

ADULT PROGRAMS

5440 S.E. Kellogg Creek Dr., Milwaukie
ncprd.org/milwaukie-community-center
Schedules subject to change. **Facility closures: 12/25, 1/1, 1/18, 2/15, and 5/31.**

ART

ACRYLICS

Ages 18+. 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, $152*; non-resident, $191*
Time/Date:	10 a.m.-12:30 p.m. F
WINTER:	1/8-3/5
SPRING:	4/2-5/28

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, watercolor, stencils and markers to create collages and other mixed media projects. No experience is necessary; students will learn basic techniques during this explorative class.

Location:	Milwaukie Community Center
Fee:	NCPRD, $152*; non-resident, $191*
Time/Date:	3:15-5:45 p.m. Th
WINTER:	1/7-3/4
SPRING:	4/1-5/27

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, $169*; non-resident, $213*
Time/Date:	9:30 a.m.-noon Th
WINTER:	1/7-3/11
SPRING:	4/1-6/3

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, $152*; non-resident, $191*
Time/Date:	12:30-3 p.m. Th
WINTER:	1/7-3/4
SPRING:	4/1-5/27

WRITING



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, $91*; non-resident, $115*
Time/Date: 1:30-3 p.m. W
WINTER: 1/6-3/3
SPRING: 3/31-5/26

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

MIND & BODY

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, $135*; non-resident, $170*
Time/Date: 3-4 p.m. M/W
WINTER: 1/4-3/17 (No class 1/18, 2/15)
SPRING: 3/29-6/7 (No class 5/31)



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, $135*; non-resident, $170*
Time/Date: 4:10-5:10 p.m. M/W
WINTER: 1/4-3/17 (No class 1/18, 2/15)
SPRING: 3/29-6/7 (No class 5/31)

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, $149*; non-resident, $187*
Time/Date: 8:05-9:05 a.m. Tu/Th
WINTER: 1/5-3/18

Fee: NCPRD, $149*; non-resident, $187*
Time/Date: 5:15-6:15 p.m. Tu/Th
WINTER: 1/5-3/18

Fee: NCPRD, $135*; non-resident, $170*
Time/Date: 8:05-9:05 a.m. Tu/Th
SPRING: 3/30-6/3

Fee: NCPRD, $135*; non-resident, $170*
Time/Date: 5:15-6:15 p.m. Tu/Th
SPRING: 3/30-6/3

**Senior discount for 62+*

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



MIND & BODY

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, $52*; non-resident, $63*
Time/Date: 1:15-2 p.m. M
WINTER: 1/4-3/15 (No class 1/18, 2/15)

Fee: NCPRD, $58*; non-resident, $70*
Time/Date: 1:15-2 p.m. M
SPRING: 3/29-6/7 (No class 5/31)

Fee: NCPRD, $63*; non-resident, $77*
Time/Date: 11-11:45 a.m. F
WINTER: 1/8-3/19
SPRING: 4/2-6/11

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, $74*; non-resident, $94*
Time/Date: 9:45-10:45 a.m. F
WINTER: 1/8-3/19
SPRING: 4/2-6/11

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/Zoom

Fee: NCPRD, $61*; non-resident, $77*
Time/Date: 2:45-3:45 p.m. M
WINTER: 1/4-3/15 (No class 1/18, 2/15)

Fee: NCPRD, $68*; non-resident, $85*
Time/Date: 2:45-3:45 p.m. M
SPRING: 3/29-6/7 (No class 5/31)

Location: Milwaukie Community Center

Fee: NCPRD, $74*; non-resident, $94*
Time/Date: 9:30-10:30 a.m. Tu
WINTER: 1/5-3/16
SPRING: 3/30-6/8

Fee: NCPRD, $74*; non-resident, $94*
Time/Date: 9:30-10:30 a.m. W
WINTER: 1/6-3/17
SPRING: 3/31-6/9

