

# Elsie Stuhr Center



TUALATIN HILLS  
PARK & RECREATION DISTRICT

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

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

TriMet Bus Routes #76, #78, #88

Facility Supervisor: Patty Brescia

Fall Term: Aug. 27-Dec. 31, 2018

Hours:

Monday/Tuesday/Thursday 7:30 am-9 pm

Wednesday/Friday 7:30 am-5 pm

Saturday 9 am-5 pm

Facility Closed: 9/3-9/8, 11/12, 11/22, 11/23, 12/25

## 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. 6**

**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

**Wednesday, Dec 19 • 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 12/10, 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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### Art of Printmaking

A variety of forms will be offered including both Intaglio and relief printing. \$20 supply fee payable to instructor. Additional supply list available at the front desk. (Teresa)

9/18-12/11 (13) Spruce	T ID/AP: \$156	1:30-3:30 pm SD: \$140.25	ES24625 OD: \$195
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### Creative Painting

Explore both realism and abstract techniques using either oils or acrylics. Supply list available at Stuhr Center front desk. An \$8 material fees due to instructor at first class. (Teresa)

9/19-12/12 (13) Spruce	W ID/AP: \$222	9:30 am-12:30 pm SD: \$199.75	ES24605 OD: \$277.50
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### Drawing and Painting Workshop

Any level or medium welcome. One-on-one instruction to help individuals expand existing skills. Learn new ones and overcome bad habits. Contact instructor for supply list. No class 11/12. (Teresa)

9/17-12/10 (12) Spruce	M ID/AP: \$144	1-3 pm SD: \$129.50	ES24609 OD: \$180
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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 11/22. (Teresa)

9/20-12/13 (12) Spruce	Th ID/AP: \$144	1-3 pm SD: \$129.50	ES24606 OD: \$180
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### Fused Glass Workshops

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

<b>Sun catcher (\$20 lab fee)</b> 9/22 (1)	S	2-4 pm	ES24600
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<b>Windchimes (\$35 lab fee)</b> 10/20 (1)	S	2-4 pm	ES24601
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<b>Small Dishes (\$25 lab fee)</b> 11/17 (1)	S	2-4 pm	ES24602
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<b>Ornaments (\$25 lab fee)</b> 12/1 (1)	S	2-4 pm	ES24603
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<b>Ornaments (\$25 lab fee)</b> 12/15 (1) Larch	S ID/AP: \$16	2-4 pm SD: \$14.25	ES24613 OD: \$20
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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. No class 11/12. (Teresa)

9/17-12/10 (12) Spruce	M ID/AP: \$206	9:30 am-12:30 pm SD: \$185.25	ES24604 OD: \$257.50
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## Arts & Crafts - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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### Photography, All Levels

Learn the settings on your camera and how they affect the quality of your photographs. Digital camera basics as a prerequisite is preferred or instructor approval. No class 11/21. (Bob)

9/19-12/5 (11) Larch	W ID/AP: \$123	9-10:30 am SD: \$110.50	ES24615 OD: \$153.75
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### Pottery

This pottery class is a mix of beginners and experience students. Supplies included. (Marjanna)

9/19-10/24 (12) Larch, Spruce	W ID/AP: \$105	1-3:30 pm SD: \$95.50	ES24616 OD: \$128.75
10/31-12/12 (12) Larch, Spruce	W ID/AP: \$105	1-3:30 pm SD: \$95.50	ES24617 OD: \$128.75

### 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. (Marjanna)

10/13 (1)	S	10 am-12:30 pm	ES24618
10/27 (1)	S	10 am-12:30 pm	ES24619
11/17 (1)	S	10 am-12:30 pm	ES24620
12/8 (1) Spruce	S ID/AP: \$17	10 am-12:30 pm SD: \$15.25	ES24621 OD: \$21.25

### 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. Experienced students work on projects of their choice. No class 10/5, 11/23. (Sharon)

9/21-12/14 (11) Spruce	F ID/AP: \$186	9 am-Noon SD: \$167.25	ES24612 OD: \$232.50
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### Watercolor Painting for Beginners

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 11/22. (Teresa)

9/20-12/13 (24) Larch, Spruce	Th ID/AP: \$206	9:30 am-12:30 pm SD: \$185.25	ES24607 OD: \$257.50
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### Watercolor Painting

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)

9/18-12/11 (13) Larch	T ID/AP: \$222	9:30 am-12:30 pm SD: \$199.75	ES24608 OD: \$277.50
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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)

## Drop-in Social Dance

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

## Dance - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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### Ballet Basics, Adult Beginner

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 11/23. (Edie)

9/21-12/14 (12) Maple Birch	F ID/AP: \$78	10:45-11:35 am SD: \$70	ES21601 OD: \$97.50
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### Line Dancing, Beginning

Line dancing just for beginners. (Doug)

9/19-12/12 (13) Manzanita	W ID/AP: \$85	3:05-3:55 pm SD: \$76.50	ES21603 OD: \$106.25
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### Line Dancing

Have fun learning line dances to both classic and popular country music. No partner needed. No class 11/12. (Doug)

9/17-12/10 (12) Manzanita	M ID/AP: \$78	3:05-3:55 pm SD: \$70	ES21604 OD: \$97.50
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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 (right)

**Registering for any fitness class will guarantee your spot. See front desk for more information.**

## Fitness - 55 & Better

### Fitness Class Drop-in Policy

Try a class or attend a variety of classes as a drop-in participant. Purchase a pass for \$7.75/\$7 (senior 65+), OD: \$9.75 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.

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)

9/10 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



### Fitness Room 101

Learn machine adjustments and basic technique for using fitness room equipment during this one-hour class. Please wear fitness apparel. Class is small group format.

