

CENTERPOINT

FRIENDS OF THE MILWAUKIE CENTER NEWSLETTER

APRIL 2016

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QUILTERS CORNER

quilters become friends

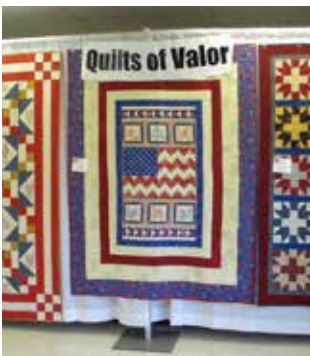
Our 2016 Quilt Show was a great success as usual due to the time, talents and dedication of the Quilt Show Committee. We really can't thank them enough for all of their hard work and their incredible passion:

Shirley Workman Terry Knott Judy Jennings
Lynn Betteridge Dianne McRae Pat Curtis
Irene Bachhuber Lois Stevenson Diane Wagner
Dee Ann Scott

In addition, the Friends Quilting Committee dedicate many, many hours to the "Bargain Boutique". Year round they receive, sort, measure, fold and take care of donations that come to the Center so they can be sold at the Boutique. They raise over \$5,000 for programs and services at the Center.

Sharon Skates Linda Seeley Delores Ellis
Anita Vanek Darlene McDonald

Also, thank you to our major sponsor, Save Stores.



This page is 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

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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. -5 p.m.
 (503) 653-8100
 FAX: (503) 794-8016

Thank you from March for Meals

Thank you to Bob's Red Mill, Happy Valley New Season's Market, Clackamas Federal Credit Union and the dozens of volunteers who helped make this year's March for Meals fundraiser a huge success.

Center Supervisor's Message

April is Volunteer Appreciation Month. This year the Milwaukie Center's Volunteer Appreciation is going to be held on Saturday, April 23rd, from 10 a.m.-12 p.m. This year we will be hosting a brunch with entertainment and raffle prizes for our volunteers. Our Kitchen will be preparing this brunch so you know it will be delicious. RSVP for yourself and a guest and come enjoy!

If you have spent any time at all at the Milwaukie Center you have witnessed how absolutely vital volunteers are to our operations. Volunteers make possible everything from Meals on Wheels and the Dining Room to the Travel Program and the Gift Shop. On any given day, a visitor to the Milwaukie Center will meet dozens of volunteers. These volunteers not only provide the staffing needed to run our programs, but provide the spirit and attitude that makes this place great!

Thank you for all that you do and I look forward to seeing you on April 23rd.


Thank you,
 Marty Hanley,
 Center Supervisor



Hablamos Espanol

Milwaukie Center ofrece una amplia gama de programas y servicios para satisfacer las diversas necesidades de la comunidad. Ofrecemos servicios sociales, recursos y clases para todas las edades. Necesita espacio para su proximo evento? El Centro de Milwaukie tiene espacio para rentar. Maria Lopez esta desponible para mas informacion a (503) 794-8067 de Lunes a Viernes a 8:30 a.m.-5 p.m.

This page sponsored by:



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
- Espresso
- Bakery
- Books

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

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 Friday, April 8, 2016; 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

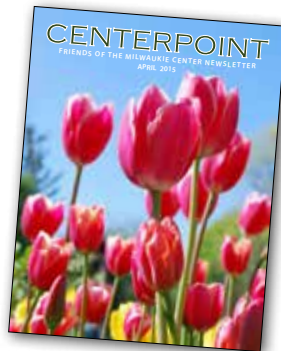
Friends Board Meeting

Wednesday, April 15, 2016; 9:30 a.m.
 in the Salal Room. All are welcome to attend.

TAX AIDE IS HERE!

The Milwaukie Center hosts AARP each year to do taxes for low-income, elderly and disabled citizens. Call (503) 780-5288 or come by to make an appointment. **Taxes done until April 15th.**

The Milwaukie Center produces 12 newsletters each year, with every other newsletter available online only. The following months will be available in print and online: December, February, April, June, August and October.



