



Elsie Stuhr Center

Recreation for Adults 55 and Better



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: 8/1-9/18 (expansion),

11/11, 11/24-25, 12/25-26, 12/31, 1/1-2

Information & Referral: 503/629-6372

Loaves and Fishes: 503/643-8352

Stuhr Center Staff

Linda Jo Enger, Center Supervisor
 Ann Satterfield, Program Coordinator
 Linda Aliff, Program Coordinator
 Brenda Peterson, Office Tech
 Joanie Testa, Receptionist
 Lynda Boatwright, Evening Building Supervisor
 Tamara May, Saturday Building Supervisor

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www.facebook.com/StuhrCenter

Due to schedule changes, classrooms may vary.

Age and Membership Requirements

Adults 55 and better may join the center. A THPRD residency card is required for all program/activities registrations. See page 4 for out-of-district information.

Inclusion

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

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 cents per copy, or e-mailed to you at no charge. Send your e-mail address to bpeterson@thprd.org.



Advisory Committee

Robert Cannon, Harold Eves, Edith Frahm, Diane Jarvis, David Magee, Doris Regan and Norm Vaillancourt

The Elsie Stuhr Center Advisory Committee, composed of seven community members, receives input regarding the operation of the center and makes recommendations on behalf of residents of the district. Anyone interested may call or visit our office for information.

Come to lunch at the Stuhr Center

Beaverton Loaves and Fishes is the meal provider at the Elsie Stuhr Center. Come to lunch Monday through Friday at 11:45 am (an "early bird lunch" is also available at 11:15 am Monday through Thursday). Meals are provided on a donation basis to people 60 years of age or older. The suggested donation is \$3.

Elsie Stuhr Center Drop-in Activities

All Drop-in program times may vary due to schedule conflicts. Wii and Pool table use available.

Week of Month	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	<p>Bingo 12:15-1:45 pm, Willow</p> <p>Square Dancing Eager Beavers Club 1:15-4:30 pm, Manzanita</p> <p>Team Bridge 3-6 pm, Pine</p> <p>Ping Pong 3:30-8 pm, Fir</p>	<p>Scrabble 9 am-Noon, Pine</p> <p>Computer Users Beaverton Library call Stuhr Center for times.</p> <p>Texas Hold'em 1:15-3 pm, Fir</p> <p>Pinochle 12:30-3 pm, Pine</p>	<p>Cribbage Club 8-11:30 am, Pine</p> <p>Monthly Birthday 11:30 am, Fir</p> <p>Chess Club, Open Play 12:30 pm, Pine</p> <p>Legal Discussion 1:30-3 pm</p> <p>Ping Pong 2:30-4:30 pm, Fir</p>	<p>Foot Clinic By Appointment</p> <p>Texas Hold'em 1:15-3 pm, Fir</p> <p>Social Dancing 1:15-3:30 pm, Manzanita</p> <p>Progressive Party Bridge 5:30-8:30 pm, Pine</p>	<p>Blood Pressure 10-11 am</p> <p>Pinochle 10 am, Pine</p> <p>Ping Pong 3:30-8 pm, Fir</p>	<p>Jam Session Noon</p> <p>Texas Hold'em Noon-3 pm, Pine</p>
Week 2	<p>Bingo 12:15-1:45 pm</p> <p>Square Dancing Eager Beavers Club 1:15-3:15 pm, Manzanita</p> <p>Sharing Stories 2-3:30 pm</p> <p>Team Bridge 3-6 pm, Pine</p> <p>Ping Pong 3:30-8 pm, Fir</p>	<p>Scrabble 9 am-Noon, Pine</p> <p>Texas Hold'em 1:15-3 pm, Fir</p> <p>Pinochle 12:30-3 pm, Pine</p>	<p>Cribbage Club 8-11:30 am, Pine</p> <p>Chess Club, Open Play 12:30 pm, Pine</p> <p>Bunco 1-2:30 pm</p> <p>Ping Pong 2:30-4:30 pm, Fir</p>	<p>Texas Hold'em 1:15-3 pm, Fir</p> <p>Social Dancing 1:15-3:30 pm, Manzanita</p> <p>Progressive Party Bridge 5:30-8:30 pm, Pine</p>	<p>Pinochle 10 am, Pine</p> <p>Movie 1 pm</p> <p>Ping Pong 3:30-8 pm, Fir</p>	<p>Texas Hold'em Noon-3 pm Pine</p>
Week 3	<p>Bingo 12:15-1:45 pm, Willow</p> <p>Square Dancing Eager Beavers Club 1:15-3:15 pm, Manzanita</p> <p>Team Bridge 3-6 pm, Pine</p> <p>Ping Pong 3:30-8 pm, Fir</p>	<p>Scrabble 9 am-Noon, Pine</p> <p>Computer Users 11:15 am-12:30 pm</p> <p>Texas Hold'em 1:15-3 pm, Fir</p> <p>Pinochle 12:30-3 pm, Pine</p>	<p>Cribbage Club 8-11:30 am, Pine</p> <p>Chess Club, Open Play 12:30 pm, Pine</p> <p>Ping Pong 2:30-4:30 pm, Fir</p>	<p>Texas Hold'em 1:15-3 pm, Fir</p> <p>Social Dancing 1:15-3:30 pm, Manzanita</p> <p>Book Discussion 2-3:30 pm (Call office for list)</p> <p>Progressive Party Bridge 5:30-8:30 pm, Pine</p>	<p>Pinochle 10 am, Pine</p> <p>Ping Pong 3:30-8 pm, Fir</p>	<p>Jam Session Noon</p> <p>Texas Hold'em Noon-3 pm, Pine</p>
Week 4	<p>Bingo 12:15-1:45 pm, Willow</p> <p>Square Dancing Eager Beavers Club 1:15-3:15 pm, Manzanita</p> <p>Sharing Stories 2-3:30 pm</p> <p>Team Bridge 3-6 pm, Pine</p> <p>Ping Pong 3:30-8 pm, Fir</p>	<p>Scrabble 9 am-Noon, Pine</p> <p>Texas Hold'em 1:15-3 pm, Fir</p> <p>Pinochle 12:30-3 pm, Pine</p>	<p>Cribbage Club 8-11:30 am, Pine</p> <p>Chess Club, Open Play 12:30 pm, Pine</p> <p>Bunco 1-2:30 pm</p> <p>Ping Pong 2:30-4:30 pm, Fir</p>	<p>Texas Hold'em 1:15-3 pm, Fir</p> <p>Social Dancing 1:15-3:30 pm, Manzanita</p> <p>Progressive Party Bridge 5:30-8:30 pm, Pine</p>	<p>Pinochle 10 am, Pine</p> <p>Movie 1 pm</p> <p>Ping Pong 3:30-8 pm, Fir</p>	<p>Texas Hold'em Noon-3 pm, Pine</p>

Elsie Stuhr Center Fitness Class Schedule, Fall 2011

Manzanita

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:25 am TB Workout - Desiree		7:30-8:25 TB Workout - Desiree		7:30-8:25 TB Workout - Desiree	
8:30-9:25 am TB Workout - Kimberly	8:30-9:25 am Zumba Gold - Kimo	8:30-9:25 am TB Workout - Kimberly	8:30-9:25 am Zumba Gold - Naoko	8:30-9:25 am TB Workout - Kimberly	9-9:55 am Ageless - Kelsey
9:30-10:25 am Ageless - Diane	9:30-10:25 am CC&More - Kimberly	9:30-10:25 Ageless - Diane	9:30-10:25 am CC&More - Kimberly	9:30-9:55 am Adapted Pilates - Kimberly	10-11:25 am Ballroom Dance - Beverly
10:30-11:25 am 20/20/20 - Georgette	10:30-11:25 am Ageless - Jacqueline	10:30-11:25 am 20/20/20 - Georgette	10:30-11:25 Ageless - Jacqueline	10-11:25 am Night Club - Beverly	11:30 am-12:25 pm Ballroom Basics - Beverly
11:30 am-12:25 pm Strength Training - Diane	11:30 am-12:25 pm Functional Strength - Jacqueline	11:30 am-12:25 pm Tai Chi I - David	11:30 am-12:25 pm Functional Strength - Jacqueline	11:30 am-12:25 pm Strength Training - Diane	
	12:30-1:25 pm Essential Balance - Jacqueline	12:30-1:25 pm Tai Chi II - David		12:30-1:25 pm Essential Balance - Jacqueline	
	1:30-2:25 pm Nia - Kaycheri				
3:30-4:25 pm Line Dance - Doug	2:30-3:25 pm Tai Chi I - David		3:30-4:25 pm Line Dance, Beg - Doug		
4:30-5:25 pm Zumba Gold - Kimo	3:30-4:25 pm Tai Chi III - David		4:30-5:25 pm Zumba Gold - Kimo		
	5:30-6:25 pm Boomer/Circuit - Diane		5:30-6:25 pm Boomer/Circuit - Diane		