9/18 (1)	T (Monica)	5:30-6:30 pm	ES22676
10/9 (1)	T (Monica)	5:30-6:30 pm	ES22677
11/6 (1)	Th (Carolyn)	9:30-10:30 am	ES22678
Fitness Room	Free		

**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. No class 11/12. (Desiree)			



9/17-12/12 (14) Manzanita	M/W ID/AP: \$109	10:45-11:35 am SD: \$98	ES22601 OD: \$136.25
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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 11/12, 11/23. (Gail/Monica)



9/17-12/14 (13) Manzanita	M/W/F ID/AP: \$162	8:35-9:25 am SD: \$145.75	ES22603 OD: \$202.50
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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. No class 11/12. (Gail)



9/17-12/12 (13) Manzanita	M/W ID/AP: \$109	9:40-10:30 am SD: \$98	ES22604 OD: \$136.25
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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 and active lifestyle. No class 11/22. (Jeanette)



9/18-12/13 (13) Manzanita	T/Th ID/AP: \$118	10:55-11:50 am SD: \$106	ES22605 OD: \$147.50
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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 and also to improve physical activity habits, mobility, and reduce risk for falls. Some exercises are done standing and using light weights. No class 11/22. (Fabiola)




9/18-12/13 (13) Oak Rm	T/Th ID/AP: \$109	9:40-10:30 am SD: \$98	ES22606 OD: \$136.25
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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)


## Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Balance &amp; Stretch, Advanced</b>			
Continue to improve your balance by strengthening hip/leg muscles and abdominal muscles; working on posture and balance exercises. Designed for those who regularly exercise and are ready to work a bit more. No class 11/22.			
			


9/18-12/13 (13) Maple Birch	T/Th (Fabiola) ID/AP: \$84	12:55-1:30 pm SD: \$75.50	ES22669 OD: \$105
9/18-12/11 (13) Oak Rm	T (Naoko) ID/AP: \$48	8:35-9:15 am SD: \$43	ES22681 OD: \$60

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Balance Basics</b>			
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 11/12. (Desiree)			
			

9/17-12/10 (12) Maple Birch	M ID/AP: \$52	11:50 am-12:40 pm SD: \$46.75	ES22607 OD: \$65
9/18-12/13 (13) Maple Birch	T/Th ID/AP: \$109	8:35-9:25 am SD: \$98	ES22608 OD: \$136.25
9/19-12/14 (13) Maple Birch	W/F ID/AP: \$109	8:35-9:25 am SD: \$98	ES22609 OD: \$136.25

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Barefoot Fitness</b>			
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. (Naoko)			
			

9/18-12/11 (13) Maple Birch	T ID/AP: \$48	7:40-8:20 am SD: \$43	ES22610 OD: \$60
9/20-12/13 (12) Maple Birch	Th ID/AP: \$44	7:40-8:20 am SD: \$39.50	ES22611 OD: \$55


Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Barre - Fit</b>			
Burn calories while creating a longer, stronger, more flexible body. Ballet and Pilates moves and standing improve posture and balance. No class 11/22. (Edie)			
			

9/18-12/13 (13) Manzanita	T/Th ID/AP: \$109	7:30-8:20 am SD: \$98	ES22639 OD: \$136.25
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Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Beginning Orientation</b>			
Receive an exercise program, and learn machine adjustments and basic technique for using fitness room equipment 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, led by a certified personal trainer. Upon completion, the patron is qualified for fitness room access. (Carolyn)			

9/20 (1) Fitness Room	Th ID/AP: \$16	9-10:30 am SD: \$14.25	ES22679 OD: \$20
11/15 (1) Fitness Room	Th ID/AP: \$16	12:30-2 pm SD: \$14.25	ES22680 OD: \$20

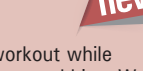
## Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Cardio Fusion</b>			
A work out 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. Effective exercise, dance and music make for a healthy and fun work out. No class 11/12. (Kimo)			
			


9/17-12/12 (13) Oak Rm	M/W ID/AP: \$109	9:40-10:30 am SD: \$98	ES22674 OD: \$136.25
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Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Cardio, Core and More</b>			
We'll increase your heart health and strength safely, effectively, comfortably and have fun doing it! No class 11/22. (Jeanette)			
			


9/18-12/13 (13) Manzanita	T/Th ID/AP: \$118	9:45-10:40 am SD: \$106	ES22613 OD: \$147.50
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Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Chair Core</b>			
This seated exercise class will give you a good cardio workout while having fun dancing to good music, without straining knees and hips. We will work on core, legs and arms, and even our glutes! This class is for dance lovers! Chair use is designed for all participants. No class 11/12. (Kimo)			
			

9/17-12/10 (12) Oak Rm	M ID/AP: \$52	11:50 am-12:40 pm SD: \$46.75	ES22614 OD: \$65
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Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>DIP (Diabetes for Intervention &amp; Prevention)</b>			
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 11/12, 11/22. (Jacqueline)			
			

9/17-12/13 (14) Fitness Room	M/Th ID/AP: \$166	3:30-4:30 pm SD: \$149.25	ES22618 OD: \$207.50
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Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Essential Balance &amp; Mobility</b>			
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 10/5, 11/23. (Jacqueline)			
			

9/18-12/14 (13) Manzanita	T/F ID/AP: \$105	3:05-3:55 pm SD: \$94.50	ES22619 OD: \$131.25
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**Registering for any fitness class will guarantee your spot.  
See the 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.

### Next Step Fitness Orientation

**ID/AP: \$46.75 SD: \$42 OD: \$58.50**

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.

