

Elsie Stuhr Center



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

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

TriMet Bus Routes #76, #78, #88

Facility Supervisor: Patty Brescia

Summer Term: June 17-Aug. 25, 2019

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, 8/29, 9/2-9/7

Age and Membership Requirements

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

Come to Lunch at the Stuhr Center

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

Meals on Wheels: 503-643-8352

Monthly Newsletter

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

Special Events

Stuhr Estate & Rummage Sale Kickoff Parties

**Wednesday, June 26, 2 pm, and
Thursday, July 25, 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

Red, White & Blue Barbecue

Wednesday, July 3 • 11:30 am-1:30 pm

The grill is hot, the drinks are cold, and we are partnering with The Ackerly at Timerland to make this summer's barbecue the best yet! Join us for your choice of hamburger, brat or grilled chicken, sides, beverage and dessert. Celebrate the 4th of July little early with friends, good food and live entertainment! All ages welcome.

Patio

Cost: \$5



Stuhr Estate & Rummage Sale

**Friday, Aug. 30 • 8 am-4 pm
Saturday, Aug. 31 • 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 of Printmaking			
A variety of forms will be offered; both Intaglio, and relief printing. Learn techniques for printing editions of your creations using a baby-press. \$20 supply fee payable to instructor. Additional supply list available at the front desk. (Teresa)			
6/18-7/23 (6) Spruce	T ID/AP: \$90	1-3:30 pm SD: \$81	ES14625 OD: \$112.50

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)

7/12 (1) Off-site	F ID/AP: \$23	11 am-3 pm SD: \$20.50	ES14628 OD: \$28.75
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Creative Painting

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

6/19-7/24 (6) Spruce	W ID/AP: \$105	9:30 am-12:30 pm SD: \$94.50	ES14605 OD: \$131.25
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Drawing and Painting Workshop

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

6/17-7/22 (6) Spruce	M ID/AP: \$75	1-3 pm SD: \$67.50	ES14609 OD: \$93.75
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Fused Glass Workshop

Create a unique piece of art. No previous experience required. An additional material fee paid to instructor at start of class. (\$40 lab fee)

Bird Mobile			
6/29 (1) Larch	S ID/AP: \$16	2:30-4:30 pm SD: \$14.25	ES14600 OD: \$20

Kiln Carving			
7/13 (1) Larch	S ID/AP: \$16	2:30-4:30 pm SD: \$14.25	ES14601 OD: \$20

Introduction to Illustration

Illustrate women and children in Victorian era costumes using pigma pens, watercolor pencils and soft brushes. A \$25 materials fee is payable to instructor at first class. All supplies loaned in the class. (Kumi)

6/22 (1) Spruce	S ID: \$17	1-4 pm SD: \$ 15.25	ES14626 OD: \$ 21.25
7/6 (1) Spruce	S ID: \$17	1-4 pm SD: \$ 15.25	ES14627 OD: \$ 21.25

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Arts & Crafts - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Painting with Pastels			
Learn to paint or build existing skills using pastel chalks. Create colorful images of people, landscapes, animals, etc. Supply list available at front desk. No class 5/27. (Teresa)			
6/17-7/22 (6) Spruce	M ID/AP: \$105	9:30 am-12:30 pm SD: \$94.50	ES14604 OD: \$131.25

Pottery

This pottery class is a mix of beginners and experience students. Supplies included. Students are responsible to clean their own work space after class. (Marjanna)

6/26-7/24 (5) Spruce	W ID/AP: \$92	1-3:30 pm SD: \$82.75	ES14616 OD: \$115
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Pottery Open Lab

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

7/13 (1) Spruce	S ID/AP: \$17	10 am-12:30 pm SD: \$15.25	ES14619 OD: \$21.25
7/20 (1) Spruce	S ID/AP: \$17	10 am-12:30 pm SD: \$15.25	ES14620 OD: \$21.25

Stained Glass, Open Studio

Build stained glass projects using the Tiffany-style copper foil method. Instruction covers pattern, glass selection, cutting glass, fitting, foiling, soldering skills and patina application. (Sharon)

6/21-7/26 (6) Spruce	F ID/AP: \$101	9 am-Noon SD: \$90.75	ES14612 OD: \$126.25
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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. No class 7/4. (Teresa)

6/20-7/25 (6) Spruce	Th ID: \$88	9:30-12:30 pm SD: \$79	ES14607 OD: \$110
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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)

6/18-7/23 (6) Larch	T ID/AP: \$105	9:30 am-12:30 pm SD: \$94.50	ES14608 OD: \$131.25
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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)

Drop-in Social Dance

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

Dance - 55 & Better

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

6/21-8/9 (8) Maple Birch	F ID/AP: \$52	10:45-11:35 am SD: \$46.75	ES11601 OD: \$65
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International Folk Dancing

International Folk Dancing is fun, educational and easy to learn! No partner needed for these easy and enjoyable dances. (David)

6/21-7/19 (5) Maple/Birch	F ID/AP: \$39	3-4 pm SD: \$35	ES11604 OD: \$48.75
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Line Dancing

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

Beginner

6/19-7/24 (6) Manzanita	W (Barb) ID/AP: \$39	3:05-3:55 pm SD: \$35	ES11602 OD: \$48.75
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Intermediate

6/17-7/22 (6) Manzanita	M (Doug) ID/AP: \$39	3:05-3:55 pm SD: \$35	ES11603 OD: \$48.75
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Fitness - 55 & Better

Fitness Specialists



Monica Langdale (left)
and Carolyn Gallagher (right)

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

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.



