



Lifelong Recreation, Arts, Fitness & Social Opportunities for People Age 55+

**5550 SW Hall Blvd
Beaverton, 97005
503-629-6342**

TriMet Routes #76, #78, #88

Facility Supervisor: Patty Brescia

Fall Term: Sept. 5-Dec. 31, 2017

Hours:

Monday/Tuesday/Thursday	7:30 am-9 pm
Wednesday/Friday	7:30 am-5 pm
Saturday	9 am-5 pm

Facility Closed: 9/4, 9/11-9/16, 11/10, 11/23, 11/24, 12/25, 1/1

Age and Membership Requirements

Adults 55 and better may participate at the Elsie Stuhr Center. Please note that adults 65 and better will qualify for the senior discount at the center. A THPRD identification card is required for all program/activity registrations. See page 5 for out of district information.

Come to lunch at the Stuhr Center

Beaverton Meals on Wheels is the meal provider at the Elsie Stuhr Center. Come to lunch Monday through Friday from 11:15 am-1 pm. Cost per person is \$7.39. For those ages 60 and older, please donate what you are able. If you are younger than age 60, please pay \$7.39 for your meal.

Meals on Wheels: 503-643-8352

Monthly Newsletter

The **Sentinel** is a monthly publication of the Elsie Stuhr Center that outlines the center's events. It may be mailed to you for an annual fee of \$5, picked up at the center for 25¢ per copy, or emailed to you at no charge. Call us at 503-629-6342 for more information.

Special Events



Saturday, Oct. 7

9 am - 1 pm

Elsie Stuhr Center

- Health Screenings/Services
- Health & Wellness Resource Vendors
- Free Healthy Snacks
- Raffle Prizes
- And more!

Elsie Stuhr Day & Holiday Celebration

Friday, Dec 22 • 1:30-3:30 pm

Please join us as we honor Elsie Stuhr, THPRD founder and lifelong physical fitness advocate, at our annual celebration of healthy living. Holiday entertainment, food and gifts for all. Please pre-register by 12/11, space is limited. \$5 per person

THPRD VOLUNTEERS!

Opportunities: host/hostess, barista and many others. Please call Terri Cannon, 503-629-6342 for more information.

Arts & Crafts - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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Creative Painting

Explore both realism and abstract techniques in an inspiring, creative atmosphere using either oils or acrylics. Supply list available at Stuhr Center front desk. An \$8 material fee payable to instructor at first class. (Teresa)

9/20-12/6 (12) Spruce	W ID/AP: \$200	9:30 am-12:30 pm SD: \$180	ES24605 OD: \$250
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Crocheting for the Fun of It!

Learn the basics of crocheting and have fun making gifts for friends and loved ones. Class will have the option of working on a variety of projects. No class 11/22. (Christina)

9/20-12/6 (11) Dogwood	W ID/AP: \$84	10-11:30 am SD: \$75.50	ES24610 OD: \$105
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Drawing on the Right Side of the Brain

Think outside the box! Explore creative and intuitive ways to draw and have fun doing it. Supply list available at the front desk. A \$4 material fee is payable to instructor at first class. No class 11/23. (Teresa)

9/21-12/7 (11) Spruce	Th ID/AP: \$130	1-3 pm SD: \$117	ES24606 OD: \$162.50
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Drawing with Colored Pencils

Learn the basics of drawing, compositions and more while exploring techniques specific to colored pencils, such as color mixing, lifting, burnishing, form, volume and space and much more. \$10 supply fee payable to instructor at first class. Supply list at the front desk. (Teresa)

9/18-12/4 (12) Spruce	M ID/AP: \$140	1-3 pm SD: \$126	ES24609 OD: \$175
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Fused Glass Workshops

Create a unique piece of art. No previous experience required. An additional material fee is payable to instructor at start of class. (Carol)

Wind Chimes – (\$40 lab fee)

9/23 (1) Larch	S ID/AP: \$13	11 am-1 pm SD: \$11.50	ES24601 OD: \$16.25
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Kiln Carved Dish – (\$30 lab fee)

9/30 (1) Larch	S ID/AP: \$13	2-4 pm SD: \$11.50	ES24600 OD: \$16.25
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Ornaments – (\$35 lab fee)

11/18 (1) Larch	S ID/AP: \$13	11 am-1 pm SD: \$11.50	ES24602 OD: \$16.25
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Ornaments – (\$35 lab fee)

12/2 (1) Larch	S ID/AP: \$13	2-4 pm SD: \$11.50	ES24603 OD: \$16.25
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Arts & Crafts - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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Knitting

Work on your own projects under the guidance of our experienced instructor. Please bring your own knitting needles and pattern. (Christina)

9/19-12/5 (12) Spruce	T ID/AP: \$103	10-11:30 am SD: \$92.50	ES24611 OD: \$128.75
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Painting with Pastels

Learn to paint or build existing skills using pastel chalks. Create colorful images of people, landscapes, animals, etc. A \$15 material fee is payable to instructor at first class. Supply list available at front desk. (Teresa)

9/18-12/4 (12) Spruce	M ID/AP: \$200	9:30 am-12:30 pm SD: \$180	ES24604 OD: \$250
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Photography, All Levels

Take better pictures! Learn the settings on your camera and how they affect the quality of your photographs. Lab time provided during class. Digital Camera Basic I class is a prerequisite or instructor approval. (Bob)

11/1-12/13 (7) Larch	W ID/AP: \$68	9-10:30 am SD: \$61	ES24615 OD: \$85
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Pottery

This pottery class is a mix of beginners and experienced students. Supplies included. Students are responsible to clean their own work space after class. No class 11/22. (Marjanna)

9/20-10/25 (6) Spruce	W ID/AP: \$103	1-3:30 pm SD: \$93.50	ES24616 OD: \$126.25
11/1-12/13 (6) Spruce	W ID/AP: \$103	1-3:30 pm SD: \$93.50	ES24617 OD: \$126.25

Pottery Open Lab

This non-instructor led lab use is intended for personal enrichment and recreation. Production for retail is not allowed. Only work done during THPRD classes or during open lab may be fired. Fee for open studio includes space use, glazes and firings. Punch pass available, contact front desk for details.

10/14 (1)	S	10 am-12:30 pm	ES24618
10/28 (1)	S	10 am-12:30 pm	ES24619
11/11 (1)	S	10 am-12:30 pm	ES24620
12/9 (1) Spruce	S ID/AP: \$17	10 am-12:30 pm SD: \$15.25	ES24621 OD: \$21.25

Fees: ID/AP=User is in-district or has paid an out-of-district assessment SD=Senior Discount OD=Out-of-district (no assessment paid)

Arts & Crafts - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Stained Glass-Open Studio Learn to build stained glass projects using the Tiffany-Style copper foil method. Step-by-step instruction covers pattern, glass selection, cutting glass, fitting, foiling, soldering skills and patina application. No class 10/6, 11/10, 11/24. (Sharon)			
9/22-12/8 (9) Spruce	F ID/AP: \$143	9 am-Noon SD: \$128.50	ES24612 OD: \$178.75

Watercolor for Beginners

Think watercolor is too hard to do? Join us for a fun and fearless pursuit of the medium. Supply list available at the front desk. Some supplies provided. An \$8 material fee payable to instructor at first class. No class 11/23. (Teresa)

9/21-12/7 (22) Larch, Spruce	Th ID/AP: \$183	9:30 am-12:30 pm SD: \$164.50	ES24607 OD: \$228.75
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Watercolor, Intermediate

Experienced watercolorists will explore new techniques and expand their existing skills in a fun creative environment. An \$8 material fee is payable to instructor at first class. (Teresa)

9/19-12/5 (12) Larch	T ID/AP: \$200	9:30 am-12:30 pm SD: \$180	ES24608 OD: \$250
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Woodcarving, All levels

Learn to carve safely using specific cuts and techniques. Learn tool care and use, sharpening, honing, sanding and finishing. Patterns are available. Supply list available at the front desk. (Dave)

9/19-12/5 (24) Larch/Spruce	T ID/AP: \$161	1-3:30 pm SD: \$144.75	ES24613 OD: \$201.25
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Dance - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Ballet Basics, Adult Beginner NEW! Come learn the basics of ballet. Strengthen and lengthen your body and find your balance and poise. Learn basic, proper technique, as well as choreography to get you ready for our dance recital. No class 11/10, 11/24. (Eddie)			

9/22-12/8 (10) Manzanita	F ID/AP: \$62	10:45-11:40 am SD: \$55.75	ES21601 OD: \$77.50
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Ballroom, Salsa/Swing **NEW!**

Spice up your life and get in the swing of things. Be ready to have fun learning the basics of salsa and swing ballroom dancing. No class 10/7, 11/25. (Eddie)

9/23-12/9 (10) Manzanita	S ID/AP: \$62	11:30 am-12:25 pm SD: \$55.75	ES21602 OD: \$77.50
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Drop-in Social Dance

Join us every Thursday in the Manzanita Room
1:15-3:30 pm, \$5 per person.

