



# SENTINEL

Elsie Stuhr Center | Tualatin Hills Park & Recreation District  
5550 SW Hall Blvd, Beaverton, OR 97005-3919  
503/629-6342 | [www.thprd.org/facilities/stuhr](http://www.thprd.org/facilities/stuhr)

April 2014

## **STAFF**

### **Center Supervisor**

Linda Jo Enger

### **Program**

#### **Coordinators**

Ann Satterfield

Gail DuBois

Tina Malcolm

### **Office Tech**

Terri Cannon,

*Sentinel Editor*

*Volunteer Coordinator*

### **Reception Staff**

Joanie Testa

Lynda Boatwright

Sydney Douthett

Kathy Groenig

### **Fitness Specialists**

Carolyn Gallagher

Monica Langdale

### **Building Techs**

Tom Stott

Tom Gawronski

### **Office Hours**

Monday 7:30 am-9 pm

Tuesday 7:30 am-9 pm

Wednesday 7:30 am-5 pm

Thursday 7:30 am-9 pm

Friday 7:30 am-5 pm

Saturday 9 am-5 pm

Sunday closed



*Thank you to all the wonderful volunteers who give their time, enthusiasm and energy to volunteering at the Elsie Stuhr Center!*

### **Newcomers Welcome**

**Wednesday, April 2 • 1-2 pm**

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

### **Providing Recreation for Patrons 55 and Better!**

Elsie Stuhr Center | 5550 SW Hall Blvd. Beaverton, OR 97005 | 503/629-6342

Next Advisory  
Committee  
Meeting will be  
held on  
Monday,  
\*April 21  
at 10 am.  
(Note: \*Date  
Change)

# Stuhr Center Advisory Committee



## 2014 Members

David Magee-Chair, Harold Eves-Vice Chair, Robert Cannon-Secretary,  
Edith Frahm, Helen Popa, Laurel Reilly and Norman Vaillancourt

*The Elsie Stuhr Center Advisory Committee represents all participants throughout THPRD who are 55 & better. The Elsie Stuhr Center Advisory Committee meetings are scheduled for the 2nd Monday of each month at 10am. Times and locations could change.*

## SENTINEL SUBSCRIPTIONS

The Monthly  
Newsletter sells  
for 25¢ each or  
\$5.00 per year;  
OR...Request  
your newsletter  
by email...  
It is **FREE!**  
(Contact the  
receptionist to request  
your subscription).



## Welcome New Members!

The following patrons are new to the Elsie Stuhr Center and THPRD.  
Please welcome them if they appear in one of your classes or activities.

Anne Albaugh  
Nancy Bodwell  
Lynn Emmett  
Linda Kolman  
Almae Larson  
Michiko Oga  
Lilia Oparina

Patrick Quinn  
Myron Rassmussen  
Sue Simms  
Glenna Stubbs  
Roberta Ulrich  
Jamie Wallender  
John Wandress

## Volunteers Needed

### Volunteer Opportunity - Computer User Group:

Are you knowledgeable about computers? We want you! We are looking for a volunteer to lead a once a month drop-in group, in which people can gather and share their knowledge of using computers. For more information contact Gail DuBois



## News from Linda Jo



**VOLUNTEER** – *A person who voluntarily offers himself or herself for a service or undertaking. . . a person who performs a service willingly and without pay.*

Offering or extending help can be a great initiator for a conversation and a wonderful way to socialize plus serve in your community. Do not hesitate to offer help and offer more often.

The Stuhr Center could not operate without our volunteers. They greet, serve coffee, host special events, set up your weekly dances, make appointments, do your taxes, serve your meals, call Bingo or Bunco, play music, host the cards, organize ping pong, teach classes, advise staff and much more. PLEASE take time to stop, acknowledge and thank the volunteers during **the week of April 7-12 for National Volunteer Week**. If you want to become one of our “Stuhr Stars” please contact the center staff and ask how.

Sincerely,  
Linda Jo Enger  
Center Supervisor



### Fitness Specialists

**Monica Langdale:**

T, 2-5 pm  
W, 1:30-4:30 pm  
TH, 1:30-3:30 pm

**Carolyn Gallagher:**

M/W/F, 9 am-3 pm  
T/TH, 8 am-2 pm

**Fitness Room Hours:**

Monday, Tuesday, Thursday  
7:30 am-8:45 pm  
Wednesday & Friday • 7:30 am-4:45 pm  
Saturday • 9 am-4:45 pm

**Cost:**

Daily	\$3.50 ID /\$4.50 AP
1 month	\$20 ID /\$29 AP
3 month	\$54 ID/ \$77 AP
6 month	\$89.75 ID/ \$128 AP
1 year	\$168 ID/\$240 AP



### **Help Spread Hope:**

Cranes of Hope, a program that teaches the art of making origami cranes, invites you to come meet the founder. Thirteen year old Niasha Oden began the program to bring love, hope, and smiles to people fighting cancer. She currently delivers cranes to 18 medical offices.

