Elsie Stuhr Center

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

5550 SW Hall Blvd
Beaverton, 97005
503-629-6342
TriMet Bus Routes #76, #78, #88

Facility Supervisor: Patty Brescia
Winter Term: Jan. 1-Mar. 21, 2020
Spring Term: Mar. 30 1-June 13, 2020

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, 1/20, 2/17, 5/25

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 1
1:30-3 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 27
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.

BodyPump Launch and Anniversary Party
Garden Home Recreation Center
Saturday, January 18 • 9-10:30 am

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
**Arts & Crafts – 55 & Better**

**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: $17 payable to instructor at first class. No class 1/21 & 2/17. (Al)

**Winter Term:**
1/6-2/24 (6) M 6:15-8:15 pm ES34614
Larch ID/AP: $84 SD: $75.50 OD: $105

**Spring Term:**
Larch ID/AP: $84 SD: $75.50 OD: $106.25

**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. Six-week session. (Teresa)

**Winter Term:**
1/21-3/24 (6) T 1-3:30 pm ES34625
Larch ID/AP: $150 SD: $135 OD: $187.50

**Spring Term:**
3/31-5/9 (5) T 1-3:30 pm ES44625
Larch/Spruce ID/AP: $75 SD: $67.50 OD: $93.75
5/5-6/9 (6) T 1-3:30 pm ES44626
Larch/Spruce ID/AP: $90 SD: $81 OD: $112.50

**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:**
1/22-3/25 (11) W 9:30 am-12:30 pm ES34607
Spruce ID/AP: $176 SD: $158.25 OD: $220

**Spring Term:**
4/1-6/10 (11) W 9:30 am-12:30 pm ES44607
Larch/Spruce ID/AP: $191 SD: $171.75 OD: $238.75

**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 1/20 & 2/17. (Teresa)

**Winter Term:**
1/27-3/23 (8) M 1-3 pm ES34609
Larch/Spruce ID/AP: $100 SD: $90 OD: $125

**Spring Term:**
3/30-6/8 (10) M 1-3 pm ES44609
Larch/Spruce ID/AP: $123 SD: $110.50 OD: $153.75

**Fused Glass Workshops**
Create a unique piece of art. No previous experience required. An additional material fee paid to instructor at start of class. An additional material fee paid to instructor at start of class. Item: Flowerpot Stake & Garden Stake. (Carol)

**Winter Term:**
Flowerpot Stakes & Garden Stake ($15 lab fee)
1/11 (1) S 2:30-4:30 pm ES34600
Larch/Spruce ID/AP: $16 SD: $14.25 OD: $20

**Small Dishes or Spoon Rest (Small Dish $20 Spoon Rest $25)**
1/25 (1) S 2:30-4:30 pm ES34601
Larch/Spruce ID/AP: $16 SD: $14.25 OD: $20

**Petis or Large Windchimes ($45 lab fee)**
2/8 (1) S 2:30-4:30 pm ES34602
Larch/Spruce ID/AP: $16 SD: $14.25 OD: $20

**Glass Bunting ($35 lab fee)**
2/22 (1) S 2:30-4:30 pm ES34603
Larch/Spruce ID/AP: $16 SD: $14.25 OD: $20

**Klin Carving ($40 Lab Fee)**
3/7 (1) S 2:30-4:30 pm ES34604
Larch/Spruce ID/AP: $16 SD: $14.25 OD: $20

**Tapas Dishes (Materials Fee $40 Tapas Dish $20)**
3/21 (1) S 2:30-4:30 pm ES34605
Larch/Spruce ID/AP: $16 SD: $14.25 OD: $20

**Spring Term:**
Flowerpot Stakes & Garden Stake ($15 lab fee)
4/4 (1) S 2:30-4:30 pm ES44600
Larch/Spruce ID/AP: $16 SD: $14.25 OD: $20

**Glass Bunting ($35 lab fee)**
4/18 (1) S 2:30-4:30 pm ES44601
Larch/Spruce ID/AP: $16 SD: $14.25 OD: $20

**Klin Carving – 8” Square Dish ($40 lab fee)**
5/2 (1) S 2:30-4:30 pm ES44602
Larch/Spruce ID/AP: $16 SD: $14.25 OD: $20

**Petis or Large Windchimes ($45 lab fee)**
5/16 (1) S 2:30-4:30 pm ES44603
Larch/Spruce ID/AP: $16 SD: $14.25 OD: $20

**Pins, Magnets & Nightlights ($5 dollars ea or $25 nightlight)**
5/30 (1) S 2:30-4:30 pm ES44604
Larch/Spruce ID/AP: $16 SD: $14.25 OD: $20

**Small Dishes or Spoon Rest (Small Dish $20 Spoon Rest $25)**
6/6 (1) S 2:30-4:30 pm ES44605
Larch/Spruce ID/AP: $16 SD: $14.25 OD: $20

**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. (Teresa)

**Spring Term:**
1/22-3/25 (10) W 1:15-3:15 pm ES44606A
Oak Rm ID/AP: $124 SD: $111.50 OD: $155
4/1-6/10 (11) W 1-3 pm ES44606A
Oak Rm ID/AP: $134 SD: $120.50 OD: $167.50

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

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**Tualatin Hills Park & Recreation District**
**Winter/Spring 2020 Activities Guide**
**www.thprd.org**

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## Arts & Crafts – 55 & Better (continued)

### 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 & grouting. (Sharon)

<table>
<thead>
<tr>
<th>Winter Term</th>
<th>1/7-2/11 (6)</th>
<th>T</th>
<th>1-4 pm</th>
<th>ES34612A</th>
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<tbody>
<tr>
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<td></td>
<td>2/18-3/17 (5)</td>
<td>T</td>
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### Spring Term:

<table>
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<tr>
<th>3/31-5/5 (6)</th>
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<th>ES44612A</th>
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<tr>
<td>Spruce</td>
<td>ID/AP: $103</td>
<td>SD: $92.50</td>
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#### Dates (Weeks)

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>ID/AP</th>
<th>Time</th>
<th>Class #</th>
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<tr>
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<td>ES34612A</td>
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</tbody>
</table>

#### Time

- 1-4 pm

#### ID/AP

- $103

#### SD

- $86

#### OD

- $128.75

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### Leather Crafting

Make a custom leather item. Learn about leather, proper tooling and proper stamping techniques and apply them to their project. Workshop will also teach participants about lacing and hand sewing techniques to finish their project. $8 Lab fee payable to instructor at start of class. (David)

<table>
<thead>
<tr>
<th>Winter Term</th>
<th>1/25</th>
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<th>ES34618</th>
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<td>Larch</td>
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<td></td>
<td>2/29</td>
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<td>10 am-2 pm</td>
<td>ES34619</td>
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<td>Larch</td>
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<td>OD: $27.50</td>
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### Spring Term:

<table>
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<tr>
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<td>Larch</td>
<td>ID/AP: $22</td>
<td>SD: $19.75</td>
<td>OD: $27.50</td>
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</tbody>
</table>

### Dates (Weeks)

- 1/27-3/23 (8) | M | 9:30 am-12:30 pm | ES43406 |
- 3/30-6/8 (10) | M | 9:30 am-12:30 pm | ES43406 |

### Painting with Pastels

Learn to paint or build existing skills using pastel chalks. Create colorful images of people, landscapes, animals, etc. Supply list available at front desk. No class 1/20, 2/17 & 5/25. (Teresa)

<table>
<thead>
<tr>
<th>Winter Term</th>
<th>1/22-3/11 (8)</th>
<th>W</th>
<th>9-10:30 am</th>
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<td>OD: $115</td>
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</tbody>
</table>

### 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)

<table>
<thead>
<tr>
<th>Winter Term</th>
<th>1/22-3/11 (8)</th>
<th>W</th>
<th>9-10:30 am</th>
<th>ES34615</th>
</tr>
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<tbody>
<tr>
<td>Larch</td>
<td>ID/AP: $92</td>
<td>SD: $82.75</td>
<td>OD: $115</td>
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### Gallery Art Walk