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.



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.



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.



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 provides conditioning for improving performance. Includes general conditioning in muscular strength, endurance and flexibility, agility and cardiovascular endurance.

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)

6/17 M 1-2 pm Free

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. Present drop-in pass to your fitness instructor at the beginning of class.

Fitness Room 101

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

6/18	T	12:30-1:30 pm	ES12676
7/6	T	12:30-1:30 pm	ES12677
8/13	T	12:30-1:30 pm	ES12678
Fitness Room	Free		

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! Aerobics to start, followed by strength training, and finishing with flexibility exercises. (Staff)			



6/17-8/7 (8)	M/W	10:45-11:35 am	ES12601
Manzanita	ID/AP: \$70	SD: \$63	OD: \$87.50

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! (Richard/Monica)



6/17-8/9 (8)	M/W/F	8:35-9:25 am	ES12603
Manzanita	ID/AP: \$105	SD: \$94.50	OD: \$131.25

Summer Outdoor Fitness Classes

Cardio Fusion

8/12-8/19 (2)	M	10:45-11:35 am	ES12674A
Outside	ID/AP: \$9	SD: \$8	OD: \$11.25

Yoga, All Levels

8/12-8/21 (2)	M/W	8:30-9:20 am	ES12664A
Outside	ID/AP: \$17	SD: \$15.25	OD: \$21.25
8/13-8/22 (2)	T/Th	8:35-9:25 am	ES12659A
Outside	ID/AP: \$17	SD: \$15.25	OD: \$21.25

Walk & Balance

8/13-8/22 (2)	T/Th	9:40-10:30 am	ES12696
Outside	ID/AP: \$17	SD: \$15.25	OD: \$21.25

Zumba® Gold

8/12-8/21 (2)	M/W	9:40-10:30 am	ES12670A
Outside	ID/AP: \$17	SD: \$15.25	OD: \$21.25

Fitness - 55 & Better

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

Combines aerobic, strengthening and flexibility exercises specifically to enhance strength, balance, joint range of motion, mobility and extend independent living. This is a perfect class for individuals who have been physically inactive or want to progress from a chair fitness class. (Gail)



6/17-8/7 (8)	M/W	9:40-10:30 am	ES12604
Manzanita	ID/AP: \$70	SD: \$63	OD: \$87.50

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)



6/18-7/25 (6)	T/Th	9:40-10:30 am	ES12606
Oak Rm	ID/AP: \$61	SD: \$54.75	OD: \$76.25

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.



6/17-8/5 (8)	M (Belinda)	11:50 am-12:40 pm	ES12607
Maple Birch	ID/AP: \$35	SD: \$31.50	OD: \$43.75
6/18-8/8 (8)	T/Th (Belinda)	8:35-9:25 am	ES12608
Maple Birch	ID/AP: \$65	SD: \$58.50	OD: \$81.25
6/19-8/9 (8)	W/F (Staff)	8:35-9:25 am	ES12609
Maple Birch	ID/AP: \$70	SD: \$63	OD: \$87.50

Barre - Fit

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



6/18-8/8 (8)	T/Th (Eddie)	7:30-8:20 am	ES12639
Manzanita	ID/AP: \$65	SD: \$58.50	OD: \$81.25
6/17-7/24 (6)	M/W (Gail)	10:45-11:35 am	ES12639A
Oak Rm	ID/AP: \$62	SD: \$55.75	OD: \$77.50

Beginning Orientation

Exercise and learn machine adjustments and basic techniques for using the fitness room equipment. Health History form is required. Please wear fitness apparel. Class is a small group format with up to five people led by a certified personal trainer. (Carolyn)

6/25 (1)	T	12:30-2 pm	ES12679
Fitness Room	ID/AP: \$16	SD: \$14.25	OD: \$20
7/23 (1)	T	12:30-2 pm	ES12680
Fitness Room	ID/AP: \$16	SD: \$14.25	OD: \$20
8/20 (1)	T	12:30-2 pm	ES12680A
Fitness Room	ID/AP: \$16	SD: \$14.25	OD: \$20

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Fitness - 55 & Better

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

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. (Kimo)



6/24-7/24 (5)	M/W	9:40-10:30 am	ES12674
Oak Rm	ID/AP: \$44	SD: \$39.50	OD: \$55
8/12-8/19 (2)	M	10:45-11:35 am	ES12674A
Off-site	ID/AP: \$9	SD: \$8	OD: \$11.25

Cardio, Core and More

We'll increase your heart health and improve strength safely and effectively. No class 7/4. (Jeanette)



6/18-8/8 (8)	T/Th	9:45-10:35 am	ES12613
Manzanita	ID/AP: \$65	SD: \$58.50	OD: \$81.25

Chair Core

This seated exercise class will give you a good cardio workout while having fun dancing to good music, without straining knees and hips. We will work on core, legs and arms, and even our glutes! This class is for dance lovers! Chair use designed for all participants. (Kimo)



6/17-7/22 (6)	M	11:50 am-12:40 pm	ES12614
Oak Rm	ID/AP: \$26	SD: \$23.25	OD: \$32.50

