



milwaukie community center

ADULT PROGRAMS

5440 S.E. Kellogg Creek Dr., Milwaukie
ncprd.org/milwaukie-community-center
Schedules subject to change. Facility closures:
11/11, 11/26-11/27, 12/25, and 1/1.

ART

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, \$135*; non-resident, \$170*
Time/Date: 3:15-5:45 p.m. Th 10/1-11/19

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. No class Nov. 26.

Location: Milwaukie Community Center
Fee: NCPRD, \$169*; non-resident, \$213*
Time/Date: 9:30 a.m.-noon Th 10/1-12/10

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, \$170*
Time/Date: 12:30-3 p.m. Th 10/1-11/19



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. No class Nov. 11.

Location: Milwaukie Community Center
Fee: NCPRD, \$91*; non-resident, \$115*
Time/Date: 1:30-3 p.m. W 9/30-12/2

**Senior discount for 62+*



TRADITIONAL THANKSGIVING DINNER

Join the Milwaukie Community Center Foundation on **November 22** for its annual Thanksgiving Dinner Fundraiser to help support Older Adult Services and Meals on Wheels. Your participation with family, friends, and neighbors will make a difference in maintaining vital programs for our community.



See page 10

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



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. No class Nov. 11.

Location: Milwaukie Community Center
Fee: NCPRD, \$135*; non-resident, \$170*
Time/Date: 3-4 p.m. M/W 9/28-12/7

TAI CHI, BEGINNING: 108 YANG FORM

Levels 2-3. This Yang-style tai chi class 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.

Location: Milwaukie Community Center
Fee: NCPRD, \$135*; non-resident, \$170*
Time/Date: 4:10-5:10 p.m. M/W 9/28-12/7

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. 26.

Location: Milwaukie Community Center
Fee: NCPRD, \$135*; non-resident, \$170*
Time/Date: 8:05-9:05 a.m. Tu/Th 9/29-12/8
 5:15-6:15 p.m. Tu/Th 9/29-12/8



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. No class Nov. 27.

Location: Milwaukie Community Center
Fee: NCPRD, \$63*; non-resident, \$77*
Time/Date: 1:15-2 p.m. M 9/28-12/7
Fee: NCPRD, \$58*; non-resident, \$70*
Time/Date: 11-11:45 a.m. F 10/2-12/11

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. No class Nov. 27.

Location: Milwaukie Community Center
Fee: NCPRD, \$68*; non-resident, \$85*
Time/Date: 9:45-10:45 a.m. F 10/2-12/11

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. No class Nov. 11.

Location: Milwaukie Community Center/Zoom
Fee: NCPRD, \$74*; non-resident, \$94*
Time/Date: 2:45-3:45 p.m. M 9/28-12/7

Location: Milwaukie Community Center
Fee: NCPRD, \$74*; non-resident, \$94*
Time/Date: 9:30-10:30 a.m. Tu 9/29-12/8

Location: Milwaukie Community Center
Fee: NCPRD, \$68*; non-resident, \$85*
Time/Date: 9:30-10:30 a.m. W 9/30-12/9

**Senior discount for 62+*

MIND & BODY

☾	CLASS	DAY	TIME	DATES	FEE	LEVEL
	TAI CHI, BEGINNING: 24 YANG FORM	M/W	3-4PM	SEP 28-DEC 7	R \$135*/NR \$170*	L2-3
☾	TAI CHI, BEGINNING: 108 YANG FORM	M/W	4:10-5:10PM	SEP 28-DEC 7	R \$135*/NR \$170*	L2-3
	TAI CHI, BEGINNING II: 108 YANG FORM	TU/TH	8:05-9:05AM	SEP 29-DEC 8	R \$135*/NR \$170*	L2-3
☾	TAI CHI, BEGINNING II: 108 YANG FORM	TU/TH	5:15-6:15PM	SEP 29-DEC 8	R \$135*/NR \$170*	L2-3
	YOGA: CHAIR YOGA	M	1:15-2PM	SEP 28-DEC 7	R \$63*/NR \$77*	L1-3
	YOGA: CHAIR YOGA	F	11-11:45AM	OCT 2-DEC 11	R \$58*/NR \$70*	L1-3
	YOGA: HATHA YOGA	F	9:45-10:45AM	OCT 2-DEC 11	R \$68*/NR \$85*	L2-3
	YOGA: STRENGTH & RELAXATION YOGA**	M	2:45-3:45PM	SEP 28-DEC 7	R \$74*/NR \$94*	L2-3
	YOGA: STRENGTH & RELAXATION YOGA	TU	9:30-10:30AM	SEP 29-DEC 8	R \$74*/NR \$94*	L2-3
	YOGA: STRENGTH & RELAXATION YOGA	W	9:30-10:30AM	SEP 30-DEC 9	R \$68*/NR \$85*	L2-3

☾ NIGHT CLASSES **Zoom options available

*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. No class Nov. 26.

