



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

Winter Term: January 1 - April 1

Spring Term: April 2 - June 17

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, 1/6, 2/20, 5/28

Information and 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

Age and Membership Requirements

Adults 55 and better may join the center. A THPRD residency card is required for all program/activity 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.

Volunteer Opportunities

If you are interested in volunteering at the Elsie Stuhr Center, volunteer packets are available at the front desk.

Advisory Committee

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

The Elsie Stuhr Center Advisory Committee is composed of community members who receive public input in regard to the Stuhr Center and make recommendations on behalf of the residents of the district. Anyone interested may call 503/629-6342 or visit our office for information.

Due to schedule changes, classrooms may vary.

Follow us on

facebook

www.facebook.com/StuhrCenter

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	Bingo 12:15-1:45 pm, Pine Team Bridge 3-6 pm, Pine Ping Pong 3:30-8 pm, Fir	Scrabble 9 am-Noon, Pine Computer Users Beaverton Library 11:15 am-12:30 pm Texas Hold'em 1:15-3 pm, Fir Pinochle 12:30-3 pm, Pine	Cribbage Club 8-11:30 am, Pine Monthly Birthday 11:30 am, Fir Chess Club, Open Play 12:30 pm, Pine Legal Discussion 1:30-3 pm Ping Pong 2:30-4:30 pm, Fir	Foot Clinic By Appointment Texas Hold'em 1:15-3 pm, Fir Social Dancing 1:15-3:30 pm, Manzanita Progressive Party Bridge 5:30-8:30 pm, Pine	Blood Pressure 10-11 am Pinochle 10 am, Pine Ping Pong 3:30-5 pm, Fir	Jam Session Noon Maple/Birch Texas Hold'em Noon-3 pm, Pine
Week 2	Bingo 12:15-1:45 pm Pine Sharing Stories 2-3:30 pm Team Bridge 3-6 pm, Pine Ping Pong 3:30-8 pm, Fir	Scrabble 9 am-Noon, Pine Texas Hold'em 1:15-3 pm, Fir Pinochle 12:30-3 pm, Pine	Cribbage Club 8-11:30 am, Pine Chess Club, Open Play 12:30 pm, Pine Bunco 1-2:30 pm, Pine Ping Pong 2:30-4:30 pm, Fir	Texas Hold'em 1:15-3 pm, Fir Social Dancing 1:15-3:30 pm, Manzanita Progressive Party Bridge 5:30-8:30 pm, Pine	Pinochle 10 am, Pine Movie 1 pm Ping Pong 3:30-5 pm, Fir	Texas Hold'em Noon-3 pm Pine
Week 3	Bingo 12:15-1:45 pm, Pine Team Bridge 3-6 pm, Pine Ping Pong 3:30-8 pm, Fir	Scrabble 9 am-Noon, Pine Computer Users 11:15 am-12:30 pm Beaverton Library Texas Hold'em 1:15-3 pm, Fir Pinochle 12:30-3 pm, Pine	Cribbage Club 8-11:30 am, Pine Chess Club, Open Play 12:30 pm, Pine Ping Pong 2:30-4:30 pm, Fir	Texas Hold'em 1:15-3 pm, Fir Social Dancing 1:15-3:30 pm, Manzanita Book Discussion 2-3:30 pm (Call office for list) Progressive Party Bridge 5:30-8:30 pm, Pine	Pinochle 10 am, Pine Ping Pong 3:30-5 pm, Fir	Jam Session Noon Maple/Birch Texas Hold'em Noon-3 pm, Pine
Week 4	Bingo 12:15-1:45 pm, Pine Sharing Stories 2-3:30 pm Team Bridge 3-6 pm, Pine Ping Pong 3:30-8 pm, Fir	Scrabble 9 am-Noon, Pine Texas Hold'em 1:15-3 pm, Fir Pinochle 12:30-3 pm, Pine	Cribbage Club 8-11:30 am, Pine Chess Club, Open Play 12:30 pm, Pine Bunco 1-2:30 pm Ping Pong 2:30-4:30 pm, Fir	Texas Hold'em 1:15-3 pm, Fir Social Dancing 1:15-3:30 pm, Manzanita Progressive Party Bridge 5:30-8:30 pm, Pine	Pinochle 10 am, Pine Movie 1 pm Ping Pong 3:30-5 pm, Fir	Texas Hold'em Noon-3 pm, Pine

Note:

Due to Tualatin Hills Park & Recreation District's bond project expansion program, some of our winter/spring term class locations, date and times are subject to change.

Arts & Crafts - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

All Level Watercolor Workshop

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

Winter Term:

1/18-3/14 (9) W 1-4 pm ID: \$90 AP: \$150
ES34612 Spruce

Spring Term:

4/4-5/30 (9) W 1-4 pm ID: \$90 AP: \$150
ES44612 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 media. \$8 material fee payable to instructor at first class. Supply list available at front desk. No class 2/20 (Teresa)

Winter Term:

1/23-3/19 (8) M 1-4 pm ID: \$80 AP: \$133
ES34601 Larch

Spring Term:

4/5-5/31 (9) Th 1-4 pm ID: \$90 AP: \$150
ES44601 Larch

Drawing & Graphing, Unique approach

This class is for students of all levels. If you paint portraits, this class will improve your skills in observing shapes, shades and perspective of the subject. You will learn and enjoy Kumi's teaching method. Dry media used (graphite/drawing pencils and charcoals, etc.). A \$10 material fee is payable to instructor at first class. (Kumi)

Winter Term:

1/19-3/15 (9) Th 9:30 am-12:30 pm ID: \$90 AP: \$150
ES34618 Spruce

Spring Term:

4/5-5/31 (9) Th 9:30 am-12:30 pm ID: \$90 AP: \$150
ES44618 Spruce

Please note two important changes we've made in our registration process: **Registration for winter classes begins Dec. 10, a month earlier than before. Registration for spring classes will be done separately, starting March 3.**

Arts & Crafts - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

Fine Art Workshops (1-day only)

Fused Glass "Get Wild" Workshop

Let your wild side show. Make a gorgeous zebra-striped fused glass dish. All experience levels welcome, beginners to advanced. \$17 materials fee payable to instructor for one 9"x 5.5" dish. (Dlynn)

Winter Term:

1/9 (1) M 1-3 pm ID: \$7 AP: \$12
ES34607LA Larch

Fused Glass Pendants Workshop

This is a great class for the beginner or advanced levels. Learn the basics of designing, cutting, layering, firing and embellishing 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)

Winter Term:

1/10 (1) T 1-3 pm ID: \$7 AP: \$12
ES34608 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)

Winter Term:

2/25 (1) S 9:30 am-1:30 pm ID: \$13 AP: \$22
ES34620 Spruce

Spring Term:

4/28 (1) S 9:30 am-1:30 pm ID: \$13 AP: \$22
ES44620 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 Stuhr center front desk. This class will be held off-site; instructor will call you with class location. (Teresa)

Winter Term:

3/10 (1) S 9:30 am-1:30 pm ID: \$13 AP: \$21
ES34621 Off-site

Spring Term:

5/19 (1) S 9:30 am-1:30 pm ID: \$13 AP: \$22
ES44621 Off-site

Continued

Arts & Crafts - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

Fine Art Workshops (continued)

Fused Glass

Spring is blooming glass flowers. Make a 10-inch tac fused glass flower bowl. All skill levels welcome, beginning to experienced. \$18 materials fee payable to instructor at first class. (Dlynn)

Spring Term:

6/4 (1)	M	1-3 pm	ID: \$7 AP: \$12
ES44607LA	Larch		

Fused Glass, Beginning Session I

Explore color, layering, shape and light while learning to fuse glass. Melt glass at 1,480 degrees in a kiln. Learn to cut, design and assemble art glass. Use frit and confetti and learn the difference between a glass noodle and stringer. A supply fee of \$50 to be paid to instructor at first class. (Dlynn)

Winter Term:

1/23-2/13 (4)	M	10 am-12:30 pm	ID: \$34 AP: \$57
ES34602	Larch		

Spring Term:

4/2-4/23 (4)	M	10 am-12:30 pm	ID: \$34 AP: \$57
ES44602	Larch		

Fused Glass, Beginning Session II

Winter Term:

2/27-3/19 (4)	M	10 am-12:30 pm	ID: \$34 AP: \$57
ES34602LA	Larch		

Spring Term:

4/30-5/21 (4)	M	10 am-12:30 pm	ID: \$34 AP: \$57
ES44602LA	Larch		

Fused Glass, Intermediate Session I

Have you already taken Beginning Fused Glass and want to take your skills to the next level? Then you are ready for Intermediate Fused Glass! Join us for group projects or work at your own pace on individual projects. Tools and guidance provided. Bring your glass or glass available for purchase. (Dlynn)

Winter Term:

1/17-2/14 (5)	T	1-4 pm	ID: \$50 AP: \$83
ES34603	Larch		

Spring Term:

4/3-5/1 (5)	T	1-4 pm	ID: \$50 AP: \$83
ES44603	Larch		

Arts & Crafts - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

Fused Glass, Intermediate Session II

Winter Term:

2/21-3/20 (5)	T	1-4 pm	ID: \$50 AP: \$83
ES34603LA	Larch		

Spring Term:

5/8-6/5 (5)	T	1-4 pm	ID: \$50 AP: \$83
ES44603LA	Larch		

Gourd Decoration as Art

Class members are introduced to the art of gourd decorating. Small gourds will be available for use. Line carving, color usage and protective sealant are explored. Basic skills required include the ability to draw an image on a spherical shape (gourd), as well as handling a Dremel tool (use of this tool will be reviewed as part of the carving process). A supply fee of \$50 to be paid to instructor at first class. (Kay)

Winter Term:

1/19-3/15 (8)	Th	12:30-3:30 pm	ID: \$79 AP: \$132
ES34604	Spruce		

Spring Term:

4/5-5/31 (9)	Th	12:30-3:30 pm	ID: \$79 AP: \$132
ES44604	Spruce		

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)

Winter Term:

1/18-3/14 (9)	W	10 am-Noon	ID: \$49 AP: \$82
ES34623	Larch		

Spring Term:

4/4-6/6 (9)	W	10 am-Noon	ID: \$49 AP: \$82
ES44623	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. (Anna)

Winter Term:

1/19-3/15 (9)	Th	10:15 am-12:15 pm	ID: \$43 AP: \$71
ES34619	Dogwood		

Spring Term:

4/5-5/31 (9)	Th	10:15 am-12:15 pm	ID: \$43 AP: \$71
ES44619	Dogwood		

Arts & Crafts - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

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)

Winter Term:

1/17-3/13 (9) T 1:15-3:15 pm ID: \$43 AP: \$71
ES34622 Dogwood

Spring Term:

4/3-5/29 (9) T 1:15-3:15 pm ID: \$43 AP: \$71
ES44622 Dogwood

My Life: Past, Present & Looking Ahead

Conduct a life review through the use of collage making (use personal and/or found objects as well as magazines or construction paper). 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)

Winter Term:

1/17-3/13 (9) T 9:30 am-12:30 pm ID: \$79 AP: \$132
ES34609 Spruce

Spring Term:

4/3-5/29 (9) T 9:30 am-12:30 pm ID: \$79 AP: \$132
ES44609 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)

Winter Term:

1/18-3/14 (9) W 9:30 am-12:30 pm ID: \$90 AP: \$150
ES34613 Spruce

Spring Term:

4/4-6/6 (9) W 9:30 am-12:30 pm ID: \$90 AP: \$150
ES44613 Spruce

Heads up! Registration dates different for winter, spring

Please note two important changes we've made in our registration process: **Registration for winter classes begins Dec. 10, a month earlier than before. Registration for spring classes will be done separately, starting March 3.**

Arts & Crafts - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

Painting with the Purest Form of Color

Discover one of the truest and purest forms of color. Create exquisite paintings with brilliant colors. Learn 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 the front desk. No class 2/20, 5/28. (Teresa)

Winter Term:

1/23-3/19 (8) M 9:30 am-12:30 pm ID: \$80 AP: \$133
ES34605 Spruce

Spring Term:

4/2-6/4 (9) M 9:30 am-12:30 pm ID: \$90 AP: \$150
ES44605 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 and 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)

Winter Term:

1/18-3/14 (9) W 8:30-10:15 am ID: \$52 AP: \$86
ES34606 Poplar

Spring Term:

4/4-5/30 (9) W 8:30-10:15 am ID: \$52 AP: \$86
ES44606 Poplar

Portrait Painting in Soft Pastel, People/Pets I

If you have done still lifes, landscapes, florals in watercolors, oils, acrylics, etc., why not challenge yourself with a portrait of people and/or pets in soft pastels? Portrait painting is considered most difficult but with Kumi's technique and method of teaching, you will achieve the level that you thought you could never reach. Learn from a European-trained and published artist/instructor with 30 years experience in art production. A \$15 material fee is payable to instructor at first class. (Kumi)

Winter Term:

1/18-3/14 (9) W 1-4 pm ID: \$90 AP: \$150
ES34617 Spruce

Spring Term:

4/4-6/6 (9) W 1-4 pm ID: \$90 AP: \$150
ES44617 Spruce

Arts & Crafts - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

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. (Sharon)

Winter Term:

1/20-3/16 (9) F 9 am-Noon ID: \$74 AP: \$123
ES34614 Spruce

Spring Term:

4/6-6/1 (9) F 9 am-Noon ID: \$74 AP: \$123
ES44614 Spruce

The Language of Art

Develop a deeper understanding of the basic communication of art. Open to all skill levels, passive art observer to artist. Both art enthusiasts and artists are welcome to explore the realm of art as language. 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. No class 2/20, 5/28. (Kay)

Winter Term:

1/23-3/19 (8) M 1-4 pm ID: \$71 AP: \$118
ES34616 Spruce

Spring Term:

4/2-6/4 (9) M 1-4 pm ID: \$79 AP: \$132
ES44616 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. (Teresa)

Winter Term:

1/19-3/15 (9) Th 9:30 am-12:30 pm ID: \$90 AP: \$150
ES34610 Larch

Spring Term:

4/5-5/31 (9) Th 9:30 am-12:30 pm ID: \$90 AP: \$150
ES44610 Larch

Note:

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

Arts & Crafts - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

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)

Winter Term:

1/17-3/13 (9) T 9:30 am-12:30 pm ID: \$90 AP: \$150
ES34611 Larch

Spring Term:

4/3-5/29 (9) T 9:30 am-12:30 pm ID: \$90 AP: \$150
ES44611 Larch

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)

Winter Term:

1/17-3/13 (9) T 1-4 pm ID: \$62 AP: \$104
ES34615 Spruce

Spring Term:

4/3-5/29 (9) T 1-4 pm ID: \$62 AP: \$104
ES44615 Spruce



Dance - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

Ballroom Dance

Learn the basic techniques of ballroom dancing. No experience is necessary to learn the classic way of dancing. No class 4/28 (Beverly)

Winter Term:

1/7-3/24 (12) S 10-11:25 am ID: \$58 AP: \$ 97
ES31601 Manzanita

Spring Term:

4/7-6/16 (10) S 10-11:25 am ID: \$49 AP: \$81
ES41601 Manzanita

Dance - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

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. (Beverly)

Winter Term:

1/7-3/24 (12) S 11:30 am-12:25pm ID: \$47 AP: \$78
ES31602 Manzanita

Spring Term:

4/7-6/16 (10) S 11:30 am-12:25 pm ID: \$39 AP: \$65
ES41602 Manzanita

Line Dancing, Beginning

Line dancing just for beginners. No class 6/7 (Doug)

Winter Term:

1/5-3/22 (12) Th 3:30-4:25 pm ID: \$47 AP: \$78
ES31604 Manzanita

Spring Term:

4/5-6/14 (10) Th 3:30-4:25 pm ID: \$39 AP: \$65
ES41604 Manzanita

Line Dancing

Have fun learning line dances to both classic and popular country music. No partner needed. No class 1/16, 2/20, 4/16, 5/28 (Doug)

Winter Term:

1/9-3/19 (9) M 3:30-4:25 pm ID: \$35 AP: \$58
ES31603 Manzanita

Spring Term:

4/2-6/11 (9) M 3:30-4:25 pm ID: \$35 AP: \$58
ES41603 Manzanita

Night Club Dancing

Learn the fundamentals of ballroom dancing. Includes easy-to-learn steps, swing, and Latin rhythms. No partner or experience needed. No class 2/17 (Beverly)

Winter Term:

1/6-3/23 (11) F 10-11:25 am ID: \$53 AP: \$88
ES31605 Manzanita

Spring Term:

4/6-6/15 (11) F 10-11:25 am ID: \$53 AP: \$88
ES41605 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.

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.

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.

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 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 - 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 Ageless - Diane	12:30-1:25 pm Essential Balance - Jacqueline	12:30-1:25 pm Ageless - Diane		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		

Fitness - 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 Yoga Gentle - Kaycheri	12:30-1:25 pm Tai Chi - David	12:30-1:25 pm Self Defense - David		
1:30-2:25 pm Laughter Fitness - Laura Lou	1:30-2:25 pm Yoga Therapy - David	1:30-2:25 pm Yoga Body Tap - Susan	1:30-2:25 pm Laughter Fitness - Laura Lou		
5:30-6:25 pm Flex Focus - Kelsey	2:30-3:25 pm Arthritis - Margaret		4-5:30 pm Yoga Body Tap - Susan	2:30-3 pm Arthritis Management	
	5:30-6:30 pm Yoga Head to Toe - Peggy		5:30-6:25 pm Flex Focus - Kelsey		

Fitness - 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	3-4 pm Orientation

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, quadricep strength, shin muscle 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 and lower intensity. May include sitting 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 \$4.50 ID aerobics and/or \$7.50 ID yoga/fitness drop-in ticket from the receptionist. Present drop-in ticket to your fitness instructor at the 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
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. No class 1/16, 2/20, 5/28. (Georgette)			

Winter Term:

1/4-3/21 (12) M/W 10:30-11:25 am ID: \$53 AP: \$88
ES32600 Manzanita

Spring Term:

4/2-6/13 (11) M/W 10:30-11:25 am ID: \$53 AP: \$88
ES42600 Manzanita

Aerobic Total Body Workout

Designed for the experienced exerciser or fit newcomer. Class includes warmup, low-impact aerobic conditioning with intervals of strength and endurance work. A great total body workout to start your day! No class 1/16, 2/17, 2/20, 4/17, 4/28, 5/28, 6/7. (Desiree)

Winter Term:

1/4-3/23 (12) M/W/F 7:30-8:25 am ID: \$80 AP: \$134
ES32602 Manzanita (Desiree)


1/4-3/23 (12) M/W/F 8:30-9:25 am ID: \$80 AP: \$134
ES32603 Manzanita (Kimberly)

Spring Term:

4/2-6/15 (11) M/W/F 7:30-8:25 am ID: \$80 AP: \$134
ES42602 Manzanita (Desiree)

4/2-6/15 (11) M/W/F 8:30-9:25 am ID: \$80 AP: \$134
ES42603 Manzanita (Kimberly)

Fitness - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
Ageless Conditioning 			
Well-rounded workout that combines aerobic, muscle strengthening, flexibility and balance exercises aimed to enhance muscle and bone strength, balance, joint range of motion and mobility, and benefits independent living skills. Great for individuals who have been inactive or want to progress from a chair fitness class. Floor exercises optional. No class 1/16, 2/20, 4/17, 4/28, 5/28, 6/7.			

