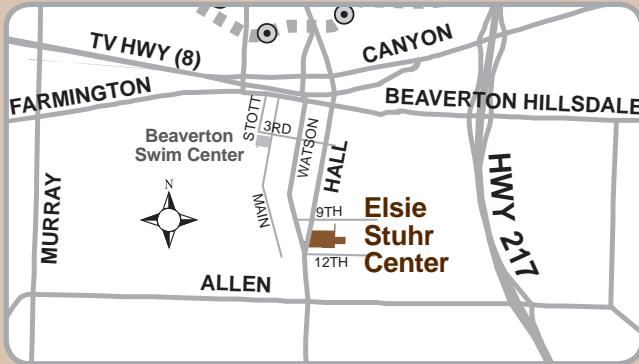




Specialized Recreation

Activities for Persons (13 yrs & up) with Disabilities



Elsie Stuhr Center

5550 SW Hall Blvd.

Beaverton, 97005 • 503/629-6342

Fax: 503/629-6347

TriMet Routes #76 & 78

Hours

Monday/Tuesday/Thursday	7:30 am - 9 pm
Wednesday/Friday	7:30 am - 5 pm
Saturday	9 am - 5 pm

Facility Closures: 7/4, 8/1-9/17 (construction projects)

Specialized Recreation Staff

Linda Jo Enger, Center Supervisor
Leilani Galanto, Program Coordinator

Inclusion

The Tualatin Hills Park & Recreation District promotes the power of choice to enhance the quality of life for individuals of all abilities by providing diverse accessible recreation in an environment that promotes dignity, success and fun. Through inclusion services, the district may provide reasonable staff support for those who prefer other THPRD programs and/or activities. If you would like to request inclusion services, call Leilani Galanto at 503/629-6342.

Scholarships are available to in-district participants. Call the Administration Office at 503/645-6433 for details.

Registration

Registration for activities with SP numbers must be made by phone-in or walk-in registration. Participants will need to obtain a THPRD residency card (available through any Park District center or the Administration office).

An assessment is additional for out-of-district residents. Call Leilani Galanto at 503/629-6342 for additional information. Please schedule arrivals and pickups no earlier than 30 minutes before and 30 minutes after the activities you are registered for. Staff will not be available any earlier or later than these times unless previously scheduled.

Special Events



A "Gleeful" Concert

Thursday, October 22

6:30-8 pm

The Specialized Recreation Program invites you to a holiday concert and celebration! Join us for an unforgettable performance from the members of the PCC (Portland Community College) Choir and a special guest appearance by Julianne Johnson-Weiss, renowned actress, singer, director and recording artist.

Enjoy the holidays with music, friends and hors d'oeuvres!

Cost: \$10

Tickets will be available at the Elsie Stuhr Center by August 22. Limited space is available. Please purchase your tickets in advance!

Therapeutic Recreation Drop-in

A THPRD Specialized Recreation emergency/medical information form is required in order to participate.

This is a recreation and socialization program for teens and adults (ages 13+) with developmental disabilities. Join us for fun activities: dances, arts and crafts, game night, off-site activities and much more! A detailed schedule can be found in the TR Times quarterly newsletter.

For more information or to get on the e-mail or mailing list, call the Stuhr Center office at 503/629-6342.

Cost: \$1 weekly (except where noted for off-site activities)

Those requiring one-on-one assistance must bring an aide who stays for the duration of the activity at all facilities. Participation is on a Drop-in basis and requires the following in order to participate: A THPRD residency card and a completed Specialized Recreation emergency/medical Information form.

(Pamela Watson, TR Coordinator)

Mondays: 6:30-8:30 pm

Location: Elsie Stuhr Center, 5550 SW Hall Blvd
Beaverton, OR 97005

For safety and liability reasons, THPRD staff reserve the right to exclude any individual who displays aggressive or challenging behaviors that are inappropriate to a community setting, or put the leader or who puts another participant at risk of injury. Alternative program options will be recommended whenever possible.

Speakers & Support Groups

UCP Support Group

United Cerebral Palsy of Oregon and SW Washington presents a quarterly parent support group that meets to create networks of support among families raising children with special needs. UCP has resources to share, topics to discuss, and often have an outside speaker to share important information. There is free childcare available. Please call 503/777-4166 x232 to RSVP and to learn the topic for the month.