Circuit

Warm up as a group then rotate between stations for a complete workout with the guidance of a certified instructor. Bands, dumbbells, stability balls and mats will be used in this class. Chairs available for modifications. (Belinda)



6/19-7/26 (6)	W/F	8:35-9:25 am	ES12620A
Oak Rm	ID/AP: \$57	SD: \$51.25	OD: \$71.25

DIP (Diabetes for Intervention & Prevention)

A proven program, lowering blood sugar, reducing A1c, and managing your diabetes with often dramatic improvements in functional fitness. Current health history and medical clearance required. No class 7/4. (Monica/Jeanette)



6/17-8/22 (10)	M/Th	3:30-4:30 pm	ES12618
Fitness Room	ID/AP: \$173	SD: \$155.50	OD: \$216.25

For fitness classes that begin after 12 pm (noon), please see the drop in fitness schedule at the front desk or online at www.thprd.org. No registration for afternoon classes.

Fitness - 55 & Better

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

Essential Balance & Mobility

This class focuses on enhancing muscle endurance, joint range of motion, posture and flexibility that are essential to mobility and balance. Seated and standing exercises using light handheld equipment and lively music make for a fun and effective class. (Lela)



6/18-8/9 (8)	T/F	3:05-4:05 pm	ES12619
Manzanita	ID/AP: \$70	SD: \$63	OD: \$87.50

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. No class 7/4. (Jeanette)



6/25-8/8 (8)	T/Th	10:55-11:45 am	ES12695
Manzanita	ID/AP: \$65	SD: \$58.50	OD: \$81.25

Fitness Room Circuit

Get a total body workout using interval training with both cardio and strength training. Health history is required for participation. Pick up forms at the front desk. If you are new to the class please arrive 20 minutes early for instructions as this is a timed class with specific stations and directions to follow. (Carolyn)



6/19-8/21 (10)	W	11:50 am-12:40 pm	ES12621
Fitness Room	ID/AP: \$44	SD: \$39.50	OD: \$55

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)



6/21-8/9 (8)	F	9:40-10:30 am	ES12622
Manzanita	ID/AP: \$35	SD: \$31.50	OD: \$43.75

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. No class 7/4. (Fabiola)



6/18-8/8 (8)	T/Th	11:50 am-12:40 pm	ES12623
Manzanita	ID/AP: \$65	SD: \$58.50	OD: \$81.25

Melt Hand & Foot Improving Flexibility

You will learn how to use small balls to massage your hands and feet in order to increase your flexibility, coordination and balance, and to reduce stiffness and pain throughout your body. Balls will be provided during class, or bring your own kit. No class 7/4. (Gail)



6/20-7/25 (5)	Th	10:45-11:35 am	ES12626
Willow	ID/AP: \$26	SD: \$23.25	OD: \$32.50

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For fitness classes that begin after 12 pm (noon), please see the drop in fitness schedule at the front desk or online at www.thprd.org. No registration for afternoon classes.

Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Melt, Intermediate			
This class is for the student who is looking to learn new MELT moves and sequences to gain additional proficiency and build upon the beginning MELT moves. Work on core strength and tone muscles in addition to re hydrating connective tissues and relieving chronic pain. (Tracy)			



6/22-7/20 (5) Poplar	S ID/AP: \$31	9-10 am SD: \$27.75	ES12675 OD: \$38.75
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Pilates, Adapted

Practice techniques to strengthen core, back, spine and abdominal muscles. Movements are adapted to fit personal needs for those with osteoporosis or Parkinson's. Learn breathing techniques for better performance. This mat class uses Pilates rings, balls, and other props. (Belinda)



6/18-8/9 (8) Maple Birch	T/F ID/AP: \$65	11:50 am-12:40 pm SD: \$58.50	ES12631 OD: \$81.25
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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. No class 7/4. (Monica/Jeanette)



6/17-8/22 (10) Fitness Room	M/Th ID/AP: \$173	3:30-4:30 pm SD: \$155.50	ES12634 OD: \$216.25
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Strength, Balance & Core

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



6/17-8/9 (8) Manzanita	M/W/F ID/AP: \$135	7:30-8:20 am SD: \$121.50	ES12642 OD: \$168.75
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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, and an optional aerobic component. (Carolyn)



6/17-8/9 (8) Fitness Room	M/F ID/AP: \$65	11:50 am-12:40 pm SD: \$58.50	ES12643 OD: \$81.25
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Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Tai Chi, Moving for Better Balance			
A falls prevention exercise program where students will learn and practice a series of simple, slow, and rhythmical movements aimed at improving balance, strength, and reducing the risk of falling. (Mignon)			



6/17-7/22 (6) Willow	M (Jim) ID/AP: \$31	8:35-9:25 am SD: \$27.75	ES12648A OD: \$38.75
6/20-7/25 (5) Poplar	Th (Jim) ID/AP: \$26	8:35-9:25 am SD: \$23.25	ES12648B OD: \$32.50
6/22-8/10 (8) Maple Birch	S (Mignon) ID/AP: \$35	11:10 am-Noon SD: \$31.50	ES12648 OD: \$43.75

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.



