

The Cherry Blossom Senior Program at East Portland CC

is a group of community agencies, collaborating to enrich the lives of older adults through programs, resources & services in a welcoming environment. It has been organized as a community where older adults come together for activities that reflect their experiences & skills, respond to their diverse needs & interests, enhance their dignity, support their independence & encourage their involvement in & with other seniors in the community.

The LOUNGE, located toward the end of the north hall across from the Meals on Wheels dining room, is open weekdays from 9am to 3pm. Visit the Lounge & check out the Bulletin Board for information on general topics & Cherry Blossom Senior events & meetings.

Portland Parks & Recreation East Portland Community Center (PP&R)

503-823-3450

Monday-Friday 6am-9:30pm

Saturday 7am-6pm

Sunday 8am-6pm

- Scheduled classes, activities & van trips
- Fitness room & exercise classes
- Scholarships available

Trips scheduled by PP&R Senior Recreation
503-823-4328.

IRCO Mid-County Senior Services Provider (IRCO)

503-484-6371

Monday-Thursday 8am-5pm

Friday 1-5pm

Office is located at the end of the north hall, next to the Lounge.

Services provided for vulnerable older adults who are at risk of losing their independence.

- Caseworkers available
- Organized Activities
- Services: Case Management, Health/Wellness Activities, Home Health, Information/Assistance & more.

Bilingual staff

Cherry Blossom Meals on Wheels People (MOW People)

503-256-2381

Monday-Friday 11:30am-1:00pm

Non-profit, nonsectarian organization that provides hot, nutritious meals to seniors 60 years & older.

- On site senior dining.
- Meals-on-Wheels home delivered.
- Volunteer opportunities.

Cherry Blossom Seniors (CBS)

Monday-Friday (during activities)

Non-profit organization that brings together older adults, 55 & older, for organized social activities paid for, in part, by annual dues & an occasional nominal participation fee. Some of the activities, such as Bingo, are open to all adults 18 & over.

Any proceeds from event fees sponsor the CBS activities. Portland Parks & Recreation provides the Lounge area; the library, puzzles, games, etc., are maintained by CBS volunteers. Other weekly scheduled activities include Bunco & Bridge. Non-scheduled activities occur in the Lounge where you can almost always find a game of pinochle in progress, a book to read, or a puzzle that needs solving.

Annual membership is \$10; members receive the monthly newsletter at their home & are included in Sunshine Activities. All seniors 55+ are invited to attend the bi-monthly meetings, but only paid members may vote.

Organized drop-in activities - see grid on the next page.



The Cherry Blossom Seniors sponsor Bingo every Friday, at 1pm; open to all, ages 18 & up. Purchase card packets in the Solarium from 12:15-12:55pm.