



milwaukie community center

Adult Programs

Adult programs take place at Milwaukie Community Center (5440 S.E. Kellogg Creek Dr., Milwaukie).
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: 9-11:30 a.m. M 9/29-11/24

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. No class Nov. 27.

Location: Milwaukie Community Center
Fee: NCPRD, \$135*; non-resident, \$169*
Time/Date: 3:15-5:45 p.m. Th 10/2-12/4

OIL PAINTING

Develop composition and color mixing skills with one-on-one instruction that will guide you through each process step, from canvas preparation to the finished project. No class Nov. 27.

Location: Milwaukie Community Center
Fee: NCPRD, \$150*; non-resident, \$188*
Time/Date: 9:30 a.m.-noon Th 10/2-12/11

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. No class Nov. 27.

Location: Milwaukie Community Center
Fee: NCPRD, \$135*; non-resident, \$169*
Time/Date: 12:30-3 p.m. Th 10/2-12/4

COOKING

NEW! SPREAD THE LOVE: BLACKBERRY JAM MAKING

Jam is one of the easiest ways to preserve food so you can enjoy it later. Learn the secrets to making the perfect homemade jam using fresh, seasonal berries. The instructor will guide you step-by-step, using low-sugar pectin to create a healthier, balanced flavor. By the end, you'll have a jar of delicious, homemade jam to take home and share with friends and family.

Location: Milwaukie Community Center
Fee: NCPRD, \$50; non-resident, \$63
Time/Date: 10 a.m.-12:30 p.m. Sa 9/6

NEW! HOLIDAY DROP COOKIES: BIG FLAVOR, NO FUSS

Ages 16+. Learn how to make three irresistible cookies for the holiday season—perfect for gifting, swapping, or indulging. In this hands-on class, you'll create soft, chewy drop cookies using simple pantry ingredients—no stand mixer required. All recipes are entirely plant-based, but you'd never know it from the taste!

Location: Milwaukie Community Center
Fee: NCPRD, \$50; non-resident, \$63
Time/Date: 10 a.m.-12:30 p.m. Sa 11/15

LANGUAGE & WRITING

NEW! SPANISH, BEGINNING CONVERSATION FOR THE HOLIDAY SEASON

This course is designed for those with limited Spanish knowledge who are interested in building their vocabulary, grammar, and conversational skills. The focus will be on useful phrases and language related to holiday traditions, family gatherings, and travel. No class Nov. 11.

Location: Milwaukie Community Center
Fee: NCPRD, \$90*; non-resident, \$113*
Time/Date: 5:30-7 p.m. Tu 9/30-12/9

SPANISH II/CONVERSATION II

Build off your current knowledge of Spanish pronunciation, learn more practical vocabulary, and dive into grammar further. No class Nov. 11.

Location: Milwaukie Community Center
Fee: NCPRD, \$90*; non-resident, \$113*
Time/Date: 3-4:30 p.m. Tu 9/30-12/9

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 10/1-11/26

TECHNOLOGY

COMPUTER BASICS I

Do computers intimidate you? Perfect for beginners, this hands-on course will help you get comfortable with computers even if you've never used one. Learn the fundamentals of computer hardware, operating systems, productivity and media tools, file management, keyboarding skills, internet, email, security, and troubleshooting basics. By the end of the course, you will be ready to explore on your own.

Location: Milwaukie Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
Time/Date: 2:30-4:30 p.m. Th 10/2-10/30

COMPUTER BASICS II

Build on the foundational skills from Computer Basics I and gain more confidence using your computer. This intermediate course focuses on practical applications such as working with documents and spreadsheets, organizing files and folders, customizing system settings, and navigating common software tools. You'll also learn more about internet safety, cloud storage, and how to download and manage programs. Ideal for those who have basic computer knowledge and want to continue developing their skills in a supportive, hands-on environment. No class Nov. 10.

Location: Milwaukie Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
Time/Date: 2:30-4:30 p.m. M 11/3-12/8

SMARTPHONES, BEGINNING I

Whether you are entirely new to smartphones or looking to boost your tech skills, this class will cover introductory basics, including navigating your phone, setting up essential apps, sending messages, and making calls. You will also learn about customization, privacy settings, and staying safe and secure online. Tablet users are also welcome.

