

Winter

Elsie Stuhr Center • Activities Guide

2022



Adult & Senior Programs & Activities • Financial Aid Available

Registration

Winter registration starts Saturday, December 4 at 8 am

(Monday, December 6 for out of district residents)

Registration is easy at THPRD

If you live in the district and have a current THPRD identification card, you can register:



Online: www.thprd.org

You can register 24 hours a day, seven days a week. A credit card or THPRD gift card is required for online payment.



By phone: 503-439-9400

In district:

Saturday, December 4, 8 am-6 pm

Sunday, December 5, noon-4 pm

Monday, December 6, 8 am-noon

Out of district:

Monday, December 6 from 8 am-noon.

After Monday, December 6: call any open THPRD center.



Walk-in*

*Please note: walk-in registration may have a longer wait time. Online or phone registration is highly encouraged.

Visit any of the following centers on, or after, Saturday, December 4 to register:

- Babette Horenstein Tennis Center
- Cedar Hills Recreation Center
- Conestoga Recreation & Aquatic Center
- Elsie Stuhr Center*
- Garden Home Recreation Center*
- Tualatin Hills Aquatic Center
- Tualatin Hills Athletic Center*

*Closed on Saturdays and Sundays

THPRD General Information

Registration Payment

To protect your personal information, THPRD no longer accepts credit card payments over the phone. Anyone registering by phone will have a 48-hour window to make payment at any open THPRD facility or online at www.thprd.org. If you have questions, call 503-645-6433.

Live out of district?

Patrons who live outside the district, including out-of-town guests, are invited to enjoy programs and other services provided by THPRD. The park district currently provides two payment options:

Pay a 25% premium for each program -OR- Pay a yearly or quarterly assessment fee.

For more information visit:

<http://www.thprd.org/activities/am-i-in-district>

Inclement Weather

THPRD programs, camps and sponsored activities may be delayed or canceled if weather conditions warrant. For the latest information on THPRD operations during inclement weather, please call our 24-hour hotline at 503-614-4018 or go to our website, www.thprd.org.

Delays, Closures and Changes

Occasionally centers will be closed or schedules changed or delayed. We make every effort to announce any change in advance.

Financial Aid Program

Households whose income falls below the Federal Free Meal Guidelines are eligible to receive up to \$200 per person annually in financial aid. Financial aid funds may be used for camps, sports, swimming, fitness classes, gymnastics, dance, weight rooms, plot fees for the community gardens, affiliated recreational youth sports leagues and more. For more information or to apply visit: <http://www.thprd.org/activities/financial-aid>

Adaptive and Inclusive Recreation

THPRD provides Adaptive Recreation opportunities and Inclusion Services for individuals experiencing disabilities to promote access for all members of our community to recreate. For more information regarding specialized recreation and inclusion services, please call 503-629-6330, email inclusion@thprd.org or visit our webpage: www.thprd.org/activities/adaptive-and-inclusive-recreation



Inscripción

La inscripción de otoño comienza el sábado 4 de diciembre a las 8 a. m.

(Lunes 30 de agosto para residentes fuera del distrito)

La inscripción es fácil en THPRD

Si vive en el distrito y tiene una tarjeta de identificación de THPRD vigente, puede inscribirse:



En línea: www.thprd.org

Puede inscribirse 24/7. Se necesita una tarjeta de crédito o una tarjeta de regalo de THPRD para pagar en línea.



Por teléfono: 503-439-9400

En el distrito: Sábado 4 de diciembre de 8 a. m. a 6 p. m.; domingo 5 de diciembre de 12 p. m. a 4 p. m.; lunes 6 de diciembre de 8 a. m a 12 p. m.

Fuera del distrito: Lunes 6 de diciembre de 8 a. m. a 12 p. m.

Después del lunes 6 de diciembre: llame a cualquier centro de THPRD abierto.



Sin cita previa*

*Tenga en cuenta: la inscripción sin cita previa puede tener un tiempo de espera más largo. Se fomenta encarecidamente la inscripción en línea o por teléfono.

Visite cualquiera de los siguientes centros a partir del sábado 4 de diciembre para inscribirse:

- Babette Horenstein Tennis Center
- Cedar Hills Recreation Center
- Conestoga Recreation & Aquatic Center
- Elsie Stuhr Center*
- Garden Home Recreation Center*
- Tualatin Hills Aquatic Center
- Tualatin Hills Athletic Center*

*Cerrado los sábados y domingos

Información general de THPRD

Pago de inscripción

Para proteger su información personal, THPRD ya no acepta pagos con tarjeta de crédito por teléfono. Cualquier persona que se inscriba por teléfono tendrá un período de 48 horas para hacer el pago en cualquier centro de THPRD abierto o en línea en www.thprd.org. Si tiene preguntas, llame al 503-645-6433. Hablamos español.

