



# milwaukie community center

# Adult Programs

5440 S.E. Kellogg Creek Dr., Milwaukie  
[ncprd.org/milwaukie-community-center](http://ncprd.org/milwaukie-community-center)  
Schedules subject to change.

## ART

### ACRYLICS

Discover your unique style and creativity. Learn about acrylics through color, composition, value, and perspective. Color theory is emphasized and projects include working from still life and photographs. No previous painting or drawing is necessary.

Location: Milwaukie Community Center  
Fee: NCPRD, \$135\*; non-resident, \$169\*  
Time/Date: 10 a.m.-12:30 p.m. M  
**WINTER:** 1/5-3/16 (No class 1/19, 2/16)  
**SPRING:** 3/30-6/1 (No class 5/25)

### MIXED MEDIA

Mixed Media is a highly intuitive and versatile art form that encourages creative expression. The sky's the limit! Explore working with acrylics, oils, watercolor, gouache, pencils, ink, and more. No experience is necessary; students will learn basic techniques during this explorative class.

Location: Milwaukie Community Center  
Fee: NCPRD, \$135\*; non-resident, \$169\*  
Time/Date: 3:15-5:45 p.m. Th  
**WINTER:** 1/15-3/12  
**SPRING:** 4/2-5/28

### OIL PAINTING

For students with prior oil painting experience, this class offers guided yet independent studio time to refine techniques, explore personal projects, and expand creative expression.

Location: Milwaukie Community Center  
Fee: NCPRD, \$150\*; non-resident, \$188\*  
Time/Date: 9:30 a.m.-noon Th  
**WINTER:** 1/8-3/12  
**SPRING:** 4/2-6/4

### WATERCOLOR, BEGINNING

Discover the magic of watercolors. You'll learn the fundamentals of mixing primary colors to create a diverse palette. Our knowledgeable instructor will guide you through essential painting techniques and provide you with prompts to help you apply paint to paper with confidence. No experience is necessary.

Location: Milwaukie Community Center  
Fee: NCPRD, \$135\*; non-resident, \$169\*  
Time/Date: 12:30-3 p.m. Th  
**WINTER:** 1/15-3/12  
**SPRING:** 4/2-5/28

# LANGUAGE & WRITING

## NEW! SPANISH, BEGINNING: VOCABULARY FOR YOUR HOBBIES

Explore Spanish words and phrases that connect to the activities you love most! From painting and reading to gardening, cooking, model building, and woodworking, this class will expand your vocabulary in fun, practical ways. Designed for beginners, you'll build confidence while learning how to talk about your favorite hobbies in Spanish.

**Location:** Milwaukie Community Center  
**Fee:** NCPRD, \$90\*; non-resident, \$113\*  
**Time/Date:** 5:30-7 p.m. Th  
**WINTER:** 1/8-3/19 (No class 1/22)

## NEW! SPANISH, BEGINNING: BUILD VOCABULARY ABOUT NATURE AND THE WORLD AROUND US

Discover the Spanish words and phrases that bring the natural world to life! This beginner class focuses on vocabulary related to plants, animals, weather, and the environment — helping you describe and explore the world around you in Spanish.

**Location:** Milwaukie Community Center  
**Fee:** NCPRD, \$90\*; non-resident, \$113\*  
**Time/Date:** 5:30-7 p.m. Th  
**SPRING:** 4/9-6/11

## SPANISH II/CONVERSATION II

Enhance your Spanish skills through engaging practice and real-world examples! Using stories, discussions, and everyday scenarios, this class helps you build confidence, expand your vocabulary, and strengthen your understanding of the language.

**Location:** Milwaukie Community Center  
**Fee:** NCPRD, \$90\*; non-resident, \$113\*  
**Time/Date:** 9:30-11 a.m. Th  
**WINTER:** 1/8-3/19 (No class 1/22)  
**SPRING:** 4/9-6/11

## WRITING: CREATIVE/YOUR STORY

Whether you're wanting to write your memoirs or just enjoy the challenge of writing to a prompt, this class is a fun and safe place to explore your creative talents.

**Location:** Milwaukie Community Center  
**Fee:** NCPRD, \$81\*; non-resident, \$101\*  
**Time/Date:** 1:30-3 p.m. W  
**WINTER:** 1/7-3/4  
**SPRING:** 4/1-5/27



# MIND & BODY

## INNERGYSTICS

**Levels 3-4.** INNERgytics is a unique workout with focused, simultaneous upper and lower body exercises. Build strength and sculpt the body with various weights while listening to fun music. Breathing techniques will guide you through movements that optimize muscle burning, provide an aerobic workout, and improve your overall well-being. Please bring a mat and water bottle.

**Location:** Milwaukie Community Center  
**Fee:** NCPRD, \$66\*; non-resident, \$83\*  
**Time/Date:** 11:30 a.m.-12:30 p.m. Th  
**WINTER:** 1/8-3/19  
**SPRING:** 4/2-6/11

## TAI CHI, BEGINNING: 24 YANG FORM

**Levels 2-3.** Learn the Yang style 24 form of tai chi in a friendly, accessible setting. This optimized, standard form of the ancient art is renowned for its gentle, mindful movements that help improve your strength, balance, and flexibility while promoting relaxation. Enhance your physical and mental well-being in a supportive environment as we explore this venerated practice together.