Enjoy a guided afternoon art walk to Portland’s most established art galleries with our fine arts instructor. Meet at the Millikan Way MAX Center and ride the MAX downtown to the north park blocks. Bring money for lunch and $2.50 for the MAX. (Teresa)

May 15 • 10:30 am-3 pm • ES44627

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### Fees

- ID/AP = User is in-district or has paid an out-of-district assessment
- OD = Out-of-district (no assessment paid)
Knitting for the Fun of It!!
Work on your own projects under the expertise of our experienced instructor. Please bring your own knitting needles and pattern.

| Winter Term: 1/7-3/17 | T | 9:30-11 am | ES34611 |
| Spring Term: 3/31-6/3 | T | 9:30-11 am | ES44611 |

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:**
- 1/21-3/24 (10) T 9:30 am-12:30 pm ES34608
  - Larch/Spruce ID/AP: $176 SD: $158.25 OD: $220

**Spring Term:**
- 3/31-6/9 (11) T 9:30 am-12:30 pm ES44608
  - Larch/Spruce ID/AP: $191 SD: $171.75 OD: $238.75

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. An $8 material fee payable to instructor at first class. (Teresa)

**Winter Term:**
- 1/23-3/26 (10) Th 9:30 am-12:30 pm ES34608A
  - Larch/Spruce ID/AP: $176 SD: $158.25 OD: $220

**Spring Term:**
- 4/2-4/30 (5) Th 9:30 am-12:30 pm ES44608A
  - Larch/Spruce ID/AP: $98 SD: $88 OD: $122.50
- 5/7-6/11 (6) Th 9:30 am-12:30 pm ES44608B
  - Larch/Spruce ID/AP: $106 SD: $95.25 OD: $132.50

Woodcarving Open Studio
Learn to carve in relief, round and cottonwood bark, three projects or more. $20 lab fee for participants just starting out paid to instructor. No class 1/20. (Nancy)

**Winter Term:**
- 1/6-2/10 (5) M 4-5:30 pm ES34613
  - Larch ID/AP: $61 SD: $54.75 OD: $76.25
- 2/24-3/16 (4) M 4-5:30 pm ES34613A
  - Larch ID/AP: $49 SD: $44 OD: $61.25

**Spring Term:**
- 4/6-5/4 (5) M 4-5:30 pm ES44613
  - Larch ID/AP: $61 SD: $54.75 OD: $76.25
- 5/11-6/15 (5) M 4-5:30 pm ES44613A
  - Larch ID/AP: $61 SD: $54.75 OD: $76.25

Knitting for the Fun of It!!
Work on your own projects under the expertise of our experienced instructor. Please bring your own knitting needles and pattern.

| Winter Term: 1/7-3/17 | T | 9:30-11 am | ES34611 |
| Spring Term: 3/31-6/3 | T | 9:30-11 am | ES44611 |

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**

<table>
<thead>
<tr>
<th>Dates (Weeks)</th>
<th>Day</th>
<th>Time</th>
<th>Class #</th>
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<tbody>
<tr>
<td><strong>International Folk Dancing</strong></td>
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<tr>
<td>Winter Term:</td>
<td>1/10-3/20 (11) F</td>
<td>3-4:30 pm</td>
<td>ES31605</td>
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<td>Poplar ID/AP: $129</td>
<td>SD: $116 OD: $161.25</td>
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<td>Spring Term:</td>
<td>4/3-6/12 (11) F</td>
<td>3-4:30 pm</td>
<td>ES41604</td>
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<tr>
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<td>Maple Birch ID/AP: $129</td>
<td>SD: $116 OD: $161.25</td>
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</tbody>
</table>

**Line Dancing, Beginning**
Have fun learning line dances to both classic and popular country music. No partner needed. Our goal is to work up a sweat and enjoy many types of music. No class 1/10 & 2/13. (Barbara)

**Winter Term:**
- Beginner:
  - 1/8-3/18 (11) W (Barbara) 3:05-3:55 pm ES31602
    - Manzanita ID/AP: $73 SD: $65.50 OD: $91.25
  - Intermediate:
    - 1/6-3/16 (9) M (Doug) 3:05-3:55 pm ES31603
      - Manzanita ID/AP: $60 SD: $54 OD: $75

**Spring Term:**
- Beginner:
  - 4/1-6/10 (10) W (Barbara) 3:05-3:55 pm ES41602
    - Manzanita ID/AP: $68 SD: $61 OD: $85
  - Intermediate:
    - 3/30-6/8 (10) M (Doug) 3:05-3:55 pm ES41603
      - Manzanita ID/AP: $66 SD: $59.25 OD: $82.50

**Fitness - 55 & Better**

<table>
<thead>
<tr>
<th>Dates (Weeks)</th>
<th>Time</th>
<th>Class #</th>
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<tbody>
<tr>
<td><strong>20/20/20</strong></td>
<td>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 1/20, 2/17, 5/25 (Robbie)</td>
<td></td>
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<tr>
<td><strong>Winter Term:</strong></td>
<td>1/3-3/20 (12) M/W/F</td>
<td>10:45-11:35 am ES32601</td>
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<tr>
<td></td>
<td>Manzanita ID/AP: $150 SD: $135 OD: $187.50</td>
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<tr>
<td><strong>Spring Term:</strong></td>
<td>3/30-6/12 (11) M/W/F</td>
<td>10:45-11:35 am ES42601</td>
</tr>
<tr>
<td></td>
<td>Manzanita ID/AP: $150 SD: $135 OD: $187.50</td>
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</tbody>
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Fitness - 55 & Better

Fitness Class Intensity Guide
Designed for Every Body and Every Need

The following can be used as a guide to the type of fitness class you may be seeking.

Need a Little Help (Chair Fitness) - This class is for those wishing to exercise while seated. Class includes rhythmic movement, range of motion, strength, and stretching exercises. Class will help maintain or improve physical function for basic self-care.

Just Getting Started (Entry Level) - This class is for beginners or those returning to exercise. Class includes basic steps, gentle pace, lower intensity. May include seated or standing light strength and stretching exercises. Class will help maintain and improve physical function to remain independent and prevent illness, disability or injury.

Active Now (Intermediate Level) - This class is for individuals who are physically active at least twice a week and seek to improve their health and well-being. Classes include moderate intensity, low impact exercise. May include moderate strength and stretching exercises. There will be optional floor work.

Athlete (Advanced Level) - This is a higher intensity workout with more challenging strength and conditioning portion. Floor work included. Exercise will help build reserve and maintain level of fitness, and provides conditioning for improving performance.

Fitness Class Drop-in Policy
Try a class or attend a variety of classes as a drop-in participant. Purchase a pass for $8/ID $7.25 (senior 65+), OD: $10. Present drop-in pass to your fitness instructor at the beginning of class. Or purchase a Deluxe Fitness Pass that may be used for all fitness classes and drop-in programs at any THPRD facility. It entitles the pass holder to unlimited access to the weight room, group fitness, yoga and much more.

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)
1/6 M 1-2 pm Free
3/30 M 1-2 pm Free

Dates (Weeks) Location Time Class # OD
Winter Term:
Oak Rm ID/AP: $107 SD: $96.25 OD: $133.75
Spring Term:
4/1-6/12 (11) W/F 8:35-9:25 am ES42620
Oak Rm ID/AP: $103 SD: $92.50 OD: $128.25

Adaptive Circuit
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. (Belinda)

Winter Term:
Oak Rm ID/AP: $107 SD: $96.25 OD: $133.75
Spring Term:
3/30-6/12 (11) W/F 8:35-9:25 am ES42620
Oak Rm ID/AP: $103 SD: $92.50 OD: $128.25

Aerobic Total Body Workout
Designed for the experienced exerciser or fit newcomer. Class includes warm up, low-impact aerobic conditioning, strength, balance and flexibility. No class 1/20, 2/17, 5/25 (Richard/Gabby)

Winter Term:
1/3-3/20 (12) M/W/F 8:35-9:25 am ES32603
Manzanita ID/AP: $150 SD: $135 OD: $187.50
Spring Term:
3/30-6/12 (11) M/W/F 8:35-9:25 am ES42603
Manzanita ID/AP: $150 SD: $135 OD: $187.50

