

# 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 Bus Routes #76, #78, #88

Facility Supervisor: Patty Brescia

Winter Term: Jan. 1-Mar. 31, 2019

Spring Term: Apr. 1-June 16, 2019

**Hours:**

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

Wednesday/Friday 7:30 am-5 pm

Saturday 9 am-5 pm

**Facility Closed:** 1/1, 1/21, 2/18, 5/27

## Age and Membership Requirements

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

## Come to Lunch at the Stuhr Center

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

**Meals on Wheels:** 503-643-8352

## Monthly Newsletter

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

## Special Events



### Springtime Par-Tea

**Friday, May 3  
1:30-3:30 pm**

The buds are blossoming, and the birds are chirping... it must be spring! What better way to celebrate this magnificent time of year than to throw a sweet little par-tea... Stuhr-style, of course! Dress in your spring colors and join us for an afternoon of great music, fun activities, delicious treats, and of course, tea.

Pre-registration is required, as space is limited. Sign up at the Elsie Stuhr Center front desk.

## National Senior Health & Fitness Day

**Wednesday, May 29  
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.

## Spry & Wise Zumba® Gold Party

**Saturday, June 8 • 11 am-Noon**

Come one, come all to our first ever Spry & Wise Zumba® Gold Party! Join us for an all ages Zumba® Gold party to kick off summer term and spread fitness to all ages. \$5 per person

## 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](http://www.thprd.org)

**Arts & Crafts - 55 & Better**

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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**Art of Printmaking**

A variety of forms will be offered; both Intaglio, and relief printing. You will learn techniques for printing editions of your creations using a baby-press. \$20 supply fee payable to instructor. Additional supply list available at the front desk. (Teresa)

**Winter Term:**

1/8-2/12 (6) Spruce	T ID/AP: \$95	1-3:30 pm SD: \$85.50	ES34625 OD: \$118.75
2/19-3/19 (5) Spruce	T ID/AP: \$75	1-3:30 pm SD: \$67.50	ES34626 OD: \$93.75

**Spring Term:**

4/2-5/7 (6) Spruce	T ID/AP: \$95	1-3:30 pm SD: \$85.50	ES44625 OD: \$118.75
5/14-6/11 (5) Spruce	T ID/AP: \$75	1-3:30 pm SD: \$67.50	ES34626 OD: \$93.75

**Creative Painting**

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

**Winter Term:**

1/2-3/20 (12) Spruce	W ID/AP: \$206	9:30 am-12:30 pm SD: \$185.25	ES34605 OD: \$257.50
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**Spring Term:**

4/3-6/12 (11) Spruce	W ID/AP: \$189	9:30 am-12:30 pm SD: \$170	ES44605 OD: \$236.25
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**Drawing and Painting Workshop**

Any level or medium welcome. One-on-one instruction to help individuals expand existing skills. Learn new ones and overcoming bad habits. Contact instructor for supply list. No class 1/21, 2/18, 5/27. (Teresa)

**Winter Term:**

1/7-3/18 (9) Spruce	M ID/AP: \$109	1-3 pm SD: \$98	ES34609 OD: \$136.25
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**Spring Term:**

4/1-6/10 (10) Spruce	M ID/AP: \$122	1-3 pm SD: \$109.75	ES44609 OD: \$152.50
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**Drawing on the Right Side of the Brain**

Think outside the box! 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:**

1/3-3/21 (12) Larch	Th ID/AP: \$144	1-3 pm SD: \$129.50	ES34606 OD: \$180
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**Spring Term:**

4/4-6/13 (11) Larch	Th ID/AP: \$133	1-3 pm SD: \$119.50	ES44606 OD: \$166.25
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**Arts & Crafts - 55 & Better**

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

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

**Winter Term:**

<b>Bird Garden Stakes (\$15 lab fee)</b> 1/5 (1) Spruce	S ID/AP: \$16	2:30-4:30 pm SD: \$14.25	ES34600 OD: \$20
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<b>Windchimes (\$35 lab fee)</b> 1/19 (1) Spruce	S ID/AP: \$16	2:30-4:30 pm SD: \$14.25	ES34601 OD: \$20
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<b>Suncatcher (\$25 lab fee)</b> 2/2 (1) Spruce	S ID/AP: \$16	2:30-4:30 pm SD: \$14.25	ES34602 OD: \$20
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<b>Flowerpot Stakes (3/\$35 lab fee)</b> 2/16 (1) Spruce	S ID/AP: \$16	2:30-4:30 pm SD: \$14.25	ES34603 OD: \$20
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<b>Tapas Dishes (\$20 lab fee)</b> 3/2 (1) Spruce	S ID/AP: \$16	2:30-4:30 pm SD: \$14.25	ES34610 OD: \$20
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<b>Bird Garden Stakes (\$15 lab fee)</b> 3/16 (1) Spruce	S ID/AP: \$16	2:30-4:30 pm SD: \$14.25	ES34622 OD: \$20
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**Spring Term:**

<b>Suncatcher (\$25 lab fee)</b> 4/13 (1) Spruce	S ID/AP: \$16	2:30-4:30 pm SD: \$14.25	ES44600 OD: \$20
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<b>Flowerpot Stakes (3/\$35 lab fee)</b> 4/27 (1) Spruce	S ID/AP: \$16	2:30-4:30 pm SD: \$14.25	ES44601 OD: \$20
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<b>Bird Garden Stakes (\$15 lab fee)</b> 5/11 (1) Spruce	S ID/AP: \$16	2:30-4:30 pm SD: \$14.25	ES44602 OD: \$20
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<b>Tapas Dishes (\$20 lab fee)</b> 5/25 (1) Spruce	S ID/AP: \$16	2:30-4:30 pm SD: \$14.25	ES44603 OD: \$20
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<b>Windchimes (\$35 lab fee)</b> 6/15 (1) Spruce	S ID/AP: \$16	2:30-4:30 pm SD: \$14.25	ES44622 OD: \$20
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**Paint and Yak**

Bring new life to everyday objects, such as hammers and garden tools, with acrylic paint in a style similar to Australian dot painting. \$15 lab fee payable to instructor at first class. Supply list at front desk. (Karen)

1/7-3/18 (9) Larch	M ID/AP: \$153	Noon-3 pm SD: \$137.50	ES34621 OD: \$191.25
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**Painting with Pastels**

Learn to paint or build existing skills using pastel chalks. \$15 material fee is payable to instructor at first class. No class 1/21, 2/18, 5/27. (Teresa)

**Winter Term:**

1/7-3/18 (9) Spruce	M ID/AP: \$155	9:30 am-12:30 pm SD: \$139.50	ES34604 OD: \$193.75
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**Spring Term:**

4/1-6/10 (10) Spruce	M ID/AP: \$173	9:30 am-12:30 pm SD: \$155.50	ES44604 OD: \$216.25
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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)

## Arts & Crafts - 55 & Better

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

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

#### Winter Term:

1/2-3/20 (12) Larch	W ID/AP: \$137	9-10:30 am SD: \$123.25	ES34615 OD: \$171.25
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#### Spring Term:

4/3-6/12 (11) Larch	W ID/AP: \$126	9-10:30 am SD: \$113.25	ES44615 OD: \$157.50
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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. (Marjanna)

#### Winter Term:

1/2-2/6 (6) Larch	W ID/AP: \$105	1-3:30 pm SD: \$95.50	ES34616 OD: \$128.75
2/13-3/20 (6) Larch	W ID/AP: \$105	1-3:30 pm SD: \$95.50	ES34617 OD: \$128.75

#### Spring Term:

4/3-5/8 (6) Larch	W ID/AP: \$105	1-3:30 pm SD: \$95.50	ES44616 OD: \$128.75
5/15-6/12 (5) Larch	W ID/AP: \$90	1-3:30 pm SD: \$82	ES44617 OD: \$110

### 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. (Marjanna)

#### Winter Term:

1/19 (1) Spruce	S ID/AP: \$17	10 am-12:30 pm SD: \$15.25	ES34618 OD: \$21.25
2/16 (1) Spruce	S ID/AP: \$17	10 am-12:30 pm SD: \$15.25	ES34619 OD: \$21.25
3/16 (1) Spruce	S ID/AP: \$17	10 am-12:30 pm SD: \$15.25	ES34620 OD: \$21.25

#### Spring Term:

4/20 (1) Spruce	S ID/AP: \$17	10 am-12:30 pm SD: \$15.25	ES44618 OD: \$21.25
5/18 (1) Spruce	S ID/AP: \$17	10 am-12:30 pm SD: \$15.25	ES44619 OD: \$21.25
6/8 (1) Spruce	S ID/AP: \$17	10 am-12:30 pm SD: \$15.25	ES44620 OD: \$21.25

## Arts & Crafts - 55 & Better

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

Bring any quilts you have made, are making, or plan to make to this FREE workshop. Meet others in the community who love to quilt. Bring your questions, creations, stories and ideas! Free workshop will be led by Rosalie, our quilting instructor. (Rosalie)

#### Spring Term:

4/2 (1) Dogwood	T FREE	1-4 pm	ES44624
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### Quilting, Mitered Corners

Learn the skill to make mitered corners while creating 1, 2 or 4 napkins, depending on your skill level. Bring your own sewing machine. \$7 lab fee payable to instructor at first class. (Rosalie)

#### Spring Term:

4/9-4/30 (4) Dogwood	T ID/AP: \$36	12:30-2:30 pm SD: \$32.25	ES44623 OD: \$45
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### Stained Glass, Open Studio

Learn to build stained glass projects using the Tiffany-Style copper foil method. Step-by-step instruction covers pattern, glass selection, cutting glass, fitting, foiling, soldering skills and patina application. Experienced students work on projects of their choice. (Sharon)

#### Winter Term:

1/4-3/22 (12) Spruce	F ID/AP: \$203	9 am-Noon SD: \$182.50	ES34612 OD: \$253.75
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#### Spring Term:

4/5-6/14 (11) Spruce	F ID/AP: \$186	9 am-Noon SD: \$167.25	ES44612 OD: \$232.50
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### Watercolor Painting

Experienced watercolorists will explore new techniques and expand their existing skills in a fun creative environment. An \$8 material fee is payable to instructor at first class. (Teresa)

#### Winter Term:

1/8-3/19 (11) Larch	T ID/AP: \$189	9:30 am-12:30 pm SD: \$170	ES34608 OD: \$236.25
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#### Spring Term:

4/2-6/11 (11) Larch	T ID/AP: \$189	9:30 am-12:30 pm SD: \$170	ES44608 OD: \$236.25
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### Watercolor Painting for Beginners

Think watercolor is too hard to do? Join us for a fun and fearless pursuit of the medium. Supply list available at the front desk. Some supplies provided. An \$8 material fee payable to instructor at first class. (Teresa)

#### Winter Term:

1/3-3/21 (12) Larch	Th ID/AP: \$206	9:30 am-12:30 pm SD: \$185.25	ES34607 OD: \$257.50
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#### Spring Term:

4/4-6/13 (11) Larch	Th ID/AP: \$189	9:30 am-12:30 pm SD: \$170	ES44607 OD: \$236.25
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Fees: ID/AP=User is in-district or has paid an out-of-district assessment SD=Senior Discount OD=Out-of-district (no assessment paid)

## Drop-in Social Dance

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

## Dance - 55 & Better

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

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

#### Winter Term:

1/4-3/22 (12) Maple/Birch	F ID/AP: \$78	10:45-11:35 am SD: \$70	ES31601 OD: \$97.50
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#### Spring Term:

4/5-6/14 (11) Maple/Birch	F ID/AP: \$72	10:45-11:35 am SD: \$64.75	ES41601 OD: \$90
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### Line Dancing

Have fun learning line dances to both classic and popular country music. No partner needed. No class 1/21, 2/18, 5/27. (Doug)

#### Winter Term:

1/7-3/18 (9) Manzanita	M ID/AP: \$59	3:05-3:55 pm SD: \$53	ES31604 OD: \$73.75
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#### Spring Term:

4/1-6/10 (10) Manzanita	M Drop-in Deluxe Pass ONLY	3:05-3:55 pm	
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### Line Dancing, Beginning

Line dancing just for beginners. No class 5/29. (Doug)

#### Winter Term:

1/2-3/20 (12) Manzanita	W ID/AP: \$78	3:05-3:55 pm SD: \$70	ES31603 OD: \$97.50
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#### Spring Term:

4/3-6/12 (10) Manzanita	W Drop-in Deluxe Pass ONLY	3:05-3:55 pm	
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## Fitness - 55 & Better

### Fitness Specialists



Monica Langdale (left)  
and Carolyn Gallagher (right)

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

### 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)

1/7 & 4/1 M 1-2 pm Free

### Fitness Class Drop-in Policy

Try a class or attend a variety of classes as a drop-in participant. Purchase a pass for \$7.75/\$7 (senior 65+), OD: \$9.75. Present drop-in pass to your fitness instructor at the beginning of class.

### Fitness Room 101

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

1/15	T (Carolyn)	9:30-10:30 am	ES32676
1/15	T (Monica)	5:30-6:30 pm	ES32677
2/12	T (Monica)	5:30-6:30 pm	ES32678
3/21	Th (Carolyn)	9:30-10:30 am	ES32678A
4/16	T (Monica)	5:30-6:30 pm	ES42676
5/21	T (Carolyn)	9:30-10:30 am	ES42677
	Fitness Room	Free	

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

### Fitness Class Intensity Guide Designed for Every Body and Every Need

The following can be used as a guide to the type of fitness class you may be seeking. Instructors can also do an assessment to make sure you are in the correct class level.



**Need a Little Help** (Chair Fitness) - This class is for those wishing to exercise while seated. Class includes rhythmic movement, range of motion, strength and stretching exercises. Class will help maintain or improve physical function for basic self-care. There will be activities that improve hand strength and agility, arm strength, shoulder and hip range of motion, quadricep strength, shin muscle strength, ankle strength and range of motion. Focus will be on muscular strength and endurance, joint range of motion, balance and coordination.



**Just Getting Started** (Entry Level) - This class is for beginners or those returning to exercise. Class includes basic steps, gentle pace and lower intensity. May include sitting or standing, light strength and stretching exercises. Class will help maintain and improve physical function to remain independent and prevent illness, disability or injury. Focus will be on increasing and building reserve in muscular strength, endurance and flexibility, joint range of motion, balance, coordination and cardiovascular endurance.



**Active Now** (Intermediate Level) - This class is for individuals who are physically active at least twice a week and seek to improve their health and well-being. Classes include moderate intensity, low-impact exercise. May include moderate strength and stretching exercises. There will be optional floor work. Class will help to build reserve and maintain the level of fitness to live an active, independent lifestyle, continue working in a chosen profession and/or participate in a wide range of recreational activities. Class will concentrate on muscular strength, endurance and flexibility, joint range of motion, balance, coordination, agility and cardiovascular endurance.



**Athlete** (Advanced Level) - Do you train almost every day, compete in a sport, or do a physically demanding job? You need a higher intensity, low-impact workout with a more challenging strength and conditioning portion. Floor work included. Exercise helps build reserve and maintain level of fitness and provides conditioning for improving performance in competition or in strenuous vocational and/or recreational activities. Includes general conditioning in muscular strength, endurance and flexibility, agility and cardiovascular endurance. Additional programming will be sport/activity specific to improve performance in a desired area(s). With the physically elite, the health/wellness professional's role is that of facilitator.

## Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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 1/21 & 2/18. (Desiree)			



<b>Winter Term:</b>			
1/7-3/20 (11)	M/W	10:45-11:35 am	ES32601
Manzanita	ID/AP: \$87	SD: \$78.25	OD: \$108.75
<b>Spring Term:</b>			
4/1-6/12 (10)	M/W	10:45-11:35 am	ES42601
Manzanita	ID/AP: \$72	SD: \$64.75	OD: \$90

### Aerobic Total Body Workout

Designed for the experienced exerciser or fit new comer. Class includes warm up, low-impact aerobic conditioning, strength, balance and flexibility. No class 1/12, 2/18, 5/27, 5/29. (Gail/Monica)



<b>Winter Term:</b>			
1/7-3/22 (11)	M/W/F	8:35-9:25 am	ES32603
Manzanita	ID/AP: \$135	SD: \$121.50	OD: \$168.75
<b>Spring Term:</b>			
4/1-6/14 (11)	M/W/F	8:35-9:25 am	ES42603
Manzanita	ID/AP: \$135	SD: \$121.50	OD: \$168.75

### Ageless Conditioning I

Combines aerobic, muscle strengthening, flexibility and balance exercises aimed to enhance muscle and bone strength, balance, joint range of motion, mobility, and benefits independent living skills. Great for individuals who are resuming and active lifestyle. No class 1/21 & 2/18, 5/27 & 5/29. (Gail)



<b>Winter Term:</b>			
1/7-3/20 (11)	M/W	9:40-10:30 am	ES32604
Manzanita	ID/AP: \$87	SD: \$78.25	OD: \$108.75
<b>Spring Term:</b>			
4/1-6/12 (10)	M/W	9:40-10:30 am	ES42604
Manzanita	ID/AP: \$88	SD: \$79	OD: \$110

### Ageless Conditioning II


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



<b>Winter Term:</b>			
1/8-3/21 (11)	T/Th	10:55-11:50 am	ES32605
Manzanita	ID/AP: \$104	SD: \$93.50	OD: \$130
<b>Spring Term:</b>			
4/2-6/13 (11)	T/Th	10:55-11:50 am	ES42605
Manzanita	ID/AP: \$104	SD: \$93.50	OD: \$130

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

## Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Arthritis Exercise and Walk with Ease</b>			
Designed to help people with arthritis. Combines AF Exercise and Walk with Ease programs to ease arthritis pain and also to improve physical activity habits, mobility, and reduce risk for falls. Some exercises are done standing and using light weights. (Fabiola)			
			

<b>Winter Term:</b>			
1/8-3/21 (11)	T/Th	9:40-10:30 am	ES32606
Oak Rm	ID/AP: \$96	SD: \$86.25	OD: \$120
<b>Spring Term:</b>			
4/2-6/13 (11)	T/Th	9:40-10:30 am	ES42606
Oak Rm	ID/AP: \$96	SD: \$86.25	OD: \$120

### Balance and Stretch, Advanced

Continue to improve your balance by strengthening hip/leg muscles and abdominal muscles; working on posture and balance exercises. Designed for those who regularly exercise and ready to work a bit more. (Fabiola/TBD)



<b>Winter Term:</b>			
1/8-3/21 (11)	T/Th (Gina)	12:55-1:30 pm	ES32669
Maple/Birch	ID/AP: \$73	SD: \$65.50	OD: \$91.25
1/8-3/19 (11)	T (Fabiola)	8:35-9:15 am	ES32681
Oak Rm	ID/AP: \$41	SD: \$36.75	OD: \$51.25
<b>Spring Term:</b>			
4/2-6/13 (11)	T/Th (Gina)	12:55-1:30 pm	
Maple/Birch	Drop-in Deluxe Pass ONLY		


### 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 1/21, 2/18. (Desiree)



<b>Winter Term:</b>			
1/7-3/18 (9)	M	11:50 am-12:40 pm	ES32607
Maple/Birch	ID/AP: \$39	SD: \$35	OD: \$48.75
1/8-3/21 (11)	T/Th	8:35-9:25 am	ES32608
Maple/Birch	ID/AP: \$96	SD: \$86.25	OD: \$120
1/9-3/22 (11)	W/F	8:35-9:25 am	ES32609
Maple/Birch	ID/AP: \$96	SD: \$86.25	OD: \$120
<b>Spring Term:</b>			
4/1-6/10 (10)	M	11:50 am-12:40 pm	ES42607
Maple/Birch	ID/AP: \$88	SD: \$79	OD: \$110
4/3-6/14 (11)	W/F	8:35-9:25 am	ES42607B
Maple/Birch	ID/AP: \$96	SD: \$86.25	OD: \$120
4/2-6/13 (11)	T/Th	8:35-9:25 am	ES42608
Maple/Birch	ID/AP: \$96	SD: \$86.25	OD: \$120
4/3-6/14 (11)	W/F	8:35-9:25 am	ES42609
Maple/Birch	ID/AP: \$96	SD: \$86.25	OD: \$120

## Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Barre - Fit</b>			
Burn calories while creating a longer, stronger, more flexible body. Ballet and Pilates moves and standing improve posture and balance. (Edie)			
			

<b>Winter Term:</b>			
1/8-3/21 (11)	T/Th	7:30-8:20 am	ES32639
Manzanita	ID/AP: \$96	SD: \$86.25	OD: \$120
<b>Spring Term:</b>			
4/2-6/13 (11)	T/Th	7:30-8:20 am	ES42639
Manzanita	ID/AP: \$88	SD: \$79	OD: \$110

### Beginning Orientation:

Receive an exercise program, learn machine adjustments and basic exercise techniques in the 1 ½ hour session. Health history form is required, please wear fitness apparel. This is in a small group format with up to 5 people, led by a certified personal trainer. Upon completion, you'll be qualified for fitness room access.

