

CENTERPOINT

FRIENDS OF THE MILWAUKIE CENTER NEWSLETTER
DECEMBER 2015

IN THIS ISSUE

- **Holidays in the Gift Shop, page 2**
- **Winter Class Schedule, pages 10-11**
- **December 2015 Calendar, page 14**
- **January 2016 Calendar, page 15**

Entertainment and Chinook books are now available in the Gift Shop.

Entertainment Books are going fast, be sure to get yours soon. The books make a great Holiday Gift for the person who has everything! We also have Chinook Books available for \$22. If you are not



familiar with the Chinook Book, we have samples in the Gift Shop.

Milwaukie Center
Gift Certificates
available!

Remind your friends and family that it would be great to find a Milwaukie Center Gift Certificate in your stocking this year. The Gift Certificates can be used anywhere in the Center – Pete’s Café, Travel, Gift Shop, classes, foot clinic or other programs. They can be bought in the Friends office and can be any denomination from \$1 to \$100.

Holidays in the Gift Shop

Be sure and stop by to see the holiday gifts and decorations in the Gift Shop. There are wonderful handcrafted baby items such as blankets, sweaters, caps, booties and matching sets. There is also a wide variety of other lovingly handmade items such as birdhouses, plant stands, aprons, dolls, hats, blankets, pillows and much more! And don't forget to check out the Holiday cards for only \$.50 each.



This page sponsored by:



SOMERSET
Assisted Living
8360 Cason Rd, Gladstone, OR

Call now to arrange your complimentary meal & personal tour!

503-723-7868

IN THIS ISSUE

- Holidays in the Gift Shop 2
- Milwaukie Center's Mission 3
- Center Supervisor's Message 3
- Center/Community Advisory Board 4
- Friends Board Meeting 4
- Staff & Friends Phone List. 4
- Volunteer Opportunities 5
- Annual Campaign 5
- Healthy Aging Seminars
& Support Groups. 6
- Clinics, Outreach & Services 7-8
- Where Were You?. 9
- Winter Class Schedule 10-11
- Quilters Corner. 12
- EZ Does It Aerobics/Qi Gong 12
- Travel 13
- December 2015 Calendar. 14
- January 2016 Calendar 15
- Winter Celebrations 16

Center Supervisor's Message

December is a month for celebrations and parties with friends and relatives. It is a month for lots of indulgences of food and drink and sweets and treats. It is however also a time that many people embrace the giving spirit. At the Milwaukie Center we have great opportunities for the community to give.



Many folks have already picked up stockings to fill with goodies for many of our homebound clients. This 'Fill a Stocking, Fill a Heart' program provides us nearly 200 of these stockings every year. It is great to give these types of seasonal gifts as they can really bring joy to people during the Holiday Season. People in need, however, need assistance all year long. The Friends of the Milwaukie Center are in the midst of their Annual Campaign. This is their major fundraising effort of the year and great opportunity to support the Milwaukie Centers program and Services. By supporting the Friends you are supporting Milwaukie Center Social Service, Nutrition and Transportation services for the entire year. Your December donation may help pay for a meal in June or a bus ride in August. I hope everyone has a great Holiday season and look forward to seeing you at the Milwaukie center in the New Year.

Marty Hanley, Center Supervisor

Milwaukie Center's Mission:

To be a link to resources for older adults and their families and a place for the community to gather, grow and contribute.

Milwaukie Center, a division of North Clackamas Parks and Recreation District, is a multi-purpose community center operated as a focal point for recreation, learning and senior services.




5440 SE Kellogg Creek Drive
Milwaukie, OR 97222
Monday-Friday, 8:30 a.m. -5p.m.
(503) 653-8100
FAX: (503) 794-8016

Hablamos Espanol

Maria Lopez le puede ayudar con todas sus preguntas. Por favor de comunicarse con Maria de sus preguntas o intereses en el Milwaukie Center.

This page sponsored by:



**St. Anthony
Village**

Independent Living, Assisted Living, Memory Care

Our Village, Your Home

3560 SE 79th Ave, Portland, OR 97206
503-775-4414 www.villageenterprises.org
tkoslicki@villageenterprises.org

Center/Community Advisory Board

The next meetings of the Center/Community Advisory Board (C/CAB) will be held jointly with the Friends of the Milwaukie Center Board on **Dec. 11 at 9:30 a.m.** and is open to all interested people.

Members: Siri Bernard Bill Bersie
 Louise Fisher Teena Hall
 Virginia Seitz Joel Bergman
 Kristin Messing Kim Buchholz
 Ben Horner-Johnson

Friends Board Meeting

Wed., Dec. 16; 9:30 a.m. Salal Room
 All are welcome to attend.

The December Centerpoint Newsletter is also available at milwaukiecenter.com.

The Milwaukie Center produces 12 newsletters each year, with every other newsletter available online only. Printed newsletters will have two month calendars in them and you will be able to go online at milwaukiecenter.com for updates and current information. The following months will be available in print and online: December, February, April, June, August and October.



This page sponsored by:

 <p>Deerfield Village Assisted Living</p>	<p>Deerfield Village Assisted Living 5770 SE Kellogg Creek Dr. Milwaukie, OR 97222 Tours Daily (503) 653-4064</p>	<p><i>The Difference between Living and Living Well!</i></p>
---	---	--

STAFF & FRIENDS PHONE LIST

MAIN PHONE (503) 653-8100
TRAVEL DESK (503) 794-8026
GIFT SHOP (503) 794-8025
CENTER SUPERVISOR
 Marty Hanley (503) 794-8058
OFFICE RECEPTION
 Maria Lopez (503) 794-8067
SOCIAL SERVICES
 Abby Kennedy (503) 794-8040
 Linda Whitmore (503) 794-8037
 Lisa Kasubuchi (503) 794-8038
FRIENDS OF THE MILWAUKIE CENTER
 Colleen Sinsel (503) 794-8043
 Kay Loeffl (503) 794-8043
MAINTENANCE
 John Evans (503) 794-8044
 Don Sager
 Zachary Crandell
VOLUNTEERS
 Judith Kallio (503) 794-8034
RECREATION
 Sherri Garrow (503) 794-8092
 Tina Johnson (503) 794-8015
FACILITY RENTAL
 Rose Hunt (503) 794-8013
 Alan Stonesifer
 Paul Baker
 Robert Okey
TRANSPORTATION/TRAVEL
 Nolan Borntrager (503) 794-8014
 Bob Walden
 Mary Carey
 Richard Peterson
 Paul Baker
 Kim Tate
MEALS ON WHEELS
 Kathi Schroeder (503) 654-3030
 Dennis Cronin
 Von Theroux
 Courtney Cornwell

VOLUNTEER OPPORTUNITIES

It's that time of year when we are shopping for 'just the right' things for our loved ones. One of the things you might want to consider adding to your list as a gift for yourself, is to contact the Milwaukie Center to start volunteering come the New Year. We have plenty of volunteer opportunities so you don't have to be concerned about not finding something of interest. Until next year, have a wonderful, happy Holiday Season! Available volunteer openings are:

Volunteers are the  of our operations!

