

# Community Education

## How to register:

Please register directly through the Community Education Partner hosting the class you would like to attend. A complete list of partners is available on the next page. Many partners accept online registrations on their websites. If you prefer to mail in your registration, use the form provided below and mail it directly to the partner. Please contact the partner if you have additional questions regarding your classes.

## Multiple registrations

To register with more than one community school/senior center, or to register more than one individual per site/class, use separate photocopies of the registration form.

## Refunds

Refund policies vary, contact the Community Education partner for details.

Community Education Registration Information	94
Community Education Class Locations	95
Clackamas Community College Community Education	96
Canby Community Education	97
Gladstone Community Education & Recreation	100
North Clackamas Parks & Recreation	105
Oregon City Community Education Program & Services	113
Oregon City Pioneer Community Center	115
West Linn Parks & Recreation	118
Wilsonville Parks & Recreation	122

**Return your registration form & payment to the Community Education Partner hosting the class. Contact information is on the next page.**

## COMMUNITY EDUCATION REGISTRATION FORM

FALL 2017

TODAY'S DATE: / / COMMUNITY EDUCATION PARTNER: SOCIAL SECURITY NUMBER:

LAST NAME: FIRST NAME: MIDDLE INITIAL:

CURRENT ADDRESS Number and street: City: State: Zip:

ETHNICITY:  Hispanic or Latino  Not Hispanic or Latino  
 RACE: (Choose all that apply)  
 American Indian / Alaska Native  Asian  Black or African American  Native Hawaiian or other Pacific Islander  White

GENDER:  Male  Female PREVIOUS NAME(S):

EMAIL ADDRESS HOME PHONE: ( ) WORK PHONE: ( ) DATE OF BIRTH\*: / /

IN CASE OF EMERGENCY, NOTIFY  
 Last name: First name: Phone: ( )

SIGNATURE:  
 (Parent, guardian or adult student)

Providing your Social Security Number (SSN) is voluntary. If you provide it, the college will use your SSN for keeping records, doing research, aggregate reporting, extending credit and collecting debts. Your SSN will not be given to the general public. If you choose not to provide your SSN, you will not be denied any rights as a student. Providing your Social Security number means that you consent to the use of the number in the manner described.  
 \* If you're under 18, additional permissions may be required before you can register for classes.

Course No.	Course Title	Time	M	T	W	Th	F	S	Su	Start Date	Location	Tuition	Fee	Total
1.	.	.								.	.	.	.	.
2.	.	.								.	.	.	.	.
3.	.	.								.	.	.	.	.

Clackamas Community College does not discriminate on the basis of race, color, religion, gender, sexual orientation, marital status, age, national origin/ancestry, disability, family relationship or any other protected status in accordance with applicable law. The College's commitment to nondiscrimination applies to curriculum activity and all aspects of operation of the College.

# Community Education Partners

## Canby Community Education

350 SE 13th Avenue, Canby, OR 97013

Phone: 503-266-0040

- Checks payable to: Canby Community Education
- Phone registration with Mastercard or Visa
- Registration begins immediately

## Gladstone Community Education & Recreation

17789 Webster Road, Gladstone, OR 97027

Phone: 503-650-2570 FAX: 503-655-5201

- Registration begins immediately
- Online registration at [www.gladstone.k12.or.us](http://www.gladstone.k12.or.us). Click on the box that says "Learning for Life Community Education" for registration links.
- Phone/fax/mail/walk-in registration with credit card
- Checks payable to: Gladstone Community School
- Confirmation on request only

## North Clackamas Parks & Recreation

7300 SE Harmony Rd, Milwaukie, OR 97222

Phone: 503-794-8080 FAX: 503-794-8085

- Online registration at [ncprd.com](http://ncprd.com)
- Phone/fax/mail registration with credit card
- Checks payable to: N. Clackamas Parks & Rec

## Oregon City Community Education Program and Services

Eastham Community Center

1404 7th St., Oregon City, OR 97045

Phone: 503-785-8520 FAX: 503-657-2536

- Registration begins immediately
- Checks payable to: OCSD
- Online registration [https://occe.cr3.rschoolday.com/public/getcategory/program\\_id/2](https://occe.cr3.rschoolday.com/public/getcategory/program_id/2)

### \*Senior Discount

Seniors 62 years of age or older qualify for discounted tuition for many Community Education classes. Proof of age is required.

## Pioneer Community Center

(Oregon City Senior Center)

615 Fifth Street, Oregon City, OR 97045

Phone: 503-657-8287

- Checks payable to: Pioneer Community Center

## West Linn Parks & Recreation

22500 Salamo Road, 1100, West Linn, OR 97068

Phone: 503-557-4700 FAX: 503-656-4106

- Register online at <http://westlinnoregon.gov/parksrec>
- Fax or mail registrations with check or charge card
- Telephone registrations can be done with charge card once your account is set up online
- Checks made payable to City of West Linn

## Wilsonville Parks & Recreation

7965 SW Wilsonville Rd, Wilsonville, OR 97070

503-682-3727

- Register in person or online at [WilsonvilleParksandRec.com](http://WilsonvilleParksandRec.com)
- Checks payable to: City of Wilsonville

## Community Education Needs You!

Clackamas Community College and the Community School partners are seeking part-time instructors for the Community Education program. If you have the ability and desire to provide a learning experience for seniors, adults and/or youths in your community, your talents are needed. Fill out an interest form at [Clackamas.edu/CommunityEducation](http://Clackamas.edu/CommunityEducation).

# Community Education Locations

## Ackerman School

350 SE 13th, Canby

## Aikido Northwest

16029 SE McLoughlin, Bldg B, Milwaukie

## Balance & Harmony

136 Grant St, Canby

## Blue Comm Bldg (Clackamas Heights)

13900 Gain St, Oregon City

## CCC Oregon City Campus

19600 Molalla Ave., Oregon City

## CCC Harmony Community Campus

7738 SE Harmony Rd., Milwaukie

## Canby High School

721 SW 4th Ave, Canby

## Canby Swim Center

1150 S. Ivy St, Canby

## Clackamas River Racquet Club

790 82nd Dr, Gladstone

## Club Fit

365 S Redwood St, Canby

## Complete Health Chiropractic Center

365 Warner Milne Rd #105, Oregon City

## Eastham Community Center

1404 7th St, Oregon City

## East Side Milwaukie

4606 SE Boardman, Milwaukie

## East Side Clackamas

9100 SE Sunnyside Rd, Clackamas

## EcoDive NW

183 King St, Oregon City

## The Fitness Studio

181 N. Grant St #106, Canby

## Forte Floral Artistry

14222 SE McLoughlin Blvd, Milwaukie

## Gladstone High School

18800 Portland Ave, Gladstone

## Gladstone Park Seventh-day

Adventist Church

8378 Cason Road, Gladstone OR 97027

## Gladstone Senior Center

1050 Portland Ave, Gladstone

## Grand Finale' Dance Studio

875 Portland Ave, Gladstone

## Harmony Road Music Center

17300 SE 82nd Dr, Clackamas

## Health Chiropractic Center LLC

365 Warner Milne Rd #105, Oregon City

## Highland Stables

16723 S Williams Rd, Beaver Creek

## JWE Wetten Gym

255 E Gloucester, Gladstone

## King Campus

995 South End Rd, Oregon City

## Kraxberger Middle School

17777 Webster Rd, Gladstone

## Milwaukie Center

5440 SE Kellogg Creek Dr, Milwaukie

## Miramont Pointe

11520 SE Sunnyside Rd, Clackamas

## North Clackamas Aquatic Park

7300 SE Harmony Rd, Milwaukie

## Oregon City High School

19761 S Beaver Creek Rd, Oregon City

## Oregon City Pioneer Community Center

615 Fifth St, Oregon City

## Rose Villa

13505 SE River Rd, Milwaukie

## Rosemont Ridge Middle School

20001 Salamo Rd, West Linn

## St. Patricks Church

498 NW 9th Ave., Canby

## Sachi Wellness

2008 Wilamette Falls Dr #200A, West Linn

## Sunset Fire Hall

2215 Long St, West Linn

## Tan Comm Bldg (Oregon City View Manor)

200 S Longview Way, Oregon City

## Tanner Creek

3456 Parker Rd, West Linn

## Total Body Pilates

655 SW 2nd Ave, Canby

## Town Center Village: The Terrace

8709 SE Causey, Happy Valley

## West Linn High School

5464 West A St, West Linn

## West Linn Adult Community Center

1180 Rosemont Rd, West Linn

## Willamette Primary School

1403 12th St, West Linn

## Willamette View

12705 SE River Rd, Milwaukie

## Wilsonville Community Center

7965 SW Wilsonville Rd, Wilsonville

## Wilsonville Parks & Recreation Admin

29600 SW Park Place Ct, Wilsonville

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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# CCC COMMUNITY EDUCATION

**MOTORCYCLE TRAINING**

Clackamas Community College partners with TEAM OREGON to offer courses to motorcycle and scooter riders for all levels of ability. You can learn to ride, earn your motorcycle endorsement or take your skills to the next level. Basic and intermediate courses are approved for Oregon's mandatory training requirement, and offer a choice of traditional or online classroom.

- Basic Courses: Available to all riders 16 and older; mandatory for new riders under 21. \$199
- Intermediate Courses: Available to all riders 21 and older. \$169
- Rider Skills Practice (RSP): Available to riders 16 and older with a motorcycle endorsement. \$99

Licensed riders are welcome to attend. Find complete training and licensing information, course schedules and register online at the TEAM OREGON website <http://team-oregon.org>. If you need additional assistance or information, call 800-545-9944.