**Location:** Milwaukie Community Center  
**Fee:** NCPRD, \$120\*; non-resident, \$150\*  
**Time/Date:** 3-4 p.m. M/W  
**WINTER:** 1/5-3/18 (No class 1/19, 2/16)  
**Fee:** NCPRD, \$126\*; non-resident, \$158\*  
**Time/Date:** 3-4 p.m. M/W  
**SPRING:** 3/30-6/10 (No class 5/25)

\*Senior discount for 62+



# MIND & BODY (CONT.)

## TAI CHI, BEGINNING: 108 YANG FORM

**Levels 2-3.** This Yang-style tai chi class will start at the very beginning. It is perfect for those new to tai chi or those with experience who recognize the value of returning to the beginning to strengthen foundations. Refresh your body with a relaxed yet invigorating ancient sequence of tai chi moves.

Location: Milwaukie Community Center  
Fee: NCPRD, \$120\*; non-resident, \$150\*  
Time/Date: 4:10-5:10 p.m. M/W  
**WINTER:** 1/5-3/18 (No class 1/19, 2/16)  
Fee: NCPRD, \$126\*; non-resident, \$158\*  
Time/Date: 4:10-5:10 p.m. M/W  
**SPRING:** 3/30-6/10 (No class 5/25)

## TAI CHI, BEGINNING II: 108 YANG FORM

**Levels 2-3.** This Yang-style tai chi class will continue to build on the basics. It is perfect for anyone who has ever done tai chi before. Build strength, improve balance, and increase health through gentle movements. Brighten your mind and mood in a welcoming environment.

Location: Milwaukie Community Center  
Fee: NCPRD, \$132\*; non-resident, \$165\*  
Time/Date: 8:05-9:05 a.m. Tu/Th  
5:15-6:15 p.m. Tu/Th  
**WINTER:** 1/6-3/19  
**SPRING:** 3/31-6/11

## YOGA: CHAIR YOGA

**Levels 1-3.** Chair pose, warrior II, triangle, tree pose, pigeon, and spinal twist — learn these yoga poses and many more! Don't let mobility, flexibility, or balance issues keep you from experiencing the benefits of yoga. Enjoy modified versions of traditional yoga poses and stretches from seated and/or standing positions. Practice deep breathing for better circulation, improved lung capacity, anxiety relief, and relaxation. Increase your sense of balance, flexibility, and strength, all while listening to soft instrumental music. No yoga mat needed.

Location: Milwaukie Community Center  
Fee: NCPRD, \$43\*; non-resident, \$54\*  
Time/Date: 1:15-2 p.m. M  
**WINTER:** 1/5-3/16 (No class 1/19, 2/16)  
Fee: NCPRD, \$48\*; non-resident, \$60\*  
Time/Date: 1:15-2 p.m. M  
**SPRING:** 3/30-6/8 (No class 5/25)  
Fee: NCPRD, \$52\*; non-resident, \$66\*  
Time/Date: 1:15-2 p.m. F  
**WINTER:** 1/9-3/20  
**SPRING:** 4/3-6/12

## YOGA: HATHA YOGA

**Levels 2-3.** Hatha yoga goes back to traditional yoga poses (asanas) and concentrates on holding poses longer and at a slower pace for more physical benefits. Breathwork is an integral part of the practice for individualized results. Students will learn warriors 1, 2, and 3, triangle, side angle, tree, eagle, chair, spinal twists, bridge, and pigeon poses — all as part of a possible daily regimen.

Location: Milwaukie Community Center  
Fee: NCPRD, \$60\*; non-resident, \$75\*  
Time/Date: 8:30-9:30 a.m. M  
**WINTER:** 1/5-3/16 (No class 1/19, 2/16)  
**SPRING:** 3/30-6/8 (No class 5/25)  
Fee: NCPRD, \$66\*; non-resident, \$83\*  
Time/Date: 9:45-10:45 a.m. F  
**WINTER:** 1/9-3/20  
**SPRING:** 4/3-6/12

## YOGA: STRENGTH AND RELAXATION YOGA

**Levels 2-3.** This class combines all the benefits of yoga — meditation, breathing, stretching, strengthening and balance — and presents it at a slow and gentle pace. Please bring a mat.

Location: Milwaukie Community Center  
Fee: NCPRD, \$54\*; non-resident, \$68\*  
Time/Date: 2:45-3:45 p.m. M  
**WINTER:** 1/5-3/16 (No class 1/19, 2/16)  
Fee: NCPRD, \$60\*; non-resident, \$75\*  
Time/Date: 2:45-3:45 p.m. M  
**SPRING:** 3/30-6/8 (No class 5/25)  
Fee: NCPRD, \$66\*; non-resident, \$83\*  
Time/Date: 9:30-10:30 a.m. Tu  
**WINTER:** 1/6-3/17  
**SPRING:** 3/31-6/9  
Fee: NCPRD, \$66\*; non-resident, \$83\*  
Time/Date: 4-5 p.m. Tu  
**WINTER:** 1/6-3/17  
**SPRING:** 3/31-6/9  
Fee: NCPRD, \$66\*; non-resident, \$83\*  
Time/Date: 9:30-10:30 a.m. W  
**WINTER:** 1/7-3/18  
**SPRING:** 4/1-6/10

\*Senior discount for 62+



# MIND & BODY

**LEVEL 1** NEED SUPPORT (CHAIR FITNESS)  
**LEVEL 2** BEGINNER  
**LEVEL 3** ACTIVE NOW (INTERMEDIATE)  
**LEVEL 4** ATHLETE (ADVANCED)