### Personal Training Options

**1 Session:**

**ID/AP: \$52.75 SD: \$47.50 OD: \$66**

**3 Sessions:**

**ID/AP: \$158.25 SD: \$142.50 OD: \$197.75**

**6 Sessions:**

**ID/AP: \$316.50 SD: \$284.75 OD: \$395.75**

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 - 55 & Better

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

A workout that draws on the flowing movements of Tai Chi creating health and balance, principles of physiotherapy which create a pain free body, and strengthening theories. A weight free program designed to improve posture, flexibility, agility, and strength. No class 11/22. (Jeanette)



9/18-12/13 (13) Oak Rm	T/Th ID/AP: \$101	Noon-12:45 pm SD: \$90.75	ES22695 OD: \$126.25
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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 11/12, 11/23. (Belinda)



9/17-12/14 (13) Oak Rm	M/W/F ID/AP: \$162	8:35-9:25 am SD: \$145.75	ES22620 OD: \$202.50
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## Fitness - 55 & Better

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



9/19-12/12 (13) Fitness Room	W ID/AP: \$57	11:50 am-12:40 pm SD: \$51.25	ES22621 OD: \$71.25
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### Flexibility Focus

Stretching increases flexibility, range of motion and improves balance. Stretching increases blood flow to muscles and improves circulation. Stretch before or after an active class for a leaner and healthier body. No class 11/23. (Monica)



9/21-12/14 (12) Manzanita	F ID/AP: \$62	9:40-10:30 am SD: \$55.75	ES22622 OD: \$77.50
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### Functional Strength

Enhance health and boost your independent living skills! This progressive exercise program addresses overall function, with emphasis on muscle strength, flexibility, mobility and stability. Seated and standing exercises, stretching and balance training also help build bone density. No class 11/22. (Fabiola)



9/18-12/13 (13) Manzanita	T/Th ID/AP: \$109	11:50 am-12:40 pm SD: \$98	ES22623 OD: \$136.25
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### Martial Arts Fitness

Workouts begin with warm-ups and then include Taekwondo forms and self-defense techniques. Regain or improve your level of physical fitness, flexibility, balance and mental alertness. No uniform necessary. (Terry)

**new**

9/19-12/12 (13) Maple Birch	W ID/AP: \$57	11:50 am-12:40 pm SD: \$51.25	ES22615 OD: \$71.25
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### MELT Roller & Hand/Foot for Full Body

Class provides relief of chronic pain, increasing flexibility, and endurance. Erase pain and tension in your hands, feet, neck, and lower back brought on by everyday stress, overuse and age. No class 10/6, 11/24. (Tracy)



9/22-12/15 (11) Birch, Willow	S ID/AP: \$48	10:15-11:05 am SD: \$43	ES22625 OD: \$60
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### MELT to Improve Exercise


You will learn how to use small balls to massage your hands and feet in order to increase your flexibility, coordination and balance, and to reduce stiffness and pain throughout your body. Balls will be provided during class, or bring your own kit. (Gail)





9/27-11/1 (6) Cedar Rm	Th ID/AP: \$26	8:35-9:25 am SD: \$23.25	ES22626 OD: \$32.50
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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)


## Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Pilates, Adapted</b> Practice techniques to strengthen core, 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 mat class uses Pilates rings, balls, and other props. No class 10/5, 11/23. (Lia) 			
9/18-12/14 (13) Maple Birch	T/F ID/AP: \$105	11:50 am-12:40 pm SD: \$94.50	ES22631 OD: \$131.25


Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>REVIVE, Exercise Recovery Program</b> 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 11/12, 11/22. (Jacqueline) 			
9/17-12/13 (13) Fitness Room	M/Th ID/AP: \$166	3:30-4:30 pm SD: \$149.25	ES22634 OD: \$207.50


Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Rhythm &amp; Moves</b> Experience the joy of movement to the sounds of World Music and find your body's own way in this dynamic blend of dance, martial arts and healing arts. Adaptable to any fitness level - understand your own limitations, stay within your boundaries, leave feeling recharged, relaxed and rejuvenated! No class 10/5, 11/23. (Lia) 			
9/18-12/11 (13) Manzanita	T ID/AP: \$57	12:55-1:45 pm SD: \$51.25	ES22627 OD: \$71.25
9/21-12/14 (11) Manzanita	F ID/AP: \$48	12:55-1:45 pm SD: \$43	ES22628 OD: \$60


Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>SilverSneakers® Cardio Circuit</b> Increase your cardiovascular and muscular endurance in this Silver Sneakers standing circuit workout. Fitness and fun come together as you alternate non-impact aerobic choreography with upper-body strengthening exercises using hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair is offered for support, stretching and relaxation exercises. No class 11/12. (Brenda) 			
9/17-12/12 (13) Manzanita	M/W ID/AP: \$109	12:55-1:45 pm SD: \$98	ES22636 OD: \$136.25


Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>SilverSneakers® Classic</b> 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 Silver Sneakers ball are offered for resistance. A chair is used for seated or standing support. No class 10/5, 11/12, 11/23. (Angela) 			
9/17-12/14 (13) Manzanita	M/W/F ID/AP: \$157	2-2:50 pm SD: \$141.25	ES22638 OD: \$196.25


## Fitness - 55 & Better


Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Strength Training</b> 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 10/5, 11/12, 11/23. (Carolyn) 			
9/17-12/14 (13) Manzanita	M/F ID/AP: \$100	11:50 am-12:40 pm SD: \$90	ES22643 OD: \$125

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Strength, Balance &amp; Core</b> Work up a sweat, boosting metabolism while strengthening the entire body. Improves coordination, balance and bone density. No class 11/12, 11/23. (Edie) 			
9/17-12/14 (13) Manzanita	M/W/F ID/AP: \$162	7:30-8:20 am SD: \$145.75	ES22642 OD: \$202.50

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Tai Chi 24 Form - Beginning</b> Introduces Tai Chi concepts and the first part (Forms 1 through 12). Practice meditative mind-body exercise with slow and rhythmical movements to increase balance, flexibility, muscle strength, and enhance well-being. (Lia) 			
9/19-12/12 (13) Maple Birch	W ID/AP: \$57	12:55-1:45 pm SD: \$51.25	ES22645 OD: \$71.25

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Tai Chi 24 Form - Sequel</b> For the continuing student, deepens practice of the first part (Forms 1 through 12) and introduces the second part (Forms 13 through 24). Needs previous experience in Tai Chi or instructor's approval. (Lia) 			
9/19-12/12 (13) Manzanita	W ID/AP: \$57	11:50 am-12:40 pm SD: \$51.25	ES22646 OD: \$71.25

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Tai Chi, Basic Footwork &amp; Balance</b> Increase strength, flexibility, and coordination with a variety of slow paced, core-building, rhythmical movements based on concepts from Tai Chi, QiGong, Pilates, and yoga. No class 11/23. (Lia) 			
9/18-12/11 (13) Oak Rm	T ID/AP: \$57	10:45-11:35 am SD: \$51.25	ES22633 OD: \$71.25
9/21-12/14 (12) Manzanita	F ID/AP: \$52	10:45-11:35 am SD: \$46.75	ES22699 OD: \$65

