

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: Eric Owens

Winter Term: January 1 - April 2, 2017

Spring Term: April 3 - June 18, 2017

Hours:

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

Wednesday/Friday 7:30 am-5 pm

Saturday 9 am-5 pm

Facility Closed: 1/2, 1/16, 2/20, 5/29

Age and Membership Requirements

Adults 55 and better may participate at the Elsie Stuhr Center. Please note that adults 62 and better will qualify for the senior discount at the center. A THPRD identification card is required for all program/activity registrations. See page 4 for out-of-district information.

Special Events

Steppin' Out Open House

Wednesday, Feb. 22

2-3:30 pm

Options of general interest classes offered at the Stuhr Center. Come to this open house.

National Senior Health & Fitness Day

Wednesday, May 31

1:45-3:30 pm

Meet our outstanding fitness instructors and learn about our health and wellness program.

The Stuhr Center will host free mini fitness class samplers. Free refreshments and prizes for participants.

Inclusion Services

THPRD promotes the power of choice to enhance the quality of life for individuals of all abilities. We do this by providing diverse, accessible recreation in an environment that promotes dignity, success and fun. Through inclusion services, the district may provide reasonable staff support for those who prefer other THPRD programs and/or activities. To request inclusion services, please call 503-629-6330.

Come to lunch at the Stuhr Center

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

Meals on Wheels: 503-643-8352

Monthly Newsletter

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

THPRD VOLUNTEERS!

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

Inclement Weather

See page 5 for THPRD Inclement Weather Policy.

Arts & Crafts - 55 & Better

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

Explore both realism and abstract techniques using either oils or acrylics. Supply list available at front desk. An \$8 material fee payable at first class. (Teresa)

Winter Term:

1/4-3/22 (12)	W	9:30 am-12:30 pm	ES34605
Spruce	ID/AP: \$200	SD: \$180	OD: \$250

Spring Term:

4/5-6/14 (11)	W	9:30 am-12:30 pm	ES44605
Spruce	ID/AP: \$183	SD: \$164.50	OD: \$228.75

Crocheting for the fun of it!

Learn the basics of crocheting and have fun making gifts for friends and loved ones. Class will have the option of working on a variety of projects. No class 2/15. (Christina)

Winter Term:

1/4-3/22 (11)	W	10-11:30 am	ES34610
Dogwood	ID/AP: \$84	SD: \$75.50	OD: \$105

1/4-3/22 (11)	W	11:45 am-1:15 pm	ES34611
Dogwood	ID/AP: \$84	SD: \$75.50	OD: \$105

Spring Term:

4/5-6/14 (11)	W	10-11:30 am	ES44610
Dogwood	ID/AP: \$84	SD: \$75.50	OD: \$105

4/5-6/14 (11)	W	11:45 am-1:15 pm	ES44611
Dogwood	ID/AP: \$84	SD: \$75.50	OD: \$105

Drawing on the Right Side of the Brain

Explore creative and intuitive ways to draw and have fun doing it. Supply list available at the front desk. A \$4 material fee is payable to instructor at first class. (Teresa)

Winter Term:

1/5-3/23 (12)	Th	1-3 pm	ES34606
Spruce	ID/AP: \$140	SD: \$126	OD: \$175

4/6-6/15 (11)	Th	1-3 pm	ES44606
Spruce	ID/AP: \$129	SD: \$116	OD: \$161.25

Drawing with Colored Pencils

Learn the basics of drawing, compositions and more while exploring techniques specific to colored pencils \$10 supply fee payable to instructor at first class. Supply list at the front desk. No class 1/16, 2/20, 5/29 (Teresa)

Winter Term:

1/9-3/20 (9)	M	1-3 pm	ES34609
Spruce	ID/AP: \$100	SD: \$90	OD: \$125

Spring Term:

4/3-6/12 (10)	M	1-3 pm	ES44609
Spruce	ID/AP: \$111	SD: \$99.75	OD: \$138.75

Arts & Crafts - 55 & Better

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

Materials fee payable at first class. (Carol)

Winter Term:

Oval Dish

Make two small oval dishes measuring 5"x8". \$40 fee.

2/3 (1)	F	10 am-Noon	ES34600
Larch	ID/AP: \$13	SD: \$11.50	OD: \$16.25

Small Rectangular Dish

Make one or two dishes measuring 4"x12.5". \$25 fee per dish.

Larch	ID/AP: \$13	SD: \$11.50	OD: \$16.25
3/4 (1)	S	1-3 pm	ES34601

Spring Term:

Large Rectangular Dish

Students will make one dish measuring 7.5"x15". \$40 fee.

4/14 (1)	F	10 am-Noon	ES44600
Larch	ID/AP: \$13	SD: \$11.50	OD: \$16.25

Wind Chimes

Use pre-cut base glass to design and create wind chimes. \$40 fee.

5/20 (1)	S	1-3 pm	ES44601
Larch	ID/AP: \$13	SD: \$11.50	OD: \$16.25

Introduction to Glass Mosaics

Learn the art of glass mosaics. You will be introduced to specialized tools to cut glass, as well as explore glass mosaic design, setting and grout. All supplies provided. (Sharon, Carol)

Winter Term:

1/6-2/10 (6)	F	1-4 pm	ES34602
Spruce	ID/AP: \$204	SD: \$183.50	OD: \$255

2/17-3/24 (6)	F	1-4 pm	ES34603
Spruce	ID/AP: \$204	SD: \$183.50	OD: \$255

Spring Term:

4/7-5/5 (5)	F	1-4 pm	ES44602
Spruce	ID/AP: \$177	SD: \$159.25	OD: \$221.25

5/12-6/16 (6)	F	1-4 pm	ES44603
Spruce	ID/AP: \$204	SD: \$183.50	OD: \$255

Painting with Pastels

Learn to paint or build existing skills using pastel chalks. Supply list available at front desk. A \$15 material fee is payable to instructor at first class. No class 1/16, 2/20, 5/29 (Teresa)

Winter Term:

1/9-3/20 (9)	M	9:30 am-12:30 pm	ES34604
Spruce	ID/AP: \$150	SD: \$135	OD: \$187.50

Spring Term:

4/3-6/12 (10)	M	9:30 am-12:30 pm	ES44604
Spruce	ID/AP: \$167	SD: \$150.25	OD: \$208.75

Arts & Crafts - 55 & Better

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

Learn the settings on your camera and how they affect the quality of your photographs. Lab time provided during class. Digital Camera Basic I class is a prerequisite or instructor approval. (Bob)

Winter Term:

1/11-3/22 (12) Larch	W ID/AP: \$102	9-10:30 am SD: \$91.75	ES34615 OD: \$127.50
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Spring Term:

4/5-6/14 (11) Larch	W ID/AP: \$102	9-10:30 am SD: \$91.75	ES44615 OD: \$127.50
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Pottery

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



Winter Term:

1/3-2/7 (6) Larch	T ID/AP: \$102	1:30-4 pm SD: \$92.75	ES34616 OD: \$125
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2/14-3/21 (6) Larch	T ID/AP: \$102	1:30-4 pm SD: \$92.75	ES34617 OD: \$125
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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 for open studio includes space use, glazes and firings. Punch pass available, contact front desk for details.



Winter Term:

1/14	S	10 am-12:30 pm	ES34618
1/28	S	10 am-12:30 pm	ES34619
2/11	S	10 am-12:30 pm	ES34620
2/25	S	10 am-12:30 pm	ES34621
3/11	S	10 am-12:30 pm	ES34622
3/25	S	10 am-12:30 pm	ES34623

Spring Term:

4/8	S	10 am-12:30 pm	ES44618
4/22	S	10 am-12:30 pm	ES44619
5/6	S	10 am-12:30 pm	ES44620
5/20	S	10 am-12:30 pm	ES44621
6/3	S	10 am-12:30 pm	ES44622
6/17	S	10 am-12:30 pm	ES44623
Larch	ID/AP: \$17	SD: \$17	OD: \$18.75

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. (Sharon)

Winter Term:

1/6-3/24 (12) Spruce	F ID/AP: \$190	9 am-Noon SD: \$171	ES34612 OD: \$237.50
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Spring Term:

4/7-6/16 (11) Spruce	F ID/AP: \$174	9 am-Noon SD: \$156.50	ES44612 OD: \$217.50
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Arts & Crafts - 55 & Better

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

Supply list available at the front desk. Some supplies provided. An \$8 material fee payable to instructor at first class. (Teresa)

Winter Term:

1/5-3/23 (12) Spruce	Th ID/AP: \$200	9:30 am-12:30 pm SD: \$180	ES34607 OD: \$250
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Spring Term:

4/6-6/15 (11) Spruce	Th ID/AP: \$183	9:30 am-12:30 pm SD: \$164.50	ES44607 OD: \$228.75
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Watercolor, Intermediate

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)

Winter Term:

1/3-3/21 (12) Larch	T ID/AP: \$200	9:30 am-12:30 pm SD: \$180	ES34608 OD: \$250
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Spring Term:

4/4-6/13 (11) Spruce	T ID/AP: \$183	9:30 am-12:30 pm SD: \$164.50	ES44608 OD: \$228.75
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Woodcarving, All levels

Learn to carve safely using specific cuts and techniques. Learn tool care and use, sharpening, honing, sanding and finishing. Patterns are available. Supply list available at the front desk. (Dave)

Winter Term:

1/3-3/21 (12) Spruce	T ID/AP: \$159	1-3:30 pm SD: \$143	ES34613 OD: \$198.75
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Spring Term:

4/4-6/13 (11) Spruce	T ID/AP: \$146	1-3:30 pm SD: \$131.25	ES44613 OD: \$182.50
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Dance - 55 & Better

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

Learn the basic techniques of ballroom dancing. No experience is necessary. Take this class before Ballroom Dance or Night Club Dancing. (Beverly)

Winter Term:

1/7-3/25 (12) Manzanita	S ID/AP: \$74	11:40 am-12:35 pm SD: \$66.50	ES31600 OD: \$92.50
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Spring Term:

4/8-6/17 (11) Manzanita	S ID/AP: \$68	11:40 am-12:35 pm SD: \$61	ES41600 OD: \$85
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Drop-in Social Dance

Join us every Thursday in the Manzanita Room
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 Dance

Learn the fundamentals of ballroom dancing. Ballroom Basics class or prior ballroom dance experience is helpful. No partner needed. (Beverly)

Winter Term:

1/6-3/24 (12) Manzanita	F ID/AP: \$99	10:15-11:40 am SD: \$89	ES31601 OD: \$123.75
1/7-3/25 (12) Manzanita	S ID/AP: \$99	10:05-11:30 am SD: \$89	ES31602 OD: \$123.75