Thursday, October 27, 6:30-8 pm, Elsie Stuhr Center

Healthy Eating Made Simple - Nutrition Workshop

This is for men and women who desire to eat healthier or are just trying to live better. Join us for a **free** lecture and workshop for tips for a happy and satisfying diet. A special guest speaker and endocrinologist from the Providence Diabetes Education Dept. will offer basic understanding of how to eat healthy, get what you need, and fit better nutrition into a busy life. **Thursday, Nov 3, 2011, 5-6:30 pm**

John McClure Memorial Drop-in Sports Basketball

Take this opportunity to play pickup games of basketball. Check for the winter/spring detailed schedule in the TR Times quarterly coming out in December and March.

Thursday: 6:30-7:50 pm Cost: \$1 each time

Location: THPRD Athletic Center - 15707 SW Walker Road, Beaverton (some Thursdays not available)

Participation is on a Drop-in basis and requires the following:

- ◆ Completed Specialized Recreation medical/emergency Information form
- ◆ Sign up before attending, if you are a new participant
- ◆ Complete and sign a TR sports guidelines waiver form
- ◆ Those requiring 1:1 assistance must bring an aide & must stay for the entire duration of the activity at the AC.

THPRD offers a pass good for five Drop-in sports activities for \$5. Out-of-district assessments are additional. For more information, please call Leilani Galanto at 503/629-6342.

Arts & Crafts - Specialized Rec

Dates (Weeks) Class Code	Day Location	Time	Cost
Simply Painting			
Express your creativity by exploring painting basics. Paint fall colors through washes, line, texture and shape. All artwork will be matted and displayed at the end of the session. (Margaret)			

10/4-10/25 (4) T 4:15-5:45 pm ID: \$29 AP: \$49
SP24700 Spruce

How to Think in Clay: A Ceramic Workshop

Let's get creative and explore the art of clay. You will have the choice to make a variety of projects including plaques and figurines. All materials furnished. Instructor will "fire" completed works. (Constance)

10/14-12/16 (8) F 3:15-4:45 pm ID: \$85 AP: \$141
SP24702 Spruce

Creative Art Saturdays

Come express yourself through a variety of fun and creative art projects. You will learn artistic skills while enjoying time with your friends. Projects include mask making, wreaths, ornaments and more. Classes are on Saturdays, 10/22, 11/19 & 12/10. (Julie)

10/22-12/10 (3) S 1-2:30 pm ID: \$26 AP: \$43
SP24701 Spruce



Many of the art materials are not water-soluble, so bring a smock or wear your favorite painting shirt.

General Interest - Specialized Rec

Dates (Weeks) Class Code	Day Location	Time	Ages	Cost
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Cooking Series

Breakfast and Brunch Menus

Breakfast and brunch are comforting meals. Unfortunately, many of our favorites tend toward more fattening items. There is a very happy medium, though. Learn some great brunch recipes with tips to lighten them up! (Lynda)

10/3-10/10 (2) SP25700	M Larch	5-6:15 pm	ID: \$16 AP: \$26
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Delicious Desserts

Whether you're counting calories and looking for something nutritious to satisfy your sweet tooth, these quick and simple desserts are for you! Try fresh berries and no-bake cheesecakes! Enjoy every bite! (Lynda)

10/17-10/24 (2) SP25701	M Larch	5-6:15 pm	ID: \$16 AP: \$26
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Soups on!

A pot of soup on the stove means your house smells fantastic and you're in for a delicious meal! Soup soothes, warms and makes the dog days of winter a little more bearable. We'll show you our favorite recipes and tips on how to best enjoy them. (Lynda)

11/7-11/14 (2) SP25702	M Larch	5-6:15 pm	ID: \$16 AP: \$26
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Gourmet Holiday

Make the break extra special with a menu full of family-favorite holiday recipes, including homemade gifts from the kitchen. (Lynda)

11/21-11/28 (2) SP25703	M Larch	5-6:15 pm	ID: \$16 AP: \$26
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Students using mobility devices and/or needing help with communication must come with an aide.