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Tai Chi, Moving for Better Balance</b> A falls prevention exercise program where students will learn and practice a series of simple, slow, and rhythmical movements aimed at improving balance, strength, and reducing the risk of falling. No class 10/6, 11/3, 11/24. 			
9/22-12/15 (10) Maple Birch	S (Mignon) ID/AP: \$44	11:10 am-Noon SD: \$39.50	ES22648 OD: \$55
10/9-12/11 (10) Poplar	T (Lynn R.) ID/AP: \$44	10:45-11:35 am SD: \$39.50	ES22650 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
<b>Tai Chi: Moving for Better Balance in a Chair</b>			
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, strength, and reducing the risk of falling; all from a chair. No class 10/5, 11/23. (Lia)			
9/21-12/14 (11)	F	2-2:50 pm	ES22647
Maple Birch	ID/AP: \$48	SD: \$43	OD: \$60
9/18-12/11 (13)	T	2-2:50 pm	ES22649
Maple Birch	ID/AP: \$57	SD: \$51.25	OD: \$71.25

<b>Total Body Workout from a Chair with Balance</b>			
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. Improve on your daily living needs. No class 11/12. *(Mignon/Belinda)			
9/17-12/12 (13)	M/W *	10:45-11:35 am	ES22651
Maple Birch	ID/AP: \$109	SD: \$98	OD: \$136.25
9/19-12/14 (13)	W/F (Desiree)	9:40-10:30 am	ES22652
Maple Birch	ID/AP: \$109	SD: \$98	OD: \$136.25
9/22-12/15 (10)	S (Mignon)	10:05-10:55 am	ES22653
Maple Birch	ID/AP: \$44	SD: \$39.50	OD: \$55
10/9-12/11 (10)	T (Lynn R.)	11:50 am-12:40 pm	ES22654
Poplar	ID/AP: \$44	SD: \$39.50	OD: \$55

<b>Workout for Weight Loss, Better Health, the Ageless Athlete</b>			
Optimize your health; maximize your fitness level and athletic performance, or exercise to improve a specific medical condition with a personalized exercise program tailored to your medical status, fitness level, and wellness goal. Medical Release and Health/Medical History Form required. No class 11/12, 11/22. (Jacqueline)			
9/17-12/13 (13)	M/Th	4:30-5:30 pm	ES22657
Fitness Room	ID/AP: \$166	SD: \$149.25	OD: \$207.50

<b>Yoga</b>			
Practice poses with emphasis on breath, alignment, symmetry and technique to build strength, flexibility, stability and balance, and develop the mind-spirit connection in a structured, progressive format. Yoga props may be used for adaptations. No class 11/23. (Lia)			
9/19-12/12 (13)	W	2-2:50 pm	ES22658
Maple Birch	ID/AP: \$57	SD: \$51.25	OD: \$71.25
9/18-12/11 (13)	T	9:40-10:30 am	ES22658A
Poplar	ID/AP: \$57	SD: \$51.25	OD: \$71.25
9/21-12/14 (12)	F	9:40-10:30 am	ES22660
Poplar	ID/AP: \$52	SD: \$46.75	OD: \$65

## New to Yoga Workshop

**new**

Are you brand new to yoga? Come learn beginning forms, terminology, etiquette and use of props. This will give you a good understanding prior to enrolling in a full session class. (Lynn F.)

10/1 (1)	M	10:45 am-Noon	ES22682
11/5 (1)	M	10:45 am-Noon	ES22683
Poplar	ID/AP: \$8	SD: \$7	OD: \$10

## Weight Room Clinics

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. Be the end of each clinic you will have a list of exercises that you can incorporate into your own workout. (Carolyn/Lela)

<b>Back</b>			
9/25 (1)	T	12:30-2 pm	ES22686
11/27 (1)	T	12:30-2 pm	ES22690
Fitness Room	ID/AP: \$16	SD: \$14.25	OD: \$20
<b>Hip</b>			
10/16 (1)	T	12:30-2 pm	ES22688
12/18 (1)	T	12:30-2 pm	ES22692
Fitness Room	ID/AP: \$16	SD: \$14.25	OD: \$20
<b>Knee</b>			
10/1 (1)	M	6-7:30 pm	ES22687
12/10 (1)	M	6-7:30 pm	ES22691
Fitness Room	ID/AP: \$16	SD: \$14.25	OD: \$20
<b>Shoulder</b>			
9/10 (1)	M	6-7:30 pm	ES22685
11/5 (1)	M	6-7:30 pm	ES22689
Fitness Room	ID/AP: \$16	SD: \$14.25	OD: \$20

## Wellness On Wheels (WOW)

We will provide 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!

### WOW HollyTree Total Body Workout from a Chair

Get 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. This is a fitness program for adults 55 and better to address the needs of maintaining independence, functional fitness and wellness.

9/18-12/14 (13)	T/F	9:30-10:30 am	ES22WOW2
Off-site	ID/AP: \$119	SD: \$107	OD: \$148.75


## Free Blood Pressure Clinic

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


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
<b>Yoga 4 Fitness</b>			
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 11/22. (Gail)			
			


9/20-12/13 (12) Maple Birch	Th ID/AP: \$52	9:40-10:30 am SD: \$46.75	ES22664 OD: \$65
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Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Yoga I/II</b>			
Poses taught with emphasis on alignment, symmetry and technique. Yoga props may be used to build strength, flexibility and develop the mind-spirit connection. Class is a beautiful combination of muscle lengthening and abdominal strengthening in a structured, progressive format. No class 11/22. (Fabiola)			
			


9/18-12/13 (13) Poplar	T/Th ID/AP: \$109	8:35-9:25 am SD: \$98	ES22659 OD: \$136.25
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Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Yoga Relaxation Reset</b>			
Through light mindful yoga, breathing, relaxation techniques, and guided meditation, you can reset your thoughts and feelings by easing out the tensions throughout the body to feel comfortable, relate well, and have a positive outlook. (Amrita)			
			

9/18-12/11 (13) Manzanita	T ID/AP: \$57	2-2:50 pm SD: \$51.25	ES22697 OD: \$71.25
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Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Yoga, Chair</b>			
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 11/22.			
			

