



milwaukie community center

ADULT PROGRAMS

5440 S.E. Kellogg Creek Dr., Milwaukie
ncprd.org/milwaukie-community-center
*Schedules subject to change. Facility closures:
6/19, 7/3, and 9/7.*

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, \$169*; non-resident, \$213*
Time/Date: 9:30 a.m.-noon M 6/22-8/24

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.

Location: Milwaukie Community Center
Fee: NCPRD, \$152*; non-resident, \$191*
Time/Date: 3:15-5:45 p.m. Th 7/2-8/27

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 6/25-8/27

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 7/2-8/27

**Senior discount for 62+*

LANGUAGE & WRITING

NEW! CONVERSATIONS IN SPANISH FOR EVERYONE: BEGINNING TO ADVANCED

Join a welcoming, all-levels Spanish conversation group focused on real-life speaking and listening. Beginners learn through guided, everyday conversations, while more advanced participants help support and mentor others. This relaxed, interactive class is designed to build confidence, improve communication skills, and create a supportive learning community for all Spanish learners.

Location: Milwaukie Community Center
 Fee: NCPRD, \$101*; non-resident, \$128*
 Time/Date: 5:30-7 p.m. Th 6/25-8/27



ART

☾	CLASS	DAY	TIME	DATES	FEE
	ACRYLICS	M	9:30AM-NOON	6/22-8/24	R \$169*/NR \$213*
	MIXED MEDIA	TH	3:15-5:45PM	7/2-8/27	R \$152*/NR \$191*
	OIL PAINTING	TH	9:30AM-NOON	6/25-8/27	R \$169*/NR \$213*
	WATERCOLOR, BEGINNING	TH	12:30-3PM	7/2-8/27	R \$152*/NR \$191*

LANGUAGE & WRITING

☾	CLASS	DAY	TIME	DATES	FEE
☾	CONVERSATIONS IN SPANISH FOR EVERYONE: BEGINNING TO ADVANCED	TH	5:30-7 P.M.	6/25-8/27	R \$101*/NR \$128*

**Senior discount for 62+*





MIND & BODY

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.

Location: Milwaukie Community Center
Fee: NCPRD, \$74*; non-resident, \$94*
Time/Date: 11:30 a.m.-12:30 p.m. Th 6/25-9/3

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, \$149*; non-resident, \$187*
Time/Date: 3-4 p.m. M/W 6/22-9/2

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.

Location: Milwaukie Community Center
Fee: NCPRD, \$149*; non-resident, \$187*
Time/Date: 4:10-5:10 p.m. M/W 6/22-9/2

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 6/23-9/3
 5:15-6:15 p.m. Tu/Th 6/23-9/3

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 July 3.

Location: Milwaukie Community Center
Fee: NCPRD, \$63*; non-resident, \$77*
Time/Date: 1:15-2 p.m. M 6/22-8/31
Fee: NCPRD, \$58*; non-resident, \$70*
Time/Date: 1:15-2 p.m. F 6/26-9/4

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 July 3.

Location: Milwaukie Community Center
Fee: NCPRD, \$68*; non-resident, \$85*
Time/Date: 9:45-10:45 a.m. F 6/26-9/4

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, \$74*; non-resident, \$94*
Time/Date: 2:45-3:45 p.m. M 6/22-8/31

Location: Milwaukie Community Center
Fee: NCPRD, \$74*; non-resident, \$94*
Time/Date: 9:30-10:30 a.m. Tu 6/23-9/1
 9:30-10:30 a.m. W 6/24-9/2

YOGA: STRENGTH AND RELAXATION YOGA IN THE PARK

Levels 2-3. Set in the park, this gentle outdoor yoga class combines meditation, breathwork, stretching, strengthening, and balance at a relaxed, accessible pace. Bring a yoga mat and water and enjoy moving in nature.