## WINTER:

CLASS	DAY	TIME	DATES	Fee	LEVEL
INNERGYSTICS	TH	11:30 A.M.-12:30 P.M.	1/8-3/19	R \$66*/NR \$83*	L3-4
TAI CHI, BEGINNING: 24 YANG FORM	M/W	3-4 P.M.	1/5-3/18	R \$120*/NR \$150*	L2-3
TAI CHI, BEGINNING: 108 YANG FORM	M/W	4:10-5:10 P.M.	1/5-3/18	R \$120*/NR \$150*	L2-3
TAI CHI, BEGINNING II: 108 YANG FORM	TU/TH	8:05-9:05 A.M.	1/6-3/19	R \$132*/NR \$165*	L2-3
TAI CHI, BEGINNING II: 108 YANG FORM	TU/TH	5:15-6:15 P.M.	1/6-3/19	R \$132*/NR \$165*	L2-3
YOGA: CHAIR YOGA	M	1:15-2 P.M.	1/5-3/16	R \$43*/NR \$54*	L1-3
YOGA: CHAIR YOGA	F	1:15-2 P.M.	1/9-3/20	R \$52*/NR \$66*	L1-3
YOGA: HATHA YOGA	M	8:30-9:30 A.M.	1/5-3/16	R \$60*/NR \$75*	L2-3
YOGA: HATHA YOGA	F	9:45-10:45 A.M.	1/9-3/20	R \$66*/NR \$83*	L2-3
YOGA: STRENGTH & RELAXATION YOGA	M	2:45-3:45 P.M.	1/5-3/16	R \$54*/NR \$68*	L2-3
YOGA: STRENGTH & RELAXATION YOGA	TU	9:30-10:30 A.M.	1/6-3/17	R \$66*/NR \$83*	L2-3
YOGA: STRENGTH & RELAXATION YOGA	TU	4-5 P.M.	1/6-3/17	R \$66*/NR \$83*	L2-3
YOGA: STRENGTH & RELAXATION YOGA	W	9:30-10:30 A.M.	1/7-3/18	R \$66*/NR \$83*	L2-3

## SPRING:

CLASS	DAY	TIME	DATES	Fee	LEVEL
INNERGYSTICS	TH	11:30 A.M.-12:30 P.M.	4/2-6/11	R \$66*/NR \$83*	L3-4
TAI CHI, BEGINNING: 24 YANG FORM	M/W	3-4 P.M.	3/30-6/10	R \$126*/NR \$158*	L2-3
TAI CHI, BEGINNING: 108 YANG FORM	M/W	4:10-5:10 P.M.	3/30-6/10	R \$126*/NR \$158*	L2-3
TAI CHI, BEGINNING II: 108 YANG FORM	TU/TH	8:05-9:05 A.M.	3/31-6/11	R \$132*/NR \$165*	L2-3
TAI CHI, BEGINNING II: 108 YANG FORM	TU/TH	5:15-6:15 P.M.	3/31-6/11	R \$132*/NR \$165*	L2-3
YOGA: CHAIR YOGA	M	1:15-2 P.M.	3/30-6/8	R \$48*/NR \$60*	L1-3
YOGA: CHAIR YOGA	F	1:15-2 P.M.	4/3-6/12	R \$52*/NR \$66*	L1-3
YOGA: HATHA YOGA	M	8:30-9:30 A.M.	3/30-6/8	R \$60*/NR \$75*	L2-3
YOGA: HATHA YOGA	F	9:45-10:45 A.M.	4/3-6/12	R \$66*/NR \$83*	L2-3
YOGA: STRENGTH & RELAXATION YOGA	M	2:45-3:45 P.M.	3/30-6/8	R \$60*/NR \$75*	L2-3
YOGA: STRENGTH & RELAXATION YOGA	TU	9:30-10:30 A.M.	3/31-6/9	R \$66*/NR \$83*	L2-3
YOGA: STRENGTH & RELAXATION YOGA	TU	4-5 P.M.	3/31-6/9	R \$66*/NR \$83*	L2-3
YOGA: STRENGTH & RELAXATION YOGA	W	9:30-10:30 A.M.	4/1-6/10	R \$66*/NR \$83*	L2-3

• NIGHT CLASSES

\*Senior discount for 62+



# STRENGTH & CARDIO

## BALANCE AND STRENGTH

**Level 2.** This class uses a combination of body weight and dumbbells to strengthen muscles and help with fall prevention.

Location:	Milwaukie Community Center
Fee:	NCPRD, \$48*; non-resident, \$60*
Time/Date:	10:30-11:15 a.m. Th
<b>WINTER:</b>	1/8-3/19 (No class 2/12)
Fee:	NCPRD, \$52*; non-resident, \$66*
Time/Date:	10:30-11:15 a.m. Th
<b>SPRING:</b>	4/2-6/11

## COMPLETE CONDITIONING

**Levels 2-3.** A whole-body workout using aerobics, weights, and other strength-training exercises. This class is for active people taking fitness classes at least twice weekly.

Location:	Milwaukie Community Center
Fee:	NCPRD, \$60*; non-resident, \$75*
Time/Date:	9:20-10:20 a.m. Th
<b>WINTER:</b>	1/8-3/19 (No class 2/12)
Fee:	NCPRD, \$66*; non-resident, \$83*
Time/Date:	9:20-10:20 a.m. Th
<b>SPRING:</b>	4/2-6/11

## FUNCTIONAL FITNESS

**Levels 2-3.** Rhythmic training to work on balance while marching to a beat. Get a full-body workout that includes cardio, muscle toning, and stretching. Hand-held weights are used. Available in person and via Zoom.

Location:	Milwaukie Community Center/Zoom
Fee:	NCPRD, \$66*; non-resident, \$83*
Time/Date:	11 a.m.-noon Tu
<b>WINTER:</b>	1/6-3/17
Fee:	NCPRD, \$60*; non-resident, \$75*
Time/Date:	11 a.m.-noon Tu
<b>SPRING:</b>	3/31-6/2

## LINE DANCE FOR FITNESS

**Levels 2-3.** For people who have some dance background and want to dance for aerobic exercise and stimulate their memory. A wide variety of upbeat music, paired with easy-to-follow dance patterns will keep you moving.