Dance - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Line Dancing Have fun learning line dances to both classic and popular country music. No partner needed. (Doug)			
9/18-11/27 (11) Manzanita	M ID/AP: \$68	3:05-4 pm SD: \$61	ES21604 OD: \$85

Line Dancing, Beginning

Line dancing just for beginners. (Doug)

9/20-11/29 (11) Manzanita	W ID/AP: \$68	3:05-4 pm SD: \$61	ES21603 OD: \$85
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Fitness - 55 & Better

Fitness Specialists



We specialize in working with adults 55 years and better to prevent injury and maintain strength, balance and flexibility.

Monica Langdale (left), and Carolyn Gallagher

Fitness assessments will be held for all fitness classes. With these results, we are able to evaluate classes and show the benefits and effectiveness of the entire program we offer.

Finding the right fitness class/program for you

Learn all about the Stuhr Center's Fitness Programs

Newcomers are welcome to bring their questions, learn about the variety of classes we offer and learn about our weight room, drop-in fitness activities and more. (Carolyn)

10/2 M 1-2 pm Free

Fall Risk and Prevention Screening

One out of every three older adults over the age of 65 falls each year and falls are the number one reason older adults lose independence. Screening is performed according to CDC and national guidelines for exercise. Required: medical release for assessment, completed health medical history and current medication. (Jacqueline)

ID: \$29.50 AP: \$45.50

Fees: ID/AP=User is in-district or has paid an out-of-district assessment SD=Senior Discount OD=Out-of-district (no assessment paid)

Fitness - 55 & Better

**Fitness Class Intensity Guide
Designed for Every Body and
Every Need**

The following can be used as a guide to the type of fitness class you may be seeking. Instructors can also do an assessment to make sure you are in the correct class level.



Need a little help (Chair Fitness) - This class is for those wishing to exercise while seated. Class includes rhythmic movement, range of motion, strength and stretching exercises. Class will help maintain or improve physical function for basic self-care. There will be activities that improve hand strength and agility, arm strength, shoulder and hip range of motion, quadricep strength, shin muscle strength, ankle strength and range of motion. Focus will be on muscular strength and endurance, joint range of motion, balance and coordination.



Just getting started (Entry Level) - This class is for beginners or those returning to exercise. Class includes basic steps, gentle pace and lower intensity. May include sitting or standing, light strength and stretching exercises. Class will help maintain and improve physical function to remain independent and prevent illness, disability or injury. Focus will be on increasing and building reserve in muscular strength, endurance and flexibility, joint range of motion, balance, coordination and cardiovascular endurance.



Active Now (Intermediate Level) - This class is for individuals who are physically active at least twice a week and seek to improve their health and well-being. Classes include moderate intensity, low-impact exercise. May include moderate strength and stretching exercises. There will be optional floor work. Class will help to build reserve and maintain the level of fitness to live an active, independent lifestyle, continue working in a chosen profession and/or participate in a wide range of recreational activities. Class will concentrate on muscular strength, endurance and flexibility, joint range of motion, balance, coordination, agility and cardiovascular endurance.



Athlete (Advanced Level) - Do you train almost every day, compete in a sport, or do a physically demanding job? You need a higher intensity, low-impact workout with a more challenging strength and conditioning portion. Floor work included. Exercise helps build reserve and maintain level of fitness and provides conditioning for improving performance in competition or in strenuous vocational and/or recreational activities. Includes general conditioning in muscular strength, endurance and flexibility, agility and cardiovascular endurance. Additional programming will be sport/activity specific to improve performance in a desired area(s). With the physically elite, the health/wellness professional's role is that of facilitator.

Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
20/20/20			
Get three types of fitness for three times the fun! 20 minutes of aerobics, 20 minutes of strength training, and 20 minutes of flexibility exercises.			

9/18-12/13 (13) Manzanita	M/W ID/AP: \$103	10:45-11:40 am SD: \$92.50	ES22601 OD: \$128.75
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Aerobic Total Body Workout

Designed for the experienced exerciser or fit newcomer. Class includes warm-up, low-impact aerobic conditioning with intervals of strength and endurance work. A great total body workout to start your day. No class 11/10, 11/24. (Gail/Monica)



9/18-12/15 (13) Manzanita	M/W/F ID/AP: \$147	8:35-9:30 am SD: \$132.25	ES22603 OD: \$183.75
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Ageless Conditioning I

Combines aerobic, muscle strengthening, flexibility and balance exercises aimed to enhance muscle and bone strength, balance, joint range of motion, mobility, and benefits independent living skills. Great for individuals who are resuming an active lifestyle. (Gail)



9/18-12/13 (13) Manzanita	M/W ID/AP: \$103	9:40-10:35 am SD: \$92.50	ES22604 OD: \$128.75
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Ageless Conditioning II

Combines aerobic, muscle strengthening, flexibility and balance exercises aimed to enhance muscle and bone strength, balance, joint range of motion, mobility, and benefits independent living skills. Great for individuals who are resuming an active lifestyle. No class 11/23. (Jeanette)



9/19-12/14 (14) Manzanita	T/Th ID/AP: \$99	10:45-11:40 am SD: \$89	ES22605 OD: \$123.75
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Arthritis Exercise and Walk with Ease

Designed to help people with arthritis. Combines AF Exercise and Walk with Ease programs to ease arthritis pain, improve physical activity habits and mobility, and reduce risk for falls. Some exercises are done standing and using light weights. No class 11/23. (Fabiola)



9/19-12/14 (13) Oak Rm	T/Th ID/AP: \$103	9:40-10:35 am SD: \$92.50	ES22606 OD: \$128.75
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Registering for any fitness class will guarantee your spot. See front desk for more information.

Stuhr Center Fitness Room

Monday/Tuesday/Thursday: 7:30 am-8:45 pm
 Wednesday/Friday: 7:30 am-4:45 pm, Saturday: 9 am-4:45 pm

Join us in our spacious, well-equipped fitness room designed for adults 55 years and better. Choose one of our orientation options, and one of our fitness specialists will set you up with your own workout program to improve your endurance, strength and balance.

Before You Begin

A health history form, completed by you, is **required** to participate in the fitness room (forms available at the reception desk).

Upon completing and turning in your health forms, you can choose the type of orientation your prefer. Based on your choice, you can register then or you will be contacted to schedule a date.

An orientation or training session is **mandatory** before using the fitness room.

Orientation Options

Personal/Partner Orientation

ID/AP: \$50 SD: \$45 OD: \$62.50

This personal one-on-one or two-person orientation class consists of two one-hour training sessions in the fitness room. Upon completion, a participant is qualified for fitness room membership.

Next Step Fitness Orientation

ID/AP: \$25 SD: \$22.50 OD: \$31.25

This one-hour, one-on-one session is designed for those who are currently in a strength training program but have not been trained through the Stuhr Center. It is also available to update or enhance the program of current members. Upon completion, a patron can purchase a fitness pass to use in the fitness room.

Training Options

Personal Training

1 Session: ID/AP: \$50 SD: \$45 OD: \$62.50

3 Sessions: ID/AP: \$148 SD: \$133.25 OD: \$185

6 Sessions: ID/AP: \$278 SD: \$185 OD: \$347.50

Achieve your health and fitness goals by scheduling personal training. Our training sessions are personalized to fit your lifestyle, health and fitness level. We offer guidance on proper form, variety, progression and motivation.

Fitness Class Drop-in Policy

Try a class or attend a variety of classes as a drop-in participant. Purchase a pass for \$7.50/\$6.25 (senior 65+), OD: \$9.25 pass. Present drop-in pass to your fitness instructor at the beginning of class. Most classes increase students' skills as the term progresses, but instructors will do their best to make you feel comfortable as a new student entering mid-term or later.


See page 6 for more information on passes, admissions and fees

Fitness Room Orientation

Learn machine adjustments, basic technique for using fitness room equipment, and get an exercise program during this 1 1/2 hour class. Health History Form is required. Please wear fitness apparel. Class is small group format with up to five people. Upon completion, the patron is qualified for fitness room access.