**CCC HORTICULTURE DEPARTMENT**

For information and registration instructions for these classes please contact Loretta Mills at [lorettam@clackamas.edu](mailto:lorettam@clackamas.edu) or 503-594-3292. See Horticulture/Arboriculture/Landscape/Organic Farming course listings section of schedule for additional classes.

**XHOR-0018 AQUAPONICS**

Aquaponics is a food production system that combines aquaculture with hydroponics. This introductory workshop will cover water quality, biosecurity, and plant and fish health, as well as the basic science of using fish waste as fertilizer. Get hands-on experience working with CCC's system, and help evaluating a system for your needs.

8-11:50am S 10/21 1 \$40 CLAIRMONT 117

**XHOR-0010 MAKE YOUR OWN MINI HOOP HOUSE**

Grow food year round in your own backyard. In this class you will be guided in the construction of your own mini hoop house. Bring up to a dozen, 10ft, 1/2 inch, galvanized electrical conduit.

9-10:50am S 10/7 1 \$20 CLAIRMONT 117

**XHOR-0009 JAPANESE STYLE PRUNING**

Learn the art of Japanese Pruning with Masa Mizuno, a highly-respected master of Japanese garden cultivation. He has worked for decades with established Japanese gardens throughout the Pacific Northwest. This is a hands-on class, so please bring your own gloves and pruning tools. Class will meet at CCC but the hands-on pruning will be done at an off-site area nursery.

8-11:50am S 11/4 1 \$40 CLAIRMONT 117

**XHOR-0019 HERB GIFTS / HOLIDAY DECORATING**

Join us for a fabulous morning making herb gifts and holiday arrangements to take home. Learn about herbs and plants appropriate for use.

8am-12:20pm S 12/2 1 \$45 CLAIRMONT 117

**XHOR-0026 SEED SAVING: COMING FULL CIRCLE**

You will learn why seed saving is important and how it can become a part of your gardening and farming activities. We will cover the basics of seed saving, how to integrate seed saving into your growing space, how to tell when the seeds are ready for collecting, and how to store seeds to keep them viable. The workshop will be lecture and hands-on with seed cleaning being a big part of seed saving in the winter. You will get to take home seed for your spring garden.

8am-12:20pm S 10/14 1 \$30 CLAIRMONT 117

**MIRAMONT POINTE**

11520 SE Sunnyside Rd, Clackamas  
To register: 503-698-1600

**YPED-300-1106 WATER AEROBICS**

High energy, low impact workout uses a wide range of muscles. Age 62+: \$82.50. No class 11/23.  
7:15-8:15pm TTHS 9/26 11 \$165 Whitney POOL

**ROSE VILLA**

13505 SE River Rd, Milwaukie  
To register: 503-652-3284

**YPED-500-1150 CARDIO EXERCISE W/ HANDCHIMES**

Musical, chair centered, upper body exercise through music class. Lift, ring handchimes in rhythmic, dynamic motions. Increase upper body strength, agility, coordination. Learn musical skills. Age 62+ \$20. No class 11/23.  
10:30am-12pm TH 9/28 10 \$67.50 Hodder PAC

**YPED-600-1104 FUNCTIONAL FITNESS**

FUNctional fitness is using fun ways to improve your body's ability to function better on a daily basis. Improve core strength, balance, cognition, reactive reflex, stretching, and muscle strength. All activities can be modified to individual needs. Age 62+ \$20.  
11am-12pm MW 9/25 11 \$110 Hall FIT

**WILLAMETTE VIEW**

12705 SE River Rd, Milwaukie  
Call CCC Community Education for registration information. 503-594-0627

**YPED-100-1102 GENTLE YOGA**

This class begins with basic deep breathing and relaxation in the chair or on the floor followed by gentle stretches. Focusing on balance and strength for older adults this class offers a very gentle approach to yoga. Willamette View  
10:45-11:45am MW 9/25 10 TBA Higgins CLRM

**ZHWL-300-1141 GENEALOGY**

Learn to successfully research your family in a simple, step-by-step method. Learn how to begin a family history project, how to organize your records and materials, and learn the skills to continue your project on your own. Willamette View  
10:30am-12:30pm W 9/27 10 TBA Baird CLRM

**YPED-500-1157 CARDIO EXERCISE WITH HANDCHIMES**

Musical, chair centered, upper body exercise through music class. Lift, ring handchimes in rhythmic, dynamic motions. Increase upper body strength, agility, coordination. Learn musical skills. Age 62+ \$20. No class 11/23. Willamette View  
12:30-2pm TH 9/28 10 TBA Hodder CLRM

**YPED-300-1166 WATER AEROBICS**

Call 503-594-0627 to register. High energy, low impact workout uses a wide range of muscles. Hot tub to relax in after class. Swim skills not necessary. Age 62+: \$26.25. Willamette View  
7:15-8:15pm T 9/27 11 \$52.50 Stanton POOL

**YPED-300-1167 WATER AEROBICS**

Call 503-594-0627 to register. High energy, low impact workout uses a wide range of muscles. Hot tub to relax in after class. Swim skills not necessary. Age 62+: \$26.25. No class 11/23. Willamette View  
7:15-8:15pm TH 9/29 11 \$52.50 Stanton POOL

# Register with the Community Education Partner sponsoring your class.

Course No.	Course Title	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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## SEASONED ADULT ENRICHMENT

The Seasoned Adult Enrichment Program offers fun, weekly adult education sessions. All sessions are designed and administrated by its participants. Individual classes \$3.00, per term \$15.00 and \$30.00 for the full year. For more information or to request a brochure please call 503-594-0620. Unless otherwise noted all sessions take place at the Harmony Community Campus, 7738 SE Harmony Rd. Milwaukie, room H320. The first session meets Wednesday, October 11, 2017, 9:30-11:30am.

### SAEP-3 MAKING ALL VOTES COUNT

The Electoral College. Do we keep it, modify it or eliminate it? Is it time for Electoral College reform and will Oregon gain or lose?  
9:30-11:30am W 10/11 1 Sprigg H320

### SAEP-3 CHANGES ON THE FARM – FIELD TRIP

Join Farmer Tony for a walk around the Garden. See the changes and what has grown since our last visit.  
9:30-11:30am W 10/18 1 Chastain Field

### SAEP-3 FRIENDS OF THE OLD COLUMBIA RIVER HIGHWAY

The Columbia River Highway was a Technical and Civic achievement of its time. Jeanette will share its history and what the future holds for this amazing roadway.  
9:30-11:30am W 10/25 1 Kloss H320

### SAEP-3 LEAGUE OF WOMEN VOTERS

The League of Women Voters stands for Government transparency and civic involvement. We educate ourselves on all sides of the issue. The league takes action by testifying and lobbying  
9:30-11:30am W 11/1 1 Routson H320

### SAEP-3 JOURNEY THROUGH SOUTH AFRICA

30 day trip by car through South Africa from Cape Town to Johannesburg including "Swimming with the Sharks."  
9:30-11:30am W 11/8 1 Holland H320

### SAEP-3 SOCK IT TO ME

SOCK IT TO ME was founded in 2004 and since then they have been designing and selling fun, funky and crazy socks for men and women and kids all over the world.  
9:30-11:30am W 11/15 1 Adkinson H320

### SAEP-3 DAVE'S KILLER BREAD

Everyone is capable of greatness. "Dave's Killer Bread" has witness First-Hand how stable employment sparks transformation in people with Criminal backgrounds. It truly is a "second chance".  
9:30-11:30am W 11/22 1 Staff H320

### SAEP-3 MEDICARE SCAMS & OPEN ENROLLMENT

Jodine is with Senior Health Insurance Benefits Assistance (SHIBA.) Uncertain times bring Fraudsters out to mislead and deceive. Learn how to read your Medicare summary notice and explanation of benefits forms - Find out about the new Medicare Cards (2018).  
9:30-11:30am W 11/29 1 Simpson H320

# Canby

## COMMUNITY EDUCATION

Registration form for Community Education classes on page 93.

For class locations, see page 95.

Phone: 503-266-0040

### Art/Crafts

#### ZAPA-100-0100 PHOTOGRAPHY: BASIC

This class is an overview of how modern digital & film cameras function. This class is the first 2-hours of the Advanced Photography class. Bring camera and manual. Instructor's website: [www.oregon-photosafaris.com](http://www.oregon-photosafaris.com). Age 16-Adult. Canby High School  
9-11am S 10/14 1 \$35 Guvenir 3

#### ZAPA-100-0101 PHOTOGRAPHY: ADVANCED

You'll be an 'advanced' photographer after this class. Learn everything you need to know to be in complete control of your photography and create the images you want. Class is open to photographers of all levels with any camera. Bring camera and manual. Instructor's website: [www.oregonphotosafaris.com](http://www.oregonphotosafaris.com). Age: 16-Adult. Canby High School  
9am-4pm S 10/14 1 \$100 Guvenir 3

#### ZAPA-100-0102 PHOTOGRAPHY: COMPOSITION

Great images require great composition! Learn how to craft amazing professional quality images utilizing composition techniques that will transform your images into award winning works of art. Stop taking snapshots and start making art! Advanced Photography is a pre-req. Instructor's website: [www.oregonphotosafaris.com](http://www.oregonphotosafaris.com). Age: 16-Adult. Canby High School  
9am-12pm SU 10/15 1 \$100 Guvenir 3

#### ZAPA-100-0103 PHOTOGRAPHY: ADV. LIGHTING

Light is the only element that is always required to create photographic images. It's the most important part of proper exposure, composition and story-telling. Advanced Photography is a pre-req. Instructor's website: [www.oregonphotosafaris.com](http://www.oregonphotosafaris.com). Age: 16-Adult. Canby High School  
1-4pm SU 10/15 1 \$100 Guvenir 3