Location: Milwaukie Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
Time/Date: 12:15-2:15 p.m. Th 10/2-10/30

SMARTPHONES, BEGINNING II

Ready to take your smartphone skills to the next level? This follow-up to Smartphones, Beginning I dives deeper into your device's features. You'll explore app management, photo sharing, cloud storage, voice assistants, calendar tools and CarPlay/Android Auto. The class will also cover tips for troubleshooting common issues, managing notifications, and using your smartphone more efficiently in everyday life. Tablet users are also welcome. No class Nov. 10.

Location: Milwaukie Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
Time/Date: 12:15-2:15 p.m. M 11/3-12/8

MIND & BODY

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. No class Nov. 28.

Location: Milwaukie Community Center
Fee: NCPRD, \$52*; non-resident, \$66*
Time/Date: 1:15-2 p.m. M 9/29-12/8
Fee: NCPRD, \$48*; non-resident, \$60*
Time/Date: 1:15-2 p.m. F 10/3-12/12

NEW! CHAIR YOGA : ADAPTIVE & ACCESSIBLE

Levels 1-3. Through movement, breath, balance, and rest, you'll discover how yoga can support your body and mind exactly as they are. Each class begins with a mindful moment to ground yourself in the present and honor your unique strengths. Next, you will flow through a series of fun, accessible poses that build flexibility, strength, and resilience. To close, a guided meditation will leave you feeling refreshed, centered, and at peace. Taught by an aphasia and disability ambassador. **Come to a free workshop on Wednesday, Sept. 24, 1:15-2 p.m.**

Location: Milwaukie Community Center
Fee: NCPRD, \$52*; non-resident, \$66*
Time/Date: 1:15-2 p.m. W 10/1-12/10

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. No class Nov. 28.

Location: Milwaukie Community Center
Fee: NCPRD, \$66*; non-resident, \$83*
Time/Date: 8:30-9:30 a.m. M 9/29-12/8
Fee: NCPRD, \$60*; non-resident, \$75*
Time/Date: 10-11 a.m. F 10/3-12/12

INNERGYSTICS

Levels 3-4. INNERgystics 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. No class Nov. 27.

Location: Milwaukie Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
Time/Date: 11:30 a.m.-12:30 p.m. Th 10/2-12/11

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. **Come to a free workshop on Sept. 23, 4-5 p.m.** No class Nov. 11, 24, and 26.

Location: Milwaukie Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
(in person or Zoom)
Time/Date: 2:45-3:45 p.m. M 9/29-12/8
Fee: NCPRD, \$60*; non-resident, \$75*
Time/Date: 9:45-10:45 a.m. Tu 9/30-12/9
4-5 p.m. Tu 9/30-12/9
9:30-10:30 a.m. W 10/1-12/10

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, \$132*; non-resident, \$165*
Time/Date: 3-4 p.m. M/W 9/29-12/10

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. No class Nov. 24 and 26.

Location: Milwaukie Community Center
Fee: NCPRD, \$120*; non-resident, \$150*
Time/Date: 4:10-5:10 p.m. M/W 9/29-12/10

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. No class Nov. 11, 25, and 27.

Location: Milwaukie Community Center
Fee: NCPRD, \$114*; non-resident, \$143*
Time/Date: 8:05-9:05 a.m. Tu/Th 9/30-12/11
5:15-6:15 p.m. Tu/Th 9/30-12/11



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. No class Nov. 27.

Location: Milwaukie Community Center
Fee: NCPRD, \$48*; non-resident, \$60*
Time/Date: 10:30-11:15 a.m. Th 10/2-12/11

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. No class Nov. 27.

Location: Milwaukie Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
Time/Date: 9:20-10:20 a.m. Th 10/2-12/11

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. No class Nov. 11.

Location: Milwaukie Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
(in person or Zoom)
Time/Date: 11 a.m.-noon Tu 9/30-12/9

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. No class Nov. 28.

Location: Milwaukie Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
Time/Date: 9:45-10:45 a.m. M 9/29-12/1
9:45-10:45 a.m. F 10/3-12/12

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. No class Nov. 11 and 27.