¿Vive fuera del distrito?

Se invita a los usuarios que viven fuera del distrito, incluyendo los huéspedes de fuera de la ciudad, a disfrutar de los programas y otros servicios que da THPRD. El distrito de parques da actualmente dos opciones de pago:

Pague una prima del 25 % por cada programa O pague una tarifa de evaluación anual o trimestral.

Para obtener más información, visite:

<http://www.thprd.org/activities/am-i-in-district>

Inclemencias del tiempo

Los programas, campamentos y actividades que patrocina THPRD pueden retrasarse o cancelarse si las condiciones climáticas lo justifican. Para obtener la información más reciente sobre cómo opera THPRD durante las inclemencias del tiempo, llame a nuestra línea directa de 24 horas al 503-614-4018 o visite nuestro sitio web, www.thprd.org.

Retrasos, cierres y cambios

Ocasionalmente, los centros estarán cerrados o los horarios cambiarán o se retrasarán. Hacemos todo lo posible para anunciar cualquier cambio con antelación.

Programa de Asistencia Financiera

Los grupos familiares cuyos ingresos están por debajo de las Directrices Federales de Comida Gratis son elegibles para recibir hasta \$200 por persona anualmente en asistencia financiera. Los fondos de ayuda financiera se pueden usar para campamentos, deportes, natación, clases de acondicionamiento físico, gimnasia, baile, salas de pesas, tarifas de parcela para los jardines comunitarios, ligas deportivas juveniles recreativas afiliadas y más. Para obtener más información o para inscribirse, visite:

<http://www.thprd.org/espanol/inscripcion/asistencia-financiera>

Recreación adaptativa e inclusiva

THPRD da oportunidades de recreación adaptativa y servicios de inclusión para personas con discapacidades para promover el acceso de todos los miembros de nuestra comunidad a la recreación. Para obtener más información sobre los servicios especializados de recreación e inclusión, llame al 503-629-6330, envíe un email a inclusion@thprd.org o visite nuestra página web:

www.thprd.org/activities/adaptive-and-inclusive-recreation



Facility Information

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

TriMet Bus Routes #76, #78, #88

Facility Supervisor: Emily Kent

Winter Term: January 3 – March 20, 2022

Hours:

Monday-Friday 8 am-2 pm

Facility Closed:

- Friday, December 24
- Friday, December 31
- Monday, January 17
- Monday, February 21

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 53 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 emailed to you at no charge. Call us at 503-629-6342 for more information.



Classes are scheduled in two parts. There is a 15-minute break scheduled and must be observed. The first part includes class instruction, project development and discussion. The second part of class is an open studio time to work on your projects and have questions answered and assistance with techniques by instructor. Material Fee is included in "part 1".

Creative Painting

Explore both realism and abstract techniques in an inspiring, creative atmosphere using the paint medium of your choice; Oils, Acrylics, Watercolors, or Pastels are welcome. (Teresa)

1/13-3/17 (19) Th 9-10:30 am ES24607
Larch/Spruce ID/AP: \$109 SD: \$98 OD: \$136.25

Creative Painting - Open Studio

1/13-3/17 (19) Th 10:45 am-12:15 pm ES24607A
Larch/Spruce ID/AP: \$100 SD: \$90 OD: \$125



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)

1/12-2/9 (5) W 10-11:30 am ES24609
Larch/Spruce ID/AP: \$59 SD: \$53 OD: \$73.75
2/16-3/16 (5) W 10-11:30 am ES24610
Larch/Spruce ID/AP: \$59 SD: \$53 OD: \$73.75

Pottery - Open Studio

1/12-2/9 (5) W 11:45 am-1:15 pm ES24609A
2/16-3/16 (5) W 11:45 am-1:15 pm ES24610A
Larch/Spruce ID/AP: \$50 SD: \$45 OD: \$62.50

Stained Glass

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)

1/14-3/18 (19) F 9-10:30 am ES24612
Larch/Spruce ID/AP: \$107 SD: \$96.25 OD: \$133.75

Stained Glass - Open Studio

1/14-3/18 (20) F 10:45 am-12:15 pm ES24612A
Larch/Spruce ID/AP: \$100 SD: \$90 OD: \$125

Wood Carving

Learn to carve in relief, round & cottonwood bark, 3 projects or more. \$20 lab fee for participants just starting out paid to instructor. (Nancy)

1/11-3/15 (19) T 10:45 am-12:15 pm ES24613
Larch/Spruce ID/AP: \$107 SD: \$96.25 OD: \$133.75

Wood Carving - Open Studio

1/11-3/15 (19) T 12:30-2 pm ES24613A
Larch/Spruce ID/AP: \$100 SD: \$90 OD: \$125

Enrichment

Brain Fitness, Life Skills

A fun, cognitive skills program to enhance brain function and mental abilities that will improve memory, processing, problem solving, visualization, and focus. Use your imagination, creativity and brain power to increase brain potential and give yourself a mental tune-up!

