

# 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 Routes #76, #78, #88

Facility Supervisor: Patty Brescia

Summer Term: June 26-Sept. 4, 2017

**Hours:**

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

Facility Closed: 7/4, 9/4

### 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 4 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.

### THPRD VOLUNTEERS!

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

## Special Events

### Harvest Bazaar Kickoff Parties

**Wednesday, June 28, 2 pm, and  
Thursday, July 27, 2 pm**

Learn about volunteering and what is needed to prepare for the Harvest Bazaar. Light refreshments will be served. **Please plan on attending both dates.** Notify Terri Cannon if you would like more information.

Cafeteria

### Summertime Patio Barbecue

**Friday, July 14 • 11:30 am-1:30 pm**

Join us today for a barbecue on our patio. We will make it worth your while in Stuhr Center style. We'll be grilling burgers, and music will fill the summertime air for everyone to enjoy. All are welcome.

Patio Cost: \$6



### Harvest Bazaar Sale-a-bration

**Thursday, Sept. 7 • 9 am-6:30 pm  
Friday, Sept. 8 • 9 am-4 pm**

Are you ready to shop? We are ready to sell you the treasures you have been looking for. Our loyal Stuhr Center volunteers will spend weeks preparing, sorting, pricing and displaying the wonderful donations that we receive from our faithful supporters. The Harvest Bazaar is the largest annual fundraiser we have at the Stuhr Center.

## Arts & Crafts - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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### Corks & Canvas

Uncork your creativity while sipping on a glass of wine as you learn how to paint a beautiful masterpiece to take home that evening. Invite your friends along for a fun night out. Two drinks per person. No painting experience required; all supplies are provided. (Teresa)

#### Session I

6/20 (1) Larch	T ID/AP: \$30	6-8:30 pm SD: \$28.50	ES14606 OD: \$33.75
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#### Session II

7/18 (1) Larch	T ID/AP: \$30	6-8:30 pm SD: \$28.50	ES14607 OD: \$33.75
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### Creative Painting

Explore 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)

6/21-8/2 (7) Spruce	W ID/AP: \$119	9:30 am-12:30 pm SD: \$107	ES14600 OD: \$148.75
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### Drawing with Colored Pencils

Learn the basics of drawing, compositions and more while exploring techniques specific to colored pencils. A \$10 supply fee is payable to instructor at first class. Additional supply list available at the front desk. (Teresa)

6/19-7/31 Spruce	M ID/AP: \$79	1-3pm SD: \$71	ES14608 OD: \$98.75
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### Fused Glass Workshops

Create a unique piece of art. No previous experience required. An additional \$15 material fee to be paid to instructor at first class. (Carol)

7/7 (1) Larch	F ID/AP: \$12	9-11 am SD: \$10.75	ES14585 OD: \$15
7/28 (1) Larch	T ID/AP: \$12	9-11 am SD: \$10.75	ES14586 OD: \$15

### Intro to Glass Mosaics

You will be introduced to specialized tools, as well as explore glass mosaic design, setting and grout as you create a work of art to take home. All supplies provided (Sharon, Carol)

6/23-7/14 (4) Spruce	F ID/AP: \$103	1-4 pm SD: \$92.50	ES14613 OD: \$128.75
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### Painting/Drawing/Pastels Open Studio

Choose your favorite medium or try something new. Most of the supplies are provided. If you use the instructor's paints a small fee is payable to the instructor at the first class. Prerequisite art skills required. (Teresa)

6/19-7/31 (7) Spruce	M ID/AP: \$119	9:30 am-12:30 pm SD: \$107	ES14601 OD: \$148.75
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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

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

6/21-8/2 (7) Larch	W ID/AP: \$72	9-10:30 am SD: \$64.75	ES14605 OD: \$90
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### Pottery

Explore pinch, coil and slab forms gaining knowledge of the fundamentals. If you have more experience, we can build on what you already know (3 wheels available). Supplies included. Must clean up own workspace when finished. No class 7/4. (Marjanna)

6/20-8/1 (6) Spruce	T ID/AP: \$103	1:30-4 pm SD: \$93.50	ES14616 OD: \$126.25
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### Pottery, Open Lab

This non-instructor lead 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.

6/24 7/8	S S	10 am-12:30 pm 10 am-12:30 pm	ES14617 ES14618
7/22 Spruce	S ID/AP: \$17	10 am-12:30 pm SD: \$17	ES14619 OD: \$21.25

### Quilting 101 – Fun with Strips & Stripes

Play with strips and stripes to make a potholder, table runner or the beginnings of a quilt, depending on your skill level. Bring your own sewing machine. \$7 lab fee payable to instructor at first class. No class 7/3.