9/20-12/13 (12) Maple Birch	Th (Fabiola) ID/AP: \$53	10:45-11:35 am SD: \$47.50	ES22629 OD: \$66.25
9/18-12/11 (13) Maple Birch	T (Fabiola) ID/AP: \$57	10:45-11:35 am SD: \$51.25	ES22661 OD: \$71.25
9/21-12/14 (12) Willow	F (Barbara) ID/AP: \$52	8:35-9:25 am SD: \$46.75	ES22662 OD: \$65


Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Yoga, Continuing</b>			
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. No class 11/12. (Edie)			
			

9/17-12/10 (12) Maple Birch	M ID/AP: \$52	8:35-9:25 am SD: \$46.75	ES22663 OD: \$65
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## Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Yoga, Gentle</b>			
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 11/12.			
			

9/17-12/10 (12) Maple Birch	M (Mignon) ID/AP: \$52	9:40-10:30 am SD: \$46.75	ES22665 OD: \$65
9/18-12/11 (13) Maple Birch	T (Edie) ID/AP: \$57	9:40-10:30 am SD: \$51.25	ES22666 OD: \$71.25
9/18-12/13 (13) Maple Birch	T/Th (Ritu/Barb) ID/AP: \$109	6:30-7:20 pm SD: \$98	ES22667 OD: \$136.25
9/19-12/12 (13) Poplar	W (Barbara) ID/AP: \$57	8:15-9:05 am SD: \$51.25	ES22668 OD: \$71.25
9/22-12/15 (10) Maple Birch	S (Tracy) ID/AP: \$44	9-9:50 am SD: \$39.50	ES22675 OD: \$55

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Zumba® Gold</b>			
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. Zumba® Gold is a fun, different, easy and effective total body workout! No class 11/22. *(Kimo/Naoko)			
			

9/18-12/13 (13) Manzanita	T/Th* ID/AP: \$109	8:35-9:25 am SD: \$98	ES22670 OD: \$136.25
9/20-12/13 (12) Manzanita	Th (Kimo) ID/AP: \$52	4:10-5 pm SD: \$46.75	ES22671 OD: \$65
9/17-12/10 (12) Manzanita	M (Robin) ID/AP: \$52	4:10-5 pm SD: \$46.75	ES22672 OD: \$65

## Free! Fitness Assessments

This nationally recognized fitness test for older adults is a series of six skill tests that is administered to determine each participant's functional fitness level. The appropriate wellness goal to strive for is achieving the "fitness standard" which is the level of fitness needed to support functional mobility and physical independence.

- Chair Stand
- Chair Sit-&-Reach
- Arm Curl
- Back Scratch
- 2-Minute Step
- 8-foot Up-and-Go

Testing offered for all individuals 55 yrs and older.

Monday • 11/5, 8:30 am-Noon

Wednesday • 11/7, 2:30-5 pm

Saturday • 11/10, 9:30 am-12:30 pm

## Health & Wellness Support Groups

(No support groups held Dec. 24-Jan. 1)

### 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, 6:30-8:45pm, Cedar

### 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

3rd Thursday, 2-4 pm, Beaverton Community Center

### 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

### Social Group for Singles

Come discuss places to visit during the month

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

## Health & Wellness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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### Alzheimer's & Dementia Workshop

Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This workshop provides information on detection, causes and risk factors, stages of the disease, treatment, and much more. Presented by Alzheimer's Association.

11/14 (1)	W	10-11:30 am	ES23601
Willow	FREE		

### Brain Fitness, Life Skills

Experience mental exercise with a dash of rhythm and music to make it fun. 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. (Susan)

9/18-12/13 (13)	T/Th	1-2 pm	ES23602
Oak Rm	ID/AP: \$199	SD: \$179	OD: \$248.75

### Essential Oil Discovery

Join us every-other Monday for 5 weeks. You will learn where EO comes from and their many uses, and why they are so popular. Come experience them for yourself and leave with oil samples to use at home. Session topics: Restful sleep, green cleansing, immune support, joint & muscle health, brain health. \$5 lab fee payable to instructor at first class. (Michelle)

10/1-11/26 (5)	M	2:30-4 pm	ES23604
Larch	ID/AP: \$55	SD: \$49.50	OD: \$68.75

## Health & Wellness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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### Falling Asleep Again

A 2-part interactive workshop with a week in between on changing the "I just can't get to sleep" pattern. Learn how to connect mind and body in a distinct way that will bring deep sleep without pills. (Mary)

10/11-10/25 (2)	Th	1:30-2:30 pm	ES25626
Larch	ID/AP: \$16	SD: \$14.25	OD: \$20

### Journaling: Heal, Grow & Thrive

Journal writing is a highly effective tool for personal empowerment and living a more satisfying life. Interpret and explore dreams, tap into intuition, self-awareness, and problem solving. (Sandy)

10/31-11/14 (3)	W	10-11:30 am	ES25608
Cedar Rm	ID/AP: \$44	SD: \$39.50	OD: \$55

### Living with Diabetes

What is the best way to tackle diabetes? Life-style 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)

9/27 (1)	Th	2:30-3:30 pm	ES23605
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10/18 (1)	Th	2:30-3:30 pm	ES23606
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11/8 (1)	Th	2:30-3:30 pm	ES23607
Oak Rm	ID/AP: \$8	SD: \$7	OD: \$10

### 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. (Lia)

9/19-12/12 (13)	W	3:05-3:55 pm	ES22624
Maple Birch	ID/AP: \$57	SD: \$51.25	OD: \$71.25

### QiGong - Living Grace

Learn gentle, simple QiGong practice that you can easily incorporate into your life. Start with seated meditation and those who are comfortable can stand to do the forms. Improve balance and easing anxiety. (Michelle & Nadia)