9/19 (1)	T (Monica)	5:30-7 pm	ES22676
9/21 (1)	Th (Carolyn)	12:30-2 pm	ES22677
10/17 (1)	T (Monica)	5:30-7 pm	ES22678
10/19 (1)	Th (Carolyn)	12:30-2 pm	ES22679
11/7 (1)	T (Carolyn)	12:30-2 pm	ES22680
11/14 (1)	T (Monica)	5:30-7 pm	ES22681
12/14 (1)	Th (Carolyn)	12:30-2 pm	ES22682
Fitness Room	ID/AP: \$16	SD: \$14.25	OD: \$20

Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Balance Basics			
Class works on improving your balance by strengthening the hip / leg muscles and abdominal muscles; works on posture techniques and balance exercises to improve confidence. No class 11/10, 11/23, 11/24.			
9/18-12/13 (13) Maple/Birch	M/W (Fabiola) ID/AP: \$103	11:50 am-12:45 pm SD: \$92.50	ES22607 OD: \$128.75
9/19-12/14 (13) Maple/Birch	T/Th (Desiree) ID/AP: \$99	8:35-9:30 am SD: \$89	ES22608 OD: \$123.75
9/20-12/15 (13) Maple/Birch	W/F (Desiree) ID/AP: \$96	8:35-9:30 am SD: \$86.25	ES22609 OD: \$120

Barefoot Fitness

Barefoot functional training as well as balance and cardiovascular training, all in one! It is designed to strengthen your feet and everything up while progressively correcting imbalances in your ankles, knees and hips. No class 11/23. (Naoko)



9/19-12/12 (13) Maple/Birch	T ID/AP: \$43	7:40-8:25 am SD: \$38.50	ES22610 OD: \$53.75
9/21-12/14 (12) Maple/Birch	Th ID/AP: \$40	7:40-8:25 am SD: \$36	ES22611 OD: \$50

Health & Wellness Fair
Saturday, Oct. 7 • 9 am-1 pm

Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Barre - Fit			
This class is yoga and Pilates combined. These 2 types of fitness together will give you a more challenging workout while stretching muscles and strengthening core. Balance is a key component. Retrain your posture. This is a standing class. No class 11/23. (Kendra)			

9/19-12/14 (13) Manzanita	T/Th ID/AP: \$99	7:30-8:25 am SD: \$89	ES22639 OD: \$123.75
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Better Balance Workout

Improve your daily living with better posture, flexibility, strength, range of motion, co-ordination, balance and endurance. Includes seated, standing and moving exercises. No class 11/10, 11/24. (Lia)



9/19-12/15 (13) Oak Rm	T/F ID/AP: \$96	10:45-11:40 am SD: \$86.25	ES22633 OD: \$120
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**Cane, Walking Stick and Staff
(for Stability, Mobility and Self-Defense)**

This class is designed to empower students through the use of a cane, walking stick or staff by learning simple and effective techniques and exercises. Sword canes and defense against all of the items listed will be taught. (David)



9/19-12/12 (13) Maple/Birch	T ID/AP: \$52	12:55-1:50 pm SD: \$46.75	ES22612 OD: \$65
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Cardio, Core and More

We'll increase your heart health and strength safely, effectively and comfortably and have fun doing it! No class 11/23. (Jeanette)



9/19-12/14 (13) Manzanita	T/Th ID/AP: \$99	9:45-10:40 am SD: \$89	ES22613 OD: \$123.75
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Cardio Fusion

A workout that pairs moderate aerobics with exercises and dance moves that are designed to improve strength, balance and flexibility. The workout gets the heart rate up without stressing the knees, legs and lower back. (Kimo)



9/18-12/13 (13) Oak	M/W ID/AP: \$87	9:40-10:25am SD: \$78.25	ES22674 OD: \$108.75
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Chair Dancing - Joy of Movement

Experience unlimited possibility of grace, energy, creativity, increased strength, flexibility and range of motion no matter what your present condition. (Kaycheri)



9/19-12/12 (13) Dogwood	T ID/AP: \$71	10:45-11:45 am SD: \$63.75	ES22614 OD: \$88.75
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Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Chi-Kung			
Chi kung is the study of vital energy and how to assimilate, conserve and circulate this energy in the body/mind for health and vitality. Various techniques will be employed to accomplish the goal. No class 11/23. (David)			



9/21-12/14 (12) Maple/Birch	Th ID/AP: \$48	11:50 am-12:45 pm SD: \$43	ES22615 OD: \$60
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Circuit Fitness

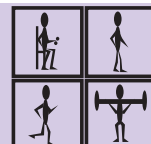
This workout gets your heart rate up and strengthens your muscles at the same time. Move through exercises to work different muscle groups and will feel stronger, move better and develop better control of your body. (Jeanette)



9/18-12/11 (13) Maple/Birch	M ID/AP: \$52	5:15-6:10 pm SD: \$46.75	ES22641 OD: \$65
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DIP (Diabetes Intervention & Prevention)

A proven program, lowering blood sugar, reducing A1c, and managing your diabetes with often dramatic improvements in functional fitness. Monthly nutrition class included by CDE. Bring blood test results. Current health history and medical clearance required. No class 11/23. (Jacqueline)



9/18-12/14 (13) Fitness Room	M/Th ID/AP: \$168	3:30-4:30 pm SD: \$151	ES22618 OD: \$210
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Essential Balance & Mobility

Good strength, balance and mobility are necessary for independence. Targeted program focuses on enhancing muscle strength, joint range of motion, posture and flexibility related to balance and mobility. Includes seated, standing and moving exercises, instructed by balance and mobility specialist. No class 11/10, 11/24. (Jacqueline)



9/19-12/15 (13) Manzanita	T/F ID/AP: \$96	3:05-4 pm SD: \$86.25	ES22619 OD: \$120
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Fitness Essentials

Personalized class is a mix of strength, flexibility and balance, along with a twist of Pilates. Stability balls, hand weights, Pilates circles, bands and more keep you strong and confident with your daily activities. No class 11/10, 11/24. (Belinda)



9/18-12/15 (13) Oak Rm	M/W/F ID/AP: \$147	8:35-9:30 am SD: \$132.25	ES22620 OD: \$183.75
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Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Fitness Room Circuit			
Get a total body workout using interval training with both cardio and strength training. Medical clearance is required for participation - pick up forms at the front desk. No class 11/23.			
9/19-12/14 (13)	T/Th (Lele)	5:45-6:40 pm	ES22616
Fitness Room	ID/AP: \$99	SD: \$88	OD: \$123.75
9/20-12/13 (13)	W (Carolyn)	11:50 am-12:45 pm	ES22621
Fitness Room	ID/AP: \$69	SD: \$62	OD: \$86.25



Flexibility Focus

Stretching increases flexibility, range of motion, improves balance, increases blood flow to muscles and improves circulation. No class 11/10, 11/24. (Carlos)



9/22-12/15 (11)	F	9:40-10:25 am	ES22622
Manzanita	ID/AP: \$37	SD: \$33.25	OD: \$46.25

Functional Strength

Enhance health and boost your independent living skills. This program addresses overall function, with emphasis on muscle strength, flexibility, mobility and stability.



9/19-12/14 (13)	T/Th	11:50 am-12:45 pm	ES22623
Manzanita	ID/AP: \$99	SD: \$89	OD: \$123.75

MELT Hand and Foot Only Series

Learn simple self-treatments you can do at home to remain active, healthy, and pain-free. Class conducted from a seated position. (Gail)

9/21-10/12 (4)	Th	8:35-9:30 am	ES22628
Cedar Rm	ID/AP: \$19	SD: \$17	OD: \$23.75
10/26-11/16 (4)	Th	8:35-9:30 am	ES22630
Cedar Rm	ID/AP: \$19	SD: \$17	OD: \$23.75

MELT Hand and Foot, Improving Flexibility

Learn simple self-treatments you can do at home to remain active, healthy and pain-free for life. Erase pain and tension in your hands, feet, neck and lower back brought on by everyday stress, overuse and age. No class 10/7, 11/25. (Tracy)



9/23-12/16 (12)	S	10:15-11:10 am	ES22625
Manzanita	ID/AP: \$48	SD: \$43	OD: \$60

Nia

Nia is a dynamic fitness program blending dance, martial arts and healing arts. You'll find your body's own way to experience the joy of movement, and it is adaptable to any fitness level. (Lia)



9/19-12/12 (13)	T	12:55-1:50 pm	ES22627
Manzanita	ID/AP: \$52	SD: \$46.75	OD: \$65

Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Nia +			
This class utilizes Nia, Yin Yoga, Pilates matwork and QiGong sequences for a total mind body workout. Participants are encouraged to understand their own limitations and work within their boundaries. No class 11/10, 11/24. (Lia)			
9/22-12/15 (11)	F	12:55-2:20 pm	ES22626
Maple/Birch	ID/AP: \$67	SD: \$60.25	OD: \$83.75