6/19-7/17 (4) Larch	M ID/AP: \$30	12:30-2:30 pm SD: \$27	ES14609 OD: \$37.50
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### 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, and soldering skills and patina application. Experienced students work on projects of their choice. (Sharon)

6/23-7/28 (6) Spruce	F ID/AP: \$102	9 am-noon SD: \$91.75	ES14614 OD: \$127.50
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### 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. (Teresa)

6/22-8/3 (7) Larch	Th ID/AP: \$119	9:30 am-12:30 pm SD: \$107	ES14602 OD: \$148.75
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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)

## Arts & Crafts - 55 & Better

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

### Watercolor, Intermediate

Experienced watercolorists will explore new techniques and expand their existing skills in a fun and creative atmosphere. An \$8 material fee is payable to the instructor at first class. No class 7/4. (Teresa)

6/20-8/1 (6)	T	9:30 am-12:30 pm	ES14603
Larch	ID/AP: \$104	SD: \$93.50	OD: \$130

### Woodcarving, All levels

Learn to carve safely using specific cuts and techniques such as high or deep relief, pieced or "in the round". Patterns are available. Supply list available at the front desk. No class 7/4. (Dave)

6/20-8/1 (6)	T	1-3:30 pm	ES14615
Larch	ID/AP: \$84	SD: \$75.50	OD: \$105

## Dance - 55 & Better

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

### Line Dancing

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

6/19-8/14 (9)	M	3:05-4 pm	ES11604
Manzanita	ID/AP: \$55	SD: \$49.50	OD: \$68.75

### Line Dancing, Beginning

Line dancing just for beginners. No partner needed. (Doug)

6/21-8/16 (9)	W	3:05-4 pm	ES11603
Manzanita	ID/AP: \$55	SD: \$49.50	OD: \$68.75

## Fitness - 55 & Better

### Fitness Room Orientation

Learn machine adjustments, basic technique for using fitness room equipment, and get an exercise program during this 1 ½ 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.

6/13 (1)	T (Carolyn)	12:30-2 pm	ES12677
7/18 (1)	T (Monica)	5:30-7 pm	ES12680
7/25 (1)	T (Carolyn)	12:30-2 pm	ES12683
8/8 (1)	T (Monica)	5:30-7 pm	ES12686
Fitness Rm	ID/AP: \$16	SD: \$14.25	OD: \$20

## 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.

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## 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

## 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)

6/26 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 guidelines, SFT and standardized balance and mobility assessments. Recommendations are provided according to benchmarks to retain independence and following CDC and national guidelines for exercise. **Required: medical release for assessment, completed health medical history and current medication. Be proactive and take action now before it is too late.** (Jacqueline) ID: \$69 AP: \$86.25

## 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.

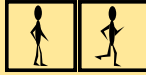
Registering for any fitness class will guarantee your spot. See front desk for more information.

## Drop-in Social Dance

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

## 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.			



6/19-8/16 (9) Manzanita	M/W (Desiree) ID/AP: \$72	10:45-11:40 am SD: \$64.75	ES12601 OD: \$90
8/21-8/30 (9) Outside	M/W ID/AP: \$16	10:45-11:40 am SD: \$14.25	ES12695 OD: \$20

### Aerobic Total Body Workout

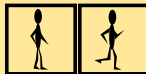
Designed for the experienced exerciser or fit newcomer. Class includes warm-up, low-impact aerobic conditioning with intervals of strength and endurance work. A great total body workout to start your day. (Kimo)



6/19-8/18 (9) Manzanita	M/W/F ID/AP: \$107	8:35-9:30 am SD: \$96.25	ES12603 OD: \$133.75
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### Ageless Conditioning I

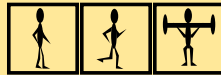
Combines aerobic, muscle strengthening, flexibility and balance exercises aimed to enhance muscle and bone strength, balance, joint range of motion, mobility, and benefits independent living skills. Great for individuals who are resuming an active lifestyle. (Gail)



6/19-8/16 (9) Manzanita	M/W ID/AP: \$72	9:40-10:35 am SD: \$64.75	ES12604 OD: \$90
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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 7/4. (Fabiola)



6/20-8/17 (9) Manzanita	T/Th ID/AP: \$68	10:45-11:40 am SD: \$61	ES12605 OD: \$85
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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 7/4. (Fabiola)



6/20-8/3 (7) Oak Rm	T/Th ID/AP: \$52	9:40-10:35 am SD: \$46.75	ES12606 OD: \$65
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**We are accepting donations for Harvest Bazaar beginning August 7. Look in your closets, attics and garages for treasures that might want a new home.**

## Fitness - 55 & Better

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.			