#### ZAPA-100-0104 INTRODUCTION TO WATERCOLOR

For anyone who is ready to try the exciting medium of watercolor! All supplies are furnished and through demonstrations by Jude Welter and doing hands-on work, you'll leave with a good sense of terms like 'wet-in-wet', 'dry-brush', masking out areas, and countless other fun techniques. Pay \$6 fee directly to instructor day of the class. Age: 18-Adult. St. Patrick's Church  
10am-3:30pm T 9/12 1 \$44 \$6 Welter CLRM  
10am-3:30pm T 10/31 1 \$44 \$6 Welter CLRM

#### ZAPA-100-0105 WATERCOLOR WITH JUDE WELTER

All levels welcome! Jude will be giving individualized demos to illustrate a certain technique in this exciting medium! If you've painted before, please bring your regular watercolor kit and a reference photo/project you'd like to work on. If you are a new painter, please hold off bringing any supplies until after the first class. Brand new painters should consider taking the "Intro to Watercolor" for an overview of what's required in the weekly classes. First set of classes not required to take second set of classes. Age: 18-Adult. St. Patrick's Church  
10am-12:30pm T 9/19 6 \$96 Welter CLRM  
10am-12:30pm T 11/7 6 \$96 Welter CLRM

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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**ZAPA-100-0106 INDEPENDENT STUDY IN WATERCOLOR & CANVAS**  
 Please bring your projects or ideas to begin a new work of art, or bring something you've been stalled on and we'll get it going again! Jude will assist the painters individually to complete their paintings. There will be adequate time for individual or group critique. This class is for painters with some experience and Jude will NOT be doing a demo during this time, but will assist on personal projects. First set of classes not required to take the second set. Age: 18-Adult. St. Patrick's Church

1-3:30pm	T	9/19	6	\$96		Welter	CLRM
1-3:30pm	T	11/7	6	\$96		Welter	CLRM

**Computers**

**YDPS-100-0100 PHOTOSHOP FOR PHOTOGRAPHY**  
 Learn the key elements to unlocking Photoshop. Learn the tools that unlock the full potential of Photoshop. Learn to make perfect prints on your own. You must bring your own laptop with any version of Adobe Photoshop or Elements. Adv. Photography is a prerequisite. Instructor's website: [www.oregonphotosafaris.com](http://www.oregonphotosafaris.com). Age: 16-Adult. Canby High School

9am-4pm	S	10/28	1	\$100		Guvenir	3
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**Dance/Theater**

**ZMDT-300-0100 COUNTRY LINE DANCE, BEG**  
 Line dancing is a fun way to dance without the need of a partner. Learn the latest dance steps and some traditional ones, too. Exercise your body and mind by dancing to lively, upbeat music! No class 10/31. Age: 14-Adult. Ackerman School

6-7pm	M	9/25	8	\$55		Schmaltz	CAFÉ
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**ZMDT-300-0101 PARTNER COUNTRY DANCE**  
 Learn country swing dance as well as the partner dances such as the Traveling Cha-Cha, Horseshoe Shuffle, Schottishche and more. Designed for beginners; partners only. Tuition is per couple. No class 10/31. Age: 14-Adult. Ackerman School

7-8pm	M	9/25	8	\$80		Schmaltz	CAFÉ
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**ZMDT-300-0102 COUNTRY LINE DANCE ULTRA, BEG**  
 If you are new to country dance and have never taken a line dance class, let Nadja help you learn easy steps in a relaxed atmosphere. Enjoy country dancing without the need of a partner! Age 14-Adult

8-9pm	M	9/25	8	\$55		Schmaltz	CAFÉ
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**Music**

**ZMDT-400-0100 GUITAR, BEGINNING**  
 Students will learn the basics of guitar including chords, strumming, picking and basic songs. Designed for entry-level and beginning students. Students asked to bring own guitar. Students are encouraged to stay after class and play with Canby Guitar Ensemble for no additional cost (during the same term). No class 10/31. Ages 12-Adult. Ackerman School

6:30-7:15pm	M	9/25	8	\$80		Rector	11
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**ZMDT-400-0101 GUITAR ENSEMBLE**  
 Group will play together several styles of music. All skill levels welcome as difficulty of parts will vary. In addition to guitars, we are open to other instruments joining in. Students asked to bring own guitar. No class 10/31. Ages 12-Adult. Ackerman School

7:15-8pm	M	9/25	8	\$80		Rector	11
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**ZMDT-400-0102 GUITAR, CONTINUING**  
 Group will play together several styles of music. In addition to guitars, we are open to other instruments joining in. Students asked to bring own guitar. No class 10/31. Ages 12-Adult. Ackerman School

8-8:45pm	M	9/25	8	\$80		Rector	11
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**Driver Education**

**YDRE-100-0100 DRIVER EDUCATION**  
 Because this course satisfies state requirements of 30 hours classroom and 12 hours of in-car instruction, attendance at all sessions is mandatory. First class includes a segment for a student/parent orientation; call 503-266-0040 for detailed information. Additional tuition if student has a license, obtains a license before completing the Driver's Ed program or is 18+ years of age. Age: 15-20. Canby High School

7-9pm	TTH	9/5	8	\$325		Johnson	1
7-9pm	TTH	11/7	8	\$325		Johnson	1

**YDRE-200-0100 AARP SMART DRIVER**  
 Driver training program designed for senior drivers, although any student may enroll. Developed by AARP and approved by Department of Motor Vehicles. Fee: \$20; \$15 with AARP card paid to instructor. Canby High School

9am-4pm	S	10/14	1			Fisher	1
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**Exercise/Fitness**

**CLUB FIT**  
 Whether you're looking for general fitness or a competitive advantage, Club Fit provides exceptional value. We have memberships and programs for every budget and need. Stop by any time for a tour and FREE week. Club Fit, 365 S. Redwood Street, Canby.

**YPED-200-0100 CORE-FIT MAX EFFORT**  
 Combination of plyometrics, Olympic lifts, kettlebells, dumbbells, HIIT, speed/agility, metabolic conditioning, scaled pace running, TRX and everything that improves performance and functional movement. Class aids obstacle racing, adventure runs, triathlons, strength events and short distance racing. Club Fit registration deadline: Sept. 20; additional documentation required by the deadline directly to Club Fit. 2 days/ week: \$145. 3 days/week: \$189. 4 days/ week: \$189. Age: 18-Adult. Club Fit

5:15-6:15am	MWF	9/25	12			Raines	CFIT
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**YPED-200-0101 CORPORATE (NOON) WORKOUT**  
 Age: 18-Adult. Designed for the busy individual who has limited time during the day. Circuit training using weight equipment, drills and more. See how this class can reshape your idea of exercise. Beginning to advanced levels. Club Fit registration deadline: Sept. 20; additional documentation required by the deadline directly to Club Fit. Club Fit

12-1pm	MW	9/25	12	\$165		McArthur	CFIT
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**TOTAL BODY PILATES**  
 Total Body Pilates specializes in STOTT Pilates training and exercise along with group cardio classes. Well trained and helpful staff would be happy to assist you with developing the perfect workout routine suited to fit your schedule, price range and goals. Studio Address: 655 SW 2nd Ave., Canby

**YPED-600-0104 BOOTY BARRE'**  
 Age: 18-Adult. Booty Barre' is a fun, energetic workout that fuses techniques from dance, Pilates and yoga to tone, define and chisel the whole body. Booty Barre' is the perfect combination of strength/flexibility with an added cardiovascular element utilizing the barre'. Total Body Pilates

6:45-7:45pm	W	9/6	15	\$90		Shirrell	TOTAL
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**YPED-600-0105 PILATES MAT CLASS: INTER**  
 Age: 18-Adult. Class conducted on the floor with mats. Covers more exercise variations at a faster pace. Come in comfortable clothing. Class size is limited to ensure all students are doing exercises effectively. Bring your own mat. No class 11/24. Total Body Pilates