Pilates, Adapted, Intermediate

Learn techniques to strengthen core muscles, back, spine and abdominal muscles. Movements are adapted to fit personal needs for those with osteoporosis or Parkinson's. Learn breathing techniques for better performance. This is a mat class with Pilates rings, stability ball, bands, weights. No class 11/10, 11/24. (Lia)



9/19-12/15 (13)	T/F	11:50 am-12:45 pm	ES22631
Maple/Birch	ID/AP: \$96	SD: \$86.25	OD: \$120

REVIVE, Exercise Recovery Program

Recovering from an illness or medical treatment? Regain your strength and create optimal health with this individualized and targeted exercise program. Exercise prescription/workout is based on medical status, fitness level and wellness goal. Medical Release & Health/Medical History Forms required. No class 11/23. (Jacqueline)



9/18-12/14 (13)	M/Th	3:30-4:30 pm	ES22634
Fitness Room	ID/AP: \$168	SD: \$151	OD: \$210

Self Defense

Join David Bersaas in his practical self-defense system of KenChinWingTai. This is a mixture of kenpo (Chinese karate), Chin Na (Chinese precursor of Japanese ju-jitsu), Wing Chun (soft style kung fu), and tai chi. No class 11/23. (David)



9/21-12/14 (12)	Th	12:55-1:50 pm	ES22635
Maple/Birch	ID/AP: \$48	SD: \$43	OD: \$60

SilverSneakers® Cardio Circuit



Increase your cardiovascular and muscular endurance in this standing circuit workout. Alternate non-impact aerobics choreography with upper-body strengthening exercises using hand-held weights, elastic tubing with handles and a SilverSneakers® ball. (Fabiola)



9/18-12/13 (13)	M/W	12:55-1:50 pm	ES22636
Manzanita	ID/AP: \$103	SD: \$92.50	OD: \$128.75

Fees: ID/AP=User is in-district or has paid an out-of-district assessment SD=Senior Discount OD=Out-of-district (no assessment paid)

Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
SilverSneakers® Classic			
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is used for seated or standing support. No class 10/6, 11/10, 11/24. (Angela)			
 			

9/18-12/15 (13) M/W/F 2:25 pm ES22638
Manzanita ID/AP: \$139 SD: \$125 OD: \$173.75

Strength, Balance & Core

Using weights, bands and balls we will build muscle, boost our metabolism, improve bone density and strengthen our core. No class 11/10, 11/24. (Kendra)



9/18-12/15 (15) M/W/F 7:30-8:25 am ES22642
Manzanita ID/AP: \$147 SD: \$132.25 OD: \$183.75

Strength Training, Intermediate/Advanced

A great way to increase muscle strength and endurance, this class uses dumbbells, ankle weights, bands, tubing and floor mats along with stretching, relaxation, and an optional aerobic component. No class 10/6, 11/10, 11/24. (Carolyn)



9/18-12/15 (13) M/F 11:50 am-12:45 pm ES22643
Manzanita ID/AP: \$92 SD: \$82.75 OD: \$115

Stretch & Core Plus

Stretch your body, strengthen your core and improve your balance using some movements inspired by yoga and Pilates and incorporating various equipment. (Jeanette)



9/18-12/11 (13) M 6:20-7:15 pm ES22669
Maple/Birch ID/AP: \$52 SD: \$46.75 OD: \$65

Tai Chi, Basic Footwork & Balance

Slow paced, low impact, gentle and rhythmical movements to increase balance, flexibility, muscle strength, and enhance well-being. Designed for beginning students, class introduces concepts, focuses on balance and footwork and lays groundwork for learning the Tai Chi Ch'uan 24 Form. (Lia)



NEW!

9/22-12/15 (11) F 10:45-11:40 am ES22699
Maple/Birch ID/AP: \$67 SD: \$60.25 OD: \$83.75




Tai Chi I

For the beginning student, will cover the first section of the Tai Chi form. (David)



9/19-12/12 (13) T 2:25 pm ES22644
Manzanita ID/AP: \$52 SD: \$46.75 OD: \$65
9/20-12/13 (13) W 12:55-1:50 pm ES22645
Maple/Birch ID/AP: \$52 SD: \$46.75 OD: \$65

Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Tai Chi II			
For the continuing student, will cover sections 2-3 of the Tai Chi form. Must have one term of Tai Chi I or instructor's approval. (David)			
  			

9/20-12/13 (13) W 11:50 am-12:45 pm ES22646
Manzanita ID/AP: \$86 SD: \$77.25 OD: \$107.50

Tai Chi III

For the continuing student, will cover sections 4, 5 and 6 of the Tai Chi form. Prerequisite is 2 terms of Tai Chi II or instructor's approval. (David)



9/19-12/12 (13) T 3:05-4 pm ES22647
Maple/Birch ID/AP: \$86 SD: \$77.25 OD: \$107.50

Tai Chi, Moving for Better Balance

A community-based falls prevention exercise program where students will learn and practice a series of simple, slow and rhythmical movements aimed at improving balance and strength and reducing the risk of falling. No class 10/7, 11/23, 11/25.



9/23-12/16 (12) S (Mignon) 11:10 am-12:05 pm ES22648
Maple/Birch ID/AP: \$48 SD: \$43 OD: \$60
9/19-12/12 (13) T (Lynn R.) 11:30 am-12:25 pm ES22650
Willow ID/AP: \$52 SD: \$46.75 OD: \$65
9/19-12/14 (13) T/Th (Lela) 6:50-7:40 pm ES22632
Manzanita ID/AP: \$91 SD: \$81.75 OD: \$113.75

Tai Chi, Moving for Better Balance in a Chair

A community-based falls prevention exercise program where students will learn and practice a series of simple, slow, and rhythmical movements aimed at improving balance and strength and reducing the risk of falling; all from a chair. (Lia)



9/19-12/12 (13) T 2:25 pm ES22649
Maple/Birch ID/AP: \$52 SD: \$46.75 OD: \$65

Total Body Workout from a Chair with Balance

New to exercise? Coming back from an injury? Have stiffness, weakness, Parkinson's or arthritis? We will work on flexibility, strength, balance, range of motion and endurance. Some periods of standing with a chair. No class 10/7, 11/10, 11/24. *(Mignon/Fabiola)



9/18-12/13 (13) M/W* 10:45-11:40 am ES22651
Maple/Birch ID/AP: \$103 SD: \$92.50 OD: \$128.75
9/20-12/15 (13) W/F (Desiree) 9:40-10:35 am ES22652
Maple/Birch ID/AP: \$96 SD: \$86.25 OD: \$120
9/23-12/16 (12) S (Mignon) 10:05-11 am ES22653
Maple/Birch ID/AP: \$48 SD: \$43 OD: \$60
9/22-12/15 (11) F (Lynn R.) 11:30 am-12:25 pm ES22698
Willow ID/AP: \$44 SD: \$39.50 OD: \$55

Fees: ID/AP=User is in-district or has paid an out-of-district assessment SD=Senior Discount OD=Out-of-district (no assessment paid)

Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
TRX Semi-private Clinic			
TRX Training gives us the ability to develop mobility, joint stability and strength in multiple planes of motion, all with the same piece of equipment. Use for rehabilitation or prevention of musculoskeletal injuries. (Jacqueline)			
9/28 (1) Fitness Room	Th ID/AP: \$60	5:30-7 pm SD: \$60	ES22654 OD: \$75
11/16 (1) Fitness Room	Th ID/AP: \$60	5:30-7 pm SD: \$60	ES22655 OD: \$75



Weight/Strength Training

Designed to increase strength and tone all muscle groups. The dynamic concept of maximal muscular flexion, full range of motion, and using exer-tubes and hand weights will help you get to this goal. No class 11/23. (David)



9/21-12/14 (12) Maple/Birch	Th ID/AP: \$48	10:45-11:40 am SD: \$43	ES22656 OD: \$60
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Workout for Weight Loss, Better Health, the Ageless Athlete

Optimize your health, maximize your fitness level and athletic performance, or exercise to improve a specific medical condition with a personalized exercise program. Medical Release and Health/Medical History Form required. No class 11/23. (Jacqueline)



9/18-12/14 (13) Fitness Room	M/Th ID/AP: \$165	4:30-5:30 pm SD: \$148.50	ES22657 OD: \$206.25
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Wellness On Wheels (WOW)

We will provide older adult certified fitness professionals and older adult fitness programs in independent living facilities, community clubhouses and churches. Please contact the Elsie Stuhr Center for more information on how to bring wellness to you!

