enero de 1980 como un recurso para los miembros de la comunidad que buscan estabilidad, apoyo, amistad y risas. El Centro ofrece una amplia gama de programas y servicios para satisfacer las diversas necesidades de la comunidad. Ofrecemos servicios sociales, recursos y clases para todas las edades. ¿Necesita espacio para su próximo evento? Milwaukee Community Center tiene espacio para rentar de diferente capacidad.

**COVER IMAGE**
Cover image by Hamid Shibata Bennett.
GREETINGS FROM THE FOUNDATION DEVELOPMENT OFFICE

In my first nine months as the Director of the Milwaukie Community Center Foundation, I’ve realized there’s some confusion about who we are and what we do. Formerly the Friends of the Milwaukie Center, we are a registered 501(c)(3) nonprofit and an Oregon State Registered Charitable Organization. Established in 1980 with the opening of the Milwaukie Center, and governed by an all-volunteer board, our mission is to keep our community connected by supporting the Center’s programs and services.

The Milwaukie Community Center Foundation is the fundraising and philanthropic arm of the Milwaukie Community Center. We organize various events to raise funds that directly support essential programs, services, Meals on Wheels, and many NCPRD/Milwaukie Community Center events.

REGULAR FUNDRAISING ACTIVITIES

• Artisan Gifts: Our gift shop features locally crafted treasures from over 100 artisans, supporting local talent and our fundraising efforts.
• Big Money Bingo: Join us on Thursday, and now Tuesday evenings, for BINGO, with multiple ways to win and nightly increasing pots.

SPECIAL FUNDRAISING EVENTS

• Housing and Senior Services Fairs: Held in spring and fall, these fairs provide information from local businesses and vendors on services and products for seniors.
• Italian Dinner: Our annual Italian Dinner is both a fundraiser and a beloved community event.
• Pride Bingo: Celebrating diversity, this event honors our LGBTQ+ community.

MEALS ON WHEELS FUNDRAISING EVENTS

• March for Meals: Springtime dedicated campaign.
• Donate a Dinner: Fall campaign partnering with New Seasons Market.
• Thanksgiving Dinner: Community fundraising event.

GET INVOLVED

Join us in supporting our community! Whether you volunteer, donate, or attend our events, your participation makes a difference. Together, we can continue to keep our community connected.

Stan Catherman
MCC Foundation Director
(503) 794-8043
stan@MilwaukieCCFoundation.org

ROSIE HERboth
Real Estate Broker
Selling Milwaukie & Surrounding Area
(971) 447-0172
HerbothHomesLLC@gmail.com
www.rosieherboth.realestate

throughout the Diagram!

ADVERTISE HERE

SPONSOR THE MCC CONNECTION!

We’ve added a Community Resource section in the MCC Connection that will feature local businesses. Get more visibility for your business or organization by becoming a sponsor!

Interested?
For more information, contact Stan Catherman at stan@milwaukieccfoundation.org.
center spotlight

A New Mural Adorns the Center

A new mural livens up the outside of the Milwaukie Community Center, bringing with it a positive message and vibrant design to beautify the building. Created by local artist Alex Chiu, the mural draws inspiration from the Center’s active and diverse community, featuring many of the outstanding individuals and smiling faces who have helped contribute to the Center’s essential programs over the years. The design revolves around themes of friendship, inclusivity, and connection, and reinforces the importance of providing a safe and welcoming space for all.

The mural was painted offsite and was installed as panels, forming a complete image on the west side of the building, facing the Sarah Hite Rose Garden. Thank you to Milwaukie Community Center Foundation and City of Milwaukie Arts Committee for funding this exciting project that will further enrich the community.

“Through vibrant colors and meaningful imagery, our new mural on the Milwaukie Community Center aims to enrich our community’s spirit and become a beloved piece of our shared identity, fostering connection and pride for generations to come.”

-Milwaukie Community Center Foundation

Alex Chiu is a Chinese American painter and muralist currently living in Portland, Oregon. With a background in illustration and comics, he approaches public artwork as a form of visual storytelling. Much of his artwork involves incorporating community input and collaboration. The goal of his work is to accurately document local history and help communities to process cultural identity through a creative process.
NUTRITION PROGRAMS

MEALS ON WHEELS
The Milwaukie Community Center’s Nutrition Program has provided Meals on Wheels to community members in North Clackamas County for the last 40 years. Over 75,000 meals are served each year to homebound older adults and people with disabilities. Nutritious meals are made fresh daily and delivered directly to homes by dedicated volunteers – rain or shine. To learn about qualifications and how to apply, call Social Services at (503) 653-8100.

PETE’S CAFÉ
Pete’s Café provides a central place at the Milwaukie Community Center for friends and neighbors to gather and enjoy food crafted in-house from fresh ingredients. Offerings include specialty salads, homemade soups, made-to-order sandwiches, hamburgers, hot dogs, and warm and cold beverages. M - F, 9 A.M. - 12:45 P.M.

TRILLIUM LUNCH
A hot, well-balanced lunch is served daily in the Trillium Room at Pete’s Café. To see the full list of upcoming meals served each day, please visit ncprd.com/nutrition-program. M-F, 11:45 A.M. - 12:30 P.M.

