

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 25-Aug. 26, 2018

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, 8/30, 9/3-9/8

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.

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.

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

THPRD VOLUNTEERS!

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

Special Events

Stuhr Estate & Rummage Sale Kickoff Parties

**Wednesday, June 27, 2 pm, and
Thursday, July 26, 2 pm**

Learn about volunteering and what is needed to prepare for the Estate & Rummage Sale. 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 6 • 11:30 am-1:30 pm

Join us for a Hawaiian themed 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



Stuhr Estate & Rummage Sale

Friday, Aug. 31 • 8 am-4 pm

Saturday, Sept. 1 • 8 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 sale 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
Art under the Canopy Enjoy the fresh air while creating works of art. This four-week series will meet under the canopy area and may utilize other areas on the center grounds. Any medium or skill level welcome. Contact instructor regarding individual supplies. (Teresa)			
8/3-8/24 (4) Outside	F ID/AP: \$49	9-11 am SD: \$44	ES14626 OD: \$61.25

new

Art Walk Downtown with Teresa

Enjoy a guided afternoon art walk to Portland's most established art galleries, with our fine arts instructor, Teresa Beckert. Meet at the Sunset Transit Center and ride MAX downtown to the North Park Blocks. There will be time to enjoy a break for snack or lunch. (bring \$ for lunch and \$2.50 for MAX) (Teresa)

7/31 (1) Off-site	T ID/AP: \$22	11 am-3 pm SD: \$19.75	ES14627 OD: \$27.50
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new

Art of Printmaking

A variety of forms will be offered including Intaglio and relief printing. Learn techniques for printing editions of your creations using a baby-press. Additional supplies are required due to complexity of projects. List available at the front desk. \$20 supply fee payable to instructor. (Teresa)

6/19-7/247 (6) Larch	T ID/AP: \$100	1:30-4:30 pm SD: \$90	ES14625 OD: \$125
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new

Creative Painting

Explore both realism and abstract techniques in an inspiring, creative atmosphere using either oils or acrylics. Supply list available at Stuhr Center front desk. An \$8 material fee payable to instructor at first class. No class 7/4. (Teresa)

6/20-7/25 (5) Spruce	W ID/AP: \$85	9:30 am-12:30 pm SD: \$76.50	ES14605 OD: \$106.25
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Drawing & Painting Workshop

Any level or medium welcome. One-on-one instruction to help individuals expand existing skills. learn new ones and overcoming bad habits. Contact instructor for supply list. (Teresa)

6/18-7/23 (6) Spruce	M ID/AP: \$71	1-3 pm SD: \$63.75	ES14609 OD: \$88.75
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new

Drawing on the Right Side of the Brain

Explore creative and intuitive ways to draw. Supply list available at the front desk. \$4 material fee is due to instructor at first class. (Teresa)

6/21-7/26 (6) Spruce	Th ID/AP: \$71	1-3 pm SD: \$63.75	ES14606 OD: \$88.75
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Arts & Crafts - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Fused Glass Workshop Create a unique piece of art. No previous experience required. Additional material fee paid to instructor at 1st class. (Carol)			

Suncatcher (Lab \$20)

6/9 (1)	S	2-4 pm	ES14600
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Bowl (lab \$25)

6/23 (1)	S	2-4 pm	ES14601
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Windchimes (Lab \$30)

7/7 (1)	S	2-4 pm	ES14602
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Dish (Lab \$25)

7/21 (1) Larch	S ID/AP: \$16	2-4 pm SD: \$14.25	ES14603 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. (Teresa)

6/18-7/23 (6) Spruce	M ID/AP: \$100	9:30 am-12:30 pm SD: \$90	ES14604 OD: \$125
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Photography, All Levels

Take better pictures. Learn the settings on your camera and how they affect the quality of your photographs. Lab time provided during class. Digital camera basics as a prerequisite is preferred or instructor approval. No class 7/4. (Bob)

6/20-7/25 (5) Larch	W ID/AP: \$53	9-10:30 am SD: \$47.50	ES14615 OD: \$66.25
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Pottery

This pottery class is a mix of beginners and experience students. Supplies included. No class 7/4. (Marjanna)

6/20-7/25 (5) Larch, Spruce	W ID/AP: \$87	1-3:30 pm SD: \$79.25	ES14616 OD: \$106.25
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Pottery Open Lab

This non-instructor led lab can be used for work done during THPRD classes or during open lab. Production for retail is not allowed. Fee for open studio includes space use, glazes and firings. (Marjanna)

6/30 (1)	S	10 am-12:30 pm	ES14618
7/7 (1)	S	10 am-12:30 pm	ES14619
7/21 (1) Spruce	S ID/AP: \$17	10 am-12:30 pm SD: \$15.25	ES14620 OD: \$21.25

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

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

Arts & Crafts - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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Quilting, Show & Tell