Come celebrate Global Youth In-service Day with us and learn how to help. Grab your kids and grandkids for this day of fun!

**April 12, 1 pm-4 pm**  
**Location: Oak Room**  
**Cost: Free**



*“April is a promise that  
May is bound to keep.”*

*- Hal Borland*



**Gail DuBois**  
Program Coordinator  
(Arts & Crafts/  
General Interest)



**Ann Satterfield**  
Program Coordinator  
(Health & Wellness/  
Fitness)



**Tina Malcolm**  
Program Coordinator  
(Specialized Recreation/  
Inclusion Services)



**Terri Cannon**  
Office Tech  
(Sentinel Editor/  
Volunteer Coordinator)

# Traveling with the Stuhr Center

## Extended Trips/Excursions

Did you know that you don't have to be 55 or better, or live within our district boundaries to sign up for these excursions? **Stop by the Front Desk to pick up an itinerary or call for more information!**

### France Planning Meeting

Mark your calendars! Plan on attending an informational meeting about traveling to France.

**Wednesday, April 16 at 10 am**



## Paris, Normandy and the Loire Valley

**November 2-11, 2014**

The 70<sup>th</sup> anniversary of the D-Day invasion at Normandy will be celebrated in 2014, making this the perfect time to visit! So don't miss out! (Linda Jo)

### Includes:

- Round-trip Airfare from PDX
- Int'l Air Departure Taxes/Fuel
- 8 Breakfasts
- 4 Dinners
- Professional Tour Director
- Motorcoach Transportation
- Admissions per Itinerary
- Comprehensive Sightseeing

### Cost:

- \$3,985 pp double
- \$4,835 single person



## Trips & Tours:

### **Anne Amie Cellar Tour**

**Tuesday, April 15**      **Cost: \$69**

Spend tax day enjoying a good glass of wine! Anne Amie Vineyards is located in the rolling hills or the Chehalem Mountains. Cost includes: transportation, cellar tour, lunch with wine tastings, gratuities and escort. Sign up at front desk or call 503-629-6342. (Gail)

### **Meriwether's Restaurant & Skyline Farm**

**Wednesday, April 23**      **Cost: \$54**

Opened in 2004, Meriwether's Restaurant is located on the site of the famous 1905 World's Fair. Trip includes lunch, transportation, gratuities and escort. Sign up at front desk or call 503-629-6342. (Ann)

### **Western Antique Aeroplane & Automobile Museum**

**Tuesday, April 29**      **Cost: \$57**

On this Spring day we'll travel up the Gorge to Hood River and view one of the country's largest collections of antiques aeroplanes and antique automobiles. Cost includes: transportation, museum entrance, lunch, gratuities and escort. Sign up at front desk or call 503-629-6342. (Gail)

### **May Day Pampering**

**Thursday, May 1**      **Cost: \$39**

Ready to unwind? Ashiyu Spa will pamper you with a soaking tub for your feet, a whole body vibration platform, an automated jade-roller massage bed and more. Cost includes: transportation, spa service's, lunch, gratuities and escort. Sign up at front desk or call 503-629-6342. (Gail)

### PEASE NOTE:

**Day Trips must be cancelled  
2 business days prior to trip.**

# Health & Wellness Classes:



## Dementia Resources and Support

The Beaverton Senior Citizen's Advisory Committee will host a Forum on dementia resources and support.

Shelly Edwards, the Outreach and Program Director for the Alzheimer's Association, will cover two important topics. First will be "The Basics of Receiving the Diagnosis."

Information will be shared on resources and support available in our community. The second topic will be "The Driving with Dementia Dilemma."

Other attending community resources confirmed to date include AARP Driver Safety Program, Elders in Action, Ride Connection and Beaverton Senior Citizens Advisory Committee

**May 10 from 1:45 pm-4 pm**  
**Location: Manzanita room**

## INFORMATION & REFERRAL AT ELSIE STUHR CENTER:

**Ann Satterfield, Program Coordinator**, is our Information and Referral "go to" person for resources in Washington County. She is able to help with housing, transportation and even legal information and referrals. If she doesn't know the answer, she will do her best to find someone who does.

Some questions she has had within the past quarter...