$3 SUGGESTED DONATION FOR AGES 60+, $5 FOR UNDER AGE 60

FOOD SCRAP COLLECTION
In a step toward sustainability, the Milwaukie Community Center is participating in Clackamas County’s program to reduce and reuse food waste. After patrons have finished their meals, volunteers clear the dishes and separate food waste, scraping off food into the correct bin. Keeping food waste out of landfills helps prevent greenhouse gas pollution. Every Monday the County picks up the bins, and from there the food waste is taken to a composting facility that combines it with yard debris to turn it into fertilizer. Eventually, it will be used as a source of alternative energy as well as fertilizer.

HEALTHY AGING PROGRAMS

The Milwaukie Community Center offers Healthy Aging Programs focusing on a variety of education and health topics presented by local professionals.

ESTATE PLANNING 101: PROTECTING YOURSELF AND YOUR FAMILY
Join Oregon attorney, Michael Rose, as he discusses why you must have more than just a will prepared in 2024. Mr. Rose will discuss how you can protect yourself and your family in the event that you or a loved one need long-term care, or passes away. Topics include the most expensive estate planning mistakes, how to avoid probate, protecting your assets with trusts, avoiding estate taxes, and more.
FREE
12:30 - 1:30 P.M. T 7/9

HOW TO AFFORD LONG-TERM CARE
Worried about long-term care? Join Oregon attorney, Michael Rose, as he discusses how to pay for long-term care, including qualifying for Medicaid without impoverishing your spouse, and qualifying for Medicaid when you have too much money or income.
FREE
12:30 – 1:30 P.M. T 7/23

SAFE BANKING FOR SENIORS
Join us for this free educational presentation that will help empower older adults, their families and caregivers with the information they need to protect their financial assets and combat financial scams. This presentation, delivered by First Interstate Bank, will review different types of scams, what a scam is and why scams work, warning signs to watch for, and how to build defenses. Following the presentation, there will be time for Q&A as well as resources and handouts to take home.
FREE
10:15 - 11:15 A.M. W 7/31

UNDERSTANDING ALZHEIMER’S AND DEMENTIA
Alzheimer’s disease is not a normal part of aging. Join us to learn about the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, stages and risk factors, current research and FDA-approved treatments available, and receive valuable Alzheimer’s Association resources. Presented by the Alzheimer’s Association of Oregon & SW Washington.
FREE
12:30 - 1:30 P.M. TH 8/8
**Views Conversations on Aging**
Conversations on Aging is a peer facilitator program that provides seniors with free opportunities to talk about specific topics around the challenges of aging in a welcoming and confidential atmosphere. Conversations are held on the first Friday of each month from 10-11:30 a.m. and vary by topic.

**Free**
1st Fridays of Every Month
10 - 11:30 A.M.

**Resilience**  
(Friday, July 5)
As we age, we may feel increased vulnerability to the stresses that life presents. Resiliency can help counter this vulnerability and restore our equilibrium in the midst of life’s challenges.

**Free**
10 - 11:30 A.M.  F 7/5

**Who Am I Now?**  
(Friday, August 2)
Our roles and responsibilities change throughout our lives as we take on new roles and give up others. Explore who you are at this point in your life. Explore and share with others the roles that you’ve had over your lifetime. Discuss what opportunities you have now that you didn’t have before. Talk about what surprises you about being this age.

**Free**
10 - 11:30 A.M.  F 8/2

**Adult Children**  
(Friday, September 6)
Relationships with our children change as we age. Be part of a discussion about relationships with adult children. Examine current problems and foster greater understanding between generations.

**Free**
10 - 11:30 A.M.  F 9/6

**Ongoing Clinics & Groups**

**APAC Respite Program**  
“A Place at the Center” (APAC) is an activities program that is specially designed for people experiencing memory loss due to Alzheimer’s, stroke, or other neurological conditions. The group allows the family caregiver to take valuable respite time, and the participant benefits from social engagement. APAC meets in the library on Wednesdays, with lunch served and a variety of enrichment activities including music therapy, arts, cognitive stimulation, and movement. For additional information, hours, application, and fees, call Diana at (503) 794-8038.

**Free**
12:30 - 2 P.M.  2nd and 4th  Wednesday

**Blood Pressure Check**
Drop in and get your blood pressure checked by volunteer nurses.

**Free**
10 - 11:30 A.M.  2nd  Tuesday

**Brain Games**
Join in on fun activities, including brain games and other memory enhancing exercises to stimulate our brains while having fun and meeting new people. The activities are designed for all abilities.

**Drop In Activity Fee:** $1
10:30 A.M. - Noon  2nd Wednesday

**Bus Transportation**
Stay active and connected to the community. Our lift-equipped buses will take you from your home to the Center, Monday-Friday, with a suggested donation $3 round trip. The buses can also take you to Fred Meyer to go grocery shopping on Tuesdays, with a suggested donation $4. Call Anna for more information, (503) 794-8014.

**Caregivers Support Group**
This drop-in group is designed for individuals caring for a spouse, parent, friend or sibling. It provides participants an opportunity to share ideas and meet with others who are experiencing similar challenges. Occasional speakers.

**Free**
10 - 11:30 A.M.  F 7/5

**Medical Equipment Loan Program**
Mobility equipment including walkers, wheelchairs, knee scooters and canes are available for short-term loan: $10 suggested loan fee per item. By appointment only. To check availability, reserve equipment, or schedule a donation drop off, please call (503) 653-8100. Please note, we no longer rent or accept donations of shower chairs, bath benches, commodes and raised toilet seats.

**Senior Law Clinic**
Volunteer elder law attorneys provide up to a ½ hour free consultation on estate planning issues such as wills, trusts, probate and advanced directives. This service is available to older adults (60+) residing in North Clackamas County. Various Tuesdays of each month, by appointment only. To schedule an appointment, please call (503) 653-8100.