Land Strength Training for Seniors (55+) at Sunset

Increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is used for seated or standing support. Call 503-629-6315 for details. (Lia)

9/7-12/21 (Int/Adv)	M/Th	\$129	9:30-10:30 am	SC27000
9/7-12/21 (Beg)	M/Th	\$129	10:40-11:40 am	SC27001

WOW HollyTree Total Body Workout from a Chair

A great cardio workout with hand weights, leg weights and resistance training with bands. Work on balance, strength, coordination and endurance. Must be able to stand for short intervals using a chair for stability. Program held off site. No class 11/10, 11/24. (Lynn)

9/19-12/15 (13)	T/F	9:30-10:30 am	ES22WOW2
Off-site	ID/AP: \$103	SD: \$92.50	OD: \$128.75

Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Yoga			
Repair, Renew, Release, Relax with Mindful Yoga breath, postures and movement. Increase flexibility, stability, strength and balance. All levels welcome. (Kaycheri)			
9/20-12/13 (13) Willow	W ID/AP: \$52	12:55-1:50 pm SD: \$46.75	ES22658 OD: \$65
9/19-12/12 (13) Willow	T ID/AP: \$52	9:40-10:35 am SD: \$46.75	ES22658A OD: \$65



Yoga 4 Fitness

Increase your strength, flexibility, balance and peace of mind with a variety of poses and exercises designed to help you perform everyday functions with grace, less effort and less pain. Participants from beginning to intermediate levels are welcome. No class 11/23. (Gail)



9/21-12/14 (12) Maple/Birch	Th ID/AP: \$48	9:40-10:35 am SD: \$43	ES22664 OD: \$60
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Yoga I/II

Poses taught with emphasis on alignment, symmetry and technique. Yoga props may be used to build strength and flexibility and develop the mind-spirit connection. No class 11/10, 11/23, 11/24.



9/19-12/14 (13) Willow	T/Th (Fabiola) ID/AP: \$99	8:35-9:30 am SD: \$89	ES22659 OD: \$123.75
9/22-12/15 (11) Willow	F (Lia) ID/AP: \$43	9:40-10:35 am SD: \$38.50	ES22660 OD: \$53.75

Weight Room Clinics

NEW!

These clinics will specialize in targeting areas of interest one at a time. A trainer will walk you through specific stretches and strength exercises for the shoulders, back, hips and knees in a small group setting. By the end of each clinic you will have a list of exercises that you can incorporate into your own workout. (Carolyn/Lela)

Shoulder

9/18 (1)	M	6-7:30pm	ES22688
9/26 (1)	T	12:30-2pm	ES22689

Back

10/16 (1)	M	6-7:30pm	ES22690
10/24 (1)	T	12:30-2pm	ES22691

Hip


11/13 (1)	M	6-7:30pm	ES22692
11/18 (1)	T	12:30-2pm	ES22693


Knee


12/11 (1)	M	6-7:30pm	ES22694
12/12 (1)	T	12:30-2pm	ES22695
Weight Rm.	ID/AP: \$15	SD: \$13.50	OD: \$18.75


Fees: ID/AP=User is in-district or has paid an out-of-district assessment SD=Senior Discount OD=Out-of-district (no assessment paid)

Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Yoga, Chair 			
Increase flexibility, balance, strength and calmness with yoga movements combined with the breath; revitalize the respiratory, nervous, endocrine, digestive and other major systems of the body. Class is suitable for all levels. No class 11/10, 11/23, 11/24.			
9/21-12/14 (12) Oak Rm	Th (Fabiola) ID/AP: \$48	10:45-11:40 am SD: \$43	ES22629 OD: \$60
9/19-12/12 (13) Maple/Birch	T (Fabiola) ID/AP: \$52	10:45-11:40 am SD: \$46.75	ES22661 OD: \$65
9/22-12/15 (11) Willow	F (Molly) ID/AP: \$44	8:35-9:30 am SD: \$39.50	ES22662 OD: \$55


Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Yoga, Continuing 			
Increase flexibility, balance, strength and peace of mind with classic yoga postures and movements combined with pranayama (breath). This class is suitable for beginners to experienced yoga practitioners. (Fabiola)			
9/18-12/11 (13) Maple/Birch	M ID/AP: \$52	8:35-9:30 am SD: \$46.75	ES22663 OD: \$65

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Yoga, Gentle 			
Learn how to stretch deeply with simple movements combined with conscious breathing; increase strength and flexibility and bring calmness to the mind. For students with little or no yoga experience. No class 10/7, 11/23, 11/25.			
9/18-12/11 (13) Maple/Birch	M (Mignon) ID/AP: \$52	9:40-10:35 am SD: \$46.75	ES22665 OD: \$65
9/19-12/12 (13) Maple/Birch	T (Misty) ID/AP: \$52	9:40-10:35 am SD: \$46.75	ES22666 OD: \$65
9/19-12/14 (13) Maple/Birch	T/Th (Ritu/Molly) ID/AP: \$99	6:20-7:15 pm SD: \$89	ES22667 OD: \$123.75
9/20-12/13 (13) Willow	W (Barbara) ID/AP: \$52	8:15-9:10 am SD: \$46.75	ES22668 OD: \$65
9/23-12/16 (13) Manzanita	S (Tracy) ID/AP: \$44	9-9:55 am SD: \$39.50	ES22675 OD: \$55

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Yoga, Restorative 			
The series of postures are gently experienced in a slower sequence connecting you to your breath in each movement. Transition from being centered into a guided relaxation that restores your need for moments of guided relaxation. (Tracy)			
9/18-12/11 (13) Willow	M ID/AP: \$52	6-6:55 pm SD: \$46.75	ES22673 OD: \$65

Free Blood Pressure Clinic
Volunteers will take your blood pressure the first Friday of the month from 10-11 am, unless otherwise advertised.

Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Zumba® Gold 			
Fitness program specifically designed to take the exciting Latin and International dance rhythms created in the original Zumba® and bring them to the active older adult, beginner participant. No class 11/23. (*Kimo/Naoko)			
9/18-12/11 (13) Manzanita	M (Robin) ID/AP: \$52	4:10-5:05 pm SD: \$46.75	ES22672 OD: \$65
9/19-12/14 (13) Manzanita	T/Th (*) ID/AP: \$99	8:35-9:30 am SD: \$89	ES22670 OD: \$123.75
9/21-12/14 (12) Manzanita	Th (Kimo) ID/AP: \$48	4:10-5:05 pm SD: \$43	ES22671 OD: \$60

Health & Wellness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
A Will Is Not Enough in Oregon			
Receive practical advice on how to safeguard your assets and health care wishes during and after your lifetime. Acquire up-to-date knowledge about wills, living trusts, health care documents, issues regarding guardianship, conservatorship, and power of attorney.			
10/12 (1) Willow	Th ID/AP: \$4	10-11:30 am SD: \$3.50	ES23600 OD: \$5
Brain Fitness, Cognitive Challenge			
Mental exercise for the cognitive challenged: early dementia and Alzheimer's, post stroke, or brain injury. Music rhythm and art contribute to the application of brain fitness exercises. May require a caregiver attending. No class 11/23. (Susan)			
9/19-12/14 (13) Willow	T/Th ID/AP: \$164	2-3 pm SD: \$147.50	ES23603 OD: \$205

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Brain Fitness, Life Skills			
This program helps improve memory, executive processing and problem solving. We will cover the latest research in neurogenesis and plasticity and what that means for you. No class 11/23. (Susan)			
9/19-12/14 (13) Willow	T/Th ID/AP: \$164	1-2 pm SD: \$147.50	ES23602 OD: \$205

NEW!

Yoga Pose Workshop

Get more from your yoga practice by learning correct pose alignment in a relaxed question and answer workshop. Instructor will help students individually and within the group to safely get in and out of poses using verbal and physical adjustments. Students should be comfortable with standing, sitting and lying on the floor. (Lynn Francis)

11/6 (1) Maple/Birch	M ID/AP: \$9	1:30-3 pm SD: \$8	ES22697 OD: \$11.25
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Health & Wellness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Living with Diabetes Series - Intervention, Nutrition			
What is the best way to tackle diabetes? Lifestyle changes are hard. How can one change habits of eating and activity? Medication, health care providers, stressors... Let's discuss and educate. You will receive lots of information. (Kristin)			
Session I 9/21 (1)	Th	2:30-3:30 pm	ES23605
Session II 10/5 (1)	Th	2:30-3:30 pm	ES23606
Session III 10/19 (1)	Th	2:30-3:30 pm	ES23607
Session IV 11/2 (1)	Th	2:30-3:30 pm	ES23608
Series Session V 11/16 (1)	Th	2:30-3:30 pm	ES23609
Session VI 11/30 (1) Oak Rm	Th ID/AP: \$7	2:30-3:30 pm SD: \$6.25	ES23610 OD: \$8.75

Health & Wellness Support Groups

(No support groups held Aug. 1-Sept.16)

Compassionate Friends

Parents who have experienced the death of one or more of their children meet monthly to give and receive support and help through sharing.