Maple/Birch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:25 am Yoga Cont - Mateen	8:30-9:25 am Balance Basics - Desiree	8:30-9:25 am Balance Challenge - Desiree	8:30-9:25 am Balance Basics - Desiree	8:30-9:25 am Balance Challenge - Desiree	9-9:55 am Yoga - Mignon
9:30-10:25 am Yoga, Gentle - Mateen	9:30-10:25 am Chair TBW - Desiree	9:25-10:25 am Fun Strength - Kelsey	9:30-10:25 am Chair TBW - Desiree	9:30-10:25 am Fun Strength - Kelsey	
10:30-11:25 am Flexibility Focus - Kelsey	10:30-11:25 am Entry to Fitness - Kimberly	10:30-11:25 am Flexibility Focus - Kelsey	10:30-11:25 am Weight/Strength David	10:30-11:25 am Entry to Fitness - Kimberly	
11:30 am-12:25 pm Chair TBW - Georgette	11:30 am-12:25 pm Pilates - Kimberly	11:30-12:25 am Chair TBW - Georgette	11:30 am-12:25 pm Chi Kung - David	11:30 am-12:25 pm Pilates - Kimberly	
12:30-1:25 pm Ageless - Diane	12:30-1:25 pm Yoga Gentle - Kaycheri	12:30-1:25 pm Ageless - Diane	12:30-1:25 pm Self Defense - David	12:30-1:25 pm Ageless - Diane	
	1:30-2:25 pm Yoga Therapy - David	1:30-2:25 pm Yoga Body Tap - Susan	4-5:30 pm Yoga Body Tap - Susan		
5:30-6:25 pm Flex Focus - Kelsey	5:30-6:30 pm Yoga Head to Toe - Peggy		6:30-7:25 pm Flex Focus - Kelsey		

Cedar

Monday	Tuesday	Wednesday	Thursday	Friday
3:30-4:25 pm DIP - Jacqueline	1-2 pm Beginning Orientation	11:30 am-12:30 pm Circuit Class - Diane	1-2 pm Beginning Orientation	3:30-4:30 pm DIP - Jacqueline
4:30-5:25 pm Workout 4 Weightloss - Jacqueline		3-4 pm Orientation	4:30-5:25 pm Workout 4 Weightloss - Jacqueline	

Arts & Crafts - 55 & Better

Dates (Weeks)	Day	Time	Cost
Class Code	Location		

All Level Water Color Workshop

Combines technical skills learned in beginning watercolor with creative imagination and visual skills to help each student grow. Beginners and intermediate welcome. (Margaret)

9/28-11/23 (9) W 1-4 pm ID: \$87 AP: \$145
ES24612 Larch

Anyone Can Draw

Want to learn to draw or build on skills you already have? Then this is the class for you! Enjoy learning basic drawing skills while you explore different mediums. \$8 material fee payable to instructor at first class. Supply list available at front desk. No class 11/24. (Teresa)

9/29-12/1 (9) Th 1-4 pm ID: \$82 AP: \$137
ES24601 Larch

Fused Glass Beginner

In this beginner Fused glass class you will learn how to create beautiful fused glass jewelry, coasters, magnets, decorative bowls, plates, sun catchers, etc. This is a great opportunity to create wonderful gifts to give to your friends or family during the holiday season or anytime of year. A \$100 material fee is payable to the instructor on the first day of class. Material fee includes all materials needed to complete your projects. (Dlynn)

10/31-11/21 (4) M 10 am-12:30 pm ID: \$33 AP: \$55
ES24602 Larch

Fused Glass Intermediate

Fused glass is a beautiful form of art that allows you to express your creativity and create your very own masterpiece. You can give them as gifts to your loved ones or keep for yourself. In this four week class we will be exploring different techniques for making jewelry, coasters, magnets, decorative bowls, sushi platter, Ikebana plates, sun catchers, etc. The class projects vary from week to week. Once you see what you can create with fused glass..you'll be hooked! \$50 material fee payable to instructor at first class. (Dlynn)

11/1-11/22 (4) T 1-4 pm ID: \$49 AP: \$81
ES24603 Larch



Arts & Crafts - 55 & Better

Dates (Weeks)	Day	Time	Cost
Class Code	Location		

NEW!

Gourd Decoration as Art

Class members are introduced to the art of gourd decorating. The choice of one of several simple images to copy or a person's own unique design may be used. Small gourds will be available for use. Line carving, color usage and protective sealant are explored. Though assistance provided throughout the process as needed, basic skills required include the ability to draw an image on a spherical shape (gourd), as well as, handling a dremel tool (use of a dremel tool will be reviewed as part of the carving process). Come see how the beauty of the wood in the gourd can be used to enhance a design! (Kay)

9/26-11/21 (9) M 9 am-Noon ID: \$69 AP: \$115
ES24604 Larch

Knitting For Beginners

Introduces the joys of knitting to students curious about taking up a new craft. Everyone gets equal, patient instruction. Amaze yourself! Complete one or two simple projects and enjoy your accomplishments. Get a friend to sign up with you and double the fun as you encourage each other! (Anna)

9/28-11/23 (9) W 10 am-Noon ID: \$43 AP: \$71
ES24623 Larch

Intermediate Knitting

After you have mastered basic techniques such as increases, decreases, yarn overs and knitting with two colors, this is the class for you. You will expand your knowledge of new techniques and become brave enough to experiment with new patterns. Lots of individual attention. This class will prepare you for the knitting circle. No class 11/24. (Anna)

9/29-12/1 (9) Th 10:15 am-12:15 pm ID: \$43 AP: \$71
ES24619 Dogwood

Knitting Circle

Bring those ongoing or long-abandoned projects and FINISH them! In a congenial atmosphere, you will work on your own socks, mittens or sweaters and learn new, advanced techniques on demand. Patient instruction guaranteed. Intermediate level knitting experience ABSOLUTELY essential. (Anna)

9/27-11/22 (9) T 1:15-3:15 pm ID: \$43 AP: \$71
ES24622 Dogwood

Fine Art Exhibit • October 3-31

The Stuhr Center's fine art classes will exhibit examples of various paintings that have been created right here in our classes. See page 114 for more information.

Arts & Crafts - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
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My Life, Both Past and Present and Looking Ahead

Conduct a life review through the use of collage making. Identify rewards and challenges and set goals for the future. This class focuses on self-empowerment through insight and personal expression. Artistic skill not required. The medium is non-threatening while encouraging freedom in ease of expression. (Kay)

9/27-11/22 (9) T 9:30 am-12:30 pm ID: \$69 AP: \$115
ES24609 Spruce

Drawing with Kumi - Unique Approach



This class is for beginners and/or those who want to draw but are being shy. You will have fun and learn with Kumi's teaching method. Dry mediums used (graphite/drawing pencils and charcoals, etc.) Learn basic techniques, then go onto anything that you love, people, pets, collectibles etc. A \$10 material fee is payable to instructor at first class. No class 11/24. (Kumi)

9/29-12/1 (9) Th 9:30 am-12:30 pm ID: \$88 AP: \$146
ES24618 Spruce

Painting Oil & Acrylics

Open to all who want to learn oils or acrylics no matter your skill level. Build and expand your knowledge of the medium in a creative atmosphere. Work from both life and photographs. \$8 material fee payable to instructor at first class. Supply list available at front desk. (Teresa)

9/28-11/23 (9) W 9:30 am-12:30 pm ID: \$79 AP: \$132
ES24613 Spruce

Painting with the Purest Form of Color

Discover one of the truest and purest forms of color. Create exquisite paintings with brilliant colors learning tips and techniques for laying down layers of pastel. We will work from life and from photographs doing landscapes, still life, and portraits. \$15 fee payable to instructor on first day of class. Supply list available at front desk. (Teresa)

9/26-11/21 (9) M 9:30 am-12:30 pm ID: \$87 AP: \$146
ES24605 Spruce

Photography, All Levels

Enjoy taking pictures with your classmates. Field trips and photo projects will help you become a better photographer. Learn techniques of composition, lighting, color, form, macro and telephoto, black and white just to name a few. Explore your camera in depth. There are presentations by guest photographers and interesting class discussions on a myriad of subjects. In November, you will exhibit your photographs at the Stuhr Center. (Paige)

9/28-11/23 (9) W 8:30-10:15 am ID: \$50 AP: \$84
ES24606 Poplar

Arts & Crafts - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
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Portrait Painting in Soft Pastel - People/Pets I