Winter Term:

1/4-3/21 (12) ES32604	M/W Manzanita (Diane)	9:30-10:25 am	ID: \$53 AP: \$88
1/4-3/21 (12) ES32605	M/W Manzanita (Diane)	12:30-1:25 pm	ID: \$53 AP: \$88
1/3-3/22 (12) ES32606	T/Th Manzanita (Jacqueline)	10:30-11:25 am	ID: \$60 AP: \$100
1/7-3/24 (12) ES32607	S Manzanita (Kelsey)	9-9:55 am	ID: \$30 AP: \$50

Spring Term:

4/2-6/13 (11) ES42604	M/W Manzanita (Diane)	9:30-10:25 am	ID: \$53 AP: \$88
4/2-6/13 (11) ES42605	M/W Manzanita (Diane)	12:30-1:25 pm	ID: \$53 AP: \$88
4/3-6/14 (11) ES42606	T/Th Manzanita (Jacqueline)	10:30-11:25 am	ID: \$50 AP: \$84
4/7-6/16 (10) ES42607	S Manzanita (Kelsey)	9-9:55 am	ID: \$25 AP: \$42

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 2/17, 4/17. (Margaret)

Winter Term:


1/3-3/23 (12) ES32608	T/F Maple Birch	2:30-3:25 pm	ID: \$58 AP: \$96
---------------------------------	---------------------------	--------------	-------------------

Spring Term:

4/3-6/15 (11) ES42608	T/F Maple Birch	2:30-3:25 pm	ID: \$81 AP: \$135
---------------------------------	---------------------------	--------------	--------------------

Please note two important changes we've made in our registration process: **Registration for winter classes begins Dec. 10, a month earlier than before. Registration for spring classes will be done separately, starting March 3.**

Fitness - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
Balance Basics 			
Works on improving your balance by strengthening the hip, leg and abdominal muscles. Also work on posture techniques and balance exercises to improve confidence. No class 4/17, 6/7. (Desiree)			

Winter Term:

1/3-3/22 (12) ES32609	T/Th Maple Birch	8:30-9:25 am	ID: \$60 AP: \$100
---------------------------------	----------------------------	--------------	--------------------

Spring Term:

4/3-6/14 (11) ES42609	T/Th Maple Birch	8:30-9:25 am	ID: \$55 AP: \$92
---------------------------------	----------------------------	--------------	-------------------

Balance Challenge



Works on improving your balance by strengthening the hip, leg and abdominal muscles. Work on posture techniques and balance exercises to improve confidence. Class will include floor work. No class 2/17. (Desiree)

Winter Term:

1/4-3/23 (12) ES32610	W/F Maple Birch	8:30-9:25 am	ID: \$60 AP: \$100
---------------------------------	---------------------------	--------------	--------------------

Spring Term:

4/4-6/15 (11) ES42610	W/F Maple Birch	8:30-9:25 am	ID: \$55 AP: \$92
---------------------------------	---------------------------	--------------	-------------------

Boomer Bootcamp (Int/Adv)



Are you accused of not acting your age? Calling everyone 55+ who still wants an able, strong, fit body. We'll increase your heart health and strength safely, effectively and comfortably and you'll have fun, too. No class 4/17, 6/7. (Diane)

Winter Term:

1/3-3/22 (12) ES32611	T/Th Manzanita	5:30-6:25 pm	ID: \$60 AP: \$100
---------------------------------	--------------------------	--------------	--------------------

Spring Term:

4/3-6/14 (11) ES42611	T/Th Manzanita	5:30-6:25 pm	ID: \$50 AP: \$84
---------------------------------	--------------------------	--------------	-------------------

Cardio, Core and More



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 4/17, 6/7. (Kimberly)


Winter Term:

1/3-3/22 (12) ES32612	T/Th Manzanita	9:30-10:25 am	ID: \$60 AP: \$100
---------------------------------	--------------------------	---------------	--------------------

Spring Term:

4/3-6/14 (11) ES42612	T/Th Manzanita	9:30-10:25 am	ID: \$50 AP: \$84
---------------------------------	--------------------------	---------------	-------------------

Fitness - 55 & Better


Dates (Weeks) Class Code	Day Location	Time	Cost
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 6/7. (David)			

Winter Term:

1/5-3/22 (12) Th 11:30 am-12:25 pm ID: \$45 AP: \$75
ES32613 Maple Birch

Spring Term:

4/5-6/14 (11) Th 11:30 am-12:25 pm ID: \$41 AP: \$69
ES42613 Maple Birch

Dates (Weeks) Class Code	Day Location	Time	Cost
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 1/16, 2/20, 4/17, 5/28, 6/7. (Jacqueline)			

Winter Term:

1/5-3/22 (12) M/Th 3:30-4:25 pm ID: \$98 AP: \$164
ES32614 Cedar Rm

Spring Term:

4/2-6/14 (11) M/Th 3:30-4:25 pm ID: \$98 AP: \$164
ES42614 Cedar Rm

Dates (Weeks) Class Code	Day Location	Time	Cost
Entry To Fitness 			
New to exercise, coming back from an injury or 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 2/17, 4/17. (Kimberly)			

Winter Term:

1/3-3/23 (12) T/F 10:30-11:25 am ID: \$60 AP: \$100
ES32615 Maple Birch


Spring Term:

4/3-6/15 (11) T/F 10:30-11:25 am ID: \$55 AP: \$92
ES42615 Maple Birch

Note:

Due to Tualatin Hills Park & Recreation District's bond project expansion program, some of our winter/spring term class locations, date and times are subject to change.

Fitness - 55 & Better


Dates (Weeks) Class Code	Day Location	Time	Cost
Essential Balance & Mobility 			
Enhance your seated, standing and moving balance and improve your mobility, posture, muscle strength, bone health, flexibility, joint range of motion and joint stability. 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 2/17, 4/17 (Jacqueline)			

Winter Term:

1/3-3/23 (12) T/F 12:30-1:25 pm ID: \$58 AP: \$96
ES32616 Manzanita

Spring Term:

4/3-6/15 (11) T/F 12:30-1:25 pm ID: \$53 AP: \$88
ES42616 Manzanita


Dates (Weeks) Class Code	Day Location	Time	Cost
Fitness Room Circuit (Int/Adv) 			
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 are required prior to participation (please pick up forms before class). (Diane)			

Winter Term:

1/4-3/21 (12) W 11:30 am-12:25 pm ID: \$45 AP: \$75
ES32617 Cedar Rm

Spring Term:

4/4-6/13 (11) W 11:30 am-12:25 pm ID: \$41 AP: \$69
ES42617 Cedar Rm

Dates (Weeks) Class Code	Day Location	Time	Cost
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. No class 1/16, 2/20, 5/28, 6/7. (Kelsey)			

Winter Term:

1/4-3/21 (12) M/W 10:30-11:25 am ID: \$53 AP: \$88
ES32618 Maple Birch

1/5-3/22 (12) Th 5:30-6:25 pm ID: \$30 AP: \$50
ES32618A Maple Birch

1/9-3/19 (9) M 5:30-6:30 pm ID: \$23 AP: \$38
ES32619 Maple Birch


Spring Term:

4/2-6/13 (11) M/W 10:30-11:25 am ID: \$53 AP: \$88
ES42618 Maple Birch

4/2-6/11 (10) M 5:30-6:25 pm ID: \$25 AP: \$42
ES42619 Maple Birch

4/5-6/14 (11) Th 5:30-6:25 pm ID: \$26 AP: \$43
ES42619A Maple Birch

Fitness - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
Functional Strength (Entry/Int) 			
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 and multidimensional balance training specifically selected to enhance your health and fitness and boost independent living skills. No class 2/17, 4/17, 6/7.			

