



ADULT PROGRAMS

3811 S.E. Concord Rd., Milwaukie
ncprd.org/concord-community-center

Schedules subject to change.

Facility closures: 11/11, 11/26-11/27, 12/23-12/25, and 12/31-1/1.

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. No class Oct. 23 and Nov. 27.

Location: Concord Community Center
Fee: NCPRD, \$152*; non-resident, \$191*
Time/Date: 10 a.m.-12:30 p.m. F 10/2-12/11

HOURS:

Monday-Friday

9 a.m.-1 p.m.

(or for scheduled programming)

DRAWING

Ages 18+. Whether you're new to drawing or looking to refine your skills, this class offers the opportunity to explore fundamental drawing techniques in a welcoming and supportive environment. Through guided projects and practice, participants will develop observational skills, perspective, composition, and creative expression while building confidence in their artistic abilities. No class Oct. 23 and Nov. 27.

Location: Concord Community Center
Fee: NCPRD, \$122*; non-resident, \$153*
Time/Date: 1-3 p.m. F 10/2-12/11

WATERCOLOR STUDIO

Ages 18+. Discover the joy of watercolor painting in this fun and creative evening class for adults. Participants will explore a variety of watercolor techniques and creative approaches in a relaxed, welcoming environment. Perfect for both beginners and those with previous experience, this class offers an opportunity to build skills, express creativity, and enjoy painting alongside others in a social studio-style setting.

Location: Concord Community Center
Fee: NCPRD, \$176; non-resident, \$220
Time/Date: 6-8 p.m. Tu 10/6-11/24

**Senior discount for 62+*

COOKING

NEW! URBAN HOMESTEADING 101 SERIES

Ages 16+. Discover the art of sustainable living through this hands-on introduction to urban homesteading. Led by an experienced culinary and nutrition educator, this three-part series explores fermentation, food preservation, and cheese making. Participants will gain practical skills, confidence, and knowledge they can use at home while learning time-honored techniques that connect us to our food and community. Register for the entire series and save \$15, or sign up for individual classes à la carte.

Entire Series: Urban Homesteading 101

Location: Concord Community Center
Fee: NCPRD, \$120; non-resident, \$150
Time/Date: 10 a.m.-12:30 p.m. Sa 10/3-10/17

FERMENTING & PICKLING

Learn the basics of fermentation and pickling while exploring traditional food preservation techniques. Participants will gain practical skills for creating flavorful, homemade foods using time-tested methods.

Fee: NCPRD, \$40; non-resident, \$50
Time/Date: 10 a.m.-12:30 p.m. Sa 10/3



FOOD PRESERVATION BASICS

Discover methods for preserving food at home, including canning, jarring, and dehydrating. Learn practical techniques and best practices for making the most of seasonal harvests and reducing food waste.

Fee: NCPRD, \$40; non-resident, \$50
Time/Date: 10 a.m.-12:30 p.m. Sa 10/10

CHEESE MAKING

Explore the art of homemade cheese making and learn the fundamentals of transforming simple ingredients into fresh, delicious cheeses. Participants will gain hands-on experience and practical knowledge to continue their cheese-making journey at home.

Fee: NCPRD, \$40; non-resident, \$50
Time/Date: 10 a.m.-12:30 p.m. Sa 10/17

DANCE

NEW! LATIN DANCE: BEGINNER SALSA

Ages 18+. Get moving and experience the energy of salsa in this fun and welcoming dance class for adults! Participants will learn basic salsa steps, rhythm, footwork, and partner-style movements in a relaxed and supportive environment. Whether you're new to dance or looking to build confidence on the dance floor, this class is a great way to stay active, meet others, and enjoy the vibrant rhythms of Latin dance. No partner or experience required! No class Nov. 11.

Location: Concord Community Center
Fee: NCPRD, \$128; non-resident, \$160
Time/Date: 7-8 p.m. W 9/30-11/25





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

STRENGTH & CARDIO

LINE DANCE FOR FITNESS – ULTRA BEGINNERS

Levels 2-3. This fun and easy class introduces the basics of line dancing in a welcoming, casual environment. Perfect for absolute beginners, you'll learn simple steps and easy-to-follow routines that get your body moving, improve coordination, and boost cardiovascular health. No dance experience (or partner) required—just come ready to move, laugh, and enjoy a light workout set to great music. No class Nov. 26.

Location: Concord Community Center
 Fee: NCPRD, \$68*; non-resident, \$85*
 Time/Date: 11:15 a.m.-12:15 p.m. Th 10/1-12/10

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 Oct. 23 and Nov. 27.

Location: Concord Community Center
 Fee: NCPRD, \$61*; non-resident, \$77*
 Time/Date: 9:30-10:30 a.m. F 10/2-12/11

**Senior discount for 62+*

MIND & BODY

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. 11. *Come to a free workshop on Sept. 28, 11:30 a.m.-12:30 p.m.* Please pre-register.