Location: North Clackamas Park
Fee: NCPRD, \$74*; non-resident, \$94*
Time/Date: 6:45-7:45 p.m. Tu 6/23-9/1

Location: Risley Park
Fee: NCPRD, \$74*; non-resident, \$94*
Time/Date: 11 a.m.-noon Th 6/25-9/3

**Senior discount for 62+*

MIND & BODY

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

☾	CLASS	DAY	TIME	DATES	FEE	LEVEL
	INNERGYSTICS	TH	11:30AM-12:30PM	JUN 25-SEP 3	R \$74*/NR \$94*	L3-4
	TAI CHI, BEGINNING: 24 YANG FORM	M/W	3-4PM	JUN 22-SEP 2	R \$149*/NR \$187*	L2-3
☾	TAI CHI, BEGINNING: 108 YANG FORM	M/W	4:10-5:10PM	JUN 22-SEP 2	R \$149*/NR \$187*	L2-3
	TAI CHI, BEGINNING II: 108 YANG FORM	TU/TH	8:05-9:05AM	JUN 23-SEP 3	R \$149*/NR \$187*	L2-3
☾	TAI CHI, BEGINNING II: 108 YANG FORM	TU/TH	5:15-6:15PM	JUN 23-SEP 3	R \$149*/NR \$187*	L2-3
	YOGA: CHAIR YOGA	M	1:15-2PM	JUN 22-AUG 31	R \$63*/NR \$77*	L1-3
	YOGA: CHAIR YOGA	F	1:15-2PM	JUN 26-SEP 4	R \$58*/NR \$70*	L1-3
	YOGA: HATHA YOGA	F	9:45-10:45AM	JUN 26-SEP 4	R \$68*/NR \$85*	L2-3
	YOGA: STRENGTH & RELAXATION YOGA**	M	2:45-3:45PM	JUN 22-AUG 31	R \$74*/NR \$94*	L2-3
	YOGA: STRENGTH & RELAXATION YOGA	TU	9:30-10:30AM	JUN 23-SEP 1	R \$74*/NR \$94*	L2-3
	YOGA: STRENGTH & RELAXATION YOGA	W	9:30-10:30AM	JUN 24-SEP 2	R \$74*/NR \$94*	L2-3
☾	STRENGTH & RELAXATION YOGA IN THE PARK (NORTH CLACKAMAS PARK)	TU	6:45-7:45PM	JUN 23-SEP 1	R \$74*/NR \$94*	L2-3
	STRENGTH & RELAXATION YOGA IN THE PARK (RISLEY PARK)	TH	11AM-NOON	JUN 25-SEP 3	R \$74*/NR \$94*	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.

Location: Milwaukie Community Center
Fee: NCPRD, \$63*; non-resident, \$77*
Time/Date: 10:30-11:15 a.m. Th 6/25-9/3

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 6/25-9/3

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 6/23-9/1

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, \$68*; non-resident, \$85*
Time/Date: 9:30-10:30 a.m. M 6/22-8/24

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 6/23-8/25
Time/Date: 12:45-1:45 p.m. Th 6/25-8/27

POWER PULSE

Levels 3-4. A high-energy, full-body workout combining strength training, functional core exercises, and dynamic stretches. Build muscle, boost endurance, and keep your body moving with powerful, calorie-burning routines. All levels welcome with modifications provided. No class July 3.

Location: Milwaukie Community Center
Fee: NCPRD, \$68*; non-resident, \$85*
Time/Date: noon-1 p.m. F 6/26-9/4

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 July 3.

Location: Milwaukie Community Center
Fee: NCPRD, \$63*; non-resident, \$77*
Time/Date: 11-11:45 a.m. M 6/22-8/31
Fee: NCPRD, \$58*; non-resident, \$70*
Time/Date: 11-11:45 a.m. W 6/24-8/26
Fee: NCPRD, \$52*; non-resident, \$63*
Time/Date: 11-11:45 a.m. F 6/26-8/28

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.