**Foot Care**
This service is offered by registered nurses who specialize in foot care. The service includes a foot care exam, toenail and callus trim, and lotion rub. To schedule an appointment, call (503) 794-8038 and leave your name and phone number for a return call.

**Center Meet and Greet Tour**
Call and set up a time to have a personal tour of the Center and share what your interests are and we can help steer you in the right direction, whether it be signing up for a class, going on a day trip with others, getting a ride to the grocery store, or becoming one of our many beloved volunteers. Call Linda Whitmore at (503) 794-8037 to set up your personal tour.

**Free**
**Center Programs**

**Fall Registration**

Mark your calendar! First day of registration for the fall term will be Tuesday, August 6 for NCPRD residents and Tuesday, August 13 for non-residents. Check ncprd.com for program descriptions and schedules.

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## Art

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
<th>Fee Age 62+</th>
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<td>F</td>
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<td>OCT 4-DEC 6</td>
<td>$124</td>
<td>$93</td>
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## Language & Writing

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<tr>
<td>CREATIVE WRITING/YOUR STORY</td>
<td>W</td>
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<td>SPANISH II/CONVERSATION II</td>
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<td>OCT 3-DEC 5</td>
<td>$74</td>
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## Mind & Body

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<td>HATHA YOGA</td>
<td>F</td>
<td>9:20-10:20AM</td>
<td>OCT 4-DEC 13</td>
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<td>INNERGYSTICS</td>
<td>TH</td>
<td>11:30AM-12:30PM</td>
<td>OCT 3-NOV 21</td>
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<td>STRENGTH &amp; RELAXATION YOGA</td>
<td>T</td>
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<td>$46</td>
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<td>$46</td>
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<td>TAI CHI BEGINNING 1</td>
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<td>YOGAFLEX</td>
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**Technology & Computer Literacy**

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<td>SMARTPHONES BEGINNER 1</td>
<td>TH</td>
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<td>COMPUTER BASICS</td>
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<td>$74</td>
<td>$56</td>
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**Cardio & Strength**

**Level 1** Need Support (Chair Fitness)  
**Level 2** Beginner  
**Level 3** Active Now (Intermediate)  
**Level 4** Athlete (Advanced)

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
<th>Fee Age 62+</th>
<th>Level</th>
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</thead>
<tbody>
<tr>
<td>BALANCE &amp; STRENGTH</td>
<td>TH</td>
<td>10:30-11:15AM</td>
<td>OCT 3-DEC 12</td>
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<td>$32</td>
<td>L2</td>
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<tr>
<td>COMPLETE CONDITIONING</td>
<td>TH</td>
<td>9:20-10:20AM</td>
<td>OCT 3-DEC 12</td>
<td>$55</td>
<td>$41</td>
<td>L2-3</td>
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<tr>
<td>FUNCTIONAL FITNESS*</td>
<td>T</td>
<td>11AM-NOON</td>
<td>OCT 1-DEC 10</td>
<td>$61</td>
<td>$46</td>
<td>L2-3</td>
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<tr>
<td>LINE DANCE FOR FITNESS, ULTRA BEGINNERS</td>
<td>F</td>
<td>NOON-1PM</td>
<td>OCT 11-DEC 13</td>
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<td>$38</td>
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<td>9:20-10:20AM</td>
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<td>$55</td>
<td>$41</td>
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<td>$41</td>
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**Low Impact Aerobic Strength Training**

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<th>Fee Age 62+</th>
<th>Level</th>
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<tr>
<td>SIT-N-B-FIT</td>
<td>M</td>
<td>11:11-11:45AM</td>
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<td>$43</td>
<td>$32</td>
<td>L1-2</td>
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<td>W</td>
<td>11:11-11:45AM</td>
<td>OCT 2-DEC 11</td>
<td>$47</td>
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**Zumba Gold Toning**

<table>
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<tr>
<th>Class</th>
<th>Day</th>
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<th>Fee</th>
<th>Fee Age 62+</th>
<th>Level</th>
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<tbody>
<tr>
<td>ZUMBA GOLD TONING*</td>
<td>M</td>
<td>NOON-1PM</td>
<td>SEP 30-DEC 9</td>
<td>$55</td>
<td>$41</td>
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<tr>
<td>ZUMBA GOLD TONING*</td>
<td>W</td>
<td>NOON-1PM</td>
<td>OCT 2-DEC 11</td>
<td>$61</td>
<td>$46</td>
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**Zumba Gold Toning**

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<th>Fee Age 62+</th>
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<td>OCT 3-DEC 12</td>
<td>$55</td>
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<td>L3-4</td>
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**Night Classes**  
*Zoom options available  **Zoom only Please do not wait to register first day of class.
NEW! LINE DANCE FOR FITNESS FOR ULTRA BEGINNERS

Levels 2-3. Get your cardio workout by following and learning basic dance steps. Keep your heart rate up while dancing to easy line dances with a variety of upbeat music that will help you build your knowledge and confidence. After this introductory class, take your dancing to the next level with the Line Dance For Fitness or Line Dance For Fitness II class. Come to a free workshop October 4, Noon-1 p.m. Please pre-register. No class November 29.