Learn the basic techniques from a European-trained and published instructor with a step-by-step method that starts with assigned projects to guide you to successful completion. Students will then advance to subjects of their choice such as family members, friends, ancestors from old photo albums, etc. If you're new to this class a \$15 material fee is payable to instructor at first class. No class 11/24. (Kumi)

9/29-12/1 (9) W 1-4 pm ID: \$88 AP: \$146
ES24617 Spruce

Stained Glass/Glass Open Studio

For all experience levels. Learn the basics or bring a current glass project. Help available every step of the way. Beginners will learn pattern selection, cutting, foiling and soldering. Intermediate and advanced students will be assisted on projects of their choice. No class 11/11, 11/25. (Sharon)

10/7-12/16 (9) F 9 am-Noon ID: \$64 AP: \$107
ES24614 Spruce

The Language of Art



Open to all skill levels, passive art observer to artist. Learn how to exercise one's intuitive abilities, the common symbolic language we all share and what the artist experienced in the development of a given piece of work. Various art activities exploring art's tools of communication such as line, texture, placement, shape and color will be offered though no previous art experience required. (Kay)

9/26-11/21 (9) M 1-4 pm ID: \$69 AP: \$115
ES24616 Spruce

Watercolor, Beginning

Explore the basic techniques and principles of watercolor and investigate new ideas using some mixed media. \$8 material fee payable to instructor at first class. Materials will be discussed during first class. Supply list available at front desk. No class 11/24. (Teresa)

9/29-12/1 (9) Th 9:30 am-12:30 pm ID: \$87 AP: \$145
ES24610 Larch

Watercolor, Intermediate

Relax and have fun. Expand your basic skills while learning new watercolor techniques. Explore mixed media along with traditional watercolor applications. \$8 material fee payable to instructor at first class. Materials will be discussed in class. Supply list available at front desk. (Teresa)

9/27-11/22 (9) T 9:30 am-12:30 pm ID: \$87 AP: \$145
ES24611 Larch

Arts & Crafts - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
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Woodcarving, All Levels

Select your own carving projects: high or deep relief, pierced or in the round. Patterns available. Some carving tools required. Learn to carve safely using specific cuts and techniques. Learn tool care and use, sharpening and honing, sanding and finishing. Supply list available. (Dave)

9/27-11/22 (9)	T	1-4 pm	ID: \$54 AP: \$90
ES24615	Spruce		

Fine Art Workshops (1-day only)

Fused Glass Pendants Workshop

This is a great class for the beginner or advanced. Learn the basics of designing, cutting, layering, firing, and embellishing of fused glass pendants. Get ready to have fun and let your creativity come out as we explore the possibilities of fused glass. Each student will make four pendants. \$12 supply fee payable to instructor at first class. (Dlynn)

10/3	M	1-3 pm	ID: \$7 AP: \$11
ES24607	Larch		
10/11	T	1-3 pm	ID: \$7 AP: \$11
ES24607LA	Larch		

Mat Cutting Made Simple

In this workshop learn to cut just the right size mats for your artwork to give your work a more professional look. Supply list will be available at the front desk. (Teresa)

10/22 (1)	S	9:30-1:30 pm	ID: \$13 AP: \$21
ES24620	Spruce		

Making Fine Art Greeting Cards from your Artwork

In this workshop, learn start to finish how to produce quality greeting cards from your own work to sell or give to your family and friends. Kits are available from instructor on the first day of class. Handouts with everything you will need for the day of class will be available at front desk. This class will be held off-site, instructor will call you with class location. One day only. (Teresa)

11/19 (1)	S	9:30 am-1:30 pm	ID: \$13 AP: \$21
ES24621	Off-site		

Fused Glass Bottle Stoppers' Workshop

Add a touch of glass to your kitchen with beautiful fused glass art bottle stoppers. Make two stainless steel stoppers topped with your art glass. They are perfect for wine or vinegar. Great conversation piece for a holiday party or an unforgettable gift. \$22 supply fee payable to instructor at first class. (Dlynn)

12/5 (1)	M	1-3 pm	ID: \$7 AP: \$11
ES24608	Larch		

Dance - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
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Ballroom Basics

Learn the basic techniques of ballroom dancing. No experience is necessary to learn the classic way of dancing. Take this class before taking Ballroom Dance or Night Club Dancing. No partner needed. No class 10/1, 12/10. (Beverly)

9/24-12/17 (11)	S	11:30 am-12:25 pm	ID: \$40 AP: \$67
ES21602	Manzanita		

Ballroom Dance

Learn some variations in ballroom dancing and Latin rhythm. Ballroom Basics class, experience dancing, or equivalent is recommended. No partner needed. (Beverly)

9/24-12/17 (11)	S	10-11:25 am	ID: \$53 AP: \$89
ES21601	Manzanita		

Line Dancing, Beginning

Line dancing just for beginners. (Doug)

9/22-12/15 (12)	Th	3:30-4:25 pm	ID: \$44 AP: \$73
ES21604	Manzanita		

Line Dancing

Have fun learning line dances to both classic and popular country music. No partner needed. No class 11/24. (Doug)

9/19-12/12 (13)	M	3:30-4:25 pm	ID: \$47 AP: \$79
ES21603	Manzanita		

Night Club Dancing

Learn more variations in ballroom dancing and Latin rhythm. Ballroom Basics class, experience dancing, or equivalent is recommended. No partner needed. No class 9/30, 11/11, 11/25. (Beverly)

9/23-12/16 (10)	F	10-11:25 am	ID: \$48 AP: \$80
ES21605	Manzanita		



Fitness - 55 & Better

Health & Wellness Support Groups

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. (No meeting August, September)

2nd Thursday 1-3 pm
4th Tuesday, 6:30-8:30 pm

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. (No meeting August, September)

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

Diabetes Support Group

Time for individual sharing, support and encouragement. Guest speakers are featured frequently. (No meeting July, August, September)

1st Thursday, 1-3 pm

Post Polio Support Group

Individuals challenged by fatigue, weakness, pain and the late effects of post-polio syndrome meet monthly to offer support to each other and share resource information and referral tips. Guest speakers periodically. (No meeting August, September)

2nd Tuesday, 10 am-noon

Prostate Support Group

For more information on this group, please call the Elsie Stuhr Center.

Clinics

Free Blood Pressure Clinic

Volunteers will take your blood pressure the first Friday of the month. 10-11 am

Footcare Clinic

First Thursday of the month at the Beaverton Community Center. Nurses from Foot Care Nurses, LLC will trim toenails, evaluate foot health and give a foot massage. This has been a long-lasting partnership involving the City of Beaverton and the Elsie Stuhr Center (we schedule all 86+ appointments, make reminder calls and staff the registration table at the foot care clinic). A fee of \$30 is payable to Foot Care Nurses, LLC. Call the Stuhr Center, 503/629-6342, for an appointment.

Fitness - 55 & Better

Fitness Class Intensity Guide

Designed for Every Body and Every Need

The following can be utilized as a guide to the type of fitness class you may be seeking. Instructors can also do an assessment to make sure you are in the correct class level. If you require assistance to participate in a fitness class or would like inclusion services, contact Leilani Galanto at 503/629-6342.



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



Just getting started (Entry Level) - This class is for beginners or those returning to exercise. Class includes basic steps, gentle pace, 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. Focus will be on increasing and building reserve in muscular strength, endurance and flexibility, joint range of motion, balance, coordination and cardiovascular endurance.



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



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

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

Fitness Class Drop-in Policy

Anyone can try a class or attend a variety of classes as a Drop-in. Please purchase a \$4.25 ID aerobics and/or \$6.75 ID yoga/fitness Drop-in ticket from the receptionist. Present Drop-in ticket to your fitness instructor at beginning of class. Most classes increase students' skills as the term progresses, but instructors will do their best to make you feel comfortable as a new student entering mid-term or later.

Fitness - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
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20/20/20

Get three types of fitness for three times the fun! 20 minutes of aerobics, 20 minutes of strength training, and 20 minutes of flexibility exercises. (Georgette)



9/19-12/12 (13) M/W 10:30-11:25 am ID: \$60 AP: \$100
ES22600 Manzanita

Aerobic Total Body Workout

Designed for the experienced exerciser or fit newcomer. Class includes warm-up, low-impact aerobic conditioning with intervals of strength and endurance work. A great total body workout to start your day! No class 9/30, 11/11, 11/25, 12/14.