<b>Winter Term:</b>			
1/3	Th	12:30-2 pm	ES32676
2/21	Th	12:30-2 pm	ES32677
3/14	Th	12:30-2 pm	ES32678
<b>Spring Term:</b>			
4/11	Th	12:30-2 pm	ES42676
5/16	Th	12:30-2 pm	ES42677
6/13	Th	12:30-2 pm	ES42678
ID/AP: \$16	SD \$14.25	OD \$20	

### Cardio Fusion

A workout that pairs moderate aerobics with exercises and dance moves that are designed to improve strength, balance and flexibility. The workout gets the heart rate up without stressing the knees, legs and lower back. Effective exercise, dance and music make for a healthy and fun workout. No class 1/21, 2/18. (Kimo)



<b>Winter Term:</b>			
1/7-3/20 (11)	M/W	9:40-10:30 am	ES32674
Oak Rm	ID/AP: \$87	SD: \$78.25	OD: \$108.75
<b>Spring Term:</b>			
4/1-6/19 (11)	M/W	9:40-10:30 am	ES42674
Oak Rm	ID/AP: \$95	SD: \$85.50	OD: \$118.75

### Cardio, Core and More

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



<b>Winter Term:</b>			
1/8-3/21 (11)	T/Th	9:45-10:40 am	ES32613
Manzanita	ID/AP: \$104	SD: \$93.50	OD: \$130
<b>Spring Term:</b>			
4/2-6/13 (11)	T/Th	9:45-10:40 am	ES42613
Manzanita	ID/AP: \$104	SD: \$93.50	OD: \$130

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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### Chair Core

This seated exercise class will give you a good cardio workout while having fun dancing to good music, without straining knees and hips. We will work on core, legs and arms, and even our glutes! This class is for dance lovers! Chair use designed for all participants. No class 1/21 & 2/18. (Kimo)



#### Winter Term:

1/7-3/18 (9) Oak Rm	M ID/AP: \$39	11:50 am-12:40 pm SD: \$35	ES32614 OD: \$48.75
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#### Spring Term:

4/1-6/10 (10) Oak Rm	M ID/AP: \$46	11:50 am-12:40 pm SD: \$41.25	ES42614 OD: \$57.50
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### DIP (Diabetes for Intervention & Prevention)

A proven program, lowering blood sugar, reducing A1C, and managing your diabetes with often dramatic improvements in functional fitness. Bring blood test results. Current health history and medical clearance required. No class 1/21 & 2/18. (Monica/Desiree)



#### Winter Term:

1/7-3/21 (11) Fitness Room	M/Th ID/AP: \$182	3:30-4:30 pm SD: \$163.75	ES32618 OD: \$227.50
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#### Spring Term:

4/1-6/13 (11) Fitness Room	M/Th ID/AP: \$185	3:30-4:30 pm SD: \$166.50	ES42618 OD: \$231.25
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### Essential Balance & Mobility

Good strength, balance and mobility are necessary for independence. Targeted program focuses on enhancing muscle strength, joint range of motion, posture and flexibility related to balance and mobility. Includes seated, standing and moving exercises, instructed by balance and mobility specialist. No class 5/29. (Monica)



#### Winter Term:

1/8-3/22 (11) Manzanita	T/F ID/AP: \$96	3:05-3:55 pm SD: \$86.25	ES32619 OD: \$120
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#### Spring Term:

4/2-6/14 (11) Manzanita	T/F Drop-in Deluxe Pass ONLY	3:05-3:55 pm	
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### Essentrics

A workout that draws on the flowing movements of Tai Chi creating health and balance, principles of physiotherapy which create a pain free body, and strengthening theories. A weight free program designed to improve posture, flexibility, agility, and strength. (Jeanette)

#### Winter Term:

1/8-3/21 (11) Poplar	T/Th ID/AP: \$89	Noon-12:45 pm SD: \$80	ES32695 OD: \$111.25
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#### Spring Term:

4/2-6/13 (11) Poplar	T/Th Drop-in Deluxe Pass ONLY	Noon-12:45 pm	
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## Stuhr Center Fitness Room

**Monday/Tuesday/Thursday: 7:30 am-8:45 pm**

**Wednesday/Friday: 7:30 am-4:45 pm**

**Saturday: 9 am-4:45 pm**

Join us in our spacious, well-equipped fitness room designed for adults 55 years and better. Choose one of our orientation options, and one of our fitness specialists will set you up with your own workout program to improve your endurance, strength and balance.

### Next Step Fitness Orientation

**ID/AP: \$46.50 OD: \$58.75**

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

### Personal Training Options

**1 Session:**

**ID/AP: \$52.75 OD: \$66**

**3 Sessions:**

**ID/AP: \$158.25 OD: \$197.75**

**6 Sessions:**

**ID/AP: \$316.50 OD: \$395.50**

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



### Walk with Me

**Free!** Join us starting June 5 at the trailhead and enjoy a 2-3 mile walk/hike in a THPRD park. Create friendships within your own community while improving your fitness, one step at a time!

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

## Fitness - 55 & Better

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

### Fitness Room 101

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

#### Winter Term:

1/15 (1)	T (Carolyn)	9:30-10:30 am	ES32676
1/15 (1)	T (Monica)	5:30-6:30 pm	ES32677
2/12 (1)	T (Monica)	5:30-6:30 pm	ES32678
3/21 (1)	Th (Carolyn)	9:30-10:30 am	ES32678A

#### Spring Term:

4/16 (1)	T (Monica)	5:30-6:30 pm	ES42676
5/21 (1)	T (Carolyn)	9:30-10:30 am	ES42677

Fitness Room Free

### Fitness Room Circuit

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



#### Winter Term:

1/9-3/20 (11)	W	11:50 am-12:40 pm	ES32621
Fitness Room	ID/AP: \$48	SD: \$43	OD: \$60

#### Spring Term:

4/10-6/12 (11)	W	11:50 am-12:40 pm	ES42621
Fitness Room	ID/AP: \$48	SD: \$43	OD: \$60

### Flexibility Focus

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



#### Winter Term:

1/11-3/22 (11)	F	9:40-10:30 am	ES32622
Manzanita	ID/AP: \$48	SD: \$43	OD: \$60

#### Spring Term:

4/12-6/14 (11)	F	9:40-10:30 am	ES42622
Manzanita	ID/AP: \$48	SD: \$43	OD: \$60

### Functional Strength

Enhance health and boost your independent living skills! This progressive exercise program addresses overall function, with emphasis on muscle strength, flexibility, mobility and stability. Seated and standing exercises, stretching and balance training also help build bone density. No class 5/29. (Fabiola)



#### Winter Term:

1/8-3/21 (11)	T/Th	11:50 am-12:40 pm	ES32623
Manzanita	ID/AP: \$96	SD: \$86.25	OD: \$120

#### Spring Term:

4/2-6/13 (11)	T/Th	11:50 am-12:40 pm	ES42623
Manzanita	ID/AP: \$96	SD: \$86.25	OD: \$120

## Fitness - 55 & Better

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

### REVIVE, Exercise Recovery Program

Recovering from an illness or medical treatment? Regain your health with this individualized and targeted exercise program. Exercise prescription/workout is based on medical status, fitness level and wellness goal. No class 5/27. (Lela)

#### Winter Term:

1/7-3/21 (11)	M/Th	3:30-4:30 pm	ES32634
Fitness Room	ID/AP: 182	SD: 163.75	OD: \$227.25

#### Spring Term:

4/1-6/13 (11)	M/Th	3:30-4:30 pm	ES42634
Fitness Room	ID/AP: 185	SD: 166.50	OD: \$231.25

### Melt Hand & Foot, Improving Flexibility

Learn simple self-treatments you can do at home to remain active, healthy, and pain-free for life. Erase pain and tension in your hands, feet, neck, and lower back brought on by everyday stress, overuse and age. (Gail)



#### Spring Term:

4/4-6/13 (11)	Th	8:35-9:25 am	ES42625
Cedar Rm	ID/AP: \$47	SD: \$42.25	OD: \$58.75

### MELT to Improve Exercise

Learn how to use small balls to massage your hands and feet in order to increase your flexibility, coordination and balance, and to reduce stiffness and pain throughout your body. (Gail)



#### Winter Term:

1/10-3/21 (11)	Th	8:35-9:25 am	ES32626
Cedar Rm	ID/AP: \$48	SD: \$43	OD: \$60

### Pilates, Adapted

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



#### Winter Term:

1/8-3/22 (11)	T/F	11:50 am-12:40 pm	ES32631
Maple/Birch	ID/AP: \$96	SD: \$86.25	OD: \$120

#### Spring Term:

4/2-6/14 (11)	T/F	11:50 am-12:40 pm	ES42631
Maple/Birch	ID/AP: \$96	SD: \$86.25	OD: \$120

## New to Yoga Workshop


Are you brand new to yoga? Come learn beginning forms, terminology, etiquette and use of props. This will give you a good understanding prior to enrolling in a full session class. (Lynn F.)