INSTRUCTOR: PATTI DREWRY
FEE: $50, 62+ $38
DATE/TIME: NOON-1 P.M. F 10/11-11/29

ACTIVITY GROUPS

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>DAY</th>
<th>TIME</th>
<th>DATES</th>
<th>FEE NON</th>
<th>FEE RESIDENT</th>
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<tr>
<td>BILLIARDS</td>
<td>M-F</td>
<td>8AM-4PM</td>
<td>DROP IN</td>
<td>$2.00</td>
<td>$1.00 ALL DAY</td>
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<td>DAYTIME BINGO</td>
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<td>DROP IN</td>
<td>$0.50</td>
<td>$0.25 PER CARD</td>
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<td>EVENING BINGO!</td>
<td>T/TH</td>
<td>6:30-9:30PM</td>
<td>DROP IN</td>
<td>$3-6</td>
<td>$3-6 PER PACKET**</td>
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<tr>
<td>GAME DAY</td>
<td>T</td>
<td>2-4PM</td>
<td>DROP IN</td>
<td>$2.00</td>
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<tr>
<td>PARTY BRIDGE</td>
<td>TH</td>
<td>12:30-3:30PM</td>
<td>DROP IN</td>
<td>$2.00</td>
<td>$1.00 PER SESSION</td>
</tr>
<tr>
<td>MT. DULCIMER JAM</td>
<td>F</td>
<td>NOON-2PM^</td>
<td>1ST &amp; 3RD F</td>
<td>$2.00</td>
<td>$1.00 PER SESSION</td>
</tr>
<tr>
<td>CHINESE MAH JONGG</td>
<td>M</td>
<td>12:30-3:30PM</td>
<td>DROP IN</td>
<td>$2.00</td>
<td>$1.00 PER SESSION</td>
</tr>
<tr>
<td>MAH JONGG</td>
<td>W</td>
<td>12:30-3:30PM</td>
<td>DROP IN</td>
<td>$2.00</td>
<td>$1.00 PER SESSION</td>
</tr>
<tr>
<td>UKULELE JAM</td>
<td>W</td>
<td>6:715PM*</td>
<td>1ST &amp; 3RD W</td>
<td>$2.00</td>
<td>$1.00 PER SESSION</td>
</tr>
<tr>
<td>UKULELE JAM</td>
<td>TH</td>
<td>9:30-11AM</td>
<td>DROP IN</td>
<td>$2.00</td>
<td>$1.00 PER SESSION</td>
</tr>
<tr>
<td>WOODCARVING</td>
<td>W</td>
<td>8-11:30AM</td>
<td>DROP IN</td>
<td>$2.00</td>
<td>$1.00 PER SESSION</td>
</tr>
<tr>
<td>NIGHT CLASSES</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Evening BINGO!: $6 first packet; $4 second packet; $4 third packet; $3 fourth packet
*Excluding 4th Tuesdays

MILWAUKIE COMMUNITY CENTER FOUNDATION

Presents

Tuesday* & Thursday Nights
6:30 to 9:30 p.m.
Doors Open at 4:30
*Excluding 4th Tuesdays

12 Regular Games
6 Blackout Games

Kitty Pot & Progressive Pot
Build each night until someone wins!

Our Bingo Nights offer the chance to WIN BIG PRIZES while enjoying a great atmosphere with friends and family.

MILWAUKIECCFOUNDATION.ORG/BINGO

Proceeds benefit Meals on Wheels and the programs and services provided by the Milwaukie Community Center

MILWAUKIECCFOUNDATION.ORG/BINGO

Sponsored by

Bonaventure
of Milwaukie

MILWAUKIECCFOUNDATION.ORG/BINGO

503-794-8092
youth programs

RECMOBILE
RecMobile is coming to a park near you! Join our recreation staff Monday through Friday at select parks throughout the District for free drop-in activities. Children, ages 6-10, can get outside for fun in the sun, including playing games, making crafts and meeting new friends! Each week features an exciting theme to ignite young imaginations. See full schedule at ncprd.com/recmobile. No program July 4.

LOCATION: MULTIPLE PARKS IN THE DISTRICT
FEE: FREE
TIME/DATE: 11 A.M.-1 P.M. & 2-4 P.M. M-F 6/24-8/9

SUMMER CAMPS
NCPRD offers a wide variety of summer camps to keep children of all ages and interests active, learning and having fun all summer long. Check out the camps being offered at the Milwaukie Community Center this summer.

• PLAY-WELL: ANIMAL ADVENTURES USING LEGO MATERIALS | Ages 5-7
• PLAY-WELL: BASH ‘EM BOTS USING LEGO MATERIALS | Ages 7-12
• PLAY-WELL: EXPLORATIONS USING LEGO MATERIALS | Ages 7-12
• PLAY-WELL: MINECRAFT ENGINEERING USING LEGO MATERIALS | Ages 5-7
• PLAY-WELL: POKÉMON MASTER ENGINEERING USING LEGO MATERIALS | Ages 5-7