**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
	TAI CHI, BEGINNING: 24 YANG FORM	M/W	3-4 P.M.	1/4-3/17	R $135*/NR $170*	L2-3
☾	TAI CHI, BEGINNING: 108 YANG FORM	M/W	4:10-5:10 P.M.	1/4-3/17	R $135*/NR $170*	L2-3
	TAI CHI, BEGINNING II: 108 YANG FORM	TU/TH	8:05-9:05 A.M.	1/5-3/18	R $149*/NR $187*	L2-3
☾	TAI CHI, BEGINNING II: 108 YANG FORM	TU/TH	5:15-6:15 P.M.	1/5-3/18	R $149*/NR $187*	L2-3
	YOGA: CHAIR YOGA	M	1:15-2 P.M.	1/4-3/15	R $52*/NR $63*	L1-3
	YOGA: CHAIR YOGA	F	11:15-11:45 A.M.	1/8-3/19	R $63*/NR $77*	L1-3
	YOGA: HATHA YOGA	F	9:45-10:45 A.M.	1/8-3/19	R $74*/NR $94*	L2-3
	YOGA: STRENGTH & RELAXATION YOGA**	M	2:45-3:45 P.M.	1/4-3/15	R $61*/NR $77*	L2-3
	YOGA: STRENGTH & RELAXATION YOGA	TU	9:30-10:30 A.M.	1/5-3/16	R $74*/NR $94*	L2-3
	YOGA: STRENGTH & RELAXATION YOGA	W	9:30-10:30 A.M.	1/6-3/17	R $74*/NR $94*	L2-3

SPRING:

	CLASS	DAY	TIME	DATES	FEE	LEVEL
	TAI CHI, BEGINNING: 24 YANG FORM	M/W	3-4 P.M.	3/29-6/7	R $135*/NR $170*	L2-3
☾	TAI CHI, BEGINNING: 108 YANG FORM	M/W	4:10-5:10 P.M.	3/29-6/7	R $135*/NR $170*	L2-3
	TAI CHI, BEGINNING II: 108 YANG FORM	TU/TH	8:05-9:05 A.M.	3/30-6/3	R $135*/NR $170*	L2-3
☾	TAI CHI, BEGINNING II: 108 YANG FORM	TU/TH	5:15-6:15 P.M.	3/30-6/3	R $135*/NR $170*	L2-3
	YOGA: CHAIR YOGA	M	1:15-2 P.M.	3/29-6/7	R $58*/NR $70*	L1-3
	YOGA: CHAIR YOGA	F	11-11:45 A.M.	4/2-6/11	R $63*/NR $77*	L1-3
	YOGA: HATHA YOGA	F	9:45-10:45 A.M.	4/2-6/11	R $74*/NR $94*	L2-3
	YOGA: STRENGTH & RELAXATION YOGA**	M	2:45-3:45 P.M.	3/29-6/7	R $68*/NR $85*	L2-3
	YOGA: STRENGTH & RELAXATION YOGA	TU	9:30-10:30 A.M.	3/30-6/8	R $74*/NR $94*	L2-3
	YOGA: STRENGTH & RELAXATION YOGA	W	9:30-10:30 A.M.	3/31-6/9	R $74*/NR $94*	L2-3

☾ NIGHT CLASSES

***Zoom options available*

**Senior discount for 62+*





STRENGTH & CARDIO

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

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, $63*; non-resident, $77*
Time/Date: 10:30-11:15 a.m. Th
WINTER: 1/7-3/18
SPRING: 4/1-6/10

BODY STRONG

Levels 3-4. Use weights to find a whole body workout that optimizes performance in a safe environment. Music and breath keep you focused on completing each muscle burning task. Class ends with a good stretch to help prepare you for next time.

Location: Milwaukie Community Center
Fee: NCPRD, $74*; non-resident, $94*
Time/Date: 11:30 a.m.-12:30 p.m. Th
WINTER: 1/7-3/18
SPRING: 4/1-6/10

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, $74*; non-resident, $94*
Time/Date: 9:20-10:20 a.m. Th
WINTER: 1/7-3/18
SPRING: 4/1-6/10

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, $74*; non-resident, $94*
Time/Date: 11 a.m.-noon Tu
WINTER: 1/5-3/16
SPRING: 3/30-6/8

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, $61*; non-resident, $77*
Time/Date: 9:30-10:30 a.m. M
WINTER: 1/4-3/15 (No class 1/18, 2/15)
Fee: NCPRD, $68*; non-resident, $85*
Time/Date: 9:30-10:30 a.m. M
SPRING: 3/29-6/7 (No class 5/31)

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, $68*; non-resident, $85*
Time/Date: 12:45-1:45 p.m. Tu
WINTER: 1/5-3/9
SPRING: 3/30-6/1
Time/Date: 12:45-1:45 p.m. Th
WINTER: 1/7-3/11
SPRING: 4/1-6/3





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, $52*; non-resident, $63*
Time/Date: 11-11:45 a.m. M
WINTER: 1/4-3/15 (No class 1/18, 2/15)

Fee: NCPRD, $58*; non-resident, $70*
Time/Date: 11-11:45 a.m. M
SPRING: 3/29-6/7 (No class 5/31)