Ageless Conditioning
Combines aerobic, strengthening and flexibility exercises specifically to enhance strength, balance, joint range of motion, mobility and extend independent living. This is a perfect class for individuals who have been physically inactive or want to progress from a chair fitness class. No class 1/21 & 2/18, 5/27 & 5/29. (Gail)

Winter Term:
1/6-3/18 (11) M/W 9:40-10:30 am ES32604
Manzanita ID/AP: $96 SD: $86.25 OD: $120
Spring Term:
3/30-6/10 (11) M/W 9:40-10:30 am ES42604
Manzanita ID/AP: $100 SD: $90 OD: $125

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

Mother's Day Brunch at the historic Jenkins Estate
Sunday, May 10th | 9am-2pm
$16.95 Adults / $9.95 Children (10 and under)

Reservations starting April 25, 2020
Dalton’s NW Catering 503-639-7211
dave@daltonsnwcastering.com
**Fitness - 55 & Better**

<table>
<thead>
<tr>
<th>Dates (Weeks)</th>
<th>Location</th>
<th>Time</th>
<th>SD</th>
<th>Class #</th>
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<tbody>
<tr>
<td>Winter Term:</td>
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<td>9:35-10:25 am</td>
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<tr>
<td>Spring Term:</td>
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<td>ID/AP: $106</td>
<td>9:35-10:25 am</td>
<td>ES42606</td>
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**Arthritis Exercise**

Ease arthritis pain and improve physical activity habits, mobility, and reduce risk for falls. Some exercises are done standing and using light weights.

Winter Term:
1/2-3/19 (12) T/Th 7:30-8:20 am ES42610

Spring Term:
3/31-6/11 (11) T/Th 7:30-8:20 am ES42610

**Balance and the Next Step!**

Ready to move on from Balance Basics? This is the next step; continue working on posture and balance exercises. Designed for those who regularly exercise for more challenge. (Belinda)

Winter Term:
1/2-3/19 (12) T/Th 9:35-10:25 am ES32608

**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 1/20, 2/17, 5/25. (Desiree)

Winter Term:
1/6-3/16 (8) M (Belinda) 11:50 am-12:40 pm ES32607

Spring Term:
1/2-3/19 (12) T/Th (Belinda) 8:35-9:25 am ES32608

**Barefoot & Balance**

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:
1/2-3/19 (12) T/Th 7:30-8:20 am ES32610

Spring Term:
3/31-6/11 (11) T/Th 7:30-8:20 am ES42610

**Barre - Fit**

Barre will give you a challenging workout while stretching muscles and strengthening core. Balance is a key component. Retrain your posture. This is a standing class. (Gail/Edie)

Winter Term:
1/2-3/19 (12) T/Th (Edie) 7:30-8:20 am ES32639

Spring Term:
3/31-6/11 (11) T/Th (Edie) 7:30-8:20 am ES42639

**Cardio Fusion**

A work out that pairs moderate aerobics with exercises and dance moves that are designed to improve strength, balance and flexibility. The workout gets the heart rate up without stressing the knees, legs and lower back. Effective exercise, dance and music make for a healthy and fun work out. No class 1/20, 2/17, 5/25. (Kimo)

Winter Term:
1/6-3/18 (11) M/W 9:40-10:30 am ES32674

Spring Term:
3/30-6/10 (11) M/W 9:40-10:30 am ES42674

**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 1/20, 2/17 & 5/25. (Kimo)

Winter Term:
1/6-3/16 (9) M/W 11:50 am-12:40 pm ES32614

Spring Term:
3/30-6/8 (10) M/W 11:50 am-12:40 pm ES42614

**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 1/20, 2/17, 5/25. (Jeanette, Staff)

Winter Term:
1/6-3/19 (11) M/Th 3:30-4:30 pm ES32618

Spring Term:
3/30-6/11 (11) M/Th 3:30-4:30 pm ES42618

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**BodyPump Launch and Anniversary Party**

Saturday, Jan. 18 • 9-10:30 am
Garden Home Recreation Center

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Fitness - 55 & Better

**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. (Robbie)

**Winter Term:**
1/7-3/20 (11)
Manzanita
T/F
3:05-3:55 pm
ES32619
Manzanita
T/F
3:05-3:55 pm
ES42619

**Spring Term:**
3/31-6/12 (11)
Manzanita
T/F
3:05-3:55 pm
ES42619

**Location**
ID/AP: $103
SD: $92.50
OD: $128.75

**Dates (Weeks)**
Manzanita
1/7-3/20
3/31-6/12

**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:**
1/8-3/18 (11)
W
11:50 am-12:40 pm
ES32621
Fitness Room
ID/AP: $51
SD: $45.75
OD: $63.75

**Spring Term:**
4/1-6/10 (11)
W
11:50 am-12:40 pm
ES42621
Fitness Room
ID/AP: $51
SD: $45.75
OD: $63.75

**Flexibility Focus**
Stretching increases flexibility, range of motion and improves balance. Stretch before or after an active class for a leaner and healthier body. (Ramya)

**Winter Term:**
1/3-3/20 (12)
F
9:45-10:35 am
ES32622
Manzanita
ID/AP: $56
SD: $50.25
OD: $70

**Spring Term:**
4/3-6/12 (11)
F
9:45-10:35 am
ES42622
Manzanita
ID/AP: $51
SD: $45.75
OD: $63.75

**Fitness in the Park**
Fitness in the Park is a districtwide program offering a variety of family friendly workouts throughout the Beaverton area starting on June 6, look for details soon at www.thprd.org.

**International Yoga Day!**
Save the Date
Sunday, June 21

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
Fitness - 55 & Better

NIA, Movement
Nia is a dance fitness class that incorporates martial arts, dance arts, and healing arts, for whole-body conditioning. As an ongoing practice, Nia promotes mindfulness, holistic fitness and well-being. Nia is FUN! Nia empowers people of all shapes and sizes to connect to their body, mind, emotions and spirit by paying attention to sensation. Nia’s philosophy is: “Through Movement We Find Health.” (Lori)

Winter Term:
1/3-3/20 (12) M/W 12:55-1:45 pm ES42645
Manzanita ID/AP: $107 SD: $96.25 OD: $133.75

Spring Term:
3/31-6/6 (11) M/W 12:55-1:45 pm ES42645
Manzanita ID/AP: $103 SD: $92.50 OD: $128.75

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

Winter Term:
1/7-3/20 (12) T/F 11:50 am-12:40 pm ES32644
Maple Birch ID/AP: $105 SD: $94.50 OD: $131.25

Spring Term:
3/31-6/12 (11) T/F 11:50 am-12:40 pm ES42644
Maple Birch ID/AP: $103 SD: $92.50 OD: $128.75

REVIVE, Exercise Recovery Program
Recovering from an illness or medical treatment? Regain your strength and create optimal health with this individualized and targeted exercise program. Exercise prescription/workout is based on medical status, fitness level and wellness goal. Medical Release & Health/Medical History Forms required. No class 1/20, 2/17, 5/25. (Jeanette and staff)

Winter Term:
1/6-3/20 (11) M/W/F 7:30-8:20 am ES42642
Manzanita ID/AP: $145 SD: $130.50 OD: $181.25

Spring Term:
3/30-6/12 (11) M/W/F 7:30-8:20 am ES42642
Manzanita ID/AP: $145 SD: $130.50 OD: $181.25

Silver Cardio Circuit
Increase your cardiovascular and muscular endurance in this Silver Sneakers standing circuit workout. Fitness and fun come together as you alternate non-impact aerobic choreography with upper-body strengthening exercises using hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is offered for support, stretching and relaxation exercises. No class 1/20, 2/17, 5/25, 5/27. (Kimo)

Winter Term:
1/8-3/18 (11) M/W 12:55-1:45 pm ES42636
Manzanita ID/AP: $93 SD: $83.50 OD: $116.25

Spring Term:
3/30-6/10 (11) M/W 12:55-1:45 pm ES42636
Manzanita ID/AP: $93 SD: $83.50 OD: $116.25

T'ai Chi 24 Form Beginning
Designed for beginning students, this class introduces T’ai Chi concepts and the first form (Forms 1 through 12). Practice meditative mind-body exercise with slow and rythymical movements to increase balance, flexibility, muscle strength, and enhance well-being. (Andrew)