2nd Tuesday, 6:30-8:45 pm
Cedar Rm

Alzheimer's Support Group

Spouses, caregivers, family and friends of persons suffering from Alzheimer's disease and related dementia meet monthly. Members provide support, and guest speakers are featured.

2nd Thursday, 1-3 pm
Cedar Rm
3rd Thursday, 2:30-4:30 pm,
Beaverton Community Center
4th Tuesday, 6:30-8:30 pm
Cedar Rm

Circle of Support

Caregivers and survivors of traumatic brain injury, stroke or other catastrophic/debilitative conditions.

4th Saturdays,
10-11:30 am
Cedar Rm

Circle of Friends

Please join us for a time of sharing your joys and challenges. This group will provide a safe and secure social time to meet.

Tuesdays, 1:30-3 pm
Cedar Rm

Social for Singles

3rd Thursday, 6:30-7:30 pm
Cedar Rm

Health & Wellness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Meditation & Relaxation			
Quiet your mind, open your heart and improve your sense of well-being. Build a personal, non-religious, life-giving meditation practice that provides both emotional and physical benefits. This technique is easy to learn and unique for each person. No class 11/23. (Kaycheri)			
9/20-12/13 (13) Oak Rm	W ID/AP: \$48	12:55-1:50 pm SD: \$43	ES22624 OD: \$60
Self Hypnosis			
This course teaches visualization, relaxation techniques, hypnosis methodology, and how to put it all together. You'll explore the conscious and subconscious mind, how they work, set goals and enjoy new possibilities. Come for a transformative experience. (Rebecca)			
9/18-10/9 (4) Cedar Rm	M ID/AP: \$26	9:30-10:30 am SD: \$23.25	ES23611 OD: \$32.50
Waking Hypnosis - NLP			
Learn and use neuro-linguistic programming (NLP) techniques to facilitate positive changes in yourself and others. (Rebecca)			
9/18-10/9 (4) Cedar Rm	M ID/AP: \$26	10:45-11:45 am SD: \$23.25	ES23613 OD: \$32.50

Alzheimer's and Dementia Workshops

Presented by: The Alzheimer's Association

Legal & Financial

The diagnosis of Alzheimer's disease make planning for the future move important than ever. Learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you.

10/4 (1) W 10-11:30 am ES23616
Cedar Rm Free

Dementia Related Behavior

Understanding and responding to dementia replaced behavior. Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. Learn to decode behavioral messages, identify behavior triggers, and learn strategies to help intervene with behavioral challenges of Alzheimer's disease.

11/15 (1) W 10-11:30 am ES23617
Willow Rm Free

Fighting Frailty Workshop (presented at Health & Wellness Fair)

Frailty is common in aging and leaves older adults vulnerable to change in health. However, it can be prevented, and timely recognition of symptoms, early diagnosis and targeted intervention can bring you back on a path to many more years in good health and independence. Find out about the most common causes, symptoms and a simple test that you can do to identify risk. Action plan on how to break the cycle of frailty with modifiable influences that improve function, boost independent living skills and improve quality of life. Presented by Jacqueline Sinke: ACSM EP-C, ACSM/ACS CET, ACE CMES, ACE CPT, FallProof Balance and Mobility Specialist Instructor, Stepping On Certified, and Stay Well At Home authorized provider.

10/7 (1) S 10:45 am Oak Rm FREE

Fees: ID/AP=User is in-district or has paid an out-of-district assessment SD=Senior Discount OD=Out-of-district (no assessment paid)

General Interest - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Antique Clock Repair			
When your tick no longer tocks, learn how to dis-assemble, clean, and repair your old mechanical clock. Learn part names, gear sequence, lever functions, and more. no electric or battery clocks please. Bring your own clock, pliers, screwdrivers, 1 large & 1 small plastic container w/lid. Lab fee: \$16 payable to instructor at 1st class. (AI)			

9/18-12/23 (6) Spruce	M ID/AP: \$79	7-9 pm SD: \$71	ES24614 OD: \$98.75
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Bridge I

Learn the game of bridge, or refresh their skills. We will cover partner communication and the current bridge tactics. Activities include lecture and play of hand. (Staff)

9/18-12/4 (12) Dogwood	M ID/AP: \$147	10 am-Noon SD: \$132.25	ES25625 OD: \$183.75
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Bridge II

This class is a continuation of Bridge I. Previous bridge experience or instructor approval required. (Staff)

9/18-12/4 (12) Dogwood	M ID/AP: \$147	1:30-3:30 pm SD: \$132.25	ES25626 OD: \$183.75
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Buying Guide for Smartphones & Tablets Workshop

Thinking about buying a smartphone or tablet but don't know what to look for? Learn the differences between the devices, about features to consider and what they can do for you. (Breanna)

10/13 (1) Larch	F ID/AP: \$13	1:30-2:30 pm SD: \$11.50	ES25600 OD: \$16.25
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Cabaret Vocal Ensemble

"Come to the Cabaret, better yet, SING in the Cabaret!" All types of music performed. First four classes will be at Stuhr Center, the remainder of times will be performing throughout the community. Open to all singers, no audition required. (Sheryl)

9/19-12/5 (12) Dogwood	T ID/AP: \$117	12:30-2 pm SD: \$105.25	ES25601 OD: \$146.25
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Cut the Cable Workshop

Is your cable bill outrageous? Learn how to cut the cable, but still be able to watch most of your shows for less money. (Breanna)

11/3 (1) Larch	F ID/AP: \$13	1:30-2:30 pm SD: \$11.50	ES25602 OD: \$16.25
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Oregon Ballet Theatre 2 Show

Bringing ballet to the community! **Wednesday, Oct. 25 - 2 pm**
Manzanita Room Free (donations to OBT2 greatly appreciated)

General Interest - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Facebook			
If you have children or grandchildren who are difficult to connect with due to their fast-paced lives, Facebook is a great tool to stay connected. You can access Facebook from your smartphone, tablet or home computer. Keep up with family even if you're on the go. (Breanna)			

NEW!

12/1 (1) Larch	F ID/AP: \$13	1:30-2:30 pm SD: \$11.50	ES25606 OD: \$16.25
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Guitar, Beginning

Learn the fundamentals of guitar playing; chords, strumming, reading music, theory and fret board. We'll keep it fun learning easy songs. A \$15 book fee payable to the instructor at the first class. Must bring own guitar. (Alex)

9/19-12/5 (12) Poplar	T ID/AP: \$96	12:30-1:30 pm SD: \$86.25	ES25604 OD: \$120
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Guitar, Continuing

Continuation from Beginning Guitar class. A \$15 book fee payable to the instructor at the first class. Must bring own guitar. (Alex)

9/19-12/5 (12) Poplar	T ID/AP: \$96	11 am-Noon SD: \$86.25	ES25605 OD: \$120
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Intro to Genealogy Workshop

Have you ever wondered about your ancestors? Have you ever wanted to work on your family history but have no idea how to get started? This class will guide you through the process. (Russ)

11/6 (1) Cedar Rm	M ID/AP: \$12	1:30-3:30 pm SD: \$10.75	ES25603 OD: \$15
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Italian for Beginners

A course in beginning Italian designed to develop skills in aural comprehension, oral expression, reading and writing. Introduction to basic vocabulary and grammatical structures. Use of textual materials and multimedia on Italian cultural themes. (Elba)

9/18-12/4 (12) Larch	M ID/AP: \$113	1-2:30 pm SD: \$101.50	ES25608 OD: \$141.25
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Lecture/DVD Series: Turning Points in Middle Eastern History

This series is a continuation from summer term. It offers you a penetrating look at the fascinating and thoroughly remarkable past of this storied part of the world. Each lecture focuses on a specific historical moment that changed the direction of events or the narrative of history. (George)

9/18-12/4 (2) Willow	M ID/AP: \$71	10-11:30 am SD: \$63	ES25607 OD: \$87.50
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Fees: ID/AP=User is in-district or has paid an out-of-district assessment SD=Senior Discount OD=Out-of-district (no assessment paid)

General Interest - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Mahjong, Beginning			
Learn the American version of an ancient Chinese game. Words like Bam, Crak, and Pung will a part of your new vocabulary. Open to singles or couples. Sets are provided in class. (Susan)			
9/28-11/2 (6) Dogwood	Th ID/AP: \$73	10 am-Noon SD: \$65.50	ES25609 OD: \$91.25

Mahjong Strategies

Confident in the game of Mahjong? Learn new strategies to improve your Mahjong thinking. Prerequisite of Beginning Mahjong required. (Susan)

9/28-10/19 (4) Dogwood	Th ID/AP: \$49	1-3 pm SD: \$44	ES25609A OD: \$61.25
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Piano for Beginners

Has learning to play the piano always been on your bucket list? No experience required. Keyboards available for classroom use. No class 11/10, 11/24. (Helle)

9/22-12/8 (11) Poplar	F ID/AP: \$120	9:45-11:15 am SD: \$108	ES25613 OD: \$150
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NEW!