- Meals on Wheels Drivers
- Pete's Café
- Kitchen Assistant – Food Handlers Card Required
- Meals on Wheels Box Wiper
- Afternoon PM Packer
- Prep Cook
- Gift Shop
- Travel Desk
- Evening Bingo
- Friends of the Milwaukie Center Board Member
- Rose Guardian
- Bingo Floor Walker
- Bingo Paymaster
- Bus Washer
- Respite Group Musician
- Newsletter Courier
- Grocery Shopping Assistant
- Information Desk
- Milwaukie Center Board Member
- Quilt Show Committee Member
- Thursday Quilter

If you have questions regarding the volunteering process contact Judith Kallio, Volunteer Coordinator, (503) 794-8034. She is always happy to answer 'any' volunteer questions you may have.

***"True forgiveness is when you can say,
"Thank you for that experience!"***

-Oprah Winfrey

ANNUAL CAMPAIGN

The Annual Campaign has gotten off to a good start, but it is a long way towards meeting our goal of \$20,000. Show your support and send in your donation from \$5 to \$500. Use your tan envelope or the coupon below:

Annual Campaign

We rely on our supporters to help us continue to provide funding for some of the programs and services at the Milwaukie Center. If you haven't sent in your donation yet, please consider doing so today. From \$5 to \$500.



Name _____

Address _____

City, State, Zip _____

Phone Number _____

Here is my check for \$ _____

or charge my : VISA Mastercard

Credit Card Number _____

Expiration Date _____

Signature _____

Mail to: Friends of the Milwaukie Center
5440 SE Kellogg Creek Drive
Milwaukie, Oregon 97222

This page sponsored by:

	~ Family owned and operated since 1977 ~			
	Funerals Cremations Memorials	Receptions Veterans Video Tributes	Pre-Planning Markers And Much More	
503-654-7717 or 503-777-3366 www.stehfuneralhomes.com			2906 SE Harrison St. Milwaukie, OR 97222	

HEALTHY AGING SEMINARS AND SUPPORT GROUPS

The Milwaukie Center offers Healthy Aging seminars focused on educational and health related topics presented by local professionals. Registration is required. Call Social Services at 503-653-8100.

VIEWS SUPPORT GROUP

Tue., ongoing; 2-3 p.m.

(Volunteers Involved for the Emotional Well-being of Seniors). You don't have to face life's challenges alone. We have a few openings in our weekly senior support group led by trained volunteer peer counselors. The focus of this confidential, small group is developing new ways of coping with challenges, talking and listening to others about their concerns and life changes. For additional information, call Peter Walsh at 503-261-6181.

IT'S ALL ABOUT MEMORY

The Milwaukie Center is starting a new weekly, half day activity program for individuals diagnosed with early memory loss or mild cognitive impairment. This confidential, social educational program will provide memory enhancing activities, social support and fun. The program will focus on techniques to improve mental fitness by using memory retaining exercises. The program is expected to start the end of January and will be limited to 12 participants. For additional information, application process and scheduled fees, please phone the Milwaukie Center and speak with Abby or Lisa.

STEPPING ON

Stepping On is an evidence based program that has been shown to reduce falls in older people. Falling is very common for older adults and for those who fall, 35 % become less active. Falls are a major reason older adults go into a nursing home. Stepping On is a 7 week, 2 hour program which combines education, strength and balance exercises and home safety tips to reduce the occurrence of falls. **Milwaukie Center will offer this program starting January 25.** The program is limited to 14 people and the fee is \$20. Pre-registration is required, for additional information speak with Abby.

This page sponsored by:

CAREGIVERS SUPPORT GROUP

Tue., 12/22 & 1/26; 6-7:30 p.m.

It's important to take care of yourself, while you are caring for a loved one. The Caregiver support group is designed for individuals caring for a spouse, parent or sibling. The caregivers support group provides participants an opportunity to share their ideas, and meet with others who are experiencing similar challenges. Participants will receive tips on self-care and stress reduction; facilitated by staff from All About Seniors.

WILLS AND THE OREGON PROBATE PROCESS

Tue., 1/26; 10-11:30 a.m.

There is a lot of fear and misinformation regarding Wills and the Oregon Probate process. Join Milwaukie attorneys Trina Montalban and Michelle Sugahiro; they will discuss the pros and cons of Wills and Trusts. They will also discuss the costs associated with administering Wills and Trusts after death. Pre-registration required.

DIABETES SUPPORT & EDUCATION GROUP

Information, education and sharing for people with Type 2 diabetes, their families and friends. Everyone is welcomed. Next meeting is December 2 at 1:30 pm: Kelly Streit, from OSU Extension Service Clackamas County branch will discuss DASH (dietary approaches to stop hypertension diet). Kelly will offer methods to incorporate the DASH diet into your meal plan and how doing these changes can help diabetes manage their blood pressure and sugar levels. January 6 at 1:30 pm: Food Cravings, Weight Gain and the Blood Sugar Roller Coaster presented by Christina Collins, BS Nutritional Health Coach from Natural Grocers. Learn how nutrient-dense meals support healthy metabolism and which nutrient supplements support healthy blood sugar levels and appetite control



Call Karen and arrange your complimentary lunch and personal tour.

503-659-3600

Homewoods is a stand alone, not-for-profit retirement community developed by the Evangelical Church of North America

17971 SE River Road, Milwaukie, OR 97267 • Homewoods.org

CLINICS

Information and Referral Services

Staff is available to connect people with Center services and refer people to local community resources. Don't hesitate to call one of our Social Service staff members:

Abby Kennedy (503) 794-8040
Lisa Kasubuchi (503) 794-8038
Linda Whitmore (503) 794-8037 Tue.-Fri.

BLOOD PRESSURE

Mon., 12/7; 1-4 p.m.

Tue., 12/15 & 1/19; 9:45-11:45 a.m.

Fri., 1/22; 10:45 a.m.-noon

This service is provided by volunteer nurses.