Winter Term:
1/3-3/20 (12) M/W/F 7:30-8:20 am ES42642
Manzanita ID/AP: $150 SD: $135 OD: $187.50

Spring Term:
3/30-6/12 (11) M/W/F 7:30-8:20 am ES42642
Manzanita ID/AP: $150 SD: $135 OD: $187.50

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

Winter Term:
1/8-3/18 W 12:55-1:45 pm ES42645
Maple/Birch ID/AP: $51 SD: $45.75 OD: $63.75

Spring Term:
14/1-6/10 W 12:55-1:45 pm ES42645
Maple/Birch ID/AP: $51 SD: $45.75 OD: $63.75

Fitness - 55 & Better

Silver Fit Classic
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated or standing support. No class 1/20, 2/17, 5/25, 5/27. (Angela)

Winter Term:
1/6-3/20 (11) M/W/F 2-2:50 pm ES42638
Manzanita ID/AP: $145 SD: $130.50 OD: $181.25

Spring Term:
3/30-6/12 (11) M/W/F 2-2:50 pm ES42638
Manzanita ID/AP: $145 SD: $130.50 OD: $181.25

Step Aerobics
Step is back! Get your cardio groove on and join us for a fun class featuring detailed breakdowns of the moves and several options for all abilities. Boost your heart rate and breathing and strengthen your muscles. (Allen)

Winter Term:
1/8-3/18 (11) 11:50 am-12:40 pm ES42644
Manzanita ID/AP: $51 SD: $45.75 OD: $63.75

Strength Training
A great way to increase muscle strength and endurance, this class uses dumbbells, ankle weights, bands, tubing, and floor mats along with stretching, relaxation, and an optional aerobic component. No class 1/20, 2/17, 5/25. (Carolyn)

Winter Term:
1/6-3/20 (11) M/F 11:50 am-12:40 pm ES42643
Manzanita ID/AP: $93 SD: $83.50 OD: $116.25

Spring Term:
3/30-6/12 (11) M/F 11:50 am-12:40 pm ES42643
Manzanita ID/AP: $98 SD: $88 OD: $122.50

Strength, Balance & Core
Work up a sweat, boosting metabolism while strengthening the entire body. Improves coordination, balance and bone density. No class 1/20, 2/17, 5/25. (Edie)

Winter Term:
1/6-3/20 (12) M/W/F 7:30-8:20 am ES42642
Manzanita ID/AP: $150 SD: $135 OD: $187.50

Spring Term:
3/30-6/12 (11) M/W/F 7:30-8:20 am ES42642
Manzanita ID/AP: $150 SD: $135 OD: $187.50

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

### Tai Chi Foundations
Learn foundational Tai Chi concepts in this class. Utilizing 8/10 form, participants will focus on posture, balance and the Tai Chi step. (Andrew)

#### Winter Term:
- 1/7-3/17 (11) T 10:45-11:35 am ES32670
- Maple Birch ID/AP: $51 SD: $45.75 OD: $63.75

#### Spring Term:
- 3/31-6/13 (11) T 10:45-11:35 am ES42650
- Maple Birch ID/AP: $51 SD: $45.75 OD: $63.75

### Tai Chi, Basic Footwork & Balance
Slow pace, low impact, gentle and rhythmical movements to increase balance, flexibility, muscle strength, and enhance well-being. Designed for beginning students, class introduces concepts, focuses on balance and footwork and lays ground work for learning the Tai Chi Ch’uan 24 form. (David)

#### Winter Term:
- 1/3-3/20 (11) T/F 10:45-11:35 am ES32633
- Oak ID/AP: $107 SD: $96.25 OD: $133.75

#### Spring Term:
- 3/31-6/13 (11) T/F 10:45-11:35 am ES42633
- Oak ID/AP: $103 SD: $92.50 OD: $128.75

### Tai Chi, Moving for Better Balance
A falls prevention exercise program where students will learn and practice a series of simple, slow, and rhythmical movements aimed at improving balance, strength, and reducing the risk of falling. (Jim)

#### Winter Term:
- 1/4-4/21 (12) S (Mignon) 11:10 am-Noon ES32648
- Maple Birch ID/AP: $56 SD: $50.25 OD: $70
- 1/2-3/19 (12) M/Th (Jim) 8:35-9:25 am ES32648A
- Willow/Poplar ID/AP: $98 SD: $88 OD: $122.50

#### Spring Term:
- 4/4-6/13 (11) S (Mignon) 11:10 am-Noon ES32648
- Maple Birch ID/AP: $98 SD: $88 OD: $122.50
- 3/30-6/11 (11) M/Th (Jim) 8:35-9:25 am ES32648A
- Poplar ID/AP: $98 SD: $88 OD: $122.50

### 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 1/20, 2/17, 5/25. (*Mignon/Elinda)

#### Winter Term:
- 1/6-3/18 (11) M/W* 10:45-11:35 am ES32651
  - Maple Birch ID/AP: $93 SD: $83.50 OD: $116.25
  - Willow ID/AP: $107 SD: $96.25 OD: $133.75
- 1/4-3/21 (12) S (Mignon) 10:05-11:55 am ES32653
  - Maple Birch ID/AP: $56 SD: $45.75 OD: $70

#### Spring Term:
- 3/30-6/10 (11) M/W* 10:45-11:35 am ES32651
  - Maple Birch ID/AP: $98 SD: $88 OD: $122.50
- 4/1-6/12 (11) W/F (Belinda) 9:35-10:25 am ES32652
  - Maple Birch ID/AP: $103 SD: $92.50 OD: $128.75
- 4/4-6/13 (11) S (Mignon) 10:05-11:55 am ES32653
  - Maple Birch ID/AP: $51 SD: $45.75 OD: $63.75

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## Fitness - 55 & Better

### 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 1/20 and 2/17. (Jeanette and staff)*

#### Winter Term:
- 1/2-3/19 (12) M,Th 3:30-4:30 pm ES32657
- Fitness Room ID/AP: $138 SD: $124 OD: $172.50

#### Spring Term:
- 3/30-6/11 (11) M,Th 3:30-4:30 pm ES42657
- Fitness Room ID/AP: $138 SD: $124 OD: $172.50

### 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 1/20 and 2/17. (*Gabriel/Amrita)

#### Winter Term:
- 1/6-3/18 (9) M (Mignon) 9:40-10:30 am ES32665
  - Maple Birch ID/AP: $42 SD: $37.75 OD: $52.50
- 1/7-3/17 (11) T (Edie) 9:40-10:30 am ES32666
  - Maple Birch ID/AP: $51 SD: $47.75 OD: $65.75
- 1/2-3/19 (12) T/Th* 6:30-7:20 pm ES32667
  - Maple Birch ID/AP: $107 SD: $96.25 OD: $133.75

#### Spring Term:
- 3/30-6/8 (10) M (Mignon) 9:40-10:30 am ES32665
  - Maple Birch ID/AP: $47 SD: $42.25 OD: $59.75
- 3/31-6/9 (11) T (Edie) 9:40-10:30 am ES32666
  - Maple Birch ID/AP: $51 SD: $47.75 OD: $65.75
- 3/31-6/9 (11) T/Th* 6:30-7:20 pm ES32667
  - Maple Birch ID/AP: $98 SD: $88 OD: $122.50
- 4/4-6/13 (11) S (David) 9-9:50 am ES32668
  - Poplar D/AP: $51 SD: $45.75 OD: $63.75

### Yoga, All Levels
Practice poses with an emphasis on breath, alignment, symmetry and technique to build strength, flexibility and balance. Develop the mind-spirit connection in a structured, progressive format. This class is suitable for all levels, yoga props available for modifications.