Winter Term:

1/3-3/22 (12) ES32620	T/Th Manzanita	11:30 am-12:25 pm	ID: \$60 AP: \$100 (Jacqueline)
1/4-3/23 (13) ES32621	W/F Maple Birch	9:30-10:25 am	ID: \$60 AP: \$100 (Kelsey)

Spring Term:

4/3-6/14 (11) ES42620	T/Th Manzanita	11:30 am-12:25 pm	ID: \$50 AP: \$84 (Jacqueline)
4/4-6/15 (11) ES42621	W/F Maple Birch	9:30-10:25 am	ID: \$55 AP: \$92 (Kelsey)

Laughter Exercise

Progressive exercise program that enhances overall function and muscle strength, bone density, agility, posture, joint range of motion and stability. Improves self-efficacy and body awareness. Class includes seated, standing and moving balance and mobility; standing and traveling muscle strengthening exercises; stretching; and multidimensional balance training specifically selected to enhance your health and fitness and boost your independence. No class 1/16, 2/20, 5/28, 6/7. (LauraLou)



Winter Term:

1/5-3/22 (12) ES32621A	M/Th Maple Birch	1:30-2:25 pm	ID: \$79 AP: \$132
----------------------------------	----------------------------	--------------	--------------------

Spring Term:

4/2-6/14 (11) ES42621A	M/Th Maple Birch	1:30-2:25 pm	ID: \$79 AP: \$132
----------------------------------	----------------------------	--------------	--------------------

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. No class 4/17. (Kaycheri)




Winter Term:

1/3-3/20 (12) ES32622	T Manzanita	1:30-2:25 pm	ID: \$45 AP: \$75
---------------------------------	-----------------------	--------------	-------------------

Spring Term:

4/3-6/12 (10) ES42622	T Manzanita	1:30-2:25 pm	ID: \$38 AP: \$63
---------------------------------	-----------------------	--------------	-------------------

Fitness - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
Pilates, Adapted (Int) 			
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 2/17, 4/17. (Kimberly)			

Winter Term:

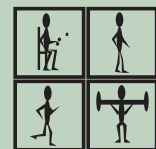
1/3-3/23 (12) ES32623	T/F Maple Birch	11:30 am-12:25 pm	ID: \$90 AP: \$150
1/6-3/23 (11) ES32624	F Manzanita	9:30-9:55 am	ID: \$24 AP: \$40

Spring Term:

4/3-6/15 (11) ES42623	T/F Maple Birch	11:30 am-12:25 pm	ID: \$83 AP: \$138
4/6-6/15 (11) ES42624	F Manzanita	9:30-9:55 am	ID: \$24 AP: \$40

Self Defense

Join David Bersaas in his practical self-defense system of KenChinWingTai. 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 6/7. (David)



Winter Term:

1/5-3/22 (12) ES32625	Th Maple Birch	12:30-1:25 pm	ID: \$51 AP: \$85
---------------------------------	--------------------------	---------------	-------------------

Spring Term:

4/5-6/14 (10) ES42625	Th Maple Birch	12:30-1:25 pm	ID: \$41 AP: \$69
---------------------------------	--------------------------	---------------	-------------------

Strength Training (Intermediate/Advanced)

A great way to increase muscle strength and endurance, this class uses dumbbells, ankle weights, bands, tubing and floor mats along with stretching, relaxation, and an optional aerobic component. No class 1/16, 2/17, 2/20, 5/28. (Diane)




Winter Term:

1/6-3/23 (12) ES32626	M/F Manzanita	11:30 am-12:25 pm	ID: \$50 AP: \$84
---------------------------------	-------------------------	-------------------	-------------------

Spring Term:

4/2-6/15 (11) ES42626	M/F Manzanita	11:30 am-12:25 pm	ID: \$53 AP: \$88
---------------------------------	-------------------------	-------------------	-------------------

Fitness - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
Tai Chi I			
For the beginning student. Will cover the first section of the tai chi form. No class 4/17. (David)			
			

Winter Term:


1/3-3/20 (12) T 2:30-3:25 pm ID: \$45 AP: \$75
ES32627 Manzanita

1/4-3/21 (12) W 11:30 am-12:25 pm ID: \$45 AP: \$75
ES32628 Manzanita

Spring Term:

4/3-6/12 (10) T 2:30-3:25 pm ID: \$38 AP: \$63
ES42627 Manzanita

4/4-6/13 (11) W 11:30 am-12:25 pm ID: \$41 AP: \$69
ES42628 Manzanita


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. (David)			
			

Winter Term:

1/4-3/21 (12) W 12:30-1:25 pm ID: \$45 AP: \$75
ES32629 Maple Birch

Spring Term:

4/4-6/13 (11) W 12:30-1:25 pm ID: \$41 AP: \$69
ES42629 Maple Birch

Tai Chi III			
For the continuing student. Will cover sections 4-6 of the Tai Chi form. Prerequisite is two terms of Tai Chi II or instructor's approval. No class 4/17. (David)			
			

Winter Term:


1/3-3/20 (12) T 3:30-4:25 pm ID: \$45 AP: \$75
ES32630 Manzanita

Spring Term:

4/3-6/12 (10) T 3:30-4:25 pm ID: \$38 AP: \$63
ES42630 Manzanita

We have added more chair classes because they are filling up quick. Please check out **Total Body Workout from a Chair**, page 133, **Functional Strength** page 132, and **Arthritis Foundation Life Improvement**, page 130.

Fitness - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
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 1/16, 2/20, 4/17, 5/28, 6/7.			
			

Winter Term:

1/4-3/21 (11) M/W 11:30 am-12:25 pm ID: \$53 AP: \$88
ES32631 Maple Birch (Georgette)

1/3-3/22 (12) T/Th 9:30-10:25 am ID: \$60 AP: \$100
ES32632 Maple Birch (Desiree)

Spring Term:

4/2-6/13 (11) M/W 11:30 am-12:25 pm ID: \$53 AP: \$88
ES42631 Maple Birch (Georgette)

4/3-6/14 (11) T/Th 9:30-10:25 am ID: \$53 AP: \$88
ES42632 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 6/7. (David)

Winter Term:

1/5-3/22 (12) Th 10:30-11:25 am ID: \$45 AP: \$75
ES32633 Maple Birch

Spring Term:

4/5-6/14 (11) Th 10:30-11:25 am ID: \$41 AP: \$69
ES42633 Maple Birch

Workout for Weight Loss, Better 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 1/16, 2/20, 5/28, 6/7. (Jacqueline)


Winter Term:

1/5-3/22 (12) M/Th 4:30-5:25 pm ID: \$98 AP: \$164
ES32634 Cedar Rm

Spring Term:

4/2-6/14 (11) M/Th 4:30-5:25 pm ID: \$98 AP: \$164
ES42634 Cedar Rm

Fitness - 55 & Better


Dates (Weeks) Class Code	Day Location	Time	Cost
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)			
			

Winter Term:

1/3-3/20 (12) T 12:30-1:25 pm ID: \$45 AP: \$75
ES32635 Maple Birch

Spring Term:

4/3-6/12 (11) T 12:30-1:25 pm ID: \$41 AP: \$69
ES42635 Maple Birch

Dates (Weeks) Class Code	Day Location	Time	Cost
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 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 5/30, 6/7. (Susan)			
			

Winter Term:


1/4-3/21 (12) W 1:30-2:25 pm ID: \$45 AP: \$75
ES32636 Maple Birch

1/5-3/22 (12) Th 4-5:30 pm ID: \$66 AP: \$110
ES32637 Maple Birch

Spring Term:

4/4-6/13 (10) W 1:30-2:25 pm ID: \$38 AP: \$63
ES42636 Maple Birch

4/5-6/14 (11) Th 4-5:30 pm ID: \$61 AP: \$101
ES42637 Maple Birch

Dates (Weeks) Class Code	Day Location	Time	Cost
Yoga, Continuing			
Requires one term of yoga or the instructor's approval. No class 1/16, 2/20, 5/28. (Mateen)			
			

Winter Term:


1/9-3/19 (9) M 8:30-9:25 am ID: \$34 AP: \$56
ES32638 Maple Birch

Spring Term:

4/2-6/11 (10) M 8:30-9:25 am ID: \$38 AP: \$63
ES42638 Maple Birch

Please note two important changes we've made in our registration process: **Registration for winter classes begins Dec. 10, a month earlier than before. Registration for spring classes will be done separately, starting March 3.**

Fitness - 55 & Better


Dates (Weeks) Class Code	Day Location	Time	Cost
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. No class 1/16, 2/20, 5/28. (Mateen)			
			

Winter Term:

1/9-3/19 (9) M 9:30-10:25 am ID: \$34 AP: \$56
ES32640 Maple Birch

Spring Term:

4/2-6/11 (10) M 9:30-10:25 am ID: \$38 AP: \$63
ES42640 Maple Birch


Dates (Weeks) Class Code	Day Location	Time	Cost
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)			
			

Winter Term:

1/3-3/20 (12) T 5:30-6:25 pm ID: \$45 AP: \$75
ES32641 Maple Birch

Spring Term:

4/3-6/12 (11) T 5:30-6:25 pm ID: \$41 AP: \$69
ES42641 Maple Birch


Dates (Weeks) Class Code	Day Location	Time	Cost
Yoga for Saturday Morning			
Get your glorious Saturday off to a good start with one hour of simple yoga. Wake up and recharge with easy stretches and moving poses. (Mignon)			
			

Winter Term:

1/7-3/24 (12) S 9-9:55 am ID: \$45 AP: \$75
ES32639 Maple Birch

Spring Term:

4/7-6/16 (11) S 9-9:55 am ID: \$41 AP: \$69
ES42639 Maple Birch

Dates (Weeks) Class Code	Day Location	Time	Cost
Yoga, Therapy for Your Personal Needs			
This class will focus on each student's individual physical, mental and emotional needs. In the first class, instructor will discuss physical and mental needs of individuals to ensure each student's needs are addressed. (David)			
			


Winter Term:

1/3-3/20 (12) T 1:30-2:25 pm ID: \$45 AP: \$75
ES32642 Maple Birch

Spring Term:

4/3-6/12 (11) T 1:30-2:25 pm ID: \$41 AP: \$69
ES42642 Maple Birch

Fitness - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
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. No class 1/16, 2/20, 4/16, 4/17, 5/28, 6/7 (Kimo & Naoko [Thursday morning])			
			

Winter Term:

1/9-3/19 (9)	M	4:30-5:25 pm	ID: \$23 AP: \$38
ES32643	Manzanita		
1/3-3/22 (12)	T/Th	8:30-9:25 am	ID: \$60 AP: \$100
ES32644	Manzanita		
1/5-3/22 (12)	Th	4:30-5:25 pm	ID: \$30 AP: \$50
ES32645	Manzanita		

Spring Term:

4/2-6/11 (10)	M	4:30-5:25 pm	ID: \$25 AP: \$42
ES42643	Manzanita		
4/3-6/14 (11)	T/Th	8:30-9:25 am	ID: \$50 AP: \$84
ES42644	Manzanita		
4/5-6/14 (10)	Th	4:30-5:25 pm	ID: \$25 AP: \$42
ES42645	Manzanita		



Open Times for Winter/Spring

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:	\$ 17 ID \$28 AP	
3 months:	\$ 42 ID \$70 AP	
6 months:	\$ 74 ID \$124 AP	
1 year:	\$126 ID \$210 AP	

Diane Brice

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

Fitness - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
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.			