1/14 (1)	M	10:45 am-Noon	ES32682
3/11 (1)	M	10:45 am-Noon	ES32683
Poplar	ID/AP: \$8	SD: \$7	OD: \$10

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



## Fitness - 55 & Better


Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Rhythm &amp; Moves</b>			
Experience the joy of movement to the sounds of World Music and find your body's own way in this dynamic blend of dance, martial arts and healing arts. Adaptable to any fitness level. (Lia)			
			

**Winter Term:**

1/8-3/19 (11)	T	12:55-1:45 pm	ES32627
Manzanita	ID/AP: \$48	SD: \$43	OD: \$60
1/11-3/22 (11)	F	12:55-1:45 pm	ES32628
Manzanita	ID/AP: \$48	SD: \$43	OD: \$60

**Spring Term:**

4/2-6/11 (11)	T	12:55-1:45 pm	
Manzanita	Drop-in Deluxe Pass ONLY		
4/5-6/14 (11)	F	12:55-1:45 pm	
Manzanita	Drop-in Deluxe Pass ONLY		


Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>SilverSneakers® Cardio Circuit</b>			
Increase your cardiovascular and muscular endurance in this standing circuit workout. Fitness and fun come together as you alternate non-impact aerobics choreography with upper-body strengthening exercises. A chair is available for these exercises. No class 1/21, 2/18. (Brenda)			
			

**Winter Term:**

1/7-3/20 (11)	M/W	12:55-1:45 pm	ES32636
Manzanita	ID/AP: \$87	SD: \$78.25	OD: \$108.75

**Spring Term:**

4/1-6/12 (10)	M/W	12:55-1:45 pm	
Manzanita	Drop-in Deluxe Pass ONLY		


Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>SilverSneakers® Classic</b>			
Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is used for seated or standing support. No class 1/21 & 2/18. (Angela)			
			

**Winter Term:**

1/7-3/22 (11)	M/W/F	2-2:50 pm	ES32638
Manzanita	ID/AP: \$135	SD: \$121.50	OD: \$168.75

**Spring Term:**

4/1-6/14 (10)	M/W/F	2-2:50 pm	
Manzanita	Drop-in Deluxe Pass ONLY		

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Strength Training</b>			
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 1/21, 2/18, 5/27. (Carolyn)			
			


**Winter Term:**

1/7-3/22 (11)	M/F	11:50 am-12:40 pm	ES32643
Manzanita	ID/AP: \$84	SD: \$75.50	OD: \$105

**Spring Term:**

4/1-6/14 (11)	M/F	11:50 am-12:40 pm	ES42643
Manzanita	ID/AP: \$87	SD: \$78.25	OD: \$108.75

## Fitness - 55 & Better


Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Strength, Balance &amp; Core</b>			
Work up a sweat, boosting metabolism while strengthening the entire body. Improves coordination, balance and bone density. No class 1/21 & 2/18, 5/27, 5/29. (Edie/Naoko)			
			

**Winter Term:**

1/7-3/22 (11)	M/W/F	7:30-8:20 am	ES32642
Manzanita	ID/AP: \$135	SD: \$121.50	OD: \$168.75

**Spring Term:**

4/1-6/14 (12)	M/W/F	7:30-8:20 am	ES42642
Manzanita	ID/AP: \$135	SD: \$121.50	OD: \$168.75


Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Tai Chi 24 Form - Beginning</b>			
This class introduces tai chi concepts and the first part (Forms 1 through 12). Practice meditative mind-body exercise with slow and rhythmical movements to increase balance, flexibility, muscle strength, and enhance well-being. (Lia)			
			

**Winter Term:**

1/9-3/20 (11)	W	12:55-1:45 pm	ES32645
Maple/Birch	ID/AP: \$48	SD: \$43	OD: \$60

**Spring Term:**

4/10-6/12 (11)	W	12:55-1:45 pm	
Maple/Birch	Drop-in Deluxe Pass ONLY		


Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Tai Chi 24 Form - Sequel</b>			
For the continuing student, deepens practice of the first part (Forms 1 through 12) and introduces the second part (Forms 13 through 24). Needs previous experience in Tai Chi or instructor's approval. (Lia)			
			

**Winter Term:**

1/9-3/20 (11)	W	11:50 am-12:40 pm	ES32646
Manzanita	ID/AP: \$48	SD: \$43	OD: \$60

**Spring Term:**

4/10-6/12 (11)	W	11:50 am-12:40 pm	ES42646
Manzanita	ID/AP: \$48	SD: \$43	OD: \$60

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Tai Chi, Basic Footwork &amp; Balance</b>			
Increase strength, flexibility, and coordination with a variety of slow paced, core-building, rhythmical movements based on concepts from Tai Chi, Qi Gong, Pilates, and yoga. Designed for beginning students. (Lia)			
			

**Winter Term:**

1/8-3/19 (11)	T	10:45-11:35 am	ES32633
Oak Rm	ID/AP: \$48	SD: \$43	OD: \$60
1/11-3/22 (11)	F	10:45-11:35 am	ES32699
Manzanita	ID/AP: \$48	SD: \$43	OD: \$60


**Spring Term:**

4/2-6/11 (11)	T	10:45-11:35 am	ES42699
Oak Rm	ID/AP: \$48	SD: \$43	OD: \$60
4/5-6/14 (11)	F	10:45-11:35 am	ES42699A
Manzanita	ID/AP: \$48	SD: \$43	OD: \$60

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## Fitness - 55 & Better

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



### Winter Term:

1/12-3/23 (11) Maple/Birch	S (Mignon) ID/AP: \$48	11:10 am-Noon SD: \$43	ES32648 OD: \$60
1/8-3/19 (11) Poplar	T (Lynn) ID/AP: \$48	10:45-11:35 am SD: \$43	ES32650 OD: \$60

### Spring Term:

4/6-6/15 (11) Maple/Birch	S (Mignon) ID/AP: \$48	11:10 am-Noon SD: \$43	ES42648 OD: \$60
4/2-6/11 (11) Poplar	T (Lynn) ID/AP: \$48	10:45-11:35 am SD: \$43	ES42650 OD: \$60

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

A community-based falls prevention exercise program where students will learn and practice a series of simple, slow, and rhythmical movements aimed at improving balance, strength, and reducing the risk of falling; all from a chair. (Lia)



### Winter Term:

1/7-3/21 (11) Maple/Birch	T ID/AP: \$48	2-2:50 pm SD: \$43	ES32649 OD: \$60
1/11-3/22 (11) Maple/Birch	F ID/AP: \$48	2-2:50 pm SD: \$43	ES32647 OD: \$60

### Spring Term:

4/2-6/11 (11) Maple/Birch	T Drop-in Deluxe Pass ONLY	2-2:50 pm	
4/5-6/14 (11) Maple/Birch	F Drop-in Deluxe Pass ONLY	2-2:50 pm	

## 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 1/21, 2/18. (\*Mignon/Belinda)



### Winter Term:

1/7-3/20 (11) Maple/Birch	M/W* ID/AP: \$89	10:45-11:35 am SD: \$80	ES32651 OD: \$111.25
1/9-3/22 (11) Maple/Birch	W/F (Desiree) ID/AP: \$96	9:40-10:30 am SD: \$86.25	ES32652 OD: \$120
1/12-3/23 (11) Maple/Birch	S (Mignon) ID/AP: \$48	10:05-10:55 am SD: \$43	ES32653 OD: \$60
1/8-3/19 (11) Poplar	T (Lynn) ID/AP: \$48	11:50 am-12:40 pm SD: \$43	ES32654 OD: \$60

### Spring Term:

4/1-6/12 (10) Maple/Birch	M/W* ID/AP: \$80	10:45-11:35 am SD: \$79	ES42651 OD: \$110
4/5-6/14 (11) Maple/Birch	F (Desiree) ID/AP: \$88	9:40-10:30 am SD: \$79	ES42652 OD: \$110

## Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Total Body Workout from a Chair with Balance (cont.)</b>			
4/6-6/15 (11) Maple/Birch	S (Mignon) ID/AP: \$48	10:05-10:55 am SD: \$43	ES42653 OD: \$60
4/2-6/11 (11) Poplar	T (Lynn) ID/AP: \$48	11:50 am-12:40 pm SD: \$43	ES42654 OD: \$60

## 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 1/21 & 2/18. (Lela/Monica)



### Winter Term:

1/7-3/21 (11) Fitness Room	M/Th ID/AP: \$182	4:30-5:30 pm SD: \$163.75	ES32657 OD: \$227.50
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### Spring Term:

4/1-6/13 (11) Fitness Room	M/Th ID/AP: \$182	4:30-5:30 pm SD: \$163.75	ES42657 OD: \$227.50
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## Weight Room Clinics

These clinics will specialize in targeting areas of interest one at a time. A trainer will walk you through specific stretches and strength exercises for the shoulders, back, hips and knees in a small group setting. Be the end of each clinic you will have a list of exercises that you can incorporate into your own workout. (Carolyn/Lela)

### Winter Term:


1/8 <b>Back</b> Fitness Room	T ID/AP: \$16	12:30-2 pm SD: \$14.25	ES32686 OD: \$20
2/5 <b>Hip</b> Fitness Room	T ID/AP: \$16	12:30-2 pm SD: \$14.25	ES32688 OD: \$20
1/29 <b>Knee</b> Fitness Room	T ID/AP: \$16	12:30-2 pm SD: \$14.25	ES32687 OD: \$20
3/5 <b>Shoulder</b> Fitness Room	T ID/AP: \$16	12:30-2 pm SD: \$14.25	ES32685 OD: \$20