#### Winter Term:
- 1/6-3/16 (9) M (Edie) 9:40-10:30 am ES32663
  - Maple Birch ID/AP: $42 SD: $37.75 OD: $52.50
- 1/7-3/17 (11) T (Gail) 9:40-10:30 am ES32668A
  - Poplar ID/AP: $51 SD: $45.75 OD: $63.75
- 1/2-3/19 (12) T/Th (Fabiola) 8:35-9:25 am ES32669
  - Willow ID/AP: $107 SD: $96.25 OD: $133.75
- 1/8-3/17 (11) T (David) 11:50-12:40 pm ES32665
  - Poplar ID/AP: $51 SD: $45.75 OD: $63.75
- 1/2-3/19 (12) Th (Gail) 9:40-10:30 am ES32664
  - Willow ID/AP: $56 SD: $50.25 OD: $70
- 1/3-3/20 (12) F (Courtnay) 9:40-10:30 am ES32660
  - Poplar ID/AP: $56 SD: $50.25 OD: $70

#### Spring Term:
- 3/30-6/8 (10) M (Edie) 8:40-9:30 am ES42663
  - Maple Birch ID/AP: $47 SD: $42.25 OD: $58.75

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

**Winter Term:**

- **Shoulder**
  - 1/14 (1) T 12:30-2 pm ES32686
- **Back**
  - 2/11 (1) T 12:30-2 pm ES32688
- **Knee**
  - 2/25 (1) T 12:30-2 pm ES32687
- **Hip**
  - 3/10 (1) T 12:30-2 pm ES32690

- **Meet Your Core**
  - 3/18 (1) W 2:30-4 pm ES32685
  - Fitness Room ID/AP: $16 SD: $14.25 OD: $20

**Spring Term:**

- **Shoulder**
  - 4/14 (1) T 12:30-2 pm ES42686
- **Back**
  - 5/12 (1) T 12:30-2 pm ES42688
- **Meet Your Core**
  - 5/20 (1) W 2:30-4 pm ES42689
- **Hip**
  - 6/2 (1) T 12:30-2 pm ES42690
- **Knee**
  - 6/9 (1) T 12:30-2 pm ES42692

  - Fitness Room ID/AP: $16 SD: $14.25 OD: $20

*24-hour cancellation required.

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**Fitness - 55 & Better**

<table>
<thead>
<tr>
<th>Dates (Weeks)</th>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>ID/AP</th>
<th>Class #</th>
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<td>Winter Term:</td>
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<tr>
<td>Yoga, Chair</td>
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<td>1/3-3/20 (12)</td>
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**Zumba® Gold**

Fitness program specifically designed to take the exciting Latin and international dance rhythms created in the original Zumba® and bring them to the active older adult, beginner participant. Zumba® Gold is a fun, different, easy and effective total body workout! No class 1/20, 2/17, 5/25.

**Winter Term:**

- **Shoulder**
  - 1/2-3/19 (12) M/Th (Robin/Kimo) 4:10-5 pm ES42672
  - Poplar ID/AP: $100 SD: $90 OD: $125
- **Meet Your Core**
  - 1/2-3/19 (12) T/Th (Christl/Naoko) 8:35-9:25 am ES42670
  - Manzanita ID/AP: $107 SD: $96.25 OD: $133.75

**Spring Term:**

- **Shoulder**
  - 3/30-6/11 (11) M/Th (Robin/Kimo) 4:10-5 pm ES42672
  - Manzanita ID/AP: $98 SD: $88 OD: $122.50
- **Meet Your Core**
  - 3/31-6/11 (11) T/Th (Christl/Naoko) 8:35-9:25 am ES42670
  - Manzanita ID/AP: $103 SD: $92.50 OD: $128.75

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**Stay Connected!**

Join the conversation.

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

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**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)

- 1/6 M 1-2 pm Free
- 3/30 M 1-2 pm Free
**Clinics & Workshops – 55 & Better**

**Beginning Orientation**
Receive an exercise program, learn machine adjustments and basic exercise techniques in the 1½ 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. 
*24-hour cancellation required.

| Winter Term: | | |
|-------------|-----------------------------|
| 1/7 TC      | 12:30-2 pm (Carolyn)       |
| ES32678     |                             |
| 1/25 SC     | 12:30-2 pm (Robbie)        |
| ES32679     |                             |
| 2/4 TC      | 12:30-2 pm (Carolyn)       |
| ES32681     |                             |
| 3/3 TC      | 12:30-2 pm (Carolyn)       |
| ES32680     |                             |

| Spring Term: | | |
|-------------|-----------------------------|
| 4/7 TC      | 12:30-2 pm (Carolyn)       |
| ES42678     |                             |
| 4/18 SC     | 12:30-2 pm (Carolyn)       |
| ES42680     |                             |
| 5/5 TC      | 12:30-2 pm (Carolyn)       |
| ES42679     |                             |

**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.

| Winter Term: | | |
|-------------|-----------------------------|
| 1/21 TC     | 12:30-1:30 pm              |
| ES32676     |                             |
| 2/18 TC     | 12:30-1:30 pm              |
| ES32677     |                             |
| 3/17 TC     | 12:30-1:30 pm              |
| ES32677A    |                             |

| Spring Term: | | |
|-------------|-----------------------------|
| 4/21 TC     | 12:30-1:30 pm              |
| ES42676     |                             |
| 5/19 TC     | 12:30-1:30 pm              |
| ES42677     |                             |

**New to Yoga Workshop**
Are you brand new to yoga? Come learn beginning forms, terminology, etiquette, use of props and best class for you! This will give you a good understanding prior to attending a yoga class. 
*24-hour cancellation required. (Fabiola)*

| Winter Term: | | |
|-------------|-----------------------------|
| 1/13 M      | 1:30-2:45 pm               |
| ES32682     |                             |
| Poplar ID/AP: $8 | SD: $7 | OD: $10 |
| 3/16 M      | 1:30-2:45 pm               |
| ES32683     |                             |

| Spring Term: | | |
|-------------|-----------------------------|
| 4/27 M      | 1:30-2:45 pm               |
| ES42682     |                             |
| Poplar ID/AP: $8 | SD: $7 | OD: $10 |

**Stuhr Center Fitness Room**

**Monday/Tuesday/Thursday:** 7:30 am-8:45 pm  
**Wednesday/Friday:** 7:30 am-4:45 pm  
**Saturday:** 9 am-4:45 pm

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

**Next Step Fitness Orientation**
ID/AP: $48.50 OD: $60.75
This one-hour, one-on-one session is designed for those who are currently in a strength training program but have not been trained through the Stuhr Center. It is also available to update or enhance the program of current members. Upon completion, a patron can purchase a fitness pass to use in the fitness room.

**Personal Training Options**

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

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

**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!

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

Alzheimer’s disease is not a normal part of aging. If you are someone you know is affected by Alzheimer’s disease or dementia, it’s time to learn the facts. At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. To help people age well, the Alzheimer’s Association is offering the Healthy Living for Your Brain and Body: Tips from the Latest Research program. This workshop covers four areas of lifestyle habits that are associated with healthy aging: Cognitive activity, Physical health and exercise, Diet and nutrition, Social engagement. In each area, we will discuss what we know, drawing on current research, as well as what we can do â€“ steps to take now to improve or maintain overall health in each area. Presented by Alzheimer’s Association.

2/26 (1) W 10-11:30 am ES33601
Willow ID/AP: $0 SD: $0 OD: $0

5/13 (1) W 10-11:30 am ES43601
Willow ID/AP: $0 SD: $0 OD: $0

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)

1/7-3/19 (11) T/Th 1-2 pm ES33602
Oak Rm ID/AP: $178 SD: $160 OD: $222.50
3/31-6/11 (11) T/Th 1-2 pm ES43602
Oak Rm ID/AP: $178 SD: $160 OD: $222.50

Health & Wellness Coaching

Are you interested in exploring your own health & wellness and want to work towards making lifestyle changes to help improve your well being? If you answered yes, consider joining this class. This class will give you the opportunity to discover what is important to you, what motivates you, what your strengths are, what your values are, how to create a wellness vision and set goals or experiments each week. Each class will focus on a different wellness topic. (Julie)

Winter Term:
1/7-3/17 (11) T 11 am-12:15 pm ES33617
Willow ID/AP: $106 SD: $95.25 OD: $132.50

Spring Term:
4/15-6/10 (11) W 11 am-12:15 pm ES43617
Oak Rm ID/AP: $86 SD: $77.25 OD: $107.50

Life Changing Illness: Our New Normal

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. No class 1/20 & 2/17.