Location: Milwaukie Community Center
Fee: NCPRD, \$58*; non-resident, \$70*
Time/Date: 10:30-11:15 a.m. Th 10/1-12/10

NEW! 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. *Come to a free workshop on Oct. 1, 11:30 a.m.-12:30 p.m.* Please pre-register. No class Nov. 26.

Location: Milwaukie Community Center
Fee: NCPRD, \$61*; non-resident, \$77*
Time/Date: 11:30 a.m.-12:30 p.m. Th 10/8-12/10

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. No class Nov. 26.

Location: Milwaukie Community Center
Fee: NCPRD, \$68*; non-resident, \$85*
Time/Date: 9:20-10:20 a.m. Th 10/1-12/10

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 9/29-12/8

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 9/28-11/30

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. 26.

Location: Milwaukie Community Center
Fee: NCPRD, \$68*; non-resident, \$85*
Time/Date: 12:45-1:45 p.m. Tu 9/29-12/1
12:45-1:45 p.m. Th 10/1-12/10

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. 11.

Location: Milwaukie Community Center
Fee: NCPRD, \$58*; non-resident, \$70*
Time/Date: 11-11:45 a.m. M 9/28-11/30
Fee: NCPRD, \$52*; non-resident, \$63*
Time/Date: 11-11:45 a.m. W 9/30-12/2

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. No class Nov. 11.

Location: Milwaukie Community Center
Fee: NCPRD, \$58*; non-resident, \$70*
Time/Date: 8:30-9:15 a.m. W 9/30-12/9

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. No class Oct. 27, 29, and Nov. 26.

Location: Milwaukie Community Center/Zoom
Fee: NCPRD, \$80; non-resident, \$100
Time/Date: 6:40-7:40 p.m. Tu 9/29-12/8
Fee: NCPRD, \$72; non-resident, \$90
Time/Date: 6:40-7:40 p.m. Th 10/1-12/10

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. No class Nov. 11.

Location: Milwaukie Community Center/Zoom
Fee: NCPRD, \$68*; non-resident, \$85*
Time/Date: noon-1 p.m. M 9/28-11/30
Fee: NCPRD, \$61*; non-resident, \$77*
Time/Date: noon-1 p.m. W 9/30-12/2

**Senior discount for 62+*



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



STRENGTH & CARDIO

☾	CLASS	DAY	TIME	DATES	FEE	LEVEL
	BALANCE AND STRENGTH	TH	10:30-11:15AM	OCT 1-DEC 10	R \$58*/NR \$70*	L2
	NEW! BODY STRONG WORKSHOP	TH	11:30AM-12:30PM	OCT 1	FREE	L3-4
	NEW! BODY STRONG	TH	11:30AM-12:30PM	OCT 8-DEC 10	R \$61*/NR \$77*	L3-4
	COMPLETE CONDITIONING	TH	9:20-10:20AM	OCT 1-DEC 10	R \$68*/NR \$85*	L2-3
	FUNCTIONAL FITNESS**	TU	11AM-NOON	SEP 29-DEC 8	R \$74*/NR \$94*	L2-3
	LINE DANCE FOR FITNESS	M	9:30-10:30AM	SEP 28-NOV 30	R \$61*/NR \$77*	L2-3
	LINE DANCE FOR FITNESS II	TU	12:45-1:45PM	SEP 29-DEC 1	R \$68*/NR \$85*	L2-3
	LINE DANCE FOR FITNESS II	TH	12:45-1:45PM	OCT 1-DEC 10	R \$68*/NR \$85*	L2-3
	SIT-N-B-FIT	M	11-11:45AM	SEP 28-NOV 30	R \$58*/NR \$70*	L1-2
	SIT-N-B-FIT	W	11-11:45AM	SEP 30-DEC 2	R \$52*/NR \$63*	L1-2
	TOTAL BODY BALANCE	W	8:30-9:15AM	SEP 30-DEC 9	R \$58*/NR \$70*	L2
☾	ZUMBA**	TU	6:40-7:40PM	SEP 29-DEC 8	R \$80/NR \$100	L3-4
☾	ZUMBA**	TH	6:40-7:40PM	OCT 1-DEC 10	R \$72/NR \$90	L3-4
	ZUMBA GOLD TONING**	M	NOON-1PM	SEP 28-NOV 30	R \$68*/NR \$85*	L2-3
	ZUMBA GOLD TONING**	W	NOON-1PM	SEP 30-DEC 2	R \$61*/NR \$77*	L2-3

☾ NIGHT CLASSES **Zoom options available

*Senior discount for 62+

FREE WORKSHOP!