Location:	Milwaukie Community Center
Fee:	NCPRD, \$54*; non-resident, \$68*
Time/Date:	9:45-10:45 a.m. M
<b>WINTER:</b>	1/5-3/16 (No class 1/19, 2/16)
Fee:	NCPRD, \$60*; non-resident, \$75*
Time/Date:	9:45-10:45 a.m. M
<b>SPRING:</b>	3/30-6/8 (No class 5/25)

## LINE DANCE FOR FITNESS II

**Levels 2-3.** Get a cardio workout while learning choreography to new dances with different genres of music. As a bonus, line dancing is great for improving memory. No partner is needed to join. Basic knowledge of line dance is required to take the class.

Location:	Milwaukie Community Center
Fee:	NCPRD, \$60*; non-resident, \$75*
Time/Date:	12:45-1:45 p.m. Tu
<b>WINTER:</b>	1/6-3/10
<b>SPRING:</b>	3/31-6/2
Time/Date:	12:45-1:45 p.m. Th
<b>WINTER:</b>	1/8-3/12
<b>SPRING:</b>	4/2-6/4

## NEW! POWER PULSE

**Levels 3-4.** A high-energy, full-body workout combining strength training, functional core exercises, and dynamic stretches. Build muscle, boost endurance, and keep your body moving with powerful, calorie-burning routines. All levels welcome with modifications provided.

Location:	Milwaukie Community Center
Fee:	NCPRD, \$60*; non-resident, \$75*
Time/Date:	noon-1 p.m. F
<b>WINTER:</b>	1/16-3/20
Fee:	NCPRD, \$66*; non-resident, \$83*
Time/Date:	noon-1 p.m. F
<b>SPRING:</b>	4/3-6/12



## SIT-N-B-FIT

**Levels 1-2.** Strengthen muscles and improve range of motion and mobility while seated. Great for those with some physical limitations.

Location:	Milwaukie Community Center
Fee:	NCPRD, \$43*; non-resident, \$54*
Time/Date:	11-11:45 a.m. M
<b>WINTER:</b>	1/5-3/16 (No class 1/19, 2/16)
Fee:	NCPRD, \$48*; non-resident, \$60*
Time/Date:	11-11:45 a.m. M
<b>SPRING:</b>	3/30-6/8 (No class 5/25)
Fee:	NCPRD, \$52*; non-resident, \$66*
Time/Date:	11-11:45 a.m. W
<b>WINTER:</b>	1/7-3/18
<b>SPRING:</b>	4/1-6/10
Fee:	NCPRD, \$52*; non-resident, \$66*
Time/Date:	11-11:45 a.m. F
<b>WINTER:</b>	1/9-3/20
<b>SPRING:</b>	4/3-6/12

## NEW! TOTAL BODY BALANCE

**Level 2.** This class focuses on building muscle strength while improving balance, coordination, and core stability. Using bodyweight exercises, light weights, and functional movements, you'll develop stronger muscles and better control to support everyday activities. This class helps enhance mobility, prevent falls, and increase overall confidence in movement.

Location:	Milwaukie Community Center
Fee:	NCPRD, \$48*; non-resident, \$60*
Time/Date:	8:30-9:15 a.m. W
<b>WINTER:</b>	1/14-3/18
Fee:	NCPRD, \$52*; non-resident, \$66*
Time/Date:	8:30-9:15 a.m. W
<b>SPRING:</b>	4/1-6/10

## ZUMBA

**Levels 3-4.** Zumba combines Latin and international music which incorporates hip-hop, cumbia, reggaeton, salsa, merengue, mambo and more. Build strength, burn calories, and improve motion and posture. Available in person and via Zoom.

Location:	Milwaukie Community Center/Zoom
Fee:	NCPRD, \$66*; non-resident, \$83*
Time/Date:	6:40-7:40 p.m. Tu
<b>WINTER:</b>	1/6-3/17
<b>SPRING:</b>	3/31-6/9
Fee:	NCPRD, \$66*; non-resident, \$83*
Time/Date:	6:40-7:40 p.m. Th
<b>WINTER:</b>	1/8-3/19
<b>SPRING:</b>	4/2-6/11



## ZUMBA GOLD TONING

**Levels 2-3.** Learn to sculpt and tone through creative, fun dance routines using hand weights. World music with lively rhythms pumps this class up! Please provide your own light hand weights (1 or 2 lbs.). Available in person and via Zoom.

Location:	Milwaukie Community Center/Zoom
Fee:	NCPRD, \$54*; non-resident, \$68*
Time/Date:	noon-1 p.m. M
<b>WINTER:</b>	1/5-3/16 (No class 1/19, 2/16)
Fee:	NCPRD, \$60*; non-resident, \$75*
Time/Date:	noon-1 p.m. M
<b>SPRING:</b>	3/30-6/8 (No class 5/25)
Fee:	NCPRD, \$66*; non-resident, \$83*
Time/Date:	noon-1 p.m. W
<b>WINTER:</b>	1/7-3/18
<b>SPRING:</b>	4/1-6/10

\*Senior discount for 62+

## — REGISTRATION OPENS —

### WINTER:

NCPRD residents on **Dec. 2 at noon**  
and non-residents on **Dec. 9 at noon**

### SPRING:

NCPRD residents on **Feb. 3 at noon**  
and non-residents on **Feb. 10 at noon**



# STRENGTH & CARDIO

**LEVEL 1** NEED SUPPORT (CHAIR FITNESS)  
**LEVEL 2** BEGINNER  
**LEVEL 3** ACTIVE NOW (INTERMEDIATE)  
**LEVEL 4** ATHLETE (ADVANCED)