Location: Milwaukie Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
Time/Date: 12:45-1:45 p.m. Tu 9/30-12/9
12:45-1:45 p.m. Th 10/2-12/11

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. No class Nov. 28.

Location: Milwaukie Community Center
Fee: NCPRD, \$52*; non-resident, \$66*
Time/Date: 11-11:45 a.m. M 9/29-12/8
11-11:45 a.m. W 10/1-12/10
Fee: NCPRD, \$48*; non-resident, \$60*
Time/Date: 11-11:45 a.m. F 10/3-12/12



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. No class Nov. 11 and 27.

Location: Milwaukie Community Center
Fee: NCPRD, \$60*; non-resident, \$75*
(in person or Zoom)
Time/Date: 6:40-7:40 p.m. Tu 9/30-12/9
6:40-7:40 p.m. Th 10/2-12/11

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.).

Location: Milwaukie Community Center
Fee: NCPRD, \$66*; non-resident, \$83*
(in person or Zoom)
Time/Date: noon-1 p.m. M 9/29-12/8
noon-1 p.m. W 10/1-12/10

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! CHAIR YOGA : ADAPTIVE & ACCESSIBLE

Location: Milwaukie Community Center
Fee: FREE
Time/Date: 1:15-2 p.m. W 9/24

STRENGTH AND RELAXATION YOGA

Location: Milwaukie Community Center
Fee: FREE
Time/Date: 4-5 p.m. Tu 9/23

MIND & BODY

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

☾	CLASS	DAY	TIME	DATES	FEE	LEVEL
	CHAIR YOGA	M	1:15-2PM	SEP 29-DEC 8	R \$52*/NR \$66*	L1-3
	CHAIR YOGA	F	1:15-2PM	OCT 3-DEC 12	R \$48*/NR \$60*	L1-3
	CHAIR YOGA: ADAPTIVE AND ACCESSIBLE	W	1:15-2PM	OCT 1-DEC 10	R \$52*/NR \$66*	L1-3
	HATHA YOGA	M	8:30-9:30AM	SEP 29-DEC 8	R \$66*/NR \$83*	L2-3
	HATHA YOGA	F	10-11AM	OCT 3-DEC 12	R \$60*/NR \$75*	L2-3
	INNERGYSTICS	TH	11:30AM-12:30PM	OCT 2-DEC 11	R \$60*/NR \$75*	L3-4
	STRENGTH & RELAXATION YOGA**	M	2:45-3:45PM	SEP 29-DEC 8	R \$60*/NR \$75*	L2-3
	STRENGTH & RELAXATION YOGA	TU	9:45-10:45AM	SEP 30-DEC 9	R \$60*/NR \$75*	L2-3
☾	STRENGTH & RELAXATION YOGA	TU	4-5PM	SEP 30-DEC 9	R \$60*/NR \$75*	L2-3
	STRENGTH & RELAXATION YOGA	W	9:30-10:30AM	OCT 1-DEC 10	R \$60*/NR \$75*	L2-3
	TAI CHI, BEGINNING: 24 YANG FORM	M/W	3-4PM	SEP 29-DEC 10	R \$132*/NR \$165*	L2-3
☾	TAI CHI, BEGINNING: 108 YANG FORM	M/W	4:10-5:10PM	SEP 29-DEC 10	R \$120*/NR \$150*	L2-3
	TAI CHI, BEGINNING II: 108 YANG FORM	TU/TH	8:05-9:05AM	SEP 30-DEC 11	R \$114*/NR \$143*	L2-3
☾	TAI CHI, BEGINNING II: 108 YANG FORM	TU/TH	5:15-6:15PM	SEP 30-DEC 11	R \$114*/NR \$143*	L2-3

