SENTINEL

February 2020

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

STAFF

Center Supervisor
Patty Brescia

Program Coordinator
Jennifer Chapin

Program Assistant & Sentinel Editor
Sydney Douthett

Fitness Specialist
Jennifer Smirl

Fitness Program Assistant & Personal Trainer
Gabe Seefoo

Office Tech & Volunteer Coordinator
Terri Cannon

Reception Staff
Joanie Testa
Linda Arnold
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Mignon Hamlin
Julie Hansen
Barbara Leitzinger
Tracy Peña

Personal Trainers
Carolyn Gallagher
Robbie Shabasson

Building Techs
Gary May
Tom Gawronski
Dave Rutto

Office & Fitness Room Hours

Monday	7:30-8:45 pm
Tuesday	7:30-8:45 pm
Wednesday	7:30-4:45 pm
Thursday	7:30-8:45 pm
Friday	7:30-4:45 pm
Saturday	9:00-4:45 pm
Sunday	Closed

Valentine's Day Dance

Join us to celebrate Valentine's Day Stuhr-style!
Live entertainment, photo booth, tasty treats
and a whole lot of love!

Thursday, February 13 • 1:30 - 3:30 pm

$5 per person at the door

Photo booth & refreshments courtesy of Regency Park Assisted Living and Memory Care

Providing Recreation for Patrons 55 and Better!

Stuhr Center Friends Group:

Next Friends Group Meeting 2/10

Chair: David Magee,
Vice Chair: Norm Vaillancourt,
Secretary: Robert Cannon,
Members: Laurel Reilly,
Mary Phillips, LiAnna Smith,
John MacInnis, Kathy MacInnis,
Suzanne McClellan

CENTER CLOSURES:

Monday, 2/17

SENTINEL SUBSCRIPTIONS

The Monthly Newsletter sells for 25¢ each

OR

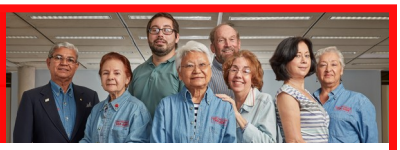
$5 per year;

OR

Request your newsletter by email... *It's **FREE**!*

See the Front Desk to request your subscription

AARP Tax-Aide™ FOUNDATION



AARP Foundation Tax-Aide offers free tax preparation help to anyone and if you're 50 and older, and can't afford a tax preparation service, we were made especially for you. Since 1968, this volunteer-based program has helped nearly 50 million low to moderate-income taxpayers. We understand that retirement or other life changes may mean your taxes are a little more complicated now. With the help of our team of IRS-certified volunteers we make it easy for you. AARP Foundation Tax-Aide has more than 5,000 locations in neighborhood libraries, malls, banks, community centers and senior centers. There's no fee and no sales pitch for other services and AARP membership is not required.

Getting your taxes done at Elsie Stuhr Center:

- We will make appointments for Wednesday, Thursday and Friday, starting on Tuesday, February 4 and going through April 7.
- To make an appointment at Elsie Stuhr Center, you must come IN PERSON on **Tuesday** of the week you would like to have your taxes completed. We will schedule your appointment with you on Tuesday for either Wednesday, Thursday or Friday of THAT WEEK ONLY.
- Our Center doors open at 7:30 am and we will begin making appointments for that week between 8 - 8:30 am. It is first come, first serve. Once our appointments are full, we will not make any more appointments until the following week on Tuesday.

For more information or to find another participating Tax-Aide location, please contact Cash Oregon at: 503-243-7765

Inclement Weather Information

If THPRD programs, classes and sponsored activities delay or cancel due to weather conditions, you can find out online or by calling the 24-hour inclement weather hotline at:

503 - 614 - 4018

Patty Brescia
Center Supervisor

Honoring our Precious Elders

A Beaverton resident named Hen Truong noticed some elders in the community were in need of help maintaining their lawn, garden and exterior of their home. He decided to start and organization called H.O.P.E. or Honoring Our Precious Elders.

The purpose of this non profit organization would be to provide assistance with these duties free of charge. According to Hen, when he was growing up his parents had him and his siblings assist the elders in their neighborhood with yardwork, and thought providing this service again would be a nice way to honor his parents.