## WINTER:

CLASS	DAY	TIME	DATES	Fee	LEVEL
BALANCE AND STRENGTH	TH	10:30-11:15 A.M.	1/8-3/19	R \$48*/NR \$60*	L2
COMPLETE CONDITIONING	TH	9:20-10:20 A.M.	1/8-3/19	R \$60*/NR \$75*	L2-3
FUNCTIONAL FITNESS**	TU	11 A.M.-NOON	1/6-3/17	R \$66*/NR \$83*	L2-3
LINE DANCE FOR FITNESS	M	9:45-10:45 A.M.	1/5-3/16	R \$54*/NR \$68*	L2-3
LINE DANCE FOR FITNESS II	TU	12:45-1:45 P.M.	1/6-3/10	R \$60*/NR \$75*	L2-3
LINE DANCE FOR FITNESS II	TH	12:45-1:45 P.M.	1/8-3/12	R \$60*/NR \$75*	L2-3
<b>NEW!</b> POWER PULSE	F	NOON-1 P.M.	1/16-3/20	R \$60*/NR \$75*	L3-4
SIT-N-B-FIT	M	11-11:45 A.M.	1/5-3/16	R \$43*/NR \$54*	L1-2
SIT-N-B-FIT	W	11-11:45 A.M.	1/7-3/18	R \$52*/NR \$66*	L1-2
SIT-N-B-FIT	F	11-11:45 A.M.	1/9-3/20	R \$52*/NR \$66*	L1-2
<b>NEW!</b> TOTAL BODY BALANCE	W	8:30-9:15 A.M.	1/14-3/18	R \$48*/NR \$60*	L2
ZUMBA**	TU	6:40-7:40 P.M.	1/6-3/17	R \$66*/NR \$83*	L3-4
ZUMBA**	TH	6:40-7:40 P.M.	1/8-3/19	R \$66*/NR \$83*	L3-4
ZUMBA GOLD TONING**	M	NOON-1 P.M.	1/5-3/16	R \$54*/NR \$68*	L2-3
ZUMBA GOLD TONING**	W	NOON-1 P.M.	1/7-3/18	R \$66*/NR \$83*	L2-3

## SPRING:

CLASS	DAY	TIME	DATES	Fee	LEVEL
BALANCE AND STRENGTH	TH	10:30-11:15 A.M.	4/2-6/11	R \$52*/NR \$66*	L2
COMPLETE CONDITIONING	TH	9:20-10:20 A.M.	4/2-6/11	R \$66*/NR \$83*	L2-3
FUNCTIONAL FITNESS**	TU	11 A.M.-NOON	3/31-6/2	R \$60*/NR \$75*	L2-3
LINE DANCE FOR FITNESS	M	9:45-10:45 A.M.	3/30-6/8	R \$60*/NR \$75*	L2-3
LINE DANCE FOR FITNESS II	TU	12:45-1:45 P.M.	3/31-6/2	R \$60*/NR \$75*	L2-3
LINE DANCE FOR FITNESS II	TH	12:45-1:45 P.M.	4/2-6/4	R \$60*/NR \$75*	L2-3
<b>NEW!</b> POWER PULSE	F	NOON-1 P.M.	4/3-6/12	R \$66*/NR \$83*	L3-4
SIT-N-B-FIT	M	11-11:45 A.M.	3/30-6/8	R \$48*/NR \$60*	L1-2
SIT-N-B-FIT	W	11-11:45 A.M.	4/1-6/10	R \$52*/NR \$66*	L1-2
SIT-N-B-FIT	F	11-11:45 A.M.	4/3-6/12	R \$52*/NR \$66*	L1-2
<b>NEW!</b> TOTAL BODY BALANCE	W	8:30-9:15 A.M.	4/1-6/10	R \$52*/NR \$66*	L2
ZUMBA**	TU	6:40-7:40 P.M.	3/31-6/9	R \$66*/NR \$83*	L3-4
ZUMBA**	TH	6:40-7:40 P.M.	4/2-6/11	R \$66*/NR \$83*	L3-4
ZUMBA GOLD TONING**	M	NOON-1 P.M.	3/30-6/8	R \$60*/NR \$75*	L2-3
ZUMBA GOLD TONING**	W	NOON-1 P.M.	4/1-6/10	R \$66*/NR \$83*	L2-3

• NIGHT CLASSES    \*\*Zoom options available

\*Senior discount for 62+

## FREE WORKSHOPS!

Not sure if a class is right for you? Please call 503-794-8092 to help you get started or attend one of our workshops or meet and greet. Pre-registration is required.

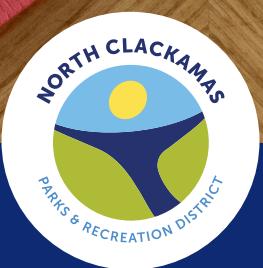
### **NEW! TOTAL BODY BALANCE**

Location: Milwaukie Community Center  
Fee: FREE  
Time/Date: 8:30-9:15 a.m.      W      1/7

### **NEW! POWER PULSE**

Location: Milwaukie Community Center  
Fee: FREE  
Time/Date: noon-1 p.m.      F      1/9

REGISTER ONLINE AT **NCPRD.ORG**



# DROP-IN ACTIVITY GROUPS

NCPRD offers a variety of drop-in activities at the Milwaukie Community Center (5440 S.E. Kellogg Creek Dr., Milwaukie) for anyone wanting to be in a fun environment while making friends and learning new skills. **Schedules subject to change. Facility Closures: 12/24-12/25, and 1/1.**

## BILLIARDS

Two pool tables with open play.