Bring any quilts you have made, are making or want to make to this FREE workshop. Meet others in the community who love to quilt. Bring your questions. We will share quilts, stories and ideas for the afternoon. (Rosalie)

new

6/19 (1) Dogwood	T Free	1-4 pm	ES14623
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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, soldering skills and patina application. Experienced students work on projects of their choice. (Sharon)

6/22-7/20 (5) Spruce	F ID/AP: \$80	9 am-Noon SD: \$72	ES14612 OD: \$100
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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)

6/19-7/24 (6) Larch	T ID/AP: \$100	9:30 am-12:30 pm SD: \$90	ES14608 OD: \$125
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Watercolor Painting 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)

6/21-7/26 (11) Larch, Spruce	Th ID/AP: \$100	9:30 am-12:30 pm SD: \$90	ES14607 OD: \$125
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Dance - 55 & Better

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

Come learn the basics of ballet. Strengthen and lengthen your body and find your balance and poise. Learn basic, proper technique, as well as choreography to get you ready for our dance recital. (Eddie)

6/22-8/10 (8) Manzanita	F ID/AP: \$48	10:45-11:35 am SD: \$43	ES11601 OD: \$60
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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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Ballroom, Salsa/Swing

Spice up your life and get in the swing of things. Be ready to have fun learning the basics of salsa and swing ballroom dancing. (Eddie)

6/23-8/11 (8) Manzanita	S ID/AP: \$48	11:30 am-12:20 pm SD: \$43	ES11602 OD: \$60
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Line Dancing

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

6/18-8/6 (8) Manzanita	M ID/AP: \$49	3:05-4 pm SD: \$44	ES11604 OD: \$61.25
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Line Dancing, Beginning

Line dancing just for beginners. No class 7/4. (Doug)

6/20-8/8 (8) Manzanita	W ID/AP: \$49	3:05-4 pm SD: \$44	ES11603 OD: \$61.25
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Fitness - 55 & Better

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



6/18-8/8 (8) Manzanita	M/W ID/AP: \$62	10:45-11:35 am SD: \$55.75	ES12601 OD: \$77.50
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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 7/4. (Gail/Monica)



6/18-8/10 (8) Manzanita	M/W/F ID/AP: \$95	8:35-9:25 am SD: \$85.50	ES12603 OD: \$118.75
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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 - 55 & Better

Fitness Specialists



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

Monica Langdale (left) and Carolyn Gallagher

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

Finding the right fitness class/program for you

Learn all about the Stuhr Center's fitness programs

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

6/25 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

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

Fitness Room Group Orientation

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

6/26 (1)	T	5:30-6:30 pm	ES12676
7/10 (1)	T	5:30-6:30 pm	ES12678
8/7 (1)	T	5:30-6:30 pm	ES12680
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
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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 and active lifestyle. No class 7/4. (Gail)



6/18-8/8 (8) Manzanita	M/W ID/AP: \$62	9:40-10:30 am SD: \$55.75	ES12604 OD: \$77.50
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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. (Jeanette)



6/19-8/9 (8) Manzanita	T/Th ID/AP: \$66	10:45-11:35 am SD: \$59.25	ES12605 OD: \$82.50
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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. (Fabiola)



6/19-7/26 (6) Oak Rm	T/Th ID/AP: \$49	9:40-10:30 am SD: \$44	ES12606 OD: \$61.25
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Balance & Stretch, Advanced

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 ready to work a bit more. (Fabiola)



new

6/19-7/26 (6) Maple Birch	T/Th ID/AP: \$38	12:55-1:30 pm SD: \$34	ES12669 OD: \$47.50
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Balance Basics

Class works on improving your balance by strengthening the hip / leg muscles and abdominal muscles; works on posture techniques and balance exercises to improve confidence. No class 7/4.



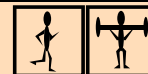
6/18-8/8 (8) Maple Birch	M/W (Fabiola) ID/AP: \$62	11:50 am-12:40 pm SD: \$55.75	ES12607 OD: \$77.50
6/19-8/9 (8) Maple Birch	T/Th (Desiree) ID/AP: \$66	8:35-9:25 am SD: \$59.25	ES12608 OD: \$82.50
6/20-8/10 (8) Maple Birch	W/F (Desiree) ID/AP: \$62	8:35-9:25 am SD: \$55.75	ES12609 OD: \$77.50

Fitness - 55 & Better

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

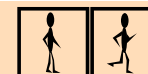
Barefoot functional training as well as balance and cardiovascular training, all in one! It is designed to strengthen your feet and everything up while progressively correcting imbalances in your ankles, knees and hips. (Naoko)



6/19-8/7 (8) Maple Birch	T ID/AP: \$27	7:40-8:20 am SD: \$24.25	ES12610 OD: \$33.75
6/21-8/9 (8) Maple Birch	Th ID/AP: \$27	7:40-8:20 am SD: \$24.25	ES12611 OD: \$33.75

Barre - Fit

Burn calories while creating a longer, stronger, more flexible body. Ballet and Pilates moves and standing improve posture and balance. (Edie)