This page is sponsored by:

 St. Anthony Village	Independent Living, Assisted Living, Memory Care
	<i>Our Village, Your Home</i> 3560 SE 79th Ave, Portland, OR 97206 503-775-4414 www.villageenterprises.org tkoslicki@villageenterprises.org

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	~ 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.stehnfamilienhomes.com	2906 SE Harrison St. Milwaukie, OR 97222		

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
- VOLUNTEERS**
- Judith Kallio (503) 794-8034
- RECREATION**
- Sherri Garrow (503) 794-8092
- Tina Johnson (503) 794-8015
- FACILITY RENTAL** (503) 794-8013
- Paul Baker Robert Okey Alan Stonesifer
- TRANSPORTATION/TRAVEL**
- Nolan Borntreger (503) 794-8014
- Bob Walden Heidi Riley Richard Peterson
- Paul Baker
- MEALS ON WHEELS**
- Kathi Schroeder (503) 654-3030
- Dennis Cronin Von Theroux Courtney Cornwell

VOLUNTEER OPPORTUNITIES

APRIL FOOL'S DAY I'M NOT KIDDING, REALLY!

I'll bet you think I'm going to pull an April Fool's Day trick on you. NEVER! What I can promise you is that you will not only enjoy becoming a Milwaukie Center volunteer but you will be glad you did. If you are looking for fulfillment and enrichment, volunteering is just the thing for you. Give us a call and find out how to make yourself, and others, happy.

Available volunteer opportunities are:

- Meals on Wheels Drivers
- Kitchen Assistant -- Food Handlers Card Required
- Meals on Wheels Box Wiper
- Food Server
- Prep Cook
- Gift Shop
- Blood Pressure
- Data Entry/Donation Acknowledgments
- Receptionist
- Travel Desk
- Evening Bingo
- Friends of the Milwaukie Center Board Member
- Rose Guardian
- Bingo Floor Walker
- Bingo Paymaster
- Bus Washer
- Janitorial Helper
- Entertainment Tech
- Newsletter Courier
- Grocery Shopping Assistant
- Information Desk
- Milwaukie Center Board Member
- Quilt Show Committee Member
- Thurs Quilter

Volunteers are the  of our operations!

Pick up your phone and call Judith Kallio, Volunteer Coordinator, 503 794 8034, to find out how easy it is to become a Milwaukie Center volunteer.

"We ourselves must be full of life if we are going to make life fuller for others."

-David Sawyer

ANNUAL CAMPAIGN

We are pleased to announce a generous gift from Bob and Charlee Moore. They will match up to \$10,000 in donations to the Friends of the Milwaukie Center's Annual Campaign. If you haven't made your yearly donation yet, now would be a great time! From \$5 to \$500, every donation helps continue the great programs and services here at the Center, and now, you can **DOUBLE** the impact of your gift!

Fill out the form below and send in your donation today.



Name

Address

City, State, Zip

Phone Number

Here is my check for \$ _____

or charge my : VISA Mastercard

Credit Card Number

Expiration Date CVC#

Signature

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

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>
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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.

DIABETES SUPPORT & EDUCATION GROUP

Information, education and sharing for people with Type 2 diabetes, their families and friends. Everyone is welcomed. Next meeting is **April 6, 1:30-3 p.m.** *Making Sense of All those Numbers and Setting Up A Diabetes Management Plan* presented by Teresa Martin, Registered Dietitian and Certified Diabetes Educator.

WALK WITH EASE

Tue. & Thu., April 5-June 2; 10:30-11:30 a.m.

The Milwaukie Center is offering the Arthritis Foundation's Walk with Ease program, it will meet twice weekly for nine weeks. Each hourly session will be comprised of a health education component, stretching exercises, heart-rate monitoring techniques and a self-paced group walk. Walk with Ease is a fitness program that can reduce pain and improve overall health. If you can be on your feet for ten minutes without increased pain, you can have success with the Walk with Ease program. Participants who completed the Walk with Ease program have reported increased balance and strength, reduction of pain associated with arthritis and improved overall health. Pre-register with Abby or Linda, (503) 653-8100.