### Spring Term:

6/4 <b>Back</b> Fitness Room	T ID/AP: \$16	12:30-2 pm SD: \$14.25	ES42686 OD: \$20
4/1 <b>Back</b> Fitness Room	M ID/AP: \$16	6-7:30 pm SD: \$14.25	ES42690 OD: \$20
6/3 <b>Hip</b> Fitness Room	M ID/AP: \$16	6-7:30 pm SD: \$14.25	ES42693 OD: \$20
5/21 <b>Hip</b> Fitness Room	T ID/AP: \$16	12:30-2 pm SD: \$14.25	ES42696 OD: \$20
4/29 <b>Knee</b> Fitness Room	M ID/AP: \$16	6-7:30 pm SD: \$14.25	ES42691 OD: \$20
5/2 <b>Knee</b> Fitness Room	Th ID/AP: \$16	12:30-2 pm SD: \$14.25	ES42695 OD: \$20
4/2 <b>Shoulder</b> Fitness Room	T ID/AP: \$16	12:30-2 pm SD: \$14.25	ES42688 OD: \$20
5/20 <b>Shoulder</b> Fitness Room	M ID/AP: \$16	6-7:30 pm SD: \$14.25	ES42689 OD: \$20

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

## Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Yoga</b>			
Practice poses with emphasis on breath, alignment, symmetry and technique to build strength, flexibility, stability and balance, and develop the mind-spirit connection in a structured, progressive format. Yoga props may be used for adaptations. (Lia)			
			

### Winter Term:

1/8-3/19 (11) Poplar	T ID/AP: \$48	9:40-10:30 am SD: \$43	ES32658A OD: \$60
1/11-3/22 (11) Poplar	F ID/AP: \$48	9:40-10:30 am SD: \$43	ES32660 OD: \$60

### Spring Term:

4/5-6/14 (11) Poplar	F ID/AP: \$48	9:40-10:30 am SD: \$43	ES42658 OD: \$60
4/2-6/11 (11) Poplar	T ID/AP: \$48	9:40-10:30 am SD: \$43	ES42658A OD: \$60

### Yoga 4 Fitness

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



### Winter Term:

1/10-3/21 (11) Maple/Birch	Th ID/AP: \$48	9:40-10:30 am SD: \$43	ES32664 OD: \$60
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### Spring Term:

4/4-6/13 (11) Maple/Birch	Th ID/AP: \$48	9:40-10:30 am SD: \$43	ES42664 OD: \$60
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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. (Fabiola)



### Winter Term:

1/8-3/21 (11) Poplar	T/Th ID/AP: \$96	8:35-9:25 am SD: \$86.25	ES32659 OD: \$120
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### Spring Term:

4/2-6/13 (11) Poplar	T/Th ID/AP: \$96	8:35-9:25 am SD: \$86.25	ES42659 OD: \$120
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## Spry & Wise Zumba® Gold Party Saturday, June 8 • 11 am-Noon

Come one, come all to our first ever Spry & Wise Zumba® Gold Party! Join us for an all ages Zumba® Gold party to kick off summer and spread fitness to all ages. \$5 per person

## Fitness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Yoga, Chair</b>			
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. (Fabiola)			
			

### Winter Term:

1/10-3/21 (11) Maple/Birch	Th ID/AP: \$48	10:45-11:35 am SD: \$43	ES32629 OD: \$60
1/8-3/19 (11) Maple/Birch	T ID/AP: \$48	10:45-11:35 am SD: \$43	ES32661 OD: \$60
1/11-3/22 (11) Willow	F ID/AP: \$48	8:35-9:25 am SD: \$43	ES32662 OD: \$60

### Spring Term:

4/2-6/11 (11) Maple/Birch	T ID/AP: \$48	10:45-11:35 am SD: \$43	ES42629 OD: \$60
4/4-6/13 (11) Maple/Birch	Th ID/AP: \$48	10:45-11:35 am SD: \$43	ES42661 OD: \$60
4/5-6/14 (11) Willow	F ID/AP: \$48	8:35-9:25 am SD: \$43	ES42662 OD: \$60

### Yoga, Continuing

Increase flexibility, balance, strength and peace of mind with classic yoga postures and movements combined with pranayama (breath). This class is suitable for beginners to experienced yoga practitioners. No class 1/21, 2/18, 5/27. (Edie)



### Winter Term:

1/7-3/18 (9) Maple/Birch	M ID/AP: \$39	8:35-9:25 am SD: \$35	ES32663 OD: \$48.75
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### Spring Term:

4/1-6/10 (10) Maple/Birch	M ID/AP: \$44	8:35-9:25 am SD: \$39.50	ES42663 OD: \$55
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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 1/21 & 2/18. (Mignon)



### Winter Term:

1/7-3/18 (9) Maple/Birch	M ID/AP: \$39	9:40-10:30 am SD: \$35	ES32665 OD: \$48.75
1/8-3/19 (11) Maple/Birch	T ID/AP: \$48	9:40-10:30 am SD: \$43	ES32666 OD: \$60
1/8-3/21 (11) Maple/Birch	T/Th ID/AP: \$96	6:30-7:20 pm SD: \$86.25	ES32667 OD: \$120
1/9-3/20 (11) Poplar	W ID/AP: \$48	8:15-9:05 am SD: \$43	ES32668 OD: \$60

### Spring Term:

4/1-6/10 (10) Maple/Birch	M ID/AP: \$40	9:40-10:30 am SD: \$36	ES42665 OD: \$50
4/2-6/11 (11) Maple/Birch	T ID/AP: \$44	9:40-10:30 am SD: \$39.50	ES42666 OD: \$55
4/2-6/11 (11) Maple/Birch	T ID/AP: \$44	6:30-7:20 pm SD: \$39.50	ES42667 OD: \$55

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

## Fitness - 55 & Better

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

This class is for the student who is looking for new MELT moves and sequences to gain additional proficiency and build upon the beginning MELT moves. Work on core strength and tone muscles in addition to rehydrating connecting tissue and reliving chronic pain. (Tracy)



#### Winter Term:

1/5-3/23 (12) Poplar	S ID/AP: \$48	9-10 am SD: \$43	ES32675 OD: \$60
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#### Spring Term:

4/6-6/22 (12) Poplar	S ID/AP: \$48	9-10 am SD: \$43	ES42675 OD: \$60
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### Zumba® Gold

Fitness program specifically designed to take the exciting Latin and international dance rhythms created in the original Zumba® and bring them to the active older adult or beginner participant. Zumba® Gold is a fun, different, easy and effective total body workout! No class 1/21, 2/18, 5/27. (Kimo)



#### Winter Term:

1/7-3/18 (9) Manzanita	M ID/AP: \$39	4:10-5 pm SD: \$35	ES32672 OD: \$48.75
1/8-3/21 (11) Manzanita	T/Th ID/AP: \$96	8:35-9:25 am SD: \$86.25	ES32670 OD: \$120
1/10-3/21 (11) Manzanita	Th ID/AP: \$48	4:10-5 pm SD: \$43	ES32671 OD: \$60

#### Spring Term:

4/1-6/10 (10) Manzanita	M Drop-in Deluxe Pass ONLY	4:10-5 pm	
4/2-6/13 (11) Manzanita	T/Th ID/AP: \$96	8:35-9:25 am SD: \$86.25	ES42670 OD: \$120
4/4-6/13 (11) Manzanita	Th Drop-in Deluxe Pass ONLY	4:10-5 pm	

## 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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### Alzheimer's & Dementia Workshop

Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. These workshops will discuss information on detection, causes, risk factors and much more.

#### Winter Term:

"Know the 10 signs" 2/27 (1) Poplar	W ID/AP: \$48	10-11:30 am SD: \$43	ES33601 OD: \$60
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#### Spring Term:

"Effective Communication Strategies" 5/15 (1) Willow	W FREE	10-11:30 am	ES43601
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### Brain Fitness, Life Skills

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

#### Winter Term:

1/8-3/21 (11) Oak Rm	T/Th ID/AP: \$175	1-2 pm SD: \$157.50	ES33602 OD: \$218.75
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#### Spring Term:

4/2-6/13 (11) Oak Rm	T/Th ID/AP: \$175	1-2 pm SD: \$157.50	ES43602 OD: \$218.75
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### Essential Oil Discovery

Learn where essential oils come from, their many uses and why they are so popular. Each session includes oil samples to take home. Session topics include restful sleep, green cleaning, immune support, brain health, joint & muscle health and emotional support. For a complete listing of workshop dates, times and location, please contact the Elsie Stuhr Center front desk. \$5 lab fee payable to instructor per workshop. No class 5/27. (Michelle)

#### Spring Term:

4/1-6/3 (5) Larch	M ID/AP: \$11	2:30-4 pm SD: \$9.75	ES43604 OD: \$13.75
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### Life-Changing Illness: Our "New Normal"

**new**

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

#### Winter Term:

1/16-2/13 (5) Cedar Rm	W ID/AP: \$57	10-11:30 am SD: \$51.25	ES33612 OD: \$71.25
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#### Spring Term:

4/17-5/15 (5) Cedar Rm	W ID/AP: \$57	10-11:30 am SD: \$51.25	ES43612 OD: \$71.25
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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, 6:30-8:45pm, Cedar

### Alzheimer's Support Group

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

### Circle of Friends

Please join us for a time of sharing your joys and challenges. This group will provide a safe and secure social time to meet.  
Tuesdays, 1:30-3 pm, Cedar

### Pre-Diabetes/Diabetes Support Group

A peer-to-peer education and support group focused on Pre-Diabetes and Diabetes. We share our experience, learn, encourage, ask questions, or, if you like, just quietly listen.  
Thursday, 2-3:30 pm, Cedar

## Health & Wellness - 55 & Better

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

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

#### Winter Term:

1/2-3/20 (12) W 3:05-3:55 pm ES32624  
Maple/Birch ID/AP: \$52 SD: \$46.75 OD: \$65