SEE FULL CAMP SCHEDULE AND REGISTER AT: ncprd.com/summer-camps

KIDS CLASSES

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY</th>
<th>TIME</th>
<th>DATES</th>
<th>FEE NON</th>
<th>FEE RESIDENT</th>
<th>AGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>TINY TOTS PRE-BALLET</td>
<td>W</td>
<td>4-4:30PM</td>
<td>SEP 1-OCT 30</td>
<td>$106</td>
<td>$85 NCPRD</td>
<td>3-4</td>
</tr>
<tr>
<td>LITTLE DANCERS BALLET &amp; JAZZ</td>
<td>W</td>
<td>4:40-5:25PM</td>
<td>SEP 1-OCT 30</td>
<td>$115</td>
<td>$90 NCPRD</td>
<td>5-6</td>
</tr>
<tr>
<td>BEGINNER DANCERS BALLET &amp; JAZZ</td>
<td>W</td>
<td>5:35-6:20PM</td>
<td>SEP 1-OCT 30</td>
<td>$115</td>
<td>$90 NCPRD</td>
<td>6-8</td>
</tr>
<tr>
<td>RHYTHM &amp; TECHNIQUE</td>
<td>T</td>
<td>5-6PM</td>
<td>OCT 8-NOV 26</td>
<td>$157</td>
<td>$126 NCPRD</td>
<td>7-9</td>
</tr>
<tr>
<td>PRE-SCHOOL SING-ALONG (DROP IN)</td>
<td>T</td>
<td>10-10:30AM</td>
<td>JUL 2-JUL 16 &amp; 10/8-NOV 26</td>
<td>$4/EA</td>
<td>$3/EA</td>
<td>1-5</td>
</tr>
<tr>
<td>STEAMVENTURES: ENGINEERING SIMPE MACHINES</td>
<td>FMTHF</td>
<td>10AM-1PM</td>
<td>DEC 27-JAN 3</td>
<td>$256</td>
<td>$205 NCPRD</td>
<td>7-10</td>
</tr>
</tbody>
</table>

PRE-SCHOOL SING-ALONG
Ages 1-5 yrs. Explore rhythms and notes through singing and movement during this 30-minute drop-in session. Bond with your pre-schooler while learning new songs and meeting other pre-schoolers. Includes a free snack afterwards in Pete’s Café. This is a drop-in program. Please bring cash for each time you come.

LOCATION: MILWAUKIE COMMUNITY CENTER
FEE: NCPRD, $3; NON-RESIDENT, $4
TIME/DATE: 10-10:30 A.M. T 7/2-7/16 & 10/8-11/26

TO REGISTER FOR WORKSHOPS AND CLASSES, GO TO NCPRD.COM OR CALL (503) 794-8092

SEE FULL CAMP SCHEDULE AND REGISTER AT: ncprd.com/summer-camps

16 JULY / AUGUST 2024

NCPRD.COM/MILWAUKIECENTER • (503) 653-8100

17
CHOOSING NUTRITIONAL SUPPLEMENTS

Seems like there are a million different supplement companies. It is hard to tell which ones offer quality products, and which will be a waste of your time and money. Here are some tips for choosing good quality supplements:

• The ingredients are listed clearly on the label. Even better, the sources of the main ingredients are listed as well! Avoid labels with nonspecific descriptions (like “other” or “fillers”), as these may be sugars or allergens.

• You can comfortably ingest the recommended amount for one serving. If capsules are too big to swallow, or if you need to take six per serving, it will be hard to stick with the program!

• The expiration date is clearly marked. Make sure you have plenty of time to use the supplement as directed.

• The health claims on the label are reasonable. No product will help you lose 30 pounds overnight! Avoid unreasonable or grandiose health claims. Make sure that claims are supported by references from peer-reviewed journals.

• Product has been tested by an independent third party. Some third party labs include NSF, USP, Informed Choice, or ConsumerLab.

• The manufacturer’s phone number is on the label. You should be able to get in touch with the company easily, and they should be happy to answer all your questions! If taking prescriptions, always check with your primary care practitioner before starting a new supplement. They can tell you if there are any prescription-drug interactions to be aware of. Shop smart, and get the supplements that are right for you!

Alison Delancey
Owner of Science + Spirit Nutrition, LLC
scienced.spirit.nutrition

Summer Group Hikes

Join us as we explore the great outdoors together! The Milwaukie Community Center will be offering group hikes during the summer months (June – August). All trips leave from and return to the Milwaukie Community Center. Bring money for lunch. Sorry, no dogs allowed.

<table>
<thead>
<tr>
<th>DATE</th>
<th>HIKE DESTINATION</th>
<th>DISTANCE/ DIFFICULTY</th>
<th>DEPARTURE/ RETURN TIME</th>
<th>LUNCH DESTINATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, July 18</td>
<td>Graham Oaks Nature Park (Wilsonville, OR)</td>
<td>2.5 miles EASY</td>
<td>9:30 a.m./ 2 p.m.</td>
<td>Oswego Grill</td>
</tr>
<tr>
<td>Thursday, August 29</td>
<td>Oaks Bottom Wildlife Refuge (Portland, OR)</td>
<td>2.6 miles MODERATE</td>
<td>9:30 a.m./ 1 p.m.</td>
<td>Sellwood neighborhood</td>
</tr>
</tbody>
</table>

FEE: $10 per hike; due at time of registration

NOTE:
Hikes are targeted for active (60+) adults, vary in distance and difficulty, and take place rain or shine. Registrants must be able to complete hikes ranging from 2-4 miles in length, on uneven surfaces, and without assistance. For more information, or to register for an upcoming hike, call (503) 653-8100.
Go Places with Travel Trips!

- Enjoy the scenery, make new friends and relax while adventuring to exciting destinations.
- All trips leave from and return to the Milwaukie Community Center.
- Standing and walking are required on most trips. Wear comfortable shoes and dress appropriately.
- Reserve your seat – some of our most popular trips fill quickly!
- Trip registrations are accepted and confirmed Monday through Friday, 9 a.m.-1 p.m. at the Travel Desk or by calling (503) 794-8026. Phone registrations are confirmed by seating availability and payment made in full with our Travel Desk agents.
- All registrants are required to complete a registration form prior to trip departure.