6/17-8/7 (8) Maple Birch	M/W (Mignon/Belinda) ID/AP: \$70	10:45-11:35 am SD: \$63	ES12651 OD: \$87.50
6/19-8/9 (8) Maple Birch	W/F (Belinda) ID/AP: \$70	9:40-10:30 am SD: \$63	ES12652 OD: \$87.50
6/22-8/10 (8) Maple Birch	S (Mignon) ID/AP: \$35	10:05-10:55 am SD: \$31.50	ES12653 OD: \$43.75



We are accepting donations for Stuhr Estate & Rummage Sale beginning July 29. Look in your closets, attics and garages for treasures that might want a new home.

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)	Day	Time	Class #
Location	ID/AP	SD	OD

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)

8/13-8/22 (2)	T/Th	9:40-10:30 am	ES12696
Off-site	ID/AP: \$17	SD: \$15.25	OD: \$21.25

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

6/24 - Shoulder	M (Lela)	6-7:30 pm	ES12685
Fitness Room	ID/AP: \$16	SD: \$14.25	OD: \$20
6/27 - Back	Th (Carolyn)	12:30-2 pm	ES12686
Fitness Room	ID/AP: \$16	SD: \$14.25	OD: \$20
7/9 - Knee	T (Carolyn)	12:30-2 pm	ES12687
Fitness Room	ID/AP: \$16	SD: \$14.25	OD: \$20
7/11 - Shoulder	Th (Carolyn)	12:30-2 pm	ES12689
Fitness Room	ID/AP: \$16	SD: \$14.25	OD: \$20
7/15 - Back	M (Lela)	6-7:30 pm	ES12690
Fitness Room	ID/AP: \$16	SD: \$14.25	OD: \$20
7/29 - Knee	M (Lela)	6-7:30 pm	ES12691
Fitness Room	ID/AP: \$16	SD: \$14.25	OD: \$20
8/6 - Hip	T (Carolyn)	12:30-2 pm	ES12688
Fitness Room	ID/AP: \$16	SD: \$14.25	OD: \$20
8/12 - Hip	M (Lela)	6-7:30 pm	ES12692
Fitness Room	ID/AP: \$16	SD: \$14.25	OD: \$20

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. No class 7/4. (Monica/Jeanette)



6/17-8/22 (10)	M/Th	3:30-4:30 pm	ES12657
Fitness Room	ID/AP: \$173	SD: \$155.50	OD: \$216.25

Yoga II

For the continuing student who has experience but wants to build endurance through the foundation poses. Regular practice of sun salutation and modified inversions introduced. (Tracy)



6/22-7/20 (5)	S	10:15-11:05 am	ES12675A
Poplär	ID/AP: \$26	SD: \$23.25	OD: \$32.50

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: \$48.50 OD: \$60.75

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: \$54.75	SD: \$47.50	OD: \$68.50	
3 Sessions:			
ID/AP: \$164.25	SD: \$142.50	OD: \$202.25	
6 Sessions:			
ID/AP: \$328.50	SD: \$284.75	OD: \$410.75	

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.

Wellness On Wheels (WOW)

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

WOW HollyTree Total Body Workout from a Chair

Get a great cardio workout with hand weights, leg weights and resistance training with bands. Work on balance, strength, coordination and endurance. Must be able to stand for short intervals using a chair for stability. Program held off site. (Staff) This is a fitness program for adults 55 and better to address the needs of maintaining independence, functional fitness and wellness.

6/18-8/23 (10)	T/F	9:30-10:30 am	ES12WOW2
Off-site	ID/AP: \$101	SD: \$90.75	OD: \$126.25

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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Yoga, All Levels

Practice poses with an emphasis on breath, alignment, symmetry and technique to build strength, flexibility and balance. Develop the mind-spirit connection in a structured, progressive format. This class is suitable for all levels, yoga props available for modifications. No class 7/4.



6/18-7/25 (6) Willow	T/Th (Fabiola) ID/AP: \$57	8:35-9:25 am SD: \$51.25	ES12659 OD: \$71.25
8/13-8/22 (2) Off-site	T/Th (Fabiola) ID/AP: \$17	8:35-9:25 am SD: \$15.25	ES12659A OD: \$21.25
6/17-8/5 (8) Maple Birch	M (Edie) ID/AP: \$35	8:35-9:25 am SD: \$31.50	ES12663 OD: \$43.75
6/20-8/8 (7) Maple Birch	Th (Gail) ID/AP: \$31	9:40-10:30 am SD: \$27.75	ES12664 OD: \$38.75
8/12-8/21 (2) Off-site	M/W (Gail) ID/AP: \$17	8:30-9:20 am SD: \$15.25	ES12664A OD: \$21.25

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.



6/18-8/6 (8) Maple Birch	T (Fabiola) ID/AP: \$35	10:45-11:35 am SD: \$31.50	ES12661 OD: \$43.75
6/20-8/8 (7) Maple Birch	Th (Fabiola) ID/AP: \$31	10:45-11:35 am SD: \$27.75	ES12662 OD: \$38.75
6/20-8/8 (7) Willow	F (Edie) ID/AP: \$31	8:35-9:25 am SD: \$27.75	ES12629 OD: \$38.75

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.



