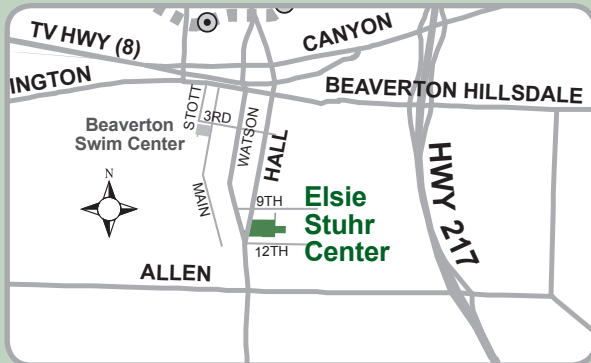




# Specialized Recreation

## 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:** 1/2, 1/16, 2/20, 5/28

### 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 through THPRD's Family Assistance Program. See information on page 7 of this guide or 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). Out-of-district residents must pay an assessment fee to participate in THPRD programs. Call Leilani Galanto at 503/629-6342 for additional information.

Please schedule arrivals and pickups no more 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

## Bake Sale

**Monday, June 11, 2012 • 6:30-8:30 pm**  
**Elsie Stuhr Center**

You are invited to join the PEOPLE FIRST team and the Specialized Recreation Program for a premiere bake sale!

Our best bakers will offer you the most delicious treats! Cakes, pastries, cupcakes and international delicacies! Proceeds will go to "Share our Strength", a national nonprofit that is ending childhood hunger in America. Music provided by DJ L.

### Volunteer Opportunities

#### Learn and Serve Volunteer Opportunity

Would you like to have a meaningful and positive impact on your community? The Learn and Serve volunteer opportunity may be the right fit for you. This position provides an opportunity to learn new skills and build your resume. It provides the opportunity to interact with teens and adults with developmental disabilities. Specialized Recreation volunteers assist participants in attaining an increased quality of life. For more information and to get involved, please contact Leilani Galanto at 503/629-6342 or email at lgalanto@thprd.org.

#### Note:

Due to THPRD's bond measure expansion program, some of our winter/spring term class locations, dates and times are subject to change.

## Therapeutic Recreation Drop-in

**A THPRD specialized recreation emergency/medical information form is required 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 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, March 22, 6:30-8 pm, Elsie Stuhr Center**

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

## 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 and 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.

## District 4 Little League Baseball Challenger Division

The Challenger Division of Oregon's District 4 Little League Baseball is a program that provides boys and girls aged 5-18 with physical and mental disabilities, the opportunity to enjoy the game of baseball along with the millions of other children who participate in this sport worldwide. The Little League Challenger Division provides the framework to allow all children in the community the same opportunity for athletic activities. You can participate by signing up at [www.ordist4.com](http://www.ordist4.com). Also, for additional information, e-mail Dan Vaandering at [coach.vaandering@yahoo.com](mailto:coach.vaandering@yahoo.com).

## Arts & Crafts - Specialized Rec

| Dates (Weeks)<br>Class Code  | Day<br>Location | Time | Cost |
|--|-----------------|------|------|
| <b>Art Party!</b>  |                 |      |      |
| No muss, no fuss - just lots of fun! Enjoy art activities and lessons from an ARtaceous teacher and the best party favor ever - a framed piece of your original art. Cake and punch will be served. All art materials supplied. (Margaret) |                 |      |      |

### Winter Term:

|                     |             |           |                  |
|---------------------|-------------|-----------|------------------|
| 3/20 (1)<br>SP34700 | T<br>Poplar | 4:15-6 pm | ID: \$8 AP: \$14 |
|---------------------|-------------|-----------|------------------|

### 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 Let it Snow T-shirts, lollipop flower bouquets and more. (Julie)

### Winter Term: Classes are on Saturdays 1/21, 2/18 & 3/17 (select Saturdays only).

|                          |             |           |                   |
|--------------------------|-------------|-----------|-------------------|
| 1/21-3/10 (3)<br>SP34701 | S<br>Spruce | 1-2:30 pm | ID: \$26 AP: \$44 |
|--------------------------|-------------|-----------|-------------------|

### Spring Term: Classes are on Saturdays 4/19, 5/12 & 6/9 (select Saturdays only).

|                         |             |           |                   |
|-------------------------|-------------|-----------|-------------------|
| 4/14-6/9 (2)<br>SP44700 | S<br>Spruce | 1-2:30 pm | ID: \$26 AP: \$44 |
|-------------------------|-------------|-----------|-------------------|