BEACHES

It’s the perfect location along the Columbia River to sit and have lunch. The atmosphere is a relaxed and fun experience. Enjoy the river view and a wonderful meal. Bring money for lunch.

FEE: RESIDENT, $19; NON-RESIDENT, $24
TIME/DATE: 11 A.M.-2:30 P.M. W 7/24

CLACKAMAS COUNTY FAIR

Come enjoy a fun day at the fair and bring out your inner kid! It’s senior day for a discounted price of $2 for 60 & over, 75+ years enter free. Bring money for fair entry and any other purchases.

FEE: RESIDENT, $17; NON-RESIDENT, $22
TIME/DATE: 11 A.M.-2:30 P.M. W 8/14

LANGDON’S GRILL

Indulge with an elegant dining experience at Langdon’s Grill, set in the Langdon Farms Golf Club. It’s a full service bar, grill and restaurant featuring fresh, affordable, regional cuisine. We will be sitting outside along the golf course for lunch. Bring money for lunch.

FEE: RESIDENT, $18; NON-RESIDENT, $23
TIME/DATE: 11 A.M.-2:30 P.M. T 8/27

RAINFORD TROUT FARM

The Rainbow Trout Farm is comprised of 30 acres with 10 ponds filled with rainbow trout. Enjoy the beautiful green meadows and leave the fast-paced life for awhile. Fishing poles and bait are free; you pay for the fish you catch, from 6”-29”, $1-$40. They’ll even clean your fish! Bring money for fish.

FEE: RESIDENT, $28; NON-RESIDENT, $35
TIME/DATE: 9:45 A.M.-2 P.M. TH 7/11
featured events

CONCERTS IN THE PARK

Get ready for memorable summer evenings with the return of our popular Concerts in the Park series. These FREE concerts will feature a variety of musical performances to fill the air! Bring your family and friends to enjoy a night of music and delicious food vendors. Don’t forget your lawn chairs or blankets for seating.

PETTY FEVER (Award-Winning Tom Petty Tribute Band)
Location: Milwaukie Bay Park
Time/Date: 5-8 p.m. (music starts at 6 p.m.)  Sa 7/13

CLANCY NEWMAN & STEWART GOODYEAR (Chamber Music NW)
Location: North Clackamas Park
Time/Date: 6:30-8 p.m. (music starts at 7 p.m.)  Tu 7/16

RED YARN (Folk Music/Puppetry)
Location: Ardenwald Park
Time/Date: 5-7 p.m. (music starts at 6 p.m.)  Th 7/25

MANY THANKS TO OUR SPONSORS:

FIESTA LATINA EN EL PARQUE

Join us for this free, family-friendly community festival celebrating Latino heritage and culture with delicious food, live music and performances, kids activities, games, community resources, and authentic artisan vendors. Performances by La Batalla, Conexión Fina, Cosecha Mestiza and Ollin Yolliztli PDX. Sponsored by Milwaukie Community Center Foundation.

LOCATION: NORTH CLACKAMAS PARK
FEE: FREE
DATE/TIME: SATURDAY, SEPTEMBER 14 NOON-4 P.M.

MOVIES IN THE PARK

Bring a blanket or lawn chair and enjoy movies outside under the stars! All movies are free and begin at dusk.

JULY 20: WONKA
AT RISLEY PARK
JULY 27: THE SUPER MARIO BROS. MOVIE
(Subtitles in Spanish)
AT ANN-TONI SCHREIBER PARK
AUG. 3: FINDING NEMO
AT PFEIFER PARK
AUG. 10: THE LITTLE MERMAID
AT NORTH CLACKAMAS PARK
Visit commonsensemedia.org to decide if the movie is appropriate for your family.

MANY THANKS TO OUR SPONSORS:
around the center

THELMA’S 100TH BIRTHDAY
We had the privilege of celebrating Thelma’s 100th birthday along with her friends and family! Thelma has been a long time participant here at the Milwaukie Community Center, and greets everyone with a smile and thrives on the fellowship of others.

BALLET WITH OBT2
On May 18, Oregon Ballet Theatre’s junior ensemble (OBT2) performed a mix of classical and contemporary dance at the Milwaukie Community Center to the delight and wonder of the 282 attendees. The event raised $1,133 in donations.
Photos by Hamid Shibata Bennett.

CLACKAMAS MIDDLE COLLEGE VOLUNTEERS
On April 26, Clackamas Middle College sent 15 student volunteers to help out with some badly needed housekeeping. Within 2.5 hours they:
· Cleaned out the Sara Hite storage unit and staged over 100 chairs for pick up
· Organized the “Big Brown” storage unit, transferring boxes of unneeded items to the free table
· Cleared debris from the wood chopping area
· Stacked already chopped wood under one of the shelters
Thank you, volunteers!

CELEBRATE PRIDE BINGO
Pride Bingo was a huge success, which featured Poison Waters and Darcelle XV performers. The event was hosted by Milwaukie Community Center Foundation to raise funds for MCC programs and services.
Photos by Hamid Shibata Bennett.
Volunteers continue to be the lifeblood of Milwaukie Community Center. As summertime approaches, many of our volunteers use the time to take much needed vacations. That means we have some openings over the next few months. If you’ve ever considered becoming a volunteer, now is the time!

FEATURED VOLUNTEER OPPORTUNITIES

• **Meals on Wheels Drivers** – The need for drivers and food packagers for Meals on Wheels is urgent and ongoing. Help make a difference in the lives of our homebound senior neighbors!