FOOT CARE

Foot Care Nurses LLC provides toenail, callous trims and lotion rub for a fee of \$30. Clients must be 60 years old or a person with a disability. Appointments are required, bring two towels. Foot care clinic occurs on the first and third Tuesdays of the month.

Appointments available on 12/1, 12/15, 1/5 and 1/19.

SENIOR LAW

Volunteer elder law attorneys provide up to a half an hour consultation on senior legal issues. This service is available to older adults residing in North Clackamas County. There is no charge for this service however; donations to the Friends of the Milwaukie Center are appreciated. Clinic meets the first and 3rd Tuesday of the month. **Appointments available on 12/1, 12/15, 1/5 and 1/19.**

OUTREACH SERVICES

Home Delivered Meals

Meals on Wheels. Fresh, well-balanced lunch meals are delivered by volunteers to homebound older adults (60+) and their caregivers. This service improves nutrition for individuals who cannot shop or cook for themselves. Meals are delivered Monday-Friday, and frozen meals are available for weekends and holidays. For more information, call the Social Services office.

ON-SITE SERVICES

Pete's Café

Mon.-Fri., 9 a.m.-1 p.m. Meet your friends at Pete's Café for coffee or lunch! Offerings include:

- Specialty salads
- Homemade soups daily
- Made-to-order sandwiches
- Hamburgers and hot dogs

Supplemental Firewood Program

Seasoned firewood is available to low income seniors and persons with disabilities residing in North Clackamas Parks District. Interested NCPRD residents may phone the Milwaukie Center for eligibility requirements and program limitations. This program is only available for NCPRD residents who use wood as their primary or supplemental source of heat.

Resource Library

Check it out! The resource library has an abundance of books available for loan on health and aging issues. For more information, contact Social Services. Audio books are no longer available.

Trillium Lunch

Mon.-Fri. from Noon to 12:30 p.m. A hot, well-balanced lunch is served daily in the Trillium room. \$3 for ages 60+, \$5 for under 60 years old. See the schedules on page 14 for dates and times of entertainment.

This page sponsored by:

Life is Larger at Willamette View

A Nationally Accredited Senior Community

Come for a tour: 12705 SE River Road Portland, OR 503.652.6581



APAC Respite Program

"A Place at the Center" (APAC), Wed., 12:30–4 p.m. APAC is an activities program for people with memory loss or confusion due to Alzheimer's, stroke or related disorders. This program allows caregivers to take some "time-out." For information, call Lisa Kasubuchi at (503) 794-8038.

Bill Payment Drop Box

No postage needed. Bills are mailed M-W-F. Bring the following bills to the Milwaukie Center: PGE, NW Natural Gas, Oak Lodge Water District, Water Environment Services, Clackamas Water River.

Computer Work Stations & Wireless Internet

Mon.-Fri., 8:30 a.m.-5 p.m. (except in the Library Wednesdays, 12:30-4:30 p.m.)

Computer work stations are available in the library and have internet connection for email or internet searches. The Milwaukie Center is wireless, so bring your laptop, log in and surf the Web.

Equipment Loan

Wheelchairs, canes, walkers, crutches and other equipment are available for short-term loan. We also accept donations of clean, functional medical equipment, when storage allows. Call for appointments **between 8:30 a.m. and 4 p.m. only.** Call Linda, (503) 794-8037, or contact any social services staff.



911 Emergency Cell Phones

FREE! Keep yourself safe while out and about with a phone for "911" calls ONLY. Contact Lisa Kasubuchi, (503) 794-8038, for availability.

Voter Registration

Register to vote at the Milwaukie Center. Forms are available and can be forwarded to the Clackamas County Elections office by our receptionist.

This page sponsored by:



ENJOY A VIBRANT, ACTIVE LIFESTYLE.

This is your time to relax and explore, free from the burden of doing household chores.

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE
14404 SE Webster Road • Milwaukie, OR • 503-653-3422

Can Recycling

Bring your plastic, glass and aluminum beverage containers to the Center to be recycled and returned for money that supports Center programs and services. The receptacle is in the Center by the ATM.

Transportation

Options are available to help you get to the Center and the grocery store. We can also connect you with other transportation resources. For more information, call Nolan Borntrager (503) 794-8014.

Library

Mon.-Fri., 8:30 a.m.–5 p.m. Closed Wednesday from 12:30–4:30 p.m. Loaning library contains books, puzzles, videos and audio tapes. Periodicals are available just outside the library door.

Prescription Drug & Medicare Health Insurance Assistance

Senior Health Insurance Benefits Assistance (SHIBA) volunteers are trained to provide prescription drug and other Medicare health insurance assistance. They are available to help individuals with medical insurance, prescription drug inquiries and other health or long term care insurance questions. Call the SHIBA Help Line, (503) 655-8269, for info.

OTHER SENIOR RESOURCES

The State of Oregon, Dept of Human Services and Seniors and Persons with Disabilities, provide services to Clackamas County. For additional info, or to apply for services, phone the State's Milwaukie office, (971) 673-6600. Protective Services hotline is (971) 673-6655.

Center Meet and Greet

Are you new to the Center or just curious about all the Center offers? You may be missing out on some great programs or services for you and your family. If this sounds like you, contact Linda Whitmore at (503) 794-8037 between 8 a.m. and 4:30 p.m. to set up your personal tour. Come see what you've been missing!



Thank you to all who participated in our 2015 Housing & Senior Services Fair. We appreciate all the businesses who came and shared their time and information with us. Special thanks to volunteers Ryan Webster, Siri Bernard, Tom Geren, and Friends Board members Jerry Griffith, Sande George, and Julie Ouellette for their help with the event. A special thank you

to the wonderful massage therapists, Jeannie from Massage Excellence and Rachel from Ricochet Body Solutions for providing the soothing chair massages and to Julie Ouellette of NW Senior Resources for the incredible door prize.