6/19-8/9 (8) Manzanita	T/Th ID/AP: \$64	7:30-8:25 am SD: \$57.50	ES12639 OD: \$80
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Cardio Fusion

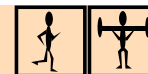
A work out that pairs moderate aerobics with exercises and dance moves that are designed to improve strength, balance and flexibility. The workout gets the heart rate up without stressing the knees, legs and lower back. Effective exercise, dance and music make for a healthy and fun work out. No class 7/4. (Kimo)



6/18-7/25 (7) Oak Rm	M/W ID/AP: \$45	9:40-10:30 am SD: \$40.50	ES12674 OD: \$56.25
8/13-8/20 (2) Outside	M ID/AP: \$8	10:45-11:35 am SD: \$7	ES12674A OD: \$10

Cardio, Core and More

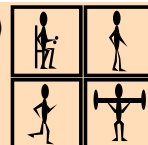
We'll increase your heart health and strength safely, effectively, and comfortably AND have fun doing it! (Jeanette)



6/19-8/9 (8) Manzanita	T/Th ID/AP: \$66	9:45-10:35 am SD: \$59.25	ES12613 OD: \$82.50
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DIP (Diabetes for Intervention & Prevention)

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



6/18-8/9 (8) Fitness Room	M/Th ID/AP: \$108	3:30-4:30 pm SD: \$97	ES12618 OD: \$135
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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)

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

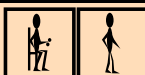
Achieve your health and fitness goals by scheduling personal training. Our training sessions are personalized to fit your lifestyle, health and fitness level. We offer guidance on proper form, variety, progression and motivation.

Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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Essential Balance & Mobility

Good strength, balance and mobility are necessary for independence. Targeted program focuses on enhancing muscle strength, joint range of motion, posture and flexibility related to balance and mobility. Includes seated, standing and moving exercises, instructed by balance and mobility specialist. (Jacqueline)



6/19-8/10 (8) T/F **3:05-3:55 pm** **ES12619**
 Manzanita ID/AP: \$66 SD: \$59.25 OD: \$82.50

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. (Jeanette)



6/19-7/24 (6) T/Th **11:55 am-12:40 pm** **ES12695**
 Oak ID/AP: \$45 SD: \$40.50 OD: \$56.25

Walk & 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)

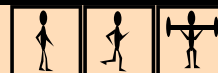
8/14-8/23 (2) T/Th **9:40-10:40 am** **ES12696**
 Off-site ID/AP: \$19 SD: \$17 OD: \$23.75

Fitness - 55 & Better

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

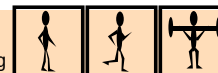
Personalized class is a mix of strength, flexibility, and balance, along with a twist of Pilates. Stability balls, hand weights, Pilates circles, bands, and more, keep you strong and confident with your daily activities. No class 7/2, 7/4, 7/6. (Belinda)



6/18-7/25 (6) M/W/F **8:35-9:25 am** **ES12620**
 Oak Rm ID/AP: \$58 SD: \$52 OD: \$72.50

Fitness Room Circuit

Get a total body workout using interval training with both cardio and strength training. Medical clearance is required for participation. Pick up forms at the front desk. No class 7/4. (Carolyn)



6/20-8/8 (7) W **11:50 am-12:40 pm** **ES12621**
 Fitness Room ID/AP: \$29 SD: \$26 OD: \$36.25

Flexibility Focus

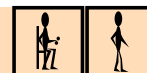
Stretching increases flexibility, range of motion and improves balance. Stretching increases blood flow to muscles and improves circulation. Stretch before or after an active class for a leaner and healthier body. (Monica)



6/22-8/10 (8) F **9:40-10:25 am** **ES12622**
 Manzanita ID/AP: \$27 SD: \$24.25 OD: \$33.75

Functional Strength

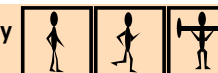
Enhance health and boost your independent living skills! This progressive exercise program addresses overall function, with emphasis on muscle strength, flexibility, mobility and stability. Seated and standing exercises, stretching and balance training also help build bone density. (Fabiola)



6/19-8/9 (8) T/Th **11:50 am-12:40 pm** **ES12623**
 Manzanita ID/AP: \$66 SD: \$59.25 OD: \$82.50

Melt Hand & 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)



6/23-8/11 (8) S **10:15-11:05 am** **ES12625**
 Manzanita ID/AP: \$33 SD: \$29.50 OD: \$41.25

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

Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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Melt Hand & Foot Only Series

Learn simple self-treatments you can do at home to remain active, healthy, and pain-free for life. Learn about your feet and the common aches and pains it can cause, and how to re-hydrate for vibrant health and pain-free movement. (Gail)



7/5-7/26 (4) Willow	Th ID/AP: \$16	10:45-11:35am SD: \$14.25	ES12626 OD: \$20
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Mindful Movement for Body & Soul