9-10am	M	9/11	14	\$140		Staeheley	TOTAL
9-10am	S	9/9	14	\$140		Staeheley	TOTAL

## Register with the Community Education Partner sponsoring your class.

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room		
<b>YPED-600-0107</b>	<b>PIYO</b>	Age: 18-Adult. PiYo is an athletic blend of yoga, stretching, and toning moves done to music. The class incorporates cardio with stretching to create a balanced and overall difficult workout. Bring a mat. No class 10/31 & 11/23. Total Body Pilates																			
		7:45-8:45pm	T	9/5	14	\$84		Wakefield	TOTAL												
		7:45-8:45pm	TH	9/7	14	\$84		Wakefield	TOTAL												
<b>YPED-600-0109</b>	<b>POUND FIT</b>	Age: 18-Adult. POUND FIT is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45-minute series. No class 10/31. Total Body Pilates																			
		6:30-7:30pm	T	9/5	14	\$84		Wakefield	TOTAL												
<b>YPED-300-0110</b>	<b>TURBOKICK</b>	Age: 18-Adult. Turbokick is a combination of intense kickboxing moves as well as dance moves all perfectly choreographed to high energy and motivating music. No previous kickboxing experience needed. Total Body Pilates																			
		5:30-6:30am	W	9/6	15	\$90		Wakefield	TOTAL												
<b>YPED-300-0111</b>	<b>ZUMBA</b>	Age: 18-Adult. Zumba is a combination of Latin dance and other forms of dance fitness. It's easy to catch on and always a blast! No class 11/23. Total Body Pilates																			
		6:30-7:30pm	TH	9/7	14	\$84		Staff	TOTAL												
<b>THE FITNESS STUDIO</b>																					
We believe in functional training – training to survive and thrive in the real world. Regardless of your activity level, functional training is the best approach to staying active for life. ACE and ADAPT Certified Personal Trainer, Annette Vaughan specializes in adapting workouts for those with limitations due to injury, surgery, or muscular imbalances. Contact instructor for per class rates and packages if you cannot attend for an entire session. See website for periodic updates to class schedule ( <a href="http://thefitnessstudio.webs.com">http://thefitnessstudio.webs.com</a> ) Email: TheFitnessStudio@canby.com																					
<b>YPED-600-0112</b>	<b>INTRO TO STRENGTH &amp; CARDIO</b>	Class focuses on building strength with a mix of cardio to prevent muscle and bone loss, improve strength and function, and promote weight loss. Class is for women only. Age: 18-Adult. The Fitness Studio																			
		5-5:50pm	MW	10/2	5	\$89		Vaughan	TFS												
		5-5:50pm	MW	11/6	4	\$72		Vaughan	TFS												
		5-5:50pm	MW	12/4	3	\$56		Vaughan	TFS												
<b>CANBY SWIM CENTER</b>																					
Canby Swim Center is the fun and healthy place to go! In addition to recreational swim times, there are numerous programs such as water exercise classes and adult/senior activities. Canby Swim Center is located at 1150 S. Ivy Street, Canby. Phone: 503-266-2761.																					
<b>YPED-300-0112</b>	<b>ADULT/SENIOR SWIM</b>	Age: Adult. Fitness is enhanced and those endorphins kick in when swimming! No class 9/4. Canby Swim Center																			
		7-8am	M-F	9/5				Staff	POOL												
<b>YPED-300-0113</b>	<b>WATER EXERCISE</b>	This fun aquatic exercise class will enhance your flexibility & muscular strength with aerobic conditioning & muscle strengthening. No class 9/4. Canby Swim Center																			
		8-9am	MWF	9/5				Staff	POOL												
		7-8pm	TTH	9/5				Staff	POOL												
<b>ZPED-400-0100</b>	<b>ADULT KEMPO-JUJITSU</b>	Age: 14-Adult. Kempo is an art form introduced into the United States from Japan and involves the study of highly effective self-defense/martial arts & Yoga. It is grounded in philosophy that teaches students to seek non-violent resolutions to conflict. No class 11/20 & 11/22. Canby High School																			
		5-6pm	MW	9/11	11	\$120		Soles	GYM												
<b>ZPED-400-0103</b>	<b>TAEKWON-DO</b>	Age: 7-Adult. Learn this disciplined martial art, using empty hands & bare feet in self-defense. Uniforms available from instructor but not required. Non-contact. No class 11/22 & 11/24. Ackerman School																			
		6-7:30pm	TTH	9/5	14	\$95		Matie	CAFÉ												
<b>ZPED-400-0104</b>	<b>TAEKWON-DO FOR KIDS</b>	Age: 5-6. For all 5-6 year old boys and girls! Come try a beginning class in Taekwon-Do. Uniforms available from instructor but not required. Non-contact. No class 11/22 & 11/24. Ackerman School																			
		5-5:45pm	TTH	9/5	14	\$50		Matie	CAFÉ												
<b>ZOUT-100-0101</b>	<b>VOLLEYBALL, REC</b>	Age: 18-Adult. It's a great workout and opportunity to play the game. Drop-in fee \$3 per night. No class 11/22. Ackerman School																			
<b>Health/Well-Being/Safety</b>																					
<b>ZHLT-100-0100</b>	<b>BABYSITTING SAFETY</b>	Age: 11-15. The Child and Babysitting Safety (CABS) program covers child safety and basic care techniques for infants and children. Babysitting is not just "watching" children, but being responsible for their safety/well-being. Program content from Health & Safety Institute. Certification card issued upon successful completion. Ackerman School																			
		9am-12pm	S	10/14	1	\$95		Hazapis	25												
<b>ZHLT-100-0101</b>	<b>CHILD/INFANT CPR</b>	Age: 14-Adult. For individuals who require or desire CPR, AED including (but not limited to) child care workers, school bus drivers, teachers, parents and babysitters. Receive 2 yr. CPR card in OSHA compliant course. Ackerman School																			
		6-8pm	T	9/26	1	\$55		Hazapis	25												
<b>ZHLT-100-0102</b>	<b>INTRODUCTION TO ESSENTIAL OILS</b>	Come learn the basics of essential oils! Topics include what essential oils are, the three methods of use (aromatic, topical and internal) and the benefits of using essential oils. Participants will be taking home samples for what they learned!																			
		7-8:30pm	W	10/18	1	\$15	\$5	Shrock	11												
<b>ZHLT-100-0103</b>	<b>MEDIC FIRST AID &amp; CPR</b>	Age: 14-Adult. Medic First Aid training teaches appropriate emergency skills. Adult CPR, AED & First Aid. Receive 2 yr. CPR/First Aid card in OSHA compliant course. Ackerman School																			
		6-8pm	T	10/24	1	\$65		Hazapis	25												
<b>ZHLT-100-0104</b>	<b>PEDIATRIC CARE + ADULT CPR, AED &amp; FIRST AID</b>	Age: 14-Adult. For individuals who require/desire CPR, AED & first aid certification for both adults and children. Receive a 2-year certification card in this OSHA compliant course Program content from Health & Safety Institute. Ackerman School																			
		6-9:30pm	T	11/14	1	\$95		Hazapis	25												
<b>Language Studies</b>																					
<b>YFLS-100-0100</b>	<b>SPANISH 1</b>	Age: 14-Adult. Class is for students with little or no Spanish language experience. Each lesson will contain daily conversation, pronunciation and an introduction to grammar. A variety of activities such as games, songs and class participation will be utilized to facilitate learning and create interest. Ackerman School																			
		7-8:30pm	T	9/12	10	\$77		Gorbett	11												
<b>YFLS-100-0101</b>	<b>SPANISH 2</b>	Age: 14-Adult. Class is for students who have taken Spanish 1 or with some knowledge of the Spanish language. Each lesson will contain daily conversation, pronunciation and an introduction to grammar. A variety of activities such as games, songs and class participation will be utilized to facilitate learning and create interest. Ackerman School																			
		7-8:30pm	TH	9/14	10	\$77		Gorbett	11												

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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## Financial/Retirement Planning

**ZOUT-100-0100 UNDERSTANDING RETIREMENT, SS & MEDICARE**  
 As baby boomers become Social Security and Medicare age, most do not know the penalties for not applying on time and how Medicare Supplements and Part D drug programs work. This class will explain the history and organization of Social Security and Medicare. How to determine and claim benefits, and how to fit these into your overall retirement plan. Tuition is for 2 family members.  
 6-9pm TH 10/17 1 \$25 Blythe 25

# Gladstone

## COMMUNITY EDUCATION & RECREATION

Registration form for Community Education classes on page 93.

For class locations, see page 95.

Phone: 503-650-2570 or 503-655-2777

## Arts/Crafts

**ZAPA-100-0300 ACRYLICS / OILS W/SHIRLEE BEGINNING TO ADVANCED**  
 Fun class w/choice of oils or acrylics. Beginners learn fundamentals, brush techniques, color mixing. Experienced artists paint from photos, see demo's w/experimental techniques, texture, depth. Supply list. No class 11/23. (Age 62+: \$73) Gladstone Senior Center  
 9:30-11:30am TH 9/28 10 \$89 Lind CLRM

**ZAPA-100-0301 ACRYLICS WITH MELISSA**  
 Explore acrylic medium using washes, texturing, and impasto techniques. Class includes painting landscapes, water, flowers, and buildings. Bring imagination & be prepared to use COLOR! Supply list. (Age 62+: \$68) Gladstone High School  
 6-8:30pm W 9/20 8 \$84 Gannon CLRM

**ZAPA-100-0302 ADVENTURES IN PASTELS**  
 Use your pastels to portray vibrant landscapes, water, and still life. Class will cover drawing, composition, color layering. Supply list. (Age 62+: \$73) Gladstone Senior Center  
 2-4:30pm TH 9/21 8 \$89 Gannon MULTI

**ZAPA-100-0303 ALCOHOL INKS WITH SHERRIE**  
 Play with Alcohol Inks, a vibrant, permanent, fast-drying transparent medium that creates unique designs. Make tile coasters that look like polished stone & a picture of flowers to hang on wall. Class size limited and held offsite in Gladstone, info upon registration. (Age 62+: \$29+lab)  
 6:30-8:30pm W 10/4 3 \$35 \$10 Withers TBAI

**ZAPA-300-0304 CARDS FOR FALL**  
 Beautiful all occasion cards spotlighting the rich and beautiful colors of fall. We will create 8 cards with envelopes, 2 each of 4 different designs. Please join us! (Age 62+: \$13+lab). Gladstone High School  
 6-9pm T 9/26 1 \$16 \$15 Graham CLRM  
 6-9pm W 9/27 1 \$16 \$15 Graham CLRM

**ZAPA-300-0305 CARDS WITH HOLIDAY MAGIC**  
 Get a head start on your holiday cards, with lots of glitz and glamour! We will create 8 cards with envelopes, 2 each of 4 different designs. Join us for an evening of holiday fun! (Age 62+: \$13+lab). Gladstone High School  
 6-9pm T 10/24 1 \$16 \$15 Graham CLRM  
 6-9pm W 10/25 1 \$16 \$15 Graham CLRM

**ZAPA-300-0306 CARDS FESTIVE SEASONAL CARDS**  
 Join us for another round of beautiful holiday cards. We will create 8 cards with envelopes, 2 each of 4 different designs. Lots of holiday fun! (Age 62+: \$13+lab). Gladstone High School  
 6-9pm T 11/28 1 \$16 \$15 Graham CLRM  
 6-9pm W 11/29 1 \$16 \$15 Graham CLRM