Mobile Technology Training Workshop

Attendees will gain the skills and confidence to use mobile technology via this workshop that is part of AT&T's national digital literacy initiative, Digital You. It is one in a series of device training seminars taking place around the country aimed at helping older adults:

- Learn how make the most of tablets and smartphones, such as sending email, making video calls, taking and sharing photos, downloading apps and more.
- Learn how to connect online safely and securely, how to protect your device and data and other security tips.
- And discover how mobile broadband and technology can help improve their lives.

AT&T will provide tablet PCs for the training session. However, we encourage you to bring your own mobile phone/smartphone with you. Workshop instructors will be prepared to answer your questions and help troubleshoot any problems you may be having with your phone.

10/23 (1) Larch Rm	M FREE	10-11:30 am	
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General Interest - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Piano, Intermediate			
Keyboards available for classroom use. (Helle)			
Level 2 – Requires minimal music reading.			
9/21-12/7 (11) Poplar	Th ID/AP: \$132	11:30 am-1 pm SD: \$118.75	ES25614 OD: \$165

Level 3 – Intro to key signatures.

9/20-12/6 (12) Poplar	W ID/AP: \$144	11:15 am-12:45 pm SD: \$129.50	ES25615 OD: \$180
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Level 4 – Able to read in different time & key signatures.

9/22-12/8 (10) Poplar	F ID/AP: \$120	11:15 am-12:45 pm SD: \$108	ES25616 OD: \$150
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Level 5 – Able to read in different time & key signatures.

9/22-12/8 (10) Poplar	F ID/AP: \$120	1-2:30 pm SD: \$108	ES25617 OD: \$150
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Level 6 – Knowledge of 6/8 and simple key signatures.

9/20-12/6 (12) Poplar	W ID/AP: \$144	1-2:30 pm SD: \$129.50	ES25618 OD: \$180
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Level 7 – Advanced class.

9/21-12/7 (11) Poplar	Th ID/AP: \$132	9:45-11:15 am SD: \$118.75	ES25612 OD: \$165
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Level 8 – Advanced class.

9/18-12/4 (12) Poplar	M ID/AP: \$132	12:45-1:15 pm SD: \$129.50	ES25611 OD: \$180
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Rhythm/Drum Circle

Participate in one of the oldest forms of group music. Develop rhythmic abilities while strengthening the group as a whole. Come join the beat! No prior experience required. Drums provided for class. (Steven)

9/18-12/4 (12) Willow	M ID/AP: \$79	12:15-1:15 pm SD: \$71	ES25619 OD: \$98.75
9/18-12/4 (12) Willow	M ID/AP: \$79	1:30-2:30 pm SD: \$71	ES25620 OD: \$98.75

Smartphone, Androids, Novice

For the new user of a smartphone. Discover how these devices can help you stay in touch and manage your life. Bring fully charged phone to class. (Does not cover Apple phones. See Apple phone class). (Jessica)

10/14-10/28 (3) Larch	S ID/AP: \$33	10 am-Noon SD: \$29.50	ES25622 OD: \$41.25
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Smartphone, Apple, Novice

For the new user of an Apple smartphone. Discover how these devices can help you stay in touch and manage your life. Bring fully charged phone to class. (Jessica)

10/14-10/28 (3) Larch	S ID/AP: \$33	12:30-2:30 pm SD: \$29.50	ES25623 OD: \$41.25
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Fees: ID/AP=User is in-district or has paid an out-of-district assessment SD=Senior Discount OD=Out-of-district (no assessment paid)

General Interest - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Spanish, Beginning I			
Learn the basics. Alphabet, pronunciation, emphasis rules and separations of words into syllables. (Mercedes)			
9/19-12/5 (12) Dogwood	T ID/AP: \$154	9-10:30 am SD: \$138.50	ES25628 OD: \$192.50

Spanish, Beginning II/III

Continuation from Beginning Spanish I class. Review of pronunciation, more on sentence structure and useful vocabulary. No class 10/7. (Mercedes)

9/23-12/9 (11) Dogwood	S ID/AP: \$141	9-10:30 am SD: \$126.75	ES25629 OD: \$176.25
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Writing Your Life Stories

Have you wanted to write stories about your life? Capture your special memories in a collection of short stories. This is great tool for improving memory and keeping your mind sharp. A \$2 material fee is payable to instructor at first class. No class 11/10, 11/24. (Pat)

9/22-12/8 (10) Dogwood	F ID/AP: \$133	11 am-1 pm SD: \$119.50	ES25633 OD: \$166.25
9/22-12/8 (10) Dogwood	F ID/AP: \$133	1:30-3:30 pm SD: \$119.50	ES25634 OD: \$166.25



NEW!

Transit 101 with TriMet – FREE!

Staff from TriMet will be here to present how to use public transportation to travel independently. Learn about accessibility features on bus and MAX transportation, LIFT, Ride Connection, fare rates, and more.

10/18 (1)	W	10-11:30 am	Cedar Rm
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Special Events - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Active Aging Week			
Celebrate Active Aging Week! We encourage participants to explore life's many possibilities. Whether it's tai chi, dancing or brain games, you'll find something new to try. Free this week, these activities are fun, social and stimulating. For a complete listing of activities, passes, dates and times, contact the front desk at the Elsie Stuhr Center.			
9/18-9/23	M-S		Free

Newcomers Welcome

Join us and learn all about the Elsie Stuhr Center. Our Newcomers Welcome is a great way to meet new friends, check out a variety of classes we offer, learn about day trips, extended group travel programs, drop-in activities and much, much, more.

9/20	W	10 am	Free
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Health & Wellness Resource Fair

Health screenings (blood pressure, hearing, vision, etc.), lectures on various wellness related topics and a wide variety of health and wellness vendors are participating. Raffle drawings and refreshments.

10/7	S	9 am-1 pm	Free
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Halloween Costume Party and Dance

Join us today for our Spooktacular Halloween dance and costume party! Get into the Halloween spirit and enjoy an afternoon of good music, good company, great costumes and yummy treats. Prizes will be awarded for best costumes. Don't miss out on the fun!

10/26	Th	1:30 pm-3:30 pm	Manzanita
\$5 per person			

Dress-A-Doll Program

Create a beautiful doll for a child this holiday season. This annual program is in collaboration with St. Matthew Church to provide gifts to less fortunate children in our community. The church receives the dolls and you sew or buy an outfit, dress the doll and return it to the center. Pick up your doll starting Friday, Oct. 13 and returning dolls by Wednesday, Nov. 8. Dolls will be judged on Monday, Nov. 20.

Dolls will be available to check out beginning Friday, 11/13

Artisan Fine Art and Craft Sale

Looking for that perfect unique gift this holiday season? Make plans to join us for the Stuhrs' fine arts and craft sale featuring a variety of original artwork including paintings, drawings, photographs, woodcarvings, jewelry, stain glass, fused glass and crocheted items.