Fee: NCPRD, $63*; non-resident, $77*
Time/Date: 11-11:45 a.m. W
WINTER: 1/6-3/17
SPRING: 3/31-6/9

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, $63*; non-resident, $77*
Time/Date: 8:30-9:15 a.m. W
WINTER: 1/6-3/17
SPRING: 3/31-6/9

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. ***Join us for a free workshop, Tuesday, January 5, 6:40-7:40 p.m. Please pre-register.***

Location: Milwaukie Community Center/Zoom

Fee: NCPRD, $105*; non-resident, $137*
Time/Date: 6:40-7:40 p.m. Tu
WINTER: 1/12-3/16
SPRING: 3/30-6/1

Fee: NCPRD, $105*; non-resident, $137*
Time/Date: 6:40-7:40 p.m. Th
WINTER: 1/7-3/11
SPRING: 4/1-6/3

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. ***Join us for a free workshop, Wednesday, January 6, noon-1 p.m. Please pre-register.***

Location: Milwaukie Community Center/Zoom

Fee: NCPRD, $61*; non-resident, $77*
Time/Date: noon-1 p.m. M
WINTER: 1/4-3/15 (No class 1/18, 2/15)

Fee: NCPRD, $68*; non-resident, $85*
Time/Date: noon-1 p.m. M
SPRING: 3/29-6/7 (No class 5/31)

Fee: NCPRD, $68*; non-resident, $85*
Time/Date: noon-1 p.m. W
WINTER: 1/13-3/17

Fee: NCPRD, $74*; non-resident, $94*
Time/Date: noon-1 p.m. W
SPRING: 3/31-6/9

**Senior discount for 62+*

FREE WORKSHOPS!

Zumba

6:40-7:40 p.m. 1/5

Zumba Gold Toning

noon-1 p.m. 1/6

REGISTRATION OPENS

WINTER:

NCPRD residents on **Dec. 1 at noon**
and non-residents on **Dec. 8 at noon**

SPRING:

NCPRD residents on **Feb. 2 at noon**
and non-residents on **Feb. 9 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.	1/7-3/18	R $63*/NR $77*	L2
	BODY STRONG	TH	11:30 A.M.-12:30 P.M.	1/7-3/18	R $74*/NR $94*	L3-4
	COMPLETE CONDITIONING	TH	9:20-10:20 A.M.	1/7-3/18	R $74*/NR $94*	L2-3
	FUNCTIONAL FITNESS**	TU	11 A.M.-NOON	1/5-3/16	R $74*/NR $94*	L2-3
	LINE DANCE FOR FITNESS I	M	9:30-10:30 A.M.	1/4-3/15	R $61*/NR $77*	L2-3
	LINE DANCE FOR FITNESS II	TU	12:45-1:45 P.M.	1/5-3/9	R $68*/NR $85*	L2-3
	LINE DANCE FOR FITNESS II	TH	12:45-1:45 P.M.	1/7-3/11	R $68*/NR $85*	L2-3
	SIT-N-B-FIT	M	11-11:45 A.M.	1/4-3/15	R $52*/NR $63*	L1-2
	SIT-N-B-FIT	W	11-11:45 A.M.	1/6-3/17	R $63*/NR $77*	L1-2
	TOTAL BODY BALANCE	W	8:30-9:15 A.M.	1/6-3/17	R $63*/NR $77*	L2
☾	ZUMBA**	TU	6:40-7:40 P.M.	1/12-3/16	R $105*/NR $137*	L3-4
☾	ZUMBA**	TH	6:40-7:40 P.M.	1/7-3/11	R $105*/NR $137*	L3-4
	ZUMBA GOLD TONING**	M	NOON-1 P.M.	1/4-3/15	R $61*/NR $77*	L2-3
	ZUMBA GOLD TONING**	W	NOON-1 P.M.	1/13-3/17	R $68*/NR $85*	L2-3

SPRING:

	CLASS	DAY	TIME	DATES	FEE	LEVEL
	BALANCE AND STRENGTH	TH	10:30-11:15 A.M.	4/1-6/10	R $63*/NR $77*	L2
	BODY STRONG	TH	11:30 A.M.-12:30 P.M.	4/1-6/10	R $74*/NR $94*	L3-4
	COMPLETE CONDITIONING	TH	9:20-10:20 A.M.	4/1-6/10	R $74*/NR $94*	L2-3
	FUNCTIONAL FITNESS**	TU	11 A.M.-NOON	3/30-6/8	R $74*/NR $94*	L2-3
	LINE DANCE FOR FITNESS I	M	9:30-10:30 A.M.	3/29-6/7	R $68*/NR $85*	L2-3
	LINE DANCE FOR FITNESS II	TU	12:45-1:45 P.M.	3/30-6/1	R $68*/NR $85*	L2-3
	LINE DANCE FOR FITNESS II	TH	12:45-1:45 P.M.	4/1-6/3	R $68*/NR $85*	L2-3
	SIT-N-B-FIT	M	11-11:45 A.M.	3/29-6/7	R $58*/NR $70*	L1-2
	SIT-N-B-FIT	W	11-11:45 A.M.	3/31-6/9	R $63*/NR $77*	L1-2
	TOTAL BODY BALANCE	W	8:30-9:15 A.M.	3/31-6/9	R $63*/NR $77*	L2
☾	ZUMBA**	TU	6:40-7:40 P.M.	3/30-6/1	R $105*/NR $137*	L3-4
☾	ZUMBA**	TH	6:40-7:40 P.M.	4/1-6/3	R $105*/NR $137*	L3-4
	ZUMBA GOLD TONING**	M	NOON-1 P.M.	3/29-6/7	R $68*/NR $85*	L2-3
	ZUMBA GOLD TONING**	W	NOON-1 P.M.	3/31-6/9	R $74*/NR $94*	L2-3

☾ NIGHT CLASSES ***Zoom options available* **Senior discount for 62+*

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

Impact NW provides shuttle transportation to the Milwaukie Community Center on Mondays, Wednesdays, and Thursdays. This accessible option provides door-to-door service on a pre-set schedule. Please call Impact NW at 971-354-7164 to register or for more information.

COMMUNITY GARDEN: OPENS APRIL 1

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 Thursday, April 1. Fee is NCPRD, $35; non-resident, $50 per raised bed. Gardeners who rented a bed last year will have the first opportunity to renew 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.

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

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

SUMMER UTILITY ASSISTANCE PROGRAM: OPENS MAY 3

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 & Recreation District resident to apply. Applicants must meet federal low-income guidelines to qualify. Applications are available by appointment only. The program is dependent on available funding.

ONGOING CLINICS & GROUPS

BLOOD PRESSURE CLINIC

Free monthly blood pressure checks, provided by a volunteer nurse. No appointment needed, walk-ins welcome.

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

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

ONGOING CLINICS & GROUPS (CONT.)

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

Registered nurses provide professional foot care on Tuesdays by appointment. Services include a comprehensive foot exam, toenail thinning/trimming, callus reduction, corn/ingrown toenail removal, and other specialized treatments. To schedule an appointment, call 971-808-6597.

Fee: $50 cash, check or credit card
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

MEDICARE COUNSELING

Are you new to Medicare and need help comparing your health insurance options? Are you already enrolled in Medicare and have questions about your coverage? Schedule an appointment with a Certified SHIBA (Senior Health Insurance Benefits Assistance) Counselor volunteer for free, objective Medicare information. By appointment only. To schedule an appointment, call SHIBA at 503-655-8269.

Fee: Free
Time/Date: 12:30-2:30 p.m. Tu, 2nd

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, NEW WAYS TO GET INVOLVED!

Make "Get Involved" your New Year's resolution! Start the year by connecting with your community, sharing your talents, and making a difference. Join us to discover the many ways you can volunteer. Opportunities include Meals on Wheels drivers, recreation/activity leaders, board members, administrative support, lunch servers, and more! Volunteering is more than giving your time, it's a chance to build friendships, reduce isolation, strengthen community connections, and help others feel supported and included. Come learn about the many ways your time, talents, and ideas can help make a difference in the lives of others and support the programs and services at the Milwaukie Community Center.

Fee: Free
Time/Date: 3-4 p.m. Th 1/21

OREGON'S DEATH WITH DIGNITY LAW

End of Life Choices Oregon is a nonprofit organization that provides compassionate support, education, and advocacy for Oregonians and their families facing end-of-life decisions. We will talk about Oregon's Death with Dignity Act and legal end-of-life options, including medical aid in dying and voluntary stopping of eating and drinking. An overview will be given of how the Medical Aid in Dying process works and its usage in Oregon since 1997.

Fee: Free
Time/Date: noon-1 p.m. F 2/5

SOCIAL SECURITY: 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. AARP advocacy and the future funding of earned benefits will also be addressed.