Increase strength, flexibility, and coordination with a variety of slow paced, rhythmical movements based on concepts from Tai Chi, Qi Gong, Pilates, and Yoga. A chair may be used for support, and all levels welcome, but should be able to stand for full class. (Barbara)

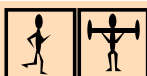


new

6/22-7/20 (5) Oak Rm	F ID/AP: \$21	9:50-10:40 am SD: \$18.75	ES12633 OD: \$26.25
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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. You will leave feeling recharged, relaxed and rejuvenated! (Barbara)



6/19-8/7 (8) Manzanita	T ID/AP: \$33	1-1:50 pm SD: \$29.50	ES12627 OD: \$41.25
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Pilates, Adapted

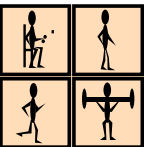
Learn techniques to strengthen core muscles, back, spine and abdominal muscles. Movements are adapted to fit personal needs for those with osteoporosis or Parkinson's. Learn breathing techniques for better performance. This is a mat class with Pilates rings, stability ball, bands, and weights. (Belinda)



6/19-8/7 (8) Maple Birch	T/F ID/AP: \$62	11:50 am-12:40 pm SD: \$55.75	ES12631 OD: \$77.50
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REVIVE, Exercise Recovery Program

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



6/18-8/9 (8) Fitness Room	M/Th ID/AP: \$108	3:30-4:30 pm SD: \$97	ES12634 OD: \$135
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**Registering for any fitness class will guarantee your spot.
See the front desk for more information.**

Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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SilverSneakers® Cardio Circuit

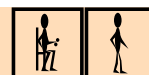
Increase your cardiovascular and muscular endurance in this standing circuit workout. Alternate non-impact aerobic choreography with upper-body strengthening exercises using hand-held weights, elastic tubing with handles and a SilverSneakers® ball. A chair can be offered for support, stretching and relaxation exercises. No class 7/4. (Staff)



6/18-8/8 (8) Manzanita	M/W ID/AP: \$62	12:55-1:45 pm SD: \$55.75	ES12636 OD: \$77.50
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SilverSneakers® Classic

Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is used for seated or standing support. No class 7/4. (Angela)



6/18-8/10 (8) Manzanita	M/W/F ID/AP: \$95	2-2:50 pm SD: \$85.50	ES12638 OD: \$118.75
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Strength Training

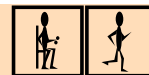
A great way to increase muscle strength and endurance, this class uses dumbbells, ankle weights, bands, tubing, and floor mats along with stretching, relaxation, and an optional aerobic component. (Carolyn)



6/18-8/10 (8) Manzanita	M/F ID/AP: \$66	11:50 am-12:40 pm SD: \$59.25	ES12643 OD: \$82.50
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Strength, Balance & Core

Work up a sweat, boosting metabolism while strengthening the entire body. Improves coordination, balance and bone density. No class 7/4. (Eddie)



6/18-8/10 (8) Manzanita	M/W/F ID/AP: \$92	7:30-8:25 am SD: \$82.75	ES12642 OD: \$115
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Tai Chi I

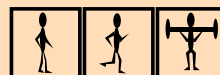
For the beginning student, will cover the first section of the Tai Chi form. No class 7/4. (Staff)



6/20-8/8 (7) Maple Birch	W ID/AP: \$29	12:55-1:45 pm SD: \$26	ES12645 OD: \$36.25
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Tai Chi II

For the continuing student, will cover sections 2-3 of the Tai Chi form. Must have one term of Tai Chi I or instructor's approval. No class 7/4. (Staff)




6/20-8/8 (7) Manzanita	W ID/AP: \$55	11:50 am-12:40 pm SD: \$49.50	ES12646 OD: \$68.75
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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)


Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Tai Chi, Basic Footwork & Balance			
Slow pace, low impact, gentle and rhythmical movements to increase balance, flexibility, muscle strength, and enhance well-being. Designed for beginning students, class introduces concepts, focuses on balance and footwork and lays ground work for learning the Tai Chi Ch'uan 24 form. (Staff)			



6/22-8/10 (8) Maple Birch	F ID/AP: \$33	10:45-11:35 am SD: \$29.50	ES12699 OD: \$41.25
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Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Tai Chi, Moving for Better Balance			
A community-based falls prevention exercise program. Where students will learn and practice a series of simple, slow, and rhythmical movements aimed at improving balance, strength, and reducing the risk of falling.			