• **Front Desk** – Be the first smiling face people see when they enter the Milwaukie Community Center, or the friendly voice they speak to when they call. Help make the Center a welcoming space for all!

Whatever your volunteer interests, we can find a place for you to share your skills and gifts. Please consider volunteering with us. It’s rewarding and fun, and we’re a great bunch of folks to work with.

INTERESTED IN VOLUNTEERING WITH THE MILWAUKIE COMMUNITY CENTER?
CONTACT OUR VOLUNTEER COORDINATOR:

**Joseph Hyder**
(503) 794-8034
JHyder@ncprd.com
ncprd.com/milwaukie-center/volunteer

SHOP ARTISAN GIFTS

With summer in full swing, Artisan Gifts is your go-to destination for an array of delightful crafts perfect for warm days, the 4th of July, or that special “must-have” gift. Our shop is constantly evolving, with new vendors adding their unique creations every week, ensuring there’s always something fresh and exciting to discover. Explore our amazing collections, all crafted by talented local artisans. From charming baby items and unique dolls with custom clothes to imaginative toys and handy kitchen items, there’s a treasure for everyone. Don’t forget to check out our special treats for your furry friends, beautifully quilted pieces, and stunning jewelry. For the sports enthusiasts in your life, we’ve got fantastic options that are sure to impress. Every purchase you make supports the Milwaukie Community Center programs and services, helping to strengthen our local community. Happy summer from all of us at Artisan Gifts! We can’t wait to see you in the shop.

JEWELRY | CERAMICS | ART | WEAVINGS | BLOWN GLASS | CRAFTS | MORE!

MONDAY & FRIDAY 10 A.M.-1 P.M.; TUESDAY, WEDNESDAY & THURSDAY 10 A.M.-3 P.M.

Operated by Milwaukie Community Center Foundation

OTHER ON-SITE SERVICES

To learn about the following on-site services at the Milwaukie Community Center, call (503) 653-8100.

• CAN RECYCLING
• COMMUNITY RESOURCE INFORMATION
• COMPUTER WORKSTATIONS & WI-FI ACCESS
• EMERGENCY FIREWOOD — SEASONAL
• INSURANCE RESOURCES
• MEDICAL EQUIPMENT LOAN
• MEDICARE INSURANCE RESOURCES
• RESOURCE LIBRARY
• VOTER REGISTRATION
• TAX AIDE — SEASONAL
**MILWAUKIE COMMUNITY CENTER EVENTS & OFFERINGS**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
<td>11 a.m.-noon – Theron Brayman 12:30-3:30 p.m. – Chinese Mah Jongg 8:30 a.m.-3 p.m. – Foot Care 10:10-10:30 a.m. – Preschool Sing-along 12:45-1:45 p.m. – Daytime Bingo 2-4 p.m. – Game Day 6:30-9:30 p.m. – Evening BINGO/</td>
<td>8:30 a.m.-3 p.m. – Foot Care 10:10-10:30 a.m. – Preschool Sing-along 10:11:30 a.m.-1:30 p.m. – Blood Pressure Check 11:30 a.m.-1:30 p.m. – Tuneful Tuesday Trio 12:30-1:30 p.m. – Estate Planning 101 12:45-1:45 p.m. – Daytime Bingo 2-4 p.m. – Game Day 6:30-9:30 p.m. – Evening BINGO/</td>
<td>8:30 a.m.-3 p.m. – Foot Care 10:10-10:30 a.m. – Preschool Sing-along 10:11:30 a.m.-1:30 p.m. – Blood Pressure Check 11:30 a.m.-1:30 p.m. – Tuneful Tuesday Trio 12:30-1:30 p.m. – Estate Planning 101 12:45-1:45 p.m. – Daytime Bingo 2-4 p.m. – Game Day 6:30-9:30 p.m. – Evening BINGO/</td>
<td><strong>Closed for Fourth of July</strong> 10-11:30 a.m. – Resilience Noon-2 p.m. – Mt. Dulcimer Jam</td>
</tr>
</tbody>
</table>

**ONGOING DAILY OFFERINGS**

| TRILLIUM LUNCH 11:45 a.m. - 12:30 p.m. | BILLIARDS 8 a.m. - 4 p.m. | PETE’S CAFÉ 9 a.m. - 12:45 p.m. | ARTISAN GIFTS Mon. & Fri.: 10 a.m. - 1 p.m. Tues., Wed. & Thur.: 10 a.m. - 3 p.m. |

**SCHEDULES AND PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE. CONTACT US FOR THE LATEST UPDATES.**

(503) 653-8100

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**JULY / AUGUST 2024 NCPRD.COM/MILWAUKIECENTER • (503) 653-8100**
**MILWAUKIE COMMUNITY CENTER EVENTS & OFFERINGS**

**MILWAUKIE COMMUNITY CENTER EVENTS & OFFERINGS**

**MONDAY**

5
- 11 a.m.-noon – Theron Brayman
- 12:30-3:30 p.m. – Chinese Mah Jongg
- 8:30 a.m.-3 p.m. – Foot Care
- 12:45-1:45 p.m. – Daytime Bingo
- 2-4 p.m. – Game Day
- 6:30-9:30 p.m. – Evening BINGO!

**TUESDAY**

6
- 8:30 a.m.-3 p.m. – Foot Care
- 12:45-1:45 p.m. – Daytime Bingo
- 2-4 p.m. – Game Day
- 6:30-9:30 p.m. – Evening BINGO!