Spring Term:

4/7-6/16 (11) Manzanita	F ID/AP: \$84	10:15-11:40 am SD: \$75.50	ES41601 OD: \$105
4/8-6/17 (11) Manzanita	S ID/AP: \$84	10:05-11:30 am SD: \$75.50	ES41602 OD: \$105

Line Dancing

Have fun learning line dances to both classic and popular country music. No partner needed. No class 1/16, 2/20, 5/29. (Doug)

Winter Term:

1/9-3/20 (9) Manzanita	M ID/AP: \$55	3:05-4 pm SD: \$49.50	ES31604 OD: \$68.75
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Spring Term:

4/3-6/12 (9) Manzanita	M ID/AP: \$55	3:05-4 pm SD: \$49.50	ES41604 OD: \$68.75
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Line Dancing, Beginning

Line dancing just for beginners. No class 5/31. (Doug)

Winter Term:

1/4-3/22 (12) Manzanita	W ID/AP: \$74	3:05-4 pm SD: \$66.50	ES31603 OD: \$92.50
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Spring Term:

4/5-6/14 (9) Manzanita	W ID/AP: \$55	3:05-4 pm SD: \$49.50	ES41603 OD: \$68.75
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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 1/16, 2/20, 5/29. (Desiree)



Winter Term:

1/9-3/22 (11) Manzanita	M/W ID/AP: \$79	10:45-11:40 am SD: \$71	ES32601 OD: \$98.75
1/7-3/25 (12) Manzanita	S ID/AP: \$47	9-9:55 am SD: \$42.25	ES32602 OD: \$58.75

Spring Term:

4/3-6/14 (11) Manzanita	M/W ID/AP: \$83	10:45-11:40 am SD: \$74.50	ES42601 OD: \$103.75
4/8-6/17 (11) Manzanita	S ID/AP: \$43	9-9:55 am SD: \$38.50	ES42602 OD: \$53.75

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.

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.

Before You Begin

A health history form, completed by you, is **required** to participate in the fitness room (forms available at the reception desk).

Upon completing and turning in your health forms, you can choose the type of orientation your prefer. Based on your choice, you can register then or you will be contacted to schedule a date.

An orientation or training session is **mandatory** before using the fitness room.

Orientation Options

Personal/Partner Orientation

ID/AP: \$50 SD: \$40 OD: \$62.50

This personal one-on-one or two-person orientation class consists of two one-hour training sessions in the fitness room. Upon completion, a participant is qualified for fitness room membership.

Next Step Fitness Orientation

ID/AP: \$25 SD: \$20 OD: \$31.25

This one-hour, one-on-one session is designed for those who are currently in a strength training program but have not been trained through the Stuhr Center. It is also available to update or enhance the program of current members. Upon completion, a patron can purchase a fitness pass to use in the fitness room.

Training Options

Personal Training

1 Session:

ID/AP: \$48.50 SD: \$38.75 OD: \$60.50

3 Sessions:

ID/AP: \$144.50 SD: \$115.50 OD: \$180.50

6 Sessions:

ID/AP: \$272 SD: \$217.50 OD: \$340

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

Fitness Class Drop-in Policy

Try a class or attend a variety of classes as a drop-in participant. Purchase a pass for \$7.50/\$6.25 (senior 62+), OD: \$9.25 pass. Present drop-in pass to your fitness instructor at the beginning of class. Most classes increase students' skills as the term progresses, but instructors will do their best to make you feel comfortable as a new student entering mid-term or later.

See page 6 for more information on passes, admissions and fees

Finding the right fitness class/program for you

Learn all about the Stuhr Center's Fitness Programs

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

1/23 M 1-2 pm Free

Fall Risk and Prevention Screening

One out of every three older adults over the age of 65 falls each year and falls are the number one reason older adults lose independence. Screening is performed according to CDC guidelines, SFT and standardized balance and mobility assessments. Recommendations are provided according to benchmarks to retain independence and following CDC and national guidelines for exercise. **Required: medical release for assessment, completed health medical history and current medication. Be proactive and take action now before it is too late.** (Jacqueline)
 ID: \$29.50 AP: \$45.50

Fitness Specialists



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

Monica Langdale (left), Carolyn Gallagher

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

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

Inclement Weather

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

Fitness - 55 & Better

Dates (Weeks)
Location

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 1/16, 2/20, 5/29. (Staff)



Winter Term:			
1/9-3/24 (11)	M/W/F	8:35-9:30 am	ES32603
Manzanita	ID/AP: \$122	SD: \$109.75	OD: \$152.50
Spring Term:			
4/3-6/16 (11)	M/W/F	8:35-9:30 am	ES42603
Manzanita	ID/AP: \$126	SD: \$113.25	OD: \$157.50

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 active lifestyle. No class 1/16, 2/20, 5/29. (Gail)



Winter Term:			
1/9-3/22 (11)	M/W	9:40-10:35 am	ES32604
Manzanita	ID/AP: \$79	SD: \$71	OD: \$98.75
Spring Term:			
4/3-6/14 (11)	M/W	9:40-10:35 am	ES42604
Manzanita	ID/AP: \$83	SD: \$74.50	OD: \$103.75

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. (Fabiola)



Winter Term:			
1/3-3/23 (12)	T/Th	10:45-11:40 am	ES32605
Manzanita	ID/AP: \$95	SD: \$85.50	OD: \$118.75
Spring Term:			
4/4-6/15 (11)	T/Th	10:45-11:40 am	ES42605
Manzanita	ID/AP: \$87	SD: \$78.25	OD: \$108.75

Arthritis Exercise and Walk with Ease

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)



Winter Term:			
1/3-3/23 (12)	T/Th	9:40-10:35 am	ES32606
Oak Rm	ID/AP: \$95	SD: \$85.50	OD: \$118.75
Spring Term:			
4/4-6/15 (11)	T/Th	9:40-10:35 am	ES42606
Oak Rm	ID/AP: \$87	SD: \$78.25	OD: \$108.75

Fitness - 55 & Better

Dates (Weeks)
Location

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 1/16, 2/20, 5/29.



Winter Term:			
1/9-3/22 (11)	M/W (Fabiola)	11:50 am-12:45 pm	ES32607
Maple/Birch	ID/AP: \$79	SD: \$71	OD: \$98.75
1/3-3/23 (12)	T/Th (Desiree)	8:35-9:30 am	ES32608
Maple/Birch	ID/AP: \$95	SD: \$85.50	OD: \$118.75
1/4-3/24 (12)	W/F (Desiree)	8:35-9:30 am	ES32609
Maple/Birch	ID/AP: \$95	SD: \$85.50	OD: \$118.75
Spring Term:			
4/3-6/14 (11)	M/W (Fabiola)	11:50 am-12:45 pm	ES42607
Maple/Birch	ID/AP: \$83	SD: \$74.50	OD: \$103.75
4/4-6/15 (11)	T/Th (Desiree)	8:35-9:30 am	ES42608
Maple/Birch	ID/AP: \$87	SD: \$78.25	OD: \$108.75
4/5-6/16 (11)	W/F (Desiree)	8:35-9:30 am	ES42609
Maple/Birch	ID/AP: \$87	SD: \$78.25	OD: \$108.75

Fitness Room Beginning Orientation

Learn basic techniques for using fitness room equipment and develop an individualized workout program. You must attend both classes in the series. Upon completion, participants receive a one-month membership to the Fitness Room. Health History form is required. Please wear fitness apparel.

Beginning Orientation

Learn basic techniques for using the fitness room equipment and develop an individualized workout program. You must attend all four classes in the series. Medical clearance form is required. Upon completion participants receive a one-month membership the fitness room. Please wear fitness apparel.

Winter Term:			
1/3-1/5 (1)	T/Th (Carolyn)	12:30-2 pm	ES32677
Fitness Room	ID/AP: \$52	SD: \$49.25	OD: \$58.50
1/17-1/19 (1)	T/Th (Monica)	5:30-7 pm	ES32680
Fitness Room	ID/AP: \$52	SD: \$49.25	OD: \$58.50
2/7-2/9 (1)	T/Th (Carolyn)	12:30-2 pm	ES32683
Fitness Room	ID/AP: \$52	SD: \$49.25	OD: \$58.50
3/7-3/9 (1)	T/Th (Monica)	5:30-7 pm	ES32686
Fitness Room	ID/AP: \$52	SD: \$49.25	OD: \$58.50
Spring Term:			
4/4-4/6 (1)	T/Th (Carolyn)	12:30-2 pm	ES42677
Fitness Room	ID/AP: \$52	SD: \$49.25	OD: \$58.50
4/25-4/27 (1)	T/Th (Monica)	5:30-7 pm	ES42680
Fitness Room	ID/AP: \$52	SD: \$49.25	OD: \$58.50
5/16-5/18 (1)	T/Th (Carolyn)	12:30-2 pm	ES42683
Fitness Room	ID/AP: \$52	SD: \$49.25	OD: \$58.50
6/6-6/8 (1)	T/Th (Monica)	5:30-7 pm	ES42686
Fitness Room	ID/AP: \$52	SD: \$49.25	OD: \$58.50

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)

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)



Winter Term:

1/3-3/21 (12) Maple/Birch	T ID/AP: \$39	7:40-8:25 am SD: \$35	ES32610 OD: \$48.75
1/5-3/23 (12) Maple/Birch	Th ID/AP: \$39	7:40-8:25 am SD: \$35	ES32611 OD: \$48.75

Spring Term:

4/4-6/13 (11) Maple/Birch	T ID/AP: \$36	7:40-8:25 am SD: \$32.25	ES42610 OD: \$45
4/6-6/15 (11) Maple/Birch	Th ID/AP: \$36	7:40-8:25 am SD: \$32.25	ES42611 OD: \$45

Better Balance Workout

Improve your daily living with better posture, flexibility, strength, range of motion, coordination, balance and endurance. Includes seated, standing and moving exercises. (Lia)



Winter Term:

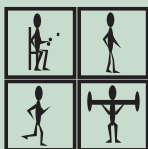
1/3-3/24 (12) Oak Rm	T/F ID/AP: \$45	10:45-11:40 am SD: \$85.50	ES32633 OD: \$118.75
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Spring Term:

4/4-6/16 (11) Oak Rm	T/F ID/AP: \$87	10:45-11:40 am SD: \$78.25	ES42633 OD: \$108.75
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Cane, Walking Stick and Staff (for Stability, Mobility and Self-Defense)