6/19-7/24 (6) Willow	T (Staff) ID/AP: \$25	11:30 am-12:20 pm SD: \$22.50	ES12650 OD: \$31.25
6/23-8/11 (8) Maple Birch	S (Mignon) ID/AP: \$31	11:10 am-Noon SD: \$27.75	ES12648 OD: \$38.75

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

Hip			
6/25 (1)	M	6-7:30 pm	ES12692
Shoulder			
6/26 (1)	T	12:30-2 pm	ES12689
Back			
7/9 (1)	M	6-7:30 pm	ES12690
7/17 (1)	T	12:30-2 pm	ES12691
Fitness Room	ID/AP: \$16	SD: \$14.25	OD: \$20

Wellness On Wheels (WOW)

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


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. (Staff)

6/19-8/10 (8) Off-site	T/F ID/AP: \$70	9:30-10:30 am SD: \$63	ES12WOW2 OD: \$87.50
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Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Tai Chi: Moving for Better Balance in a Chair			
A community-based falls prevention exercise program. Where students will learn and practice a series of simple, slow, and rhythmical movements aimed at improving balance, strength, and reducing the risk of falling; all from a chair. (Staff)			



6/19-8/7 (8) Maple Birch	T ID/AP: \$33	2-2:50 pm SD: \$29.50	ES12649 OD: \$41.25
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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. No class 7/4. (*Mignon/Belinda)

6/18-8/8 (8) Maple Birch	M/W* ID/AP: \$62	10:45-11:35 am SD: \$55.75	ES12651 OD: \$77.50
6/20-8/10 (8) Maple Birch	W/F (Desiree) ID/AP: \$62	9:40-10:30 am SD: \$55.75	ES12652 OD: \$77.50
6/23-8/11 (8) Maple Birch	S (Mignon) ID/AP: \$33	10:05-10:55 am SD: \$29.50	ES12653 OD: \$41.25

Workout for Weight Loss, Better Health, the Ageless Athlete

Optimize your health; maximize your fitness level and athletic performance, or exercise to improve a specific medical condition with a personalized exercise program tailored to your medical status, fitness level, and wellness goal. Medical Release and Health/Medical History Form required. (Jacqueline)

6/18-8/9 (8) Fitness Room	M/Th ID/AP: \$108	4:30-5:30 pm SD: \$97	ES12657 OD: \$135
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Yoga

Repair, Renew, Release, Relax with Mindful Yoga breathe, postures and movement.

Increase flexibility, stability, strength and balance. All levels welcome. No class 7/4. (Kaycheri)

6/19-7/24 (6) Willow	T ID/AP: \$25	9:40-10:30 am SD: \$22.50	ES12658A OD: \$31.25
6/20-7/25 (5) Maple Birch	W ID/AP: \$21	2-2:50 pm SD: \$19.75	ES12658 OD: \$26.25

We are accepting donations for the Stuhr Estate & Rummage Sale beginning July 30. 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
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Yoga 4 Fitness

Increase your strength, flexibility, balance and peace of mind with a variety of poses and exercises designed to help you perform everyday functions with grace, less effort and less pain. Participants from beginning to intermediate levels are welcome. (Gail)



6/21-8/9 (8) Maple Birch	Th ID/AP: \$33	9:40-10:30 am SD: \$29.50	ES12664 OD: \$41.25
8/13-8/22 (2) Outside	M/W ID/AP: \$19	8:30-9:30 am SD: \$17	ES12664A OD: \$23.75

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. Class is a beautiful combination of muscle lengthening and abdominal strengthening in a structured, progressive format.



6/19-7/26 (6) Willow	T/Th (Fabiola) ID/AP: \$49	8:35-9:25 am SD: \$44	ES12659 OD: \$61.25
8/14-8/23 (2) Outside	T/Th ID/AP: \$16	8:35-9:25 am SD: \$14.25	ES12659A OD: \$20

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.



6/21-8/9 (8) Maple Birch	Th (Fabiola) ID/AP: \$33	10:45-11:35 am SD: \$29.50	ES12629 OD: \$41.25
6/19-8/7 (8) Maple Birch	T (Fabiola) ID/AP: \$33	10:45-11:35 am SD: \$29.50	ES12661 OD: \$41.25
6/22-7/20 (5) Willow	F (Barbara) ID/AP: \$21	8:35-9:25 am SD: \$18.75	ES12662 OD: \$26.25

Yoga, Continuing

Increase flexibility, balance, strength and peace of mind with classic yoga postures and movements combined with pranayama (breath). This class is suitable for beginners to experienced yoga practitioners. (Edie)



6/18-8/6 (8) Maple Birch	M ID/AP: \$33	8:35-9:25 am SD: \$29.50	ES12663 OD: \$41.25
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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
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Yoga, Gentle

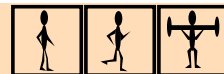
Learn how to stretch deeply with simple movements combined with conscious breathing; increase strength and flexibility and bring calmness to the mind. For students with little or no yoga experience.