#### Spring Term:

4/3-6/12 (11) W 3:05-3:55 pm ES42624  
Maple/Birch ID/AP: \$48 SD: \$43 OD: \$60

### Mind/Treasure Mapping

Creating a Mind Map of a goal or problem you have been working or thinking about. By the end of class you should have a map of your goal and the path to it. No class 1/21, 2/18, 5/27. (Rebecca)

#### Winter Term:

1/7-2/11 (5) M 10:45-11:45 am ES33613  
Cedar Rm ID/AP: \$41 SD: \$36.75 OD: \$51.25

#### Spring Term:

4/1-4/29 (5) M 10:45-11:45 am ES43613  
Cedar Rm ID/AP: \$41 SD: \$36.75 OD: \$51.25

## Health & Wellness - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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### Qigong - Living Grace

Learn gentle, simple Qigong practice that you can easily incorporate into your life. Start with seated meditation and those who are comfortable can stand to do the forms. Improve balance and easing anxiety. No class 1/21, 2/18. (Michelle & Nadia)

#### Winter Term:

1/7-2/25 (6) M 1:15-2:10 pm ES33608  
Maple/Birch ID/AP: \$45 SD: \$40.50 OD: \$56.25

#### Spring Term:

4/1-5/6 (6) M 1:15-2:10 pm ES43608  
Maple/Birch ID/AP: \$45 SD: \$40.50 OD: \$56.25

### Self Hypnosis

This course teaches visualization, relaxation techniques, hypnosis methodology, and how to put it all together. You will explore the conscious and subconscious mind, how they work, set goals, and enjoy new possibilities. Come for a transformative experience. No class 1/21, 2/18. (Rebecca)

#### Winter Term:

1/7-2/11 (5) M 9:30-10:30 am ES33611  
Cedar Rm ID/AP: \$40 SD: \$36 OD: \$50

#### Spring Term:

4/1-4/29 (5) M 9:30-10:30 am ES43611  
Cedar Rm ID/AP: \$40 SD: \$36 OD: \$50

### Fitness in the Park

**Free!** Starting June 1, join us for **Fitness in the Park**. This district-wide program offers a variety of free family-friendly fitness classes throughout the Beaverton area. Visit [www.thprd.org/fitness-in-the-park](http://www.thprd.org/fitness-in-the-park) for more information.

## Wellness On Wheels (WOW)

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

### WOW HollyTree Total Body Workout from a Chair

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

#### Winter Term:

1/8-3/22 (13) T/F 9:30-10:30 am ES32WOW2  
Off-site ID/AP: \$111 SD: \$99.75 OD: \$138.75

#### Spring Term:

4/2-6/14 (11) T/F 9:30-10:30 am ES42WOW2  
Off-site ID/AP: \$111 SD: \$99.75 OD: \$138.75

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)

## General Interest - 55 & Better

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

When your tick no longer tocks, learn how to dis-assemble, clean, and repair your old mechanical clock. Learn part names, gear sequence, lever functions, and more. NO electric or battery clocks please. Bring your own clock, pliers, screwdrivers, 1 large & 1 small plastic container w/lid. Lab fee: \$16 payable to instructor at first class. No class 1/21, 2/18. (All)

#### Winter Term:

1/7-2/25 (6)	M	6:45-8:45 pm	ES34614
Spruce	ID/AP: \$84	SD: \$75.50	OD: \$105

#### Spring Term:

4/1-5/6 (6)	M	6:45-8:45 pm	ES44614
Spruce	ID/AP: \$84	SD: \$75.50	OD: \$105

### Beginner Smartphones & Tablets

This workshop starts at the very beginning, showing you how to turn your device on and off. Then we help you setup and customize your device. Also, it covers many of the communication tools available like: making phone calls, texting and email. Please bring your charged device. All operating systems and carriers are welcome. (Breanna)

#### Winter Term:

1/25-2/15 (4)	F	1:30-3:30 pm	ES35600
Larch	ID/AP: \$56	SD: \$50.25	OD: \$70

### Buying Guide for Smartphones, Tablets & Computers

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

#### Winter Term:

1/11 (1)	F	1:30-3:30 pm	ES35602
Larch	ID/AP: \$25	SD: \$22.50	OD: \$31.25

### Cabaret Vocal Ensemble

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

#### Winter Term:

1/8-3/19 (11)	T	3-4:30 pm	ES35601
Dogwood	ID/AP: \$113	SD: \$101.50	OD: \$141.25

#### Spring Term:

4/9-6/11 (10)	T	3-4:30 pm	ES45601
Dogwood	ID/AP: \$110	SD: \$99	OD: \$137.50

### Cut the Cable

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:

2/22 (1)	F	1:30-3:30 pm	ES35604
Larch	ID/AP: \$20	SD: \$18	OD: \$25

## General Interest - 55 & Better

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

Are digital photos and files taking over your computer? Can't find anything on your computer? We will show you how to use the file management program on your computer to create, delete and rename files and folders and, of course, we will back it all up. (Beanna)

#### Winter Term:

1/18 (1)	F	1:30-3:30 pm	ES35603
Larch	ID/AP: \$20	SD: \$18	OD: \$25

### Facebook Q & A

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

#### Spring Term:

4/19 (1)	F	1:30-3:30 pm	ES45606
Larch	ID/AP: \$25	SD: \$22.50	OD: \$31.25

### Intermediate Smartphones and Tablets

This class teaches you how to use some of the more complicated apps on your device, like maps, calendar, camera and internet. Please bring your charged device, make sure you have email setup and bring necessary passwords. All operating systems and carriers are welcome. (Breanna)

#### Spring Term:

4/26-5/17 (4)	F	1:30-3:30 pm	ES45602
Larch	ID/AP: \$56	SD: \$50.25	OD: \$70

### Internet Safety

Learn how to keep your information and computer safe. Tips and tricks to help you minimize viruses and prevent identity theft. (Breanna)

#### Spring Term:

4/12 (1)	F	1:30-3:30 pm	ES45600
Larch	ID/AP: \$14	SD: \$12.50	OD: \$17.50

### 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. (Christina)

#### Winter Term:

1/8-3/19 (11)	T	11:45 am-1:15 pm	ES34613
Cedar Rm	ID/AP: \$101	SD: \$90.75	OD: \$126.25

#### Spring Term:

4/2-6/11 (11)	T	11:45 am-1:15 pm	ES44610
Cedar Rm	ID/AP: \$101	SD: \$90.75	OD: \$126.25

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## General Interest - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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### Knitting for the Fun of It!

Work on your own projects under the guidance of our experienced instructor. Please bring your own knitting needles and pattern. (Christina)

#### Winter Term:

1/8-3/19 (11) Cedar Rm	T ID/AP: \$101	10-11:30 am SD: \$90.75	ES34611 OD: \$126.25
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#### Spring Term:

4/2-6/11 (11) Cedar Rm	T ID/AP: \$101	10-11:30 am SD: \$90.75	ES44611 OD: \$126.25
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### Lecture/DVD Series: The Great Trials of World History and the Lessons They Teach Us

There are trials that don't simply end with their verdict. There are trials that have a power that reverberates throughout history. Many have shaped and transformed the very social, political, and legal traditions we take for granted today. Join us for this lecture on world history. No class 1/21, 2/18. \*Note: This topic continues into spring term. (George)

#### Winter Term:

1/7-3/18 (9) Willow	M ID/AP: \$61	10-11:30 am SD: \$54.75	ES35607 OD: \$76.25
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#### Spring Term:

4/1-4/15 (2) Willow	M ID/AP: \$23	10-11:30 am SD: \$20.50	ES45607 OD: \$28.75
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### Lecture/DVD Series: Terror of History - Mystics, Heretics, and Witches in the Western Tradition

Western civilization is closely associated with reason and science, and with exceptional accomplishment in art, architecture, music, and literature. Yet it has also been characterized by widespread belief in the supernatural and the irrational—with mystics who have visions of the divine and with entire movements of people who wait in fervent anticipation of the apocalypse. These lectures invite you to consider what might be called the "underbelly" of Western society, a complex mixture of deeply embedded beliefs and unsettling social forces that has given rise to our greatest saints and our most shameful acts. No class 5/27. (George)

#### Spring Term:

4/22-6/10 M (8) Willow	M ID/AP: \$53.00	10-11:30 am SD: \$47.50	ES45607A OD: \$66.25
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Learn to play Mahjongg in our beginning class.

## General Interest - 55 & Better

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

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

#### Winter Term:

2/21-3/28 (6) Cedar Rm	Th ID/AP: \$84	10 am-Noon SD: \$75.50	ES35609 OD: \$105
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#### Spring Term:

5/2-6/6 (6) Cedar Rm	Th ID/AP: \$84	10 am-Noon SD: \$75.50	ES45609 OD: \$105
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### Mahjongg Strategies

Now that you are a confident student of Mahjongg, here is a chance to hone in on strategies (i.e. how to improve your thinking). Knowledge and prior experience of the game is a necessity. Learn Siamese and Royal Siamese Mahjongg that you can play with two or four players. (Susan)

#### Spring Term:

5/2-6/6 (6) Cedar Rm	Th ID/AP: \$84	1-3 pm SD: \$75.50	ES45610 OD: \$105
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### Native American Flute

Learning to play the Native American Flute is easy and very enjoyable. No musical experience is necessary. Practice flutes are available during class. Info on purchasing your own flute can be picked up at the front desk and will be provided on the first day of class. Each class provides time for instruction and student performances. (Cleve)

#### Winter Term:

1/2-2/20 (8) Dogwood	W ID/AP: \$64	9:30-10:30 am SD: \$57.50	ES35625 OD: \$80
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#### Spring Term:

4/3-5/22 (8) Dogwood	W ID/AP: \$64	9:30-10:30 am SD: \$57.50	ES45625 OD: \$80
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### Piano Lessons