☾ **NIGHT CLASSES** **Zoom options available

*Senior discount for 62+





CARDIO & STRENGTH

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

☾	CLASS	DAY	TIME	DATES	FEE	LEVEL
	BALANCE AND STRENGTH	TH	10:30-11:15AM	OCT 2-DEC 11	R \$48*/NR \$60*	L2
	COMPLETE CONDITIONING	TH	9:20-10:20AM	OCT 2-DEC 11	R \$60*/NR \$75*	L2-3
	FUNCTIONAL FITNESS**	TU	11AM-NOON	SEP 30-DEC 9	R \$60*/NR \$75*	L2-3
	LINE DANCE FOR FITNESS	M	9:45-10:45AM	SEP 29-DEC 1	R \$60*/NR \$75*	L2-3
	LINE DANCE FOR FITNESS	F	9:45-10:45AM	OCT 3-DEC 12	R \$60*/NR \$75*	L2-3
	LINE DANCE FOR FITNESS II	TU	12:45-1:45PM	SEP 30-DEC 9	R \$60*/NR \$75*	L2-3
	LINE DANCE FOR FITNESS II	TH	12:45-1:45PM	OCT 2-DEC 11	R \$60*/NR \$75*	L2-3
	SIT-N-B-FIT	M	11-11:45AM	SEP 29-DEC 8	R \$52*/NR \$66*	L1-2
	SIT-N-B-FIT	W	11-11:45AM	OCT 1-DEC 10	R \$52*/NR \$66*	L1-2
	SIT-N-B-FIT	F	11-11:45AM	OCT 3-DEC 12	R \$48*/NR \$60*	L1-2
☾	ZUMBA**	TU	6:40-7:40PM	SEP 30-DEC 9	R \$60*/NR \$75*	L3-4
☾	ZUMBA**	TH	6:40-7:40PM	OCT 2-DEC 11	R \$60*/NR \$75*	L3-4
	ZUMBA GOLD TONING**	M	NOON-1PM	SEP 29-DEC 8	R \$66*/NR \$83*	L2-3
	ZUMBA GOLD TONING**	W	NOON-1PM	OCT 1-DEC 10	R \$66*/NR \$83*	L2-3

☾ NIGHT CLASSES **Zoom options available

*Senior discount for 62+

REGISTER ONLINE AT **NCPRD.ORG**



DROP-IN ACTIVITIES

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: 11/11, 11/27-11/28, 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: \$3-\$6 per packet
Time/Date: 6:30-9:30 p.m. Tu/Th

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 (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.

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

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.

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

MT. DULCIMER JAM GROUP

Bring your mountain dulcimer and jam with the group. Newcomers, please contact recreation@ncprd.com, or call 503-794-8092 for more information. Meets 1st and 3rd Fridays.

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 for more information. Join the email list to receive the song list. All ages welcome. Adult supervision recommended for 10 years and younger. Thursday evening jam meets 1st and 3rd Thursdays. Thursday morning jam meets Thursday each week.

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.*

BUS TRANSPORTATION

Milwaukie Community Center lift equipped buses provide round-trip transportation from your home to the Center. Call 503-794-8014 for pick up and drop off times and for more information. Eligibility is for those 60+ and persons with disabilities.

Fee: \$2 suggested donation per ride
Time/Date: Varies M-F

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 social services at 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

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.

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

WINTER ENERGY ASSISTANCE PROGRAM: OCTOBER 1 - NOVEMBER 26

The Low-income Energy Assistance Program is a federally funded program designed to assist low-income seniors and persons with disabilities with their heating costs. The Milwaukie Community Center offers early sign-up during October through November. Eligibility for heating assistance is based on total household income (before taxes). Required documentation: proof of monthly income for all household members, current 2025 Social Security award letter, current pension letter and any other monthly income, copy of current utility bill (PGE, NWN), social security card and photo identification. For detailed eligibility information or to schedule an appointment, call the Center at 503-653-8100. Deadline to apply is Nov. 26.

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

BLOOD PRESSURE CLINIC

Drop in and get your blood pressure checked by a volunteer nurse. Available 2nd Tuesday of each month.

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

ONGOING CLINICS & GROUPS (CONT.)

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. Meets the 2nd Wednesday of each month.

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

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. Meets the 2nd and 4th Wednesday of each month.

Fee: Free
Time/Date: 12:30-2 p.m. W

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. No clinic Nov. 11.