This page sponsored by:

STAYING CONNECTED

Mon., May 2-23; 1-2:30 p.m.

Did you know that staying socially active and keeping your mind engaged can benefit your memory and mood? Staying Connected is a 4 week program specifically geared towards individuals experiencing early memory loss and their care partners. Participants will learn: strategies to help carry out enjoyable pastimes, how to cope and communicate your memory loss to others; and how to celebrate accomplishments. Sponsored by the Alzheimer's Association. Pre-register with Abby or Lisa, (503) 653-8100.

Fred Meyer Rewards & AmazonSmile

The Friends of the Milwaukie Center received great donation checks from both Fred Meyer and Amazon this past month, but could be even better! This is a completely painless way for our supporters to give. Step by step directions are listed below. If you do not know how to do this, stop by our office and we can help you. When you sign up, you do not lose any of your points or rewards.

To link your Fred Meyer rewards card to the Friends of the Milwaukie Center go to www.fredmeyer.com/communityrewards. Follow the steps to link your card. The code for the Friends of the Milwaukie Center is 84037. Fred Meyer will send you an email to activate your account, please don't forget or your card will not be linked to the Friends.

For Amazon, go to the AmazonSmile web site and sign up the Friends as your charity and then simply shop at the AmazonSmile website. It is exactly the same as the regular website, but Amazon will donate 0.5% of your purchase to the Friends.



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

IT'S ALL ABOUT MEMORY

It's All About Memory is an ongoing weekly, half day activity program specifically designed for individuals experiencing early memory loss. The program will focus on teaching techniques to improve mental fitness by using memory enhancing and retaining activities. Participants will learn about memory loss and develop new skills for living with memory loss. This confidential, social educational program provides opportunities to have fun, meet with peers who are experiencing memory loss and gain social support. The program meets on **Fridays from 10 a.m. to 2 p.m.** It's All about Memory has ongoing enrollment, however it 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, (503) 653-8100.



HEALTHY LIVING FOR YOUR BRAIN AND BODY

Mon., April 18; 1-2:30 p.m. This seminar will discuss the latest research in maintaining brain and body wellness. An individual's diet, exercise, cognitive activity and social engagement are essential in maintaining a healthy brain and body. Learn about hands on tools to help you incorporate these recommendations into a plan for healthy aging. Pre-registration is required and limited to 30 participants. Sponsored by the Alzheimer's Association

BASICS OF ALZHEIMER'S DISEASE

Mon., May 16; 3-4:30 p.m.

Alzheimer's affects people in varying ways and ripples out to impact the lives of those who interact with them. Understanding what is happening to a person with Alzheimer's is key to interacting effectively and providing quality care. In this class, attendees will gain an understanding of the difference between age-related memory loss and Alzheimer's and what to do if they or someone they know has signs of the disease.

CARING FOR OUR PARENTS - WHAT HAPPENS WHEN MOM OR DAD CAN'T MAKE GOOD DECISIONS

Wed., May 18; 1-2:30 p.m.

Elder law attorney, Julie Nimnicht from Law Offices of Geoff Bernhardt will discuss financial and health care decisions; power of attorney and advance directives for health care documents. Julie will explain the process of court authorization for guardianship and conservatorship for individuals who lack the capacity to make decisions.

Shredding Day:

May date
to be announced



This page sponsored by:

	ASSISTED LIVING		ROYALTON PLACE	MEMORY CARE	
			5555 SE King Road Milwaukie, OR. 97222 503-653-1854		

Page 10 is sponsored by:

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- SENIOR LIVING SOLUTIONS -

brookdale.com

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., 4/4 & 5/2; 9:45-11:45 a.m.