**ZAPA-100-0307 CONCRETE LEAF CASTS**  
 Learn techniques to create leaf casts for birdbaths, water features, and garden art using concrete; make one in class. Bring 2 shallow plastic storage totes/boxes, plastic gloves. Held off Forsythe Rd in OC; info sheet. (Age 62+: \$13+lab)  
 10am-12pm S 9/23 1 \$16 \$5 Hage TBA

**ZAPA-300-0308 CROCHET STITCHES & PATTERN READING**  
 Learn basic crocheting stitches and how to read a pattern in this hands-on class with Shari. Bring your own crochet hook (size G or H) & skein of yarn for this six-week course. Class size limited. Gladstone High School  
 6-7pm W 9/20 6 \$25 Wilson CLRM

**ZAPA-100-0309 DRAWING WITH MELISSA GANNON**  
 Learn to "see" form and shape, create designs, and think about perspective. Work in pencil, or if desired, bring colored pencil, pen & ink or medium of your choice, and drawing paper. (Age 62+: \$68) Gladstone High School  
 6-8:30pm M 9/25 8 \$84 Gannon CLRM

**ZAPA-300-0310 FLOWERS IN PEN, INK & WATERCOLOR**  
 Using Pen & Ink with Watercolor, learn basic techniques to capture beautiful colors & details of NW Flowers & Garden Life. Should complete 3 ready to frame projects. No drawing or painting experience req. Supply list or order kit for \$25. (Age 62+: \$34+lab) No class 10/5. Gladstone High School  
 6-9pm TH 9/28 3 \$39 \$15 Sevy CLRM

**ZAPA-300-0311 FRESH GREENS WREATH/HANGING BASKET**  
 Make a unique one-of-a-kind wreath using assorted fresh greens and a hanging basket. Create professional looking bow. Includes greens, foam, wire, ribbon, and basket. (Age 62+: \$13+lab). Gladstone High School  
 6:30-8:30pm W 11/29 1 \$16 \$8 Hage CLRM

**ZAPA-300-0312 HOLIDAY BAZAAR**  
 Something for everyone! Come socialize, have lunch and shop for those hard to find gifts among our many local crafters at Gladstone's Annual Holiday Bazaar. For more information, please contact Tenna Reed, (503) 997-7068 or email harryreed6960@comcast.net. Gladstone High School  
 9 am-4pm S 10/28 1 Cafe

**ZAPA-300-0313 HOLIDAY FLORAL DESIGN**  
 Create wonderful flower arrangements for the fall/winter holidays. Lots of ideas for spaces inside and out. Supplies provided. Lab fee includes flowers, greens, and a vase. (Age 62+: \$13+lab). Gladstone High School  
 6:30-9pm W 10/25 1 \$16 \$8 Hage CLRM

**ZAPA-300-0314 LIVING "SUCCULENT" WREATH**  
 Create a beautiful wreath using various succulents to create a planted "live" wreath to use as a table decoration, hang, or surround a large candle. (Age 62+: \$13+lab). Gladstone High School  
 6:30-8:30pm W 10/11 1 \$16 \$10 Hage CLRM

**ZAPA-300-0315 MIXED MEDIA COLLAGE - FALL LEAVES**  
 Fun mixed media project, using various types of papers, layering to create collage. Create visual interest using various techniques/tools. Includes Cradle Board & how to prep/finish. Bring sack lunch. Bring paint supplies. See supply list. (Age 62+: \$34+lab) Gladstone High School  
 9-3:30pm S 9/30 1 \$39 \$15 Sevy CLRM

**ZAPA-100-0315 OIL PAINTING BOB ROSS STYLE**  
 Start with a blank canvas, leave with completed masterpiece! De-stress and relax with Judy Stubb. Beginners to advanced welcome. All supplies and canvas provided! View pictures at [www.wetpaints.net](http://www.wetpaints.net). Thursday classes held at Gladstone High School, 18800 Portland Ave.  
 Misty Rolling Hills  
 5:30-9pm TH 9/28 1 \$50 Stubb High School  
 Mt. Rainier  
 5:30-9pm TH 10/19 1 \$50 Stubb High School



## Register with the Community Education Partner sponsoring your class.

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room
Northern Light Show 5:30-9pm	TH	11/16	1	\$50		Stubb	High School	<b>YDPS-100-0301</b>	<b>ADOBE PHOTOSHOP THE NEXT STEP</b>						
Early Snow 5:30-9pm	TH	11/30	1	\$50		Stubb	High School		Learn more about restoring and retouching digital or scanned pictures, removing water spots, folds, etc., color correction. See some special effects, more on resizing pictures for online posting. Bring 1G or larger USB flash drive. (Age 62+: \$59) Gladstone High School						
Friday/Sunday class at Gladstone at Gladstone Park Seventh Day Adventist Church.								6-9pm	T	10/10	3	\$79		Weesner	CLRM
Bald Eagle 5:30-9pm	F	9/15	1	\$50		Stubb	Church	<b>YDPS-100-0302</b>	<b>EXCEL 2016 LEVEL I</b>						
Storm's a 'Comin' 2-6pm	SU	9/17	1	\$50		Stubb	Church		Basic functions of Excel 2016. Navigate worksheets, use basic calculations, common formulas, formatting, editing, sorting, charts, freeze & hide panes. Need SOME Windows exp. Bring 1G or larger flash drive. (Age 62+: \$59+lab) Gladstone High School						
Southwestern Desert 2-6pm	SU	10/22	1	\$50		Stubb	Church	6-9pm	W	9/20	3	\$79	\$24	Aguilar	CLRM
Pastel Seascape 5:30-9pm	F	10/27	1	\$50		Stubb	Church	<b>YDPS-100-0303</b>	<b>EXCEL 2016 LEVEL II</b>						
Autumn Exhibition 5:30-9pm	SU	10/8	1	\$50		Stubb	Church		Builds on skills learned in Level I. Learn more advanced formatting: customizing, date & time functions, conditional formatting, text & analysis, IF Criteria, Troubleshooting, Lookup, Outline features. Bring 1G or larger flash drive. (Age 62+: \$59 + lab) Gladstone High School						
Rustic Barn Sawblade 2-6pm	SU	11/19	1	\$50		Stubb	Church	6-9pm	W	10/11	3	\$79	\$24	Aguilar	CLRM
Winter Stillness 2-6pm	SU	12/17	1	\$50		Stubb	Church	<b>YDPS-100-0304</b>	<b>IPHONE BASICS</b>						
Silver Falls in the Snow 5:30-9pm	F	12/29	1	\$50		Stubb	Church		Just purchase a new iPhone? Learn basics of how to use: personalize settings, maps, basic apps, phone tips & tricks, messages, clock/ alarm, personal security, save battery life, Q & A. Bring charged iPhone to class. Must have Apple Account ID & password. (Age 62+: \$29) Kraxberger Middle School						
<b>ZAPA-300-0316</b>	<b>QUILT-LOG CABIN DESIGN BEG</b>							5-7:30pm	TTH	10/3	1	\$34		Chambers	CLRM
Construct quilt or wall hanging using rotary cutter & sewing machine to create quilt blocks. 1st class covers material, design, shopping for supplies. Great way to learn how to sew! (Age 62+: \$38). Gladstone High School															
6:30-9pm	M	10/2	4	\$48		Hage	CLRM	<b>YDPS-100-0305</b>	<b>IPHONE INTERMEDIATE</b>						
<b>ZAPA-300-0317</b>	<b>QUILTERS, FINISH THAT PROJECT!</b>								How to use & organize apps, communication (FaceTime, Skype, WhatsApp), travel apps, optimize settings, calendar, intro to photography, iCloud, syncing, Q & A. Bring charged iPhone to class. Must have Apple Account ID & password, know basics of using iPhone. (Age 62+: \$29) Kraxberger Middle School						
This is a time for all those who need a large table, use of a sewing machine, or a little extra help with the outside edges or any other part to complete their quilt. (Age 62+: \$28). Gladstone High School								5-7:30pm	TTH	10/10	1	\$34		Chambers	CLRM
6:30-9pm	M	11/6	3	\$38		Hage	CLRM	<b>YDPS-100-0306</b>	<b>IPHONE PHOTOGRAPHY</b>						
<b>ZAPA-300-0318</b>	<b>RECYCLED GLASS SERVING DISHES</b>								Learn to use camera feature to fullest potential. Learn tips & tricks to improve iPhone photos & videos, how to create, enhance, edit, share videos & photos with family & friends, try accessories. Bring charged iPhone to class. Must have Apple Account ID & password, know basics of using iPhone. (Age 62+: \$29) Kraxberger Middle School						
6:30-8:30pm	W	11/8	1	\$16		Hage	CLRM	10am-1pm	S	11/4	1	\$34		Chambers	CLRM
<b>ZAPA-100-0319</b>	<b>WATERCOLOR WITH MELISSA (DAY)</b>							<b>YDPS-100-0306</b>	<b>WORD 2016 LEVEL I</b>						
Explore the exciting and challenging medium of transparent watercolor! Learn to mix colors, the basics of composition, elements of perspective, drawing. Supply list. (Age 62+: \$73) Gladstone Senior Center															
2-4:30pm	W	9/20	8	\$89		Gannon	MULTI		Learn basic functions of Word 2016. Creating documents, formatting & editing text, sorting, Shapes, WordArt, Pictures, Text Boxes, arrange text in columns, tab stops, headers, footers, insert graphics. Some Windows experience necessary. Bring 1G or larger flash drive. (Age 62+: \$59 + lab) Gladstone High School						
<b>ZAPA-100-0320</b>	<b>WATERCOLOR WITH MELISSA (EVE)</b>							6-9pm	TH	9/28	3	\$79	\$24	Aguilar	CLRM
Explore the exciting and challenging medium of transparent watercolor! Learn to mix colors, the basics of composition, elements of perspective, & drawing. Supply list. (Age 62+: \$68) Gladstone High School															
6-8:30pm	T	9/19	8	\$84		Gannon	CLRM	<b>Culinary</b>							
<b>ZAPA-100-0321</b>	<b>WATERCOLOR 101 WITH SHARLA</b>								Attend a class at Two Girls Catering and learn methods, recipes, tips & tricks from Gladstone's popular caterers Pam and Mike McClung. Register early as class sizes are limited and will fill quickly.						
Play with color; create beauty. Step-by-step intro to watercolor, how colors blend & change, how to apply washes, glazes, transfer images to paper, Pen & Ink basics. Sharla demos each process while students practice techniques. Beginners order kit for \$40 (recommended) or see supply list. (Age 62+: \$68) Gladstone High School								<b>YDPS-100-0301</b>	<b>INTRO TO BBQ, SMOKING, GRILLING - PART 1</b>						
6-8:30pm	M	9/25	8	\$84		Sevy	CLRM		Class includes hands on experience preparing beef, chicken, pork and salmon using direct & indirect methods on grill and smoker. Learn about cuts of meat, brines, rubs and sauce. Full dinner will be served. Recipes, info included. Limit: 12. Two Girls Catering, 125 E. Dartmouth in Gladstone.						
<b>Computers</b>								6-9pm	T	9/26	1	\$100		McClung	Two Girls Catering
<b>YDPS-100-0300</b>	<b>ADOBE PHOTOSHOP BASICS</b>							<b>ZEAT-100-0302</b>	<b>COOKING FOR A CROWD</b>						
Learn to digitally re-size, crop, retouch photos from digital camera or scanned pictures using Adobe Photoshop. Scanning, email attachments, layered montage. Need basic computer/photo skills. Bring 1+G USB flash drive. (Age 62+: \$59) Gladstone High School															
6-9pm	T	9/19	3	\$79		Weesner	CLRM		Whether you are cooking for 4 or 24, you will learn great ways to fix a stress-free meal and set a beautiful table. Dinner, dessert & wine will be served. Recipes, info included. Limit: 15. Two Girls Catering						