#### Beginning

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

#### Winter Term:

1/10-3/21 (11) Dogwood	Th ID/AP: \$138	11:30 am-1 pm SD: \$124	ES35613 OD: \$172.50
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#### Spring Term:

4/4-6/13 (11) Dogwood	Th ID/AP: \$138	11:30 am-1 pm SD: \$124	ES45613 OD: \$172.50
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#### Intermediate - Level 2

Requires minimal music reading. (Helle)

#### Winter Term:

1/11-3/22 (11) Dogwood	F ID/AP: \$138	9:45-11:15 am SD: \$124	ES35614 OD: \$172.50
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Continued

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
<b>Piano Lessons (continued)</b>			
<b>Spring Term:</b>			
4/5-6/14 (11) Dogwood	F ID/AP: \$138	9:45-11:15 am SD: \$124	ES45614 OD: \$172.50
<b>Intermediate - Level 3</b>			
Intro to key signatures. (Helle)			
<b>Winter Term:</b>			
1/16-3/20 (10) Dogwood	W ID/AP: \$125	11 am-12:30 pm SD: \$112.50	ES35615 OD: \$156.25
<b>Spring Term:</b>			
4/3-6/12 (11) Dogwood	W ID/AP: \$138	11 am-12:30 pm SD: \$124	ES45615 OD: \$172.50
<b>Intermediate - Level 4</b>			
Able to read in different time & key signatures. (Helle)			
<b>Winter Term:</b>			
1/11-3/22 (11) Dogwood	F ID/AP: \$138	11:15 am-12:45 pm SD: \$124	ES35616 OD: \$172.50
<b>Spring Term:</b>			
4/5-6/14 (11) Dogwood	F ID/AP: \$138	11:15 am-12:45 pm SD: \$124	ES45616 OD: \$172.50
<b>Intermediate - Level 5</b>			
Able to read in different time & key signatures. (Helle)			
<b>Winter Term:</b>			
1/11-3/22 (11) Dogwood	F ID/AP: \$138	1-2:30 pm SD: \$124	ES35617 OD: \$172.50
<b>Spring Term:</b>			
4/5-6/14 (11) Dogwood	F ID/AP: \$138	1-2:30 pm SD: \$124	ES45617 OD: \$172.50
<b>Intermediate - Level 6</b>			
Knowledge of 6/8 and simple key signatures. (Helle)			
<b>Winter Term:</b>			
1/16-3/20 (10) Dogwood	W ID/AP: \$125	1-2:30 pm SD: \$112.50	ES35618 OD: \$156.25
<b>Spring Term:</b>			
4/3-6/12 (11) Dogwood	W ID/AP: \$138	1-2:30 pm SD: \$124	ES45618 OD: \$172.50
<b>Advanced - Level 7</b>			
Advanced class. (Helle)			
<b>Winter Term:</b>			
1/10-3/21 (11) Dogwood	Th ID/AP: \$138	9:45-11:15 am SD: \$124	ES35612 OD: \$172.50
<b>Spring Term:</b>			
4/4-6/13 (11) Dogwood	Th ID/AP: \$138	9:45-11:15 am SD: \$124	ES45612 OD: \$172.50
<b>Advanced - Level 8</b>			
Advanced class. No class 1/21, 2/18, 5/27. (Helle)			
<b>Winter Term:</b>			
1/14-3/18 (8) Dogwood	M ID/AP: \$100	12:45-2:15 pm SD: \$90	ES35611 OD: \$125
<b>Spring Term:</b>			
4/1-6/10 (10) Dogwood	M ID/AP: \$125	12:45-2:15 pm SD: \$112.50	ES45611 OD: \$156.25

## General Interest - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
<b>Rhythm/Drum Circle</b>			
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 1/21, 2/18, 5/27. (Steven)			
<b>Winter Term:</b>			
1/7-3/18 (9) Willow	M ID/AP: \$72	12:15-1:15 pm SD: \$64.75	ES35619 OD: \$90
1/7-3/18 (9) Willow	M ID/AP: \$72	1:30-2:30 pm SD: \$64.75	ES35620 OD: \$90
<b>Spring Term:</b>			
4/1-6/10 (10) Willow	M ID/AP: \$80	12:15-1:15 pm SD: \$72	ES45619 OD: \$100
4/1-6/10 (10) Willow	M ID/AP: \$80	1:30-2:30 pm SD: \$72	ES45620 OD: \$100
<b>Selling Your Stuff Online</b>			
Want to sell your stuff online, but don't know where to start? We will be comparing the different online selling platforms like Facebook Buy & Sell Marketplace, EBay, Craigslist and Letgo. Bring digital photos of your items and your email username and password. (Breanna)			
<b>Spring Term:</b>			
5/24 (1) Larch	F ID/AP: \$20	1:30-3:30 pm SD: \$18	ES45604 OD: \$25
<b>Smartphone, Android, Novice</b>			
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. (Jessica)			
<b>Winter Term:</b>			
1/26-2/9 (3) Willow	S ID/AP: \$33	10 am-Noon SD: \$29.50	ES35622 OD: \$41.25
<b>Spring Term:</b>			
4/27-5/11 (3) Willow	S ID/AP: \$33	10 am-Noon SD: \$29.50	ES45622 OD: \$41.25
<b>Smartphone, Apple, Novice</b>			
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. Does NOT cover Android phones. (Jessica)			
<b>Winter Term:</b>			
1/26-2/9 (3) Willow	S ID/AP: \$33	12:30-2:30 pm SD: \$29.50	ES35623 OD: \$41.25
<b>Spring Term:</b>			
4/27-5/11 (3) Willow	S ID/AP: \$33	12:30-2:30 pm SD: \$29.50	ES45623 OD: \$41.25

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



## General Interest - 55 & Better

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

Class focuses on a review of pronunciation, concepts of gender and number, subject pronouns, and -AR verb conjugation. (Mercedes)

#### Winter Term:

1/8-3/19 (11) Willow	T ID/AP: \$104	8-9:15 am SD: \$93.50	ES35628 OD: \$130
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#### Spring Term:

4/2-6/11 (11) Willow	T ID/AP: \$104	8-9:15 am SD: \$93.50	ES45628 OD: \$130
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### Spanish, Beginning II/III

Continuation from Beginning Spanish II class. More on -AR verbs, sentence structure and the development of a useful vocabulary. (Mercedes)

#### Winter Term:

1/8-3/19 (11) Willow	T ID/AP: \$121	9:30-11 am SD: \$108.75	ES35629 OD: \$151.25
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#### Spring Term:

4/2-6/11 (11) Willow	T ID/AP: \$121	9:30-11 am SD: \$108.75	ES45629 OD: \$151.25
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### Spanish, Beginning III

Continuation from beginning Spanish II/III. More information on direct object pronouns, indirect object pronouns and prepositional objects, -ER and -IR verbs, reading and vocabulary development. (Mercedes)

#### Winter Term:

1/5-3/23 (12) Cedar Rm	S ID/AP: \$132	9-10:30 am SD: \$118.75	ES35630 OD: \$165
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#### Spring Term:

4/6-6/22 (12) Cedar Rm	S ID/AP: \$132	9-10:30 am SD: \$118.75	ES45630 OD: \$165
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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:

1/4-3/22 (12) Willow	F ID/AP: \$168	11 am-1 pm SD: \$151	ES35633 OD: \$210
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1/4-3/22 (12) Willow	F ID/AP: \$168	1:30-3:30 pm SD: \$151	ES35634 OD: \$210
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#### Spring Term:

4/5-6/14 (11) Willow	F ID/AP: \$154	11 am-1 pm SD: \$138.50	ES45633 OD: \$192.50
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4/5-6/14 (11) Willow	F ID/AP: \$154	1:30-3:30 pm SD: \$138.50	ES45634 OD: \$192.50
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### Spring Downsizing and Decluttering Workshop

Got clutter? Come learn how to declutter and organize your life! Workshop led by an organizing expert who will give tips on how to take control of your clutter, ideas on what to keep and what to toss, and encouragement to take the first step. This is a two-part series. Please sign up at the front desk.

5/1 & 5/8	10-11 am	Willow	FREE
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## General Interest - 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 to date 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:

2/21 (1) Willow	Th ID/AP: \$5	10-11:30 am SD: \$4.50	ES33600 OD: \$6.25
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#### Spring Term:

5/16 (1) Willow	Th ID/AP: \$5	10-11:30 am SD: \$4.50	ES43600 OD: \$6.25
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## Special Events - 55 & Better

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

"Optimizing Physical Activity and Function across all settings" is the theme for the 2016 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 and times and to pick up your pass to the class.

#### Winter Term:

1/7-1/12	M-S	FREE	
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#### Spring Term:

4/1-4/6	M-S	FREE	
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### 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, much, more!

#### Winter Term:

Wednesday	1/9	10 am	Cedar
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#### Spring Term:

Wednesday	4/10	10 am	Cedar
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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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### National Senior Health & Fitness Day

Meet our outstanding fitness instructors, learn about our health and wellness program and Participate in a heart healthy fitness session "Let's Get Moving"- Yoga Warm up, Tai Chi/Qi Gong, Aerobics, Zumba®, Strength Lower body, Upper body Strength, Strength with Hand Weights, Balance, Yoga, Mat/Chair Yoga Relaxation and more! Free refreshments and prizes.

Wednesday 5/29 1:45-3:30 pm Manzanita

### 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 2/14 1:30-3:30 pm Manzanita  
\$5 per person at the door

### St. Patrick's Day Dance & Celebration


Today we celebrate St. Patrick's Day Stuhr Center style! Enjoy lively music and don't forget to wear your green. Dancing, entertainment and lots of refreshments will be enjoyed. Come celebrate with us!

Thursday 3/14 1:30-3:30 pm Manzanita  
\$5 per person

### Springtime Par-Tea!

The buds are blossoming, and the birds are chirping... it must be spring! What better way to celebrate this magnificent time of year than to throw a sweet little par-tea... Stuhr-style, of course! Dress in your spring colors and join us for an afternoon of great music, fun activities, delicious treats, and of course, tea. Pre-registration is required, as space is limited. Sign up at the Elsie Stuhr Center front desk.