Body Strong
11:30 a.m.-12:30 p.m. 10/1

REGISTRATION OPENS

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

REGISTER ONLINE AT **NCPRD.ORG**



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: 11/11, 11/26, and 11/27.**

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: 12:45-1:45 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. 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.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



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.

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

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 25

This federally-funded program assists 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 includes proof of monthly income for all household members, current 2026 Social Security Award Letter, copy of current utility bill (PGE, NWN), social security card, and photo identification. For detailed information on eligibility or to schedule an appointment, call the Milwaukie Center at 503-653-8100. The deadline to apply is Nov. 25.

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.

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

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.

Fee: NCPRD, \$2; non-resident, \$2.50
Time/Date: 10:30 a.m.-noon W, 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, 1st, 2nd and 3rd

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

TIPS TO AVOID FALLS AND INJURIES

September is National Falls Prevention Awareness Month. Did you know that one in four Americans aged 65 and older experiences a fall each year? Factors such as poor hearing or eyesight, loss of muscle mass, balance challenges, or medication side effects can increase the risk of falling. However, even older adults who appear strong and healthy can experience a fall. Join Denise Gorle and the clinical team at Devine Mercy Home Health for an informative fall prevention workshop. Learn practical tips to reduce fall risk, make your home safer, and understand what to do if a fall occurs. This session is designed to help older adults stay safe, independent, and confident in their daily lives.

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

IDENTITY THEFT PROTECTION

Learn how identity thieves steal personal information and discover practical ways to protect yourself. Understand what information is most at risk and recognize warning signs of common scams and fraud schemes. Presented by Key Bank.

Fee: Free
Time/Date: noon-1:30 p.m. W 9/30

MEDICARE 101

Are you new to Medicare, or do you already have Medicare and have questions about your coverage? Join us as Clackamas County Certified SHIBA Counselors give an extensive overview of Medicare and upcoming changes for 2027. Topics will include Medicare eligibility and enrollment, parts A, B, C, and D, covered services, optional coverage choices, financial assistance programs, and Medicare fraud prevention tips. This is a great opportunity for anyone who is currently enrolled in Medicare or is soon approaching Medicare eligibility. Stay for a Q&A session following the presentation.

Fee: Free
Time/Date: 5-6 p.m. Th 10/8



RETIREMENT WORKSHOP: ARE YOU READY TO RETIRE?

Explore the basics of retirement readiness, including savings strategies, investment vehicles, and goal setting. Learn practical steps to help build long-term financial stability and prepare for the future. Presented by Key Bank.

Fee: Free
Time/Date: 5-6:30 p.m. Th 10/22

ESTATE PLANNING 101

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

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

MEDICARE COUNSELING WORKSHOP

Do you need help comparing Medicare coverage options or making a change to your medical insurance? Open enrollment is the time of year when most Medicare beneficiaries can make changes to their medical coverage. Clackamas County SHIBA volunteers will be providing one-on-one in-person counseling to Clackamas County residents. For more information about your Medicare options, or to schedule a personalized counseling appointment with a Certified SHIBA Counselor, call SHIBA at 503-655-8269. 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.-2 p.m. W 11/4

MENTAL HEALTH MATTERS

Whether you're new to learning about mental health conditions or looking to deepen your understanding, this presentation offers an accessible and informative introduction. Participants will explore common myths and facts surrounding mental health and suicide, review current mental health statistics, and learn practical tips and tools for managing mental health. The presentation will also highlight programs and resources available in our local community.

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



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 9/4, 10/2, 11/6, 12/4

Monthly Topic:

9/4: Regrets
10/2: Friendships
11/6: Thankfulness and Gratitude
12/4: Holiday Memories

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 Milwaukie Community Center
(5440 S.E. Kellogg Creek Dr., Milwaukie).
Schedules subject to change. Facility closures:
11/11, 11/26, and 11/27.

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. No class Nov. 11 and Nov. 25.

Location: Milwaukie Community Center
Fee: NCPRD, \$114; non-resident, \$142.50
Time/Date: 5:20-6:05 p.m. W 10/7-12/9

REGISTRATION OPENS

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

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. No class Nov. 11 and Nov. 25.

Location: Milwaukie Community Center
Fee: NCPRD, \$108; non-resident, \$135
Time/Date: 4:40-5:10 p.m. W 10/7-12/9