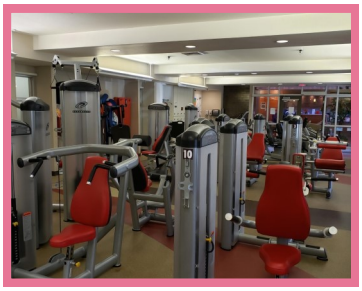
The mission of the organization is to help elders age in place in their homes. The idea is that they will be able to maintain their independence, dignity, overall health and quality of life by staying in their own homes longer.

Hen will do a presentation at the Stuhr Center on February 19th from 10:00 am to 11:00 am in the Willow room. He will talk about H.O.PE., and answer questions about the program. Pre-registration for this presentation is not necessary. Please join us if you, or your friends and neighbors might benefit from this service.

Happy Valentines Day!

Patty

Fitness Room



Monday, Tuesday, Thursday
7:30 am - 8:45 pm

Wednesday & Friday
7:30 am - 4:45 pm

Saturday
9 am - 4:45 pm

Orientations and equipment training options are available. See the front desk for more info!

The Fitness Room is staffed by a Certified Personal Trainer:

Monday - Friday	Tuesday - Thursday
9 am - 2 pm	2 pm - 4:30 pm

Personal Training Sessions: (In District, 65+ costs listed)

1: $47.50 3: $142.50 6: $284.75

Weight Room Clinics

These clinics will specialize in targeting areas of interest one at a time. A trainer will walk you through specific stretches and strength exercises for the shoulders, back, hips and knees in a small group setting. By the end of each clinic you will have a list of exercises that you can incorporate into your own workout.

ID/AP $16 SD $14.25 OD:$20

February Focus:

Back
ES32688
Tuesday, 2/11
12:30 pm - 2 pm

Knee
ES32687
Tuesday, 2/15
12:30 pm - 2 pm

Jennifer Chapin
Program Coordinator

Sydney Douthett
Program Assistant

Jen Smirl
Fitness Specialist

Gabe Seefoo
Fitness Program Assistant

Terri Cannon
Office Tech
Volunteer Coordinator

Trips & Tours:

Pendleton Wool Mill Tour

Join us at a local favorite spot for lunch and a walking tour of the Pendleton Wool Mill. There is a gift shop to visit and a discount available.
Trip includes lunch gratuities, escort and transportation.
2/25 Tuesday 10:45 am - 4:00 pm $71 ID ES37606

Canby Depot Museum & Lunch

Let's explore Candy by having lunch at a local favorite and touring the Canby Depot Museum.
Trip includes transportation, lunch, gratuity, admission and escort.
3/5 Thursday 10:30 am - 4:00 pm $75 ID ES37607

Extended Trips and Tours with collette

Shades of Ireland, July 2020
Highlights: Dublin, Irish Evening, Kilkenny, Waterford, Choices on tour, Blarney Castle, Killarney, Ring of Kerry, Farm Visit, Jaunting Car Ride, Limerick, Cliffs of Moher, Galway, Castle Stay

Sunny Portugal, October 2020
Highlights: Portuguese Riviera, Lisbon, Obidos, Sintra,Choice on Tour, Arraiolos, Cork Factory, Evora, Alentejo, Lagos, Algarve, Faro, Tavira, Winery Visit, 5 UNESCO World Heritage Sites, Sagres

Are you interested in meeting someone to travel with? We have a Travel Buddy Program to help you connect with others! Contact the front desk to be put on the list.

Happenings:

Simple Asian Cuisine

Have you wanted to learn to cook Asian dishes? Join Evelyn to cook some simple and authentic dishes. Come hungry because we will be sampling our creations!

Entree: Malaysian Chicken Curry with Rice
Dessert: Bobo Chacha

2/15 Saturday 1 pm - 2:30 pm SD: $15.75 ES35610A

Alzheimer's and Dementia Workshop - FREE

Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's Disease or Dementia, it's time to learn the facts. At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. Presented by Alzheimer's Association.

2/26 W 10-11:30 am ES33601 Topic: Understanding Alzheimer's and Dementia

Beaverton Historical Society Presents:

Doug Neely portraying Dr. John McLoughlin under the auspices of the McLoughlin Memorial Association, City of Oregon City, National Park Service and Fort Vancouver. He will emphasize Dr. McLoughlin's role in the Oregon Territory through 1846.