6/18-8/6 (8) Maple Birch	M (Mignon) ID/AP: \$33	9:40-10:30 am SD: \$29.50	ES12665 OD: \$41.25
6/19-8/7 (8) Maple Birch	T (Edie) ID/AP: \$33	9:40-10:30 am SD: \$29.50	ES12666 OD: \$41.25
6/19-8/9 (8) Maple Birch	T/Th (Ritu/Barb) ID/AP: \$66	6:30-7:20 pm SD: \$59.25	ES12667 OD: \$82.50
6/20-7/25 (5) Willow	W (Barbara) ID/AP: \$21	8:15-9:05 am SD: \$18.75	ES12668 OD: \$26.25
6/23-8/11 (8) Manzanita	S (Tracy) ID/AP: \$33	9-9:50 am SD: \$29.50	ES12675 OD: \$41.25

Yoga, Restorative (Relaxation/Therapy)

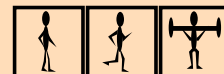
The series of postures are gently experienced in a slower sequence connecting you to your breath in each movement. Transition from being centered into a guided relaxation that restores your need for moments of guided relaxation. (Tracy)



6/18-7/23 (6) Willow	M ID/AP: \$25	6-6:50 pm SD: \$22.50	ES12673 OD: \$31.25
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Yoga Relaxation Reset

Want to release tension, nervous energy, stressors? Through light yoga stretches, movement, poses, relaxation techniques, and meditation in a natural way, you can push your internal reset button for relaxation reset. (Amrita)



6/19-8/7 (8) Manzanita	T ID/AP: \$33	2-2:50pm SD: \$29.50	ES12697 OD: \$41.25
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Zumba® Gold

Fitness program specifically designed to take the exciting Latin and International dance rhythms created in the original Zumba® and bring them to the active older adult, beginner participant. This is a fun, different, easy and effective total body workout.



6/18-8/6 (8) Manzanita	M (Robin) ID/AP: \$33	4:10-5 pm SD: \$29.50	ES12672 OD: \$41.25
8/13-8/22 (2) Patio	M/W (Kimo) ID/AP: \$16	9:40-10:30 am SD: \$14.25	ES12670A OD: \$20
6/21-8/9 (8) Manzanita	Th (Kimo) ID/AP: \$33	4:10-5 pm SD: \$29.50	ES12671 OD: \$41.25
6/19-8/9 (8) Manzanita	T/Th (Kimo/Naoko) ID/AP: \$66	8:35-9:25 am SD: \$59.25	ES12670 OD: \$82.50

Health & Wellness Support Groups

(No support groups held Mar. 26-31)

Compassionate Friends

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

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

Circle of Friends

Please join us for a time of sharing your joys and challenges.

Tuesdays, 1:30-3 pm
Cedar Rm

Social for Singles

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

Alzheimer's Support Group

Spouses, caregivers, family and friends of persons suffering from Alzheimer's disease and related dementia meet monthly.

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

Health & Wellness - 55 & Better

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

6/19-7/26 (6) Oak Rm	T/Th ID/AP: \$79	1-2 pm SD: \$71	ES13602 OD: \$98.75
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Living with Diabetes Series

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)

Session I

6/28 (1) Willow	Th ID/AP: \$7	2:30-3:30 pm SD: \$6.25	ES13605 OD: \$8.75
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Session II

7/12 (1) Willow	Th ID/AP: \$7	2:30-3:30 pm SD: \$6.25	ES13606 OD: \$8.75
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Session III

7/26 (1) Willow	Th ID/AP: \$7	2:30-3:30 pm SD: \$6.25	ES13607 OD: \$8.75
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Health & Wellness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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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. No class 7/4. (Kaycheri)

6/20-7/25 (5) Maple Birch	W ID/AP: \$21	3:05-3:55 pm SD: \$18.75	ES12624 OD: \$26.25
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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)

6/18-7/16 (5) Cedar Rm	M ID/AP: \$33	9:30-10:30 am SD: \$29.50	ES13611 OD: \$41.25
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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 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 w/lid. Lab fee: \$16 payable to instructor at first class. (Al)

6/18-7/23 (6) Spruce	M ID/AP: \$74	6:45-8:45 pm SD: \$66.50	ES14614 OD: \$92.50
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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. (Staff)

6/21-7/26 (6) Dogwood	Th ID/AP: \$85	10 am-Noon SD: \$76.50	ES15625 OD: \$106.25
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Bridge II

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

6/21-7/26 (6) Dogwood	Th ID/AP: \$85	1-3 pm SD: \$76.50	ES15626 OD: \$106.25
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Buying Guide for Smartphones & Tablets Workshop

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

6/29 (1) Larch	F ID/AP: \$13	1:30-2:30 pm SD: \$11.50	ES15600 OD: \$16.25
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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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Cut the Cable Workshop

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

7/6 (1) Larch	F ID/AP: \$13	1:30-2:30 pm SD: \$11.50	ES15602 OD: \$16.25
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Facebook

If you have children or grandchildren who are difficult to connect with due to their fast-paced lives, Facebook is a great tool to stay connected. You can access it from your smartphone, tablet or home computer. Keep up with family even if you're on the go. (Breanna)

7/20 (1) Larch	F ID/AP: \$13	1:30-2:30 pm SD: \$11.50	ES15606 OD: \$16.25
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Guitar, Beginning

Learn the fundamentals of guitar playing; chords, strumming, reading music, theory and fret board. A \$15 book fee payable to the instructor at the first class. Must bring own guitar. (Alex)

6/19-7/24 (6) Poplar	T ID/AP: \$40	12:30-1:30 pm SD: \$36	ES15604 OD: \$50
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Guitar, Continuing

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

6/19-7/24 (6) Poplar	T ID/AP: \$40	11 am-Noon SD: \$36	ES15605 OD: \$50
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Gram & Gramp Adventure Days new

This program is designed to provide an opportunity for grandparents and grandchildren (ages 10-15 yrs.) to spend some quality, structured time together. Box lunch included with each trip. Cost includes transportation, escort, lunch and fees for one grandparent and one child. Bring water bottle and wear appropriate clothing for outing.