9/19-12/16 (13) M/W/F 7:30-8:25 am ID: \$84 AP: \$140
ES22602 Manzanita (Desiree)

9/19-12/16 (13) M/W/F 8:30-9:25 am ID: \$84 AP: \$140
ES22603 Manzanita (Kimberly)

Health, Fitness and Body, Weight Appraisal

Determine your current health, fitness level, and hidden health risks. Assessments determine current functional fitness level, body composition, body fat distribution, balance, basal metabolic rate and total energy expenditure based on current activity level. We provide you with a physical activity and exercise plan, and daily caloric requirement that helps you reach your wellness goal. Please complete a health and medical history form prior to your appointment. Please call to make your one-hour appointment. (Jacqueline, Diane, Kelsey, Desiree)

ID: \$16 AP: \$26

Fitness - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
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Ageless Conditioning

Progressive aerobic, resistance, flexibility and exercise program that includes multidimensional balance exercises enhancing endurance, muscle strength, bone density, mobility, and improves your overall fitness level necessary for successful aging and independence. Great class when you want to progress from a seated exercise program. No class 10/1, 10/26, 11/24, 12/10, 12/14.



9/19-12/12 (14) M/W 9:30-10:25 am ID: \$58 AP: \$96
ES22604 Manzanita (Diane)

9/19-12/16 (14) M/W/F 12:30-1:25 pm ID: \$82 AP: \$136
ES22605 Maple/Birch (Diane)

9/20-12/15 (13) T/Th 10:30-11:25 am ID: \$60 AP: \$100
ES22606 Manzanita (Jacqueline)

9/24-12/17 (11) S 9-9:55 am ID: \$26 AP: \$44
ES22607 Manzanita (Kelsey)

Balance Basics

Works on improving your balance by strengthening the hip and leg muscles and abdominals and on posture techniques and balance exercises to improve confidence. No class 11/24. (Desiree)



9/20-12/15 (14) T/Th 8:30-9:25 am ID: \$60 AP: \$100
ES22609 Maple/Birch

Balance Challenge

Works on improving your balance by strengthening the hip, leg and abdominals muscles. Works on posture techniques and balance exercises to improve confidence. Class will include floor work. No class 9/30, 11/11, 11/25, 12/14. (Desiree)



9/21-12/16 (13) W/F 8:30-9:25 am ID: \$53 AP: \$88
ES22610 Maple/Birch

Boomer Bootcamp

Are you accused of not acting your age? Calling all 55+ who still want able, strong, fit bodies! We'll increase your heart health and strength safely, effectively, and comfortably AND have fun doing it! No class 11/24. (Diane)



9/20-12/15 (13) T/Th 5:30-6:25 pm ID: \$60 AP: \$100
ES22611 Manzanita

Join us for the Health & Wellness Resource Fair
 Saturday, October 1 • 7:30 am-10 pm

See page 114 for more information

Fitness - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
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Cardio, Core and More

We will do lots of fun cardio moves to get your heart rate up and help you to burn more calories and fat. We will mix in some great core moves that will build core strength, balance, and stability. We will use Thera-bands and Pilates rings to strengthen the back and abs. With the MORE, we will use leg weights to build stronger legs and hips to support the body and strengthen the core. We will also spend more time stretching and lengthening our muscles during the cool down. No class 11/24. (Kimberly)



9/20-12/15 (13) T/Th 9:30-10:25 am ID: \$60 AP: \$100
ES22612 Manzanita

Chi-Kung

Chi kung is the study of vital energy and how to assimilate, conserve and circulate this energy in the body/mind for health and vitality. Various techniques will be employed to accomplish the goal. There are no prerequisites for this class. No class 11/24. (David)



9/22-12/15 (12) Th 11:30 am-12:25 pm ID: \$44 AP: \$74
ES22613 Maple/Birch

DIP (Diabetes Intervention & Prevention)

A proven exercise program that helps participants better manage blood sugar, lower A1c and cholesterol, lower body fat, body weight and blood pressure, with often dramatic improvements in functional fitness. The personalized approach helps participants with other coexisting medical condition(s) optimize functional health. Current health history and medical clearance is required (please pick up forms prior to class). No class 11/24. (Jacqueline)



9/19-12/15 (13) M/Th 3:30-4:25 pm ID: \$117 AP: \$195
ES22614 Cedar Rm

Entry To Fitness

New to exercise, or coming back from an injury? Do you 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. Join us for a new fitness routine and improve on your daily living needs. No class 9/30, 11/11, 11/25 (Kimberly)



9/20-12/16 (13) T/F 10:30-11:25 am ID: \$55 AP: \$92
ES22615 Maple/Birch

Fitness - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
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Essential Balance & Mobility

A progressive therapeutic exercise program that enhances your seated, standing and moving balance, improves your mobility, posture, muscle strength, bone health, flexibility, joint range of motion and joint stability. Fall proof your body with this multidimensional exercise program beneficial for the person with beginning balance troubles, and the person with decreased balance due to a hip or knee replacement, Parkinson's, osteoporosis, peripheral neuropathy, stroke, arthritis, and/or a history of falls. No class 9/30, 11/11, 11/25 (Jacqueline)



9/20-12/16 (13) T/F 12:30-1:25 pm ID: \$55 AP: \$92
ES22616 Manzanita

Fitness Room Circuit

Designed to increase muscular strength while improving cardiovascular health, each class will be a total body workout that alternates intervals of cardio and strength training exercises using fitness room equipment. A complete health history form and a current medical clearance is required prior to participation (please pick up forms before class). (Diane)



9/21-12/7 (12) W 11:30 am-12:25 pm ID: \$44 AP: \$74
ES22617 Cedar Rm

Flexibility Focus

Stretching increases flexibility. Stretching improves range of motion of your joints. Range of motion keeps you in better balance, which helps keep you mobile and less prone to falls. Stretching increases blood flow to your muscles. Improved circulation can speed recovery after muscle injuries. Stretching also relieves stress. (Kelsey)



9/19-12/12 (14) M/W 10:30-11:25 am ID: \$92 AP: \$153
ES22618 Maple/Birch

9/19-12/12 (13) M 5:30-6:25 pm ID: \$48 AP: \$80
ES22619 Maple/Birch

9/22-12/15 (13) Th 5:30-6:30 pm ID: \$48 AP: \$80
ES22601 Maple/Birch

Functional Strength

Progressive exercise program that enhances your overall function and muscle strength, bone density, agility, posture, joint range of motion and stability, improves flexibility, seated- standing- and moving balance and mobility. Includes seated and standing muscle strengthening exercises, stretching, multidimensional balance training specifically selected to enhance your health, fitness and boosts independent living skills. No class 9/30, 11/11, 11/24, 11/25, 12/14. (Jacqueline)



9/21-12/16 (13) W/F 9:30-10:25 am ID: \$53 AP: \$88
ES22620 Maple/Birch (Kelsey)

9/20-12/15 (14) T/Th 11:30 am-12:25 pm ID: \$60 AP: \$100
ES22621 Manzanita

Fitness - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
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Nia

Nia is a dynamic fitness program-blending dance, martial arts and healing arts. You'll find your body's own way to experience the joy of movement through Nia, which is adaptable to any fitness level. You will leave feeling recharged, relaxed, and rejuvenated! (Kaycheri)



9/20-12/13 (13) T 1:30-2:25 pm ID: \$48 AP: \$80
ES22622 Manzanita

Pilates, Adapted

Learn techniques to strengthen core muscles, back, spine, and abdominals. Class is adapted for people with osteoporosis, Parkinson's, or those who want to strengthen their core due to weakness. Movements are adapted to fit your personal needs. Class is taught on a mat using stability ball, Pilates ring, and band. No class 9/30, 11/11, 11/25. (Kimberly)



9/20-12/16 (13) T/F 11:30 am-12:25 pm ID: \$85 AP: \$141
ES22623 Maple/Birch
 9/23-12/16 (10) F 9:30-9:55 am ID: \$21 AP: \$35
ES22624 Manzanita

Self Defense

Join David Bersaas in his practical self-defense system of Ken Chin Wing Tai. This is a mixture of kenpo (Chinese karate), Chin Na (Chinese precursor of Japanese ju-jitsu), Wing Chun (soft style kung fu), and tai chi. No class 11/24. (David)



9/22-12/15 (12) Th 12:30-1:25 pm ID: \$44 AP: \$74
ES22625 Maple/Birch

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 9/30, 11/11, 11/25. (Diane)



9/23-12/16 (13) M/F 11:30 am-12:25 pm ID: \$53 AP: \$88
ES22626 Manzanita

Tai Chi I

For the beginning student, will cover the first section of the tai chi form. No class 10/26. (David)



9/20-12/13 (13) T 2:30-3:25 pm ID: \$48 AP: \$80
ES22627 Manzanita
 9/21-12/7 (11) W 11:30 am-12:25 pm ID: \$40 AP: \$67
ES22628 Manzanita

Fitness - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
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Tai Chi II

For the continuing student, will cover sections 2-3 of the tai chi form. Must have one term of Tai Chi I or instructor's approval. No class 10/26. (David)