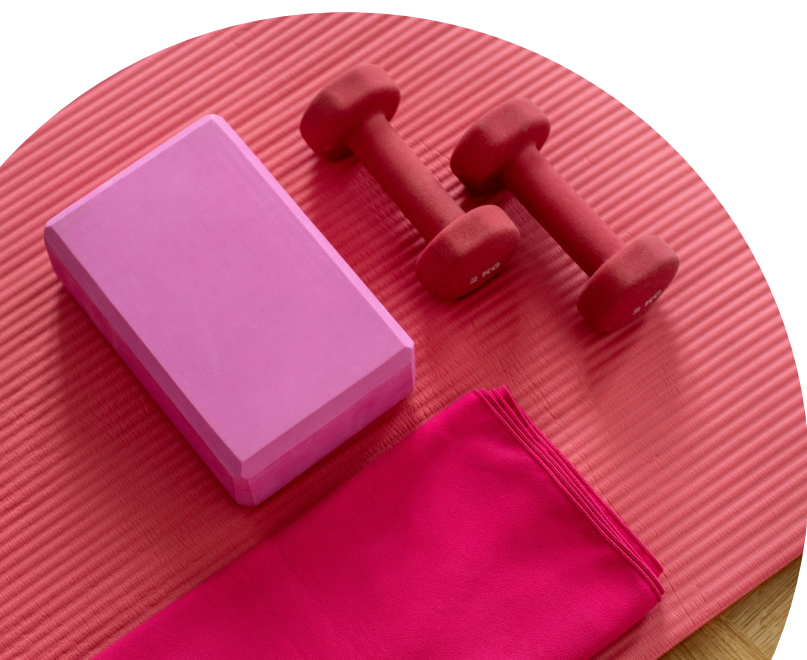
Location: Milwaukie Community Center
Fee: NCPRD, \$63*; non-resident, \$77*
Time/Date: 8:30-9:15 a.m. W 6/24-9/2

ZUMBA

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

Location: Milwaukie Community Center/Zoom
Fee: NCPRD, \$74*; non-resident, \$94*
Time/Date: 6:40-7:40 p.m. Tu 6/23-9/1
Time/Date: 6:40-7:40 p.m. Th 6/25-9/3

**Senior discount for 62+*



ZUMBA GOLD TONING

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

Location: Milwaukie Community Center/Zoom

Fee: NCPRD, \$74*; non-resident, \$94*

Time/Date: noon-1 p.m. M 6/22-8/31

Fee: NCPRD, \$68*; non-resident, \$85*

Time/Date: noon-1 p.m. W 6/24-8/26



STRENGTH & CARDIO

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

☾	CLASS	DAY	TIME	DATES	FEE	LEVEL
	BALANCE AND STRENGTH	TH	10:30-11:15AM	JUN 25-SEP 3	R \$63*/NR \$77*	L2
	COMPLETE CONDITIONING	TH	9:20-10:20AM	JUN 25-SEP 3	R \$74*/NR \$94*	L2-3
	FUNCTIONAL FITNESS**	TU	11AM-NOON	JUN 23-SEP 1	R \$74*/NR \$94*	L2-3
	LINE DANCE FOR FITNESS	M	9:30-10:30AM	JUN 22-AUG 24	R \$68*/NR \$85*	L2-3
	LINE DANCE FOR FITNESS II	TU	12:45-1:45PM	JUN 23-AUG 25	R \$68*/NR \$85*	L2-3
	LINE DANCE FOR FITNESS II	TH	12:45-1:45PM	JUN 25-AUG 27	R \$68*/NR \$85*	L2-3
	POWER PULSE	F	NOON-1PM	JUN 26-SEP 4	R \$68*/NR \$85*	L3-4
	SIT-N-B-FIT	M	11-11:45AM	JUN 22-AUG 31	R \$63*/NR \$77*	L1-2
	SIT-N-B-FIT	W	11-11:45AM	JUN 24-AUG 26	R \$58*/NR \$70*	L1-2
	SIT-N-B-FIT	F	11-11:45AM	JUN 26-AUG 28	R \$52*/NR \$63*	L1-2
	TOTAL BODY BALANCE	W	8:30-9:15AM	JUN 24-SEP 2	R \$63*/NR \$77*	L2
☾	ZUMBA**	TU	6:40-7:40PM	JUN 23-SEP 1	R \$74*/NR \$94*	L3-4
☾	ZUMBA**	TH	6:40-7:40PM	JUN 25-SEP 3	R \$74*/NR \$94*	L3-4
	ZUMBA GOLD TONING**	M	NOON-1PM	JUN 22-AUG 31	R \$74*/NR \$94*	L2-3
	ZUMBA GOLD TONING**	W	NOON-1PM	JUN 24-AUG 26	R \$68*/NR \$85*	L2-3

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

*Senior discount for 62+

REGISTER ONLINE AT **NCPRD.ORG**



DROP-IN ACTIVITY GROUPS

NCPRD offers a variety of drop-in activities at the Milwaukie Community Center (5440 S.E. Kellogg Creek Dr., Milwaukie) for anyone wanting to be in a fun environment while making friends and learning new skills. *Schedules subject to change.* **Facility Closures: 7/3.**

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

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

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

BRAIN GAMES

Join in on fun activities, including brain games and other memory enhancing exercises to stimulate our brains while having fun and meeting new people. The activities are designed for all abilities.