Tue., 4/19 & 5/17; 9:45-11:45 a.m.

Fri., 4/22 & 5/27; 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 4/5, 4/19, 5/3 & 5/17.

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 monthly on the first and 3rd Tuesday, appointments are necessary.

Appointments available on 4/5, 4/19, 5/3 & 5/17.

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, (503) 653-8100.

ON-SITE SERVICES

Pete's Café

Mon.-Fri., 9 a.m. to 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

Closed until October.

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.

VOLUNTEER APPRECIATION BRUNCH

April 23rd; 10 a.m.-noon Miwaukie Center
VOLUNTEERS BRIGHTEN LIVES



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 River Water.

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.

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 Borntreger (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.

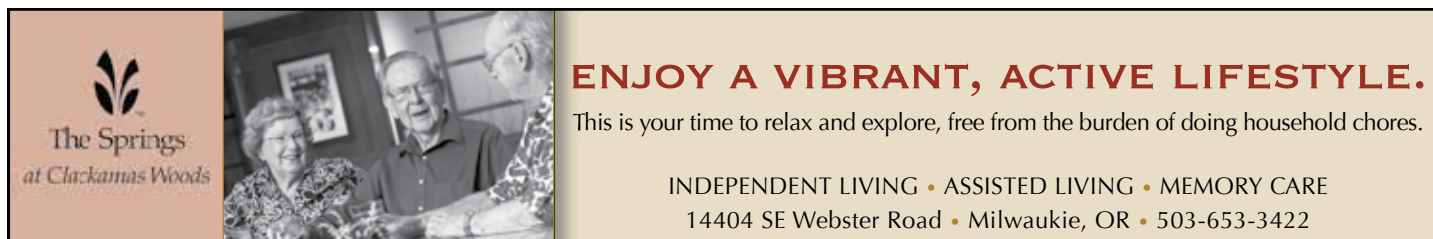
OTHER SENIOR RESOURCES

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., Tuesday-Friday, to set up your personal tour. Come see what you've been missing!

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

SUMMER CLASS SCHEDULE 2016

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

ACTIVITY GROUPS

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
NEW! Genealogy	W	9:30-11:30 a.m.	6/22, 7/27 & 8/24	\$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

ART & ENRICHMENT

Class	Day	Time	Dates	Res.	62+/NR
Cultivating Joy	M	12:45-1:45 p.m.	TBA	\$12	\$15/NR
Oil Painting AM	Th	9:30 a.m.-noon	6/23-8/25	\$125	\$94
Oil Painting PM	Th	1-3:30 p.m.	6/23-8/25	\$125	\$94
NEW! Genealogy	W	9:30-11:30 a.m.	6/15	FREE	FREE

LANGUAGE AND WRITING

♦ Check Discovery Guide for times

Class	Day	Time	Dates		age 62+
* Creative Writing	W	1-2:45 p.m.	6/22-8/10	\$70	\$53
Spanish I	M	2-3:30 p.m.	6/20-8/15	\$60	\$45
Spanish II	M	12:15-2 p.m.	6/20-8/15	\$70	\$53
Spanish Conversation I	M	10:30 a.m.-noon	6/20-8/15	\$60	\$45
♦ Spanish Conversation II	M	9-10:30 a.m.	6/20-8/15	\$60	\$45
Spanish Immersion	MTW	9:30 a.m.-1:30 p.m.	6/6-6/8	\$50	\$38
Your Story	Th	1-2:45 p.m.	6/23-8/11	\$70	\$53

COMPUTER

\$ Bring \$2 for materials

Class	Day	Time	Dates	Res.	Non-Res.	Level
\$ Computer First Steps	F	2:30-4:30 p.m.	7/8-7/29	\$70	\$80	3
\$ Computer Basics	F	Noon-2 p.m.	7/8-7/29	\$70	\$80	1
\$ Intro to Windows 10	F	9-11 a.m.	7/8-7/29	\$70	\$80	2