Course No.	Course Title	Course No.	Course Title
Time	Days	Time	Days

**ZEAT-100-0303 APPETIZERS & WINE PAIRING**  
 Class will teach different appetizers & charcuterie (smoked/dried meats/cheese) along with wine pairing. Have a meal of appetizers. Leave with pictures, menus, recipes. Limit 15. Two Girls Catering, 125 E. Dartmouth in Gladstone.  
 6-9pm T 11/14 1 \$50 McClung Two Girls Catering

**Dance/Theater**

**ZMDT-300-0302 COUNTRY LINE DANCE ULTRA BEGINNING**  
 If you are new to dancing or have never taken a line dance class, let Nadja help you learn easy steps in a relaxed atmosphere. Fun way to enjoy dancing without the need of a partner. (Age 62+: \$50. JWE Wetten Gym (255 E. Gloucester)  
 6:30-7:30pm TH 9/28 8 \$55 Schmaltz GYM

**ZMDT-300-0303 COUNTRY LINE DANCE BEGINNING**  
 Line dance is a fun way to dance without the need of a partner. Learn latest dance steps and traditional ones with Nadja. Steps are fun and easy. (Age 62+: \$50) JWE Wetten Gym (255 E. Gloucester)  
 6:30-7:30pm W 9/27 8 \$55 Schmaltz GYM

**ZMDT-300-0304 COUNTRY LINE DANCE INTERMEDIATE**  
 Do you know the basic line dances and are ready to move on to some intermediate ones? Come by yourself or with a friend. (Age 62+: \$50) JWE Wetten Gym (255 E. Gloucester).  
 7:30-8:30pm W 9/27 8 \$55 Schmaltz GYM

**ZMDT-300-0305 COUNTRY WESTERN PARTNER DANCE**  
 Learn the latest partner dances: Traveling Cha Cha, Horseshoe, Schottische, 2 Step, and East Coast Swing. Designed for beginners of all ages, rotation is not necessary. Fee is \$80 per couple. (Age 62+: 75/couple) JWE Wetten Gym (255 E. Gloucester)  
 8:30-9:30pm W 9/27 8 \$80 Schmaltz GYM

**ZMDT-400-0306 GUITAR BEGINNING PART 1 ALL AGES**  
 Fun class designed for absolute beginner. Quickly learn basic chords, simple strumming patterns, EZ songs, how to tune, and basic techniques. Please provide guitar. Minimum age 4th grade. Taught by Bill Price. Gladstone Senior Center  
 2:30-3:15pm M 9/11 6 \$68 \$8 Price CLRM

**ZMDT-400-0307 GUITAR BEGINNING PART 2**  
 Class picks up where Beginning Guitar 1 left off or for those who have had some beginning guitar. More chords, strumming, songs with Bill Price. Bring guitar. No class 10/30 & 11/20 Gladstone Senior Center  
 2:30-3:15pm M 10/23 6 \$68 Price CLRM

**ZMDT-400-0308 UKULELE BEGINNING PART 1 ALL AGES**  
 Easy to play, inexpensive, lots of fun! Quickly learn tuning, simple chords, tons of songs. Great way to have fun with family & friends. Tenor, Soprano, or concert GCEA tuning only. Bring ukulele. Min age 4th grade. Gladstone Senior Center  
 1:45-2:30pm M 9/11 6 \$68 \$8 Price CLRM

**ZMDT-400-0309 UKULELE BEGINNING PART 2**  
 Class picks up where Beginning Ukulele 1 left off. More great songs, strumming, chords with Bill Price. Bring ukulele. Tenor, Soprano or Concert GCEA tuning only. No class 10/30 & 11/20. Gladstone Senior Center  
 1:45-2:30pm M 10/23 6 \$68 Price CLRM

**ZMDT-400-0310 UKULELE BEYOND BEGINNING PART 1**  
 Fun classes for those with some ukulele experience, know several basic chords, how to play some songs. (Ukulele I and II recommended). Lots of fun, new chords, songs. Need book Jumpin' Jim's, The Daily Ukulele Songbook. Gladstone Senior Center  
 12:45-1:30pm M 9/11 6 \$62 Price CLRM

**ZMDT-400-0311 UKULELE BEYOND BEGINNING PART 2**  
 Fun classes for those with some ukulele experience, know several basic chords, how to play some songs. (Ukulele I and II recommended). Lots of fun, new chords, songs. Need book Jumpin' Jim's, The Daily Ukulele Songbook. No class 10/30 & 11/20. Gladstone Senior Center  
 12:45-1:30pm M 10/23 6 \$62 Price CLRM

**DANCE/TUMBLING AT GRANDE FINALE**  
 These 8-week classes are held at Grande Finale Dance Studio, 875 Portland Avenue in Gladstone. Class sizes are limited; please register early. No class Nov. 23 but a makeup will be held.

**ZMDT-300-0312 BALLET I AGE 6+**  
 Develop self-confidence and listening skills while learning basic ballet positions, steps and stretches. Dancers will need pink tights, black leotard, pink ballet slippers. No skirts please. Grande Finale  
 4-5pm W 10/4 8 \$112 Staff CLRM

**ZMDT-300-0314 HIGH SCHOOL DANCE PREP**  
 Class is for any High School or Middle School age student looking to learn basic dance skills in hopes of joining Dance Team in High School. Age 10 to High School. Grande Finale  
 6:45-8:15pm M 10/2 8 \$168 Staff CLRM

**ZMDT-300-0315 PRE-BALLET AGE 3-6 YRS GRAND FINALE**  
 Learn basic ballet positions and steps, be exposed to creative movement to help coordination and overall sense of rhythm, develop listening skills in group setting. Need ballet shoes and dance attire (any color). Grande Finale  
 Age 3-5  
 5-5:45pm W 10/4 8 \$100 Staff CLRM

Age 3-6  
 6-6:45pm TH 10/5 8 \$100 Staff CLRM

**ZMDT-300-0316 PRE-BALLET/TAP AGES 3-6 GRANDE FINALE**  
 Learn basic ballet positions and steps, be exposed to creative movement to help coordination and overall sense of rhythm, develop listening skills in group setting. Need ballet shoes, black patent tap shoes, dance attire (any color). Grande Finale  
 4:30-5:15pm F 10/6 8 \$100 Staff CLRM

**ZMDT-300-0317 TAP/JAZZ I**  
 Get the chance to learn basic jazz and tap skills in a fun dance environment. Students need basic tights and leotard, ballet slippers (any color) and black patent tap shoes. Grande Finale  
 Age 3-4:  
 4-4:45pm M 10/2 8 \$100 Staff CLRM  
 4:15-5pm TH 10/5 8 \$100 Staff CLRM

Age 5-7:  
 5:45-6:45pm M 10/2 8 \$112 Staff CLRM  
 5-6pm TH 10/5 8 \$112 Staff CLRM

**ZMDT-300-0318 TAP/TUMBLING AGES 2.5-4 PARENT/CHILD**  
 Flexibility and fun rule the day as students learn tumbling skills up to and including cartwheels, somersaults, and handstands! Explore rhythms, learn basic tap steps. Tap shoes needed for kids/parents need hard soled shoes. Class includes parent participation. Grand Finale  
 10:15-11am T 10/3 8 \$100 Staff FLOOR