6/17-8/5 (8) Maple Birch	M (Mignon) ID/AP: \$35	9:40-10:30 am SD: \$31.50	ES12665 OD: \$43.75
6/18-8/6 (8) Maple Birch	M (Edie) ID/AP: \$35	9:40-10:30 am SD: \$31.50	ES12666 OD: \$43.75

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. Zumba® Gold is a fun, different, easy and effective total body workout! No class 7/4 (Christl/Naoko)



6/18-8/8 (8) Manzanita	T/Th ID/AP: \$65	8:35-9:25 am SD: \$58.50	ES12670 OD: \$81.25
8/12-8/21 (2) Off-site	M/W (Kimo) ID/AP: \$17	9:40-10:30 am SD: \$15.25	ES12670A OD: \$21.25

Summer Outdoor Fitness



Cardio Fusion

A work out that pairs moderate aerobics with exercises and dance moves that are designed to improve strength, balance and flexibility. This workout gets the heart rate up with low impact moves! Meet by the outdoor workout structure behind the Elsie Stuhr Center. (Kimo)

8/12-8/19 Outside	M \$9 ID	10:45-11:35 am \$11.25 OD	ES12674A
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Yoga, All Levels

Practice poses with an emphasis on breath, alignment, symmetry and technique to build strength, flexibility and balance. Meet outside at the court behind the Elsie Stuhr Center.

8/13-8/22 Outside	T/Th \$17 ID	8:35-9:25 am \$21.25 OD	ES12659A (Fabiola)
8/12-8/21 Patio	M/W \$17 ID	8:30-9:20 am \$21.25 OD	ES12664A (Gail)

Walk & Balance

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

8/13-8/22 Off-site	T/Th \$17 ID	9:40-10:30 am \$21.25 OD	ES12696
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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. Meet by the outdoor workout structure behind the Elsie Stuhr Center. (Kimo)

8/12-8/21 Outside	M/W \$17 ID	9:40-10:30 am \$21.25 OD	ES12670A
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Fitness Room is OPEN regular hours

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)	Day	Time	Class #
Location	ID/AP	SD	OD

Alzheimer's & Dementia Workshop

Alzheimer's disease is not a normal part of aging. If you are someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. The Alzheimer's Association® is offering the workshop **Healthy Living for Your Brain and Body: Tips from the Latest Research program**. This workshop covers: Cognitive activity, Physical health and exercise, Diet and nutrition, and Social engagement. Presented by Alzheimer's Association.

6/25 (1)	T	10-11:30 am	ES13601
Willow	FREE		

Brain Fitness, Life Skills

Experience mental exercise with a dash of rhythm and music to make it fun. This program helps improve memory, executive processing and problem solving. We will cover the latest research in neurogenesis and plasticity and what that means for you. No class 7/4. (Susan)

6/18-7/25 (6)	T/Th	1-2 pm	ES13602
Oak Rm	ID/AP: \$88	SD: \$79	OD: \$110

Health & Wellness Support Groups

No meetings July 25-Sept. 7

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

Alzheimer's Support Group

Spouses, caregivers, family and friends of persons suffering from Alzheimer's disease and related dementia meet monthly. Members provide support and guest speakers are featured.
2nd Thursday, 1-3 pm, Cedar
3rd Thursday, 2-4 pm, Beaverton Community Center
4th Tuesday, 6:30-8:30 pm

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

Pre-Diabetes/Diabetes Support Group

A peer-to-peer education and support group focused on pre-diabetes and diabetes. Share your experiences, learn, encourage, ask questions or just quietly listen.
3rd Thursday, 2-3:30 pm

Chronic Pain Support Group

Self-help and peer support for people with chronic pain. Learn to deal with pain in a positive way, regain a sense of personal control and enhance your quality of life.

2nd Wednesday, 2 pm

Health & Wellness - 55 & Better

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

Essential Oil Discovery **new**

This beginning class goes over the uses and benefits of essential oils. Leave with a custom rollerball blend. \$5 lab fee per class payable to instructor at first class. (Michelle)

Let the Journey Begin

6/19 (1)	W	Noon-1:30 pm	ES13604
Oak Rm	ID/AP: \$11	SD: \$9.75	OD: \$13.75

Emotions & Sleep

6/26 (1)	W	Noon-1:30 pm	ES13604A
Oak Rm	ID/AP: \$11	SD: \$9.75	OD: \$13.75

Non-Toxic Cleaning

7/10 (1)	W	Noon-1:30 pm	ES13604B
Oak Rm	ID/AP: \$11	SD: \$9.75	OD: \$13.75

Cognitive Focus & Motivation

7/17 (1)	W	Noon-1:30 pm	ES13604C
Oak Rm	ID/AP: \$11	SD: \$9.75	OD: \$13.75

Immune Support/Environmental Challenges

7/24 (1)	W	Noon-1:30 pm	ES13604D
Oak Rm	ID/AP: \$11	SD: \$9.75	OD: \$13.75

Life-Changing Illness: Our New Normal **new**

A weekly group dedicated to the challenges and growth for people with life-changing illness as we learn to live with our new normal. Rebecca is a NGH (National Guild of Hypnotists) certified Hypnotherapist, Master Neuro-Linguistic Programming Practitioner and Board Certified Coach with an emphasis on transitional and illness coaching. (Rebecca)

6/19-7/24 (6)	W	10-11:30 am	ES13612
Cedar Rm	ID/AP: \$69	SD: \$62	OD: \$86.25

Qigong - Living Grace

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

6/19-7/24 (6)	W	10-11:30 am	ES13608
Poplar	ID/AP: \$42	SD: \$37.75	OD: \$52.50

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)

6/17-7/22 (6)	M	9:30-10:30 am	ES13611
Cedar Rm	ID/AP: \$48	SD: \$43	OD: \$60

Free Blood Pressure Clinic

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

General Interest - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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A Will Is Not Enough

Receive practical advice on how to safeguard your assets and health care wishes during and after your lifetime. Acquire up to date knowledge about wills, living trusts, health care documents, issues regarding guardianship, conservatorship, and power of attorney.