11/2	Th	4:30-7:30 pm	Manzanita
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Special Events - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Veterans Day Celebration			
Join us for a special lunch hour to honor our service men and woman who served in the armed forces. The celebration includes a color guard presentation and special entertainment! Lunch provided by Meals on Wheels with a suggested \$3 donation. Reserved seating for all veterans.			
11/9	Th	Lunch: 11:30 am-1 pm	Fir

Elsie Stuhr Day & Holiday Celebration			
Please join us as we honor Elsie Stuhr, THPRD founder and lifelong physical fitness advocate, at our annual celebration. Holiday entertainment, food and gifts for all. Please pre-register by 12/11, space is limited.			
12/22	F	1:30-3:30 pm	Manzanita
\$5 per person			

End of the Year Formal Dance			
Say goodbye to 2017 by dancing in the New Year. Enjoy a live band and delicious refreshments to ring in the New Year. Thursday, Dec. 28.			
12/28	Th	1:30-3:30 pm	Manzanita
\$5 per person			

Trips & Tours - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Patty's Dinner Club			
Join us for a night on the town at new restaurants and old favorites that feature Northwest cuisine and fine dining. We will get to experience delicious food from award winning chefs.			
9/19 (1)	T	4:30-7 pm	ES27613
ID/AP: \$70	OD: \$74.75		
11/14 (1)	T	4:30-7 pm	ES27614
ID/AP: \$70	OD: \$74.75		



Trips & Tours - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Deepwood Estate Tour & Lunch at Bentley's			
Tour the Deepwood Estate in historic Salem, a Victorian house designed in the Queen Anne style, situated in a five acre park. Must be able to navigate a few stairs. We'll then enjoy a delicious lunch at Bentley's located in the Grand Hotel in downtown Salem. Trip includes transportation, admission, lunch, gratuity and escort. (Staff)			
9/21 (1)	Th	8:45 am-3:30 pm	ES27600
ID/AP: \$55	OD: \$63.50		

Fall Colors at Timberline Lodge			
Experience the beauty of Mt. Hood and Timberline Lodge in the fall time. We will also enjoy the amazing lunch buffet in the Cascade Dining Room and take in the surrounding views. Trip includes transportation, lunch and escort. (Staff)			
9/26 (1)	T	9:30 am-4:30 pm	ES27601
ID/AP: \$67	OD: \$75.95		

Oregon Culinary Institute			
Join us for lunch and experience the amazing food, desserts and service provided by the talented students of this local culinary academy. Trip includes transportation, lunch, gratuity and escort. (Staff)			
10/3 (1)	T	11:30 am-2:30 pm	ES27602
ID/AP: \$30	OD: \$33.75		

Hood River Harvest Festival			
Enjoy a bounty of local fruit and a variety of artists, wine, ciders and local treats. We'll begin with brunch at The Columbia Groge Hotel, then it's off to the festival. Trip includes transportation, admission, lunch, gratuity and escort. (Staff)			
10/13 (1)	F	9 am-3:30 pm	ES27603
ID/AP: \$58	OD: \$66.25		

Lunch at RingSide & The Grotto Tour			
We'll begin our trip enjoying the sweeping views and a delicious lunch at the RingSide Grill at Glendoveer. Then we're off to tour the Grotto, with its fir trees, native plants and manicured gardens. The Grotto is an inviting destination for all. Trip includes transportation, admission, lunch, gratuity and escort. (Staff)			
10/17 (1)	T	11 am-3:30 pm	ES27604
ID/AP: \$57	OD: \$62.50		

Lunch at Stone Cliff Inn & Baker Cabin Tour			
Enjoy a delicious lunch at the Stone Cliff Inn located in the quaint town of Carver along the Clackamas River. After, we'll tour the historic Baker Log Cabin and pioneer church. Trip includes transportation, admission, lunch, gratuity and escort. (Staff)			
10/25 (1)	W	11 am-3 pm	ES27605
ID/AP: \$49	OD: \$53.50		

Fees: ID/AP=User is in-district or has paid an out-of-district assessment SD=Senior Discount OD=Out-of-district (no assessment paid)

Trips & Tours - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Camp 18 Tour & Lunch			
We head to Elsie, along the coast highway and take in the grounds at the historic Camp 18 showcasing the local logging industry. We'll then enjoy a wonderful lunch in the spectacular log cabin. Trip includes transportation, lunch, gratuity and escort. (Staff)			
10/31 (1)	T ID/AP: \$51	10:30 am-3 pm OD: \$56.75	ES27606

Gresham Carnegie Library & Lunch at Boccelli's

The Gresham Historical Society is housed in the Old Carnegie Library. We'll take a tour of this beautiful building and exhibits. We will then head to downtown Gresham and enjoy fine Italian cuisine at Boccelli's. Trip includes transportation, lunch, gratuity, admission and escort.

11/8 (1)	W ID/AP: \$49	10 am-2:30 pm OD: \$54.75	ES27607
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Trips & Tours - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Lunch & Caples House Tour			
Take in the views along Highway 30 to Columbia City, Oregon. Enjoy lunch at a local favorite and then enjoy a tour of the Caples House Museum along the banks of the beautiful Columbia River. Trip includes transportation, lunch, gratuity, admission and escort.			
11/16 (1)	Th ID/AP: \$51	10:30 am-3:30 pm OD: \$57.25	ES27608

Evergreen Aviation Museum & Lunch at The Barberrry

You won't want to miss this exciting tour of the aviation museum. After, we have a delicious lunch at The Barberrry on the historic main drag of McMinnville. Trip includes transportation, lunch, gratuity, admission and escort.

11/29 (1)	W ID/AP: \$61	10 am-3:30 pm OD: \$67.75	ES27609
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Huber's & Downtown Portland

A wonderful way to celebrate the holiday season - lunch at Huber's! We will then take a short walking tour of the shops and sights of downtown Portland. Trip includes transportation, lunch, gratuity, admission and escort.

12/6 (1)	W ID/AP: \$47	11 am-2:30 pm OD: \$51.25	ES27610
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Day Trip Cancellations

Requests to drop or change a day trip must be made at least **two business days** prior to the trip (no credit applied if less). Any and all costs paid by the center and/or THPRD are not refundable if the patron cancels.

Outdoor Adventures & Extended Excursions - 55 & Better

Adventures Without Limits

Outdoor Recreation Trips

Trips meet here at the center and depart with AWL staff and transportation to specific location. Itinerary and details on each trip available. Contact the Stuhr Center front desk to register.

Fall Trips: Bike Ride, Kayaking

Times: 9 am-5 pm

ID Cost: \$78

Canada's Winter Wonderland

Dec. 2-8, 2017

Enjoy seven days and experience the Canadian Rockies at their glittering best. Highlights include the "Castle in the Rockies" at Fairmont Banff Springs, Chateau Lake Louise, Sulphur Mountain Gondola, Maligne Canyon ice walk, and a horse-drawn sleigh ride.

Cost: \$2,399 per person – double;

\$2,799 per person – single

\$2,369 per person – triple



Looking ahead to 2018 trips: Panama – April, 2018; Scotland – July, 2018; Iceland – December, 2018

Please note: These times may vary and are subject to change without notice. **Schedule changes August-September 16.**

Sports			
Ping Pong (\$5/mth or \$1/day)	Monday, Tuesday, Thursday	Fir	3:30-7:30 pm
Ping Pong (\$5/mth or \$1/day)	Wednesday, Friday	Fir	2:30-4:30 pm
Ping Pong (\$5/mth or \$1/day)	Saturday	Fir	9 am-4 pm

Pine Room			
Bingo	Monday	Pine	12:15-1:45 pm
Bridge (progressive)	Thursday	Pine	5:30-8:30 pm
Bridge (team)	Monday	Pine	3-6 pm
Bunco	2nd/4th Wednesday	Pine	1-2:30 pm
Pennies From Heaven	Friday	Pine	Noon-4 pm
Cribbage	Wednesday	Pine	8-11:30 am
Pinochle	Tuesday, Wednesday	Pine	12:30-3 pm
Scrabble	Tuesday	Pine	9 am-noon
Texas Hold'em	Thursday	Pine	12:30-4:30 pm
Texas Hold'em	Friday	Pine	12:30-4:30 pm
Texas Hold'em	Saturday	Pine	12:30-4:30 pm
Mahjong	Monday	Pine	1-4 pm
Mahjong	Thursday	Pine	6:30-8:30 pm
Mahjong	Saturday	Pine	Noon-4 pm

Misc.			
Book Club	3rd Thursday	Check with Receptionist	2-3:30 pm
Monthly Birthdays	1st Wednesday	Fir	Noon
Pool/Billiards \$5/mth or \$1/day	Open	Pine	Ongoing
Social Dance \$5 pp drop-in fee	Thursday	Manzanita	1:15-3:30 pm
Chess Club	Wednesday	Larch	1-4 pm
Wii	Open	Cedar	
Movie Day	2nd/4th Fridays	Cedar	1 pm
Socials for Singles	3rd Thursday	Cedar	6:30-7:30 pm

Health & Wellness			
Alzheimer's Support	2nd Thursday	Oak	1-3 pm
Alzheimer's Support	3rd Thursday	Beaverton Community Center	2:30-4:30 pm
Alzheimer's Support	4th Tuesday	Cedar	6:30-8:30 pm
Blood Pressure Checks	1st Friday	Check with Receptionist	10-11 am
Circle of Support	4th Saturday	Cedar	10-11:30 am
Compassionate Friends	2nd Tuesday	Cedar	6:30-8:45 pm
Legal Discussion	1st Tuesday	Check with Receptionist	1:30-3 pm
Circle of Friends	Tuesdays	Cedar	1:30-3 pm