Empower yourself through the use of a cane, walking stick or staff by learning simple and effective techniques and exercises. Sword canes and defense against all of the items listed will be taught. (David)



Winter Term:

1/3-3/21 (12) Maple/Birch	T ID/AP: \$47	12:55-1:50 pm SD: \$42.25	ES32612 OD: \$58.75
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Spring Term:

4/4-6/13 (11) Maple/Birch	T ID/AP: \$43	12:55-1:50 pm SD: \$38.50	ES42612 OD: \$53.75
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Cardio, Core and More

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



Winter Term:

1/3-3/23 (12) Manzanita	T/Th ID/AP: \$95	9:45-10:40 am SD: \$85.50	ES32613 OD: \$118.75
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Spring Term:

4/4-6/15 (11) Manzanita	T/Th ID/AP: \$87	9:45-10:40 am SD: \$78.25	ES42613 OD: \$108.75
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Fitness - 55 & Better

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

Chi-kung is the study of vital energy and how to assimilate, conserve and circulate this energy in the body/mind for health and vitality. There are no prerequisites for this class. (David)



Winter Term:

1/5-3/23 (12) Maple/Birch	Th ID/AP: \$47	11:50 am-12:45 pm SD: \$42.25	ES32615 OD: \$58.75
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Spring Term:

4/6-6/15 (11) Maple/Birch	Th ID/AP: \$43	11:50 am-12:45 pm SD: \$38.50	ES42615 OD: \$53.75
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Circuit Bootcamp

This class focuses mainly on functional movement by combining bodyweight exercises and cardio. You will feel stronger, move better and develop better control of your body. (Lela)



Winter Term:

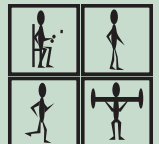
1/3-3/23 (12) Manzanita	T/Th ID/AP: \$95	5:15-6:10 pm SD: \$85.50	ES32616 OD: \$118.75
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Spring Term:

4/4-6/15 (11) Manzanita	T/Th ID/AP: \$87	5:15-6:10 pm SD: \$78.25	ES42616 OD: \$108.75
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DIP (Diabetes Intervention & Prevention)

A proven program, lowering blood sugar, reducing A1C and managing your diabetes with often dramatic improvements in functional fitness. Bring blood test results. Current health history and medical clearance required. No class 1/16, 2/20, 5/29. (Jacqueline)

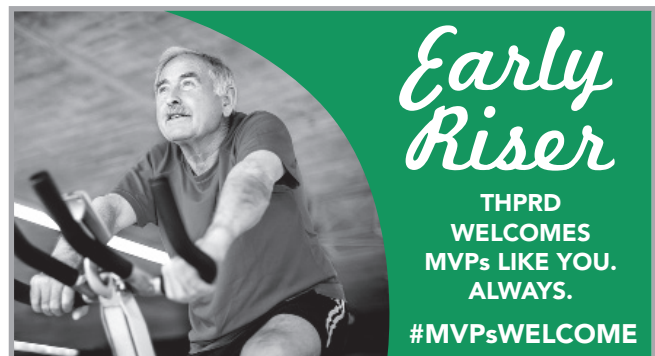


Winter Term:

1/9-3/23 (11) Fitness Room	M/Th ID/AP: \$174	3:30-4:30 pm SD: \$156.50	ES32618 OD: \$217.50
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Spring Term:

4/3-6/15 (11) Fitness Room	M/Th ID/AP: \$182	3:30-4:30 pm SD: \$163.75	ES42618 OD: \$227.50
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Fitness - 55 & Better

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

Targeted program focuses on enhancing muscle strength, joint range of motion, posture and flexibility related to balance and mobility. (Jacqueline)



Winter Term:

1/3-3/24 (12) Manzanita	T/F ID/AP: \$95	3:05-4 pm SD: \$85.50	ES32619 OD: \$118.75
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Spring Term:

4/4-6/16 (11) Manzanita	T/F ID/AP: \$87	3:05-4 pm SD: \$78.25	ES42619 OD: \$108.75
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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 1/16, 2/20, 5/29. (Belinda)



Winter Term:

1/9-3/24 (11) Oak Rm	M/W/F ID/AP: \$122	8:35-9:30 am SD: \$109.75	ES32620 OD: \$152.50
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Spring Term:

4/3-6/16 (11) Oak Rm	M/W/F ID/AP: \$126	8:35-9:30 am SD: \$113.25	ES42620 OD: \$157.50
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Fitness Room Circuit

Get a total body workout using interval training with both cardio and strength training. Medical clearance is required for participation. Pick up forms at the front desk. (Carolyn)



Winter Term:

1/4-3/22 (12) Fitness Room	W ID/AP: \$63	11:50 am-12:45 pm SD: \$56.50	ES32621 OD: \$78.75
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Spring Term:

4/5-6/14 (11) Fitness Room	W ID/AP: \$57	11:50 am-12:45 pm SD: \$51.25	ES42621 OD: \$71.25
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Flexibility Focus

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



Winter Term:

1/6-3/24 (12) Manzanita	F ID/AP: \$24	9:40-10:05 am SD: \$21.50	ES32622 OD: \$30
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Spring Term:

4/7-6/16 (11) Manzanita	F ID/AP: \$22	9:40-10:05 am SD: \$19.75	ES42622 OD: \$27.50
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Fitness - 55 & Better

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

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



Winter Term:

1/3-3/23 (12) Manzanita	T/Th ID/AP: \$95	11:50 am-12:45 pm SD: \$85.50	ES32623 OD: \$118.75
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Spring Term:

4/4-6/15 (11) Manzanita	T/Th ID/AP: \$87	11:50 am-12:45 pm SD: \$78.25	ES42623 OD: \$108.75
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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! (Lia)



Winter Term:

1/3-3/21 (12) Manzanita	T ID/AP: \$47	12:55-1:50 pm SD: \$42.25	ES32627 OD: \$58.75
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Spring Term:

4/4-6/13 (11) Manzanita	T ID/AP: \$43	12:55-1:50 pm SD: \$38.50	ES42627 OD: \$53.75
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Nia +

This class utilizes Nia, Yin Yoga, Pilates mat work & Qigong sequences for a total mind body workout. Participants are encouraged to understand their own limitations and work within their boundaries. (Lia)



Winter Term:

1/6-3/24 (12) Manzanita	F ID/AP: \$73	12:55-2:20 pm SD: \$65.50	ES32626 OD: \$91.25
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Spring Term:

4/7-6/16 (11) Maple/Birch	F ID/AP: \$67	12:55-2:20 pm SD: \$60.25	ES42626 OD: \$83.75
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Osteoporosis Fitness

This class focuses on safely improving muscle and bone strength, structural alignment, fall prevention and balance for at-risk people. No class 1/16, 2/20, 5/29. (Staff)



Winter Term:

1/9-3/22 (11) Oak Rm	M/W ID/AP: \$79	1:25-2:20 pm SD: \$71	ES32628 OD: \$98.75
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Spring Term:

4/3-6/14 (11) Oak Rm	M/W ID/AP: \$83	1:25-2:20 pm SD: \$74.50	ES42628 OD: \$103.75
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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
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Wellness On Wheels (WOW)

Senior Swim at Sunset Swim Center

Monday/Wednesday/Friday, 10:15-11:30 am
Call 503-629-6315 for details.

SilverSneakers® Classic at Sunset

Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand held weight, elastic tubing and handles and a ball are offered for resistance. A chair is used for seated or standing support. No class 1/16, 2/20, 5/29. (Lela)

Winter Term:

1/5-3/26	M/Th	9:30-10:30 am	ES32637
ID/AP:\$86	SD: \$77.25	OD: \$107.50	
1/5-3/26	M/Th	10:40-11:40 am	ES32638
ID/AP:\$86	SD: \$77.25	OD: \$107.50	

Spring Term:

4/3-6/17	M/Th	9:30-10:30 am	ES42637
ID/AP:\$90	SD: \$81	OD: \$112.50	
4/3-6/17	M/Th	10:40-11:40 am	ES42638
ID/AP:\$90	SD: \$81	OD: \$112.50	

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. We will provide older adult certified fitness professionals and older adult fitness programs in independent living facilities, community clubhouses and churches. Please contact the front desk for more information on how to bring wellness to you. (Lynn)

Winter Term:

1/3-3/24 (12)	T/F	9:30-10:30 am	ES32WOW2
Off-site	ID/AP: \$103	SD: \$92.50	OD: \$128.75

Spring Term:

4/4-6/16 (11)	T/F	9:30-10:30 am	ES42WOW2
Off-site	ID/AP: \$95	SD: \$85.50	OD: \$118.75

MVPs WELCOME

Get Fit Challenge

BEGINS JANUARY 8

A 16-week program to help you make healthy habits, reach your fitness goals and win prizes!

Register in person at any THPRD facility
or visit thprd.org/get-fit

For more information see Inside Front Cover.

Fitness - 55 & Better

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

Stand taller, move better! This class targets core strength and body alignment for better function and joint stress reduction. No class 1/16, 2/20, 5/29. (Staff)



Winter Term:

1/9-3/22 (11)	M/W	2:30-3:25 pm	ES32629
Oak Rm	ID/AP: \$79	SD: \$71	OD: \$98.75

Spring Term:

4/3-6/14 (11)	M/W	2:30-3:25 pm	ES42629
Oak Rm	ID/AP: \$83	SD: \$74.50	OD: \$103.75

Pilates, Adapted, Intermediate

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



Winter Term:

1/3-3/24 (12)	T/F	11:50 am-12:45 pm	ES32631
Maple/Birch	ID/AP: \$95	SD: \$85.50	OD: \$118.75

Spring Term:

4/4-6/16 (11)	T/F	11:50 am-12:45 pm	ES42631
Maple/Birch	ID/AP: \$87	SD: \$78.25	OD: \$108.75

REVIVE, Exercise Recovery Program

Regain your strength and create optimal health with this individualized and targeted exercise program. Exercise prescription/workout is based on medical status, fitness level and wellness goal. Medical Release and Health/Medical History Forms required. No class 1/16, 2/20. (Jacqueline)



Winter Term:

1/9-3/23 (11)	M/Th	3:30-4:30 pm	ES32634
Fitness Room	ID/AP: \$174	SD: \$156.50	OD: \$217.50

Spring Term:

4/3-6/15 (11)	M/Th	3:30-4:30 pm	ES42634
Fitness Room	ID/AP: \$182	SD: \$163.75	OD: \$227.50