2015 Housing Fair Participants: Somerset Lodge Homewoods on the Willamette ▪ McLoughlin Place Retirement Connection ▪ Select Home Care The Springs at Clackamas Woods ▪ Rose Villa The Heights at Columbia Knoll ▪ Marquis at Home Royalton Place Assisted Living and Memory Care Tanner Spring ▪ Understanding My Medicare Oasis Senior Advisors ▪ Mt. Hood Adult Day Center Avamere at Berry Park ▪ Home Instead Senior Care OSRAA (Oregon State Referral Agency Association) Visiting Angels - Portland ▪ Johnny Bravo Services Berkshire Hathaway Home Services NW Real Estate Able Hearing ▪ Comfort Hospice & Palliative Care Helping Hands Home Care ▪ Dignity Memorial Mt. Scott Funeral Home ▪ Prime Geriatric Dental Care Providence Home Health and Providence Hospice All About Seniors Inc. ▪ Meier Eye Clinic, P.C. Vineyard Place ▪ Elite Care - Oatfield Estates In Touch at Home ▪ NW Senior Resources Brookdale Sellwood ▪ St. Anthony's Village Elders In Action ▪ Deerfield Village Assisted Living Willamette View ▪ Town Center Village Emerson House ▪ Somerset Assisted Living Pacifica Senior Living ▪ Genesis Life Transition

WHERE WERE YOU?



I was a high school senior at Milwaukie High School eating lunch in the cafeteria with friends. Over the loudspeaker, the principal made the horrific announcement:

"I have some sad news, President John F Kennedy has been assassinated in Dallas, Texas."

Everything stopped. There wasn't a sound. I'll never forget the look on some students' faces. We just looked at each other from across the tables. The shock and magnitude of this noon-time announcement won't be forgotten. JFK was our hero - he had charisma, wit and a winning smile. He left us way too soon.

- Beverly LoPiparo Eberly

If you have a 'Where Were You?' story you would like to share about where you were on an important day in history, please mail or drop it by.

Inclement Weather Policy

The Milwaukie Center will be open to provide services Monday through Friday, whenever possible. However, if weather is severe enough to close the NCS D 12 schools, the Center may close. This closure will include all programs except Meals on Wheels, which we always attempt to deliver. Tune in to your local radio and TV stations or call us at (503) 653-8100 after 8:30 a.m. to find out if the Center is open. A staff person will be here to answer.

This page sponsored by:



**ASSISTED
LIVING**



5555 SE King Road
Milwaukie, OR. 97222
503-653-1854

**MEMORY
CARE**



WINTER CLASS SCHEDULE 2016

Registration begins December 9 at 9 a.m.

Register **In Person** at the Milwaukie Center,
By Phone at (503) 794-8092 or **Online** at ncprd.com

ACTIVITY GROUPS

Center is closed Jan. 18 and Feb. 15

Class	Day	Time	Dates	
Chinese Mah Jongg	M	12:30-3:30 p.m.	drop-in	\$1 per session
Ukulele Jam Group	Th	9:30-11 a.m.	drop-in	\$1 per session
Woodcarvers	W	8:30 a.m.-noon	drop-in	\$1 per session
Party Bridge	Th	12:30-3:30 p.m.	drop-in	\$1 per session
Bingo	Tu/Th	1-2 p.m.	drop-in	\$1 per session
Mah Jongg	W	12:30-3:30 p.m.	drop-in	\$1 per session
Cribbage	Th	1:30-3:30 p.m.	drop-in	\$1 per session
Billiards	M-F	8:30 a.m.-5 p.m.	drop-in	\$1 per session

Fees, dates, and times subject to change. Call (503) 794-8092 for updates.

ART

Class	Day	Time	Dates	Res.	62+/NR
Oil Painting AM	Th	9:30 a.m.-noon	Jan. 7-Mar. 10	\$125	\$94
Oil Painting PM	Th	1-3:30 p.m.	Jan. 7-Mar. 10	\$125	\$94

LANGUAGE AND WRITING

*No class Jan. 18 & Feb. 15

Class	Day	Time	Dates		age 62+
Creative Writing	W	1-2:45 p.m.	Jan. 6-Feb. 24	\$70	\$53
* Spanish I	M	2-3:30 p.m.	Jan. 4-Mar. 7	\$60	\$45
* Spanish II	M	12:15-2 p.m.	Jan. 4-Mar. 7	\$70	\$53
* Spanish Conversation I	M	10:30 a.m.-noon	Jan. 4-Mar. 7	\$60	\$45
* Spanish Conversation II	M	9-10:30 a.m.	Jan. 4-Mar. 7	\$60	\$45
Your Story	Th	1-2:45 p.m.	Jan. 7-Feb. 25	\$70	\$53

COMPUTER

\$ Bring \$2 for materials

Class	Day	Time	Dates	Res.	Non-Res.	Level
\$ Computers First Steps	F	9-11 a.m.	Jan. 15-Feb. 5	\$70	\$80	1
\$ Computer Basics	F	2:30-4:30 p.m.	Jan. 15-Feb. 5	\$70	\$80	2
\$ Computer Windows 8 & 10	F	Noon-2 p.m.	Jan. 15-Feb. 5	\$70	\$80	2

KIDS CLASSES

*No class Jan. 18 & Feb. 15 ☞ Evening class

Class	Day	Time	Dates	Res.	Non-Res.	Ages
* Stories, Crafts & Music, Oh My!	M	10-10:45 a.m.	Jan. 11-Mar. 14	\$52	\$62	2-5
Movement and Me	F	10:30-11:15 a.m.	Jan. 22-Mar. 11	\$72	\$82	2-5
Joy of Movement	F	9:30-10:15 a.m.	Jan. 22-Mar. 11	\$72	\$82	3-5
☞ Tiny Tots Creative Dance	W	4-4:30 p.m.	Jan. 20-Mar. 9	\$66	\$76	3-4
☞ Little Dancers Ballet/Jazz	W	4:40-5:10 p.m.	Jan. 20-Mar. 9	\$66	\$76	5-6

OUTDOOR

Class	Day	Time	Dates	Res.	Non-Res.
Winter Twigs at Mt. Talbert	Su	10 a.m.-noon	Mar. 6	\$5	

This page sponsored by:

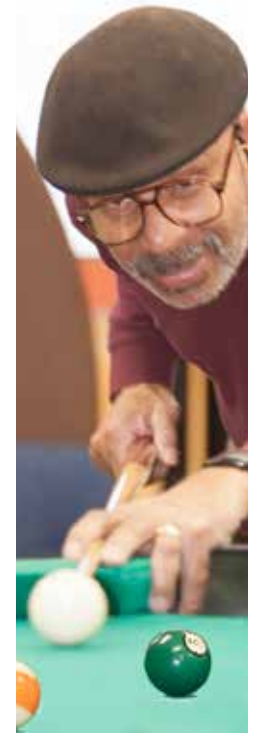
Brookdale Sellwood

Formerly Emeritus® at Sellwood

8517 SE 17th Avenue, Portland, OR 97202 | (503) 542-4800



brookdale.com



Feel free to try any of the classes out for free for the first day. You are welcome to drop in any of the classes in session during December. Unsure which class is right for you? Call Tina at (503) 794-8092 to help you get started in the right direction.