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

CARD AND BOARD GAMES

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

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

MAH JONGG (AMERICAN)

Mah Jongg originated in China as a game of skill, strategy, and chance. Experience preferred. Please bring your current American Mah Jongg card. If interested in learning, please contact recreation@ncprd.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: OPENS OCT 1

This federally-funded program assists low-income seniors and persons with disabilities with their heating costs. 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. Applicants must meet federal low-income guidelines to qualify. Applications are available by appointment only. For detailed information on eligibility or to schedule an appointment, call the Milwaukie Community Center at 503-653-8100.

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

APHASIA SUPPORT GROUP

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

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

ONGOING CLINICS & GROUPS (CONT.)

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

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

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

KNOW THE RISKS: STROKE AND WOMEN'S HEALTH

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

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

STEP ON IN: FOOT HEALTH PRESENTATION

Come and learn about the most common foot issues affecting the aging population. This informative presentation will cover common foot problems, how to identify ailments of the feet, preventative measures, and how aging specialists can help support long-term foot health. Presented by Dr. Almira Ko, DPM, Podiatrist.

Fee: Free
Time/Date: 11 a.m.-noon Tu 6/2

EAT SMART LIVE STRONG

Eat Smart, Live Strong is an interactive nutrition and light physical activity class developed by the U.S. Department of Agriculture for adults aged 60 or older. The program consists of four 60-minute class sessions, each focusing on easy, practical ways to eat well, stay active, and support overall health using simple, affordable strategies. Participants can expect engaging activities, helpful tips, and a supportive group environment designed to make healthy habits enjoyable and realistic.

Fee: Free
Time/Date: 12:30-1:30 p.m. Th 7/9-7/30

Session Topic:

Class 1: Reach Your Goals, Step by Step
Class 2: Challenges and Solutions
Class 3: Colorful and Classic Favorites
Class 4: Eat Smart, Spend Less



HOMEFIT - CREATING AGE-FRIENDLY SPACE AT HOME

Join us to learn simple, practical ways to make your home safer, more comfortable, and easier to live in for people of all ages. This session introduces the AARP HomeFit Guide and explores smart design ideas and affordable modifications that help older adults age in place, while also benefiting families, caregivers, and anyone who wants a home that works better now and in the future.

Fee: Free
Time/Date: 10:15-11:45 a.m. W 7/22

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

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 July.

Fee: Free
Time/Date: 10-11:30 a.m. F 5/1, 6/5, 8/7, 9/4

Monthly Topic:

- 5/1: Decluttering
- 6/5: Open conversation - what's on your mind?
- 8/7: Moving
- 9/4: Regrets



REGISTRATION OPENS

N CPRD residents on **Apr. 7 at noon**
and non-residents on **Apr. 14 at noon**



REGISTER ONLINE AT [NCPRD.ORG](https://www.ncprd.org)

YOUTH PROGRAMS



Youth programs at Milwaukie Community Center (5440 S.E. Kellogg Creek Dr., Milwaukie).

Schedules subject to change. Facility closures: 6/19, 7/3, and 9/7.

DANCE

LITTLE DANCERS BALLET & JAZZ

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

Location: Milwaukie Community Center
Fee: NCPRD, \$100; non-resident, \$126
Time/Date: 5:20-6:05 p.m. W 7/1-8/19

REGISTRATION OPENS

NCPRD residents on **Apr. 7 at noon**
and non-residents on **Apr. 14 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. 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 7/1-8/19
4:40-5:10 p.m. W 7/1-8/19



REGISTER ONLINE AT NCPRD.ORG