1. What is an economical way to do a will?
2. How do I find a memory care facility in Medford?
3. Location for fee Financial Planner (neutral party)?

**Please give Ann a call if you need information**  
**503-629-6342.**

## WELLNESS ON WHEELS - Instructors



### The Spring Term of Wellness on Wheels continues at Holly Tree with Lynn Robbin:



**Lynn Robbin** is an Elsie Stuhr Center instructor, who began spring session 2013. A retired special education teacher from California, she observed older family members not exercising and declining in very debilitating ways. Four years ago she began a program at PCC, Healthy Older Adult Fitness. While earning her certification, she was selected to do an internship at ESC. Lynn was approached by ESC staff to be a part of a new program, Wellness on Wheels. "I'm excited and happy to be a part of this program that was launched winter session." The classes offered, Total Body Workout from a Chair and "Tai Ji Quan: Moving for Better Balance (a certification program through Oregon Research Institute), gave us a chance to learn this important method. "Our participants are very happy to have these resources which make me happy plus everyone at ESC is extremely supportive and welcoming."

### We will begin again at Bethlehem Lutheran March 31st with Mignon:



**Mignon Hamlin** is completing her certification in Healthy Older Adult Fitness. She started subbing THPRD classes in the late 90s, and got her own classes in 2000. She leads "Yoga for Relaxation" on Tuesday mornings at Cedar Hills and "20-20-20" on Saturday mornings at Stuhr. Mignon is excited to be part of the WOW team, leading classes in Aloha on Monday and Wednesday mornings. Mignon is married to John, who works out in the weight room. Together, they have raised





# Recurring Activities

## Joanie's Book Club



The hunt begins! The Book Club is in the process of choosing our next six books. We hope to vote on the suggestions at our May meeting. Have you read a book you have particularly enjoyed? We are hunting for an interesting biography or a great non-fiction or mysterious fiction. If you have a suggestion bring it to the Front Desk. Thanks for helping in our hunt!

The book that will be discussed at our **Thursday, April 17 • 2-3:30pm** meeting will be "Pope Joan" by Donna Woolfolk Cross. Please come join our lively discussion with lovely people at our April meeting. If you would like a book mark with our current book choices pick one up at the Front Desk.



## SUPPORT GROUPS

### ALZHEIMERS SUPPORT GROUP

2nd Thursday | 1-3 pm  
3rd Thursday | 2:30-4:30 pm  
(Held at Bvtn. Community Center)  
4th Tuesday | 6:30-8:30 pm

### DIABETES SUPPORT GROUP

1st Thursday | 1-3 pm

### POST POLIO SUPPORT GROUP

2nd Tuesday | 12 pm-2 pm

### COMPASSIONATE FRIENDS

2nd Tuesday | 6:30-8:45 pm

### CIRCLE OF FRIENDS

Tuesday's | 1:30-3:00 pm

## Friday Movie/Spotlight Entertainment



Friday, April 11 • 1 pm

**Young @ Heart (2007) (PG)**

Get ready to rock out with the most entertaining "golden oldies" you will ever meet, a fun-loving senior citizen's choir called Young@Heart. To prepare for a show in their hometown that is only weeks away, the lovable seniors must learn a slate of new songs, ranging from James Brown to Coldplay. The chorus' tireless musical director leads the group through a series of hilariously chaotic rehearsals, proving that hard rock can be hard work — especially when you're hard of hearing! Climaxing in a triumphant performance that will leave you cheering. (107 minutes)



Friday, April 25 • 1 pm

**The Monuments Men (2014) (PG-13)**

This true story of the greatest treasure hunt in history, focuses on an unlikely World War II platoon, tasked by FDR with going into Germany to rescue artistic masterpieces from Nazi thieves and returning them to their rightful owners. It would be an impossible mission: with the art trapped behind enemy lines, and with the German army under orders to destroy everything as the Reich fell, how could these guys - seven museum directors, curators, and art historians, all more familiar with Michelangelo than the M-1 - possibly hope to succeed? (118 minutes)

## Memberships

- Oregon Recreation & Park Association



- ORPA: Section for Older Adult Resources



- International Council on Active Aging
- National Council on Aging



- Oregon Gerontological Association (OGA)
- National Recreation and Park Association



- City of Beaverton; Senior Advisory Committee
- Washington County; Dept. of Disability, Aging & Veterans Services

**Disclaimer:** The Elsie Stuhr Center offers programs as a service to those 55 & Better in THPRD and the surrounding communities. The Center does not recommend, promote or endorse any individual or business, including those participating in or mentioned in the Center's informational programs. Program attendees are encouraged to independently evaluate risks and benefits prior to purchasing any good or services, including those from persons or businesses participating in or mentioned in any Center program.