6/19-8/16 (9) Maple/Birch	M/W (Fabiola) ID/AP: \$72	11:50 am-12:45 pm SD: \$64.75	ES12607 OD: \$90
6/20-8/17 (9) Maple/Birch	T/Th (Desiree) ID/AP: \$68	8:35-9:30 am SD: \$61	ES12608 OD: \$85
6/21-8/18 (9) Maple/Birch	W/F (Desiree) ID/AP: \$72	8:35-9:30 am SD: \$64.75	ES12609 OD: \$90

### Balance Basics on the Patio

Extended session held outside on the back patio (Desiree)



8/21-9/1 Patio	W/F ID/AP: \$16	8:35-9:30 am SD: \$14.25	ES12690 OD: \$20
8/22-8/31 Patio	T/Th ID/AP: \$16	8:35-9:30 am SD: \$14.25	ES12691 OD: \$20

### 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 7/4. (Naoko)



6/20-8/15 (8) Maple/Birch	T ID/AP: \$27	7:40-8:25 am SD: \$24.25	ES12610 OD: \$33.75
6/22-8/17 (9) Maple/Birch	Th ID/AP: \$30	7:40-8:25 am SD: \$27	ES12611 OD: \$37.50

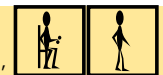
### Barre - Fit

Burn calories while creating a longer, stronger, more flexible body. Ballet and Pilates moves done barefoot and standing improve posture and balance. No class 7/4. (Kendra)

6/20-8/17 (9) Manzanita	T/Th ID/AP: \$68	7:30-8:25 am SD: \$61	ES12639 OD: \$85
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### Better Balance Workout

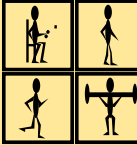
Improve your daily living with better posture, flexibility, strength, range of motion, coordination, balance and endurance. Includes seated, standing and moving exercises. No class 7/4. (Staff)



6/20-8/1 (7) Oak Rm	T/F ID/AP: \$48	10:45-11:40 am SD: \$43	ES12633 OD: \$60
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## Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Cane, Walking Stick and Staff (for Stability, Mobility and Self-Defense)</b> 			
Empower yourself 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. No class 7/4. (David)			

6/20-8/15 (8) T 12:55-1:50 pm ES12612  
Maple/Birch ID/AP: \$32 SD: \$28.75 OD: \$40

### Cardio, Core and More

We'll increase your heart health and strength safely, effectively and comfortably and have fun doing it. No class 7/4. (Jeanette)



6/20-8/17 (9) T/Th 9:45-10:40 am ES12613  
Manzanita ID/AP: \$68 SD: \$61 OD: \$85

### 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. There are no prerequisites for this class. (David)



6/22-8/17 (9) Th 11:50 am-12:45 pm ES12615  
Maple/Birch ID/AP: \$36 SD: \$32.25 OD: \$45

### Circuit Fitness

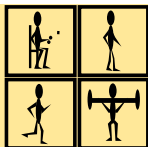
This workout gets your heart rate up and strengthens your muscles at the same time. You'll move through exercises to work different muscle groups and will feel stronger, move better and develop better control of your body. No class 7/4. (Lela)



6/20-8/17 (9) T/Th 5:15-6:10 pm ES12616  
Manzanita ID/AP: \$68 SD: \$61 OD: \$85

### DIP (Diabetes Intervention & Prevention)

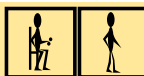
A proven program, lowering blood sugar, reducing A1C and managing your diabetes with often dramatic improvements in functional fitness. Bring blood test results. Current health history and medical clearance required. (Jacqueline)



6/19-8/17 (10) M/Th 3:30-4:30 pm ES12618  
Fitness Room ID/AP: \$121 SD: \$108.75 OD: \$151.25


### Essential Balance & Mobility

Targeted program focuses on enhancing muscle strength, joint range of motion, posture and flexibility related to balance and mobility. No class 7/4. (Jacqueline)



6/20-8/18 (9) T/F 3:05-4 pm ES12619  
Manzanita ID/AP: \$68 SD: \$61 OD: \$85

## Fitness - 55 & Better

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

6/19-8/2 (7) M/W/F 8:35-9:30 am ES12620  
Oak Rm ID/AP: \$80 SD: \$72 OD: \$100

### 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)



6/21-8/16 (9) W 11:50 am-12:45 pm ES12621  
Fitness Room ID/AP: \$41 SD: \$36.75 OD: \$51.25

### 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. (Tracy)



6/23-8/18 (9) F 9:40-10:05 am ES12622  
Manzanita ID/AP: \$18 SD: \$16 OD: \$22.50

### Functional Strength

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 7/4. (Fabiola)



6/20-8/17 (9) T/Th 11:50 am-12:45 pm ES12623  
Manzanita ID/AP: \$68 SD: \$61 OD: \$85

### 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. (Tracy)



6/24-8/19 S 10:15-11:10 am ES12628  
Manzanita Rm ID/AP: \$36 SD: \$32.25 OD: \$45

### 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. No class 7/4. (Staff)



6/20-8/15 (8) T 12:55-1:50 pm ES12627  
Manzanita ID/AP: \$32 SD: \$28.75 OD: \$40

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## Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Nia +</b> This class utilizes Nia, Yin Yoga, Pilates mat work and Qigong sequences for a total mind body workout. Participants are encouraged to understand their own limitations and work within their boundaries. (Staff)			



6/23-8/18 (9) Maple/Birch	F ID/AP: \$55	12:55-2:20 pm SD: \$49.50	ES12626 OD: \$68.75
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### Pilates, Adapted, Intermediate

