



TUALATIN HILLS
PARK & RECREATION DISTRICT

Diversity, Equity, Inclusion, and Access



55 and Better

*Providing all individuals
the opportunity to play,
learn, and explore.*

February 2020

55 and Better

THPRD Vision

We will enhance healthy and active lifestyles while connecting more people to nature, parks, and programs. We will do this through stewardship of public resources and by providing programs/spaces to fulfill unmet needs.

THPRD Mission

The mission of the Tualatin Hills Park & Recreation District is to provide high-quality park and recreation facilities, programs, services, and natural areas that meet the needs of the diverse communities it serves.

Diversity & Inclusion Vision Statement

We provide all individuals the opportunity to play, learn, and explore, and all employees and volunteers the opportunity to further the district's mission. We do this by removing barriers to participation, fostering an inclusive culture, and offering programs that celebrate the district's diverse population.

Board values are centered around:

Equity – We provide all individuals the opportunity to play, learn, and explore. We do this by removing barriers to participation, fostering an inclusive culture, and offering programs that celebrate the district's diverse population. We are committed to Diversity, Equity, Inclusion & Access (DEIA) and want to see this value infused in all THPRD's work.

The Elsie Stuhr Center

The Elsie Stuhr Center (ESC) is the district's only recreation center specifically dedicated to providing recreation, activities and social enrichment for adults 55 years and better. We offer general interest classes, trips and tours, drop-in activities, fitness, special events, socialization and support groups. Free fitness testing is available.

For more information about activities and events for 55 and better patrons, visit us at the Elsie Stuhr Center, call us at 503-629-6342 or visit thprd.org

Newcomer information sessions

Newcomers are invited to bring questions and find out more about the variety of classes available. We have a weight room, drop-in fitness activities, day trips, extended group travel programs, and much more. It is a great way to meet new friends and explore what the ESC has to offer.

Wellness On Wheels (WOW)

THPRD provides older adult fitness programs in independent living facilities, community clubhouses and churches.

National Senior Health & Fitness Day

During the month of May, there are a series of nationwide health and fitness activities that celebrate and support individuals that are 55 and better. During this month, the ESC hosts events that provide an opportunity to meet ESC fitness instructors and learn about the Health & Wellness Program.

Monthly Newsletter

The Sentinel is a monthly publication from the ESC. It outlines activities, events and updates. It can be mailed, picked up at the center or emailed to patrons.

Come for lunch at the Elsie Stuhr Center

Monday through Friday Beaverton Meals on Wheels is the meal provider at the ESC.

Active Aging Week

A free event to encourage participants to explore many possibilities. Whether it's Pilates, balance basics, or strength training.

Family Fitness Day

On June 8 Family Fitness Day is celebrated nationwide. The ESC offers different Spry & Wise activities.

Drop-in Social Dance

Every Thursday in the Manzanita Room.

Health & Wellness Coaching

Offered to patrons interested in exploring their own health & wellness and wish to work towards making lifestyle changes to help improve their overall wellbeing. Each class focuses on a different wellness topic.

Circle of Friends

Part of the Free Health & Wellness Support Groups. This group provides a safe and secure social time to meet and share joys and challenges.

Alzheimer's Support Group

Part of the Free Health & Wellness Support Groups. Spouses, caregivers, family and friends of persons suffering from Alzheimer's disease and related dementia meet monthly. Members provide support and there are featured guest speakers.

Compassionate Friends

Part of the Free Health & Wellness Support Groups. Offered to parents who have experienced the death of one or more of their children meet monthly to give and receive support and help through sharing.

Pre-Diabetes / Diabetes Support Groups

Part of the Free Health & Wellness Support Groups. A peer-to-peer education and support group focused on pre-diabetes and diabetes. We share experiences, learn, encourage, ask questions, or just listen.

Alzheimer's & Dementia Workshop

In support of all people to age well, the Alzheimer's Association offers the Healthy Living for Your Brain and Body workshop, covering four areas of lifestyle habits that are associated with healthy aging. It includes information from the latest research.

Spring Par-Tea

The best way to celebrate Springtime, the ESC throws a "par-tea". Patrons are encouraged to dress in Spring colors and enjoy an afternoon of great music, fun, activities, delicious treats, and of course, tea.

REVIVE – Exercise Recovery Program

For patrons recovering from an illness or medical treatment. It supports in regaining strength and creates optimal health with this individualized and targeted exercise program.

Gallery Art Walk

A guided afternoon art walk to Portland's most established art galleries with our fine arts instructor.

Stuhr Center Fitness Room

A spacious well-equipped fitness room designed for adults 55 and better. A tour with one of our fitness specialists provides a personalized workout program to improve endurance, strength and balance.

Brain Fitness, Life Skills

Experience mental exercise with a dash of rhythm and music to make it fun. This program helps improve memory, executive processing and problem solving. We cover the latest research in neurogenesis and plasticity.

Other classes and activities of general interest:

A series of classes and activities are offered year-round at the ESC, such as: computer skills, signing, photography, social media, smartphones and tablets, knitting, cuisine, book clubs, mind mapping, mahjong, history, literature, piano, ukulele, drums, Spanish, and more.

Other special events and activities include:

- Free Monthly Blood Pressure Clinic
- Valentines celebration
- Senior Prom
- Country Tavern & Barn Quilt Tour
- St. Patrick's Day celebration
- Whale watching tour at Depoe Bay
- Cinco de Mayo lunch
- Stuhr Dinner Club
- Extended trips in the US, Ireland, Portugal and more.
- Alberta Arts District outing
- And much more.

*For more information about THPRD's work in diversity, equity, inclusion and access or any of our activities and events, please contact us at 503-619-3990 or at lballest@thprd.org