Winter Term
1/6-3/16 (9) M 10:45 am-12:15 pm ES33615
Cedar Rm ID/AP: $103 SD: $92.50 OD: $128.75

Spring Term
3/30-6/8 (10) M 10:45 am-12:15 pm ES43615
Cedar Rm ID/AP: $114 SD: $102.50 OD: $142.50

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. (Amrita)

Winter Term:
Maple Birch ID/AP: $53 SD: $47.50 OD: $66.25

Spring Term:
4/1-6/10 (11) W 3:05-3:55 pm ES42624
Maple Birch ID/AP: $49 SD: $44 OD: $61.25

Qigong - Living Grace

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

Winter Term:
Poplar ID/AP: $83 SD: $74.50 OD: $97.50

Spring Term:
4/1-6/10 (11) W 10:30-11:25 am ES43612
Poplar ID/AP: $83 SD: $74.50 OD: $103.75

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

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

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 transformative experience. No class 1/20 & 2/17. (Rebecca)

Winter Term:
1/6-3/16 (9) M 9:30-10:30 am ES33613
Cedar Rm ID/AP: $73 SD: $65.50 OD: $91.25

Spring Term:
3/30-6/8 (10) M 9:30-10:30 am ES43613
Cedar Rm ID/AP: $81 SD: $72.75 OD: $101.25

General Interest – 55 & Better

Accounts & Passwords
Do you have a lot of accounts and passwords? Are you having trouble understanding what they all do, how they are connected and what they do? In this class, we will attempt to straighten things out, identify the most important accounts and give you methods to organize your online accounts. (Breanna)

Winter Term:
1/17 F 1:30-3:30 pm ES35602
Larch ID/AP: $20 SD: $18 OD: $25

Basic Documents
This course is designed to familiarize students with the most commonly used functions in a word processing program. To explore all the features, we will be creating a flyer to learn basic text editing and working with photos. Bring your laptop to class. (Breanna)

Winter Term:
3/6 F 1:30-3:30 pm ES35605
Larch ID/AP: $20 SD: $18 OD: $25

General Interest – 55 & Better

Basic Presentations
This course is designed to familiarize students with the most commonly used functions of spreadsheet software. To explore features, we will be creating a basic spreadsheet, formatting the sheet and creating a basic graph. Students need a spreadsheet program like Excel or Google Sheets and a laptop. (Breanna)

Winter Term:
3/20 F 1:30-3:30 pm ES35605B
Larch ID/AP: $20 SD: $18 OD: $25

Basic Spreadsheets
This course is designed to familiarize students with the most commonly used functions in a word processing program. To explore all the features, we will be creating a flyer to learn basic text editing and working with photos. Bring your laptop to class. (Breanna)

Winter Term:
3/13 (1) F 1:30-3:30 pm ES35605A
Larch ID/AP: $20 SD: $18 OD: $25

Beyond Basics for Computers
So, you know how to use a computer, kind of. This class takes your skills to the next level getting a better grasp of uploading/downloading, file management, understanding the internet, and working with graphics. Bring your laptop. (Breanna)

Winter Term:
2/7-2/28 (4) F 1:30-3:30 pm ES35604
Larch ID/AP: $80 SD: $72 OD: $100

Buying Guide for Computers, Smartphones & Tablets
Do you have a lot of accounts and passwords? Are you having trouble understanding what they all do, how they are connected and what they do? In this class, we will attempt to straighten things out, identify the most important accounts and give you methods to organize your online accounts. (Breanna)

Winter Term:
1/10 (1) F 1:30-3:30 pm ES35601
Larch ID/AP: $20 SD: $18 OD: $25

Cabaret Vocal Ensemble
Come to the Cabaret, better yet, SING in the Cabaret! All types of music performed. The majority of the classes will be at the center with some performances at retirement facilities. Open to all singers, no audition required. (Evelyn)

Winter Term:
1/7-3/17 (11) T 12:1-30 pm ES35600A
Dogwood ID/AP: $78 SD: $70 OD: $97.50

Spring Term:
3/31-6/8 (11) T 12:1-30 pm ES45600A
Dogwood ID/AP: $78 SD: $70 OD: $97.50

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
General Interest – 55 & Better

**Digital Photos**

Need help managing and editing your digital photos? This class will show you how to import photos from a digital camera and download them from the internet. Once the photos are on the computer, we will organize them into folders, rename and add tags. Lastly, we will use photo software to learn how to do a few simple edits to your photos. Bring your laptop. (Breanna)

**Spring Term:**
- 5/29-6/5 (2) F 1:30-3:30 pm ES45603

**Email Q & A**

In Email Q&A, we will answer questions about your email account. This class is geared towards those that know how to use email, but may still have a few questions. Bring your questions. (Breanna)

**Winter Term:**
- 1/24 (1) F 1:30-3:30 pm ES35603

**Facebook Q & A**

All of your family is on Facebook and your grandkids set you up with an account. Now what? I will show you how to navigate, post and hopefully have fun on Facebook. Bring your questions! (Breanna)

**Spring Term:**
- 6/12 (1) F 1:30-3:30 pm ES45604

**Intermediate Smartphones and Tablets**

Smartphone and Tablets Intermediate, 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:**
- 5/1-5/22 (4) F 1:30-3:30 pm ES45602

**Lecture/DVD Series: Understanding the Mysteries of Human Behavior**

Scientific mysteries are everywhere around you. At the bottom of the deepest oceans. On the frontiers of the known universe. But some of life’s greatest scientific mysteries lie much closer than that: inside the recesses of the human mind. With the powerful insights you’ll find in these 24 intellectually scintillating lectures, you’ll start looking at your own and other people’s behavior with a little more insight and curiosity. And undoubtedly a little more wonderment as well. Twelve classes. No class 5/25. (George)

**Spring Term:**
- 4/13-7/6 (12) M 10-11:30 am ES45607

**Mahjong, 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:**
- 2/6-3/19 (7) Th 10 am-Noon ES35609

**Mind/Treasure Mapping**

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

**Winter Term:**

**Simple Asian Cuisine**

Have you wanted to know to cook Asian dishes? Join Evelyn to cook some simple and authentic dishes. Come hungry, we will sample our creations. $15 supply fee.(Evelyn)

**Winter Term:**
- 1/1/11 (1) S 1-2:30 pm ES35610

**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:**
- 1/9-3/19 (11) Th 10:30 am-Noon ES35611

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**Fitness in the Park**

Fitness in the Park is a districtwide program offering a variety of family friendly workouts throughout the Beaverton area starting on June 6, look for details soon at www.thprd.org.

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**General Interest – 55 & Better**

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**Lecture/DVD Series: Heroes & Legends: The Most Influential Characters of Literature**

Heroes hold a special place in our imagination. Names such as Odysseus, Beowulf, and Queen Guinevere summon up mythic legends, while Sherlock Holmes, Dracula, and Huckleberry Finn are some of the most recognizable figures in all of world literature. Robinson Crusoe and Elizabeth Bennet are as real to us today as they were when Daniel Defoe and Jane Austen first created them. What do these memorable characters have in common? Why do we turn to certain stories again and again? And what impact have they made on world history? The answers to these questions tell us more than you might think. Twelve classes. No class 5/25. (George)

**Spring Term:**
- 4/13-7/6 (12) M 10-11:30 am ES45607

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**Fees:**

ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid).
General Interest – 55 & Better

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Spanish Beginning II/III
Class to include more on -AR verbs, focus on sentence structure, and the development of useful vocabulary. Continuation from Beg. II Spanish. (Mercedes)
Winter Term:
1/6-3/16 (9) | M | 12:45-2:15 pm | Willow | ID/AP: $73 | SD: $65.50 | OD: $91.25 | ES35618 |
Spring Term:

Rhythm/Drum Circle
Participate in one of the oldest forms of group music. Develop rhythmic abilities while strengthening the group. Come join the beat! No prior experience required. Drums provided for class. No class 1/20 & 2/17. (Steven)
Winter Term:
1/6-3/16 (9) | M | 2:45-3:45 pm | Willow | ID/AP: $73 | SD: $65.50 | OD: $91.25 | ES35621 |
Spring Term:
3/30-6/8 (10) | M | 2:45-3:45 pm | Willow | ID/AP: $81 | SD: $72.75 | OD: $101.25 | ES45621 |