FITNESS AND HEALTH

* For No Class days, please read class description in the Discovery Guide.

Class	Day	Time	Dates		age 62+	Level
Circuit Training	Tu	12:30-1:30 p.m.	Jan. 12-Mar. 15	\$50	\$38	3 & 4
Complete Conditioning	Tu	9:25-10:10 a.m.	Jan. 12-Mar. 15	\$38	\$29	3
Complete Conditioning	Th	9:25-10:10 a.m.	Jan. 14-Mar. 10	\$34	\$27	3
* EZ-Does-It Aerobics	M	8:30-9:15 a.m.	Jan. 4-Mar. 14	\$34	\$27	3
EZ-Does-It Aerobics	W	8:30-9:15 a.m.	Jan. 6-Mar.16	\$41	\$31	3
EZ-Does-It Aerobics	F	8:30-9:15 a.m.	Jan. 8-Mar. 11	\$38	\$29	3
Functional Fitness	Tu	10:20-11:05 a.m.	Jan. 12-Mar. 15	\$38	\$29	2 & 3
Functional Fitness	Th	10:20-11:05 a.m.	Jan. 14-Mar. 10	\$34	\$27	2 & 3
* INNERgystics	M	12:15-1:15 p.m.	Jan. 4-Mar. 7	\$40	\$30	3 & 4
INNERgystics	Th	11:15 a.m.-12:15 p.m.	Jan. 7-Mar. 10	\$50	\$38	3 & 4
Gold Toning	W	12:15-1:15 p.m.	Jan. 6-Mar. 9	\$50	\$38	2 & 3
Gold Toning	F	12:15-1:15 p.m.	Jan. 8-Mar. 11	\$50	\$38	2 & 3
* Hula for Fitness	Sa	9:30-10:30 a.m.	Jan. 9-Mar. 12	\$35	\$26	3
Sit-N-B-Fit	M	11:05-11:50 a.m.	Dec. 28-Mar. 14	\$38	\$29	1 & 2
Sit-N-B-Fit	W	11:05-11:50 a.m.	Dec. 30-Mar. 16	\$45	\$34	1 & 2
Sit-N-B-Fit	F	11:05-11:50 a.m.	Jan. 8-Mar. 11	\$38	\$29	1 & 2
Stretch & Flex	Tu	8:30-9:15 a.m.	Jan. 12-Mar. 15	\$38	\$29	3
Stretch & Flex	Th	8:30-9:15 a.m.	Jan. 14-Mar. 10	\$34	\$26	3
* Tai Chi: Beginner	MW	4-5 p.m.	Jan. 4-Mar. 9	\$90	\$68	2 & 3
* Tai Chi: Beginner & Intermediate	MWF	10:10-10:55 a.m.	Jan. 4-Mar. 9	\$101	\$76	2 & 3
* Tai Chi: Beginner & Intermediate	MW	6:35-7:35 p.m.	Jan. 4-Mar. 9	\$90	\$68	2 & 3
* Tai Chi: Martial Arts Form/Swords	MWF	9:20-10:05 a.m.	Jan. 4-Mar. 9	\$101	\$76	3 & 4
* Tai Chi: Martial Arts Form/Swords	MW	5:30-6:30 p.m.	Jan. 4-Mar. 9	\$90	\$68	3 & 4
Walking with Wayne "WWW"	W	10 a.m. at North Clackamas Park		FREE		3 & 4
Meditation Demo - West Linn Library	W	6-7:30 p.m.	Jan. 13	FREE		
Mindfulness Meditation	W	6-7:30 p.m.	Jan. 20-Mar. 16	\$72	\$82 NR	1-4
* Chair Yoga	M	1:30-2:30 p.m.	Jan. 4-Mar. 14	\$45	\$34	1 & 2
* Strength & Relaxation Yoga	M	2:40-3:40 p.m.	Jan. 4-Mar. 14	\$45	\$34	2 & 3
Strength & Relaxation Yoga	W	2:40-3:40 p.m.	Jan. 6-Mar. 9	\$50	\$38	2 & 3
Zumba	Tu	6:40-7:40 p.m.	Jan. 5-Mar. 15	\$55	\$41	3 & 4
Zumba	Th	6:40-7:40 p.m.	Jan. 7-Mar. 10	\$50	\$38	3 & 4
Zumba Gold	W	1:30-2:30 p.m.	Jan. 6-Mar. 9	\$50	\$38	2 & 3
Zumba Gold	F	1:30-2:30 p.m.	Jan. 8-Mar. 11	\$50	\$38	2 & 3
Qi-Gong	Tu	6:45-7:45 p.m.	Jan. 12-Mar. 8	\$45	\$34	

Fitness & Health Course Intensity:

Level 1

Need Support
(Chair Fitness)

Level 2

Beginners

Level 3

Active Now
(Intermediate)

Level 4

Athlete (Advanced)

First Day of Registration is Wednesday, December 9, 9 a.m.

Don't get left behind from taking your favorite class at the Milwaukie Center. Some classes fill quickly and spaces are not held unless you are officially registered. Also, waiting to sign up for a class, can kill a program if it does not meet its minimum before the class starts. Be sure to register early by walking in, calling (503)794-8092 or going online at ncprd.com. Classes start the week of January 4.

FREE Qi-Gong DEMO
Tu, Jan. 5; 6:45-7:15 p.m.

DANCE AND MUSIC

*No class Jan. 18 & Feb. 15

Class	Day	Time	Dates	Res.	age 62+
Line Dance: Beginner I	Tu	11:20 a.m.-12:20 p.m.	Jan. 5-Mar. 8	\$50	\$38
Line Dance: Beginner II	Th	12:30-1:30 p.m.	Jan. 7-Mar. 10	\$50	\$38
Line Dance: Intermediate	Th	1:35-2:35 p.m.	Jan. 7-Mar. 10	\$50	\$38
* Milwaukie Center Singers	M	1:30-3 p.m.	Jan. 4-Mar. 14	\$10	

This page sponsored by:

One of the Greatest Gifts for you & your family: Pre-Planning

For information please call **971-246-8777**

Leading provider in funeral
and cemetery services



QUILTERS CORNER

The Quilt Show committee and the Friends Quilting committee have been busy planning next year's Quilt Show. The committee has made a wonderful circus quilt and are selling raffle tickets – you really don't want to miss this one! The Friends Quilting group has been working on donated items for the annual Quilt Show sale. Looks like there will be more choices than ever.