General Interest - Specialized Rec

Dates (Weeks) Class Code	Day Location	Time	Cost
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Service Club

Looking for a rewarding way to give back to your community? Look no more! Join our service club. One Saturday a month we'll lend a helping hand to local projects in Beaverton. Be part of a volunteer team and make a real difference in your community. Oct 8: Oregon Food Bank; Nov 5: Oregon Humane Society; Dec 10: Assisted Living Facility.

10/8-12/10 (3) SP25705	S Off-site	12:30-3:30 pm	ID: \$25 AP: \$42
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Hand Drumming, Beginning

Group rhythm making is fun and inspiring, builds community, and reduces stress. Drumming and stories provide insight and you'll experience their benefits firsthand. We'll also create new music together! No drumming experience necessary.

11/7-11/28 (4) SP25704	M Maple Birch	4-5 pm	ID: \$67 AP: \$112
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Intro to Social Media

Learn how to use social media as a platform and see how fun it can be! This class will provide you with the knowledge you need to positively use the different components on the Web, Facebook and Twitter, to better brand yourself. Social media is an important part of today's world. Get and stay connected!

10/6-10/27 (4) SP25709	Th Poplar	4-4:45 pm	ID: \$14 AP: \$23
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Digital Photo Fun

Do you remember the excitement you felt when you took your first picture? Or getting your first camera? Do fun stuff with your digital photos! Learn how to edit your photos with software and Web tools that are fun and easy to use.

11/3-11/10 (2) SP25710	Th Poplar	4-4:45 pm	ID: \$7 AP: \$11
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General Interest - Specialized Rec

Dates (Weeks) Class Code	Day Location	Time	Cost
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Daily Living & Cooking

Learn how to create nutritious and delicious meals in a safe manner. Cooks will be given a folder to organize recipes and will be able to refer to those at home and create the recipes on their own. Emphasis is placed on the proper handling of food and safe use of tools and appliances. Class includes grocery trips and shopping lists.

11/1-11/22 (4) T 4-5:30 pm ID: \$35 AP: \$58
SP25711 Dogwood

Oops! Manners for Guys

During this 4-week course, students will learn about personal style and grooming, the importance of a handshake, introductions and conversation, telephone and table manners and other simple courtesies which make every guy a gentleman. The course concludes with a three-course dinner at a prominent restaurant where the young men put their manners into motion.

10/4-10/25 (4) T 6-7 pm ID: \$32 AP: \$53
SP25712 Dogwood

The Care and Keeping of You: Lifeskills for the Ladies

This class will provide head-to-toe advice on how to care for your body and prepare for body changes. Students will also be entertained and educated in manners, poise and style that empowers young ladies to achieve their maximum potential by building confidence in their social skills. This four-week class will also teach personal grooming and style, social etiquette and manners through interactive exercises. The young ladies will participate in a graduation fashion show where friends and family are encouraged to attend on 11/22.

11/1-11/22 (4) T 6-7 pm ID: \$26 AP: \$43
SP25713 Dogwood



Sports & Fitness - Specialized Rec

Dates (Weeks) Class Code	Day Location	Time	Cost
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Music and Movement

Warm-up, stretch and improve your cardiovascular health through dance. Eliminate stress with music to improve your total mental and physical fitness. The emphasis is FUN! Doctor's permission is required. (Kathryn)

9/26-11/17 (8) M/Th 7-8 pm ID: \$44 AP: \$74
SP22700 Maple Birch

Bowling for Fun

Try your hand at glow in the dark cosmic bowling! Class will meet at Valley Lanes, 9300 SW Beaverton-Hillsdale Hwy. (located in Valley Plaza next to Jesuit HS). Includes all-you-can-bowl games + rental shoes. (Pam)

10/7-10/28 (4) F 4-5:30 pm ID: \$26 AP: \$43
SP22702 Off-site

Walk About Club

A great way to lose weight, get healthy, stay healthy and meet new people! We will get together twice a week and keep "track" of how far we walk around the Athletic Center indoor track. Doctor's permission is required. Class will meet at the Athletic Center, 50 NW 158th Ave. (Located nearest to the HMT Aquatic Center). (Leilani)

12/6-12/15 (2) T/Th 5-6 pm ID: \$16 AP: \$27
SP22701 Off-site

One staff member is assigned for every 3-4 participants depending on abilities. Medication reminders must be given to staff prior to departure on outings. All medication must be packaged in the original prescription container. Staff cannot provide personal care assistance. Attendants who accompany participants on trips must register and remain with participant for the duration of the trip. Registration fees for PA's listed.