Fee: NCPRD, \$2 all day;  
non-resident, \$2.50 all-day  
Time/Date: 8 a.m.-4 p.m. M-F

## BINGO - DAYTIME

Play bingo for fun during this one-hour activity.

Fee: NCPRD, \$.25/card,  
non-resident, \$.50/card  
Time/Date: 12:45-1:45 p.m. Tu/Th

## BINGO - EVENING

Our Bingo Nights offer the chance to win big prizes while enjoying a great atmosphere with friends and family.

Fee: \$6/packet + add ons for bonus games  
Time/Date: 6:30-9:30 p.m. Tu/Th

## 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.

Fee: NCPRD, \$2; non-resident, \$2.50  
Time/Date: 10:30 a.m.-noon W, 2nd

## CARD AND BOARD GAMES

Simple games like Rummikub, Five Crowns, and Golf (card game) are played. You are welcome to bring your favorite card or board game as well.

Fee: NCPRD, \$2; non-resident, \$2.50  
Time/Date: 2-4 p.m. Tu



## MAH JONGG (AMERICAN)

Mah Jongg originated in China as a game of skill, strategy, and chance. Experience preferred. Please bring your current American Mah Jongg card. If interested in learning, please contact [recreation@ncprd.com](mailto:recreation@ncprd.com).

Fee: NCPRD, \$2; non-resident, \$2.50  
Time/Date: 12:30-3:30 p.m. W

## MAH JONGG (CHINESE)

The game's objective is to be the first to Mah Jongg where all your tiles form four sets, plus one pair. If interested in learning, contact [recreation@ncprd.com](mailto:recreation@ncprd.com).

Fee: NCPRD, \$2; non-resident, \$2.50  
Time/Date: 12:30-3:30 p.m. M

## MT. DULCIMER JAM GROUP

Bring your mountain dulcimer and jam with the group. Newcomers, please contact [recreation@ncprd.com](mailto:recreation@ncprd.com), or call 503-794-8092 for more information.

Fee: NCPRD, \$2; non-resident, \$2.50  
Time/Date: noon-2 p.m. F, 1st and 3rd

## PARTY BRIDGE

Ages 18+ and for those who already play the game. Group rules apply.

Fee: NCPRD, \$2; non-resident, \$2.50  
Time/Date: 12:30-3:30 p.m. Th

## UKULELE JAM GROUP

Practice strumming to popular songs in this casual atmosphere. Please call 503-794-8092 or email [recreation@ncprd.com](mailto:recreation@ncprd.com) for more information. Join the email list to receive the song list. All ages welcome. Adult supervision recommended for 10 years and younger.

Fee: NCPRD, \$2; non-resident, \$2.50  
Time/Date: 9:30-11 a.m. Th  
6-7:15 p.m. Th, 1st and 3rd

## WOODCARVING

Activity period for novice to advanced woodcarvers with guidance for starter projects, instruction on safety, and tool care.

Fee: NCPRD, \$2; non-resident, \$2.50  
Time/Date: 8-11:30 a.m. W

# COMMUNITY SERVICES

Milwaukie Community Center (5440 S.E. Kellogg Creek Dr., Milwaukie) is an essential link for the older adult community and their families in North Clackamas, offering resources and helpful information. These programs are supported by **Milwaukie Community Center Foundation**. *Schedules subject to change.*



## COMMUNITY GARDEN

Milwaukie Community Center, in partnership with Clackamas County Master Gardeners, has an amazing community garden with 17 raised beds available for rent from April through October. Gardening enthusiasts can register for a garden bed starting Wednesday, April 1. Fee is NCPRD, \$35; non-resident, \$50 per raised bed. Gardeners who rented beds last year have first option to rent their same bed. Priority then goes to older adults (60+) and people with disabilities residing in North Clackamas Parks and Recreation District. Proceeds help pay for maintenance and costs of caring for the garden. Applications will be available at the front desk beginning April 1. For more information, call the Milwaukie Community Center at 503-653-8100.

## MEALS ON WHEELS

Milwaukie Community Center has provided Meals on Wheels to community members in North Clackamas for the last 45 years. This program is for eligible homebound older adults 60+. Nutritious meals are made fresh daily and delivered directly to homes by dedicated volunteers. To learn about qualifications and how to apply, call 503-653-8100.

Fee: \$4 suggested donation  
Time/Date: 10:30 a.m.-1 p.m. M-F

## MEDICAL EQUIPMENT LOAN PROGRAM

Mobility equipment, including walkers, wheelchairs, crutches, knee scooters and canes are available for short-term loan. There is a suggested \$10 loan fee per item. By appointment only. To check availability, reserve equipment, or schedule a donation drop off, please call 503-653-8100.

## PETE'S CAFÉ

Pete's Cafe 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 are affordable and include specialty salads, homemade soups, made to order sandwiches, bakery items, and hot and cold beverages.

Fee: Varies  
Time/Date: 9 a.m.-12:45 p.m. M-F

## SUMMER UTILITY ASSISTANCE PROGRAM: OPENS MAY 1

This federal program assists low-income households with summer cooling bills from Portland General Electric (PGE). The program operates on a first-come, first-served basis and you must be a North Clackamas Parks and Recreation District resident to apply. Applicants must meet federal low-income guidelines to qualify. Applications available by appointment only. The program is dependent on available funding. For detailed information on eligibility, or to schedule an appointment, call the Milwaukie Community Center at 503-653-8100.

## TRILLIUM LUNCH

A hot, well-balanced lunch is served daily in the Trillium Room at the Milwaukie Community Center. To see the daily menu please visit [ncprd.org/nutrition](http://ncprd.org/nutrition).