1/11-3/15 (10) T/Th 1-2 pm ES25602
Willow ID/AP: \$169 SD: \$152 OD: \$211.25

Conversational Spanish

Learn to carry on a conversation in Spanish. (Mary Francis)

1/24-3/14 (8) M 9:30-11 am ES25605
Dogwood ID/AP: \$53 SD: \$47.50 OD: \$66.25

Piano for Beginners

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

1/13-3/17 (10) Th 10:30 am-12 pm ES25611
Dogwood ID/AP: \$126 SD: \$113.25 OD: \$157.50

Piano, Intermediate - Level 2

Piano Level 2 - Requires minimal music reading. (Helle)

1/12-3/16 (10) W 12:30-2 pm ES25612
Dogwood ID/AP: \$126 SD: \$113.25 OD: \$157.50

Piano, Intermediate - Level 3

Piano Level 3 - Intro to key signatures. (Helle)

1/12-3/16 (10) W 10:30 am-12 pm ES25613
Dogwood ID/AP: \$126 SD: \$113.25 OD: \$157.50

Piano, Intermediate - Level 4

Piano Level 4 - Able to read in different time & key signatures. (Helle)

1/13-3/17 (10) Th 12:30-2 pm ES25614
Dogwood ID/AP: \$126 SD: \$113.25 OD: \$157.50



Fitness Room 101

Learn machine adjustments and basic technique for using fitness room equipment during this one-hour session. Please wear fitness apparel. Complimentary and limited to 4 people.

1/13 (1) Th 12:30-1:30 pm ES32676
 Fitness Room ID/AP: \$0 SD: \$0 OD: \$0

Weight Rm Clinic- Posture

Learn specific stretches and strength exercises for the shoulders, back, and neck to improve your posture. By the end of each clinic you will have a list of exercises that you can incorporate into your own workout. (Tyler)

1/27 (1) Th 12:30-1:30 pm ES32685
 Cedar Rm ID/AP: \$12 SD: \$12 OD: \$15



Weight/Cardio Room

Weight Room Orientation

Learn the proper techniques for using the weight room equipment. This is an hour long session led by a certified personal trainer that can get your workout routine off to a great start! Discuss goals and learn how to use some of our weight and cardio machines.

\$50.25 ID/\$62.75 OD

Personal Training

Private appointments with a certified personal trainer to customize your fitness program, offer accountability and help you reach your goals. Each session is one hour in length.

1 session \$57.75 ID/ \$72.25 OD

3 sessions \$173.25 ID/ \$216.75 OD

6 sessions \$346.50 ID/ \$433.50 OD

Buddy Training

2-Person Small Group Training is a great way to get together and work out. A personal trainer will work with each group's goal and design a workout to meet those goals. Each session is an hour long. (Cost is per person; must have 2 in group at time of registration.) Both participants must register.

1 session \$43.25 ID/ \$54.00 OD

3 sessions \$129.75 ID/ \$162.00 OD

6 sessions \$259.50 ID/ \$324.00 OD

We request 24-hour cancellation on all personal training appointments.

Fitness Class Descriptions

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. ^^^

Aerobic Total Body Workout (TBW) This class is designed for the experienced exerciser or fit newcomer. It includes warmup and low-impact aerobic conditioning with intervals of strength and endurance work. It's a great total-body workout to start your day. ^^

Ageless Conditioning 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. ^^

Balance Basics Beginning class to work on balance and stability by strengthening the hip/leg muscles and abdominal muscles; learn positive techniques and balance exercises to improve confidence. Includes seated moves and standing moves done with chair for support^

Barre Burn calories while creating a longer, stronger, more flexible body. Ballet, Pilates, and yoga moves improve standing posture and balance. A chair is used as the 'barre'. ^^

Cardio Fusion A workout 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 without stressing the knees, legs and lower back. Effective exercise, dance and music make for a healthy and fun work out. ^^

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. Floor work may be included at end of class. ^^

Fitness Room Circuit This class is designed to increase muscular strength while improving cardiovascular health. Each class will be a total body workout incorporating alternating intervals of cardio and strength training exercises using fitness room equipment. ^^^

FUNctional Chair Fitness Move through a variety of exercises designed to improve strength, balance, and range of motion. A chair is available for seated or standing support. ^

Let's Have a Ball Simple and fun workout with balance ball. This class will help mobilize joints, improve stability and coordination, and also strengthen and stretch muscle.