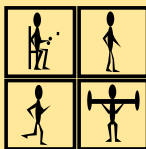
Learn techniques to strengthen core muscles, back, spine and abdominal muscles. Movements are adapted to fit personal needs for those with osteoporosis or Parkinson's. Learn breathing techniques for better performance. This is a mat class with Pilates rings, stability ball and other props. No class 7/4. (Staff)



6/20-8/18 (9) Maple/Birch	T/F ID/AP: \$68	11:50 am-12:45 pm SD: \$61	ES12631 OD: \$85
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### REVIVE, Exercise Recovery Program

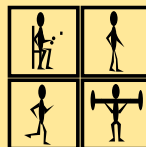
Regain your strength and create optimal health with this individualized and targeted exercise program. Exercise prescription/workout is based on medical status, fitness level and wellness goal. Medical Release and Health/Medical History Forms required. (Jacqueline)



6/19-8/17 (9) Fitness Room	M/Th ID/AP: \$121	3:30-4:30 pm SD: \$108.75	ES12634 OD: \$151.25
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### 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. (David)



6/22-8/17 (9) Maple/Birch	Th ID/AP: \$36	12:55-1:50 pm SD: \$32.25	ES12635 OD: \$45
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### 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)



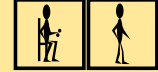
6/19-8/16 (9) Manzanita	M/W ID/AP: \$72	12:55-1:50 pm SD: \$64.75	ES12636 OD: \$90
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## Free Blood Pressure Clinic

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
<b>SilverSneakers® Classic</b> Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand held weight, elastic tubing and handles and a ball are offered for resistance. A chair is used for seated or standing support. (Angela)			



6/19-8/18 (10) Manzanita	M/W/F ID/AP: \$107	2-2:55 pm SD: \$96.25	ES12638 OD: \$133.75
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### Strength, Balance & Core

Work up a sweat, boosting metabolism while strengthening the entire body. Improves coordination, balance and bone density. (Kendra)



6/19-8/18 (9) Maple/Birch	M/W/F ID/AP: \$107	7:30-8:25 am SD: \$96.25	ES12642 OD: \$133.75
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### Strength Training, Intermediate/Advanced

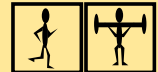
A great way to increase muscle strength and endurance, this class uses dumbbells, ankle weights, bands, tubing, and floor mats along with stretching, relaxation, and an optional aerobic component. (Carolyn)



6/19-8/18 (9) Manzanita	M/F ID/AP: \$72	11:50 am-12:45 pm SD: \$64.75	ES12643 OD: \$90
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### Stretch, Core and More

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



6/19-8/14 (9) Maple/Birch	M ID/AP: \$36	6:20-7:15 pm SD: \$32.25	ES12669 OD: \$45
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### Strong for Life

This class focuses in increasing strength and power through use of both body weight exercises and heavy weight. You will get stronger than you ever thought possible. (Jeanette)



6/19-8/14 (9) Maple/Birch	M ID/AP: \$36	5:15-6:10 pm SD: \$32.25	ES12641 OD: \$45
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### Tai Chi I


For the beginning student, will cover the first section of the Tai Chi form. No class 7/4. (David)



6/20-8/1 (6) Manzanita	T ID/AP: \$32	2-2:55 pm SD: \$28.75	ES12644 OD: \$40
6/21-8/2 (7) Maple/Birch	W ID/AP: \$36	12:55-1:50 pm SD: \$32.25	ES12645 OD: \$45

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 II</b>			
For the continuing student, will cover sections 2-3. Must have one term of Tai Chi I or instructor's approval (David)			
			

6/21-8/16 (9) Manzanita	W ID/AP: \$50	11:50 am-12:45 pm SD: \$45	ES12646 OD: \$62.50
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### Tai Chi III

For the continuing student, will cover sections 4, 5, & 6. Prerequisite is two terms of tai chi II or instructor's approval. No class 7/4. (David)



6/20-8/15 (8) Maple/Birch	T ID/AP: \$45	3:05-4 pm SD: \$40.50	ES12647 OD: \$56.25
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### Tai Chi, Moving for Better Balance

A falls prevention exercise program where students learn and practice rhythmical movements aimed at improving balance, strength, and reducing the risk of falling. No class 7/4.



6/20-8/1 (6) Willow	T (Lynn R.) ID/AP: \$24	11:30 am-12:25 pm SD: \$21.50	ES12650 OD: \$30
6/20-8/17 (9) Maple/Birch	T/Th (Lela) ID/AP: \$68	6:20-7:15 pm SD: \$61	ES12632 OD: \$85
6/24-8/19 (9) Maple/Birch	S (Mignon) ID/AP: \$36	11:10 am-12:05 pm SD: \$32.25	ES12648 OD: \$45

### Tai Chi, Moving for Better Balance in a Chair

A community-based falls prevention exercise program where students 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 7/4. (Staff)



6/20-8/15 (8) Maple/Birch	T ID/AP: \$32	2-2:55 pm SD: \$28.75	ES12649 OD: \$40
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### 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. Improve on your daily living needs. (\*Mignon/Fabiola)