Winter Term:

1/10-1/19 (4)	Tu/Th	1-2 pm	ID: \$55 AP: \$90
ES32676	Cedar	(Diane)	
1/25-2/3 (4)	W/F	3-4 pm	ID: \$55 AP: \$90
ES32677	Cedar	(Kelsey)	
2/7-2/16 (4)	Tu/Th	1-2 pm	ID: \$55 AP: \$90
ES32678	Cedar	(Diane)	
2/22-3/2 (4)	W/F	3-4 pm	ID: \$55 AP: \$90
ES32679	Cedar	(Kelsey)	
3/6-3/15 (4)	Tu/Th	1-2 pm	ID: \$55 AP: \$90
ES32680	Cedar	(Diane)	

Spring Term:

4/11-4/20 (4)	W/F	3-4 pm	ID: \$55 AP: \$90
ES42676	Cedar	(Kelsey)	
4/24-5/3 (4)	Tu/Th	1-2 pm	ID: \$55 AP: \$90
ES42677	Cedar	(Diane)	
5/9-5/18 (4)	W/F	3-4 pm	ID: \$55 AP: \$90
ES42678	Cedar	(Kelsey)	
5/22-5/31 (4)	Tu/Th	1-2 pm	ID: \$55 AP: \$90
ES42679	Cedar	(Diane)	
6/6-6/15 (4)	W/F	3-4 pm	ID: \$55 AP: \$90
ES42680	Cedar	(Kelsey)	

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. (Diane)

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

General Interest - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

AARP Driver Safety Program

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

Two-day classes will be offered on Saturdays from 9:30 am-1:30 pm at the Elsie Stuhr Center. You must call to reserve your spot. \$12 for AARP members and \$14 for non-members.

Winter Term: Saturdays, January 7 & 14
Saturdays, February 4 & 11
Saturdays, March 3 & 24

Spring Term: Saturdays, April – none scheduled
Saturdays, May 5 & 12
Saturdays, June 16 & 23

For more information, please call 503/629-6342.

Basic Computer I

Confused by all those terms and icons and programs and all that computer stuff? Learn the basic language of the computer and lose your fear of it! Bring your laptop or use the center's computers. You will soon be having fun instead of being frustrated and discouraged. Easy-to-understand course taught by a patient and enthusiastic instructor. (Paige)

Winter Term:

1/17-3/13 (9) T 1-2:30 pm ID: \$82 AP: \$137
ES35626 Poplar

1/18-3/14 (9) W 10:30 am-Noon ID: \$82 AP: \$137
ES35626LA Poplar

Spring Term:

4/3-5/29 (9) T 1-2:30 pm ID: \$82 AP: \$137
ES45626 Poplar

4/4-5/30 (9) W 10:30 am-Noon ID: \$82 AP: \$137
ES45626LA Poplar

Basic Computer II

This class is a continuation of Basic Computer I. Learn more about your computer and how to use, organize and manage your information, pictures and letters. Learn to safely "surf" the Internet and use your e-mails effectively and securely. Explore new programs of interest to you. (Paige)

Winter Term:

1/17-3/13 (9) T 2:45-4:15 pm ID: \$82 AP: \$137
ES35627 Poplar

1/18-3/14 (9) W 1-2:30 pm ID: \$82 AP: \$137
ES35627LA Poplar

General Interest - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

Basic Computer II (continued)

Spring Term:

4/3-5/29 (9) T 2:45-4:15 pm ID: \$82 AP: \$137
ES45627LA Poplar

4/4-5/30 (9) W 1-2:30 pm ID: \$82 AP: \$137
ES45627 Poplar

Basic Computer III

Explore in greater detail your programs and projects. In-depth and personalized instruction will develop and expand your skills. This class requires good computer skills and knowledge. (Paige)

Winter Term:

1/18-3/14 (9) W 2:45-4:15 pm ID: \$82 AP: \$137
ES35628 Poplar

Spring Term:

4/4-5/30 (9) W 2:45-4:15 pm ID: \$82 AP: \$137
ES45628 Poplar

Digital Camera

No clue how to use your digital camera? In this course, you will learn how to take the mystery out of digital photography and what all those confusing menus and buttons really do. You'll also receive hands-on instruction with your own camera. Soon you will be taking beautiful pictures and having fun with your camera. Looking to buy a digital camera? This class will help you make an informed choice. (Paige)

Winter Term:

1/17-3/13 (9) T 9-10:30 am ID: \$78 AP: \$130
ES35629 Poplar

Spring Term:

4/3-5/29 (9) T 9-10:30 am ID: \$78 AP: \$130
ES45629 Poplar

Digital Camera and Your Computer

The picture you take with your camera is only the start! Learn how to download pictures and fix them; how to burn pictures to CDs and DVDs and create slide shows; how to resize, attach and e-mail pictures; use basic printing techniques; and how to use thumb and external drives to store, transport and back-up your precious pictures. If you are looking to upgrade and/or buy a digital camera, computer or printer, this will help you make that informed choice. (Paige)

Winter Term:

1/17-3/13 (9) T 10:45 am-12:15 pm ID: \$78 AP: \$130
ES35630 Poplar

Spring Term:

4/3-5/29 (9) T 10:45 am-12:15 pm ID: \$78 AP: \$130
ES45630 Poplar

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 throughout the centuries! Enjoy symphonies, chamber music, concerts and even a glimpse into the magic 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)

Winter Term:

1/18-3/14 (9) W 12:30-2:30 pm ID: \$57 AP: \$95
ES35624 Mtg Rm

Spring Term:

4/4-5/30 (9) W 12:30-2:30 pm ID: \$57 AP: \$95
ES45624 Mtg Rm

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 1/16, 2/20, 5/28, 6/7. (Susan)

Winter Term:

1/5-3/22 (12) M/Th 9-10 am ID: \$92 AP: \$154
ES33601 Dogwood, Poplar

1/5-3/22 (12) M/Th 2:45-3:40 pm ID: \$92 AP: \$154
ES33602 Poplar

Spring Term:

4/2-6/14 (11) M/Th 9-10 am ID: \$92 AP: \$154
ES43601 Dogwood, Poplar

4/2-6/14 (11) M/Th 2:45-3:40 pm ID: \$92 AP: \$154
ES43602 Poplar

Bridge I

This class is for anyone who wants to learn the game of bridge or for those who want to refresh their skills. Topics covered in class: the basics and glossary, no trump opening bids and responses, major suit bids and responses, and minor suit bids and responses. You will learn how to communicate with your partner using current bridge tactics. Class activities include lecture and play of hand. No class 2/20, 5/28. (Flo)

Winter Term:

1/23-3/19 (8) M 8-10 am ID: \$67 AP: \$111
ES35609 Dogwood

Spring Term:

4/2-6/4 (9) M 8-10 am ID: \$75 AP: \$125
ES45609 Dogwood

General Interest - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

Bridge II

This class is for those who have completed Bridge I or those who have a basic understanding of the game and wish to further their knowledge. Advance your knowledge in bidding, no trump and major and minor suit openings. Learn how the advancer responds after partner opens. Let's figure out how high to bid and what suit or no trump you need to be in to make your game. Continue to grow in this wonderful and challenging game. Activities include lecture and lots of play. No class 2/20, 5/28. (Flo)

Winter Term:

1/23-3/19 (8) M 10:30 am-12:30 pm ID: \$67 AP: \$111
ES35610 Dogwood

Spring Term:

4/2-6/4 (9) M 10:30 am-12:30 pm ID: \$75 AP: \$125
ES45610 Dogwood

Bridge III

Brush up on your bridge game. The goal is to provide you with the five modern bridge conventions that will help you become an expert bridge player. Serious bridge players will appreciate the quest in seeking bridge expertise. Class activities include lecture and lots of play. No class 2/20, 5/28. (Flo)

Winter Term:

1/23-3/19 (8) M 1:30-3:30 pm ID: \$67 AP: \$111
ES35611 Dogwood

Spring Term:

4/2-6/4 (9) M 1:30-3:30 pm ID: \$75 AP: \$125
ES45611 Dogwood

Bridge, Supervised Play

Practice makes perfect, and the game of bridge is no exception. This class is designed for those students who have had instruction in bridge but need more playing time. Feel free to 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. (Ayn)

