March 2020

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
Lynda Boatwright
Mignon Hamlin
Julie Hansen
Barbara Leitzinger
Kyndra Needham-Blue

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

St. Patrick’s Day Celebration
Thursday, March 12
1:30 – 3:30 pm
$5 per person
Pre-Registration Required

Enjoy some fun and lively music and of course, come wearing your green! We’ll be snacking on some festive refreshments provided by the Ackerly at Timberland. We hope you’ll join us!

Providing Recreation for Patrons 55 and Better!
The Monthly Newsletter sells for
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OR
$5 per year;
OR
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your newsletter
by email...
It’s FREE!
*See the
Front Desk
to request your
subscription*

DON’T FORGET...
SUNDAY, MARCH 8
DAYLIGHT SAVING TIME
SPRING FORWARD
AT 2:00 AM

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
Hello to All,

I remember 3 years ago when I was the new face on the block, and everyone was so warm and welcoming. Recently, I have gotten feedback that we've had some new staff come on board recently and our patrons would like to get to know them a bit better. So I asked Terri Cannon and Jenn Chapin for some help, and they came up with a Meet and Greet for newer staff.

On Tuesday, March 10th at 10:00 am in the coffee bar, all are invited to have some coffee, refreshments, and conversation, including a "get to know your staff" quiz game.

Please join us for the fun, and help our newest additions feel like part of the team!

- Patty

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

March Focus:

Hip
ES32690
Tuesday, 3/10
1:30 - 3 pm

Meet Your Core
ES32685
Wednesday, 3/18
2:30 pm - 4 pm

The Fitness Room is staffed by a Certified Personal Trainer:

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

Saturday
9 am - 4:45 pm

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

Personal Training Sessions: (In District, 65+ costs listed)
1: $47.50
3: $142.50
6: $284.75

Beginning Orientation
Learn machine adjustments, basic technique for using fitness room equipment, and get an exercise program during this 1 1/2 hour session. “Health History” form is required. Please wear fitness apparel. Small group format with up to five people. Preregistration Required.

Beginning Orientation
Tuesday, 3/3, 1:30-3 pm
SD: $14.25 ES32680

Beginning Orientation
Tuesday, 4/7, 1:30-3 pm
SD: $14.25 ES42678
Trips & Tours:

**Ilani Casino**
Feeling lucky? Enjoy a great afternoon with a great atmosphere and entertainment to be had by all. Trip includes transportation and escort. Due to space limitations, please let the front desk know if you utilize a mobility device when you register.

3/19    Thursday    9 am - 5:00 pm    $69 ID    ES37611

**Extended Trips and Tours with [collette](https://www.collette.com)**

**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**

**Discover the Spotlight on Nashville, December 2020**
Highlights: Country Music Hall of Fame, RCA Studio B, George Jones Museum, Ryman Auditorium, Wildhorse Saloon, Grand Ole Opry Show, Historic Town of Franklin, Carnton

**Autumn in Vermont, October 2021**
Highlights: Woodstock, Quechee Gorge, Burlington, Shelburne Museum, Fort Ticonderoga, Choice on Tour, Lake Champlain Ferry, Adirondacks Farm & Apple Orchard, Ben & Jerry’s Ice Cream Factory, Vermont’s Scenic Route 100, Mad River Valley, Hildene - The Lincoln Family Home

*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.*

**Pick up a brochure with all the details at the center!**

Happenings:

**Beaverton Historical Society Presents:** Early Willamette Valley Settlers and Settlements by Sherry Johnston, Docent of the Oregon Historical Society

**Tuesday, March 10; 7:00 pm; Doors Open at 6:45 pm**
Suggested $3.00 donation benefits Beaverton Historical Society

For more information, please contact: (503) 820-8765 or visit www.historicbeaverton.org

**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!

**Appetizer:** Lettuce Cups
**Entrée:** Malaysian Fried Noodles

3/14    Saturday    1 pm - 2:30 pm    SD: $15.75    ES35610A
Have you ever taken a day trip with us? We dine at great local restaurants and partake in some neat activities around town. Check out our current Activities Guide for upcoming options!