Let's Explore

Trip Locations: Tryon Creek Nature Area, Bonneville Dam, Crown Point.

7/12 (1) Off-site	Th ID/AP: \$57	10 am-4 pm OD: \$68.75	ES17700
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Downtown Portland

Trip Locations: Salmon St. Fountain, Oregon Maritime Museum, Eastbank Esplanade, and more.

7/25 (1) Off-site	W ID/AP: \$67	10 am-4 pm OD: \$78.75	ES17701
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Fun at the Beach

Trip Locations: Regatta Park, Roads End Beach.

8/7 (1) Off-site	T ID/AP: \$65	10 am-4 pm OD: \$78.75	ES17700
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General Interest - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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Identity Theft Protection new

Due to all the hacks with the various companies, a consumer must keep tabs on their information. How do you keep track of your information and do as much as you can to minimize your identity theft risks? Come to this workshop to learn. (Breanna)

6/22 (1) Larch	F ID/AP: \$13	1:30-2:30pm SD: \$11.50	ES15601 OD: \$16.25
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Keeping Grand Baby Safe new

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.

6/25 (1) Larch	M ID/AP: \$13	9:30-11:30am SD: \$11.50	ES13615 OD: \$16.25
7/10 (1) Dogwood	T ID/AP: \$13	1:30-3:30pm SD: \$11.50	ES13616 OD: \$16.25

Lecture/DVD Series: Winston Churchill new

Winston Churchill is arguably the greatest leader of the 20th century and one of the greatest democratic statesmen ever. Join us for this lecture on this man who changed the course of history for the better and made of life a blessed and noble thing, despite public and private trials too numerous to name. (George)

6/18-7/23 (6) Willow	M ID/AP: \$37	10-11:30 am SD: \$33.25	ES15607 OD: \$46.25
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Stuhr Estate & Rummage Sale



Friday, Aug. 31
8 am-4 pm
Saturday, Sept. 1
8 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 spend weeks preparing, sorting, pricing and displaying the entire wonderful donations that we receive from faithful supporters. The Estate & Rummage Sale is the largest annual fundraiser we have at the Stuhr Center. Donations will be accepted beginning Monday, July 30.

Private drumming instruction available, see front desk to sign up on interest list.

General Interest - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Piano, Intermediate			
Keyboards available for classroom use. Friday's classes will have one scheduled Monday class. Call for info. No class 6/28, 6/29. (Helle)			

Piano Level 2 - Requires minimal music reading			
6/21-7/26 (5)	Th	11:30 am-1 pm	ES15614
Poplar	ID/AP: \$59	SD: \$53	OD: \$73.75

Piano Level 3 - Intro to key signatures			
6/22-7/20 (5)	F	9:45-11:15 am	ES15615
Poplar	ID/AP: \$59	SD: \$53	OD: \$73.75

Piano Level 3A, Intro to key signatures			
6/20-7/25 (5)	W	11 am-12:30 pm	ES15613
Poplar	ID/AP: \$59	SD: \$53	OD: \$73.75

Piano Level 4 - Able to read in different time & key signatures			
6/22-7/20 (5)	F	11:15 am-12:45 pm	ES15616
Poplar	ID/AP: \$59	SD: \$53	OD: \$73.75

Piano Level 5 - Able to read in different time & key signatures			
6/22-7/20 (5)	F	1-2:30 pm	ES15617
Poplar	ID/AP: \$59	SD: \$53	OD: \$73.75

Piano Level 6 - Knowledge of 6/8 and simple key signatures			
6/20-7/25 (5)	W	1-2:30 pm	ES15618
Poplar	ID/AP: \$59	SD: \$53	OD: \$73.75

Piano Level 7			
6/21-7/26 (5)	Th	9:45-11:15 am	ES15612
Poplar	ID/AP: \$59	SD: \$53	OD: \$73.75

Piano Level 8 - Advanced class			
6/18-7/23 (6)	M	12:45-2:15 pm	ES15611
Poplar	ID/AP: \$70	SD: \$63	OD: \$87.50

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)

6/18-7/23 (6)	M	12:15-1:15 pm	ES15619
Willow	ID/AP: \$40	SD: \$36	OD: \$50
6/18-7/23 (6)	M	1:30-2:30 pm	ES15620
Willow	ID/AP: \$40	SD: \$36	OD: \$50

Spanish Beginning II/III

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

6/23-7/21 (5)	S	9-10:30 am	ES15629
Dogwood	ID/AP: \$69	SD: \$62	OD: \$86.25

General Interest - 55 & Better

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

6/22-7/20 (5)	F	11 am-1 pm	ES15633
Dogwood	ID/AP: \$62	SD: \$55.75	OD: \$77.50
6/22-7/20 (5)	F	1:30-3:30 pm	ES15634
Dogwood	ID/AP: \$62	SD: \$55.75	OD: \$77.50

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.