## Arts & Crafts - Specialized Rec

| Dates (Weeks)<br>Class Code | Day<br>Location | Time | Cost |
|-----------------------------|-----------------|------|------|
|-----------------------------|-----------------|------|------|

### 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. No class on 2/18. (Constance)

**Winter Term:**

1/27-3/16 (8) F 3:15-4:45 pm ID: \$85 AP: \$141  
SP34702 Spruce

**Spring Term:**

4/27-6/15 (8) F 3:15-4:45 pm ID: \$85 AP: \$141  
SP44701 Spruce

### Pop Art Project

Join in on an exciting group project! This is a collaborative artwork where each student will be able to complete a section of an image. Each section is assembled with the others to create unique pop art. Your individual artistic abilities will shine, as well as contributing to the success of the whole project. Work on your own pop art as well! (Margaret)

**Spring Term:**

5/29-6/5 (2) T 4:15-5:45 pm ID: \$15 AP: \$25  
SP44702 Fir

### Art Effects

Make wonderful forms using paper sculpture, explore color and design with paint, and create collage, book art, murals and more. Also explore ceramics! Learn to use pinch, coil, slab and variations of these methods using few tools, explore multi-colored clay bodies and create both functional and non-functional/sculptural forms. No experience necessary. All materials supplied.

4/5-5/10 Th 5-6:15 pm ID: \$61 AP: \$101  
SP44703 Fir

## General Interest - Specialized Rec

| Dates (Weeks)<br>Class Code | Day<br>Location | Time | Cost |
|-----------------------------|-----------------|------|------|
|-----------------------------|-----------------|------|------|

### Meditation Workshop

Meditating on the pure clear nature of our own mind is a powerful method to overcome our distractions and mental turbulence. Eventually we will be able to settle our mind like a still ocean: blissful and at peace. Class will focus on meditation and yoga exercises. (Peggy & Mignon)

**Winter Term:**

3/10 (1) S 3-4:30 pm ID: \$6 AP: \$10  
SP32703 Manzanita

**Spring Term:**

6/2 (1) S 1-3 pm ID: \$6 AP: \$10  
SP42703 Manzanita

## General Interest - Specialized Rec

| Dates (Weeks)<br>Class Code | Day<br>Location | Time | Cost |
|-----------------------------|-----------------|------|------|
|-----------------------------|-----------------|------|------|

### Managing Your Money

Just about anyone can spend money. But learning to manage your money is another thing. All it takes is organization, discipline and a firm knowledge of HOW to proceed. Obtain the knowledge and skills to make exact change, saving for a rainy day and frugal shopping. Field trip on 2/23. (Julie)

**Winter Term:**

2/2-2/23 (4) Th 5-6 pm ID: \$26 AP: \$43  
SP35709 Fir

### 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. (Kristine)

**Winter Term:**

3/1-3/8 (2) Th 4-4:45 pm ID: \$7 AP: \$12  
SP35708 Fir

**Spring Term:**

5/3-5/10 (2) Th 4-4:45 pm ID: \$7 AP: \$12  
SP45708 Poplar

### 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. (Julie)

**Spring Term:**

4/3-4/24 (4) T 4-5:30 pm ID: \$35 AP: \$59  
SP45709 Fir



## General Interest - Specialized Rec

## Cooking Series

## Pasta Dishes

Pasta is easy to order at a restaurant, but it's amazingly easy to make at home! Taste the difference between dried store-bought pasta and the fresh, homemade kind. We'll make sauces for ravioli, fettuccine and farfalle (bow-ties). Class always ends with tasting the results! (Kathryn)

## Winter Term:

1/30-2/6 (2) M 5-6:15 pm ID: \$16 AP: \$26  
SP35700 Larch/Fir

## Fast, Fresh &amp; Flavorful!

Whip up quick weeknight meals using spring's best ingredients! Learn to take advantage of the season's fresh vegetables and herbs. Pick up tips on buying pre-cooked and preserved items for veggie stacks, kabobs, pesto and more. No class on 2/20. (Kathryn)