Fee: Free
Time/Date: 12:30-1:30 p.m. W 2/24





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 more efficient and stress-free. Whether it's a life change or simply the desire to simplify, this class will guide you through every step.

Fee: Free
Time/Date: 11 a.m.-noon W 3/3

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 and how to avoid probate, protect your assets with trusts, avoid estate taxes, and much more.

Fee: Free
Time/Date: 10:30-11:30 a.m. Tu 3/16

MEDICAID AND LONG-TERM CARE PLANNING: WHAT YOU NEED TO KNOW

Join us as attorneys with Oregon Elder Law, provide an in-depth overview of the Medicaid long-term care process. Medicaid provides a wide range of health care services, including doctor visits, hospital stays, medical transportation, medical equipment and supplies, and long-term care services. Long-term care coverage may include in-home care, residential care facilities, assisted living facilities, and nursing home care. During this presentation, Oregon Elder Law will explain the Medicaid long-term care process and provide helpful information about how Medicaid coverage works, eligibility and financial considerations, and the types of long-term care services that may be available. Please join us to learn more about navigating Medicaid and planning for long-term care needs.

Fee: Free
Time/Date: 11 a.m.-noon Th 4/15

HOME WEATHERIZATION AND ENERGY SAVINGS WORKSHOP

Join us to learn practical ways to reduce energy use, lower utility costs, and make your home more comfortable, energy efficient, and accessible. Representatives from Clackamas County Weatherization and Energy Education will share information about free and affordable energy, weatherization, utility assistance, home repair, and accessibility programs available in Clackamas County. Discover grants, low-interest loans, and other assistance programs that may be available to qualifying homeowners and renters, along with practical energy-saving tips to help you save money and stay safely and comfortably in your home.

Fee: Free
Time/Date: 11 a.m.-noon W 4/28

BE 2 WEEKS READY – EMERGENCY PREPAREDNESS WORKSHOP

Oregon has experienced a recent cycle of emergencies and disasters, including floods, drought, wildfires, ice storms, extreme heat, and a pandemic. These events remind us how important it is to be prepared before disaster strikes. Join Clackamas County Emergency Management staff for a free, interactive workshop focused on helping individuals, families, and communities become better prepared for emergencies. Learn what it means to "Be 2 Weeks Ready"—having an emergency plan and enough food, water, supplies, and resources for everyone in your household to be self-sufficient for at least two weeks following a disaster. This hands-on workshop will provide practical information, helpful tips, and resources to help you take the next steps toward emergency preparedness. Don't wait until an emergency happens to prepare. Join us and start building your 2 Weeks Ready plan today.

Fee: Free
Time/Date: 10-11 a.m. Tu 5/18

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, 1st
WINTER: 12/4, 2/5, 3/5
SPRING: 4/2, 5/7, 6/4

Monthly Topic:

12/4: Holiday Memories
2/5: Letting Go
3/5: Talking with Family and Friends
4/2: Creativity
5/7: Belonging
6/4: Self-Kindness and Compassion

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: 12/25, 1/1, 1/18, 2/15, and 5/31.**

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-Th

BINGO - DAYTIME

Play bingo for fun during this one-hour activity.

Fee:	NCPRD, $.25/card; non-resident, $.50/card	
Time/Date:	12:40-1:40 p.m.	Tu/Th

BINGO - EVENING

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

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.org**.

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.org**.

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.org**, or call 503-794-8092 for more information.

Fee:	NCPRD, $2; non-resident, $2.50	
Time/Date:	noon-2 p.m.	Tu, 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.org** 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

YOUTH PROGRAMS



Youth programs at Milwaukie Community Center (5440 S.E. Kellogg Creek Dr., Milwaukie). *Schedules subject to change.* **Facility closures: 12/25, 1/1, 1/18, 2/15, and 5/31.**

DANCE

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.

Location:	Milwaukie Community Center
Fee:	NCPRD, $108; non-resident, $135
Time/Date:	4:40-5:10 p.m. W
WINTER:	1/13-3/3
SPRING:	4/21-6/9

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, $114; non-resident, $142.50
Time/Date:	5:20-6:05 p.m. W
WINTER:	1/13-3/3
SPRING:	4/21-6/9



REGISTRATION OPENS

WINTER:
NCPRD residents on **Dec. 1 at noon**
and non-residents on **Dec. 8 at noon**

SPRING:
NCPRD residents on **Feb. 2 at noon**
and non-residents on **Feb. 9 at noon**

REGISTER ONLINE AT **NCPRD.ORG**

NORTH CLACKAMAS PARKS & RECREATION DISTRICT