Volunteers are needed for numerous positions for the Quilt Show – many of which you do not need any knowledge of quilting or crafting. This is a great opportunity to help the Friends raise funds through this wonderful event which will help support the programs and services at the Milwaukie Center. Call Colleen in the Friends office, (503) 653-8100 if you are interested.



EZ DOES IT AEROBICS

Level 3. Come to a free class on Monday, January 4; 8:30-9:15 a.m. Sara Stauss will take you through a number of exercises to get your heart rate going. The tempo of her fun music will keep you moving as you work your arms and legs. The class ends with some weights and a good stretch to keep your body limber and toned.



QI GONG (pronounced Chi Kung)

Level 1-4. Come to a free Qi Gong class on Tuesday, January 5; 6:45-7:15 p.m. Find out how breathing techniques and gentle movements can benefit your health and happiness. Learn the "Eight Treasures" which focuses on all the organ systems.

See page 10 & 11 for a complete schedule of classes.

This page sponsored by:



Bob's Red Mill Natural Foods stone grinds all grains into flour, cereals and baking mixes. **Daily guided tours** of our manufacturing facility are open to the public **Monday through Friday at 10am**. The tour takes place at our World Headquarters (not the Whole Grain Store), located at:

13521 SE Pheasant Court, Milwaukie, OR 97222
800-349-2173 • www.bobsredmill.com

Page 15 is sponsored by:



*Family owned and operated for
three generations.*
Call today for Preplanning 503-771-1171

TRAVEL PROGRAM

Check with the Travel Desk about these & other trips (503) 794-8026.

Enjoy the scenery, make new friends and relax while adventuring to exciting destinations. All trips leave from/return to the Milwaukie Center. Standing and walking is required on most trips. Wear comfortable shoes and dress appropriately.

Clackamas County Museum and Tebo's

Extensive exhibits that are documented in photographs and artifacts. The Museum overlooks Willamette Falls. Join us for lunch at Tebo's Restaurant offering hot-off-the-grill hamburgers, fresh-cut fries and homemade desserts!

Fee: resident, \$17; non-resident, \$20
bring money for lunch

Date/Time: 11:30 a.m.-3 p.m. W 1/6

Willamette Cheese Factory in Salem and Red Hills Market in Dundee for lunch

Sample some of your favorite cheeses and buy some to take home. Then stop at the Red Hills Market for gourmet sandwiches and wood-fired pizzas!

Fee: resident, \$26; non-resident, \$30
bring money for lunch

Date/Time: 9 a.m.-2:30 p.m. Th 1/14



Huber's Traditional Thanksgiving Dinner

Turkey and all the fixin's or choose something else from the vast menu. Turkey is Huber's specialty! Wait staff will make Huber's famous Irish coffee right at your table – what a show!

Fee: resident, \$11; non-resident, \$13
bring money for lunch

Date/Time: 11 a.m.-2 p.m. Tu 11/16

This page is sponsored by:

Bob's Red Mill
Bob's Red Mill Natural Food is proud of our close and continuous association with the Milwaukie Center.

Whole Grain Store, Restaurant & Bakery
Monday-Saturday 6am-6pm (closed Sunday)
5000 SE International Way, Milwaukie, OR 97222 503-607-6455
Shop for all Bob's Red Mill products in bulk bins and a variety of packages, up to 25 lbs.
Enjoy a meal or bakery treat. Balcony and patio dining.

- Breakfast
- Lunch
- Dinner
- Espresso
- Bakery
- Books

Albany Carousel Museum and Sybaris Bistro

View the artistry of carousel building and restoring. Then enjoy lunch at Sybaris Bistro where they serve locally sourced and artfully presented New American dishes.

Fee: resident, \$21; non-resident, \$37
bring money for lunch

Date/Time: 10 a.m.-4 p.m. W 1/20



**UNITED STATES
POSTAL SERVICE**

As a Service to our Valued Customers we are hosting the U.S. Postal Service on:

**Friday, December 11, 9-1 p.m. and
Tuesday, December 15, 9-1 p.m.**

You can ship packages and letters to your family and friends from the Milwaukie Center. You will also be able to buy postage stamps in books or sheets and send packages using Priority Express Mail Flat Rate Products and Priority Flat Rate Products.

DECEMBER 2015

Monday

Tuesday

Wednesday

Thursday

Friday



December 9th

Join Mark Cash of Chihuahua Desert Duet's for their last noon time performance.