7/23 (1) Willow	T ID: \$5 SD: \$4.50 OD: \$6.25	10-11:30am	ES13600
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Lecture/DVD Series: Terror of History - Mystics, Heretics, and Witches in the Western Tradition

Western civilization is closely associated with reason and science, and with exceptional accomplishment in art, architecture, music, and literature. Yet it has also been characterized by widespread belief in the supernatural and the irrational with mystics who have visions of the divine, and with entire movements of people who wait in fervent anticipation of the apocalypse. The "terror of history," according to Professor Teofilo F. Ruiz, is a deeply held belief that the world is essentially about disorder and emptiness, and that human beings live constantly on the edge of doom. **Please note: This is a continuation of the spring term lecture (same topic).** (George)

6/17-7/15 (5) Willow	M ID/AP: \$33	10-11:30 am SD: \$29.50	ES15607 OD: \$41.25
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Reading the Holocaust

Together we'll explore some lesser known writing on the Holocaust, including some by local survivors. There'll be a chance to read excerpts together and discuss, as well as a reading list for further individual exploration. (David)

6/21-7/19 (5) Dogwood	F ID/AP: \$22	1:30-2:30 pm SD: \$19.75	ES15608 OD: \$27.50
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Mind/Treasure Mapping

Join in creating a Mind Map (or treasure map) of a goal or problem you have been working or thinking about. By the end of class you should have a map of your goal and the path to it. (Rebecca)

6/17-7/22 (6) Cedar Rm	M ID/AP: \$49	10:45-11:45 am SD: \$44	ES13613 OD: \$61.25
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On The Road Again: Exploring the Vast Central & Eastern Oregon Wilderness

Oregon has two distinct climate and geographical areas west of the Cascade Mountains and East. Via pictures and video's, this class will describe picturesque places such as the wild Deschutes River, the unique Fort Rock and Round Barn, the rugged Steens mountains and much more. You will receive detailed information on how to access these areas, where to stay, and how to make the most of your trip. Join us and plan your next adventure! (Joe)

6/20	Th ID: \$12	1-2:15 pm SD: \$10	ES15641 OD: \$15
7/18	Th ID: \$12	1-2:15 pm SD: \$10	ES15642 OD: \$15



General Interest - 55 & Better

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

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

6/17-7/22 (6) Willow	M ID/AP: \$48	12:15-1:15 pm SD: \$43	ES15619 OD: \$60
6/17-7/22 (6) Willow	M ID/AP: \$80	1:30-2:30 pm SD: \$72	ES15620 OD: \$100
6/17-7/22 (6) Willow	M ID/AP: \$80	2:45-3:45 pm SD: \$72	ES15621 OD: \$100

Spanish, Beginning II

Class to include more on -AR verbs, sentence structure development, and the development of useful vocabulary. (Mercedes)

6/18-7/23 (6) Dogwood	T ID/AP: \$57	8-9:15 am SD: \$51.25	ES15628 OD: \$71.25
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Spanish Beginning II/III

Class to include more on -AR verbs, focus on sentence structure, and the development of useful vocabulary. Continuation from Beg. II Spanish. (Mercedes)

6/18-7/23 (6) Dogwood	T ID/AP: \$66	9:30-11 am SD: \$59.25	ES15629 OD: \$82.50
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Spanish, Beginning III

Class reviews Direct Object Pronouns, Indirect Object Pronouns and prepositional objects, -ER and -IR verbs, reading, and vocabulary development. Continuation from Beg. II/III Spanish. (Mercedes)

6/22-7/27 (6) Dogwood	S ID/AP: \$66	9-10:30 am SD: \$59.25	ES15630 OD: \$82.50
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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)

6/21-7/26 (6) Willow	F ID/AP: \$66	11 am-12:30 pm SD: \$54.25	ES15633 OD: \$82.50
6/21-7/26 (6) Willow	F ID/AP: \$66	1-2:30 pm SD: \$54.25	ES15634 OD: \$82.50

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

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.

6/26	W	10 am	Cedar
Free			

Red, White & Blue Barbecue

The grill is hot, the drinks are cold, and we are partnering with The Ackerly at Timberland to make this summer's barbecue the best yet! Join us for your choice of hamburger, brat or grilled chicken, sides, beverage and dessert. Celebrate the 4th of July a little early with friends, good food and live entertainment! All ages welcome. Cost is \$5 per person.

7/3	W	11:30 am-1:30 pm	Patio	Cost: \$5
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BBQ Sponsored by:



Stuhr Estate & Rummage Sale

Friday, Aug. 30 - 8 am-4 pm
Saturday, Aug. 31 - 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 29.