KIDS CLASSES/CAMPS

☾ Evening class

Class	Day	Time	Dates	Res.	Non-Res.	Ages
Dance Around the World	M-Th	9-11:30 a.m.	6/27-6/30	\$85	\$95	4-7
Dance Around the World	M-F	9:30-11:30 a.m.	8/1-8/5	\$85	\$95	4-7
☾ Tiny Tots Creative Dance	W	4-4:30 p.m.	6/29-8/17	\$66	\$76	3-4
☾ Little Dancers Ballet/Jazz	W	4:40-5:10 p.m.	6/29-8/17	\$66	\$76	5-6



Cultivating Joy with Andrea Crisp

Joy can be rediscovered through the concept of motion creating emotion; by allowing our minds and bodies the opportunity to play.



Computer Classes with Jerry King

Jerry King has been teaching classes at the Milwaukie Center for over 12 years.

Classes are on Fridays and begin April 15.

FITNESS AND HEALTH

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

Fitness & Health Course Intensity:

Level 1

Need Support
(Chair Fitness)

Level 2

Beginners

Level 3

Active Now
(Intermediate)

Level 4

Athlete (Advanced)

Class	Day	Time	Dates		age 62+	Level
Circuit Training	Tu	12:30-1:30 p.m.	6/21-7/26	\$55	\$41	3 & 4
Complete Conditioning	Tu	9:25-10:10 a.m.	6/21-8/30	\$41	\$31	3
* Complete Conditioning	Th	9:25-10:10 a.m.	6/23-9/1	\$41	\$31	3
* EZ-Does-It Aerobics	M	8:30-9:15 a.m.	6/20-8/29	\$38	\$29	3
* EZ-Does-It Aerobics	W	8:30-9:15 a.m.	6/22-8/31	\$41	\$31	3
* EZ-Does-It Aerobics	F	8:30-9:15 a.m.	6/24-9/1	\$41	\$31	3
* Functional Fitness	Tu	10:20-11:05 a.m.	6/21-8/30	\$41	\$31	2 & 3
Functional Fitness	Th	10:20-11:05 a.m.	6/23-9/1	\$41	\$31	2 & 3
INNERgystics	M	12:15-1:15 p.m.	6/20-8/15	\$30	\$23	3 & 4
* INNERgystics	Th	11:15 a.m.-12:15 p.m.	6/23-8/11	\$30	\$23	3 & 4
* Gold Toning	W	12:15-1:15 p.m.	6/22-8/24	\$50	\$38	2 & 3
* Hula Hooping	M	6-7 p.m.	6/27-8/22	\$40	\$30	3
Mindful Meditation	W	6-7:30 p.m.	6/22-8/24	\$90	\$80	
Sit-N-B-Fit	M	11:05-11:50 a.m.	6/20-8/29	\$38	\$29	1 & 2
* Sit-N-B-Fit	W	11:05-11:50 a.m.	6/22-8/31	\$41	\$31	1 & 2
Sit-N-B-Fit	F	11:05-11:50 a.m.	6/24-9/2	\$41	\$31	1 & 2
Stretch & Flex	Tu	8:30-9:15 a.m.	6/21-8/30	\$41	\$31	3
Stretch & Flex	Th	8:30-9:15 a.m.	6/23-9/1	\$41	\$31	3
* Tai Chi: Beginner	MW	4-5 p.m.	7/6-8/31	\$85	\$64	2 & 3
* Tai Chi: Intermediate	MWF	10:10-10:55 a.m.	7/6-9/2	\$98	\$74	2 & 3
* Tai Chi: Beginner & Intermediate	MW	6:35-7:35 p.m.	7/6-8/31	\$85	\$64	2 & 3
* Tai Chi: Martial Arts Form/Swords	MWF	9:20-10:05 a.m.	7/6-9/2	\$98	\$74	3 & 4
* Tai Chi: Martial Arts Form/Swords	MW	5:35-6:35 p.m.	7/6-8/31	\$85	\$64	3 & 4
Walking with Wayne "WWW"	W	10 a.m. at North Clackamas Park		FREE		3 & 4
Chair Yoga	M	1:30-2:30 p.m.	6/20-8/29	\$50	\$38	1 & 2
Strength & Relaxation Yoga	M	2:40-3:40 p.m.	6/20-8/29	\$50	\$38	2 & 3
Strength & Relaxation Yoga	W	2:40-3:40 p.m.	6/22-7/27	\$30	\$23	2 & 3
Strength & Relaxation Yoga	Th	2:15-3:45 p.m.	6/30-8/11	\$35	\$26	2 & 3
Zumba	Tu	6:40-7:40 p.m.	6/21-8/23	\$50	\$41	3 & 4
Zumba	Th	6:40-7:40 p.m.	6/23-7/28	\$30	\$23	3 & 4
Zumba Gold	W	1:30-2:30 p.m.	6/22-8/24	\$50	\$38	2 & 3
Qi-Gong	Tu	6:45-7:45 p.m.	7/12-8/23	\$35	\$26	