MELT for Pilates MELT for Pilates is a unique blend of two techniques. The MELT Method uses the Soft Roller to prepare the body for the demands of Pilates. Then the Soft Half Roller is used as a prop under the ribs, pelvis, or along the spine, during a classical Pilates workout. This helps to bring the precision of Pilates techniques in getting a deeper core workout while reducing the risk of injury. ^^

Strength Training A strength-training class starting with an aerobic warm up. Equipment used are dumbbells, ankle weights, bands, and tubing. This class finishes with floor work and stretching. It's a great way to increase muscle strength and endurance. ^^^

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. ^^

Tai Chi 24 Form Beginning Designed for beginning students, this class introduces Tai Chi concepts and the first part (Forms 1 through 12). Practice meditative mind-body exercise with slow and rhythmical movements to increase balance, flexibility, muscle strength, and enhance well-being. ^^

Total Body Workout (TBW) From A Chair with Balance This class focuses on exercises for strength, full-body cardiovascular moves, and flexibility -- all while seated. Balance work will be with a chair for support. This is a great class to get fit and meet people. ^

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. ^^^

Yoga, Chair Increase flexibility, balance, strength and calmness with yoga movements done from a chair. Yoga revitalizes the respiratory, nervous, endocrine, digestive and other major systems of the body. ^

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

Zumba Gold A modified version of Zumba. Participants enjoy low-impact, simple moves.

Intensity Guide Key

^ **Need a Little Help:** These classes are for those wishing to exercise while seated.

^^ **Beginners:** Entry level or those returning to exercise.

^^^ **Active Now:** These classes are for individuals who are active at least twice a week.



What is the financial aid program?

People who qualify for the THPRD Financial Aid Program will receive \$200 per person per year in fee waivers. Funds are available to use among household members listed on the application.

What can I use my financial aid funds for?

Funds may be used for sports, swimming, fitness classes, gymnastics, dance, weight rooms, plot fees for the community gardens, affiliated recreational youth sports leagues and more.

For more information:

503-619-3994

financialaid@thprd.org

or visit one of our centers

@THPRD



www.thprd.org

Federal FREE Meal Guidelines

Family Size	Monthly Income
1	\$1,396
2	\$1,888
3	\$2,379
4	\$2,871
5	\$3,363
6	\$3,855
7	\$4,347
8	\$4,839

For each additional member add \$492
Guidelines valid July 1, 2021 to June 30, 2022

¿Qué es el programa de asistencia financiera?

Las personas quienes califiquen recibirán una acreditación a su cuenta de \$200 anuales para cada persona que viva en el hogar. Los fondos son transferibles entre miembros de la familia.

¿En qué puedo utilizar los fondos de asistencia financiera?

Los fondos deben utilizarse en deportes, natación, clases de ejercicio, gimnasia, danza, sala de pesas, pago de cuotas para jardines comunitarios, ligas deportivas afiliadas y más.

Para más información:

503-619-3994

financialaid@thprd.org

o visite uno de nuestros Centros

@THPRD



www.thprd.org

Directrices del Programa Federal de Comida Gratuita

Tamaño de Familia	Ingresos Mensuales
1	\$1,396
2	\$1,888
3	\$2,379
4	\$2,871
5	\$3,363
6	\$3,855
7	\$4,347
8	\$4,839

Por cada miembro adicional añada \$492
Tabla válida de julio 1, 2021 a junio 30, 2022

Inclusion Services



THPRD's Inclusion Services program provides reasonable supports and accommodations that assist patrons with disabilities to participate in the wide variety of programs and activities available through THPRD.

- Provides opportunities for people with and without disabilities to experience recreation together.
- Focuses on the needs, interests, and abilities of people instead of focusing on their disabilities.
- Supports the process of preparing, learning, experiencing, and growing with each person, each family, and each participant from our recreation staff.
- Provides recreational choices.

To Participate

1. Choose classes from our activities guide or online search tool and register using THPRD's online registration system (you can also register by calling/visiting any THPRD facility).
2. Submit a completed Inclusion Support Form and/or A Request for Inclusion Form to Athletic Center OR e-mail forms to inclusion@thprd.org, two weeks prior to the start date of program/activity. We cannot guarantee services with short notices.
 - If you are requiring ASL interpreting services, please complete a ASL Interpreter Request Form along with a Disability Accommodation form.
 - If you are 55+ and registering in any THPRD fitness program/class, you will need to submit an Inclusion Medical Clearance form.
 - All Inclusion forms are available on this page or at any THPRD facility.
3. The Adaptive and Inclusive Recreation Specialist will contact you to discuss the type of inclusion support needed to accommodate you or your dependent. The forms you submitted will be reviewed, and a success plan will be written to support the patron in their recreational classes.
 - Inclusion Assistants will be assigned to support the patron for the duration of the program.
4. Accommodations are made as needed, and can be flexible and creative, ensuring that you are able to engage as independently as possible.
5. Inclusion Assistants do not provide personal care services such as toileting, changing or feeding.



T H P R D Welcomes you!



TUALATIN HILLS
PARK & RECREATION DISTRICT