**ZPED-300-0319 TUMBLING AGES 2.5-4 PARENT/CHILD**  
 Flexibility and fun rule the day as students learn tumbling skills up to and including cartwheels, somersaults, and handstands! This class includes parent participation. Grand Finale  
 5:30-6:15pm M 10/2 8 \$100 Staff FLOOR

**ZPED-300-0320 TUMBLING I - II AGES 3-6**  
 Kids will work on flexibility, listening skills, basic tumbling skills such as forward rolls, backward rolls and cartwheels in these fun child-only participation classes. Grand Finale  
 9:30-10:15am T 10/3 8 \$100 Staff FLOOR  
 3:30-4:15pm T 10/3 8 \$100 Staff FLOOR  
 4:45-5:30pm M 10/2 8 \$100 Staff FLOOR

**ZPED-300-0322 TUMBLING AGES 10+**  
 Flexibility and fun rule the day as students learn tumbling skills up to and including cartwheels, somersaults, and handstands! Grand Finale  
 7-7:45pm M 10/2 8 \$100 Staff FLOOR

## Register with the Community Education Partner sponsoring your class.

Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room
Time	Days	Begins					Time	Days	Begins				

### Driver Education

#### YDRE-200-0300 AARP DRIVER SAFETY

Helps improve driving skills to become a safe and defensive driver. Upon completion of one or two-day classes, may receive discount on auto insurance. Taught by Sharon & Allan Wilson. Call 503-655-7701 to register, pay \$20 at class, \$15 w/AARP card. Gladstone Senior Center

9am-4:30pm	S	9/9	1	Wilson	MULTI
9am-4:30pm	S	11/4	1	Wilson	MULTI

#### YDRE-100-0301 DRIVER EDUCATION FOR TEENS

ODOT Driver Ed class for high school students with valid Oregon permit teaches lifetime skills proven to reduce crashes & save lives. For teens age 15-17 who complete & pass this course before their 18th birthday, DMV will waive driving skills test. Includes 30+ hrs classroom, 6 hrs behind-the-wheel, 6 hrs in-vehicle observation. Attendance mandatory. Add'l \$210 with license, if student gets license OR turns 18 before final class. \$75 discount for free/reduced lunch still age 15-17 at last class with permit. No class 9/18. Info: 503-650-2570. Gladstone High School

5:30-8:30pm	M	9/11	11	\$325	Bjork	CLRM
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### Exercise/Fitness

#### YPED-300-0300 AEROBICS (HI/LOW IMPACT) +ZUMBA AT CRRC

Super deal! Attend any or all: Body sculpting, strength training, step variety, MW 5:45 am, MW 9am, TTH 8:30am, MTWTH 4:30 pm, W 5:30pm, Sat 8 am. ZUMBA M 5:30pm, FS 9am Latin inspired, easy-to-follow! Call 503-650-2570 to register. Clackamas River Racquet Club. One price includes all these classes, but please sign up for any times you'd like to attend:

TBA	M-S	9/18	15	\$90	Staff	CRRC
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#### YPED-300-0321 BODY SCULPTING & STEP VARIETY:

5:45-6:45 am	MW	9/18	15	incl	Staff	CRRC
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#### YPED-300-0322 BODY SCULPTING

8:30-9:30am	TTH	9/19	15	incl	Staff	CRRC
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#### YPED-300-0323 CARDIO VARIETY

9-10am	MW	9/18	15	incl	Staff	CRRC
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#### YPED-300-0324 STRENGTH TRAINING

5:30-6:30pm	W	9/20	15	incl	Staff	CRRC
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#### YPED-300-0325 BODY SCULPTING & STEP VARIETY

4:30-5:30pm	MTWTH	9/18	15	incl	Staff	CRRC
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#### YPED-300-0326 STEP VARIETY

8-9am	S	9/23	15	incl	Staff	CRRC
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#### YPED-300-0327 ZUMBA

9-10am	FS	9/22	15	incl	Staff	CRRC
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5:30-6:30pm	M	9/18	15	incl	Staff	CRRC
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#### ZPED-400-0301 AIKIDO FOR KIDS

Aikido is non-competitive, non-violent Japanese Martial Art that teaches peaceful resolution of conflict, self-defense, and discipline. No class Nov. 23. Aikido Northwest

AGE 4-7. Specify one day/time.

5-6pm	M	9/18	10	\$60	Staff	CLRM
5-6pm	T	9/19	10	\$60	Staff	CLRM

AGE 6-10

7-8pm	W	9/20	10	\$60	Staff	CLRM
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AGE 8-10. Specify one day/time.

6:15-7:15pm	T	9/19	10	\$60	Staff	CLRM
4-5pm	TH	9/21	10	\$60	Staff	CLRM

AGE 11-18. Specify one day/time.

6:15-7:15pm	M	9/18	10	\$60	Staff	CLRM
5:15-6:15pm	TH	9/21	10	\$60	Staff	CLRM

#### ZPED-400-0302 AIKIDO FOR ADULTS

Aikido is a traditional Japanese Martial Art that develops mind, body, spirit to its fullest potential. Attend any or all: Tues 7:30-8:30pm, Thurs 6:30-7:30pm, basic weapons Thurs 7:30-8:30pm, open mat Tues/Thur. 8:30-9pm. No class Nov. 23. Aikido Northwest

TBA	TTH	9/19	10	\$80	Staff	CLRM
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#### YPED-100-0303 H2O-X AQUATIC EXERCISE

Cardiovascular conditioning, muscle strengthening performed in the water. Aqua dumbbells, floating devices used to enhance strength component while water cushions impact. \$69 for 10 classes/\$124 for 20 classes. East Side Athletic Milwaukie

9:30-10:30am	MWF	9/25	10	EastSideMilw	MULTI
8:30-9:30am	TTH	9/26	10	EastSideMilw	MULTI

#### ZPED-100-0304 SKYHAWKS TINY HAWK SOCCER AGE 3-4

Tiny Hawks helps fine-tune motor skills. No pressure, just lots of fun learning the basics of sports through age-appropriate games. Class size limited. No class Nov. 11. Wetten Gym (255 E. Gloucester)

10-10:30am	S	9/23	8	\$55	Skyhawks	GYM
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#### ZPED-100-0305 SKYHAWKS MULTI-SPORT AGES 4-6

Mini-Hawks introduces 4-6 year olds to soccer, baseball, basketball. No pressure, just lots of fun learning basics of sports in age appropriate games. Class size limited. No class 11/11. Wetten Gym (255 E. Gloucester)

9-9:45am	S	9/23	8	\$65	Skyhawks	GYM
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#### ZPED-400-0306 TAE KWON DO FOR AGES 5-7

Students learn basic Taekwondo moves while developing respect, discipline and self-esteem. Kids get practice setting goals and gain confidence with individual achievements. Parents invited to participate for free. No class 10/24, 10/26, 11/23. Kraxberger Middle School

6-6:50pm	TTH	9/19	11	\$79	Beasley	CAFE
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#### ZPED-400-0307 TAE KWON DO FOR AGES 8-15

Develop mind & body w/ancient disciplined martial art, promotes courtesy, integrity, perseverance, self-control. Parents of new students participate free 1st term, 1/2 price after. Uniforms recommended, can purchase from instructor. No class 10/24, 10/26, 11/23. Kraxberger Middle School

6-7:30pm	TTH	9/19	11	\$85	Beasley	CAFE
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#### YPED-400-0308 TAE KWON DO ADULT

Great workout while learning Korean style of martial arts from Master Jaiwhan Woo, past Korean National Champion, dedicated instructor, 30+ yrs. Strengthen body, mind, spirit. Men and women all ranks welcome. (Age 62+ \$50) No class 10/24, 10/26, 10/23. Kraxberger Middle School

7:30-9pm	TTH	9/19	11	\$85	Woo	CAFE
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#### YPED-400-0309 TAI CHI CHUAN BEGINNING

Tai Chi is a slow, graceful form of Chinese exercise that benefits body, mind and spirit. Yang style 24 Movement short form especially for beginners. Specify mornings or evenings. Non-competitive. (Age 62+: \$61) Gladstone Senior Center

11am-12pm	M	9/18	10	\$75	Schmidt	MULTI
6-7pm	M	9/18	10	\$75	Schmidt	MULTI

#### YPED-400-0310 TAI CHI CHUAN INTERMEDIATE

This Tai Chi class is designed for students who have learned first half of Yang-style 24 Movement form, and wish to learn the 2nd half of form. Specify mornings or evenings. Non-competitive. (Age 62+: \$61) Gladstone Senior Center

10-11am	M	9/18	10	\$75	Schmidt	MULTI
7-8pm	M	9/18	10	\$75	Schmidt	MULTI

#### YPED-400-0311 TAI CHI CHUAN ADVANCED LEVEL 1

Open to Students who have learned the entire Yang Style 24 movement form. Class is for students who are new to the Yang Style Traditional 103 movement long form of Tai Chi Chuan. (Age 62+: \$61) Non-competitive. Gladstone Senior Center

12-1pm	M	9/18	10	\$75	Schmidt	MULTI
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#### YPED-400-0313 TAI CHI CHUAN ADVANCED LEVEL 2

Open to students who have learned the entire Yang Style Traditional 103 movement long form of Tai Chi Chuan. This is an ongoing class with emphasis on form refinement. (Age 62+: \$61) Non-competitive. Gladstone Senior Center

9-10am	M	9/18	10	\$75	Schmidt	MULTI
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Course No.	Course Title	Course No.	Course Title
Time	Days	Time	Days