6/27	W	10 am	Cedar
Free			

Summertime Patio Barbecue

Join us for a Hawaiian 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!

7/6	F	11:30 am-1:30 pm	Patio
Cost: \$6			

Stuhr Estate & Rummage Sale 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 Estate & Rummage Sale. 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.

6/27	W	2 pm	Cafeteria
7/26	Th	2 pm	Cafeteria



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 two-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.

6/19 (1) ID/AP: \$69	T OD: \$74.50	11 am-3 pm	ES17600
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Willamette Falls & Oregon City

Our trip begins with lunch at J. Willy's Public House in West Linn. After, enjoy a ride up the municipal elevator in Oregon City to view downtown and spectacular Willamette Falls. We end with a visit to the Museum of the Oregon Territory. Trip includes transportation, admission, lunch, gratuity and escort.

6/28 (1) ID/AP: \$53	Th OD: \$59	10:45-3:30 pm	ES17601
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Bush House Museum & Lunch

Enjoy a tour of the Asahel Bush House Museum, Salem's 19th century time capsule. After we'll enjoy a delicious lunch at Orupa. Trip includes transportation, lunch, gratuity, admission and escort.

7/11 (1) ID/AP: \$57	W OD: \$63.50	10 am-3 pm	ES17602
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Lunch & Caples House Tour

Take in the views along Highway 30 to Columbia City, Oregon. Enjoy lunch at the Lighthouse Inn in Linnton, and then enjoy a tour of the Caples House Museum along the banks of the beautiful Columbia River. Before heading home we'll stop at a local favorite bakery for a treat. Trip includes transportation, lunch, gratuity, admission and escort.

7/19 (1) ID/AP: \$53	Th OD: \$59.50	10:30 am-3:30 pm	ES17603
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Mount St. Helens

Get a bird's-eye view of Mount St. Helens and enjoy touring Johnston Ridge Observatory. This is one trip you will not want to miss as we stop at points of interest and enjoy a wonderful lunch long along the way. Trip includes transportation, lunch, gratuity, admission and escort.

7/24 (1) ID/AP: \$74	T OD: \$84.50	9 am-5 pm	ES17604
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Red Ridge Farm & Lunch

We'll begin our day with a tour of the beautiful Red Ridge Farm, atop the Dundee Hills in Oregon's Willamette Valley. An unforgettable destination for the senses, from wine and olive oil to lavender and amazing scenery. A stop at their delightful gift shop before we head out to enjoy a wonderful lunch at a local favorite restaurant. Trip includes transportation, lunch, gratuity, and escort.

8/1 (1) ID/AP: \$51	W OD: \$57.50	10 am-3 pm	ES17605
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Day Trip Cancellations

Requests to drop or change a day trip must be made at least **four (4) 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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Explore Tillamook

Visit the Tillamook Forest Center, have lunch at Hidden Acres, ice cream at the new cheese factory and a stop at Cape Meares. Trip includes transportation, lunch, gratuity, admission and escort.

8/9 (1) ID/AP: \$58	Th OD: \$67	9 am-4 pm	ES17606
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Lunch on the Columbia, Beach Visit & Museum Tour

Join us for lunch at The Deck restaurant, a seasonal floating restaurant on the Columbia River. Also stop at Broughton Beach, enjoy bird-watching, and end with a tour of the PT658 Museum. Trip includes transportation, lunch, gratuity, admission and escort.

8/14 (1) ID/AP: \$46	T OD: \$51.75	10:30 am-3 pm	ES17607
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Lunch & Wine Tasting at David Hill Vineyard

Enjoy a relaxed wine tasting at David Hill Vineyards located in the hills of Forest Grove. Enjoy a wonderful catered lunch just for our group. Trip includes transportation, lunch, gratuity, tasting fees and escort.

8/22 (1) ID/AP: \$47	W OD: \$52.25	10:30 am-2:30 pm	ES17608
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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 front desk to register.

Rafting & Kayaking

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

Extended Trips: Looking ahead Iceland • Dec. 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 8.*

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

Pine Room			
Bingo	Monday	Pine	12:15-1:45 pm
Bridge (progressive)	Thursday	Pine	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
Mahjong	Monday	Pine	1-4 pm
Mahjong	Thursday	Pine	6:30-8:30 pm
Mahjong	Saturday	Pine	Noon-4 pm

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

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