Location: Concord Community Center
 Fee: NCPRD, \$122*; non-resident, \$153*
 Time/Date: 11:30 a.m.-12:30 p.m. M/W 10/5-12/7

NEW! YOGA: GENTLE YOGA

Levels 2-3. This class offers a slower-paced, nurturing practice designed to support relaxation, flexibility, and stress relief. Gentle yoga focuses on mindful movement, stretching, and breath awareness, making it perfect for beginners, older adults, or anyone looking for a calming way to move their body. With modifications and props available, this class provides a soothing experience to restore balance and ease in both body and mind. Participants must be able to get up and down off the floor.

Location: Concord Community Center
 Fee: NCPRD, \$74*; non-resident, \$94*
 Time/Date: 11 a.m.-noon Tu 9/29-12/8

YOGA: YIN FOR BEGINNERS

Levels 2-3. This beginner-friendly class introduces you to the calming and meditative practice of Yin yoga. In Yin, poses are held for several minutes at a time with the support of props, allowing for gentle stretching of the deeper connective tissues, improved flexibility, and relaxation of the mind and body. With simple, accessible postures and plenty of guidance, this class is perfect for anyone new to yoga or looking for a slower, more meditative practice. No class Nov. 11.

Location: Concord Community Center
 Fee: NCPRD, \$68*; non-resident, \$85*
 Time/Date: 1:15-2:15 p.m. W 9/30-12/9

FREE WORKSHOP!

Tai Chi, Beginning: 108 Yang Form
11:30 a.m.-12:30 p.m. 9/28

PICKLEBALL

BEGINNER PICKLEBALL

Ages 18+. This beginner-friendly program introduces the fundamentals of one of the fastest-growing sports in a fun and supportive environment. Participants will learn basic rules, scoring, and key skills like serving, rallying, dinking, punch volleys, and court positioning through guided instruction and gameplay. Equipment is provided. No class Oct. 24.

Location: Concord Community Center
Fee: NCPRD, \$121; non-resident, \$152
Time/Date: 11 a.m.-noon Sa 9/19-10/31

ADULT SPORTS OPEN GYM

Ages 18+. Drop-in sports are a great way to get exercise and build comradery with others, without the strict commitment of a formal league. No registration required. First-come, first-served with limited capacity. Bring a valid photo ID and pay the drop-in fee at the front desk. Games are casual and self-organized. All skill levels are welcome. Please wear court shoes with non-marking soles. No Open Gym Oct. 24, Oct. 31 and Nov. 28.

Location: Concord Community Center
Fee: NCPRD, \$5; non-resident, \$6.50

PICKLEBALL OPEN GYM

Time/Date: 9-10:30 a.m. M 9/14-12/28
noon-1:30 p.m. Sa 9/19-11/21

BASKETBALL OPEN GYM

Time/Date: 11:30 a.m.-1 p.m. Tu 9/15-12/29

ACTIVITY GROUPS

NCPRD offers a variety of drop-in activities at Concord Community Center (3811 S.E. Concord Rd., 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, 11/26-11/27, 12/23-12/25, and 12/31-1/1.

NEW! PROJECT MEET-UP

Bring your current craft, hobby, or creative project and enjoy a relaxed social space to create alongside others. All projects and skill levels are welcome.

Fee: NCPRD, \$2; non-resident, \$2.50
Time/Date: 10-11:30 a.m. M, 2nd & 4th 9/14-12/14

NEW! BOARD AND CARD GAMES

Join us for a fun and social drop-in featuring a variety of board and card games for adults. A great way to relax, connect, and have fun with others. No meeting Nov. 11.

Fee: NCPRD, \$2; non-resident, \$2.50
Time/Date: 10:30 a.m.-noon W 9/16-12/16

NEW! SPANISH SOCIAL HOUR

Gather with others for casual Spanish conversation in a relaxed and welcoming environment for all skill levels. Perfect for practicing and maintaining your Spanish through community conversation.

Fee: NCPRD, \$2; non-resident, \$2.50
Time/Date: 10-11 a.m. Tu 9/15-12/15

REGISTRATION OPENS

NCPRD residents on **Aug. 4 at noon**
and non-residents on **Aug. 11 at noon**



REGISTER ONLINE AT **NCPRD.ORG**



YOUTH PROGRAMS



Youth programs at Concord Community Center (3811 S.E. Concord Rd., Milwaukie). *Schedules subject to change.* **Facility closures: 11/11, 11/26-11/27, 12/23-12/25, and 12/31-1/1.**

ART

NEW! CREATE IN 3D!

Ages 9-12. Bring your imagination to life in this fun, hands-on art class! Young artists will explore sculpting, building, and mixed-media techniques while creating unique 3D projects in a creative and supportive environment. Perfect for kids who love to build, design, and create beyond the page!