Dance Around the World & Me and Movement and Me

Kids classes and camps begin in June!

DANCE AND MUSIC

Class	Day	Time	Dates	Res.	age 62+/NR
Line Dance: Beginner I	Tu	11:20 a.m.-12:20 p.m.	6/21-8/23	\$50	\$38
Line Dance: Beginner II	Th	12:30-1:30 p.m.	6/23-8/25	\$50	\$38
Line Dance: Intermediate	Th	1:35-2:35 p.m.	6/23-7/27	\$30	\$23

This schedule subject to change. Call 503-794-8092 for updates.

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ROSE PRUNING DEMO & ROSE GUARDIANS

We would like to extend our thanks to Rich Baer of the Portland Rose Society for his very informative talk on how to prune roses. If you haven't attended this demonstration before, be sure and put it on your calendar for next year!

And a big thank you to our Rose Guardians. These individuals brave all kinds of weather and thorns to deadhead the rose bushes and help clean up the beds. They do such a wonderful job and yet are rarely seen or heard from. Thank you for all the work you do to make the Sara Hite Memorial Rose Garden and wonderful place to visit!

Our leader and coordinator is Jeanne Reairdon
Pat DeLucia Keith Zilk Lynn Radcliff
Sharon Hermo Gene McCoy Maryann Buel
Linda Carr Susan Erskine Judy Hervey
Donna Clark Joann Buckless

If I missed a name, please call me and let me know, I would love to thank you in the next issue.



Your parents were right - carrots are good for your eyes! One of the best food sources of vitamin A, they help maintain the retina function needed for night vision ⁽¹⁾.

Plus, eating carrots on a regular basis has been directly linked to lowered risk of cardiovascular disease ⁽²⁾.

Cooking carrots increases their vitamin content, and makes them easier to digest!

(1) Theodosiou M, Laudet V and Schubert M. From carrot to clinic: an overview of the retinoic acid signaling pathway. Cellular and Molecular Life Sciences. Basel: May 2010. Vol. 67, Iss. 9; p. 1423-1445. 2010.

(2) Oude Griep LM, Monique Verschuren WM, Kromhout D et al. Colours of fruit and vegetables and 10-year incidence of CHD. Br J Nutr. 2011 Jun 8:1-8. [Epub ahead of print]. 2011.

CREATE YOUR OWN LEGACY

You can do this is by naming the Friends of the Milwaukie Center as a beneficiary in your will. living trust, life insurance policy or retirement plan, or by establishing a charitable gift annuity or charitable trust. You can also explore the advantage of charitable giving and at the same time get a tax deduction and possibly income.

All bequests are added to the Endowment Fund of your choice. The money in these funds is never spent, the income and earnings from the funds support the various programs and services the funds are dedicated to. For example; the interest, dividends and earnings from the Nutrition Fund is given to that department to help with Meals-On-Wheels and operating costs. The income from the Fran Whitehill Rose Garden fund helps to take care of the Sara Hite Memorial Rose Garden.