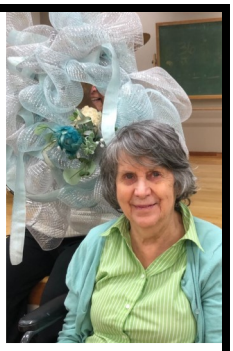
Suggested $3.00 donation benefits Beaverton Historical Society. Refreshments provided

Tuesday, February 11; 7:00 pm; Doors Open at 6:45 pm, Willow Room
For more information, please contact: (503) 820-8765 or www.historicbeaverton.org

Center Highlights:

New Year Dance

50 attendees helped us celebrate 2020 as we danced the afternoon away. Thank you for joining us!



Simple Asian Cuisine

Our first session of Simple Asian Cuisine was a huge success last month and even sold out!

Evelyn did a wonderful job walking us through the process of making some simple but delicious Shiumai Dumplings and Zesty Orange Chicken.

If you are interested in joining us for one of her upcoming classes, sign up soon because space is limited!

Staff Spotlight:

Julie Hansen, Office Assistant

My name is Julie and I have been at Elsie Stuhr since the end of September. I am so enjoying getting to know all of you, I'd like you to know something about me. I have lived in Oregon since 2000. I have been married for 17 years and have a fantastic 11 year old daughter. I am a writer, an avid reader and a hobby farmer. My family and I share our lives with goats, chickens, dogs, cats, a Bearded Dragon lizard and a pair of Zebra finches.
I want to thank all of you for being so welcoming and making this learning process a positive one. I look forward to seeing you. Please stop by the front desk and say Hi!

Tracy Peña, Office Assistant

Hi There! My name is Tracy and I really enjoy working here at Elsie Stuhr Center. I have been working at the center since July. The people are very welcoming and wonderful! I am a mother of 2 young children. My son is 5 and my daughter is 9. They keep me pretty busy. I moved to Oregon about 18 years ago from Washington. Since I have lived here, I have worked for non-profits, spent 14 years doing Property Management and, before that I worked for the Department of Fish and Wildlife.

Stuhr Center Book Club

Joanie Testa

Let It Snow! Let It Snow! Let It Snow! What's better than curling up in front of a warm fire with a good book while gazing out at a Winter Wonderland? The good book could be "Girl Waits With Gun" by Amy Steward. An entertaining and enlightening story of how far one woman will go to protect her family. We will be discussing this book at our February 20th meeting. If you want to get a jump on March's book it will be "Shadow Drivers" by Robert Kurson. Book markers with the titles of our book selections and meeting dates can be picked up at the Front Desk. Please come join us at one of our meetings. We have a friendly group and interesting discussions.
Just a reminder, IF it should snow and you are wondering if the Center is open you can call the THPRD Inclement Weather number, 503-614-4018, to find out. Stay warm and dry! Hope to see you at our February meeting! - Joanie

Meeting & Support Groups

Alzheimer's Support	Compassionate Friends *(Loss of a child)*	Circle of Friends *(All are welcome)*	Pre-Diabetes & Diabetes
2nd Thursday: 1-3 pm 3rd Thursday: 2-4 pm *(Held at Bvtn Community Center)*	2nd Tuesday: 6:30-8:45 pm	Tuesdays: 1:30-3 pm	1st Thursday: 2-3:30 pm 3rd Thursday: 2-3:30 pm

Drop-In Activities:

NEW PLAYERS WELCOME!

Pine Room:

Bingo	Monday	12:15 pm - 1:45 pm
Bridge (Progressive)	Thursday	2:00 pm - 5:00 pm
Bridge (Team)	Monday	2:00 pm - 5:00 pm
Bunco	2nd/4th Wednesday	1:00 pm - 3:30 pm
Cribbage	Wednesday	8:00 am - 11:30 am
Mah Jong	Monday	1:00 pm - 4:00 pm
Mah Jong	Thursday	6:00 pm - 8:45 pm
Mah Jong	Saturday	12:00 pm - 4:00 pm
Pennies from Heaven (Canasta)	Friday	12:00 pm - 4:00 pm
Pinochle	Tuesday/Wednesday	12:30 pm - 3:00 pm
Pool (Billiards)	Open Daily	*($5/month or $1/day)*
Scrabble	Tuesday	9:00 am - 12:00 pm
Texas Hold'em	Thursday	12:30 pm - 4:30 pm
Texas Hold'em	Friday	12:30 pm - 4:30 pm
Texas Hold'em	Saturday	12:30 pm - 4:30 pm

Other Programs:

Legal Discussion	1st Tuesday (2/4)	1:30 pm - 3:30 pm
Topic: "Common Estate Planning Mistakes"		