Self Defense

Join David Bersaas in his practical self-defense system of KenChinWingTai. This is a mixture of kenpo (Chinese karate), Chin Na (Chinese precursor of Japanese ju-jitsu), Wing Chun (soft style kung fu), and tai chi. (David)



Winter Term:


1/5-3/23 (12)	Th	12:55-1:50 pm	ES32635
Maple/Birch	ID/AP: \$47	SD: \$42.25	OD: \$58.75

Spring Term:


4/6-6/15 (11)	Th	12:55-1:50 pm	ES42635
Maple/Birch	ID/AP: \$43	SD: \$38.50	OD: \$53.75

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)


Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
SilverSneakers® Cardio Circuit			
Increase your cardiovascular and muscular endurance in this standing circuit workout. Alternate non-impact aerobics choreography with upper-body strengthening exercises using hand-held weights, elastic tubing with handles and a SilverSneakers® ball. No class 1/16, 2/20, 5/29, 5/31. (Fabiola)			
			


Winter Term:			
1/9-3/22 (11) Manzanita	M/W ID/AP: \$79	12:55-1:50 pm SD: \$71	ES32636 OD: \$98.75
Spring Term:			
4/3-6/14 (11) Manzanita	M/W ID/AP: \$79	12:55-1:50 pm SD: \$71	ES42636 OD: \$98.75

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 weight, elastic tubing and handles and a ball are offered for resistance. A chair is used for seated or standing support. No class 1/16, 2/20, 5/29, 5/31. (Angela)			
			

Winter Term:			
1/9-3/24 (11) Manzanita	M/W/F ID/AP: \$122	2-2:55 pm SD: \$109.75	ES32638 OD: \$152.50
Spring Term:			
4/3-6/16 (11) Manzanita	M/W/F ID/AP: \$122	2-2:55 pm SD: \$109.75	ES42638 OD: \$152.50


Standing Pilates			
This class is yoga and Pilates combined. These 2 types of fitness together will give you a more challenging workout while stretching muscles and strengthening core. Balance is a key component. Retrain your posture. This is a standing class. (Kendra)			
			

Winter Term:			
1/3-3/23 (12) Manzanita	T/Th ID/AP: \$95	7:30-8:25 am SD: \$85.50	ES32639 OD: \$118.75
Spring Term:			
4/4-6/15 (11) Manzanita	T/Th ID/AP: \$87	7:30-8:25 am SD: \$78.25	ES42639 OD: \$108.75


Step & Strength			
30 minutes of choreographed step, 20 minutes of strength training and the rest with stretching. No class 1/16, 2/20, 5/29. (Staff)			
			

Winter Term:			
1/9-3/24 (11) Manzanita	M/W/F ID/AP: \$122	7:30-8:25 am SD: \$109.75	ES32640 OD: \$152.50
Spring Term:			
4/3-6/16 (11) Manzanita	M/W/F ID/AP: \$126	7:30-8:25 am SD: \$113.25	ES42640 OD: \$157.50


Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Strength Core & More			
Using weights, bands, balls we will build muscle, boost our metabolism, improve bone density and strengthen our core. No class 1/16, 2/20, 5/29. (Kendra)			
			


Winter Term:			
1/9-3/24 (11) Maple/Birch	M/W/F ID/AP: \$79	7:30-8:25 am SD: \$71	ES32642 OD: \$98.75
Spring Term:			
4/3-6/16 (11) Maple/Birch	M/W/F ID/AP: \$83	7:30-8:25 am SD: \$74.50	ES42642 OD: \$103.75

Strength Training, Intermediate/Advanced			
A great way to increase muscle strength and endurance, this class uses dumbbells, ankle weights, bands, tubing, and floor mats along with stretching, relaxation, and an optional aerobic component. No class 1/16, 2/20, 5/29. (Carolyn)			
			

Winter Term:			
1/9-3/24 (11) Manzanita	M/F ID/AP: \$79	11:50 am-12:45 pm SD: \$71	ES32643 OD: \$98.75
Spring Term:			
4/3-6/16 (11) Manzanita	M/F ID/AP: \$83	11:50 am-12:45 pm SD: \$74.50	ES42643 OD: \$103.75

Stretch, Core and More			
Stretch your body, strengthen your core and improve your balance using some movements inspired by yoga and Pilates and incorporating various equipment. No class 1/16, 2/20, 5/29. (Jeanette)			
			

Winter Term:			
1/9-3/20 (9) Maple/Birch	M ID/AP: \$35	6:20-7:15 pm SD: \$31.50	ES32669 OD: \$43.75
Spring Term:			
4/3-6/12 (10) Maple/Birch	M ID/AP: \$39	6:20-7:15 pm SD: \$35	ES42669 OD: \$48.75

Strong for Life			
This class focuses in increasing strength and power through use of both body weight exercises and heavy weight. You will get stronger than you ever thought possible. No class 1/16, 2/20, 5/29. (Jeanette)			
			

Winter Term:			
1/9-3/20 (9) Maple/Birch	M ID/AP: \$35	5:15-6:10 pm SD: \$31.50	ES32641 OD: \$43.75
Spring Term:			
4/3-6/12 (10) Maple/Birch	M ID/AP: \$39	5:15-6:10 pm SD: \$35	ES42641 OD: \$48.75

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)

Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Tai Chi I			
For the beginning student, will cover the first section of the Tai Chi form. (David)			



Winter Term:			
1/3-3/21 (12)	T	2-2:55 pm	ES32644
Manzanita	ID/AP: \$47	SD: \$42.25	OD: \$58.75
1/4-3/22 (12)	W	12:55-1:50 pm	ES32645
Maple/Birch	ID/AP: \$47	SD: \$42.25	OD: \$58.75
Spring Term:			
4/4-6/13 (11)	T	2-2:55 pm	ES42644
Manzanita	ID/AP: \$43	SD: \$38.50	OD: \$53.75
4/5-6/14 (11)	W	12:55-1:50 pm	ES42645
Maple/Birch	ID/AP: \$43	SD: \$38.50	OD: \$53.75

Tai Chi II

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



Winter Term:			
1/4-3/22 (12)	W	11:50 am-12:45 pm	ES32646
Manzanita	ID/AP: \$60	SD: \$54	OD: \$75
Spring Term:			
4/5-6/14 (11)	W	11:50 am-12:45 pm	ES42646
Manzanita	ID/AP: \$69	SD: \$62	OD: \$86.25

Tai Chi III

For the continuing student, will cover sections 4, 5, & 6. Prerequisite is two terms of tai chi II or instructor's approval. (David)



Winter Term:			
1/3-3/21 (12)	T	3:05-4 pm	ES32647
Maple/Birch	ID/AP: \$60	SD: \$54	OD: \$75
Spring Term:			
4/4-6/13 (11)	T	3:05-4 pm	ES42647
Maple/Birch	ID/AP: \$73	SD: \$65.50	OD: \$91.25

Tai Chi, Moving for Better Balance

A falls prevention exercise program where students learn and practice rhythmic movements aimed at improving balance, strength, and reducing the risk of falling.



Winter Term:			
1/7-3/25 (12)	S (Mignon)	11:10 am-12:05 pm	ES32648
Maple/Birch	ID/AP: \$47	SD: \$42.25	OD: \$58.75
1/3-3/21 (12)	T (Lynn R)	11:30 am-12:25 pm	ES32650
Willow	ID/AP: \$47	SD: \$42.25	OD: \$58.75
1/3-3/23 (12)	T/Th (Lela)	6:20-7:15 pm	ES32632
Maple/Birch	ID/AP: \$87	SD: \$85.50	OD: \$118.75
Spring Term:			
4/8-6/17 (11)	S (Mignon)	11:10 am-12:05 pm	ES42648
Maple/Birch	ID/AP: \$43	SD: \$38.50	OD: \$53.75
4/4-6/13 (11)	T (Lynn R)	11:30 am-12:25 pm	ES42650
Willow	ID/AP: \$43	SD: \$38.50	OD: \$53.75
4/4-6/15 (11)	T/Th (Lela)	6:20-7:15 pm	ES42632
Maple/Birch	ID/AP: \$87	SD: \$85.50	OD: \$118.75

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. Students will learn and practice a series of simple, slow, and rhythmic movements aimed at improving balance, strength, and reducing the risk of falling; all from a chair. (Lia)			



Winter Term:			
1/3-3/21 (12)	T	2-2:55 pm	ES32649
Maple/Birch	ID/AP: \$47	SD: \$42.25	OD: \$58.75
Spring Term:			
4/4-6/13 (11)	T	2-2:55 pm	ES42649
Maple/Birch	ID/AP: \$43	SD: \$38.50	OD: \$53.75

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. No class 1/16, 2/20, 5/29. (*Mignon/Fabiola)



Winter Term:			
1/9-3/22 (11)	M/W*	10:45-11:40 am	ES32651
Maple/Birch	ID/AP: \$79	SD: \$71	OD: \$98.75
1/4-3/24 (12)	W/F (Desiree)	9:40-10:35 am	ES32652
Maple/Birch	ID/AP: \$95	SD: \$85.50	OD: \$118.75
1/7-3/25 (12)	S (Mignon)	10:05-11 am	ES32653
Maple/Birch	ID/AP: \$47	SD: \$42.25	OD: \$58.75
Spring Term:			
4/3-6/14 (11)	M/W*	10:45-11:40 am	ES42651
Maple/Birch	ID/AP: \$83	SD: \$74.50	OD: \$103.75
4/5-6/16 (11)	W/F (Desiree)	9:40-10:35 am	ES42652
Maple/Birch	ID/AP: \$87	SD: \$78.25	OD: \$108.75
4/8-6/17 (11)	S (Mignon)	10:05-11 am	ES42653
Maple/Birch	ID/AP: \$43	SD: \$38.50	OD: \$53.75

TRX Semi-private Clinic

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



Winter Term:			
2/2 (1)	Th	5:30-7 pm	ES32654
Fitness Room	ID/AP: \$60	SD: \$60	OD: \$75
3/23 (1)	Th	5:30-7 pm	ES32655
Fitness Room	ID/AP: \$60	SD: \$60	OD: \$75
Spring Term:			
4/20 (1)	Th	5:30-7 pm	ES42654
Fitness Room	ID/AP: \$60	SD: \$60	OD: \$75
5/25 (1)	Th	5:30-7 pm	ES42655
Fitness Room	ID/AP: \$60	SD: \$60	OD: \$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)

Fitness - 55 & Better

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

Designed to increase strength and tone all muscle groups. The dynamic concept of maximal muscular flexion, full range of motion, and using exer-tubes and hand weights will help you get to this goal. (David)