10/1-11/5 (6)	M	1:15-2:10 pm	ES23608
Maple Birch	ID/AP: \$45	SD: \$40.50	OD: \$56.25

### 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 trans-formative experience. (Rebecca)

10/1-10/29 (5)	M	9:30-10:30 am	ES23611
Cedar	ID/AP: \$40	SD: \$36	OD: \$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)

**General Interest - 55 & Better**

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>A Will is Not Enough in Oregon</b>			
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. This program also gives information on how to avoid probate.			
10/11 (1) Willow	Th ID/AP: \$5	10-11:30 am SD: \$4.50	ES23600 OD: \$6.25
12/13 (1) Willow	Th ID/AP: \$5	10-11:30 am SD: \$4.50	ES23603 OD: \$6.25

**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, one large and one small plastic container with lid. Lab fee: \$16 payable to instructor at first class. (All)

9/17-10/22 (6) Spruce	M ID/AP: \$84	6:45-8:45 pm SD: \$75.50	ES24614 OD: \$105
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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 at retirement facilities. Open to all singers, no audition required. (Sheryl)

10/2-12/4 (10) Dogwood	T ID/AP: \$110	12:30-2 pm SD: \$99	ES25601 OD: \$137.50
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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. (Christina)

9/18-12/4 (12) Cedar Rm	T ID/AP: \$110	11:45 am-1:15 pm SD: \$99	ES24610 OD: \$137.50
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**Facebook Q & A**

All of your family is on Facebook and your grandkids set you up with an account. Now what? In this expanded 2 hour class, you will learn how to navigate post and hopefully have fun on Facebook. Bring your questions. (Beanna)

11/30 (1) Larch	F ID/AP: \$20	1:30-3:30 pm SD: \$18	ES25603 OD: \$25
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**General Interest - 55 & Better**

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Intermediate Smartphones &amp; Tablets Workshop</b> <span style="float: right;"><b>new</b></span>			
Four week series teaches you how to use some of the more complicated apps on your device, like maps, calendar, camera and internet. Please bring your charged device, make sure you have email setup and bring necessary passwords. All operating systems and carriers are welcome. (Breanna)			
10/26-11/16 (4) Larch	F ID/AP: \$56	1:30-3:30 pm SD: \$50.25	ES25600 OD: \$70

**Internet Safety**

Learn how to keep your information and computer safe. Tips and tricks to help you minimize viruses and prevent identity theft. (Breanna)

9/28 (1) Larch	F ID/AP: \$13	1:30-2:30 pm SD: \$11.50	ES25602 OD: \$16.25
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**Keeping Grandbaby Safe**

Do you babysit your grandchild? Class will cover a wide range of topics including: childproofing your home, emergencies, poison prevention, infection prevention, safety tips, car seat safety, and much more. Class taught by Sharon Dunham, RN, who has been a neonatal nurse at OHSU/Doernbecher Children's Hospital for 30 years. (Sharon)

10/13 (1) Oak Rm	S ID/AP: \$14	9:30-11:30 am SD: \$12.50	ES23615 OD: \$17.50
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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)

9/18-12/4 (12) Cedar Rm	T ID/AP: \$110	10-11:30 am SD: \$99	ES24611 OD: \$137.50
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**Lecture/DVD Series: Native Peoples of North America** **new**

This course pairs the unmatched resources and expertise of the Smithsonian's National Museum of the American Indian with the unparalleled knowledge of Professor Daniel M. Cobb of the University of North Carolina at Chapel Hill to provide a multidisciplinary view of American history, revealing new perspectives on the historical and contemporary experiences of Indigenous peoples, and their significant impact on the history of our country. A fascinating, larger-than-life story across a timespan of more than 500 years. (George)

9/17-12/10 (12) Willow	M ID/AP: \$71	10-11:30 am SD: \$63.75	ES25607 OD: \$88.75
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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
<b>Mahjongg, Beginning</b> Learn the American version of an ancient Chinese game. Words like Bam, Crak, and Pung will be a part of your new vocabulary. Open to singles or couples. Sets are provided in class. (Susan)			
9/27-11/1 (6) Cedar Rm	Th ID/AP: \$84	10 am-Noon SD: \$75.50	ES25609 OD: \$105

### Mahjongg Strategies

Now that you are a confident student of Mahjongg, here is a chance to hone in on strategies i.e. how to improve your Mahjongg thinking. Knowledge and prior experience of the game is a necessity. Learn Siamese and Royal Siamese Mahjongg that you can play with two or four players. (Susan)

9/27-11/1 (6) Cedar Rm	Th ID/AP: \$84	1-3 pm SD: \$75.50	ES25610 OD: \$105
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### Native American Flute

Learning to play the Native American Flute is easy and very enjoyable. No musical experience is necessary. Practice flutes are available during class. Each class provides time for instruction and student performances. Info on purchasing your own flute to practice at home provided at 1st class. (Cleve)

9/19-11/7 (8) Dogwood	W ID/AP: \$64	9:30-10:30 am SD: \$57.50	ES25625 OD: \$80
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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 11/22. (Helle)

9/20-12/13 (12) Dogwood	Th ID/AP: \$150	11:30 am-1 pm SD: \$135	ES25613 OD: \$187.50
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### Piano, Intermediate - Level 2

Requires minimal music reading. No class 11/23. (Helle)

9/21-12/14 (12) Dogwood	F ID/AP: \$150	9:45-11:15 am SD: \$135	ES25614 OD: \$187.50
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### Piano, Intermediate - Level 3

Intro to key signatures. (Helle)

9/19-12/12 (13) Dogwood	W ID/AP: \$163	11 am-12:30 pm SD: \$146.50	ES25615 OD: \$203.75
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### Piano, Intermediate - Level 4

Able to read in different time & key signatures. No class 11/23. (Helle)