6/19-8/16 (9) Maple/Birch	M/W (*) ID/AP: \$72	10:45-11:40 am SD: \$64.75	ES12651 OD: \$90
6/21-8/18 (9) Maple/Birch	W/F (Desiree) ID/AP: \$72	9:40-10:35 am SD: \$64.75	ES12652 OD: \$90
6/24-8/19 (9) Maple/Birch	S (Mignon) ID/AP: \$36	10:05-11 am SD: \$32.25	ES12653 OD: \$45

## Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Total Body Workout from a Chair with Balance on the Patio</b>			
Extended session held outside on the back patio (Desiree)			
			

8/23-9/1 (2) Patio	W/F ID/AP: \$16	9:40-10:35 am SD: \$14.25	ES12692 OD: \$20
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### TRX Semi-private Clinic

Whether used for rehabilitation or prevention of musculoskeletal injuries this class is scalable to any level of fitness. It gives us the ability to develop mobility, joint stability and strength in multiple planes of motion, all with the same piece of equipment. (Jacqueline)



6/29 (1) Fitness Room	Th ID/AP: \$69	5:30-7 pm SD: \$69	ES12654 OD: \$86.25
7/27 (1) Fitness Room	Th ID/AP: \$69	5:30-7 pm SD: \$69	ES12655 OD: \$86.25

### Walk and Balance

Put your walking shoes on and enjoy this walking and fitness class as we enjoy being outside trekking the local neighborhood. Meet at weight room entrance. (Fabiola/Carolyn)



8/22-8/31 (2) Off-site	T/Th ID/AP: \$16	9:40-10:35 am SD: \$14.25	ES12696 OD: \$35
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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!

### SilverSneakers® Classic at Sunset

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 ball are offered for resistance. A chair is used for seated or standing support. Held at Sunset Swim Center. (Lela)

6/26-8/31 (10) Off-site	M/Th ID/AP: \$77	9:30-10:30 am SD: \$69.25	SC12637 OD: \$96.25
6/26-8/31 (10) Off-site	M/Th ID/AP: \$77	10:40-11:40 am SD: \$69.25	SC12638 OD: \$96.25

### WOW HollyTree Total Body Workout from a Chair

Get a great 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. No class 7/4. (Lynn)

6/20-7/14 (4) Off-site	T/F ID/AP: \$73	9:30-10:30 am SD: \$65.50	ES12WOW2 OD: \$91.25
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## Fitness - 55 & Better

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



6/22-8/17 (9) Maple/Birch	Th ID/AP: \$36	10:45-11:40 am SD: \$32.25	ES12656 OD: \$45
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### Workout for Weight Loss, Better Health, the Ageless Athlete

Optimize your health and maximize your fitness level and athletic performance or exercise to improve a specific medical condition. Medical release and health/medical history form required. (Jacqueline)



6/19-8/17 (9) Fitness Room	M/Th ID/AP: \$121	4:30-5:30 pm SD: \$108.75	ES12657 OD: \$151.25
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### Yoga

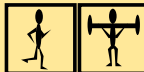
Repair, renew, release, relax with mindful yoga breath, posture and movement. Increase flexibility, stability, strength and balance. All levels welcome. No class 7/4. (Kaycheri)



6/20-8/1 (6) Willow	T ID/AP: \$24	9:40-10:35 am SD: \$21.50	ES12658A OD: \$30
6/23-7/28 (6) Willow	F ID/AP: \$24	12:55-1:50 pm SD: \$21.50	ES12658 OD: \$30

### Yoga I/II

Poses taught with emphasis on alignment, symmetry and technique. Yoga props may be used to build strength, flexibility and develop the mind-spirit connection. No class 7/4.



6/20-8/3 (7) Willow	T/Th (Fabiola) ID/AP: \$52	8:35-9:30 am SD: \$46.75	ES12659 OD: \$65
8/22-8/31 (2) Outside	T/Th (Fabiola) ID/AP: \$16	8:35-9:30 am SD: \$14.25	ES12694 OD: \$20
6/23-7/28 (6) Willow	F (Staff) ID/AP: \$24	9:40-10:35 am SD: \$21.50	ES12660 OD: \$30

### 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 7/4. (Lynn)



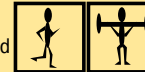
6/20-8/15 (8) Maple/Birch	T ID/AP: \$32	10:45-11:40 am SD: \$28.75	ES12661 OD: \$40
6/23-7/28 (6) Willow	F ID/AP: \$24	8:35-9:30 am SD: \$21.50	ES12662 OD: \$30

## Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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### Yoga, Continuing

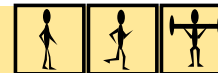
Increase flexibility, balance, strength and peace of mind with classic yoga postures and movements combined with pranayama (breath). Yoga will revitalize the respiratory, nervous, endocrine, digestive, and other major systems of the body. (Fabiola)



6/19-8/14 (9) Maple/Birch	M ID/AP: \$36	8:35-9:30 am SD: \$32.25	ES12663 OD: \$45
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### 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 7/4.