Winter Term:

1/5-3/23 (12) Maple/Birch	Th ID/AP: \$47	10:45-11:40 am SD: \$42.25	ES32656 OD: \$58.75
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Spring Term:

4/6-6/15 (11) Maple/Birch	Th ID/AP: \$43	10:45-11:40 am SD: \$38.50	ES42656 OD: \$53.75
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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 1/16, 2/20, 5/29. (Jacqueline)



Winter Term:

1/9-3/23 (11) Fitness Room	M/Th ID/AP: \$132	4:30-5:30 pm SD: \$118.75	ES32657 OD: \$165
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Spring Term:

4/3-6/15 (11) Fitness Room	M/Th ID/AP: \$138	4:30-5:30 pm SD: \$124	ES42657 OD: \$172.50
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Yoga

Repair, renew, release, relax with mindful yoga breath, posture and movement. Increase flexibility, stability, strength and balance. All levels welcome. (Kaycheri)



Winter Term:

1/6-3/24 (12) Willow	F ID/AP: \$47	12:55-1:50 pm SD: \$42.25	ES32658 OD: \$58.75
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1/3-3/21 (12) Willow	T ID/AP: \$47	9:40-10:35 am SD: \$42.25	ES32658A OD: \$58.75
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Spring Term:

4/7-6/16 (11) Willow	F ID/AP: \$43	12:55-1:50 pm SD: \$38.50	ES42658 OD: \$53.75
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4/4-6/13 (11) Willow	T ID/AP: \$43	9:40-10:35 am SD: \$38.50	ES42658A OD: \$53.75
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Yoga for Fitness

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



Winter Term:

1/5-3/23 (12) Maple/Birch	Th ID/AP: \$47	9:40-10:35 am SD: \$42.25	ES32664 OD: \$58.75
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Spring Term:

4/6-6/15 (11) Maple/Birch	Th ID/AP: \$43	9:40-10:35 am SD: \$38.50	ES42664 OD: \$53.75
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Fitness - 55 & Better

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



Winter Term:

1/3-3/23 (12) Willow	T/Th (Fabiola) ID/AP: \$95	8:35-9:30 am SD: \$85.50	ES32659 OD: \$118.75
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1/6-3/24 (12) Willow	F (Lia) ID/AP: \$47	9:40-10:35 am SD: \$42.25	ES32660 OD: \$58.75
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Spring Term:

4/4-6/15 (11) Willow	T/Th (Fabiola) ID/AP: \$87	8:35-9:30 am SD: \$78.25	ES42659 OD: \$108.75
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4/7-6/16 (11) Willow	F (Lia) ID/AP: \$43	9:40-10:35 am SD: \$38.50	ES42660 OD: \$53.75
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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. (Lynn)



Winter Term:

1/3-3/21 (12) Maple/Birch	T ID/AP: \$47	10:45-11:40 am SD: \$42.25	ES32661 OD: \$58.75
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1/6-3/24 (12) Willow	F ID/AP: \$47	8:35-9:30 am SD: \$42.25	ES32662 OD: \$58.75
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Spring Term:

4/4-6/13 (11) Maple/Birch	T ID/AP: \$43	10:45-11:40 am SD: \$38.50	ES42661 OD: \$53.75
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4/7-6/16 (11) Willow	F ID/AP: \$43	8:35-9:30 am SD: \$38.50	ES42662 OD: \$53.75
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Yoga, Continuing

Increase flexibility, balance, strength and peace of mind with classic yoga postures and movements combined with pranayama (breath). Yoga will revitalize the respiratory, nervous, endocrine, digestive, and other major systems of the body. This class is suitable for beginners to experienced yoga practitioners. No class 1/16, 2/20, 5/29. (Fabiola)



Winter Term:

1/9-3/20 (9) Maple/Birch	M ID/AP: \$35	8:35-9:30 am SD: \$31.50	ES32663 OD: \$43.75
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4/3-6/12 (10) Maple/Birch	M ID/AP: \$39	8:35-9:30 am SD: \$35	ES42663 OD: \$48.75
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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
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Yoga, Gentle

Learn how to stretch deeply with simple movements combined with conscious breathing; increase strength and flexibility and bring calmness to the mind. For students with little or no yoga experience. No class 1/16, 2/20, 5/29.



Winter Term:

1/9-3/20 (9) Maple/Birch	M (Lynn) ID/AP: \$35	9:40-10:35 am SD: \$31.50	ES32665 OD: \$43.75
1/3-3/21 (12) Maple/Birch	T (Lynn) ID/AP: \$47	9:40-10:35 am SD: \$42.25	ES32666 OD: \$58.75
1/3-3/23 (14) Manzanita	T/Th (Misty) ID/AP: \$95	6:20-7:15 pm SD: \$85.50	ES32667 OD: \$118.75
1/4-3/22 (12) Willow	W (Lynn) ID/AP: \$47	8:15-9:10 am SD: \$42.25	ES32668 OD: \$58.75

Spring Term:

4/3-6/12 (10) Maple/Birch	M (Lynn) ID/AP: \$39	9:40-10:35 am SD: \$35	ES42665 OD: \$48.75
4/4-6/13 (11) Maple/Birch	T (Lynn) ID/AP: \$43	9:40-10:35 am SD: \$38.50	ES42666 OD: \$53.75
4/4-6/15 (11) Manzanita	T/Th (Misty) ID/AP: \$87	6:20-7:15 pm SD: \$78.25	ES42667 OD: \$108.75
4/5-6/14 (11) Willow	W (Lynn) ID/AP: \$43	8:15-9:10 am SD: \$38.50	ES42668 OD: \$53.75

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. It is a fun, different, easy and effective total body workout. No class 1/16, 2/20, 5/29. (*Kimo/Naoko)



Winter Term:

1/3-3/23 (12) Manzanita	T/Th* ID/AP: \$95	8:35-9:30 am SD: \$85.50	ES32670 OD: \$118.75
1/5-3/23 (12) Manzanita	Th (Kimo) ID/AP: \$47	4:10-5:05 pm SD: \$42.25	ES32671 OD: \$58.75
1/9-3/20 (9) Manzanita	M (Robin) ID/AP: \$35	4:10-5:05 pm SD: \$31.50	ES32672 OD: \$43.75

Spring Term:

4/4-6/15 (11) Manzanita	T/Th* ID/AP: \$87	8:35-9:30 am SD: \$78.25	ES42670 OD: \$108.75
4/6-6/15 (11) Manzanita	Th (Kimo) ID/AP: \$43	4:10-5:05 pm SD: \$38.50	ES42671 OD: \$53.75
4/3-6/12 (10) Manzanita	M (Robin) ID/AP: \$39	4:10-5:05 pm SD: \$35	ES42672 OD: \$48.75

Health & Wellness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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A Will is not Enough in Oregon

Receive practical advice on how to safeguard your assets and health care wishes during and after your lifetime. Acquire up dated knowledge about wills, living trusts, health care documents, issues regarding guardianship, conservatorship, and power of attorney. This program also gives information on how to avoid probate.

Winter Term:

1/18 (1) Cedar	W ID/AP: \$3	10-11:30 am SD: \$2.50	ES33600 OD: \$3.75
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Spring Term:

5/2 (1) Cedar	T ID/AP: \$3	10-11:30 am SD: \$2.50	ES43600 OD: \$3.75
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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

Winter Term: 1/12 (1)	Th	2:30-3:30 pm	ES33605
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Spring Term:

4/6 (1)	Th	2:30-3:30 pm	ES43605
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Session II

Winter Term: 1/26 (1)	Th	2:30-3:30 pm	ES33606
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Spring Term:

4/20 (1)	Th	2:30-3:30 pm	ES43606
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Session III

Winter Term: 2/16 (1)	Th	2:30-3:30 pm	ES33607
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Spring Term:

5/4 (1)	Th	2:30-3:30 pm	ES43607
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Session IV

Winter Term: 3/2 (1)	Th	2:30-3:30 pm	ES33608
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Spring Term:

5/18 (1) Oak	Th ID/AP: \$7	2:30-3:30 pm SD: \$6.25	ES43608 OD: \$8.75
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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.

Health & Wellness - 55 & Better

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

Join us for an interactive class to learn about pedestrian safety, exercises for strength, endurance, balance, concussion education and prevention, community resources and fall prevention methods.

Winter Term:

3/1 (1) Cedar Rm	W ID/AP: \$4	10 am-Noon SD: \$3.25	ES33612 OD: \$5
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Meditation & Relaxation

Quiet your mind, open your heart and improve your sense of well-being. Build a personal, non-religious, life-giving meditation practice that provides both emotional and physical benefits. This technique is easy to learn and unique for each person. (Kaycheri)

Winter Term:

1/6-3/24 (12) Willow	F ID/AP: \$47	2-2:55 pm SD: \$42.25	ES32624 OD: \$58.75
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Spring Term:

4/7-6/16 (11) Willow	F ID/AP: \$43	2-2:55 pm SD: \$38.50	ES42624 OD: \$53.75
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Health & Wellness Support Groups

Compassionate Friends

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

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

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.

4th Tuesday, 6:30-8:30 pm, Cedar Rm

2nd Thursday, 1-3 pm, Cedar Rm

3rd Thursday, 2:30-4:30 pm, Beaverton Community Center

Circle of Support

Caregivers and survivors of traumatic brain injury, stroke or other catastrophic/debilitative conditions. 2nd & 4th Saturdays, 10-11:30 am, Cedar Rm

Circle of Friends

Please join us for a time of sharing your joys and challenges. This group will provide a safe and secure social time to meet.

Tuesdays, 11:30 am-3 pm, Cedar Rm (no meeting in August or September)

Social for Singles

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

Health & Wellness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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Music, Art & Brain Fitness

Experience mental exercise with a dash of rhythm and music to make it fun. Improve memory, executive processing, problem solving, visualization and focus. We will cover the latest research in neurogenesis and plasticity and what that means for you. (Susan)

Winter Term:

1/3-3/23 (12) Willow	T/Th ID/AP: \$156	1-2 pm SD: \$140.25	ES33602 OD: \$195
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Spring Term:

4/4-6/15 (11) Willow	T/Th ID/AP: \$143	1-2 pm SD: \$128.50	ES43602 OD: \$178.75
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Energy Wellness: Exploring the Chakras

We'll study our seven major energy centers to enhance, enliven and balance our lives. We'll use practices from ancient to modern body, mind and spirit healing modalities to create a sustainable, harmonious flow of energy. All levels of experience welcome. (Kaycheri)

Winter Term:

1/3-3/21 (12) Dogwood	T ID/AP: \$79	10:45-11:45 am SD: \$71	ES33601 OD: \$98.75
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Spring Term:

4/4-6/13 (11) Dogwood	T ID/AP: \$72	10:45-11:45 am SD: \$64.75	ES43601 OD: \$90
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Wellness Workshops

Presented by the Alzheimer's Association



Know the Ten Signs

In this class, attendees will gain an understanding of the difference between age-related memory loss and Alzheimer's and what to do if they or someone they know has signs of the disease.