9/21-12/7 (11) W 12:30-1:25 pm ID: \$40 AP: \$67
ES22629 Manzanita

Tai Chi III

For the continuing student, will cover sections 4, 5, and 6 of the tai chi form. Prerequisite is 2 terms of Tai Chi II or instructor's approval. (David, Diane)



9/20-12/13 (13) T 3:30-4:25 pm ID: \$48 AP: \$80
ES22630 Manzanita

The Arthritis Foundation Life Improvement Exercise Program

The Arthritis Foundation Life Improvement Exercise Program is designed to help people with arthritis feel better and move more freely. This one-hour course teaches participants a series of proven exercises to help individuals take control of their arthritis and their overall health by using gentle activities to help increase joint flexibility and range of motion and help maintain muscle strength. The exercises can be done while seated or standing, no additional equipment will be used. No class 9/30, 11/11, 11/25. (Margaret)

9/20-12/16 (13) T/F 2:30-3:25 pm ID: \$48 AP: \$80
ES22608 Maple/Birch

Total Body Workout from a Chair

Need a total body workout but can't stand for an hour? Get a great cardio workout with hand weights, leg weights, and resistance training with bands. Work on balance, strength, coordination, and endurance - a total body workout. Must be able to stand for short intervals using a chair for stability. No class 10/26, 11/24.



9/19-12/12 (13) M/W 11:30 am-12:25 pm ID: \$60 AP: \$100
ES22631 Maple/Birch (Georgette)
 9/20-12/15 (13) T/Th 9:30-10:25 am ID: \$60 AP: \$100
ES22632 Maple/Birch (Desiree)

Weight/Strength Training

Designed to increase strength and tone all muscle groups. The dynamic concept of maximal muscular flexion, full range of motion, and using exer-tubes and hand weights will help you get to this goal. The routine you learn can be practiced at home with minimal equipment. No class 11/24. (David)



9/22-12/15 (12) Th 10:30-11:25 am ID: \$44 AP: \$74
ES22633 Maple/Birch

Fitness - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
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Workout for Weight Loss, Health & Sports Performance



Individualized exercise training in a group setting that helps you maximize fitness, health and function. Receive a personal exercise program specifically designed depending on your health, medical condition, goal and health care team recommendations. Lose body fat, gain muscle and bone strength, enhance endurance, improve joint stability, enhance metabolism, lower cholesterol and blood pressure, reduce arthritis pain, and improve circulation. Current health history and medical clearance is required (please pick up forms prior to class). No class 11/24. (Jacqueline)

9/19-12/15 (13) M/Th 4:30-5:25 pm ID: \$117 AP: \$195
ES22634 Cedar Rm

Yoga

Increase flexibility, balance, strength and peace of mind with classic yoga postures and movements combined with pranayama (breath). Yoga will revitalize the respiratory, nervous, endocrine, digestive, and other major systems of the body. This class is suitable for all levels from beginners to experienced yoga practitioners. (Kaycheri)

9/20-12/13 (13) T 12:30-1:25 pm ID: \$48 AP: \$80
ES22635 Maple/Birch

Yoga for Saturday Morning



Picture your perfect weekend morning. An hour of yoga followed by a walk over to Beaverton Saturday Market. We'll be doing a quick standing routine of simple yoga postures to energize and strengthen. No class 10/1, 12/10. (Mignon)

9/24-12/17 (11) S 9-9:55 am ID: \$40 AP: \$67
ES22639 Maple/Birch

Yoga Head to Toe

Joyful total body yoga with emphasis on breath and flexibility. Learn how to stretch with simple movements to increase your strength and flexibility. (Peggy)

9/20-12/13 (13) T 5:30-6:25 pm ID: \$48 AP: \$80
ES22641 Maple/Birch

Yoga, Connect Your Brain To Your Body

Having problems sleeping, concentrating, worrying and or other issues? This class is for you. Based in traditional Chinese medicine working with the meridian channels to improve mental clarity, improve stamina, and to promote better health. Each class will consist of body tapping, meridian stretches, intestinal exercise, accumulation poses and meditation. Come out of class feeling refreshed. No class 11/24. (Susan)

9/21-12/7 (12) W 1:30-2:25 pm ID: \$44 AP: \$74
ES22637 Maple/Birch
 9/22-12/15 (12) Th 4-5:30 pm ID: \$66 AP: \$110
ES22636 Maple/Birch

Fitness - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
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Yoga, Continuing



Requires one term of yoga or the instructor's approval. (Mateen)

9/19-12/12 (13) M 8:30-9:25 am ID: \$48 AP: \$80
ES22638 Maple/Birch

Yoga, Gentle



Feel better! Learn how to stretch deeply and completely with simple movements combined with conscious breathing. Increase your strength and flexibility and bring about a more peaceful and relaxed state of being. For the student with little or no yoga experience. (Mateen)

9/19-12/12 (13) M 9:30-10:25 am ID: \$48 AP: \$80
ES22640 Maple/Birch

Yoga, Therapy For Your Personal Needs



This is not a generic yoga class. This class will focus on each student's individual physical, mental and emotional needs. At first class the instructor will discuss needs of individuals to ensure each student's needs are addressed. Physical needs could include, but is not limited to: knees, hips, back, shoulders, headaches, digestion, etc. Mental needs could include, but is not limited to: concentration and memory. Emotional needs could include, but is not limited to: fear, anxiety and depression. Sleep disorders will also be covered as needed and relaxation techniques will be taught. (David)

9/20-12/13 (13) T 1:30-2:25 pm ID: \$48 AP: \$80
ES22642 Maple/Birch

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, and other special populations that may need modifications for success. Zumba Gold is fun, different, easy and effective total body workout! Come and join the party! No class 11/24.

9/19-12/12 (13) M 4:30-5:25 pm ID: \$31 AP: \$52
ES22643 Manzanita (Kimo)
 9/20-12/15 (13) T/Th 8:30-9:25 am ID: \$60 AP: \$100
ES22644 Manzanita (Kimo & Naoko)
 9/22-12/15 (12) Th 4:30-5:25 pm ID: \$29 AP: \$48
ES22645 Manzanita (Kimo)

The Flex Diet - It Bends So You Don't Break
Wednesday, October 26, Noon-1 pm

See page 115 for more information.

Stuhr Center Fitness Room

The center's weight room is open for Drop-in during the listed hours except when a class is scheduled. You must have had a fitness room orientation to use the weight room.

Beginning Orientation

Get all the benefits of stronger muscles and better balance. Learn basic techniques for using the fitness room equipment and assistance in developing an individualized program. You must attend four classes to be certified. A medical clearance form signed by your physician is required. Participants receive a three-month pass for the fitness room upon completion of the class. Please wear fitness apparel.

9/27-10/6	T/Th	1-2 pm	Diane	ID: \$51	AP: \$85
ES22676					
10/19-10/28	W/F	3-4 pm	Kelsey	ID: \$51	AP: \$85
ES22677					
11/1-11/10	T/Th	1-2 pm	Diane	ID: \$51	AP: \$85
ES22678					
11/30-12/9	W/F	3-4 pm	Kelsey	ID: \$51	AP: \$85
ES22679					

Next Step Fitness

A one-on-one class for people who are currently in a strength-training program but have not been trained through the Stuhr Center. Learn basic techniques for using the fitness room equipment. A medical clearance form from your physician is required. This class is by appointment only with the fitness specialist. Please wear fitness apparel. ID: \$26 AP: \$43

Personal/Partner Orientation

Consists of two one-hour sessions in the fitness room. Learn basic techniques for using the fitness room equipment and assistance in developing individual exercise program(s). This allows participant(s) to use the Stuhr Center fitness room. A medical clearance form from your physician is required. This is by appointment only with the fitness specialist. Please wear fitness apparel.