Location: Concord Community Center
Fee: NCPRD, \$144; non-resident, \$180
Time/Date: 5:30-7 p.m. W 9/23-10/28

DRAW YOUR WORLD: CARTOONING/ANIME

Ages 12-18. Bring your characters and ideas to life in this fun and creative drawing class inspired by cartooning and anime styles. Participants will explore drawing techniques, character design, expressions, storytelling, and more while developing their own unique artistic style. Whether you're new to drawing or already love creating anime-inspired art, this class offers a welcoming space to build skills, express creativity, and connect with other young artists. No class Oct. 23 and Nov. 27.

Location: Concord Community Center
Fee: NCPRD, \$192; non-resident, \$244
Time/Date: 6-8 p.m. F 10/2-12/4

COOKING

NEW! JUNIOR CHEFS ACADEMY

Ages 9-14. Calling all aspiring chefs! This hands-on culinary experience introduces participants to the exciting world of cooking while building confidence, creativity, and independence in the kitchen. Guided by an experienced chef and culinary educator, young chefs will learn kitchen safety, food preparation techniques, recipe reading, nutrition basics, and cooking fundamentals while creating a variety of delicious recipes. Participants will leave each session with new skills, culinary knowledge, and the confidence to continue cooking at home. No class Oct. 22.

Location: Concord Community Center
Fee: NCPRD, \$324; non-resident, \$405
Time/Date: 6-8 p.m. Th 10/1-11/12

DANCE

HIP HOP

Ages 9-12. Get moving in this fun and high-energy dance class featuring hip hop choreography. Participants will build rhythm, coordination, confidence, and style while learning exciting dance combinations in a supportive and upbeat environment. Perfect for dancers who love music, movement, and expressing themselves through dance.

Location: Concord Community Center
Fee: NCPRD, \$128; non-resident, \$160
Time/Date: 6-7 p.m. M 9/28-11/16

REGISTRATION OPENS

NCPRD residents on **Aug. 4 at noon**
and non-residents on **Aug. 11 at noon**



ACTIVITY GROUPS

NEW! INDOOR PLAYGROUND

Ages 5 and under. A fun, flexible playtime designed for young children and their caregivers to move, explore, and connect indoors. Our indoor playground drop-in offers a safe, weather-friendly space with age-appropriate play equipment that supports active play, social interaction, and imaginative exploration. No registration required—just drop in and play. A parent or caregiver must remain onsite and provide direct supervision of their child(ren) at all times. Staff are not present to monitor play activities. No meeting Nov. 26.

Location: Concord Community Center
Fee: NCPRD, \$3; non-resident, \$4
Time/Date: 9-10:30 a.m. Tu/Th 9/15-12/17

NEW! LITTLE MAKERS CRAFT CLUB

Ages 3-5. Join us for a fun and creative hands-on crafting experience designed for young children and their caregivers. Twice each month, families are invited to drop in for 45 minutes of guided creativity featuring a simple craft of the day. Projects are age-appropriate and designed to spark imagination, encourage self-expression, and support fine motor skill development. Come create together, take home a handmade masterpiece, and enjoy a relaxed opportunity to connect through art and play. All materials are provided. Parent or caregiver participation is encouraged. 2nd & 4th Thursdays. No meeting Oct. 22 and Nov. 26.

Location: Concord Community Center
Fee: NCPRD, \$3; non-resident, \$4
Time/Date: 10:30-11:15 a.m. Th 9/10-12/10

NEW! TALES, TUNES AND TINY HANDS

Ages 3-5. Join us for a fun-filled preschool experience with stories, music, crafts, and games! Children will sing songs, move to music, listen to engaging stories, create hands-on art projects, and participate in interactive games designed to encourage creativity, language, and motor skills. Our warm and encouraging environment helps preschoolers grow in confidence, creativity, and friendship while having fun every step of the way. No meeting Nov. 11.

Location: Concord Community Center
Fee: NCPRD, \$3; non-resident, \$4
Time/Date: 9:15-10 a.m. W 9/16-12/16

YOUTH FITNESS

NEW! GET FIT TOGETHER

Ages 5+. Move, play, and stay active together in this fun-filled adult/child fitness program! Participants will enjoy interactive movement activities designed to encourage fitness, coordination, and quality time in an energetic and welcoming environment. Perfect for children and the important adults in their lives looking to connect and have fun together. No class Oct. 24.

Location: Concord Community Center
Fee: NCPRD, \$78; non-resident, \$102
Time/Date: 9:30-10:30 a.m. Sa 10/3-11/14

NEW! FIT AND FUN PE CLUB

Ages 5-11. PE Club is a fun, non-competitive daytime program designed for children to stay active, build confidence, and connect with peers through games, movement activities, obstacle courses, and cooperative play in a welcoming and supportive environment. Great for homeschool and online learners looking for daytime recreation and social connection. No class Oct. 23 and Nov. 27.

Location: Concord Community Center
Fee: NCPRD, \$136; non-resident, \$174
Time/Date: 1-2 p.m. F 10/2-12/4