## Winter Term:

2/13-2/27 (2) M 5-6:15 pm ID: \$16 AP: \$26  
SP35701 Larch/Fir

## Wonders of the Wok

One of China's gifts to the world of cuisine is a bowl-shaped cooking pan - the wok! Learn how to use this versatile, traditional utensil for stir-frying. You'll get low-fat, tasty dinners on the table in a flash! (Kathryn)

## Winter Term:

3/5-3/12 (2) M 5-6:15 pm ID: \$16 AP: \$26  
SP35702 Larch/Fir

## Spring Dinners

Whether for a barbecue, picnic or weekday dinner, explore recipe ideas for a lovely spring day! Say goodbye to winter and treat yourself to a fun spring-themed dish. (Kathryn)

## Winter Term:

3/19-3/20 (2) M/Tu 5-6:15 pm ID: \$16 AP: \$26  
SP35703 Larch/Fir



## Taste of Home

Great-tasting recipes don't have to be complicated. This class will feature easy-to-make recipes that are filled with down-home flavor! (Kathryn)

## Spring Term:

4/23-4/30 (2) M 5-6:15 pm ID: \$16 AP: \$26  
SP45700 Larch

## The Perfect Picnic

Create picnic dishes that can be made ahead of time, transport well and use minimal utensils! Perfect for any season! No class 5/28. (Kathryn)

## Spring Term:

5/21-6/4 (2) M 5-6:15 pm ID: \$16 AP: \$26  
SP45701 Larch

## Diabetic Delights

Enjoy delicious food and live life to the fullest with recipes that are low carb and low calories! (Kathryn)

## Spring Term:

5/21-5/22 (2) M/Tu 5-6:15 pm ID: \$16 AP: \$26  
SP45702 Larch/Fir

## No-Bake Treats (1 day only)

Be the envy of the bake sale with sweet and impressive dessert recipes, from chocolate coconut crispies that can be prepared in a pinch to old standbys like the classic chocolate chip cookie! TR drop-in will be hosting a bake sale on 6/11 for "share our strength," a nonprofit hunger relief in America, to raise funds. Our no-bake items will be displayed and shared at this event. (Kathryn)

## Spring Term:

6/11 (1) M 4-6 pm ID: \$13 AP: \$21  
SP45703 Larch

## General Interest - Specialized Rec

| Dates (Weeks)<br>Class Code | Day<br>Location | Time | Cost |
|-----------------------------|-----------------|------|------|
|-----------------------------|-----------------|------|------|

### 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 social Web, Facebook and Twitter to better brand yourself. Social media are an important part of today's world. Get and stay connected! (Kristine)

**Winter Term:**

2/2-2/23 (4) Th 4-4:45 pm ID: \$14 AP: \$23  
SP35706 Fir

**Spring Term:**

4/5-4/26 (4) Th 4-4:45 pm ID: \$14 AP: \$23  
SP45707 Poplar

### 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 will also create new music together! No drumming experience necessary. (Jodi)

**Winter Term:**

2/27-3/19 (4) M 4-5 pm ID: \$67 AP: \$112  
SP35704 Maple Birch

**Spring Term:**

4/30-5/21 (4) M 4-5 pm ID: \$67 AP: \$112  
SP45704 Maple Birch

### Oops! Manners for Guys

During this four-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 that 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. (Julie)

**Spring Term:**

4/12-5/3 (4) Th 6-7 pm ID: \$32 AP: \$54  
SP45705 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 empower 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, which friends and family are encouraged to attend on 5/31. (Kristine)

**Spring Term:**

5/10-5/31 (4) Th 6-7 pm ID: \$26 AP: \$43  
SP45706 Dogwood

## Sports & Fitness - Specialized Rec

| Dates (Weeks)<br>Class Code | Day<br>Location | Time | Cost |
|-----------------------------|-----------------|------|------|
|-----------------------------|-----------------|------|------|

### Mind, Body & Yoga

For beginners who want a slower-paced class or people new to a regular exercise program. Improve your mental and physical capabilities through yoga. Focus on basic postures with movements and sounds. Discover new confidence and a great attitude! Doctor's permission required. (Kathryn)

**Winter Term:**

1/24-3/13 (8) T 6:35-7:35 pm ID: \$42 AP: \$70  
SP32700 Maple Birch

**Spring Term:**

4/10-5/29 (8) T 6:35-7:35 pm ID: \$42 AP: \$70  
SP42700 Maple Birch

### Music and Movement

For beginners who want a slower-paced class or people new to a regular exercise program. Improve your mental and physical capabilities through yoga. Focus on basic postures with movements and sounds. Discover new confidence and a great attitude! Doctor's permission required. (Kathryn)