Winter Term:

2/8 Cedar	W ID/AP: \$3	10-11:30am SD: \$2.50	ES33615 OD: \$3.75
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Healthier Living for your Brain and Body

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement — and how to use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Spring Term:

4/12 Cedar	W ID/AP: \$3	10-11:30am SD: \$2.50	ES33616 OD: \$3.75
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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)

Health & Wellness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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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. No class 1/16, 2/20, 5/29. (Rebecca)

Winter Term:

1/9-3/20 (9) Cedar	M ID/AP: \$58	9:30-10:30 am SD: \$52	ES33611 OD: \$72.50
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Spring Term:

4/3-6/12 (10) Cedar	M ID/AP: \$65	9:30-10:30 am SD: \$58.50	ES43611 OD: \$81.25
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Waking Hypnosis – NLP

Learn and use neuro-linguistic programming (NLP) techniques to facilitate positive changes in yourself and others. No class 1/16, 2/20, 5/29. (Rebecca)

Winter Term:

1/9-3/20 (9) Cedar	M ID/AP: \$58	10:45-11:45 am SD: \$52	ES33613 OD: \$72.50
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Spring Term:

4/3-6/12 (10) Cedar	M ID/AP: \$65	10:45-11:45 am SD: \$58.50	ES43613 OD: \$81.25
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General Interest - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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Basic Computer-MAC/Apple

Learn the Mac operating system, how to set up your desk top, and configure your computer to suite your personal needs. Student brings own computer to class. Book included in cost of class. No class 1/16, 2/20 (Jim)

Winter Term:

1/9-2/27 (6) Poplar	M ID/AP: \$91	3:30-5 pm SD: \$81.75	ES35624 OD: \$113.75
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Spring Term:

4/3-5/8 (6) Poplar	M ID/AP: \$91	3:30-5 pm SD: \$81.75	ES45624 OD: \$113.75
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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. No class 1/16, 2/20, 5/29. (Marie)

Winter Term:

1/9-3/20 (9) Dogwood	M ID/AP: \$132	10 am-Noon SD: \$118.75	ES35625 OD: \$165
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Spring Term:

4/3-6/12 (10) Dogwood	M ID/AP: \$146	10 am-Noon SD: \$131.25	ES45625 OD: \$182.50
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General Interest - 55 & Better

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

This class is a continuation of Bridge I. Previous bridge experience or instructor approval required. No class 1/16, 2/20, 5/29. (Marie)

Winter Term:

1/9-3/20 (9) Dogwood	M ID/AP: \$132	1:30-3:30 pm SD: \$112	ES35626 OD: \$165
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Spring Term:

4/3-6/12 (10) Dogwood	M ID/AP: \$146	1:30-3:30 pm SD: \$131.25	ES45626 OD: \$182.50
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Bridge, Supervised Play

Practice makes perfect and the game of bridge is no exception. This class is designed for those students who have had some instruction in bridge. Ask questions about bidding and play and have fun while playing with an instructor. (Marie)

Winter Term:

1/5-2/23 (8) Dogwood	Th ID/AP: \$142	12:30-3:30 pm SD: \$127.75	ES35627 OD: \$177.50
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Spring Term:

4/6-6/15 (11) Dogwood	Th ID/AP: \$195	12:30-3:30 pm SD: \$175.50	ES45627 OD: \$243.75
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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)

Winter Term:

2/24 (1) Larch	F ID/AP: \$13	1:30-2:30 pm SD: \$11.50	ES35600 OD: \$16.25
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Spring Term:

5/12 (1) Larch	F ID/AP: \$13	1:30-2:30 pm SD: \$11.50	ES45600 OD: \$16.25
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Cabaret Vocal Ensemble

"Come to the Cabaret, better yet, SING in the Cabaret! All types of music performed. First four classes will be at Stuhr Center, the remainder of times will be performing at retirement facilities. Open to all singers, no audition required. (Sheryl)

Winter Term:

1/3-3/21 (12) Dogwood	T ID/AP: \$102	12:30-2 pm SD: \$91.75	ES35601 OD: \$127.50
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Spring Term:

4/4-6/13 (11) Dogwood	T ID/AP: \$93	12:30-2 pm SD: \$83.50	ES45601 OD: \$116.25
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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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Cooking Workshop

Come learn something new to cook. Sign up for one or multiple work shops. (Freda)

Winter Term:

Winter Breakfasts

In this hands on baking class, participants will have the opportunity to create at least two delicious baked treats, A delectable savory scone and a YUGE New York coffee cake.

1/14 (1) Fir	S ID/AP: \$49	1-4 pm SD: \$44	ES35636 OD: \$61.25
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Valentine Day Treats

In this hands on baking class, participants will create a fun and festive achy cakey heart cupcake (a red velvet cupcake in the shape of a heart), cowboy cookies and chocolate covered strawberries. Love is in the air!

2/11 (1) Fir	S ID/AP: \$49	1-4 pm SD: \$44	ES35637 OD: \$61.25
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St. Patrick's Day Sweets

Come join us as we create traditional Irish baked goods. We will make a quick easy Irish soda bread and a delicious Kerry apple cake.

3/11 (1) Fir	S ID/AP: \$49	1-4 pm SD: \$44	ES35638 OD: \$61.25
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Spring Term:

Spring Sweets

In this hands on baking class we will create luscious lemon bars and Easter bark for the kid in all of us!

4/8 (1) Fir	S ID/AP: \$49	1-4 pm SD: \$44	ES45636 OD: \$61.25
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Mother's Day Brunch

Real men (and women) do bake quiche! Come learn some fun recipes to treat the special mother in your life. We will make a crust less quiche, Baked oatmeal and if time permits, we'll make a beautiful pineapple/ coconut cupcake.

5/6 (1) Fir	S ID/AP: \$49	1-3:55 pm SD: \$44	ES45637 OD: \$61.25
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Summer Treats

In this class, we will be baking both Mexican wedding cookies and S'more's cupcakes.

6/17 (1) Fir	S ID/AP: \$49	1-4 pm SD: \$44	ES45638 OD: \$61.25
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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)

Winter Term:

3/10 (1) Larch	F ID/AP: \$13	1:30-2:30 pm SD: \$11.50	ES35602 OD: \$16.25
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Learn to Use "The Cloud"

Everyone keeps talking about "The Cloud," but what is it and how do you get on it? Learn what "The Cloud" is and how to store or not store your information up there.

Spring Term:

6/16 (1) Larch	F ID/AP: \$13	1:30-2:30 pm SD: \$11.50	ES45602 OD: \$16.25
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Digital Camera, Basic I

Have a camera but not using it to its full capabilities? Learn the operations and settings of your digital camera. Bring charged camera to class. (Bob)

Winter Term:

1/4-3/22 (12) Larch	W ID/AP: \$132	10:45 am-12:15 pm SD: \$118.75	ES35639 OD: \$165
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Spring Term:

4/5-6/14 (11) Larch	W ID/AP: \$132	10:45 am-12:15 pm SD: \$118.75	ES45639 OD: \$165
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Genealogy-Discover your Ancestors

This class is structured in a learn and chat format. Each class session, the instructor will discuss a research method, and then entertain questions and discussion on someone's family history. (Russ)

Winter Term:

1/4-3/22 (12) Larch	W ID/AP: \$78	2-3 pm SD: \$70	ES35603 OD: \$97.50
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Spring Term:

4/5-6/14 (11) Willow	W ID/AP: \$71	2-3 pm SD: \$63.75	ES45603 OD: \$88.75
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Guitar II

Continuation from Beginning Guitar class. A \$12 book fee payable to the instructor at the first class. Must bring own guitar. (Alex)

Winter Term:

1/3-3/21 (12) Poplar	T ID/AP: \$96	11 am-Noon SD: \$86.25	ES35605 OD: \$120
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Spring Term:

4/4-6/13 (11) Poplar	T ID/AP: \$88	11 am-Noon SD: \$79	ES45605 OD: \$110
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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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Guitar, Beginning

Learn the fretboard and play chords, while learning how to read music and music theory. We'll play together & have fun! A \$12 book fee payable to the instructor at the first class. Must bring own guitar. (Alex)

Winter Term:

1/3-3/21 (12) Poplar	T ID/AP: \$96	12:30-1:30 pm SD: \$86.25	ES35604 OD: \$120
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Spring Term:

4/4-6/13 (11) Poplar	T ID/AP: \$88	12:30-1:30 pm SD: \$79	ES45604 OD: \$110
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History's Great Military Blunders and the Lessons They Teach

Despite their tragic cost, many battles are regarded as great triumphs, while others are nearly universally declared blunders. What qualifies such battles for special condemnation or inquiry? Why focus on failure at all? Join us for this DVD series and discussion. No class, 1/16, 2/20. (George)

Winter Term:

1/9-3/20 (9) Willow	M ID/AP: \$68	10-11:30 am SD: \$57.75	ES35635 OD: \$85
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The Cathedral

To step inside a Gothic cathedral is to step inside the visual essence of the Christian faith—a world filled with vaulted ceilings, stone sculptures and stained glass windows that tell powerful stories in dazzling colors. No class 5/29. (George)

Spring Term:

4/3-6/12 (10) Willow	M ID/AP: \$66	10-11:30 am SD: \$59.25	ES45635 OD: \$82.50
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Italian II

Continues with the acquisition and development of aural comprehension, oral, reading, and writing skills through the study and mastery of new vocabulary and grammatical structures. Includes thorough study of grammatical concepts and introduction to the physical geography of Italy, its institutions, and culture. No class 1/19, 2/20. (Elba)

Winter Term:

1/9-3/20 (9) Larch	M ID/AP: \$116	1-2:30 pm SD: \$98.50	ES35608 OD: \$145
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Italian for Beginners

A course in beginning Italian designed to develop skills in aural comprehension, oral expression, reading and writing. Introduction to basic vocabulary and grammatical structures. Use of textual materials and multimedia on Italian cultural themes. No class 5/29. (Elba)

Spring Term:

4/3-6/12 (10) Larch	M ID/AP: \$128	1-2:30 pm SD: \$115	ES45608 OD: \$160
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General Interest - 55 & Better

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

Work on your own projects under the guidance of our experienced instructor. Please bring your own knitting needles, yarn and pattern. No class 2/14. (Christina)

Winter Term:

1/3-3/22 Dogwood	T ID/AP: \$84	10-11:30 am SD: \$75.50	ES35610A OD: \$105
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Spring Term:

4/5-6/14 Dogwood	T ID/AP: \$84	10-11:30 am SD: \$75.50	ES45610A OD: \$105
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Mahjong, Beginning

Learn the American version of an ancient Chinese game. Words like Bam, Crak, and Pung will a part of your new vocabulary. Open to singles or couples. Sets are provided in class. (Susan)

Spring Term:

4/6-5/11 (6) Dogwood	Th ID/AP: \$72	10 am-Noon SD: \$64.75	ES45609 OD: \$90
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Mahjong Strategies

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

Winter Term:

1/26-2/16 (6) Dogwood	Th ID/AP: \$72	10 am-noon SD: \$64.75	ES35609 OD: \$90
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Piano for Beginners

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

Winter Term:

1/5-3/23 (12) Poplar	Th ID/AP: \$144	11:30 am-1 pm SD: \$129.50	ES35616 OD: \$180
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Spring Term:

4/5-6/14 (11) Poplar	W ID/AP: \$132	11 am-12:30 pm SD: \$118.75	ES45613 OD: \$165
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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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Piano, Intermediate & Advanced Levels

Have you played in the past? These classes are a continuation of the previous term or for students with some experience. Contact the instructor for which class is the appropriate level for you. Keyboards available for classroom use. No class 1/16, 2/20. (Helle)

Elementary (Intermediate Level 2)

Requires minimal music reading. Introduction of black keys.

Winter Term:

1/6-3/24 (12)	F	11 am-12:30 pm	ES35610
Poplar	ID/AP: \$144	SD: \$91.75	OD: \$135

Spring Term:

4/6-6/15 (11)	Th	11:30 am-1 pm	ES45616
Poplar	ID/AP: \$132	SD: \$118.75	OD: \$165

Late Elementary (Level 3)

Introduction of key signatures.

Winter Term:

1/4-3/22 (12)	W	11 am-12:30 pm	ES35613
Poplar	ID/AP: \$144	SD: \$129.50	OD: \$180

1/6-3/24 (12)	F	1-2:30 pm	ES35618
Poplar	ID/AP: \$144	SD: \$129.50	OD: \$180

Spring Term:

4/7-6/16 (11)	F	11 am-12:30 pm	ES45610
Poplar	ID/AP: \$132	SD: \$118.75	OD: \$165

Early Intermediate (Level 4)

Prerequisite: Must be able to read in a few different key signatures and time signatures

Winter Term:

1/4-3/22 (12)	W	1-2:30 pm	ES35614
Poplar	ID/AP: \$144	SD: \$129.50	OD: \$180

Spring Term:

4/7-6/16 (11)	F	1-2:30 pm	ES45618
Poplar	ID/AP: \$132	SD: \$118.75	OD: \$165

Intermediate (Level 5)

Introduction of 6/8 time.

Winter Term:

1/6-3/24 (12)	F	9:30-11 am	ES35617
Poplar	ID/AP: \$144	SD: \$129.50	OD: \$180

Spring Term:

4/5-6/14 (11)	W	1-2:30 pm	ES45614
Poplar	ID/AP: \$132	SD: \$118.75	OD: \$165

4/7-6/16 (11)	F	9:30-11 am	ES45617
Poplar	ID/AP: \$132	SD: \$118.75	OD: \$165

Late Intermediate (Level 6)

Prerequisite: Knowledge of 6/8 time and simple key signatures.

Winter Term:

1/5-3/23 (12)	Th	9:30-11 am	ES35615
Poplar	ID/AP: \$144	SD: \$129.50	OD: \$180

Spring Term:

4/6-6/15 (11)	Th	9:30-11 am	ES45615
Poplar	ID/AP: \$132	SD: \$118.75	OD: \$165

General Interest - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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Piano, Intermediate & Advanced Levels (continued)

Early Advanced (Level 7)

Winter Term:

1/9-3/20 (9)	M	11 am-12:30 pm	ES35611
Poplar	ID/AP: \$108	SD: \$97	OD: \$135

Spring Term:

4/3-6/12 (10)	M	11 am-12:30 pm	ES45611
Poplar	ID/AP: \$120	SD: \$108	OD: \$150

Advanced (Level 8)

Playing in key signatures with multiple sharps and flats.

Winter Term:

1/9-3/20 (9)	M	1-2:30 pm	ES35612
Poplar	ID/AP: \$108	SD: \$97	OD: \$135

Spring Term:

4/3-6/12 (10)	M	1-2:30 pm	ES45612
Poplar	ID/AP: \$120	SD: \$108	OD: \$150

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. No class 1/16, 2/20, 5/29. (Steven)

Winter Term:

1/9-3/20 (9)	M	12:15-1:15 pm	ES35619
Willow	ID/AP: \$58	SD: \$52	OD: \$72.50

1/9-3/20 (9)	M	1:30-2:30 pm	ES35620
Willow	ID/AP: \$58	SD: \$52	OD: \$72.50

Spring Term:

4/3-6/12 (10)	M	12:15-1:15 pm	ES45619
Willow	ID/AP: \$65	SD: \$58.50	OD: \$81.25

4/3-6/12 (10)	M	1:30-2:30 pm	ES45620
Willow	ID/AP: \$65	SD: \$58.50	OD: \$81.25

Singing for Fun

Do you love singing? This class will be a sing-along hour of fun. A variety of music, different each week. No singing experience needed. (Sheryl)

Winter Term:

1/4-3/22 (12)	W	2-3 pm	ES35621
Dogwood	ID/AP: \$88	SD: \$79	OD: \$110

Spring Term:

4/5-6/14 (11)	W	2-3 pm	ES45621
Dogwood	ID/AP: \$81	SD: \$72.22	OD: \$101.25

General Interest - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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Smartphone, Androids - Novice

For the new user of a smartphone. Discover how these devices can help you stay in touch and manage your life. Bring fully charged phone to class. (Does not cover Apple phones. See Apple phone class). (Jessica)

Winter Term:

1/14-1/28 (3) Oak Rm	S ID/AP: \$33	10 am-Noon SD: \$29.50	ES35622 OD: \$41.25
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Spring Term:

4/8-4/22 (3) Oak Rm	S ID/AP: \$33	10 am-Noon SD: \$29.50	ES45622 OD: \$41.25
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Smartphone, Apple - Novice

For the new user of an Apple smartphone. Discover how these devices can help you stay in touch and manage your life. Bring fully charged phone to class. (Jessica)

Winter Term:

1/14-1/28 (3) Oak Rm	S ID/AP: \$33	12:30-2:30 pm SD: \$29.50	ES35623 OD: \$41.25
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Spring Term:

4/8-4/22 (3) Oak Rm	S ID/AP: \$33	12:30-2:30 pm SD: \$29.50	ES45623 OD: \$41.25
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Spanish, Beginning I

Learn the basics. Alphabet, pronunciation, emphasis rules and separations of words into syllables. (Mercedes)

Winter Term:

1/10-3/7 (9) Dogwood	T ID/AP: \$116	8-9:30 am SD: \$104.25	ES35628 OD: \$145
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Spring Term:

4/4-5/30 (9) Dogwood	T ID/AP: \$116	8-9:30 am SD: \$104.25	ES45628 OD: \$145
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Spanish Beginning II/III

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

Winter Term:

1/14-3/11 (9) Dogwood	S ID/AP: \$116	9-10:30 am SD: \$104.25	ES35629 OD: \$145
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Spring Term:

4/8-6/17 (11) Dogwood	S ID/AP: \$116	9-10:30 am SD: \$104.25	ES45629 OD: \$145
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General Interest - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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Travel Abroad Smart- Tips for International Travelers

Learn essential tips for planning and executing an amazing trip abroad. Class covers trip planning, travel documents, travel health, keys to safe travel, international transport, booking accommodations and more. (Shyla & Dan)

Winter Term:

3/23 (1) Oak	Th ID/AP: \$20	11 am-1:30 pm SD: \$17	ES35606 OD: \$ 25
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Travel Abroad Essentials- Tools for International Travelers

Want information on best travel gear, websites, and other essential travel tools? Learn from experienced traveler's about current trends in packing, technology, connecting to wi-fi abroad, voltage and adapters, best travel apps, foreign language tips and more. (Shyla & Dan)

Spring Term:

4/13 (1) Oak	Th ID/AP: \$20	11 am-1:30 pm SD: \$17	ES45606 OD: \$ 25
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Ukulele, Continuing

Have you learned some chords and want to keep learning? Focus on learning more songs. Must bring own ukulele to class. (Rebecca)

Winter Term:

1/5-3/23 (12) Dogwood	Th ID/AP: \$111	4-5:30 pm SD: \$99.75	ES35630 OD: \$138.75
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Spring Term:

4/6-6/15 (11) Dogwood	Th ID/AP: \$102	4-5:30 pm SD: \$91.75	ES45630 OD: \$127.50
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JFK and the Evolution of Foreign Policy

The 1992 JFK Records Act required government agencies to release all files pertaining to President Kennedy's assassination by no later than the 25th anniversary of the Act's enactment, October 2017. Will all the facts of this crime finally be available? (Louis)

Spring Term:

4/5-6/14 (12) Willow	W ID/AP: \$103	10-11:30 am SD: \$92.50	ES35632 OD: \$128.75
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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)

Winter Term:

1/6-3/24 (12) Dogwood	F ID/AP: \$145	11 am-1 pm SD: \$130.50	ES35633 OD: \$181.25
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1/6-3/24 (12) Dogwood	F ID/AP: \$145	1:30-3:30 pm SD: \$130.50	ES35634 OD: \$181.25
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Spring Term:

4/7-6/16 (11) Dogwood	F ID/AP: \$133	11 am-1 pm SD: \$119.50	ES45633 OD: \$166.25
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4/7-6/16 (11) Dogwood	F ID/AP: \$133	1:30-3:30 pm SD: \$119.50	ES45634 OD: \$166.25
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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)

Special Events - 55 & Better

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

Activities are fun, social and stimulating. They are also free, and presented in a safe, fun and friendly atmosphere. For this week join us for a free fitness class. Check at the front desk for a complete listing of activities, dates, times and to pick up your pass to the class.