Day Trips - Specialized Rec

Dates (Weeks) Class Code	Day Location	Time	Cost
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John's Incredible Pizza Co.

Kids and big kids alike have the time of their lives at Incredible Fun World! Bumper cars, bowling, laser tag, glow golf and more than 100 of the latest video games. Trip includes transportation, buffet, game credits and escort. (Julie)

9/24 (1) S 11 am-3 pm \$29
SP27700 Off-site

Day Trips - Specialized Rec

Dates (Weeks) Class Code	Day Location	Time	Cost
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Goonies Adventure!

The Goonies is a favorite movie from the '80s and many of its scenes were filmed in and around Astoria! Fans from all over the world visit this community every week! Let's make the journey to see the "goondocks" themselves! Trip includes transportation and escort. (Julie)

10/15 (1) SP27701	S Off-site	9 am-6 pm	\$42
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Zoo Lights 2011

Celebrate the Northern Lights, or wild polar bear night-lights, at the Oregon Zoo's annual light-time festival! The zoo comes alive as you walk through this winter wonderland of more than a half-million lights. This winter festival includes lighted zoo train, choral and ensemble music. Trip includes transportation and admission. Ages 13-Adult. (Julie, Leilani)

12/2 (1) SP27703	F Off-site	5-7:30 pm	\$18
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A Holiday Concert to Remember

Happy Holidays! The Singing Christmas Tree is a popular holiday tradition for generations of Portland families. Each year a vibrant new story line is intertwined with over 300 adult and youth choir voices, a full orchestra, local actors and regionally recognized soloists. Get into the holiday spirit and join us for a night to remember! Trip includes transportation, admission and escort. (Julie)

12/3 (1) SP27702	S Off-site	4-9:30 pm	\$56
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Dinner Club

Join us each month for a great dinner out on the town. Location varies each month. Meet at the restaurant. Participants must bring \$20 per meal. Oct 7: Gyro House Mediterranean Grill, 530 SW 205th Ave., Beaverton; Nov 18: Hot Plate Asian Cuisine, 14795 SW Murray Scholls, Beaverton; Dec 16: Nonna Emilia Ristorante Italiano, 17210 SW Shaw St., Beaverton. (Leilani)

10/7-12/16 (3) SP27704	F Off-site	6:30-8 pm	\$29
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Teen Adventures - Specialized Rec

Dates (Weeks) Class Code	Day Location	Time	Cost
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Teen Social Sampler

Add some VARIETY to your life! Choose the date and we'll provide the good times! Get involved in leisure trips while socializing with friends, old and new, in a variety of adventures. Get off the couch and start exploring! Register for as many activities as you would like.

For ages 13-19 yrs.

History and Hauntings

We will visit places in Portland that are allegedly haunted in Portland! Experience a blend of history and hauntings as we educate, enlighten and entertain you with our own unique blend of the paranormal and local legend. At the end of our tour, we will make a stop at the famous VooDoo Doughnut. Trip includes transportation and escort. (Leilani)

10/29 (1) SP25706	S Off-site	4-7 pm	\$17
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Mall Madness: Scavenger Hunt

Think you know your mall? You will after this fun mall scavenger hunt! Teams are required to find out unknown facts about the mall from a list of items. How many booths are really in the food court? How many buttons does the elevator have? How many stairs to the lower floor and many more! No shopping money required! (Leilani)

11/4 (1) SP25707	F Off-site	6-8 pm	\$11
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ComedySportz

Prepare yourself for a night at ComedySportz Portland, a fast-paced, hilarious and clean improv comedy. This truly is the one show that will make everybody laugh! Trip includes transportation, admission and escort. (Leilani)

12/9 (1) SP25708	F Off-site	6:30-9:45 pm	\$25
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