Winter Term:

1/18-3/14 (9) W 12:30-3:30 pm ID: \$57 AP: \$95
ES35612 Dogwood

1/19-3/15 (9) Th 12:30-3:30 pm ID: \$57 AP: \$95
ES35613 Dogwood

Spring Term:

4/4-5/30 (9) W 12:30-3:30 pm ID: \$57 AP: \$95
ES45612 Dogwood

4/5-5/31 (9) Th 12:30-3:30 pm ID: \$57 AP: \$95
ES45613 Dogwood

General Interest - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

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 in the center at the beginning of each term and then performs at retirement communities for the remaining weeks. Instructor will provide class a list of rehearsal dates and times. (Rich)

Winter Term:

1/17-3/13 (9) T 12:30-2 pm ID: \$26 AP: \$44
ES35608 Off-site

Spring Term:

4/3-5/29 (9) T 12:30-2 pm ID: \$26 AP: \$44
ES45608 Dogwood

French, A Refresher Course

You studied French in school a while back but have not used it enough to remain fluent. Amaze yourself when you see how much you still remember. In a 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)

Winter Term:

1/17-3/13 (9) T 11:15 am-12:45 pm ID: \$53 AP: \$89
ES35625 Dogwood

Spring Term:

4/3-5/29 (9) T 11:15 am-12:45 pm ID: \$53 AP: \$89
ES45625 Dogwood

Mah Jongg

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. (Susan)

Spring Term:

4/3-5/15 (7) T 10 am-Noon ID: \$46 AP: \$76
ES46437 Hallway



General Interest - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

Meditation & Relaxation

Learn to quiet your mind, open your heart and 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. (Kris)

Winter Term:

1/20-3/16 (9) F 11:30 am-12:30 pm ID: \$39 AP: \$65
ES36434 Larch

Spring Term:

4/6-6/1 (9) F 11:30 am-12:30 pm ID: \$39 AP: \$65
ES46434 Larch

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 5/28. (Helle)

Winter Term:

1/20-3/16 (9) F 1-2:30 pm ID: \$65 AP: \$108
ES35614 Poplar

Spring Term:

4/2-6/4 (9) M 11 am-12:30 pm ID: \$65 AP: \$108
ES45614 Poplar

Piano/Keyboard

Have you played in the past or did you take lessons as a child? Would you 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 2/20, 5/28. (Helle)

Winter Term:

1/23-3/19 (8) M 11 am-12:30 pm ID: \$58 AP: \$96
ES35615 Poplar

1/23-3/19 (8) M 1-2:30 pm ID: \$58 AP: \$96
ES35616 Poplar

1/18-3/14 (9) W 9-10:30 am ID: \$65 AP: \$108
ES35617 Dogwood

1/18-3/14 (9) W 10:30 am-Noon ID: \$65 AP: \$108
ES35618 Dogwood

1/19-3/15 (9) Th 9:30-11 am ID: \$65 AP: \$108
ES35619 Poplar

1/19-3/15 (9) Th 11 am-12:30 pm ID: \$65 AP: \$108
ES35620 Poplar

1/19-3/15 (9) Th 1-2:30 pm ID: \$65 AP: \$108
ES35621 Poplar

1/20-3/16 (9) F 9:30-11 am ID: \$65 AP: \$108
ES35622 Poplar

Continued

General Interest - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
Piano/Keyboard (continued)			
1/20-3/16 (9) ES35623	F Poplar	11:30 am-1 pm	ID: \$65 AP: \$108
Spring Term:			
4/2-6/4 (9) ES45615	M Poplar	1-2:30 pm	ID: \$65 AP: \$108
4/4-5/30 (9) ES45617	W Dogwood	9-10:30 am	ID: \$65 AP: \$108
4/4-5/30 (9) ES45618	W Dogwood	10:30 am-Noon	ID: \$65 AP: \$108
4/5-5/31 (9) ES45619	Th Poplar	9:30-11 am	ID: \$65 AP: \$108
4/5-5/31 (9) ES45620	Th Poplar	11 am-12:30 pm	ID: \$65 AP: \$108
4/5-5/31 (9) ES45621	Th Poplar	1-2:30 pm	ID: \$65 AP: \$108
4/6-6/1 (9) ES45622	F Poplar	9:30-11 am	ID: \$65 AP: \$108
4/6-6/1 (9) ES45623	F Poplar	11:30 am-1 pm	ID: \$65 AP: \$108
4/6-6/1 (9) ES45616	F Poplar	1-2:30 pm	ID: \$65 AP: \$108

Ping Pong

Do you want to learn how to play ping pong? If you answered yes, then this is the class for you. Sign up and learn the art of the game. It's fun, it's good exercise and you're guaranteed to meet new friends. (Sherry)

Winter Term:			
1/18-2/8 (4) ES35633	W Fir	1:30-2:30 pm	ID: \$3 AP: \$5
Spring Term:			
4/4-4/25 (4) ES45633	W Fir	1:30-2:30 pm	ID: \$3 AP: \$5

Spanish, Beginning II / III

This session will focus on AR verbs, sentence structure and reading exercises for pronunciation. (Mercedes)

Winter Term:			
1/17-3/13 (9) ES35601	T Dogwood	8-9:30 am	ID: \$70 AP: \$116
Spring Term:			
4/3-5/29 (9) ES45601	T Dogwood	8-9:30 am	ID: \$70 AP: \$116

General Interest - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
Spanish (Beg/Int) Conversational & Grammar Class			
Reading translation, question and response exercises using Spanish Now Level 1 and the book Cajas de Cartón. As for grammar, the subjunctive mood will be the principal theme. (Mercedes)			
Winter Term:			
1/17-3/13 (9) ES35602	T Dogwood	9:30-11 am	ID: \$70 AP: \$116
Spring Term:			
4/3-5/29 (9) ES45602	T Dogwood	9:30-11 am	ID: \$70 AP: \$116

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 5/30. (Patrick)

Winter Term:			
1/18-3/14 (9) ES35604	W Manzanita	1:30-3:30 pm	ID: \$26 AP: \$44
Spring Term:			
4/4-6/6 (9) ES45604	W Manzanita	1:30-3:30 pm	ID: \$26 AP: \$44

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 that you and your family will enjoy. It is a wonderful tool for improving memory and keeping your mind sharp. \$2 material fee payable to instructor at first class. (Pat)

Winter Term:			
1/20-3/16 (9) ES35606	F Dogwood	11 am-1 pm	ID: \$57 AP: \$95
1/20-3/16 (9) ES35607	F Dogwood	1:30-3:30 pm	ID: \$57 AP: \$95
Spring Term:			
4/6-6/1 (9) ES45606	F Dogwood	11 am-1 pm	ID: \$57 AP: \$95
4/6-6/1 (9) ES45607	F Dogwood	1:30-3:30 pm	ID: \$57 AP: \$95

Classes fill up quickly so please register early.

General Interest - 55 & Better

General Interest - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

How Does Your Garden Grow (1-day only)

Adaptive Gardening Lecture

Still want to garden but need a little help? Come learn new strategies and techniques so you may continue to garden without injury. Sprains, strains and aching muscles don't have to be part of your gardening experience. Gain insight on ways to keep on gardening safely and maintain a lifelong passion and a healthy activity. Examples of adaptive tools will be demonstrated. (Lynn)

Winter Term:

1/28 (1) S 10-11 am ID: \$4 AP: \$7
ES36435 Larch

Starting Seeds Indoors

One of the most effective ways to get a head start on your garden is to start seeds indoors. But if you are wondering why your plants do not look as good as the ones in the nurseries come listen as an OSU Extension Service Master Gardener volunteer shares the tips and techniques that will let you "sow like a pro"! (Lynn)

Winter Term:

2/25 (1) S 10-11 am ID: \$4 AP: \$7
ES36436 Larch

Starting Your Vegetable Garden

Often, new vegetable gardeners dreaming of lush, productive gardens are frustrated with their lack of success. Don't let that be you! An OSU Extension Service Master Gardener volunteer will walk you through the process of starting your own vegetable garden. The volunteer will talk about soil preparation, planting times and temperatures, and water and fertilization needs, as well as general garden maintenance. Focus will be on the spring and summer gardens. OSU Extension Service-recommended varieties of vegetables also will be shared. (Lynn)

Winter Term:

3/10 (1) S 10-11:30 am ID: \$7 AP: \$11
ES36437 Larch



Growing Herbs

Growing herbs can be a sensory delight. There are culinary herbs, aromatic herbs and herbs that attract beneficial insects. Considering the high cost of fresh herbs, why not grow your own? An OSU Extension Service Master Gardener volunteer will share the tips, techniques and plant recommendations for starting your own herb garden. Topics covered will be starting your beds, planting times, maintenance and harvesting. OSU Extension Service-recommended varieties will also be shared. (Lynn)

Winter Term:

3/17 (1) S 10-11 am ID: \$4 AP: \$7
ES36438 Larch

Container Gardening

Spring is finally here, and with our occasional sun breaks and milder temperatures we are ready to think about this season's gardening. Even the smallest patio or porch can boast a crop of vegetables or a garden of flowers in containers. Container gardeners are limited only by the imagination! An OSU Extension Service Master Gardener volunteer will share tips and techniques for planning and planting your container gardens. The volunteer will cover some basics, dispel some myths and inspire you with container gardening ideas.