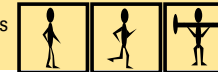


6/19-8/14 (9) Maple/Birch	M (Lynn) ID/AP: \$36	9:40-10:35 am SD: \$32.25	ES12665 OD: \$45
6/20-8/15 (8) Maple/Birch	T (Lynn) ID/AP: \$32	9:40-10:35 am SD: \$28.75	ES12666 OD: \$40
6/20-8/17 (9) Manzanita	T/Th (Staff) ID/AP: \$68	6:20-7:15 pm SD: \$61	ES12667 OD: \$85
6/21-8/2 (7) Willow	W (Lynn) ID/AP: \$28	8:15-9:10 am SD: \$25	ES12668 OD: \$35
6/24-8/19 (9) Manzanita	S (Tracy) ID/AP: \$36	9-9:55 am SD: \$32.25	ES12673 OD: \$45

### 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)

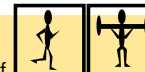
**NEW!**



6/19-7/31 Willow Rm	M ID/AP: \$28	6-6:55 pm SD: \$25	ES12673 OD: \$35
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### Yoga for 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. (Gail)



8/21-8/30 (2) Outside	M/W ID/AP: \$16	8:35-9:30 am SD: \$14.25	ES12693 OD: \$20
6/22-8/17 (9) Maple/Birch	Th ID/AP: \$36	9:40-10:35 am SD: \$32.25	ES12664 OD: \$45

### Zumba® Gold

Fitness program specifically designed to take the exciting Latin and international dance rhythms and bring them to the active older adult, beginner participant. No class 7/4.



6/19-8/14 (9) Manzanita	M (Robin) ID/AP: \$36	4:10-5:05 pm SD: \$32.25	ES12672 OD: \$45
6/20-8/17 (9) Manzanita	T/Th (Kimo/Naoko) ID/AP: \$68	8:35-9:30 am SD: \$61	ES12670 OD: \$85
6/22-8/17 (9) Manzanita	Th (Kimo) ID/AP: \$36	4:10-5:05 pm SD: \$32.25	ES12671 OD: \$45

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)

**Health & Wellness - 55 & Better**

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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**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 7/4. (Susan)

6/20-8/3 (7) Willow	T/Th ID/AP: \$85	2-3 pm SD: \$76.50	ES13603 OD: \$106.25
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**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. No class 7/4. (Susan)

6/20-8/3 (7) Willow	T/Th ID/AP: \$85	1-2 pm SD: \$76.50	ES13602 OD: \$106.25
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**Energy Wellness: Exploring the Chakras**

Blocked energy can often lead to physical illness, mental stress and emotional distress. Knowledge and techniques will be used to release and create a sustainable, harmonious flow of energy through the seven basic energy centers (chakras). This understanding and practice serves to enliven, heal and balance the body, mind, emotions and relationships. No class 7/4. (Kaycheri)

6/20-8/1 (6) Dogwood	T ID/AP: \$39	10:45-11:45 am SD: \$35	ES13601 OD: \$48.75
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**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. (Kaycheri)

6/23-7/28 (6) Willow	F ID/AP: \$24	2-2:55 pm SD: \$21.50	ES12624 OD: \$30
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**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)

6/19-7/10 (4) Cedar Rm	M ID/AP: \$26	9:30-10:30 am SD: \$23.25	ES13611 OD: \$32.50
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**Waking Hypnosis - NLP**

Learn and use neuro-linguistic programming (NLP) techniques to facilitate positive changes in yourself and others. (Rebecca)

6/19-7/10 (4) Cedar Rm	M ID/AP: \$24	10:35-11:30 am SD: \$21.50	ES13613 OD: \$30
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**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

**Circle of Support**

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

4th Saturdays,  
10-11:30 am  
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 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

**General Interest - 55 & Better**

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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**Antique Clock Repair**

When your tick no longer tocks, learn how to disassemble, 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 a lid. (Albert)



6/19-7/31 Spruce	M ID/AP: \$86	7-9pm SD: \$77.25	ES15601 OD: \$107.50
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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. (Marie)

6/19-7/31 (7) Dogwood	M ID/AP: \$102	10 am-noon SD: \$91.75	ES15632 OD: \$127.50
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**Bridge II**

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

6/19-7/31 (7) Dogwood	M ID/AP: \$102	1:30-3:30 pm SD: \$91.75	ES15633 OD: \$127.50
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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
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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. No class 7/4. (Sheryl)

6/20-8/1 (6) Dogwood	T ID/AP: \$56	12:30-2 pm SD: \$50.25	ES15608 OD: \$70
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### Computer, PC

Learn the PC operating system, how to set up your desktop, and configure your computer to suite your personal needs. **Bring own computer to class.** Book included in total cost of class. (Jim)