Finding the right fitness class/program for you
Monday, 3/30, 1-2 pm, FREE
Learn all about the Stuhr Center’s Fitness Programs with Carolyn! Newcomers are welcome to bring their questions, learn about the variety of fitness classes we offer and learn about our weight room, drop-in fitness activities and more.

Valentine's Day Dance
Nearly 60 people joined us for our Valentine’s Day Dance! We had a wonderful time dancing, doing a trivia contest, taking pictures with some fun props, and enjoying the refreshments that Regency Park Assisted Living and Memory Care provided. We also raffled off some holiday treats and two beautiful Valentine’s Day wreaths our staff member, Kyndra, created. Thank you for all for coming and celebrating with us!
The Sun is shining! (right now) The skies are blue! (right now) It's the beginning of Spring in Oregon! Our February meeting was well-attended. We had an interesting discussion regarding the lives of women in the early 1900s. Our meeting for this month is Thursday, March 19th. We will be discussing "Shadow Divers" by Robert Kurson. In the fall of 1991, in the frigid Atlantic waters sixty miles off the coast of New Jersey, weekend scuba divers John Chatterton and Richie Kohler make a startling discovery...a World War II German U-boat. No government, expert, historian or navy had a clue as to which submarine it was, who the sailors were or why it was in New Jersey. Sound like a good read? Come join us for the discussion at 2pm on March 19th. Book markers with the titles of our book selections and meeting dates can be picked up at the Front Desk.

Enjoy the sunshine! Hope to see you March 19th. - Joanie

Stamps are available for purchase at the front desk

Meeting & Support Groups

<table>
<thead>
<tr>
<th>Alzheimer's Support</th>
<th>Compassionate Friends (Loss of a child)</th>
<th>Circle of Friends (All are welcome)</th>
<th>Pre-Diabetes &amp; Diabetes</th>
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</thead>
<tbody>
<tr>
<td>2nd Thursday: 1-3 pm</td>
<td>2nd Tuesday: 6:30-8:45 pm</td>
<td>Tuesdays: 1:30-3 pm</td>
<td>1st Thursday: 2-3:30 pm</td>
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<td>3rd Thursday: 2-4 pm (Held at Bvtn Community Center)</td>
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<td>3rd Thursday: 2-3:30 pm</td>
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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 (3/3) 1:30 pm - 3:30 pm
  Topic: "What to look for in naming an executor of your estate or a trusty trustee”

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

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<td>Open Play</td>
<td>3:30 - 7:30 pm</td>
<td>3:30 - 7:30 pm</td>
<td>2:30 - 4:30 pm</td>
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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

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, March 13 - 1 pm
A Beautiful Day in the Neighborhood (2019) (PG-13) (1:45 min)
Two-time Oscar®-winner Tom Hanks portrays Mister Rogers in A Beautiful Day in the Neighborhood, a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod. After a jaded magazine writer (Emmy winner Matthew Rhys) is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about empathy, kindness, and decency from America's most beloved neighbor.

Friday, March 27 - 1 pm
Knives Out (2019) (PG-13) (2:10 min)
On his 85th birthday, crime novelist Harlan Thrombey is found dead in his room with his throat slit. Just as authorities are about to dismiss the tragedy as suicide due to the lack of evidence to prove otherwise, Benoit Blanc arrives at the scene to conduct his own investigation. Soon, it is revealed that all of Thrombey's family have a reason to murder the family's patriarch. Now Marta, the dead man's caregiver and most trusted confidante, might be able to identify who the killer is.

Congratulations to the February Monthly Birthday Winner:
Cheryl
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.)

Saturday, March 7, 2020
10:00 a.m. - 4:00 p.m.
Sack Lunch or Snack

Saturday, April 4, 2020
10:00 a.m. - 4:00 p.m.
Sack Lunch or Snack

Questions? Contact Jenn Chapin at 503-619-3894

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

Thursday Social Dances
Please join us!
1:15 pm to 3:15 pm
$5 Per Person (singles welcome)
Live Music & Refreshements!
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

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

RETURN SERVICE REQUESTED