Spring Term:

4/7 (1) S 10-11 am ID: \$4 AP: \$7
ES46435 Larch

Tomatoes 101

Tomatoes are one of the most popular edibles grown. But sometimes our Pacific Northwest weather can make growing them a challenge. An OSU Extension Service Master Gardener volunteer will share the tips and techniques that will let you "grow like a pro" tomatoes. Topics covered are choosing the right tomato, planting times and techniques, fertility, pest and disease management, and more. (Lynn)

Spring Term:

4/21 (1) S 10-11 am ID: \$4 AP: \$7
ES46436 Fir

Special Events - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
Finding the Right Fitness Class/Program for You			
Wednesday, December 28, 1:30 pm			
Join Diane Brice, our fitness specialist, Wednesday, December 28, to learn all about the Elsie Stuhr Center's fitness program! Newcomers are welcome to bring their question and learn about the large variety of classes we offer, our weight room, drop-in fitness activities and much, much more! (Diane)			
Cedar Rm			

Newcomers Welcome

Wednesday, January 4, 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!

Oak

Elvis Celebration Party

Friday, January 6, 2-3:30 pm

Join us today for some January fun as we celebrate and remember Elvis Presley's birthday! Our favorite Elvis tribute artist, Mark Stevenz, will be here to entertain us with some of our favorite Elvis songs. We'll enjoy some light refreshment, music and fun! Must pre-register at the front desk or by calling 503/629-6342, by Wednesday, January 4.

\$3 per person Fir

Valentine's Dance/Dessert

Tuesday, February 14, 2-3:30 pm

Love is in the air! Today we'll celebrate Valentine's Day. We'll have lovely music to dance to, lovely desserts to enjoy and lovely people to share it all with. Come show us how much you *love* the Stuhr Center. Must pre-register at the front desk or by calling 503/629-6342 for this special occasion no later than Friday, February 10.

\$3 per person Fir

Stuhr Center 37th Birthday Party

Friday, February 17, 1-2:30 pm

The Stuhr Center is turning 37 years young, and we're having a party! Come show how much you love the Stuhr Center and get ready for a good time. Entertainment and refreshments will be provided. Must pre-register at the front desk or by calling 503/629-6342 no later than Wednesday, February 15.

Manzanita

Special Events - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
St. Patrick's Day Dance			
Thursday, March 15, 1:30-3:30 pm			
Music and dancing will be the theme; we want to see you <i>all</i> wearing your green! Today we'll celebrate St. Patrick's Day in Stuhr Center style. Come prepared for a good time. We'll enjoy wonderful entertainment and have lots of green refreshments. Must pre-register at the front desk or by calling 503/629-6342 no later than Monday, March 13.			
\$3 per person Fir			

Finding the Right Fitness Class/Program for you

Wednesday, March 21, 1:30 pm

Join Diane Brice, our fitness specialist, wednesday, January 14, 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)

Cedar Rm

Newcomers Welcome

Wednesday, April 4, 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, and learn about our day trips, extended group travel program, drop-in activities and much, much more!

Oak

National Senior Health & Fitness Day

Wednesday, May 30, 1:30-3 pm

Meet our outstanding fitness instructors and learn about our health and wellness program! Participate in a heart-healthy fitness session: yoga warmup, Tai Chi/Qi Gong, aerobics, Zumba, strengthen lower body, strengthen upper body, use hand weights, balance, yoga mat/chair and yoga relaxation. Refreshments, prizes and more!

Manzanita



Requests to drop or change a day trip must be made at least two business days 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 from the trips are not exact due to unforeseen circumstances.

Trips & Tours - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

Healing Garden Tea Room in Tacoma

Road trip... We've visited most of the tea houses in the area. Let's go somewhere new. Enjoy the drive and have a delightful high tea. Trip includes high tea, escort, transportation and gratuities. (Ann)

1/20 ES37603A	F	9 am-5:30 pm	\$62
------------------	---	--------------	------

Feeling Lucky?

Calling ALL gamblers...I know you're out there just waiting for us to take you to Lucky Eagle Casino! We'll have lunch together as a group then we'll let you enjoy a couple of hours at your leisure to explore the casino. Cost includes transportation, lunch, gratuities and escort. (Linda)

1/25 ES37620	W	9:30 am -5 pm	\$42
-----------------	---	---------------	------

Cinetopia for a Movie and a Glass!

We will have to "go with the flow" for this January adventure. The movie, luncheon and price will be determined later. Due to the inability to choose a movie at this time, you will have to trust! Since this is a local trip we will keep it small and use a van for transportation will pick a time that coordinates with the movie. So basically, this is a mystery trip with even fewer clues...it will, however, be a great time with your Stuhr buds. Transportation/escort only. (Linda Jo)

1/31 ES37631	T	TBA	\$7
-----------------	---	-----	-----

It's a Mystery – Can You Solve It?

We're embarking on a mystery trip today. A prize will be awarded to whoever can guess where we're going before we arrive. Feeling up for the challenge? Join us today for some Stuhr Center fun! Cost includes transportation, lunch, gratuities and escort. (Linda)

2/3 ES37621	F	10:30 am -4 pm	\$45
----------------	---	----------------	------

Trips & Tours - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

Limo Peruvian Restaurant

A taste of Peru in Portland! Come experience the warmth, familiarity and contrasts of Peruvian cuisine and culture. Trip includes lunch, gratuities, transportation and escort. (Ann)

2/9 ES37601A	Th	11 am-2:30 pm	\$37
-----------------	----	---------------	------

Be Mine! Love Forever! Hugs Always!

Treat yourself to a lovely luncheon, give yourself the company of wonderful friends and celebrate St. Valentine's Day. Enjoy a deliciously sinful lunch with an amazingly surprising finish. Transportation, luncheon and escort. (Linda Jo)

2/14 ES37632	T	10:30 am-3 pm	\$45
-----------------	---	---------------	------

Mardi Gras Lunch

Let's celebrate Mardi Gras the day after Fat Tuesday. We're heading to Acadia, a New Orleans bistro for lunch. Trip includes lunch, transportation, gratuity and escort. (Ann)

2/22 ES37604A	W	11:30 am-2:30 pm	ID: \$36 AP: \$36
------------------	---	------------------	-------------------

Pittock Mansion & Lunch

Come with us today and visit one of Portland's wonderful attractions, the Pittock Mansion. If you have never visited the mansion, enjoy some of Portland's rich history. We'll have a lovely lunch after we tour the mansion. Cost includes admission, transportation, lunch, gratuities and escort. (Linda)

2/28 ES37622	T	10:30 am-3 pm	\$38
-----------------	---	---------------	------

Breakfast at Bob's Red Mill

Breakfast is the most important meal of the day. Please join us as we head to Bob's Red Mill for a delicious whole grain meal. We will also have time to shop. Trip includes breakfast, transportation, escort and gratuities. (Ann)

3/9 ES37602A	F	8 am-12:30 pm	\$25
-----------------	---	---------------	------

Please note two important changes we've made in our registration process: **Registration for winter classes begins Dec. 10, a month earlier than before. Registration for spring classes will be done separately, starting March 3.**

Trips & Tours - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

Wine Tasting & Lunch

Today is all about YOU! Treat yourself to a wonderful afternoon, you deserve it. We'll head out and enjoy one of Oregon's beautiful winery areas for a lovely afternoon lunch and let's not forget...wine tasting. Cost includes transportation, lunch, gratuities, escort. (Linda)

3/12 ES37623	M	10 am-4 pm	\$45
-----------------	---	------------	------

Ticket To Ride, Kell's

Our annual trek to Kell's by way of MAX. We'll enjoy a bit o' the Irish and celebrate St Paddy's a little early this year. Bring \$2 for bus fare and money for your lunch. Trip fee includes escort. (Ann)

3/15 ES37605A	Th	10:30 am-2:30 pm	\$5
------------------	----	------------------	-----

Multnomah Falls & Lunch

Did you know that Multnomah Falls is one of Oregon's most visited attractions? When was the last time you spent any time at the falls? Join us today as we drive up the beautiful Columbia Gorge to visit. You'll also have time to do some exploring and enjoy a nice lunch. Cost includes transportation, lunch, gratuities, escort. (Linda)

3/27 ES37624	T	11 am-4:30 pm	\$37
-----------------	---	---------------	------

Maryhill Museum & Stonehenge

Join us today as we're off to visit Maryhill Museum and Stonehenge. This trip will involve a good deal of walking so please keep that in mind. We'll have lunch together as a group then we'll leave it up to you to explore what interests you most. Cost includes admission, lunch, transportation, gratuities and escort. (Linda)

4/6 ES47620	F	10 am-5 pm	\$39
----------------	---	------------	------



Trips & Tours - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
-----------------------------	-----------------	------	------

Whale Watching Along the Oregon Coast

Join the Stuhr Center and Naturalist Elaine Murphy on an adventure to the coast to watch for whales on their spring migration north. We can't guarantee that you'll spot a whale, but we'll make sure that you finish the day knowing more about whales and other marine mammals. Trip includes lunch, transportation, naturalist, escort, use of spotting equipment (binoculars and scopes) and gratuities. (Ann)

4/11 ES47607A	W	8:30 am-5:30 pm	\$55
------------------	---	-----------------	------

What's Wrong with the 13th Being on a Friday?