<p>1</p> <p>8:30 a.m.-5 p.m. Billiards 8:30 a.m.-2:30 p.m. Foot Care 9 a.m.-12:30 p.m. Pete's Cafe 9 a.m. Senior Law Noon Trillium Lunch Noon Ruby Fandrich, Piano 1 p.m. Bingo 2-3 p.m. Views</p>	<p>2</p> <p>8:30 a.m.-5 p.m. Billiards 8:30 a.m. Woodcarving 9 a.m.-1 p.m. Pete's Cafe Noon Trillium Lunch 12:30 p.m. APAC 12:30 p.m. Mah Jongg 1:30 p.m. Diabetes Support Group</p>	<p>3</p> <p>8:30 a.m.-5 p.m. Billiards 8:30 a.m. Friends Quilting 9 a.m.-1 p.m. Pete's Cafe 9:30 a.m. Ukulele Jam Noon Trillium Lunch Noon Joan Rice, Piano 12:30 p.m. Party Bridge 1 p.m. Bingo 1:30 p.m. Cribbage 6:30 p.m. Bingo</p>	<p>4</p> <p>8:30 a.m.-5 p.m. Billiards 9 a.m.-1 p.m. Pete's Cafe Noon Trillium Lunch Noon John Munger Memorial Jazz Band</p>	
<p>7</p> <p>8:30 a.m.-5 p.m. Billiards 9 a.m.-1 p.m. Pete's Cafe 10:30-11:45 a.m. Brain Games Noon Trillium Lunch Noon Del Martin, Piano 12:30 p.m. Chinese Mah Jongg 1-4 p.m. Blood Pressure Check</p>	<p>8</p> <p>8:30 a.m.-5 p.m. Billiards 9 a.m.-12:30 p.m. Pete's Cafe Noon Trillium Lunch Noon Ruby Fandrich, Piano 1 p.m. Bingo 1:30-3 p.m. WINTERFEST <i>see page 16 for more information</i> 2-3 p.m. Views</p>	<p>9</p> <p>8:30 a.m.-5 p.m. Billiards 8:30 a.m. Woodcarving 9 a.m.-1 p.m. Pete's Cafe Noon Trillium Lunch Noon Music by Chihuahua Desert <i>Last performance!</i> 12:30 p.m. APAC 12:30 p.m. Mah Jongg</p>	<p>10</p> <p>8:30 a.m.-5 p.m. Billiards 8:30 a.m. Friends Quilting 9 a.m.-1 p.m. Pete's Cafe 9:30 a.m. Ukulele Jam Noon Trillium Lunch Noon Joan Rice, Piano 12:30 p.m. Party Bridge 1 p.m. Bingo 1:30 p.m. Cribbage 6:30 p.m. Bingo</p>	<p>11</p> <p>8:30 a.m.-5 p.m. Billiards 9 a.m.-1 p.m. Pete's Cafe Noon Trillium Lunch Noon John Munger Memorial Jazz Band</p>
<p>14</p> <p>8:30 a.m.-5 p.m. Billiards 9 a.m.-1 p.m. Pete's Cafe 10:30-11:45 a.m. Brain Games Noon Trillium Lunch Noon Del Martin, Piano 12:30 p.m. Chinese Mah Jongg</p>	<p>15</p> <p>8:30 a.m.-5 p.m. Billiards 8:30 a.m.-2:30 p.m. Foot Care 9 a.m. Senior Law 9 a.m.-12:30 p.m. Pete's Cafe 9:45-11:45 a.m. Blood Pressure Check Noon Trillium Lunch Noon Ruby Fandrich, Piano 1 p.m. Bingo 2-3 p.m. Views</p>	<p>16</p> <p>8:30 a.m.-5 p.m. Billiards 8:30 a.m. Woodcarving 9 a.m.-1 p.m. Pete's Cafe Noon Trillium Lunch 12:30 p.m. APAC 12:30 p.m. Mah Jongg</p>	<p>17</p> <p>8:30 a.m.-5 p.m. Billiards 8:30 a.m. Friends Quilting 9 a.m.-1 p.m. Pete's Cafe 9:30 a.m. Ukulele Jam Noon Trillium Lunch Noon Joan Rice, Piano 12:30 p.m. Party Bridge 1 p.m. Bingo 1:30 p.m. Cribbage 6:30 p.m. Bingo</p>	<p>18</p> <p>8:30 a.m.-5 p.m. Billiards 9 a.m.-1 p.m. Pete's Cafe Noon Trillium Lunch Noon John Munger Memorial Jazz Band</p>
<p>21</p> <p>8:30 a.m.-5 p.m. Billiards 9 a.m.-1 p.m. Pete's Cafe 10:30-11:45 a.m. Brain Games Noon Trillium Lunch Noon Del Martin, Piano 12:30 p.m. Chinese Mah Jongg</p>	<p>22</p> <p>8:30 a.m.-5 p.m. Billiards 9 a.m.-12:30 p.m. Pete's Cafe Noon Trillium Lunch Noon Ruby Fandrich, Piano 1 p.m. Bingo 2-3 p.m. Views 6-7:30 p.m. Caregivers Support Group</p>	<p>23</p> <p>8:30 a.m.-5 p.m. Billiards 8:30 a.m. Woodcarving 9 a.m.-1 p.m. Pete's Cafe Noon Trillium Lunch Noon Cash Cottrell, Saxophone: Christmas music 12:30 p.m. APAC 12:30 p.m. Mah Jongg</p>	<p>24</p> <p>8:30 a.m.-5 p.m. Billiards 8:30 a.m. Friends Quilting 9 a.m.-1 p.m. Pete's Cafe 9:30 a.m. Ukulele Jam Noon Trillium Lunch Noon Joan Rice, Piano 12:30 p.m. Party Bridge 1 p.m. Bingo 1:30 p.m. Cribbage 6:30 p.m. Bingo</p>	<p>25</p> <p>Merry Christmas! <i>Milwaukie Center will be closed.</i></p>
<p>28</p> <p>8:30 a.m.-5 p.m. Billiards 9 a.m.-1 p.m. Pete's Cafe Noon Trillium Lunch Noon Del Martin, Piano 12:30 p.m. Chinese Mah Jongg</p>	<p>29</p> <p>8:30 a.m.-5 p.m. Billiards 9 a.m.-12:30 p.m. Pete's Cafe Noon Trillium Lunch Noon Ruby Fandrich, Piano 1 p.m. Bingo 2-3 p.m. Views</p>	<p>30</p> <p>8:30 a.m.-5 p.m. Billiards 8:30 a.m. Woodcarving 9 a.m.-1 p.m. Pete's Cafe Noon Trillium Lunch Noon December Birthday Celebration 12:30 p.m. APAC 12:30 p.m. Mah Jongg</p>	<p>31</p> <p>8:30 a.m.-5 p.m. Billiards 8:30 a.m. Friends Quilting 9 a.m.-1 p.m. Pete's Cafe 9:30 a.m. Ukulele Jam Noon Trillium Lunch Noon Joan Rice, Piano 12:30 p.m. Party Bridge 1 p.m. Bingo 1:30 p.m. Cribbage 6:30 p.m. Bingo</p>	<p><i>This schedule is subject to change. Please call the Milwaukie Center at (503) 653-8100 for updates.</i></p>