Fee: \$4 suggested donation for age 60+,  
\$6 for under 60  
Time/Date: 11:45 a.m.-12:30 p.m. M-F

## ONGOING CLINICS & GROUPS

### APAC RESPITE PROGRAM

"A Place at the Center" (APAC) is an activities program 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 various enrichment activities, including music therapy, arts, cognitive stimulation, and movement. Pre-registration required. For additional information or to register, call 503-794-8038.

Fee: NCPRD, \$35 per session; non-resident, \$45 per session  
Time/Date: 10 a.m.-2 p.m. W

# ONGOING CLINICS & GROUPS (CONT.)

## NEW! APHASIA SUPPORT GROUP

This group welcomes individuals with aphasia and their caregivers to connect, share experiences, discover new tools for communication, and find encouragement in a supportive, joyful space. Led by Kirsten Klug, National Aphasia Association Ambassador.

Fee: Free  
Time/Date: 2:30-3:30 p.m. W, 2nd

## BLOOD PRESSURE CLINIC

Drop in and get your blood pressure checked by a volunteer nurse.

Fee: Free  
Time/Date: 10-11 a.m. Tu, 2nd

## CAREGIVER 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.

Fee: Free  
Time/Date: 12:30-2 p.m. W, 2nd and 4th

## FOOT CARE CLINIC

This service is offered by registered nurses who specialize in foot care. The service includes a foot care exam, toenail, callus trim, and lotion rub. To schedule an appointment, call 503-794-8038.

Fee: \$50 cash or check  
Time/Date: 8:30 a.m.-3 p.m. Tu

## GRIEF SUPPORT GROUP

This group is for people who have experienced the loss of an important person in their lives. Facilitated by a licensed counselor, participants will share a safe space to talk about their grief and gain support from the group. Groups are scheduled in 8-week sessions. Pre-registration and consent are required. For more information on upcoming sessions or to register, call 503-215-4622.

Fee: Free  
Time/Date: Varies

## SENIOR LAW CLINIC

Volunteer elder law attorneys provide up to a half-hour free consultation on estate planning issues such as wills, trusts, probate, and advanced directives. This service is available to older adults (60+) in north Clackamas County. Various Tuesdays of each month, by appointment only. To schedule an appointment, call 503-794-8040.

Fee: Free  
Time/Date: 9:30 a.m.-noon Tu

# HEALTHY AGING PROGRAMS

## NEW YEAR'S RESOLUTIONS FOR SENIORS IN 2026

The beginning of a new year is an excellent opportunity for seniors to set meaningful goals and make positive changes in their lives. Whether it's improving physical health, fostering connections, or exploring new hobbies, New Year resolutions for seniors can inspire a healthier and more fulfilling lifestyle. These resolutions don't have to be daunting; small, consistent steps can lead to significant improvements. Join us as we explore practical and inspiring ways to help seniors embrace the New Year with confidence and vitality.

Fee: Free  
Time/Date: 11 a.m.-noon Tu  
**WINTER:** 12/9

## FIRE AND FALL PREVENTION FOR OLDER ADULTS

Join us for a free, informative workshop designed to help older adults stay safe and independent at home. This session will focus on practical strategies to reduce the risk of fires and falls — two of the most common dangers facing older adults today. Participants will learn why older adults are especially vulnerable to fires and falls, risk factors related to aging that increase danger, and proven prevention strategies and tips to stay safe and maintain independence. Whether you're an older adult, caregiver, or family member, this workshop will provide valuable tools to help create a safer home environment. Presented by Clackamas Fire District.

Fee: Free  
Time/Date: 10-11 a.m. W  
**WINTER:** 1/28

## HOW TO AFFORD LONG-TERM CARE

Worried about long-term care? Join Oregon attorney, Jennifer Trundy from Rose Elder Law as she discusses how to pay for long-term care using private funds, qualifying for Medicaid, and Veterans benefits. She will help answer important questions such as how to qualify for Medicaid without impoverishing your spouse, and how to qualify if you are over the income or resource limit.

Fee: Free  
Time/Date: 10:30-11:30 a.m. Tu  
**WINTER:** 2/3



## LIFE'S ESSENTIAL 8 FOR BETTER CARDIOVASCULAR HEALTH

Improving and maintaining cardiovascular health, or CVH, can help you enjoy a longer, healthier life. Better CVH has also been associated with decreased risk for heart disease, stroke, and other major health problems. Life's Essential 8 outlines a few easy steps you can take to live a healthier lifestyle. Presented by American Heart Association of Oregon.

Fee: Free  
Time/Date: 10:30-11:30 a.m. Th  
**WINTER:** 2/12

## DOWNSIZING 101

Downsizing can indeed be a daunting task, but it can also provide a valuable opportunity to simplify your life, declutter, and create a more organized living space. With expert guidance from professionals at Managed Moves, you'll learn essential strategies to make the downsizing process as smooth as possible. By the end of the class, you'll have all the tools and knowledge needed to approach downsizing with confidence, making the process as efficient and stress-free as possible. Whether it's a life change or simply the desire to simplify, this class will guide you through every step.

Fee: Free  
Time/Date: 10:30-11:30 a.m. W  
**SPRING:** 3/25

## SOCIAL SECURITY 101: UNDERSTANDING YOUR BENEFITS

Do you understand how Social Security works? Have you wondered what the differences between full, early, and delayed benefits are? This workshop focuses on building an understanding of the implications of Social Security claiming decisions. We'll discuss what Social Security is, when and how to claim your benefits, spousal and survivor benefits, and the future of Social Security. We'll also share more information and resources to help you make an informed decision, like the AARP Social Security Resource Center. We'll also address how Congress needs to take action in the next 10 years to protect Social Security to ensure Americans continue to receive the full benefits they have earned, and how AARP is advocating to protect Social Security.