Personal	ID: \$50	AP: \$79
Partner	ID: \$75	AP: \$125

Health, Fitness and Body-Weight Appraisal

Determine your current health, fitness level, and hidden health risks. Assessments determine current functional fitness level, body composition, body fat distribution, balance, basal metabolic rate and total energy expenditure based on current activity level. We provide you with a physical activity and exercise plan, and daily caloric requirement that helps you reach your wellness goal. Please complete a health and medical history form prior to your appointment. Know if the weight you lose is body fat or valuable metabolically active lean tissue. Please call to make your one-hour appointment. (Jacqueline, Diane, Kelsey, Desiree) ID: \$16 AP: \$26



Diane Brice

Open Times for Fall

M/T/Th	7:30 am-9 pm	(Times may vary during classes)
W/F	7:30 am-5 pm	
S	9 am- 5 pm	

Cost:

1 month:	\$ 15 ID	\$25 AP
3 months:	\$ 37 ID	\$61 AP
6 months:	\$ 64 ID	\$107 AP
1 year:	\$108 ID	\$180 AP

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

General Interest - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
Appreciating European Classical Music			
This is a chronologically ongoing class spanning the periods from baroque to post-romantic. Jump on the musical train and visit many countries of Europe through their musical heritage and throughout the centuries! Enjoy symphonies, chamber music, concerti, and even a glimpse into the magical world of opera! The music is always showcased within its political and artistic context. You will expand your musical horizons, listen more attentively and derive more enjoyment from the experience. (Anna)			
9/28-11/23 (9) ES25624	W Larch	12:30-2:30 pm	ID: \$57 AP: \$95

Basic Computer I

You want to use the computer and write your story, or look for your ancestors, or email your children or grandchildren but you don't know how, start with this class. Learn the terms and the basics of the computer with a patient and enthusiastic teacher. Learn not to be scared or intimidated by the computer; make it your friend. Use the Stuhr Center's "new" computers or you're welcome to bring your own laptop. (Paige)

9/27-11/22 (9) ES25626	T Poplar	1-2:30 pm	ID: \$82 AP: \$137
9/28-11/23 (9) ES25632	W Poplar	10:30 am-Noon	ID: \$82 AP: \$137

AARP Driver Safety Program

An eight-hour classroom refresher course designed to meet the needs of older drivers. Sharpen driving skills; develop strategies for adjusting to age-related changes in vision, hearing and reaction time. Must attend both four-hour sessions to receive certificate.

For more information please call 503/629-6342.



General Interest - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
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Basic Computer II

This class is a continuation of Basic Computer I. Take your new-found knowledge and learn how to use files, organize and manage pictures, letters, files and utilize and explore chat, email, Skype and the Internet. Learn more in-depth skills in using your computer. Explore your computer with more confidence. Use the new Stuhr Center's "new" computers or you're welcome to bring your own laptop. (Paige)

9/27-11/22 (9) ES25627	T Poplar	2:45-4:15 pm	ID: \$82 AP: \$137
9/28-11/23 (9) ES25628	W Poplar	1-2:30 pm	ID: \$82 AP: \$137

Basic Computer III

Get to the finer points of your computer. Explore and understand your computer in greater depth and experience the wonder of the internet and revel in the vast possibilities of cyberspace. Learn how to "surf" safely and how to protect yourself and your computer while you explore. Use the Stuhr Center's "new" computers or you're welcome to bring your own laptop. (Paige)

9/28-11/23 (9) ES25629	W Poplar	2:45-4:15 pm	ID: \$82 AP: \$137
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Digital Camera

If you are looking to buy a digital camera, this class will help you make that choice. Get hands-on instruction with your own camera and learn about digital. The instructor is a patient professional photographer. Learn about light and color and all the aspects of good photography. (Paige)

9/27-11/22 (9) ES25630	T Poplar	9-10:30 am	ID: \$77 AP: \$128
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Digital Camera and Your Computer

If you have an older camera and are looking to upgrade and buy a new camera (or printer or computer), this class will help you with that decision. If you can already shoot but you want to learn how to use the computer to email them, create slide shows, burn CDs, DVDs and Blurays, and learn some basic printing skills, this class is for you! A good picture is only the beginning! (Paige)

9/27-11/22 (9) ES25631	T Poplar	10:45 am-12:15 pm	ID: \$77 AP: \$128
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Join us for Elsie Stuhr Day & Holiday Celebration

Wednesday, December 14 • 10 am-Noon

See page 115 for more information.

General Interest - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
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Brain Fitness / Cognitive Skills

Mental exercise with a dash of rhythm and music to make it fun! Memory: short-term, long term, working and retrieval memory. Executive Processing: problem solving, keeping it all together! Processing: message in, message out - a little faster please! Visualization: see it and remember it! - No different than working out in the gym, this is mental exercise. You'll use your imagination, drums, instruments and brain power. No class 11/24. (Susan)

9/19-12/15 (13) ES23601	M/Th Dogwood, Poplar	9-10 am	ID: \$106 AP: \$176
9/19-12/15 (13) ES23602	M/Th Poplar	2:45-3:40 pm	ID: \$106 AP: \$176

Bridge I

This class is for students new to bridge or for those who wish to update their skills. Topics covered include level 1 opening bids and responses, Stayman and Jacoby conventions, strategies for playing the hand, and defensive tactics. Class activities include lecture, practice, and play of the hands. The book by Audrey Grant may be ordered in class. Come and be part of the fun and challenge of learning this extraordinary game. (Flo)

9/26-11/21 (9) ES25609	M Dogwood	8-10 am	ID: \$75 AP: \$125
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Bridge II

Students who have completed Bridge I, or those who wish to further expand their knowledge of the game, will certainly benefit from this class. The course provides in-depth instruction in preemptive opening bids, overcalls, and takeout doubles. Play of the hand and defensive strategies are also included. The material by Audrey Grant may be ordered in class. Be part of the fun as you strengthen your foundation in this challenging game. (Flo)

9/26-11/21 (9) ES25610	M Dogwood	10:30 am-12:30 pm	ID: \$75 AP: \$125
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Bridge III

It is always exciting when one's partner opens the bidding. This course offers a review of common responses to partner's one of a suit opening bid. In addition, the course will cover in depth the "must know" conventions of new minor force, reverse drury, negative double, and fourth suit game force. Serious bridge students will welcome this chance to hone their skills as a bridge partner. (Flo)

9/26-11/21 (9) ES25611	M Dogwood	1:30-3:30 pm	ID: \$75 AP: \$125
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General Interest - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
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Bridge, Supervised Play

Designed for those students who have had instruction in bridge, but need more playing time. Ask questions about the bidding and play while practicing with a supervisor. The game is duplicate style, and the goals are to learn and to have fun! No class 11/24. (Ayn)

9/28-11/23 (9) ES25612	W Dogwood	12:30-3:30 pm	ID: \$49 AP: \$82
9/29-12/1 (9) ES25613	Th Dogwood	12:30-3:30 pm	ID: \$49 AP: \$82

Cabaret Vocal Ensemble

Join the Stuhr Center's only touring vocal performance group, The Cabaret Chorus! A huge variety of choral material including standards from the '20s-'70s, Broadway, and Hollywood are interspersed with solos, duets, and small groups that chorus members choose! The chorus typically meets for a few weeks at the center at the beginning of each term and then performs at retirement communities for the remaining weeks. (Rich)

9/27-11/22 (9) ES25608	T Larch	12:30-2 pm	ID: \$23 AP: \$38
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French, A Refresher Course

You studied French in school but have not used it enough to remain fluent. Amaze yourself when you see how much you still remember! Non-judgmental environment, get reacquainted with vocabulary, grammar, culture and customs. Each term includes a glimpse into the works of an artist or composer, and concludes with a potluck banquet! (Anna)

9/27-11/22 (9) ES25625	T Dogwood	11:15 am-12:45 pm	ID: \$53 AP: \$89
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Mah Jongg for All

Come join and learn this Americanized version of an ancient Chinese game. Mah Jongg brings new friends together for fun and socialization. Words like Bam, Crak and Pung will be part of your new vocabulary. The class is open to singles and/or couples. Sets will be provided in class. Mah jongg cards can also be purchased in class from instructor. No class 11/11, 11/25. (Susan)

10/7-12/2 (7) ES25605	F Larch	9-11 am	ID: \$41 AP: \$69
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Medicare 101

Learn what is covered and what isn't by Medicare. Receive assistance with questions on Medicare supplements, "Advantage plans", Fraud and Abuse, and Medicare Drug Plans. (SHIBA Volunteer)

10/4-10/11 (2) ES23609	T Dogwood	5:30-8:30 pm	ID: \$4 AP: \$7
10/27-11/3(2) ES23610	Th Dogwood	5:30-8:30 pm	ID: \$4 AP: \$7

General Interest - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
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Meditation & Relaxation

Learn to quiet your mind, open your heart, improve your sense of calmness, health and well being. Building a personal meditation practice is a very life-giving thing to do on every level; spiritual, emotional and physical. The practice being taught is a simple technique, non-religious and unique to each person. As one meditator says, "it can help you in your life!" All are welcome! No class 11/11, 11/25. (Kris)

10/7-12/16 (9) ES26434	F Larch	11:30 am-12:30 pm	ID: \$39 AP: \$65
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Piano/Keyboard From Scratch

If you have always wanted to learn how to play the piano, this is your chance! No experience required. Keyboards available for classroom use. No class 11/11, 11/25. (Helle)

10/7-12/16 (9) ES25614	F Poplar	1-2:30 pm	ID: \$61 AP: \$102
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Piano/Keyboard