Spring Showcase
Friday, March 27 • 1-3 pm
See samples of the dance and music classes offered by the Elsie Stuhr Center. Come enjoy drumming, singing, strumming and dancing.
General Interest - 55 & Better

**Spanish, Beginning II**
Review of beginner II term, concept of gender & number, present tense conjugation of “AR” verbs, sentence structure. (Mercedes)

**Winter Term:**
1/7-3/17 (11)  T  9:45-11:15 am  ES35628
Dogwood  ID/AP: $123  SD: $110.50  OD: $153.75

**Spring Term:**
3/31-6/9 (11)  T  9:45-11:15 am  ES45628
Dogwood  ID/AP: $123  SD: $110.50  OD: $153.75

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

**Winter Term:**
1/11-3/14 (10)  S  9-10:30 am  ES35630
Dogwood  ID/AP: $112  SD: $100.75  OD: $140

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

**Spring Term:**
4/4-6/13 (11)  S  9-10:30 am  ES45630
Dogwood  ID/AP: $123  SD: $110.50  OD: $153.75

**Ukulele: Beginning to Intermediate**
Learn the basics of ukulele, tuning, strums, basic chords, warm ups, 2-4 chords music to eventually more advanced play. (Diane)

**Winter Term:**
1/11-2/8 (5)  S  11 am-Noon  ES35608
Dogwood  ID/AP: $41  SD: $36.75  OD: $51.25
Dogwood  ID/AP: $41  SD: $36.75  OD: $51.25
Spring Term:
4/4-5/2 (6)  S  11 am-Noon  ES45608
Dogwood  ID/AP: $41  SD: $36.75  OD: $51.25
5/8-6/6 (6)  S  11 am-Noon  ES45608A
Dogwood  ID/AP: $41  SD: $36.75  OD: $51.25

**General Interest - 55 & Better**

**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. (Staff)

**Winter Term:**
3/12 (1)  Th  10-11:30 am  ES33600
Willow  ID/AP: $5  SD: $4.50  OD: $6.25

**Spring Term:**
6/11 (1)  Th  10-11:30 am  ES43600
Willow  ID/AP: $5  SD: $4.50  OD: $6.25

**Special Events – 55 & Better**

**Active Aging Week**
Celebrate Active Aging Week! We encourage participants to explore life’s many possibilities. Whether it’s Pilates, Balance Basics, or Strength Training, you’ll find something new to try. How it works: Grab an Active Aging Card from the lobby or front desk. Fill out the card and turn it in to the instructor. Provide feedback about the class and let us know if you have any questions about our classes!

**Winter Term:**
1/6-1/11  M-S  FREE

**Spring Term:**
3/30-4/4  M-S  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, much, more!

**Winter Term:**
Wednesday, 1/8  10 am  Cedar

**Spring Term:**
Wednesday, 4/8  10 am  Cedar

**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!!

**Winter Term:**
Wednesday, 5/27  1:45-3:30 pm  Manzanita

**Fitness Challenge 2020**

GetFit 2020 Fitness Challenge – the fun begins January 11!
Participants receive a t-shirt and stamp card at the beginning of the challenge. Each activity you participate in earns you a stamp. Completed stamp cards are entered into a random drawing to win a One Year Deluxe Pass!

**Register Fit2020**  $15 per person

Stay Connected!

Follow us on Facebook, Instagram, Twitter and YouTube.

GetFit 2020 Fitness Challenge
Register Fit2020  $15 per person

Stay Connected!
Join the conversation.

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
Special Events – 55 & Better

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, 2/13  1:30-3:30 pm Manzanita
$5 per person at the door.

St. Patrick’s Day Celebration
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. Food by Ackerly.
Thursday, 3/12  1:30-3:30 pm Manzanita
$5 per person | Food by the Ackerly

Springtime Par-Tea!
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. Food by Ackerly.
Friday, 5/1  1:30-3 pm Manzanita
$5 per person

Trips & Tours – 55 & Better

The Deschutes Brewery & Shopping In The Pearl
Begin with lunch at the Deschutes Brewery then hit some shops in the Downtown Pearl District Area. Trip includes transportation, lunch, gratuity, and escort. Due to space limitations, if you utilize a mobility device, upon registering for trip, please notify the front desk. (Staff)
Winter Term:
1/7  T  11:15 am-3:30 pm ES47600
ID/AP: $62  OD: $71.25

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 ($12), or three other options. Trip includes transportation and escort. Due to space limitations, if you utilize a mobility device, upon registering for trip, please notify the front desk. (Staff)
Winter Term:
1/14 (1)  T  9:30 am-5:30 pm ES37601
ID/AP: $69  OD: $86.25

Stuhr Linner Club
Join us for a late lunch on the town at new restaurants and old favorites that feature Northwest cuisine and fine dining. We will get to experience delicious food from award winning chefs. Trip includes transportation, lunch and gratuity. Due to space limitations, if you utilize a mobility device, upon registering for trip, please notify the front desk. (Staff)
Winter Term:
1/23 (1)  Th  1:15-4 pm ES37602
ID/AP: $74  OD: $80

LeChon-Wood Fired South American Grill
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. Due to space limitations, if you utilize a mobility device, upon registering for trip, please notify the front desk. (Staff)
Winter Term:
2/6 (1)  Th  11:15 am-2:30 pm ES37603
ID/AP: $54  OD: $61.25

Chocolates & BBQ
Join us for family style BBQ lunch at Russel Street BBQ and then a tour at Creo Chocolate for a tour of the facility & lots of samples. Trip includes transportation, lunch, gratuities and escort. Due to space limitations, if you utilize a mobility device, upon registering for trip, please notify the front desk. (Staff)
Winter Term:
2/18 (1)  T  10:15 am-3 pm ES37605
ID/AP: $61  OD: $71.25

Pendleton Wool Mill Tour
Join us for a local favorite spot for lunch and a walking tour of the Pendleton Wool Mill. Gift shop & discount available for our visit. Trip includes lunch gratuities, escort and transportation. One mile walking tour. Due to space limitations, if you utilize a mobility device, upon registering for trip, please notify the front desk. (Staff)
Winter Term:
2/25  T  10:45 am-4 pm ES37606
ID/AP: $71  OD: $83

Canby Depot Museum & Lunch
Let’s explore Candy by having lunch at a local favorite and touring the Canby Depot Museum. Trip includes transportation, lunch, gratuity, admission and escort. Due to space limitations, if you utilize a mobility device, upon registering for trip, please notify the front desk. (Staff)
Winter Term:
3/5  Th  10:30 am-4 pm ES37607
ID/AP: $75  OD: $88

Lunch of the Irish 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. Due to space limitations, if you utilize a mobility device, upon registering for trip, please notify the front desk. (Staff)
Winter Term:
3/12 (1)  Th  11:30 am-2:30 pm ES37610
ID/AP: $56  OD: $82.50

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)
Trips & Tours – 55 & Better