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: 12:30-1:45 p.m. W

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

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 2025. 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 a.m.-noon Tu 9/30

MEDICARE 101 PRESENTATION

Join us as Clackamas County Certified SHIBA Counselors give an extensive overview of Medicare and the most recent/upcoming changes for 2026, including; Medicare eligibility and enrollment, covered services, optional coverage choices, and Medicare fraud prevention tips. This is a great opportunity for anyone who is currently enrolled in Medicare, or is soon approaching Medicare eligibility. A Q&A session will follow the presentation.

Fee: Free
Time/Date: 10-11 a.m. Th 10/9

LONG-TERM CARE SEMINAR

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 a.m.-noon Tu 10/14



PROTECT YOURSELF FROM FRAUD AND IDENTITY THEFT

Have you ever been approached with a fraudulent offer or been a victim of identity theft? The AARP Fraud Watch Network is working to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud. By taking a few practical steps, you'll have the power to fight back against fraud. This workshop will arm you with the latest data on fraud trends and provide tips and resources to protect yourself and your family.

Fee: Free
Time/Date: 10-11:30 a.m. W 11/5

HOW TO GET CONNECTED WITH VETERANS BENEFITS

The Clackamas County Veterans Services office assists veterans and their families navigate the U.S. Veterans Administration benefits process. Much has changed with the VA in recent years and what may have been a "no" yesterday could be a "yes" today. Our VA Accredited Veterans Services Officers can assist you with this process. Stop by the VA table for information on eligibility, benefits, recent developments with the VA, and more.

Fee: Free
Time/Date: 11 a.m.-12:30 p.m. M 11/10

MEDICARE COUNSELING WORKSHOP

Do you need help during the Medicare Open Enrollment Period (Oct. 15 – Dec. 7)? Open enrollment is when most Medicare beneficiaries can change their medical coverage. SHIBA volunteers will be onsite providing individual counseling sessions. For more information about your Medicare options or to schedule a personalized counseling appointment with a Certified SHIBA (Senior Health Insurance Benefits Assistance) Counselor, call SHIBA at 503-655-8269, option 4. By appointment only. (SHIBA counselors do not sell insurance; they are trained volunteers who provide free, objective Medicare education and assistance.)

Fee: Free (by appointment only)
Time/Date: 10 a.m.-1 p.m. Th 11/13

NEW YEAR'S RESOLUTIONS FOR SENIORS IN 2026

Have you ever been approached with a fraudulent offer or been a victim of identity theft? The AARP Fraud Watch Network is working to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud. By taking a few practical steps, you'll have the power to fight back against fraud. This workshop will arm you with the latest data on fraud trends and provide tips and resources to protect yourself and your family.

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



CONVERSATIONS ON AGING

Conversations on Aging is a peer facilitated program that provides older adults free opportunities to talk about specific topics around the challenges of aging in a welcoming and confidential atmosphere. Conversations vary by topic. Meets the 1st Friday of each month.

Fee: Free
Time/Date: 10-11:30 a.m. F 10/3, 11/17, 12/5

— REGISTRATION OPENS —

For NCPRD residents on
August 5 at noon
and non-residents on
August 12 at noon

REGISTER ONLINE AT **NCPRD.ORG**



Youth Programs



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

DANCE

MELODIES IN MOTION: YOGA, SONGS, AND MOVEMENT

Ages 3-5. Introduce your child to movement and music! This fun, energetic class is designed to engage the body and mind. Participants will enjoy playful music, lively movement activities, and simple animal yoga poses. Each session encourages creativity, coordination, and relaxation through song-based games, rhythmic exercises, and gentle stretches.

Location: Milwaukie Community Center
Fee: NCPRD, \$100; non-resident, \$126
Time/Date: 12:15-1 p.m. M 10/6-11/24

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 10/8-11/26

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 10/8-11/26
4:40-5:10 p.m. W 10/8-11/26

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. No class Nov. 11.

Location: Milwaukie Community Center
Fee: NCPRD, drop-in \$3; non-resident, \$4
Time/Date: 10-10:30 a.m. Tu 10/7-12/2



— REGISTRATION OPENS —

For NCPRD residents on
August 5 at noon
and non-residents on
August 12 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. No camp Jan. 1. *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