**Winter Term:**

1/24-3/13 (8) T 7:45-8:45 pm ID: \$44 AP: \$74  
SP32701 Manzanita

**Spring Term:**

4/10-5/29 (8) T 7:45-8:45 pm ID: \$44 AP: \$74  
SP42701 Manzanita

### Bowling for Fun

Try your hand at Glow-in-the-Dark Cosmic Bowling! Class will meet at Valley Lanes Bowling Alley: 9300 SW Beaverton-Hillsdale Hwy. (located in the Valley Plaza next to Jesuit High School). Includes all-you-can-bowl + rental shoes. (Pam)

**Winter Term:**

2/3-2/24 (4) F 4-5:30 pm ID: \$26 AP: \$43  
SP32702 Off-site

**Spring Term:**

5/4-5/25 (4) F 4-5:30 pm ID: \$26 AP: \$43  
SP42702 Off-site

### DACP Dance Workshop

The Specialized Recreation Program is hosting a DACP (Disability Art and Culture Project) Dance Workshop! This inclusive workshop will provide integrated dance for students with AND without disabilities. Students have the opportunity to learn dance concepts and skills and to perform. (Cathy)

**Spring Term:**

5/5 (1) S 1-3 pm ID: \$10 AP: \$16  
SP42704 Manzanita

## Day Trips - Specialized Rec

| Dates (Weeks)<br>Class Code | Day<br>Location | Time | Cost |
|-----------------------------|-----------------|------|------|
|-----------------------------|-----------------|------|------|

### Movie & Matinee

Mark your calendars! Enjoy the company of your friends with an afternoon at the Bagdad Theater. Kick back in the theater and enjoy a slice of pizza while watching a movie. Movie title TBA. Trip includes transportation, escort, movie admission and lunch.

1/14 (1) S 11 am-3 pm \$32  
**SP37700**

**Personal Assistant**  
**SP37700A \$16**

### A Night Out on the Town!

Take your sweetie out for a night out for Valentine's weekend. What a nice weekend to do this ... Complete details of concert events forthcoming. Save the date!

2/11 (1) S 5-9:30 pm \$58  
**SP37701**

**Personal Assistant**  
**SP37701A \$32**

### Wicked at the Keller

Join us for an unforgettable Broadway! Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. See how these two grow to become the "Wicked Witch of the West" and "Glinda the Good." It makes for exciting new musical in a long time! Trip includes transportation, admission and escort. Please bring \$6 for pizza.

3/17 S 4:30-9:30 pm \$56  
**SP37702**

**Personal Assistant**  
**SP37702A \$45**

### Bowling Party!

There's no time to "spare." We're going bowling and we want you there. Please join us as we celebrate Spring by taking in an afternoon of bowling. Event will meet at Valley Lanes Bowling Alley: 9300 SW Beaverton-Hillsdale Hwy. ( Located in Valley Plaza next to Jesuit HS). Includes all-you-can-bowl + rental shoes.

4/7 (1) S 11 am-2 pm \$16  
**SP47700**

**Personal Assistant**  
**SP47700A \$10**

## Day Trips - Specialized Rec

| Dates (Weeks)<br>Class Code | Day<br>Location | Time | Cost |
|-----------------------------|-----------------|------|------|
|-----------------------------|-----------------|------|------|

### John's Incredible Pizza

Kids and big kids alike have the time of their lives at Incredible Fun World! Bumper cars, bowling, laser tag, glow golf and over 100 of the latest Video Games. Trip includes transportation, buffet, game credits and escort.

5/19 (1) S 11 am-3 pm \$30  
**SP47701**

**Personal Assistant**  
**SP47701A \$14**

### Evergreen Aviation & Space Museum

Let's take a visit and learn more about the aviation and space museum as we immerse ourselves in history with attractions and amenities! Trip includes transportation, escort and museum admission + IMAX movie. Please bring at least \$10 for lunch at the Cosmo Cafe.

6/16 (1) S 11 am-4:30 pm \$52  
**SP47702**

**Personal Assistant**  
**SP47702A \$27**



## 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 you community. (Julie)

1/7-3/3 (3) S 12:30-3:30 pm ID: \$25 AP: \$42  
**SP35705 Off-site**