Have you played in the past or did you take lessons as a child? Would you really like to play again? These classes are a continuation of the previous term or contact the instructor to find out which class is at the appropriate level for you. Keyboards available for classroom use. No class 11/11, 11/24, 11/25. (Helle)

9/26-11/21 (9) ES25615	M Poplar	11 am-12:30 pm	ID: \$61 AP: \$102
9/26-11/21 (9) ES25616	M Poplar	1-2:30 pm	ID: \$61 AP: \$102
9/28-11/23 (9) ES25617	W Dogwood	9-10:30 am	ID: \$61 AP: \$102
9/28-11/23 (9) ES25618	W Dogwood	10:30 am-Noon	ID: \$61 AP: \$102
9/29-12/1 (9) ES25619	Th Poplar	9:30-11 am	ID: \$61 AP: \$102
9/29-12/1 (9) ES25620	Th Poplar	11 am-12:30 pm	ID: \$61 AP: \$102
9/29-12/1 (9) ES25621	Th Poplar	1-2:30 pm	ID: \$61 AP: \$102
10/7-12/16 (9) ES25622	F Poplar	9:30-11 am	ID: \$61 AP: \$102
10/7-12/16 (9) ES25623	F Poplar	11:30 am-1 pm	ID: \$61 AP: \$102

Deck the Halls • Tuesday, December 6

Join us for Highland Park Middle School students and some Nike volunteers arrive to assist us with decorating our center for the holiday season. See page 115 for more information.

General Interest - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
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Spanish, Beginning/Intermediate Conversational Class

Reading, questions, and response exercises using "Spanish Now Level 1" (Mercedes)

9/27-11/22 (9) ES25601	T Dogwood	10-11 am	ID: \$46 AP: \$77
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Spanish, Beginning II / III

More on AR verbs and sentence structure; reading exercise for pronunciation. (Mercedes)

9/27-11/22 (9) ES25603	T Dogwood	8-9 am	ID: \$46 AP: \$77
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Spanish Advanced III

More on the subjunctive, reading and comprehension exercises. (Mercedes)

9/27-11/22 (9) ES25602	T Dogwood	9-10 am	ID: \$46 AP: \$77
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Stuhr Chorus

Join the Stuhr Chorus for fun, friendship, and lots of singing and entertaining! The Chorus performs in the community and at the Stuhr Center. No class 10/26. (Patrick)

9/28-11/30 (9) ES25604	W Manzanita	1:30-3:30 pm	ID: \$23 AP: \$38
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Writing Your Life Stories

Have you wanted to write stories about your life, but didn't know where to start? This interactive course will help you capture your special memories in a collection of short stories you and your family will enjoy and is a wonderful tool for improving memory and keeping your mind sharp. \$2 material fee payable to instructor at first class. No class 11/11 & 11/25. (Pat)

10/7-12/16 (9) ES25606	F Dogwood	11 am-1 pm	ID: \$49 AP: \$82
10/7-12/16 (9) ES25607	F Dogwood	1:30-3:30 pm	ID: \$49 AP: \$82

Ping Pong

Do you want to learn how to play ping pong? If you answered yes, this is the class for you. It's fun, good exercise and you're guaranteed to make new friends. (Sherry)

10/26-11/16 (4) ES25633	W Cedar Rm	1:30-2:30 pm	ID: \$3 AP: \$5
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Special Events - 55 & Better

Newcomers Welcome

Wednesday, September 21, 10-11 am

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, learn about our day trips, extended group travel program, Drop-in activities and much, much more!

Finding The Right Fitness Class/Program For You

Thursday, September 22, 1:30 pm

Join Diane Brice, our fitness specialist, to learn all about the Elsie Stuhr Center's fitness program! "Newcomers" are welcome to bring their questions, learn about the large variety of classes we offer, learn about our weight room, drop in fitness activities and much, much more! (Diane) Maple/Birch

Health & Wellness Resource Fair

Saturday, October 1, 7:30 am-10 pm

Includes: flu shot clinic, health screenings (blood pressure, hearing, vision, etc.), lectures on various wellness related topics. A wide variety of health and wellness related vendors participating. Raffle drawings and refreshments. Cost of shots covered by most medicare plans and are dependent upon availability.

Cedar Rm, Dogwood, Fir, Gift Shop, Hallway, Larch, Manzanita, Maple Birch, Meeting Rm, Oak Rm, Pine, Poplar, Spruce

Fine Art Exhibit

October 3-31

The Stuhr Center's fine art classes will exhibit examples of various paintings that have been created right here in our classes. Please take a moment to enjoy these beautiful works of art that will be displayed in the center's gallery through the month of October. You too can learn to create a one of a kind painting just like these by signing up for any of our painting classes.

Fall Pool Tournament

Thursday, October 13, 9 am

Join us for our fall pool tournament and put all your sharp-shooting pool skills to the test. Spring tournament winners George Decloedt, Urban Kluthe and Jerry Thompson welcome ALL players to join in on the fun. A fall tournament signup sheet will be posted in the pool area the first of October.



Special Events - 55 & Better

The Flex Diet- It Bends So You Don't Break

Wednesday, October 26, Noon-1 pm

As seen on the Today Show, The Doctor Oz Show, the New York Post, and the Huffington Post, Dr. James Beckerman is a cardiologist with the Providence Heart and Vascular Institute in Portland, Oregon. Wellness, Beckerman maintains, is about choice and change; he offers a flexible plan and a smorgasbord of weight-loss ideas that individuals can customize to their tastes and lifestyle.

Manzanita

Halloween Costume Party & Dance

Monday, October 31, 1-3 pm

Join us today for our Spooktacular Halloween dance and costume party! It's a lot of fun to get into the Halloween spirit and enjoy an afternoon dance with good company...prizes will be awarded for best costume... don't miss out on the fun...join us for a spooky party! (Manzanita)

Fall Photo Exhibit

November 2-30

The Stuhr Center photography class will exhibit examples of their work in the north wing of the building beginning Wednesday, November 2. Photographs will be of a variety of subjects. The exhibit runs through Wednesday, November 30, 2011.

Veterans Day Celebration

Thursday, November 10, 11:30 am-1 pm

Join us for a special lunch hour to honor our service men and women who served in the armed forces. The celebration includes color guard presentation, special tables reserved for our veterans and special entertainment. (Fir)

National Memory Screening Day

Tuesday, November 15

Hospice and Palliative Care of Washington County will offer a confidential memory screenings at the center and provide educational materials about memory concerns, dementia, caregiving and successful aging. The screening is non-invasive, consists of a series of questions and tasks, and takes 5-10 minutes to administer. Please contact Liz at 503/648-9565 or liz@hospiceWC.org to schedule an appointment. FREE

Thanksgiving Dinner

Friday, November 18, 11:30 am

We invite you to join the Stuhr Center for its annual pre-Thanksgiving dinner. This is a meal with all the trimmings provided by Beaverton Loaves and Fishes. \$3 for 60 yrs and over, \$6 for under 60 yrs. Lunch is served continuously beginning at 11:30 am. (Fir)

Special Events - 55 & Better

Deck the Halls

Tuesday, December 6

Today our faithful Highland Park Middle School students and some Nike volunteers arrive to assist us with decorating our center for the holiday season. This is always a very festive time of year at the Stuhr Center for all to enjoy! (Entire Center)

Winter Grandchildren's Day

Saturday, December 10, 10 am-Noon

It's time once again to begin the holiday season with Elsie Stuhr Center's Winter Grandchildren's Day celebration. This has become a crowd favorite and an event not to miss. We'll have special holiday entertainment, refreshments and let's not forget a visit with Santa himself. Must sign up for this event no later than December 7. (Manzanita room & stage)

Elsie Stuhr Day & Holiday Celebration

Wednesday, December 14, 10 am-Noon

Please join us as we honor Elsie Stuhr, THPRD Founder and lifelong physical fitness advocate, at our annual celebration of healthy living. Food and gifts for all. Please pre-register by 12/10/2011, space is limited.

ID: \$5 AP: \$5 Manzanita

Holiday Concert

Wednesday, December 21, 1-3 pm

Join us for a Holiday Concert performance by our own Stuhr Center Chorus and Cabaret Chorus. This is a great time of year to enjoy your favorite holiday tunes. After attending this concert it may entice you to join one of our singing groups. Light refreshments will be served. Please sign up at the front office or by calling 503/629-6342 no later than Monday, December 19. (Manzanita)

End of the Year Formal Dance

Friday, December 30, 1:30-3:30 pm

Join us today as we say goodbye to 2011 with a formal affair! This will be the dance of the year so don't miss out. Generations Band will be our entertainment to help us dance out 2011, very special hors d'oeuvres and sparkling cider will be available for everyone to enjoy. You may purchase your tickets in advance at the Stuhr Center front desk or tickets can be purchased at the door. \$5 per person (Manzanita room and stage)



Requests to drop or change a day trip must be made at least two business days (Monday-Friday) prior to the trip. No credit will be applied if requested less than two business days prior to the trip. Any and all costs paid by the center and/or THPRD are not refundable if the patron cancels. Return times are not exact due to unforeseen circumstances.