Call (503) 653-8100 to ask how you can include the Milwaukie Center in your estate planning and/or make a donation today using the form below:



Name _____

Address _____

City, State, Zip _____

Phone Number _____

Here is my check for \$ _____

or charge my : VISA Mastercard

Credit Card Number _____

Expiration Date _____ CVC# _____

Signature _____

Select the Endowment Fund:

Unrestricted Nutrition/Transportation

Rose Garden Joan Young Directors Fund

Scholarship Doris Hurst Special Needs

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.

Stone Cliff Inn at Carver

Stone Cliff Inn and executive chef James Keeney create a dining experience among the best the Northwest has to offer. Nestled amid the old growth, in a backdrop of cliffs and huge basalt boulders, the majestic Stone Cliff Inn embodies the true spirit of the Oregon story. Bring money for lunch.

Fee: resident, \$12; non-resident, \$14

Date/Time: 11:30 a.m.-2:30 p.m. Th 5/5

Oregon Zoo

Enjoy all of the fun wildlife and adventure at the Oregon Zoo. Fee includes entrance charge. Bring money for lunch.

Fee: resident, \$21; non-resident, \$25

Date/Time: 11 a.m.-3 p.m. Tu 5/10

Alpenrose Spring Gala & Otto and Anita's Lunch

Will have lunch at Otto & Anita's Bavarian restaurant then go to the Northwest Senior Theater Spring Gala at Alpenrose for Broadway and Vaudeville songs, skits and dancing. Included in the fee is the \$5 fee for the theater. Bring money for lunch at Otto and Anita's.

Fee: resident, \$24; non-resident, \$28

Date/Time: 11:30 a.m.-5 p.m. Th 5/19

La Provence & Bridgeport

LaProvence serves bistro-style meals & baked goods, with pastry-filled cases for your take home joy. Will stop at Bridgeport Village prior to lunch for your shopping and strolling pleasure. Bring money for lunch.

Fee: resident, \$15; non-resident, \$18

Date/Time: 11 a.m.-2:30 p.m. W 5/25

Black Rabbit at McMenamins Edgefield

Experience a great lunch and the fantastic murals tracing the history of Edgefield and the Columbia River Gorge. Will stop at the Columbia Gorge Outlet Stores on our way back.

Fee: resident, \$17; non-resident, \$20

Date/Time: 11 a.m.-3 p.m. Th 6/2

Trillium Lake Viewing and Fishing

Come along on a tour to Trillium lake to enjoy the scenery and view of Mt Hood. Bring along your fishing pole to try your luck at catching a few. The Milwaukie Center will provide a sack lunch or bring your own lunch.

Fee: resident, \$39; non-resident, \$45

Date/Time: 9 a.m.-3:30 p.m. Tu 6/7

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503-723-7868

APRIL 2016

Monday

Tuesday

Wednesday

Thursday

Friday

<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 10 a.m.-2 p.m. It's All About Memory Noon Trillium Lunch Noon John Munger 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 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 by appt Foot Care</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 12:30-4 p.m. APAC 12:30 p.m. Mah Jongg 1:30-3 p.m. Diabetes Support</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 Noon Party Bridge 12:30 p.m. Bingo 1 p.m. Cribbage 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 10 a.m.-2 p.m. It's All About Memory Noon Trillium Lunch Noon John Munger Memorial Jazz Band</p>
<p>11 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>12 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 by appt Senior Law</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 12:30-4 p.m. APAC 12:30 p.m. Mah Jongg</p>	<p>14 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 <i>Quilt Show prep</i></p>	<p>15 8:30 a.m.-5 p.m. Billiards 9 a.m.-1 p.m. Pete's Cafe 10 a.m.-2 p.m. It's All About Memory Noon Trillium Lunch Noon John Munger Memorial Jazz Band</p>
<p>18 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>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 by appt Foot Care</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 12:30-4 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 Noon Party Bridge 12:30 p.m. Bingo 1 p.m. Cribbage 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 a.m.-2 p.m. It's All About Memory 10:45 a.m.-noon Blood Pressure Check Noon Trillium Lunch Noon John Munger 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 Noon Trillium Lunch Noon Ruby Fandrich, Piano 1 p.m. Bingo 2-3 p.m. Views</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 April Birthday Celebration 12:30-4 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 Noon Party Bridge 12:30 p.m. Bingo 1 p.m. Cribbage 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 10 a.m.-2 p.m. It's All About Memory 10:45 a.m.-noon Blood Pressure Check Noon Trillium Lunch Noon John Munger Memorial Jazz Band</p>