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Class #</th>
<th>ID/AP</th>
<th>SD</th>
<th>OD</th>
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<tbody>
<tr>
<td>Ilani Casino</td>
<td>3/19 (1)</td>
<td>Th</td>
<td>9 am-5 pm</td>
<td>ES37611</td>
<td>$69</td>
<td>$69</td>
<td>$86.25</td>
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<tr>
<td>Kennedy School &amp; Alberta Arts District</td>
<td>4/7</td>
<td>T</td>
<td>10:30 am-3 pm</td>
<td>ES37600</td>
<td>$64</td>
<td>OD: $73.75</td>
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<tr>
<td>Spirit Mountain Casino</td>
<td>4/14 (1)</td>
<td>T</td>
<td>9 am-5 pm</td>
<td>ES47601</td>
<td>$69</td>
<td>OD: $86.25</td>
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<tr>
<td>Stuhr Dinner Club</td>
<td>4/21 (1)</td>
<td>T</td>
<td>4-8 pm</td>
<td>ES47602</td>
<td>$74</td>
<td>OD: $80</td>
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<tr>
<td>Cinco De Mayo Lunch &amp; Shopping in Sellwood</td>
<td>5/5</td>
<td>T</td>
<td>10:30 am-3 pm</td>
<td>ES47603</td>
<td>$65</td>
<td>OD: $50</td>
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<tr>
<td>Exceptional Views &amp; The Vista House</td>
<td>5/19 (1)</td>
<td>T</td>
<td>10 am-5 pm</td>
<td>ES47605</td>
<td>$83</td>
<td>OD: $98</td>
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<tr>
<td>Whale Watching at Depoe Bay</td>
<td>6/3 (1)</td>
<td>W</td>
<td>9 am-6 pm</td>
<td>ES47607</td>
<td>$118</td>
<td>OD: $139.50</td>
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<tr>
<td>An Afternoon with Alpacas</td>
<td>6/11</td>
<td>Th</td>
<td>10:15 am-2:45 pm</td>
<td>ES47608</td>
<td>$63</td>
<td>OD: $73.75</td>
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<tr>
<td>Cinco De Mayo Lunch &amp; Shopping in Sellwood</td>
<td>5/5</td>
<td>T</td>
<td>10:30 am-3 pm</td>
<td>ES47603</td>
<td>$65</td>
<td>OD: $50</td>
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Trips & Tours – 55 & Better

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
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<th>Time</th>
<th>Class #</th>
<th>ID/AP</th>
<th>SD</th>
<th>OD</th>
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</thead>
<tbody>
<tr>
<td>Country Tavern &amp; Barn Quilt Tour</td>
<td>5/12</td>
<td>T</td>
<td>11 am-4 pm</td>
<td>ES47604</td>
<td>$64</td>
<td>OD: $74.75</td>
<td></td>
</tr>
</tbody>
</table>

**Senior Prom**

**Thursday June 4 • 1:30-3:30 pm**

$5 per person

Join us to relive your senior prom with an Under the Sea theme. We will crown the best dressed. Pre-registration required.

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Spring Showcase

**Friday, March 27 • 1-3 pm**

See samples of the dance and music classes offered by the Elsie Stuhr Center. Come enjoy drumming, singing, strumming and dancing.

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503-629-6342
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.

Tours & Excursions - 55 & Better

Travel Buddy
Do you need a travel buddy and want to see the world? We will match people with similar travel dreams. Call the Stuhr Center and ask to be put on our travel buddies program. Let us know if you have questions.

Extended Trips/Excursions
Did you know that you don’t have to be 55 or better, or live in our district to sign up for these excursions? Call for more information.

Heritage of America – April 9, 2020
9 Days, 13 Meals
Retrace the events that shaped American history. Journey along a storied trail from New York to Washington, D.C.

2 Nights New York City, New York
2 Nights Gettysburg, Pennsylvania
1 Night Charlottesville, Virginia
2 Nights Williamsburg, Virginia
2 Nights Washington, D.C.

Cost: $3,749 per person double (Roundtrip Airfare from PDX included)

Shades of Ireland – July 2020 (Date TBA)
8 Days, 13 Meals
2 Nights Dublin
1 Night Waterford
2 Nights Killarney
2 Nights Limerick
1 Night Kingscourt
Highlights: Dublin, Irish Evening, Kilkenny, Waterford Crystal Factory or Medieval Museum, Blarney Castle, Killarney, Ring of Kerry, Farm Visit, Jaunting Car Ride, Limerick, Cliffs of Moher, Galway, Castle Stay.
Please see booklet for pricing.

Sunny Portugal
10 Days, 12 Meals
Encounter miles of picturesque shoreline as you make your way from the coastal capital of Lisbon to the beautiful Algarve.
3 Nights Cascais
1 Night Alentejo
3 Nights Algarve
1 Night Lisbon

Cost: $3,649 per person double (includes roundtrip airfare from PDX)
Please note: These times may vary and are subject to change without notice. Schedule changes August 1-September 8.

### Sports

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ping Pong (drop-in fee)</td>
<td>Monday, Tuesday, Thursday, Fir</td>
<td>3:30-7:30 pm</td>
</tr>
<tr>
<td>Ping Pong (drop-in fee)</td>
<td>Wednesday, Friday, Fir</td>
<td>2:30-4:30 pm</td>
</tr>
<tr>
<td>Ping Pong (drop-in fee)</td>
<td>Saturday, Fir</td>
<td>9 am-4 pm</td>
</tr>
</tbody>
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### Pine Room

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bingo</td>
<td>Monday, Pine</td>
<td>12:15-1:45 pm</td>
</tr>
<tr>
<td>Bridge (progressive)</td>
<td>Thursday, Pine</td>
<td>3-6 pm</td>
</tr>
<tr>
<td>Bridge (team)</td>
<td>Monday, Pine</td>
<td>3-6 pm</td>
</tr>
<tr>
<td>Bunco</td>
<td>2nd/4th Wednesday, Pine</td>
<td>1-2:30 pm</td>
</tr>
<tr>
<td>Pennies From Heaven</td>
<td>Friday, Pine</td>
<td>Noon-4 pm</td>
</tr>
<tr>
<td>Cribbage</td>
<td>Wednesday, Pine</td>
<td>8-11:30 am</td>
</tr>
<tr>
<td>Pinochle</td>
<td>Tuesday, Wednesday, Pine</td>
<td>12:30-3 pm</td>
</tr>
<tr>
<td>Texas Hold’em</td>
<td>Thursday, Pine</td>
<td>12:30-4:30 pm</td>
</tr>
<tr>
<td>Texas Hold’em</td>
<td>Friday, Pine</td>
<td>12:30-4:30 pm</td>
</tr>
<tr>
<td>Mahjongg</td>
<td>Monday, Pine</td>
<td>1-4 pm</td>
</tr>
<tr>
<td>Mahjongg</td>
<td>Thursday, Pine</td>
<td>6:30-8:30 pm</td>
</tr>
<tr>
<td>Mahjongg</td>
<td>Saturday, Pine</td>
<td>Noon-4 pm</td>
</tr>
</tbody>
</table>

### Misc.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Date</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Book Club</td>
<td>3rd Thursday</td>
<td>Check with Receptionist</td>
<td>2-3:30 pm</td>
</tr>
<tr>
<td>Monthly Birthdays</td>
<td>1st Wednesday</td>
<td>Fir</td>
<td>Noon</td>
</tr>
<tr>
<td>Pool/Billiards $5/mth or $1/day</td>
<td>Open</td>
<td>Pine</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Social Dance $5 pp drop-in fee</td>
<td>Thursday</td>
<td>Manzanita</td>
<td>1:15-3:30 pm</td>
</tr>
<tr>
<td>Movie Day</td>
<td>2nd/4th Fridays</td>
<td>Cedar</td>
<td>1 pm</td>
</tr>
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</table>

### Health & Wellness

<table>
<thead>
<tr>
<th>Activity</th>
<th>Date</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer’s Support</td>
<td>2nd Thursday</td>
<td>Oak</td>
<td>1-3 pm</td>
</tr>
<tr>
<td>Alzheimer’s Support</td>
<td>3rd Thursday</td>
<td>Beaverton Community Center</td>
<td>2-4 pm</td>
</tr>
<tr>
<td>Blood Pressure Checks</td>
<td>1st Friday</td>
<td>Check with Receptionist</td>
<td>10-11 am</td>
</tr>
<tr>
<td>Compassionate Friends</td>
<td>2nd Tuesday</td>
<td>Cedar</td>
<td>6:30-8:45 pm</td>
</tr>
<tr>
<td>Pre-Diabetes/Diabetes</td>
<td>3rd Thursdays</td>
<td>Cedar</td>
<td>2-3:30 pm</td>
</tr>
<tr>
<td>Legal Discussion</td>
<td>1st Tuesday (Call to confirm)</td>
<td>Check with Receptionist</td>
<td>1:30-3 pm</td>
</tr>
<tr>
<td>Circle of Friends</td>
<td>Tuesdays</td>
<td>Cedar</td>
<td>1:30-3 pm</td>
</tr>
</tbody>
</table>

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