Trips & Tours - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
Matthew Knight Center & Lunch in Eugene, Oregon			
Tour the newest addition to the University of Oregon, the Mathew Knight Center. This well designed building is a wonderful addition to the U of O campus. After our tour we will enjoy lunch in Eugene.			
9/27 ES27611	T Off-site	8:30 am-5 pm	\$45

It's High Time for Tea!

Come with us today as we visit one of our favorite Teahouse's in Oregon...treat yourself...you deserve it! Cost includes: Transportation, lunch, gratuities, escort. (Linda)

10/12 ES27620	W Off-site	11 am-4 pm	\$35
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Tea's Me

Royal High Tea at Tea's Me will include sorbet, soup, hot fresh scones, savories, finger sandwiches, fresh fruit, dessert sweets and a pot of tea.... Yummy! Trip includes the Royal High Tea, transportation, gratuities and escort. (Ann)

10/20 ES27602AS	Th Off-site	11:30 am-2:30 pm	ID: \$38 AP: \$38
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Tour Historic Elsinor Theater

On May 28, 1926, on a former livery stable site, the magnificent Elsinore Theatre first opened its doors to the public. Developed by George Guthrie, an entrepreneur and lover of art, the theatre was designed to resemble the castle in "Hamlet," Shakespeare's greatest drama. If you enjoy touring historic locations this is a must do! We'll stop and enjoy lunch after our tour. Cost includes: Transportation, lunch, gratuities, escort. (Linda)

10/24 ES27621	M Off-site	9 am-4 pm	\$40
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Ashiya Foot Spa with a Catered Luncheon

Do you like to soak your feet? ...do you like a foot rub? ...would you like to try a back stretching chair and a whole body vibration platform? Plus take time to eat a catered lunch and relax . . . this trip may be for you. We will go to Ashiyu Wellness Retreat to enjoy as group "Japanese spring fed" footbaths with appointments available for Reflexology (optional). Cost includes foot soak spa retreat and luncheon.

10/27 ES27612	Th Off-site	11 am-3 pm	\$50
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Trips & Tours - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
Oregon Culinary Institute			
Please join us for lunch and experience the amazing food that the students create. Their fresh cuisine, delicious baked goods, and decadent desserts are all prepared and served by students from the Culinary Arts, Baking and Pastry, and Restaurant Management programs. They partner with local farms and dairies to provide as many northwest products as possible: including sustainable produce, meats and cheeses. Trip includes lunch, transportation, gratuities and escort. (Ann)			
11/1 ES27603AS	T Off-site	11:30 am-2 pm	ID: \$22 AP: \$22

Fall Foliage & Lunch

This is a must do trip! Oregon offers beautiful Fall color this time of year and this is a great way to enjoy it ...sit back and enjoy the scenery. We will stop along our journey and enjoy lunch...then on our way home...feast your eyes on more beautiful Fall Foliage. Cost includes: Transportation, lunch, gratuities, escort. (Linda)

11/16 ES27622	W Off-site	10:30 am-4 pm	\$38
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Chameleon

This is a personal local favorite. Chef Pat Jeung had no trouble naming the restaurant he opened in the Hollywood District. He called it Chameleon. He liked the sound of the word and, more importantly, what the name reflected. Chameleon Restaurant and Bar's menu does not always appear the same or to be stuck in one type of cuisine. It changes with its environment, which might be influenced by the customers, by Jeung's creative flair in the kitchen or by the fresh ingredients at the market or on their 30-acre Columbia Gorge Farm and Garden. Trip includes transportation, lunch, gratuities and escort. (Ann)

11/18 ES27601AS	F Off-site	11:30 am-2:30 pm	\$60
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LJ's Dinner Club

Our fall dinner will include a new and exciting restaurant for our last outing of the year. Enjoy an area of Portland that you may not have visited before now. The restaurant is NW Cuisine and features and award winning chef.

The Blue Hour

Thursday, September 15, 5-8:30 pm
ES27610 \$68

Trips & Tours - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
Evergreen Flight Museum & Lunch in McMinnville			
With displays ranging from the elegant aeronautic designs of two unknown bike mechanics – Orville and Wilbur Wright – to an actual Lockheed SR-71 Blackbird that can fly at speeds of over 2,000 miles per hour – the Evergreen Aviation & Space Museum located in McMinnville, Oregon, has a little something for everyone. The centerpiece of these aeronautic breakthroughs is the original Spruce Goose. Built entirely of wood due to wartime restrictions on metals, this massive airplane stands as a symbol of American industry during World War II. We will enjoy lunch in the quaint town of McMinnville then take a tour of this wonderful flight museum. Cost includes transportation, lunch and admission.			
11/22 ES27613	T Off-site	10 am-4 pm	\$35

Albertina Kerr

When you first view the beautiful, Georgian-style Old Kerr Nursery, you know you have arrived at a special place. As you enter, you are welcomed with fresh floral displays and friendly smiles. The relaxed atmosphere will assure you of a very pleasant lunch and shopping experience for gifts, antiques and collectibles and unique resale items. Join us for lunch and shopping at Albertina Kerr. Lunch, gratuities, transportation and escort are included. (Ann)

11/30 ES27605AS	W Off-site	11 am-3:30 pm	ID: \$35 AP: \$35
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Holiday Dinner at Wilf's

If you missed this fantastic holiday dinner last season, be sure and sign up for this season...you won't be sorry you did. You're sure to enjoy the beautiful holiday splendor that our good friends at Wilf's provide. This is a nice way to treat yourself for the holidays...hope you're able to join us this year! Cost includes: Transportation, lunch, gratuities, escort. (Linda)

12/2 ES27623	F Off-site	5:30 pm- 8:30pm	\$60
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A Very Merry PDX-MAS (a Holiday Revue)

Combining classic carols, holiday pop songs and original off-beat material created especially for portland audiences. A very merry PDX-Mas lovingly pokes fun at our "ever green" city with the perfect mix of local humor and holiday heart. Trip includes a light dinner before we attend our play. Cost includes play tickets, light dinner, transportation.

12/8 ES27614	Th Off-site	4:30-10 pm	\$65
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Columbia Gorge Hotel & Shopping

We are heading back to the Columbia Gorge Hotel. Join us for lunch followed by a shopping trip to the outlet stores. Trip includes lunch, gratuities, transportation and escort. (Ann)

12/15 ES27606AS	Th Off-site	10:30 am-4:30 pm	ID: \$40 AP: \$40
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Trips & Tours - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
Holiday Mystery Lunch			
One thing I can tell you, this mystery trip will be fun, mysterious and packed with holiday cheer! Be brave, take a chance, come with us today and enjoy an afternoon with good company and holiday fun! Cost includes: Transportation, lunch, gratuities, escort. (Linda)			
12/19 ES27624	M Off-site	10:30 am-4 pm	\$58

Extended Trips

Join the Stuhr Center travel program for our extended tours. These adventures are escorted by the Stuhr Center staff, (if minimum is met).



Alpine Christmas: December 7-14, 2011

Innsbruck • Golden Roof • Munich • Oberammergau • Salzburg • Christmas Markets

Per person rates: Double \$2,999; Single \$3,299; Triple \$2,969* (see terms) Tour will be escorted by an Elise Stuhr Center staff member provided 10 participant travel**

Included in price: Door to door pick up and return, round trip air from Portland Int'l Airport, air taxes and fees/surcharges of \$250 (subject to increase until paid in full), hotel transfers, hotels, tours and much more. Not included in price: cancellation waiver and insurance of \$175 per person.

Call for a brochure and for any questions, you may have at 503/629-6342. Escorted by LindaJo Enger**

Reflections of Italy: April 2012

Rome • Colosseum • Assisi • Perugia • Siena • Florence • Chianti Winery • Venice • Murano Island • Lugano, Switzerland • Como

Revel in the magic of Italy on this 10-day tour that explores the cities of Rome, Florence, Venice, Assisi and Perugia. Travel the Tuscan and Umbrian countryside, exploring medieval hill towns and visiting the birthplace of St. Francis, Assisi. Discover the masterpieces of the Renaissance in Florence and see hot glass transformed into exquisite art on Murano Island. Linger in Venice for two nights before ending your journey in the lovely Italian Lake region. Cross the border and explore the Swiss resort town of Lugano. Call for more information 503/629-6342.