MAY 2016

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2</p> <p>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</p> <p>Noon Trillium Lunch Noon Del Martin, Piano 12:30 p.m. Chinese Mah Jongg</p>	<p>3</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</p> <p>1 p.m. Bingo 2-3 p.m. Views by appt Foot Care by appt Senior Law</p>	<p>4</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 12:30-4 p.m. APAC 12:30 p.m. Mah Jongg 1:30 p.m. Diabetes Support Group</p>	<p>5</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>6</p> <p>8:30 a.m.-5 p.m. Billiards 9 a.m.-1 p.m. Pete's Cafe 10 a.m.-2 p.m. It's All About Memory</p> <p>Noon Trillium Lunch Noon John Munger Memorial Jazz Band</p>
<p>9</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>10</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</p> <p>1 p.m. Bingo 2-3 p.m. Views</p>	<p>11</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 12:30-4 p.m. APAC 12:30 p.m. Mah Jongg</p>	<p>12</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>13</p> <p>8:30 a.m.-5 p.m. Billiards 9 a.m.-1 p.m. Pete's Cafe 10 a.m.-2 p.m. It's All About Memory</p> <p>Noon Trillium Lunch Noon John Munger Memorial Jazz Band</p>
<p>16</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>17</p> <p>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</p> <p>Noon Trillium Lunch Noon Ruby Fandrich, Piano</p> <p>1 p.m. Bingo 2-3 p.m. Views by appt Foot Care by appt Senior Law</p>	<p>18</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 12:30-4 p.m. APAC 12:30 p.m. Mah Jongg</p>	<p>19</p> <p>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</p>	<p>20</p> <p>8:30 a.m.-5 p.m. Billiards 9 a.m.-1 p.m. Pete's Cafe 10 a.m.-2 p.m. It's All About Memory</p> <p>Noon Trillium Lunch Noon John Munger Memorial Jazz Band</p>
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<p>30</p> 	<p>31</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</p> <p>1 p.m. Bingo 2-3 p.m. Views</p>			<p><i>This schedule is subject to change. Please call the Milwaukie Center at (503) 653-8100 for updates.</i></p>

FRIENDS OF THE MILWAUKIE CENTER, INC.
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FIELD DAY IN THE PARK

Join thousands of others across the nation celebrating National Senior Health and Fitness Day. Find your inner kid and come play with us on Wednesday, May 25 from 10 a.m.-noon. Fun activities for all ability levels and it's FREE. Healthy refreshments and door prizes will be available. Takes place by the ballfields at North Clackamas Park. Age 50+. Interested in volunteering? Call (503) 794-8092 for info.

Location: NCP Ballfields/Milwaukie Center
 Fee: Free
 Time/Date: 10 a.m.-noon W 5/25

Sponsored by:



Field Day Mini Class Schedule*

Tai Chi	10:10-10:30 a.m.
Sit N Fit	10:50-11:10 a.m.
Hula Hoop	11-11:20 a.m.
Chair Yoga	11:15-11:35 a.m.
Zumba Gold	11:30-11:50 a.m.

**tentative schedule*