JANUARY 2016

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Looking to take off a few extra pounds, make some new friends or make a healthy change in 2016? Look no further! The Milwaukie Center offers a number of fitness, and mind and body classes for all levels. January is a great time to start a class or try something new. Your strength and ability will grow by changing the way you exercise. Check out pages 10 & 11 for the full Winter class schedule.</p>		<p><i>This schedule is subject to change. Please call the Milwaukie Center at (503) 653-8100 for updates.</i></p>		<p>1 8:30 a.m.-5 p.m. Billiards 9 a.m.-1 p.m. Pete's Cafe Noon Trillium Lunch Noon John Munger Noon Memorial Jazz Band</p>
<p>4 8:30 a.m.-5 p.m. Billiards 9 a.m.-1 p.m. Pete's Cafe 9:45-11:45 a.m. Blood Pressure Check 10:30-11:45 a.m. Brain Games Noon Trillium Lunch Noon Del Martin, Piano 12:30 p.m. Chinese Mah Jongg</p>	<p>5 8:30 a.m.-5 p.m. Billiards 9 a.m.-12:30 p.m. Pete's Cafe Noon Trillium Lunch Noon Ruby Fandrich, Piano 1 p.m. Bingo 2-3 p.m. Views</p>	<p>6 8:30 a.m.-5 p.m. Billiards 8:30 a.m. Woodcarving 9 a.m.-1 p.m. Pete's Cafe Noon Trillium Lunch 12:30 p.m. APAC 12:30 p.m. Mah Jongg 1:30 p.m. Diabetes Support Group</p>	<p>7 8:30 a.m.-5 p.m. Billiards 8:30 a.m. Friends Quilting 9 a.m.-1 p.m. Pete's Cafe 9:30 a.m. Ukulele Jam Noon Trillium Lunch Noon Joan Rice, Piano 12:30 p.m. Party Bridge 1 p.m. Bingo 1:30 p.m. Cribbage 6:30 p.m. Bingo</p>	<p>8 8:30 a.m.-5 p.m. Billiards 9 a.m.-1 p.m. Pete's Cafe Noon Trillium Lunch Noon John Munger Noon Memorial Jazz Band</p>
<p>11 8:30 a.m.-5 p.m. Billiards 9 a.m.-1 p.m. Pete's Cafe 10:30-11:45 a.m. Brain Games Noon Trillium Lunch Noon Del Martin, Piano 12:30 p.m. Chinese Mah Jongg</p>	<p>12 8:30 a.m.-5 p.m. Billiards 8:30 a.m.-2:30 p.m. Foot Care 9 a.m. Senior Law 9 a.m.-12:30 p.m. Pete's Cafe 9:45-11:45 a.m. Blood Pressure Check Noon Trillium Lunch Noon Ruby Fandrich, Piano 1 p.m. Bingo 2-3 p.m. Views</p>	<p>13 8:30 a.m.-5 p.m. Billiards 8:30 a.m. Woodcarving 9 a.m.-1 p.m. Pete's Cafe Noon Trillium Lunch 12:30 p.m. APAC 12:30 p.m. Mah Jongg</p>	<p>14 8:30 a.m.-5 p.m. Billiards 8:30 a.m. Friends Quilting 9 a.m.-1 p.m. Pete's Cafe 9:30 a.m. Ukulele Jam Noon Trillium Lunch Noon Joan Rice, Piano 12:30 p.m. Party Bridge 1 p.m. Bingo 1:30 p.m. Cribbage 6:30 p.m. Bingo</p>	<p>15 8:30 a.m.-5 p.m. Billiards 9 a.m.-1 p.m. Pete's Cafe Noon Trillium Lunch Noon John Munger Noon Memorial Jazz Band</p>
<p>18 8:30 a.m.-5 p.m. Billiards 9 a.m.-1 p.m. Pete's Cafe 10:30-11:45 a.m. Brain Games Noon Trillium Lunch Noon Del Martin, Piano 12:30 p.m. Chinese Mah Jongg</p>	<p>19 8:30 a.m.-5 p.m. Billiards 9 a.m.-12:30 p.m. Pete's Cafe 9:45-11:45 a.m. Blood Pressure Check Noon Trillium Lunch Noon Ruby Fandrich, Piano 1 p.m. Bingo 2-3 p.m. Views</p>	<p>20 8:30 a.m.-5 p.m. Billiards 8:30 a.m. Woodcarving 9 a.m.-1 p.m. Pete's Cafe Noon Trillium Lunch 12:30 p.m. APAC 12:30 p.m. Mah Jongg</p>	<p>21 8:30 a.m.-5 p.m. Billiards 8:30 a.m. Friends Quilting 9 a.m.-1 p.m. Pete's Cafe 9:30 a.m. Ukulele Jam Noon Trillium Lunch Noon Joan Rice, Piano 12:30 p.m. Party Bridge 1 p.m. Bingo 1:30 p.m. Cribbage 6:30 p.m. Bingo</p>	<p>22 8:30 a.m.-5 p.m. Billiards 9 a.m.-1 p.m. Pete's Cafe 10:45 a.m.-noon Blood Pressure Check Noon Trillium Lunch Noon John Munger Noon Memorial Jazz Band</p>
<p>25 8:30 a.m.-5 p.m. Billiards 9 a.m.-1 p.m. Pete's Cafe Noon Trillium Lunch Noon Del Martin, Piano 12:30 p.m. Chinese Mah Jongg</p>	<p>26 8:30 a.m.-5 p.m. Billiards 9 a.m.-12:30 p.m. Pete's Cafe 10-11:30 a.m. Will & the Oregon Probate Process Noon Trillium Lunch Noon Ruby Fandrich, Piano 1 p.m. Bingo 2-3 p.m. Views 6-7:30 p.m. Caregivers Support Group</p>	<p>27 8:30 a.m.-5 p.m. Billiards 8:30 a.m. Woodcarving 9 a.m.-1 p.m. Pete's Cafe Noon Trillium Lunch Noon December Birthday Celebration 12:30 p.m. APAC 12:30 p.m. Mah Jongg</p>	<p>28 8:30 a.m.-5 p.m. Billiards 8:30 a.m. Friends Quilting 9 a.m.-1 p.m. Pete's Cafe 9:30 a.m. Ukulele Jam Noon Trillium Lunch Noon Joan Rice, Piano 12:30 p.m. Party Bridge 1 p.m. Bingo 1:30 p.m. Cribbage 6:30 p.m. Bingo</p>	<p>29 8:30 a.m.-5 p.m. Billiards 9 a.m.-1 p.m. Pete's Cafe Noon Trillium Lunch Noon John Munger Noon Memorial Jazz Band</p>

FRIENDS OF THE MILWAUKIE CENTER, INC.

5440 SE KELLOGG CREEK DRIVE

MILWAUKIE, OREGON 97222

Phone: (503) 653-8100

Web site: www.milwaukiecenter.com

CHANGE SERVICE REQUESTED

NON-PROFIT ORG.

US POSTAGE

PAID

PORTLAND OR

PERMIT NO 2844



TUESDAY, DECEMBER 8

Join us Tuesday, December 8; 1:30-3 p.m. for an interactive event and learn about Hanukkah, Kwanzaa and enjoy Christmas activities like singing songs, listening to music, playing holiday games, making snowflakes and decorating and filling gift bags for meals on wheels recipients. Sample tasty treats, shortbread jam bars and baja rolls (stuffed with chicken, onion, peppers and cream cheese). Take home delicious recipes and make them at your next holiday gathering. Also, get other party ideas from other interactive stations like holiday bingo, ornament guess, fruit cake test, photo booth and more. This event is fun for all ages!

Sponsored by