# Drop-In Activity Schedule

## Pine "Card" Room: Everyone is Welcome!

Bingo	Monday	12:15-1:45 pm
Bridge (progressive)	Thursday	5:30-8:30 pm
Bridge (team)	Monday	3-6 pm
Bunco	2nd/4th Wed.	1-2:30 pm
Chess Club	Wednesday	12:30-1:30 pm
Cribbage	Wednesday	8-11:30 am
Mah Jong	Saturday	12-4 pm
Pinochle	Tuesday/Wednesday	12:30-3 pm
Pool (billiards)	open daily	(\$5/month or \$1/day)
Scrabble	Tuesday	9 am-Noon
Texas Hold'em	Thursday	1-4:30 pm
Texas Hold'em	Saturday	Noon-3 pm

## Fitness in the Fir Room\* (dining room) \$5/month or \$1/day

Ping Pong	Mon/Tues/Thurs	3:30-8 pm
Ping Pong	Wednesday & Friday	2:30-4:30 pm
Ping Pong	Saturday	9 am-4 pm
Wii Play	<i>ask the front desk staff for more information</i>	

\*Please note that these times may vary and are subject to change without notice.

## Other Programs

Legal Discussion	1st Wednesday	1:30-3:30 pm
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## Focus Group

You are invited to participate in a Focus Group with Melissa Cannon, a graduate from Portland State University, here at the Elsie Stuhr Center on **April 23 • 1-3 pm**. The focus group will be used to help Melissa with her dissertation research and will be a small group discussion of your opinions, attitudes, and ideas about participating at the senior center. (Food and beverages will be provided!) Please RSVP to the front desk or call 503-629-6342 if you are available



## CALENDAR of Events

### April Entertainment

All entertainment begins at 11:30 am in the Fir Room unless noted otherwise.

Wed.	2	Ed Lim, Piano
Fri.	4	St. Cecelia School
Mon.	7	Wendyl You, Piano
Thurs.	10	Mary Connors
Mon.	14	Wendyl You, Piano
Tues.	15	D's Keys
Wed.	16	Ed Lim, Piano
Thurs.	17	Joan Diehl, Piano
Mon.	21	Wendyl You, Piano
Thurs.	24	Mary Connors
Fri.	25	Gail Rasmussen
Mon.	28	Wendyl You, Piano
Tues.	29	St. Cecelia School

**Jam Session**  
Please join staff and friends on the 1st & 3rd Saturdays from 1-4 pm  
**\$2.50 Drop-In Fee**  
*(please pay at the Front Desk)*  
**Everyone Welcome!**

**Thursday Social Dances**  
Please join us from  
**1:15-3:30 pm**  
**\$5/person**  
*(singles welcome)*



**Vicki Adams**  
Beaverton Center Manager  
Meals on Wheels People



Meal Times: 11:15-1 pm  
Monday through Friday  
Menus available  
503/643-8352

Do you like  
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making a  
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### Spring Photography Exhibit

Stuhr Center photography students will exhibit examples of their incredible talent with a variety of photos. Exhibit will be displayed throughout the Center during April & May.

### Fused Glass Display

Stop by and see the beautiful fused glass display in the front lobby. Spring Term we are offering several 1-day fused glass workshops. Also on display, is Drawing on Glass fused artwork. We have added two sessions of this fused glass class for Spring Term Class. It will be offered on Fridays (ES44604 and ES44604G - not listed in the Activity Guide).

### Basket Weaving Display

Stop in to see a variety of beautiful baskets on display in the North display case. Be inspired to learn how to weave a similar basket. No previous experience necessary. Sign up today!

### Author Event: Confessions of a Horseshoer

**Wednesday, April 16 • 10 am**

Local author Ron Tatum will give an entertaining talk about his work as a horseshoer for almost 40 years. He offers a close and personal look at the mindset of a farrier who also happens to be a college professor. Limited seating must sign up in advance at the front desk or phone 503.629.6342. (Willow)

### "Harvey" The Play

**Location: Manzanita**

**Saturday, April 26 • 2 pm**

Encore Senior Players present Mary Chase's play *Harvey*. Admission is free (donations gladly accepted). Sign up at the front desk or phone 503.629.6342 by Thursday, April 24.



ELSIE STUHR CENTER  
Tualatin Hills Park & Recreation District  
5550 SW HALL BLVD  
BEAVERTON, OR 97005

RETURN SERVICE REQUESTED