6/19-7/31 (7) Willow	M ID/AP: \$90	3:30-5 pm SD: \$82.75	ES15626 OD: \$108
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### DVD Series and Open Discussion, Churchill

Winston Churchill was arguably the greatest leader of the 20th century and one of the greatest democratic statesmen ever. Churchill is eminently worthy of study because he is proof that a single individual can change the course of history for the better and make life a blessed and noble thing, despite public and private trials too numerous to name. (George)



6/19-7/24 (6) Willow	M ID/AP: \$32	10-11:30 am SD: \$28.75	ES15604 OD: \$40
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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 \$12 book fee payable to the instructor at first class. Must bring your own guitar. No class 7/4. (Alex)

6/20-8/1 (6) Poplar	T ID/AP: \$48	11 am-noon SD: \$43	ES15611 OD: \$60
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### Guitar II

This is a continuation from Beginning Guitar class. A \$12 book fee payable to instructor at the first class. Must bring own guitar to class. No class 7/4. (Alex)

6/20-8/1 (6) Poplar	T ID/AP: \$48	12:30-1:30 pm SD: \$43	ES15612 OD: \$60
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### International Travel: Western Europe Essential Tips & Tools Workshop

Planning to travel to Western Europe? Learn tips and tools for planning, documents, travel health, staying safe, tourist faux pas, language tips and more. Great for travelers on their own or with a tour. (Shyla, Daniel)

7/18 (1) Cedar Rm	T ID/AP: \$20	12:30-3 pm SD: \$18	ES15641 OD: \$25
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## General Interest - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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### Italian, Beginning

Learn to communicate in Italian in a wide range of everyday situations. The emphasis is on the spoken language as a means of introducing all basic structures and vocabulary. (Elba)

6/19-7/31 (7) Larch	M ID/AP: \$90	10-11:30 am SD: \$81	ES14620 OD: \$112.50
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### Mahjong Strategies

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

7/13-8/3 (4) Dogwood	Th ID/AP: \$49	10 am-noon SD: \$44	ES15629 OD: \$61.25
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### Piano for Beginners

Has learning to play the piano always been on your bucket list? Here's your chance. No experience required. Keyboards available for classroom use. (Helle)

6/23-8/3 (7) Poplar	Th ID/AP: \$84	11:30 am-1 pm SD: \$75.50	ES15614 OD: \$105
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### Piano, Intermediate

Keyboards available for classroom use. (Helle)

### Level 2 – Requires minimal music reading.

6/21-8/2 (7) Poplar	W ID/AP: \$84	11:15 am-12:45 pm SD: \$75.50	ES15616 OD: \$105
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### Level 3 – Intro to key signatures.

6/23-7/28 (6) Poplar	F ID/AP: \$72	11:15 am-12:45 pm SD: \$64.50	ES15619 OD: \$90
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### Level 4 – Able to read in different time & key signatures.

6/23-7/28 (6) Poplar	F ID/AP: \$72	1-2:30 pm SD: \$64.50	ES15620 OD: \$90
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### Level 5 – Able to read in different time & key signatures.

6/21-8/2 (7) Poplar	W ID/AP: \$84	1-2:30 pm SD: \$75.50	ES15617 OD: \$105
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### Level 6 - Knowledge of 6/8 and simple key signatures.

6/22-8/3 (7) Poplar	Th ID/AP: \$84	9:45-11:15 am SD: \$75.50	ES15618 OD: \$105
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### Level 7 – Advanced class.

6/19-7/31 (7) Poplar	M ID/AP: \$84	12:45-2:15 pm SD: \$75.50	ES15615 OD: \$105
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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. (Steven)

6/19-7/31 (7) Willow	M ID/AP: \$42	1:30-2:30 pm SD: \$37.75	ES15609 OD: \$52.50
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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
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**Spanish Beginning II/III**

Review of pronunciation. Introduction to verb conjugation, sentence structure and useful vocabulary. (Mercedes)

6/24-7/29 (6) Dogwood	S ID/AP: \$77	9-10:30 am SD: \$69.25	ES15602 OD: \$96.25
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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)

6/23-7/28 (6) Dogwood	F ID/AP: \$74	11 am-1 pm SD: \$66.50	ES15606 OD: \$92.50
6/23-7/28 (6) Dogwood	F ID/AP: \$74	1:30-3:30 pm SD: \$66.50	ES15607 OD: \$92.50

**Special Events - 55 & Better**

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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**Newcomers' Welcome**

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

6/21	W	10 am	Cedar	Free
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**Harvest Bazaar Kickoff Party**

It is that special time of year when we get to start preparing for our annual fundraiser. Would you like to get more involved in the Stuhr Center as a volunteer? Come and learn about volunteering for our fundraiser and what is needed to prepare for the Harvest Bazaar. Light refreshments will be served. Please plan on attending both dates or notify Terri Cannon if unable to attend and would like more volunteer information.

6/28	W	2 pm	Cafeteria
7/27	Th	2 pm	Cafeteria

**Summertime Patio Barbecue**

Join us today for a summertime barbecue on our patio! We will make it worth your while in Stuhr Center style. We'll be grilling burgers, and music will fill the summertime air for everyone to enjoy.