Fee: Free  
Time/Date: 11 a.m.-noon Th  
**SPRING:** 4/23



## ESTATE PLANNING 101: PROTECTING YOURSELF AND YOUR FAMILY

Join Oregon attorney Jennifer Trundy as she discusses why you must have more than a will to protect yourself and your family in 2026. She will discuss how you can protect yourself and your family if you or a loved one need long-term care or passes away. Topics will include the most expensive estate planning mistakes, how to avoid probate, how to protect your assets with trusts, how to avoid estate taxes, and much more.

Fee: Free  
Time/Date: 10:30-11:30 a.m. Tu  
**SPRING:** 5/12

## KNOW THE RISKS: STROKE AND WOMEN'S HEALTH

Did you know that 1 in 5 women will have a stroke in her lifetime? Stroke is the third cause of death in women and claims more lives than it does in men. Women face unique risk factors, including pregnancy, menopause, and racial or ethnic disparities — especially among women of color. In observance of National Stroke Awareness Month, we will explore the unique stroke risk factors that affect women, warning signs and symptoms every woman should know, and steps you can take to help prevent stroke.

Fee: Free  
Time/Date: 10-11 a.m. W  
**SPRING:** 5/27

## DISCUSSIONS ON AGING

Discussions On Aging is a peer-facilitated group designed to offer older adults a welcoming, confidential space to share and explore the many facets of aging. Each month features a different topic focused on the unique challenges and experiences of growing older. Whether you're navigating life transitions, seeking connection, or simply want to engage in meaningful conversations, this group offers a supportive environment to be heard and understood. No meeting in January.

Fee: Free  
Time/Date: 10-11:30 a.m. F  
**WINTER:** 12/5, 2/6, 3/6  
**SPRING:** 4/3, 5/1, 6/5

REGISTER ONLINE AT [NCPRD.ORG](http://NCPRD.ORG)



# Youth Programs



Youth programs at Milwaukie Community Center (5440 S.E. Kellogg Creek Dr., Milwaukie). *Schedules subject to change.*

## DANCE

### LITTLE DANCERS BALLET & JAZZ

**Ages 5-7.** This coed class provides the perfect foundation for any little dancer. Explore movement in a fun and welcoming environment, while learning classroom etiquette, ballet positions, creative movement, and basic across-the-floor combinations.

Location: Milwaukie Community Center  
Fee: NCPRD, \$100; non-resident, \$126  
Time/Date: 5:20-6:05 p.m. W  
**WINTER:** 1/7-2/25  
**SPRING:** 4/22-6/10

### TINY TOTS PRE-BALLET

**Ages 3-4.** This coed class provides an introduction to ballet. Dancers will learn body awareness, rhythm, classroom technique, ballet positions and free movement. Parents are welcome to watch the last five minutes of class. Proudly sponsored by Great Grins For Kids.

Location: Milwaukie Community Center  
Fee: NCPRD, \$92; non-resident, \$116  
Time/Date: 4-4:30 p.m. W  
4:40-5:10 p.m. W  
**WINTER:** 1/7-2/25  
**SPRING:** 4/22-6/10



## MUSIC

### PRESCHOOL SING-ALONG

**Ages 1-5.** Explore rhythms and notes through singing during this 30-minute drop-in activity. Bond with your preschooler while learning new songs and meeting other preschoolers. Enjoy milk and cookies afterwards in Pete's Cafe. Please bring cash for this drop-in program.

Location: Milwaukie Community Center  
Fee: NCPRD, drop-in \$3; non-resident, \$4  
Time/Date: 10-10:30 a.m. Tu  
**WINTER:** 1/6-2/24  
**SPRING:** 3/31-5/19

## — REGISTRATION OPENS —

### WINTER:

NCPRD residents on **Dec. 2 at noon**  
and non-residents on **Dec. 9 at noon**

### SPRING:

NCPRD residents on **Feb. 3 at noon**  
and non-residents on **Feb. 10 at noon**

# Winter Break Camps

NCPRD's winter break science camps foster curiosity and inspire wide-eyed wonder, while teaching kids about the world around them. *Schedules subject to change.*



## PLAY-WELL: WINTER WONDERLAND ENGINEERING USING LEGO® MATERIALS

**Ages 5-9.** Bundle up, we're creating a spectacular Winter Wonderland! Build bobsleds, design snowplows, and ride the Polar Express. Explore your snowiest ideas and learn STEM concepts with tens of thousands of LEGO® pieces at your mitten-tips and the guidance of an experienced Play-Well instructor. No class Jan. 1.

**Instructor:** Play-Well TEKnologies Staff

**Location:** Milwaukie Community Center

**Fee:** NCPRD, \$210; non-resident, \$263

**Time/Date:** 9 a.m.-noon FMTuWF 12/26-1/2



## STEAMVENTURES: MINI WORLD IN A BOTTLE FOR THE HOLIDAY

**Ages 6-10.** Build a tiny plant world for your room! This eco-discovery camp will take your child's curiosity and enthusiasm for nature and help them understand how an ecosystem works. Plant your own seeds and watch them grow. Pick plants, mix soil, and use tools to build a terrarium while learning important ecological concepts around plants, animals, water, sunlight, and soil nutrients. Students will learn, play and explore, all while having fun, making friends and connecting to nature. No class Jan. 1.

**Instructor:** Julia Corkett

**Location:** Milwaukie Community Center

**Fee:** NCPRD, \$210; non-resident, \$263

**Time/Date:** 9 a.m.-noon FMTuWF 12/26-1/2

REGISTER ONLINE AT [NCPRD.ORG](http://NCPRD.ORG)