Friday 5/3 1:30-3:30 pm Manzanita  
\$5 per person



**June 8, 2019**

Join us in celebrating the amazing health and wellness resources located right here in the Beaverton area. We'll be celebrating Family Health & Fitness Day – an initiative of the National Recreation and Park Association – by offering family friendly classes and events at our centers.

**Visit [www.thprd.org](http://www.thprd.org) for more information**

## Trips & Tours - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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### Lechon: Wood-Fired South American Cuisine

Boasting a view of the Willamette River, Lechon is a South American eatery that seamlessly combines the fiery cooking of Argentina, Chile and Patagonia, along with creative inspiration of the chef. Join us for a unique family-style dining experience! Trip includes transportation, escort, lunch and gratuity.

**Winter Term:**  
1/8 (1) T 11 am-2 pm ES37600  
ID/AP: \$49 OD: \$53

### Spirit Mountain Casino

Join us for a 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.

**Winter Term:**  
1/15 (1) T 9:30 am-5:30 pm ES37601  
ID/AP: \$30 OD: \$37.50

### Patty's Dinner Club

Join us for a night on the town at new restaurants and old favorites that feature Northwest cuisine and fine dining. We will get to experience delicious food from award winning chefs. (Patty)

**Winter Term:**  
1/24 (1) Th 4:30-7 pm ES37602  
ID/AP: \$70 OD: \$87.50  
**Spring Term:**  
5/30 (1) Th 4:30-7 pm ES47617  
ID/AP: \$70 OD: \$87.50

### Lunch at Chart House

Chart House seafood restaurant boasts some of the best seafood in Portland, as well as some of the city's best views. Overlooking the gorgeous Willamette River and offering views of Mt. Hood, Mt. St. Helens and Mt. Adams on a clear day, it's one of the most majestic viewpoints in all of the Pacific Northwest.

**Winter Term:**  
1/30 (1) W 11:30 am-2:30 pm ES37603  
ID/AP: \$51 OD: \$55

### Oregon Culinary Institute

Join us for lunch and experience the amazing food, desserts, and service provided by the talented students of this local culinary academy. Trip includes lunch, transportation, gratuities and an escort.

**Winter Term:**  
2/7 (1) Th 11:30 am-2:30 pm ES37604  
ID/AP: \$33 OD: \$37  
**Spring Term:**  
5/15 (1) W 11:30 am-2:30 pm ES47605  
ID/AP: \$33 OD: \$37

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

## Trips & Tours - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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### Chocolate & Hazelnuts... Oh My!

We'll start our trip with a visit to Puddin' River Chocolates in Canby, then stop in a local spot of lunch, then continue to Aurora with a tour of Pacific Hazelnut Candy Factory. Trip includes sweet treat, lunch, tour, gratuities, transportation and escort. Must be able to navigate stairs.

#### Winter Term:

2/13 (1)	W	10 am-3 pm	ES37605
ID/AP: \$59	OD: \$65.50		

## Adventures Without Limits



### Snowshoeing Cross Town Trail

Join us for a snowshoe tour on Mt. Hood as we suit up and explore the Cross Town Trail near the Village of Government Camp. We will traverse snow covered bridges as we walk through a winter wonderland. This trip is great for beginner and experienced snowshoers alike and all necessary equipment will be provided. Itinerary and trip details are available at the Stuhr Center front desk. (AWL)

2/12 (1)	T	9 am-5 pm	ES37618
ID/AP: \$78	OD: \$81.25		

### Kayaking Scappoose Bay

Spring paddling is one of the best kept secrets in the northwest! Spring high water means access to back channels and waterways usually dry during the fall and summer. As we paddle through a labyrinth of a submerged forest in Scappoose Bay, we will keep our eyes peeled for Great Blue Herons, Snow Cranes and Bald Eagles. Wetsuits and warm clothing are available for use during the trip. No kayaking experience necessary! Itinerary and trip details are available at the Stuhr Center front desk. (AWL)

5/7 (1)	T	9 am-5 pm	ES47619
ID/AP: \$78	OD: \$81.25		

## Trips & Tours - 55 & Better

Dates (Weeks) Location	Day ID/AP	Time SD	Class # OD
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### Tillamook Creamery & Lunch

Come with us to the Tillamook Ice Creamery! We will take a self-guided tour to learn about dairy farming, sample Tillamook cheese, watch the cheese making process, and, of course, eat some ice cream. We will have lunch at a local restaurant beforehand. Trip includes transportation, escort, lunch, admission and gratuity.

#### Winter Term:

2/27 (1)	W	9 am-4 pm	ES37607
ID/AP: \$65	OD: \$74		

### Columbia Gorge Discovery Museum & Lunch

Join us for exploration at the Columbia Gorge Discovery Center & lunch at Riverside restaurant in Hood River. Riverside, the only Hood River restaurant situated on the edge of the Columbia River, offers panoramic views of the Gorge from the dining room or our huge outdoor dining deck. Trip includes admission fee, lunch, gratuity & an escort.

#### Winter Term:

3/7 (1)	Th	9:45 am-5:30 pm	ES37613
ID/AP: \$68	OD: \$78.25		

### A Bit of the Irish - Lunch at Kell's

Join us for our annual trek to Kells Irish Restaurant and Pub. We'll enjoy a bit o' the Irish and celebrate St. Paddy's day a little early this year. Trip fee includes transportation, lunch and escort.

#### Winter Term:

3/12 (1)	T	11:30 am-2:30 pm	ES37617
ID/AP: \$46	OD: \$50		

### Bistro Maison

Join us for lunch at Bistro Maison. Bistro Maison, in historical downtown McMinnville, is the classic French bistro in the heart of Oregon's "Pinot Noir" wine country, Willamette Valley. Trip includes transportation, escort, admission, lunch and gratuity.

#### Spring Term:

4/10 (1)	W	10:30 am-3 pm	ES47600
ID/AP: \$61	OD: \$66.75		

### Grant House & Officer's Row

Let's enjoy a beautiful spring day on Officers Row in Vancouver. We'll have a delicious lunch at the Grant House then enjoy and bit of history with a tour of the Marshall House. Trip includes transportation, escort, lunch, gratuity and admission.

#### Spring Term:

4/16 (1)	T	11 am-3:15 pm	ES47601
ID/AP: \$49	OD: \$54.50		

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)

## 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
<b>Langdon's &amp; Historic Aurora</b>			
We'll start with a delicious lunch at the picturesque Langdon Farms Golf Course. Then enjoy visiting the local antique and specialty shops of downtown Aurora. Trip includes transportation, lunch, gratuity, and escort.			

### Spring Term:

4/25 (1)      Th                      10:45 am-3:30 pm      ES47602  
ID/AP: \$48      OD: \$54

### Lunch at Stone Cliff Inn & Baker Cabin Tour

Enjoy a delicious lunch at the Stone Cliff Inn located in the quaint town of Carver along the Clackamas River. After, we'll tour the historic Baker Log Cabin and pioneer church. Trip includes transportation, admission, lunch, gratuity and escort.

### Spring Term:

5/1 (1)              W                              11 am-3 pm              ES47603  
ID/AP: \$55              OD: \$60.25

### Skamania Lodge & Lunch

Join us today for a beautiful drive to Skamania Lodge. We'll enjoy a wonderful meal surrounded by beautiful views the lodge offers. We'll allow you some extra time to walk around the lodge grounds or sit inside and enjoy the majestic beauty of the scenery. Trip includes transportation, escort, lunch and gratuity.

### Spring Term:

5/9 (1)              Th                              10 am-4 pm              ES47604  
ID/AP: \$69.50              OD: \$77.50

### Multnomah Falls

At the base of Multnomah Falls, the Historic Multnomah Falls Lodge awaits us. A place to relax, enjoy a fine meal, shop the gift-shop, or take a stroll, this is a trip you will not want to miss. Trip includes transportation, escort, lunch and gratuity.

### Spring Term:

5/23 (1)              Th                              10:30 am-3 pm              ES47613  
ID/AP: \$54              OD: \$60

## Trips & Tours - 55 & Better

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

Join us for a sightseeing cruise through the heart of the Columbia River Gorge. Learn about its formation, landmarks and natural wonders with Captain's narration aboard this unique boat. We'll begin with a box lunch at Cascade Locks Marine Park. Note: Depending on traffic return to center could be closer to 5:15-5:30 pm. Trip includes transportation, escort, admission, lunch and gratuity.

### Spring Term:

6/4 (1)              T                                      10:45 am-5 pm              ES47618  
ID/AP: \$70              OD: \$78

## Excursions - 55 & Better



Join us for a travel presentation by  
Collette on our 2019 trips.  
**Thursday, January 17**  
**at 10 am in the Willow Room**

## Extended Trips: Looking ahead

**Mackinac Island • June 2019**  
**Italian Vistas • September 2019**  
**European Christmas Markets • December 2019**

# Elsie Stuhr Center Drop-in Schedule

503-629-6342

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

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

<b>Pine Room</b>			
Bingo	Monday	Pine	12:15-1:45 pm
Bridge (progressive)	Thursday	Pine	3-6 pm
Bridge (team)	Monday	Pine	3-6 pm
Bunco	2nd/4th Wednesday	Pine	1-2:30 pm
Pennies From Heaven	Friday	Pine	Noon-4 pm
Cribbage	Wednesday	Pine	8-11:30 am
Pinochle	Tuesday, Wednesday	Pine	12:30-3 pm
Texas Hold'em	Thursday	Pine	12:30-4:30 pm
Texas Hold'em	Friday	Pine	12:30-4:30 pm
Texas Hold'em	Saturday	Pine	12:30-4:30 pm
Mahjongg	Monday	Pine	1-4 pm
Mahjongg	Thursday	Pine	6:30-8:30 pm
Mahjongg	Saturday	Pine	Noon-4 pm

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

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