9/21-12/14 (12) Dogwood	F ID/AP: \$150	11:15 am-12:45 pm SD: \$135	ES25616 OD: \$187.50
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## General Interest - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Piano, Intermediate - Level 5</b> Able to read in different time & key signatures. No class 11/23. (Helle)			
9/21-12/14 (12) Dogwood	F ID/AP: \$150	1-2:30 pm SD: \$135	ES25617 OD: \$187.50

### Piano, Intermediate - Level 6

Knowledge of 6/8 and simple key signatures. (Helle)

9/19-12/12 (13) Dogwood	W ID/AP: \$163	1-2:30 pm SD: \$146.50	ES25618 OD: \$203.75
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### Piano - Level 7

Advanced class. No class 11/22. (Helle)

9/20-12/13 (12) Dogwood	Th ID/AP: \$150	9:45-11:15 am SD: \$135	ES25612 OD: \$187.50
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### Piano - Level 8 Advanced

Advanced class. (Helle)

9/17-12/10 (13) Dogwood	M ID/AP: \$163	12:45-2:15 pm SD: \$146.50	ES25611 OD: \$203.75
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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)

9/17-12/10 (13) Willow	M ID/AP: \$104	12:15-1:15 pm SD: \$93.50	ES25619 OD: \$130
9/17-12/10 (13) Willow	M ID/AP: \$104	1:30-2:30 pm SD: \$93.50	ES25620 OD: \$130

### Selling Your Stuff On-Line

Want to sell your stuff online, but don't know where to start? We will be comparing the different online selling platforms like Facebook, Buy & Sell Marketplace, EBay, Craigslist and Letgo. Bring digital photos of your items and your email username and password. (Breanna)

10/12 (1) Larch	F ID/AP: \$20	1:30-3:30 pm SD: \$18	ES25604 OD: \$25
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### Smartphone, Android, 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. (Jessica)

10/13-10/27 (3) Willow	S ID/AP: \$33	10 am-Noon SD: \$29.50	ES25622 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
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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. Does NOT cover Android phones. (Jessica)

10/13-10/27 (3) Willow	S ID/AP: \$33	12:30-2:30 pm SD: \$29.50	ES25623 OD: \$41.25
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### Spanish, Beginning I

Class focus on alphabet and pronunciation, rules of emphasis, separation of words into different syllables and reading for pronunciation. (Mercedes)

10/2-12/11 (11) Willow	T ID/AP: \$104	8-9:15am SD: \$93	ES25628 OD: \$130
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### Spanish, Beginning II

Continuation from Beginning Spanish I class. Review of pronunciation, more on sentence structure and useful vocabulary. (Mercedes)

10/2-12/11 (11) Willow	T ID/AP: \$104	8-9:15 am SD: \$93.50	ES25628 OD: \$130
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### Spanish, Beginning II/III

Continuation from beginning Spanish. Review of pronunciation, more on sentence structure and useful vocabulary. (Mercedes)

10/6-12/15 (11) Cedar Rm	S ID/AP: \$121	9-10:30 am SD: \$108.75	ES25630 OD: \$151.25
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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. (Pat)

9/21-12/14 (12) Willow	F ID/AP: \$168	11 am-1 pm SD: \$151	ES25633 OD: \$210
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## Fall Downsizing & Decluttering Workshop

Got Clutter? Come learn how to declutter and organize your life! Workshop led by an organizing expert who will give tips on how to take control of your clutter, ideas on what to keep and what to toss, and encouragement to take the first step. This is a two-part series. Please sign up at the front desk.

1/17 & 10/24	10-11 am	FREE
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## Special Events - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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### Active Aging Week

Celebrate Active Aging week – explore life's many possibilities. Whether it's tai chi, dancing or ageless conditioning, you'll find something new to try. Drop-in to a fitness class for FREE this week. Check in at the front desk to receive your class ticket.

9/17-9/22	M-S	FREE
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### Health & Wellness Resource Fair

Health screenings, lectures on various wellness related topics and a wide variety of health and wellness vendors and non-profit agencies are participating. Raffle drawings and refreshments.

10/6	S	9 am-1 pm	Free
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### 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. Dolls will arrive and be picked up earlier than in past years. Pick up your doll starting Friday, Oct. 19 and return dolls by Wednesday, Nov. 14. Dolls will be judged on Monday, Nov. 26 and winners announced at 11:45 am.

Dolls will be available to check out beginning Friday, October 19

### 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.

10/17	W	10 am	Cedar
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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! \$5 per person.

10/25	Th	1:30 pm-3:30 pm	Manzanita
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## Special Events - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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### Artisan Fine Art and Craft Sale

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

11/3 S 9 am-4 pm

### 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 F 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. Entertainment, food and a special gift for all. Please pre-register at the front desk by Dec. 10. Space is limited. \$5 per person.

12/19 W 1:30 pm-3:30 pm Manzanita

### End of the Year Formal Dance

Say goodbye to 2018 by dancing in the New Year. Enjoy a live band and delicious refreshments to ring in the New Year. Thursday, December 28. \$5 per person.

12/27 Th 1:30-3:30 pm Manzanita



We're neighbors helping neighbors stay neighbors.  
vivavillage.org

## Senior Series

Join us for a presentation followed by workshop  
1:30-4 pm, Elsie Stuhr Center, Manzanita Room

### September 22

Elizabeth Eckstron, MD, Director of Geriatrics – OHSU:  
What It Will Look Like

### October 13

Maureen C. Nash, MD.MS. FAPA, Medical Director – Providence  
Elder Place: Emotional, Social, Spiritual Considerations

### October 27

Nay & Friedenbergs Elder Law Firm: Legal Aspects of Aging  
and Necessary Documents

For more information: Call 503-746-5082  
or email vivavillage101@gmail.com

## 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.

## Trips & Tours - 55 & Better

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

10/16 (1) ID/AP: \$70	T OD: \$74.75	4:30-7 pm	ES27613
11/13 (1) ID/AP: \$70	T OD: \$74.75	4:30-7 pm	ES27614

### Fort Dalles

Join us for a delicious lunch in Hood River and a tour of the Fort Dalles Museum, in The Dalles. Housed in the former Surgeon's Quarters; the only remaining officer's quarters of the 1856 Fort Dalles military complex. One of Oregon's oldest history museums, it first opened its doors in 1905. Some stairs to navigate. Trip includes transportation, lunch, gratuity, admission and escort.