Special Events - 55 & Better

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

6/26	W	2 pm	Cafeteria
7/25	Th	2 pm	Cafeteria

Trips & Tours - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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Lunch on "The Row" & Tour of The Grotto

Originally opened in 1953 as a breakfast cafe for the produce dockworkers, Produce Row was purchased and converted into a restaurant and bar in 1974 and has been a core component of the city ever since. Following lunch at Produce Row, we will head to the 62-acre green space known as The Grotto for a guided tour. Trip includes transportation, lunch, admission, gratuities and escort. (Staff)

6/20 (1)	Th	10:30 am-3:30 pm	ES17600
ID/AP: \$63	OD: \$69.50		

An Afternoon at Sweet Peas Tea Room

Enjoy a summer day with a luncheon at Sweet Peas Tea Room in Vancouver, WA. The menu includes a selection of homemade items made from the freshest of local produce, including their authentic English scones. Trip includes lunch, gratuities and escort. (Staff)

6/26	W	11 am-3 pm	ES17601
ID/AP: \$53	OD: \$58.25		

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. Trip includes transportation, dinner and gratuity. (Patty)

7/9 (1)	T	4:30-7 pm	ES17609
ID/AP: \$70	OD: \$87.50		
8/13 (1)	T	4:30-7 pm	ES17617
ID/AP: \$70	OD: \$87.50		

Bistro Maison

Bistro Maison, in historical downtown McMinnville, is the classic French bistro in the heart of Oregon's "pinot noir" wine country. Trip includes transportation, lunch, gratuity and escort. (Staff)

7/11 (1)	Th	10:30 am-3 pm	ES17602
ID/AP: \$61	OD: \$66.75		

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

Trip Cancellations

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

Trips & Tours - 55 & Better

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

7/16 (1)	T	10:30 am-2 pm	ES17603
ID/AP: \$71	OD: \$75.50		

Lunch on the Columbia & Fort Vancouver Visit

Join us for a delicious lunch at The Deck Restaurant, a seasonal floating restaurant on the Columbia River that specializes in quality dishes & fresh produce. After, we'll head north to the Fort Vancouver National Historic Site to experience the rich cultural history of the American Pacific Northwest. Trip includes transportation, lunch, gratuity, admission and escort. (Staff)

7/24 (1)	W	11 am-4 pm	ES17604
ID/AP: \$56	OD: \$62.50		

Explore Vancouver's Waterfront District

Situated along one half mile of south facing riverfront, Vancouver Washington's new Waterfront District includes renowned restaurants, a 7-acre waterfront park and unique retail spaces. Begin the afternoon with lunch at WildFin, and then enjoy free time to explore the striking Grant Street Pier and nearby attractions. Trip includes transportation, lunch, gratuities and escort. (Staff)

7/30 (1)	T	10:45 am-2:30 pm	ES17605
ID/AP: \$48	OD: \$53		

Picnic at David Hill Winery

Enjoy a relaxed wine tasting experience at David Hill Vineyards, located in the hills of Forest Grove. We'll pair our pinot with a catered picnic, and enjoy the summer weather under the shade of large oak trees. Trip includes transportation, lunch, tasting fee, gratuities and escort. (Staff)

8/7 (1)	W	10:30 am-3 pm	ES17606
ID/AP: \$56	OD: \$62		

For free fitness opportunities and events this summer see page 7.

Trips & Tours - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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Brunch at Camp 18 & Cannon Beach

Hop on the bus and we're off to Elsie for a dining and logging experience you do not want to miss! After brunch at Camp 18, we'll make the short trip to Cannon Beach and spend the afternoon shopping, visiting, and of course, walking on the beach. Trip includes transportation, brunch, gratuity and escort. Please note: Due to the chance of traffic, trip may return closer to 6:00 pm. (Staff)

8/15 (1)	Th	9 am-5:30 pm	ES17607
ID/AP: \$76	OD: \$87		

Brats & Blooms

In the summer months, Crystal Springs Rhododendron garden comes alive with brightly colored rhododendrons, azaleas and companion plants. Join us as we take a guided tour of this peaceful park and end our afternoon with lunch at Zoiglhaus Brewing - a local favorite serving a mix of pub food and German fare. Trip includes transportation, lunch, gratuity, admission and escort. (Staff)

8/20 (1)	T	10:15 am-3 pm	ES17608
ID/AP: \$51	OD: \$57.25		

Adventures Without Limits



Rafting Adventure

Join Adventures Without Limits for a day of fun, splashy rapids, great conversation with likeminded adults, and the chance to spot Ospreys and Great Blue Herons! Sounds like the perfect day, right? Kick off summer with us as we explore one of Oregon's whitewater gems! This trip is great for beginners and experienced rafters alike - instruction and equipment is included. (AWL)

6/18 (1)	T	9 am-5 pm	ES17618
ID/AP: \$78	OD: \$81.25		

Kayaking Nehalem Bay

Enjoy some summer time coastal fun as we paddle the protected waters of Nehalem Bay! Take in the salty air as we explore the coastal grassland estuary, and be sure to keep your eyes peeled for Great Blue Herons, Sandpipers, Gulls and Egrets. If we are lucky, we might see seals hunting salmon in the bay's protected waters. This trip is great for beginners and experienced kayakers alike - instruction and equipment are included. (AWL)

7/9(1)	T	9 am-5 pm	ES17619
ID/AP: \$78	OD: \$81.25		

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)

Elsie Stuhr Center Drop-in Schedule

503-629-6342

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

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

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
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
Mahjongg	Monday	Pine	1-4 pm
Mahjongg	Thursday	Pine	6:30-8:30 pm
Mahjongg	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
Movie Day	2nd/4th Fridays	Cedar	1 pm

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

Summer Camps

Elsie Stuhr Center

503-629-6340

Ages 6-10 yrs

Youth Tech Computer Camp - iGame Creators

Want to create video games? This is an introductory course for younger students who want learn to build simple video games. This course combines the art of video game design and animation to create interactive characters that fly around the screen. Amaze your friends and family with your fun interactive games. Class held in the Poplar Rm at Elsie Stuhr Center. (Youth Tech Inc.)