7/14 Patio	F	11:30 am-1:30 pm	Cost: \$6
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**Harvest Bazaar 2017**

**Thursday, Sept. 7 • 9 am-6:30 pm**

**Friday, Sept. 8 • 9 am-4 pm**

Are you ready to shop? We are ready to sell you the treasures you have been looking for? Our loyal Stuhr Center volunteers will spend weeks preparing, sorting, pricing and displaying the entire wonderful donations that we receive from your faithful supports. The Harvest Bazaar is the largest annual fundraiser we have at the Stuhr Center. **Donations are being accepted beginning Aug. 7.**

**Trips & Tours - 55 & Better**

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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**Portland Spirit Lunch Cruise**

Join us for a 2-hour cruise on the Willamette River. Enjoy a plated lunch selected by each guest while viewing the scenery and listening to live piano music. Trip includes transportation, lunch, gratuity, admission and escort.

6/22 (1) ID/AP: \$64	Th OD: \$68.25	11 am-3 pm	ES17604
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**Lunch at Langdon's Grill & Historic Aurora**

We'll start with a delicious lunch at the picturesque Langdon Farms Golf Course. Then enjoy visiting the local antique and specialty shops of downtown Aurora. Trip includes transportation, lunch, gratuity, and escort.

6/29 (1) ID/AP: \$46	Th OD: \$51.75	10:45-3:30 pm	ES17605
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**Willamette Shore Adventure**

Our trip begins with lunch at a local Lake Oswego area restaurant. After, enjoy a scenic one hour round trip ride on the Willamette Shore trolley. Trip includes transportation, lunch, gratuity, admission and escort.

7/7 (1) ID/AP: \$47	F OD: \$52.50	11 am-3:30 pm	ES17606
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**Lunch & Elk Rock Garden Tour**

Enjoy lunch at the Old Spagetti Factory with views of the Willamette River. We'll then take a walking tour of the beautiful Garden of the Bishop's Close, known as Elk Rock on the cliffs above the Willamette River. Trip includes transportation, lunch, gratuity, admission and escort.

7/12 (1) ID/AP: \$35	W OD: \$40.50	11 am-3:30 pm	ES17607
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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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### Lunch & Sauvie Island

Join us for lunch in downtown St. Johns. Then we head to Sauvie Island with stops at points of interest and a local farm for berries if you desire. Trip includes transportation, lunch, gratuity, and escort.

7/19 (1)	W	10:45 am-4 pm	ES17608
ID/AP: \$47	OD: \$53.25		

### Lunch & Wine Tasting at Elk Cove Vineyard

We'll begin with lunch at a local downtown Forest Grove favorite restaurant. Our trip then takes us to Elk Cove Vineyard to take in the views of the vineyards and the Coast Range mountains, and wine tasting of course. Trip includes transportation, lunch, gratuity, tasting fee and escort.

7/26 (1)	W	10:45 am-3:30 pm	ES17609
ID/AP: \$53	OD: \$58.75		

### Mt. Hood & Lunch at Government Camp

Get a bird's-eye view of Mt. Hood, the Cascade mountain range and up to four other volcanic mountain peaks when we ride the Sky Chair at Skibowl. Trip includes a delicious lunch at Government Camp. Includes transportation, lunch, gratuity, admission and escort.

8/1 (1)	T	10 am-5 pm	ES17610
ID/AP: \$67	OD: \$78.75		

## Trips & Tours - 55 & Better

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

Join us for lunch at Bistro Maison in historic downtown McMinnville. A truly unforgettable French food experience. Trip includes transportation, escort, gratuities and lunch.

8/8 (1)	T	10 am-3 pm	ES17611
ID/AP: \$58	OD: \$63.50		

### 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.

8/15 (1)	T	4:30-7 pm	ES17613
ID/AP: \$70	OD: \$87.50		

### Ilni Resort Casino

Let's check out the newest area casino located in the heart of southwest Washington, just 16 miles north of Vancouver. Enjoy the many restaurants, retail shops, and of course try your luck on the gaming floor. Lunch is on your own. Trip includes transportation and escort.

8/22	T	10 am-3:30 pm	ES17614
ID/AP: \$27	OD: \$33.75		

## 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.

#### Summer Trips: Rafting; Kayaking

Times: 9 am-5 pm  
ID Cost: \$78

### The Plains of Africa

#### Nov. 2-15, 2017

Enjoy a 14 day Kenya wildlife safari. Highlights: Nairobi, Aberdare National Park, Shaba National Reserve, Samburu National Reserve, Sundowner, Lake Nakuru, Masai Mara, Amboseli National Park, 11 game drives, and Africa's "Big 5."

Cost: \$6,799 per person – double;  
\$7,949 per person – single

### 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

# 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-September 16.

<b>Sports</b>			
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

<b>Pine Room</b>			
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

<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
Wii	Open	Cedar	
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	2:30-4:30 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