Fir Room Fitness: *(See Front Desk for fee info. Monthly schedule is subject to change and is available online)*

PING PONG	M	T	W	Th	F
Open Play	3:30 - 7:30 pm	3:30 - 7:30 pm	2:30 - 4:30 pm	3:30 - 7:30 pm	2:30 - 4:30 pm

Stamps are available for purchase at the front desk

.55 each

or

$11 per book

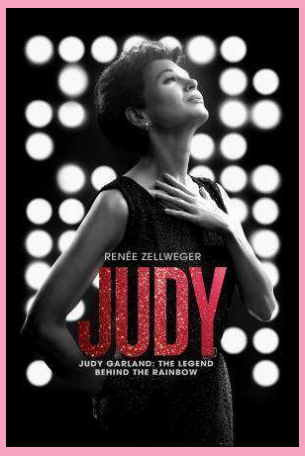
Free Friday Movies:

We show movies on the 2nd and 4th Friday of each month in our Cedar Room. Whenever possible, we will play the movie with closed caption subtitles. We suggest arriving early to our Free Friday Movies as the room can safely accommodate up to 32 viewers and you will not be able to join if we have reached our maximum.

Friday, February 14 - 1 pm

Last Christmas (2019) (PG-13)

Nothing seems to go right for young Kate, a frustrated Londoner who works as an elf in a year-round Christmas shop. But things soon take a turn for the better when she meets Tom -- a handsome charmer who seems too good to be true. As the city transforms into the most wonderful time of the year, Tom and Kate's growing attraction turns into the best gift of all -- a Yuletide romance. (1:43 min)



Friday, February 28 - 1 pm

Judy (2019)(PG-13)

**** Back by popular demand for a 2nd showing!***

Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out shows at the Talk of the Town nightclub. While there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans, her soon-to-be fifth husband. (1:58 min)

Congratulations to the January Monthly Birthday Winner:

John

Join us for our Monthly Birthdays! We celebrate on the 1st Wednesday of each month at noon in the Fir room. One lucky participant will go home with a special treat, courtesy of Edgewood Point Assisted Living.

Sew Day with Quilts of Valor

Join our QOV volunteers to make blocks or sew a quilt top for our veterans. Your only qualification is that you can sew a 1/4 inch seam. Signing up is helpful so that we have a space for you to sew. There is no charge.

Bring to the meeting: sewing machine, thread (gray or beige is best), scissors, pins, and extension cord if you have one. You may use any suitable fabric/pattern of your choice or sew one of our block kits: nine patch or floating star. (On site we will have an iron, ironing board, cutting mats, rotary cutters, rulers, and block kits.)

QOV National Sew Day	Saturday, February 1, 2020	10:00 a.m. - 4:00 p.m.	Baked Potato Potluck
QOV Sew Day	Saturday, March 7, 2020	10:00 a.m. - 4:00 p.m.	Sack Lunch or Snack
QOV Sew Day	Saturday, April 4, 2020	10:00 a.m. - 4:00 p.m.	Sack Lunch or Snack

Questions? Contact Jenn Chapin at 503-619-3894 or jchapin@thprd.org

Meals on Wheels People
Loaves & Fishes Centers

Meal Times:
11:15 am - 1 pm
Monday through Friday
Menus available

Cost:
$7.39, or donate what you can for those 60 & over.
Under 60 pay $7.39

Jay Gilbertson
Beaverton Center Manager
Meals on Wheels People
(503) 643-8352

Pick up the Winter/Spring Activities Guide at any center!

Or go online: www.thprd.org

Follow us on Facebook or Twitter

www.facebook.com/stuhrcenter

www.twitter.com/thprd

H.O.P.E.

(503) 816-9682
HOPEOREGON.ORG

Honoring Our Precious Elders (H.O.P.E.) is a nonprofit organization founded in 2018 by Hen Truong in honor of his parents, who instilled values of serving the elderly community with respect and reciprocating to them the care they gave to generations before. Those who struggle to maintain the lawn, gardens, an exterior of the home due to limited mobility, support, or finances are who we seek to serve. H.O.P.E. is here to offer scheduled yard maintenance at no charge. Aging in place helps maintain independence, dignity, and overall health and quality of life for elders.

H.O.P.E. Presentation:
Thursday, February 19th, 10:00 am - 11:00 am, Willow room

TUALATIN HILLS PARK & RECREATION DISTRICT

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

RETURN SERVICE REQUESTED