7/15-7/18 (1) M-Th Noon-2 pm ES17705
Poplar ID/AP: \$135 OD: \$218.75

Youth Tech Computer Camp - Video Game Design

This course provides students with a fun interactive look at the world of video game design and development. Learn the basics of video game design and produce several different interactive video games to share with their friends and family. This class is held at the Elsie Stuhr Center in the Poplar room. (Youth Tech Inc.)

7/15-7/18 (1) M-Th 2:30-4:45 pm ES17706
Poplar ID/AP: \$175 OD: \$218.75

Youth Tech Computer Camp - iCode

This course offers younger students a fun, interactive look at coding. Create virtual apps and write your own programs that you can share with friends and family. Students will have access to their accounts so the learning does not end at the door. **Students should be able to read prior to taking this course. Class is held at the Elsie Stuhr Center in the Poplar Room. (Youth Tech Inc.)

7/22-7/25 (1) M-Th Noon-2 pm ES17707
Poplar ID/AP: \$135 OD: \$168.75

Youth Tech Computer Camp - Animation

Learn the basics of animation and digital design. Students who enjoy going to various sites to see fun interactive animations will love this course. Students will create fun interactive animations that they can share with the world. Class held at the Elsie Stuhr Center in the Poplar Room (Youth Tech Inc.)

7/22-7/25 (1) M-Th 2:30-4:45 pm ES17708
Poplar ID/AP: \$175 OD: \$218.75

Harman Swim Center

503-629-6314

Summer Fun All-Stars Camp

A cool Summer activity for students 7-13 yrs old. Sign up for one week, or for all three! Swim every Tuesday and Thursday. Have fun, make friends, and play games (Basketball, soccer, capture the flag, and ultimate Frisbee). Bring water bottle, snack, swimsuit, sunscreen and wear closed-toed shoes.

7/8-12 M-F 9 am-Noon ID/AP: \$120 OD: \$150 HM17200
7/15-19 M-F 9 am-Noon ID/AP: \$120 OD: \$150 HM17201
7/22-26 M-F 9 am-Noon ID/AP: \$120 OD: \$150 HM17202

Beaverton Swim Center

503-629-6312

Camp Splash It Up! (Ages 7-12 yrs)

Come join us at Beaverton Swim Center for camp! Every week we will be doing crafts, games and activities, field trips to local parks, and playing at the city water fountains. Included in your camp are swimming lessons and structured pool time so you don't have to miss out on learning to swim this summer season!

6/24-6/28	M-F	8 am-5 pm	BV18200
	\$225	\$281.25	
7/1-7/5	M-W/F	8 am-5 pm	BV18201
	\$180	\$225	
7/8-7/12	M-F	8 am-5 pm	BV18202
	\$225	\$281.25	
7/15-7/19	M-F	8 am-5 pm	BV18203
	\$225	\$281.25	
7/22-7/26	M-F	8 am-5 pm	BV18204
	\$225	\$281.25	
7/29-8/2	M-F	8 am-5 pm	BV18205
	\$225	\$281.25	
8/5-8/9	M-F	8 am-5 pm	BV18206
	\$225	\$281.25	
8/12-8/16	M-F	8 am-5 pm	BV18207
	\$225	\$281.25	
8/19-8/23	M-F	8 am-5 pm	BV18208
	\$225	\$281.25	

Before Care

6/24-6/28	M-F	7-8 am	\$27	\$33.75	BV18200BC
7/1-7/5	M-W/F	7-8 am	\$21	\$26.25	BV18201BC
7/8-7/12	M-F	7-8 am	\$27	\$33.75	BV18202BC
7/15-7/19	M-F	7-8 am	\$27	\$33.75	BV18203BC
7/22-7/26	M-F	7-8 am	\$27	\$33.75	BV18204BC
7/29-8/2	M-F	7-8 am	\$27	\$33.75	BV18205BC
8/5-8/9	M-F	7-8 am	\$27	\$33.75	BV18206BC
8/12-8/16	M-F	7-8 am	\$27	\$33.75	BV18207BC
8/19-8/23	M-F	7-8 am	\$27	\$33.75	BV18208BC

After Care

6/24-6/28	M-F	5-6 pm	\$27	\$33.75	BV18200AC
7/1-7/5	M-W/F	5-6 pm	\$21	\$26.25	BV18201AC
7/8-7/12	M-F	5-6 pm	\$27	\$33.75	BV18202AC
7/15-7/19	M-F	5-6 pm	\$27	\$33.75	BV18203AC
7/22-7/26	M-F	5-6 pm	\$27	\$33.75	BV18204AC
7/29-8/2	M-F	5-6 pm	\$27	\$33.75	BV18205AC
8/5-8/9	M-F	5-6 pm	\$27	\$33.75	BV18206AC
8/12-8/16	M-F	5-6 pm	\$27	\$33.75	BV18207AC
8/19-8/23	M-F	5-6 pm	\$27	\$33.75	BV18208AC

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