9/18 (1) ID/AP: \$68	T OD: \$77.25	10 am-5 pm	ES27600
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### Thompson's Mills State Heritage Site

We first enjoy a delightful lunch at a local favorite restaurant. Our trip continues with a visit to Thompson's Mills State Heritage Site, a unique survivor of times past, chronicling 160 years of Oregon rural life. It is the last water-powered mill in the state and we'll see its turbines in action on our tour. Some stairs to navigate. Trip includes transportation, lunch, gratuity, admission and escort.

9/25 (1) ID/AP: \$56	T OD: \$64.50	9:30 am-4 pm	ES27601
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### Pup Creek Falls Hike

A beautiful hike along the Clackamas River. Fall is a wonderful time to hike through Oregon changing landscape, join us to observe the changing colors of the season. This moderate hike will meander under a canopy of maple and evergreen trees as it winds through basalt boulders and the crystal clean Clackamas River. This hike is great for participants of all fitness levels. Itinerary and trip details available at the Stuhr Center front desk. (AWL)

9/26 (1) ID/AP: \$78	W OD: \$81.25	9 am-5 pm	ES27618
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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)



### Trips & Tours - 55 & Better

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

Join us as we travel to the beautiful Bauman Farm in Gervais, Oregon. After a tour of the farm, cider tasting and visit to the farm store, we'll head for a delicious lunch in Mt. Angel. Trip includes transportation, admission, lunch, gratuity and escort.

10/2 (1)	T	9 am-3 pm	ES27602
ID/AP: \$69.50	OD: \$77.25		

#### Newell Pioneer Village & Lunch

On a hillside west of Champoeg State Heritage Area, above the banks of the Willamette River is the Newell Pioneer Village. We will tour the house, cabin, Butteville School and jail. The day ends with a wonderful lunch at Babica Hen in Dundee. Trip includes transportation, lunch, gratuity, admission and escort.

10/10 (1)	W	9:15 am-2:45 pm	ES27603
ID/AP: \$54	OD: \$63		

#### Oregon Rail Museum & Lunch

Enjoy lunch along the Willamette River at the Old Spaghetti Factory. After, we head to the Oregon Rail Heritage Center to take in the latest exhibit, tour their big engines up close and browse the gift shop. Trip includes transportation, lunch, gratuity, admission and escort.

10/18 (1)	Th	11 am-3:30 pm	ES27604
ID/AP: \$39	OD: \$44.75		

#### Frank Lloyd Wright Gordon House & Lunch

Our trip begins with a wonderful lunch at a local favorite restaurant in Silverton. Then we're off for a tour by knowledgeable and entertaining docents who will tell us about the Gordon House which is the only building in Oregon designed by Frank Lloyd Wright. Trip includes transportation, lunch, gratuity, admission and escort.

10/23 (1)	T	10 am-3 pm	ES27605
ID/AP: \$58	OD: \$64.50		

### Trips & Tours - 55 & Better

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

11/6 (1)	T	11:30 am-2:30 pm	ES27606
ID/AP: \$31	OD: \$35		

#### Huber's and Downtown Portland

A wonderful way to celebrate the holiday season is 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 and escort.

11/14 (1)	W	11 am-2:30 pm	ES27607
ID/AP: \$48	OD: \$52.50		

#### Pittock Mansion & Lunch

Experience a wonderful lunch at a local downtown Portland favorite restaurant. We will then tour the Pittock Mansion all decorated for the holidays. Trip includes transportation, lunch, gratuity, admission and escort.

11/27 (1)	T	11 am-3:30 pm	ES27608
ID/AP: \$64	OD: \$69.75		

#### Lunch & Willamette Heritage Center

You won't want to miss an astounding variety of historical experience on five acres of beautiful property at the Willamette Heritage Center near downtown Salem. One area not wheelchair accessible. We begin our trip with lunch at Rudy's Steakhouse, a favorite in the area. Trip includes transportation, lunch, gratuity, admission and escort.

12/5 (1)	W	10:15 am-4:45 pm	ES27609
ID/AP: \$61	OD: \$69.25		

### Excursions - 55 & Better



Join us for a travel presentation by Collette on our 2019 trips.  
**Thursday, Nov. 1**  
**at 10 am**  
Willow Room

**Extended Trips: Looking ahead**  
**Mackinac Island • Italian Vistas • Europe**

# Elsie Stuhr Center Drop-in Schedule

503-629-6342

**Please note:** These times may vary and are subject to change without notice. *Schedule changes August 1-September 8.*

<b>Sports</b>			
Ping Pong (drop-in fee)	Monday, Tuesday, Thursday	Fir (Oak, 4:30-7:30 pm)	3:30-7:30 pm
Ping Pong (drop-in fee)	Wednesday, Friday	Fir	2:30-4:30 pm
Ping Pong (drop-in fee)	Saturday	Fir	9 am-4 pm

<b>Pine Room</b>			
Bingo	Monday	Pine	12:15-1:45 pm
Bridge (progressive)	Thursday	Pine	3-6 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
Mahjonn	Monday	Pine	1-4 pm
Mahjonn	Thursday	Pine	6:30-8:30 pm
Mahjonn	Saturday	Pine	Noon-4 pm

<b>Misc.</b>			
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
Movie Day	2nd/4th Fridays	Cedar	1 pm
Socials for Singles	3rd Thursday	Cedar	6:30-7:30 pm

<b>Health &amp; Wellness</b>			
Alzheimer's Support	2nd Thursday	Oak	1-3 pm
Alzheimer's Support	3rd Thursday	Beaverton Community Center	2-4 pm
Blood Pressure Checks	1st Friday	Check with Receptionist	10-11 am
Compassionate Friends	2nd Tuesday	Cedar	6:30-8:45 pm
Legal Discussion	1st Tuesday (Call to confirm)	Check with Receptionist	1:30-3 pm
Circle of Friends	Tuesdays	Cedar	1:30-3 pm