This trip might take you down the wrong road or you may find your luck has changed. But there is one thing I guarantee: you will have fun. This adventure will take us to a "different" kind of a restaurant where you may have never visited. So put your best foot forward by not walking under a ladder, avoiding black cats and helping to find the rabbit's foot and join us for another Stuhr Center fun day! Trip includes lunch, a sightseeing tour and all the luck you need! (Linda Jo)

4/13 ES47631	F	10 am-4 pm	\$35
-----------------	---	------------	------



Tulip Time

We're off to visit Wooden Shoe Tulip Farm in Woodburn. This is a wonderful way to enjoy spring at its best. Pick or buy a fresh bouquet of tulips, enjoy the gift shop, or buy some tulip bulbs for your own garden. We'll enjoy lunch together before arriving at the farm. Cost includes lunch, transportation, gratuities, and escort. (Linda)

4/16 ES47621	M	11 am-5 pm	\$33
-----------------	---	------------	------

Al-Amir Lebanese Restaurant

Join us as we visit Portland's oldest Lebanese restaurant. Al-Amir serves traditional Middle Eastern cuisine celebrated by its patrons for quality and authenticity. The select menu includes the tastes of Lebanon, prepared with locally grown ingredients and the love that only a family owned and operated restaurant can offer. "Al-Amir Lebanese Restaurant wins our vote for the best tasting Hummus and Baba Ghannooj in the Northwest" - Bon Appetite. Trip includes lunch, transportation, escort and gratuities. (Ann)

4/27 ES47606A	F	11 am-2:30 pm	\$40
------------------	---	---------------	------

Trips & Tours - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
Wine Tour Surprise			
We have some wonderful wines around here. Let me surprise you with great wines for you to taste (and a good lunch, too). Trip includes tasting fees, lunch, transportation, gratuities and escort. (Ann)			
5/10 ES47608A	Th Off-site	10 am-5 pm	\$62

Trips & Tours - 55 & Better

Dates (Weeks) Class Code	Day Location	Time	Cost
A Taste of Australia & The Dalles Discovery Museum			
You'll get two for one on this journey. Back by popular demand, we'll return to a gem of a tea house for an outstanding high tea and then we're off to visit The Dalles Discovery Center, which is rich with Oregon history. If you missed this last summer, be sure to join us this spring! Cost includes admission, lunch, transportation, gratuities, and escort. (Linda)			
5/16 ES47622	W	9 am-6 pm	\$49

LJ's Dinner Club

Spring Begins & We Celebrate

Yes, we will celebrate the equinox by dancing in the fields, placing flowers all around us plus viewing new life being brought into the world. Well, not exactly. We will go to the Equinox Restaurant and enjoy their field of greens, not to mention flowers on the tables, I assure you of a great evening to celebrate! We will start with happy hour at 4:30 with dinner served at 5:30 pm. Spring forward on this lovely evening. Transportation, escort, starters/dinner. (Linda Jo)

3/20 ES37633	T	4-8 pm	\$60
-----------------	---	--------	------

May Day Surprise: Flower Power, Trader Vic's Polynesian Restaurant

If you enjoy an evening out with your friends, come join the Elsie Stuhr Center for our adventures throughout spring, summer and fall. Celebrate the 1st of May by treating yourself to a fancy dinner with flowers in mind. Our dinner tonight will be at the newly introduced Trader Vic's in the Pearl. Enjoy the old with the new and delight in the remaking of this once famous Portland restaurant and our evening of fun. Cost includes transportation, dinner/gratuity and escort. (Linda Jo)

5/1 (1) ES47632	T	4:30-8 pm	\$70
--------------------	---	-----------	------

I'm a Yankee Doodle Dandy, Flag Day Dinner at Saylor's Old Country Kitchen

We will do a "traditional" American cuisine menu this evening on this Day of Flags! Enjoy dinner out with your friends and create your own red, white and blue memories. Tonight we will visit Saylor's Old Country Kitchen in SE Portland. This one-time Beaverton favorite will give us a walk down memory lane! Cost includes transportation, dinner, gratuity and escort. (Linda Jo)

6/14 (1) ES47633	Th	4-8 pm	\$50
---------------------	----	--------	------

Pheasant Valley is Calling!

You asked for it...You got it! We're returning to one of our favorite spots: Pheasant Valley Winery. Scott and Gail, the owners, treat us like family. Today will be no different. Join us for a wonderful afternoon in the beautiful Hood River Valley. Cost includes lunch, transportation, gratuities, and escort. (Linda)

5/22 ES47623	T	11 am-5 pm	\$53
-----------------	---	------------	------

Pok Pok

A Portland classic that began as a food cart and went on to international renown. Andy Ricker has emerged as a James Beard Award-winning chef, but his heart and mind remain happily embedded in some nondescript Northern Thai pub - thus the inspiration for the varied hot-sour-salty-sweet shared plates, grilled delights and from-scratch curries and noodle soups that constitute the novelty-filled menu. Trip includes transportation, lunch, gratuities and escort. (Ann)

5/31 (1) ES47610A	TH	11:30 am-2:30 pm	\$35
----------------------	----	------------------	------

Southpark Seafood Grill

We're off to Southpark Seafood Grill to celebrate the best of Northwest fishermen, farmers, growers and winemakers. Utilizing fresh local fish, meats and produce, Southpark serves inspired cuisine. Fresh fish and oysters from the Northwest and around the globe are delivered every day. Southpark has been recognized by Bon Appetit, Restaurant Hospitality, Sant' and Sunset magazines as well as The Oregonian, The New York Times and The Seattle Times for excellence in food and wine and received an award for "America's Best Wine List." Trip includes lunch, transportation, gratuities, and escort. (Ann)

6/6 ES47609A	W	11:30 am-2:30 pm	\$45
-----------------	---	------------------	------

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).

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 of 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. For more information, contact the Stuhr Center front office.



Great Canadian Cities: June 13-20, 2012

"From the cosmopolitan flair of the world's second largest French speaking city of Montreal to the old world charm of the "Paris of the North" – Quebec City to the incredible natural wonder of thundering Niagara Falls, you'll revel in the charm of eastern Canada on your 8 Day Great Canadian Cities program. Featuring two-night stays in Montreal, Quebec City and Niagara Falls as well as night in Ottawa, you'll enjoy tours of each of these wonderful cities. You will also experience the hospitality of VIA Rail Canada on an included train journey from Montreal to Quebec City, the Maid of the Mist boat tour of Niagara Falls and much more. Wrap this wonderful journey with true Canadian charm with your Oh Canada Eh?! Dinner Show." \$2944 per person, \$750 single supplement

Premier World Discovery

Join us Wednesday, February 1, 2012 at 11 am as we introduce "Premier World Discovery." Kelly Ross, Oregon Sales Manager, will be here to present two new exciting travel opportunities for 2012: Great Canadian Cities, June 13-20, 2012, and the Great Pacific Northwest, August 8, 2012. Premier is offering these tours in addition to our *Collette* vacation opportunities. Sit back, enjoy and let the journey begin!

Great Pacific Northwest August 8, 2012 (8 days)

Hop aboard Amtrak Cascades for our train experience to Seattle. When we arrive in the "Emerald City" of Seattle, we will be transferred to our downtown hotel before our welcome dinner at a local restaurant. We will spend two nights in Seattle, including breakfast at the Space Needle, a city tour featuring U of W, historic Pioneer Square plus the Chittenden Locks & Fish Ladders ending the day at the Pike Place Market. The next morning we will board the BC Ferry bound for Vancouver Island where our final destination will be Victoria. A two-night stay will include dinner our first evening plus a visit to the Butchart Gardens, then off for a Victoria City tour featuring the inner harbor plus the imposing Parliament building constructed in 1897. On day five we will board a ferry through the Gulf Islands en-route to Vancouver BC for a three night stay. Enjoy a Vancouver city tour that includes Stanley Park, Chinatown and Gastown. You will have a day at leisure in this great city to shop or visit the home of the 2010 Winter Olympics. Next stop - Whistler Mountain train, a three hour premier rail journey from Vancouver through old growth forests, deep valleys and snowcapped peaks, seascapes and mountain views. Breakfast will be served at your seat on this magnificent ride, then we will shop, stroll and have lunch. Later a motor coach will take us back to our hotel in Vancouver with a farewell dinner to include all of our new friends. Next morning we travel back to Seattle for a train ride back to Portland. Stop by and pick up an itinerary at the Stuhr Center office.

Cost \$2,149. Per person (single add \$800.) includes tour plus all transportation from Union Station

Discover Panama: The Land Between the Seas November 7-15, 2012

Join the Stuhr Center for this nine-day adventure from the Pacific to the Atlantic. Panama is steeped in history – from early Inca traders and Spanish conquistadors, to the Panama Canal, a modern-day engineering marvel completed in 1914, almost 50 miles long and one of the most complex engineering projects ever undertaken. Your journey across the Isthmus of Panama takes you through the Gaillard Cut, carved through the Continental Divide. Take a partial transit cruise on the Pacific Queen for a once-in-a-lifetime chance to view this marvel up close and learn all about its construction and importance in world trade. Pass through the Pedro Miguel and Miraflores locks and learn about the canal expansion project. It's an unforgettable journey between the seas.

Call 503/629-6342 for a complete itinerary and learn how you can be involved in this great adventure, or come to a trip presentation TBA. Linda Jo Enger will escort this trip if a minimum is met.

Cost: \$3,149 per person. (Includes pick-up/return from your home, RT air from PDX, air taxes and fees/surcharges of \$110, hotel and transfers.)