**WEDNESDAY**

7
- 8-11:30 a.m. – Woodcarving
- APAC Respite Program [call for time]
- 11:30 a.m.-12:30 p.m. – Broad Highway
- 12:30-3:30 p.m. – Mah Jongg
- 6-7:15 p.m. – Ukulele Jam

**THURSDAY**

1
- 9:30-11 a.m. – Ukulele Jam
- 12:30-3:30 p.m. – Party Bridge
- 12:45-1:45 p.m. – Daytime Bingo
- 6:30-9:30 p.m. – Evening BINGO!

2
- 10-11:30 a.m. – Who Am I Now?
- 11:30 a.m.-1:30 p.m. – The Throwbacks
- Sat. Aug. 3, 9 p.m. – Movie in the Park: Finding Nemo at Pfeifer Park

3
- 9:30-11 a.m. – Ukulele Jam
- 12:30-1:30 p.m. – Understanding Alzheimer’s and Dementia
- 12:30-3:30 p.m. – Party Bridge
- 12:45-1:45 p.m. – Daytime Bingo
- 6:30-9:30 p.m. – Evening BINGO!

4
- 11:30 a.m.-1:30 p.m. – The Throwbacks
- Sat. Aug. 10, 9 p.m. – Movie in the Park: The Little Mermaid at North Clackamas Park

**FRIDAY**

5
- 9:30-11 a.m. – Ukulele Jam
- 12:30-3:30 p.m. – Party Bridge
- 12:45-1:45 p.m. – Daytime Bingo
- 6:30-9:30 p.m. – Evening BINGO!

6
- 11:30 a.m.-1:30 p.m. – Mary & The Jazz Tones
- 11:30 a.m.-1:30 p.m. – Party Bridge
- 12:45-1:45 p.m. – Daytime Bingo
- 6:30-9:30 p.m. – Evening BINGO!

7
- 9:30-11 a.m. – Ukulele Jam
- 12:30-3:30 p.m. – Party Bridge
- 12:45-1:45 p.m. – Daytime Bingo
- 6:30-9:30 p.m. – Evening BINGO!

8
- 9:30-11 a.m. – Ukulele Jam
- 12:30-1:30 p.m. – Understanding Alzheimer’s and Dementia
- 12:30-3:30 p.m. – Party Bridge
- 12:45-1:45 p.m. – Daytime Bingo
- 6:30-9:30 p.m. – Evening BINGO!

9
- 9:30-11 a.m. – Ukulele Jam
- 12:30-3:30 p.m. – Party Bridge
- 12:45-1:45 p.m. – Daytime Bingo
- 6:30-9:30 p.m. – Evening BINGO!

**ONGOING DAILY OFFERINGS**

<table>
<thead>
<tr>
<th>TRILLIUM LUNCH</th>
<th>BILLIARDS</th>
<th>PETE’S CAFÉ</th>
<th>ARTISAN GIFTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:45 a.m. - 12:30 p.m.</td>
<td>8 a.m. - 4 p.m.</td>
<td>9 a.m. - 12:45 p.m.</td>
<td>Mon. &amp; Fri.: 10 a.m. - 1 p.m.</td>
</tr>
<tr>
<td>Tues., Wed., &amp; Thur.: 10 a.m. - 3 p.m.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**ARTISAN GIFTS**

- Mon. & Fri.: 10 a.m. - 1 p.m.
- Tues., Wed., & Thur.: 10 a.m. - 3 p.m.

**SCHEDULES AND PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE. CONTACT US FOR THE LATEST UPDATES.**

**(503) 653-8100**

---

**Are you looking for local realtor that will respond to your needs?**

**Give me a call!**

My team and I are here to help and guide you through this transition with the patience, professionalism and experience you deserve.

Elder specialist since 2006. Providing you with a customized approach to your real estate needs.

Andrew Nordby
Principal Real Estate Broker
Elder Specialist GRL-SRS
503-680-5291
Andrew@VikingPropertiesNW.com
Licensed in Oregon 9200033408
Movies in the Park

**JULY 20 - AUG. 10**

Bring a blanket or lawn chair and enjoy a family-friendly evening under the stars with Movies in the Park. Kona Ice and Humdinger Kettle Korn will be available for purchase. All movies are FREE and begin at dusk, around 9 p.m.

<table>
<thead>
<tr>
<th>MOVIE</th>
<th>DATE</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>WONKA</td>
<td>SAT. JULY 20</td>
<td>RISLEY PARK 2350 S.E. Swain Ave., Milwaukie</td>
</tr>
<tr>
<td>THE SUPER MARIO BROS. MOVIE</td>
<td>SAT. JULY 27</td>
<td>ANN-TONI SCHREIBER PARK 6717 S.E. Clackamas Rd., Clackamas</td>
</tr>
<tr>
<td>FINDING NEMO</td>
<td>SAT. AUG. 3</td>
<td>PFEIFER PARK 14074 S.E. 139th Ave., Clackamas</td>
</tr>
<tr>
<td>THE LITTLE MERMAID</td>
<td>SAT. AUG. 10</td>
<td>NORTH CLACKAMAS PARK 5440 S.E. Kellogg Creek Dr., Milwaukie</td>
</tr>
</tbody>
</table>

Visit commonsensemedia.org for movie descriptions and ratings to decide if the movie is appropriate for your family.

**MORE INFORMATION AT NCPRD.COM/MOVIES**