Winter Term:

1/3-1/7 Tuesday-Saturday FREE

Spring Term:

4/3-4/8 Monday-Saturday FREE

Newcomers Welcome

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

Winter Term:

Wednesday, 1/4 10 am Cedar

Spring Term:

Wednesday, 3/22 10 am Cedar



National Senior Health & Fitness Day

Meet our outstanding fitness instructors and learn about our health and wellness program. The Stuhr Center will host free mini fitness class sampler for participants. Free refreshments and prizes.

Wednesday, 5/31 1:45-3:30 pm Manzanita

Winter Woodcarving Display

Take a moment to stop and check out Stuhr Center's woodcarvers artwork that will be displayed in the front lobby during. Ever thought about learning to wood carve? Sign up for our woodcarving class that is offered every term. Beginner through advanced welcome.

Front Lobby Display Case (February-March) Front Lobby

Special Events - 55 & Better

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

Stuhr Center photography students will exhibit examples of their work displayed in the center's north hallway. See the incredible talent and variety of photos.

January-February 2017

Spring Fine Art Exhibit

The Stuhr Center's fine art classes will exhibit various art created by students right here in our classes. These beautiful works of art will be displayed in the center's north hallway. You too can learn to create a one-of-a-kind painting just like these by signing up for any of our variety of painting classes.

February-March 2017

North Hallway

Valentine's Day Dance

Valentine's Day is almost here and we'll be joining in the festivities Stuhr-style as we dance the afternoon away with great music, tasty treats and a whole lot of love!

Thursday, 2/9 1:30-3:30 pm Manzanita
\$5 per person at the door.

Steppin' Out Open House

Want to know about all the options of general interest classes offered at the Stuhr Center? Come to this open house and meet the instructors and be inspired to step out a try something new. Light refreshments will be served.

Wednesday, 2/22 2-3:30 pm Free Spruce/Larch

St. Patrick's Day Celebration and Dance

Enjoy lively music and of course wearing your green! Come prepared for a good time. Entertainment and lots of green refreshment will be enjoyed by all. Pre-registration is required. Sign up at the front desk or by calling 503-629-6342.

Thursday, 3/16 1:30-3:30 pm Manzanita
\$5 per person



Trips & Tours - 55 & Better

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

Enjoy a delicious three-course lunch prepared by the talented students of this local culinary academy. Trip includes transportation, lunch, gratuity and escort. (Stefanie)

Winter Term:

1/17	T	11:15 am-3 pm	ES37604
ID/AP: \$33	OD: \$37.50		

Casino Royal

Join us for our annual trip to Spirit Mountain Casino for a day of fun! **Lunch is on your own**, choose from the amazing buffet (\$11), or three other options. Trip includes transportation and escort. (Karin)

1/31	T	9 am-5 pm	ES37610
ID/AP: \$39	OD: \$48.75		

Creo Chocolate Tour

Celebrate Valentine's Day the right way - with chocolate! After enjoying a delicious lunch at a local Portland favorite, we will take a behind the scenes tour of the Creo Chocolate factory where you will actually design and take home your own personalized chocolate bar. Trip includes transportation, tour, lunch, gratuity and escort. (Stefanie)

2/13	M	11 am-5 pm	ES37605
ID/AP: \$88	OD: \$100		

Mt. Angel Wurstfest

Celebrate Mount Angel's German heritage at Wurstfest, there will be food, music, dancing, demonstrations, and shopping. Trip includes transportation, admission and escort. Lunch is on your own (est. \$10-\$15) (Karin)

2/24	F	10 am-5 pm	ES37611
ID/AP: \$41	OD: \$50		

Stuhr 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. (Staff)

Winter Term:

2/28	T	4:30-7 pm	ES37613
ID/AP: \$70	OD: \$87.50		

Spring Term:

5/2	T	4:30-7 pm	ES47613
ID/AP: \$70	OD: \$87.50		

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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The Picnic House

The Picnic House is located in the lobby of the original 1920's Heathman Hotel and has retained the original 30-foot vaulted ceilings and fluted wood columns. Executive Chef Casey Gipson utilizes classic French techniques to prepare creative dishes that playfully reference the nostalgic comfort foods of childhood. Trip includes transportation, lunch, gratuity and escort. (Stefanie)

3/2	Th	11 am-3 pm	ES37606
ID/AP: \$68	OD: \$76.25		

A bit of the Irish - Lunch at Kells

Our annual trip to Kells Brew Pub in Northwest Portland. Celebrate St. Paddy's a bit early. Trip includes transportation, lunch and escort. (Karin)

3/14	T	11:30 am-3 pm	ES37612
ID/AP: \$52	OD: \$56.25		

Wooden Shoe Tulip Fest

Stroll through 40 acres of stunning beauty, experience expansive views of vineyards, distant mountains, and a few mud puddles. Must be able to walk on unpaved surfaces. Trip includes transportation, lunch, gratuity, tour and escort. (Stefanie)

4/4	T	10 am-5 pm	ES4760
ID/AP: \$97	OD: \$110.75		

Wine Tasting and Lunch

Enjoy of fabulous lunch then tour the scenery and sample wines from a Willamette Valley winery. Trip includes lunch, gratuities, tasting fee, transportation and escort. (Karin)

4/11	T	10:30 am-4 pm	ES47610
ID/AP: \$62	OD: \$68.75		

The Blue Goat

This local favorite is known for their rustic wood-fired cookery featuring their enormous earthen oven, as well for making everything they serve with fresh, local ingredients that celebrates local farmers. This is one lunch date you won't want to break! Trip includes transportations, lunch, gratuity and escort. (Stefanie)

4/18	T	11 am-4 pm	ES47605
ID/AP: \$81	OD: \$91.25		

St. Helens Oregon Tour and Lunch

We'll enjoy lunch at the historic Klondike Restaurant. Afterwards, tour local historic buildings and port. Trip includes transportation, lunch, gratuities and escort. Must be able to navigate stairs. (Karin)

4/27	Th	11 am-4 pm	ES47611
ID/AP: \$51	OD: \$57.25		

Trips & Tours - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Pazzo Ristorante			
Pazzo Restaurant brings Italian old world tradition to Portland's vibrant downtown. The restaurant shares Portlanders' love of the local food culture and commitment to the environment. Pazzo is a dynamic dining destination that marries the time-tested recipes of Italy with the singular spirit of the Pacific Northwest. Trip includes transportations, lunch, gratuity and escort. (Stefanie)			
5/10 ID/AP: \$72	W OD: \$80	11 am-3 pm	ES47604

Spring Time at Timberline

Experience the beauty of Mt. Hood and Timberline Lodge in the springtime. We will also enjoy the amazing lunch buffet in the Cascade Dining Room and take in the surrounding views. Trip includes transportation, lunch and escort. (Karin)

5/16 (1) ID/AP: \$63	T OD: \$72.25	9:30 am-5 pm	ES47612
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Trips & Tours - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
Tea's Me Tea Room			
Let's celebrate spring with a tea party! Join us as we travel to the wonderful Tea's Me Tea Room in Hillsboro, Oregon to nibble on wonderful treats and sip some delicious tea. Trip includes transportation, lunch, gratuity, tour and escort.			
5/23 ID/AP: \$62	T OD: 70	11am-3pm	ES47607

Day Trip to Lincoln City

Let's go to the beach! We'll start with a delicious lunch at a local Lincoln City favorite and then head to the Alderhouse Glass House for a glass blowing demonstration. Trip includes transportation, lunch, gratuity, tour and escort. (Stefanie)

6/8 ID/AP: \$119	Th OD: \$136.25	8:30 am-5 pm	ES47606
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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 are available by contacting the Stuhr Center front desk.

Winter Term:

Snowshoeing at the White River

1/10	T	9 am-5 pm	ES37615
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Cross-Country Skiing at Teacup Lake

2/21	T	9 am-5 pm	ES37616
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Caving at Mt. St. Helens

3/14	T	9 am-5 pm	ES37617
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Spring Term:

Kayaking at Scappoose Bay

4/18	T	9 am-5 pm	ES37618
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ID/AP: \$70 OD: \$71.25

**British Landscapes
April 1-10, 2017**

Join us for a 9-day trip to England, Scotland and Wales.

Cost: \$3,849 per person - double;
\$4,549 person - single
\$3,819 per person - triple

**Branson, Memphis & Nashville
May 10-18, 2017**

Join us for a 9-day trip enjoying highlights such as St. Louis, Branson, Memphis, Clinton Presidential Library & Museum, Grand Ole Opry, Country Music Hall of Fame, Nashville and much more.

Cost: \$2,695 per person - double;
\$3,420 per person - single

The Colorado Rockies

June 23-July 1, 2017

Join us for 8 days, 8 nights in Denver, Colorado enjoying the Rocky Mountain National Park, Grand Junction, Arches National Park, Canyonlands National Park, Colorado National Monument, Durango & Silverton narrow Gauge Railroad, Mes Verde National Park, Pikes Peak Cog Railway and Garden of the Gods.

Cost: \$2,979 per person - double;
\$3,679 person - single
\$2,949 per person - triple

Elsie Stuhr Center Drop-in Schedule

503-629-6342

Please note: These times may vary and are subject to change without notice.

Fitness			
Ping Pong (\$5/mth or \$1/day)	Monday, Tuesday, Thursday	Fir	3:30-8 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	5:30-8:30 pm
Bridge (team)	Monday	Pine	3-6 pm
Bunco	2nd/4th Wednesday	Pine	1-2:30 pm
Pennies From Heaven	Friday	Pine	Noon-4 pm
Cribbage	Wednesday	Pine	8-11:30 am
Pinochle	Tuesday, Wednesday	Pine	12:30-3 pm
Scrabble	Tuesday	Pine	9 am-noon
Texas Hold'em	Thursday	Pine	12:30-4:30 pm
Texas Hold'em	Friday	Pine	12:30-4:30 pm
Texas Hold'em	Saturday	Pine	12:30-4:30 pm
Mahjong	Monday	Pine	1-4 pm
Mahjong	Thursday	Pine	6:30-8:30 pm
Mahjong	Saturday	Pine	Noon-4 pm

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	Oak	12:30-1:30 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	1st Friday	Check with Receptionist	10-11 am
Circle of Support	2nd/4th Saturdays	Cedar	10-11:30 am
Compassionate Friends	2nd Tuesday	Cedar	6:30-8:45 pm
Legal Discussion	1st Tuesday	Check with Receptionist	1:30-3:30 pm
Circle of Friends	Tuesdays	Cedar	1:30-3 pm