**YPED-100-0314 YOGA GENTLE BEGINNING**

Feel better/reduce stress, no matter what age or fitness level. Very beginning, gentle yoga. Wear loose clothing, bring mat or blanket. (Age 62+: \$57) No class 11/10 & 11/24. Gladstone Senior Center

9-10am	T	9/19	10	\$69	Haye	MULTI
9-10am	F	9/22	10	\$69	Haye	MULTI

**YPED-100-0315 YOGA BASICS**

Feel better physically and reduce stress. Learn simple stretches, breathing and relaxation techniques suitable for all ages. Wear loose clothing, bring a mat or blanket. (Age 62+: \$57) No class 11/23. Gladstone Senior Center

5:25-6:25pm	T	9/19	10	\$69	Fegel	MULTI
9-10am	TH	9/21	10	\$69	Haye	MULTI

**YPED-100-0316 YOGA BASICS TO INTERMEDIATE**

Whether you are a beginner or have taken yoga in the past, you are welcome in this class. Wear loose clothing; bring blanket or mat. Stretches, breathing & relaxation techniques. (Age 62+: \$57) Gladstone Senior Center

6-7pm	W	9/20	10	\$69	Haye	MULTI
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**YPED-100-0317 YOGA CONTINUING**

Feel better physically and reduce stress. Stretches, breathing and relaxation techniques for those who have taken at least one term of Yoga. Wear loose clothing and bring mat. (Age 62+: \$57) Gladstone Senior Center

6:30-7:30pm	T	9/19	10	\$69	Fegel	MULTI
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**YPED-100-0318 YOGA & PILATES BEG-INT AT CRRC**

What a deal! Engage yourself physically & mentally through yoga. Breathing, relaxation, postural alignments. Wear loose clothing; bring mat. Attend any or all MWF 8-9am; TTH 9:30-10:30am, TH 5:30pm, Pilates TTH 5:30pm Call 503-650-2570 to register. Clackamas River Racquet Club

One price includes all these classes, please sign up for any times you'd like to attend:

TBA	M-F	9/18	15	\$100	Staff	CRRC
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<b>YPED-100-0319 YOGA MWF</b>	MWF	9/18	15	incl	Staff	AEROB
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<b>YPED-100-0320 YOGA TTH</b>	TTH	9/19	15	incl	Staff	AEROB
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<b>YPED-100-0325 YOGA EVE</b>	TH	9/21	15	incl	Staff	AEROB
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<b>YPED-200-0321 PILATES</b>	TTH	9/19	15	incl	Staff	AEROB
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<b>YPED-300-0322 ZUMBA MADE EASY WITH HEATHER</b>						
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Have fun learning basic steps of Merengue, Salsa, and Cha with Heather Ausborn in popular exercise class geared for beginners. (Age 62+: \$69) Try it out - drop in for \$10 per class. No class 10/31. JWE Wetten Gym (255 E. Gloucester)

6:30-7:30pm	T	9/19	12	\$79	Ausborn	GYM
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**YPED-300-0324 ZUMBA AT EAST SIDE ATHLETIC CLUB**

Zumba classes are exercise in disguise incorporating Latin and Old World rhythms. Choose any combo of ZUMBA classes listed AT ONE LOCATION: 10 classes \$69, 20 classes \$124. Register with Gladstone Community School.

**MILWAUKIE EASTSIDE:**

Tuesday/Thursday 6:05-7:05pm or  
Friday 9-10am (Zumba) or  
Friday 11:30am-12:15pm (Zumba Basics: Senior friendly)

**CLACKAMAS EASTSIDE:**

Monday 6:05-7:05pm or  
Tuesday/Thursday 10:30-11:30am or  
Saturday 9:15-10:15 am

TBA	TBA	9/25	10		EastSide	MULTI
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**Financial/Retirement Planning**

**YBUS-100-0301 INVESTING FOR FUTURE SERIES**

Save! Sign up for all five classes for only \$49 (couples \$59): Investment Basics, Investing for Income, Mutual Funds, The Stock Market, and Tax-Advantaged Investments. Workbook included in series price. (Age 62+: \$29) Gladstone High School

6:30-8:30pm	W	9/27	5	\$49	Horn	CLRM
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**ZBUS-100-0302 INVESTMENT BASICS**

Learn basic concepts and ground rules to investing including importance of diversification, asset allocation, risk vs. reward, dollar cost averaging, Rule of 72. Rebecca recommends you take this class before other investing classes. (Age 62+: \$10) Gladstone High School

6:30-8:30pm	W	9/27	1	\$15	Horn	CLRM
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**ZBUS-100-0303 INVESTING FOR INCOME**

Discuss income producing investments: money market accounts, cd's, all types of bonds-government, savings, tax-free, corp., relationship between interest rates and bond market. (Age 62+: \$10) Gladstone High School

6:30-8:30pm	W	10/4	1	\$15	Horn	CLRM
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**ZBUS-100-0304 MUTUAL FUNDS**

What are they, how do they work, what do they cost, what should I expect from them, what are my choices, what is "no load"? Learn the many options that are so popular! (Age 62+: \$10) Gladstone High School

6:30-8:30pm	W	10/11	1	\$15	Horn	CLRM
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**ZBUS-100-0305 STOCK MARKET**

Learn about income stocks, growth stocks, what to look for when buying or selling stocks, how to make sense of all the numbers. Learn easy formulas essential to basic stock analysis. (Age 62+: \$10) Gladstone High School

6:30-8:30pm	W	10/18	1	\$15	Horn	CLRM
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**ZBUS-100-0306 TAX-ADVANTAGE INVESTMENTS**

Traditional and Roth IRAs, 401K, 403B, TSA, 457, Annuities, plans for Small Business Owners. Discuss each type; learn how to handle a rollover or transfer of retirement funds. (Age 62+: \$10) Gladstone High School

6:30-8:30pm	W	10/25	1	\$15	Horn	CLRM
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**YBUS-200-0307 RENTAL MANAGEMENT FOR LANDLORDS**

Overview of managing rental property for single family/small complex rental homes. Oregon Landlord Tenant Laws, Fair Housing, Tenant Screening, Forms, Checklists, Evictions. Instr: property manager Jason Jamieson. (Age 62+: \$59) Gladstone High School

6-9pm	W	9/27	4	\$79	Jamieson	CLRM
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**ZBUS-100-0308 WILLS, TRUSTS, ESTATE PLANNING**

What is difference between will & living trust? What happens if you die without will? When do estates have to go through probate? Do you need power of attorney or advance directive? What if relatives disagree with my wishes? Plan ahead to help preserve assets, gain peace of mind with attorney Brian Yapko. Gladstone Senior Center

6-7:30pm	T	10/3	1	\$10	Yapko	CLRM
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**Gardening/Landscape/Farming**

**ZPLT-100-0302 FALL YARD CARE & PLANTING**

Fall is best time to plant-less stress for plants! Gives time to get established before spring. How to properly plant/prune trees, shrubs, bulbs, best locations, "winterizing" yard, composting. (Age 62+: \$13) Gladstone High School

6:30-9pm	W	9/27	1	\$16	Hage	CLRM
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## Register with the Community Education Partner sponsoring your class.

Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room
Time	Days	Begins					Time	Days	Begins				

### Health/Wellbeing/Safety

**ZHLT-100-0300 CHANGE YOUR BRAIN, TRANSFORM YOUR LIFE**  
Explore patterns of thinking that control your destiny. Learn the six cogwheels of Brain Health, and how gratitude changes neurons. Discover how your view of time affects your life, relationships, money. This information can change your life! (Age 62+: \$22+lab) Gladstone High School

6-9pm T 10/3 1 \$25 \$6 Isaak CLRM

**ZHLT-100-0301 MAKE & TAKE ESSENTIAL OILS—BEAUTIFUL SKIN**  
Come discover how plant essential oils can enhance our beauty naturally. Take home a custom lip balm, lotion, and salt soak. Taught by Debbie Tuttle. (Age 62+: \$21) Gladstone High School

7-8:30pm TH 9/28 1 \$24 Tuttle CLRM

**ZHLT-100-0302 MAKE & TAKE ESSENTIAL OILS—HEALTHY TREATS**  
Find out how Certified Pure plant essential oils can be used to make treats that benefit our bodies & taste great! Savory & sweet samples included. By Debbie Tuttle. (Age 62+: \$21) Gladstone High School

7-8:30pm W 10/25 1 \$24 Tuttle CLRM

**ZHLT-100-0303 MAKE & TAKE ESSENTIAL OILS—GIFT SOAPS**  
Get ideas for beautiful holiday gifts made with plant essential oils. Vary color, scents, or extras to make them special. Take home 3 soaps to give or use yourself. By Debbie Tuttle (Age 62+: \$21) Gladstone High School

7-8:30pm TH 11/30 1 \$24 Tuttle CLRM

**XHLT-100-0304 MEDIC BASIC FIRST AID/CPR**  
Medic First Aid helps gain knowledge, skills, confidence necessary to manage medical emergency until more advanced help is available. Adult/Child/Infant CPR, AED, Basic Emergency First Aid, Intro to blood borne pathogens. Two year CPR/First Aid card, OSHA compliant. Gladstone High School

6-9pm TH 9/28 1 \$50 VanGelder CLRM

6-9pm TH 10/19 1 \$50 VanGelder CLRM

6-9pm TH 11/16 1 \$50 VanGelder CLRM

### Language Studies

**YFLS-100-0300 SPANISH PART 1 BEGINNING (BOOK 1)**  
Practical, fun, easy! Native speaker Jorge Sotelo will focus on basics of Spanish language, grammar, culture. Ideal for travelers or those needing Spanish in working environment. New 5th edition Book #1 used in Part 1-3. (Age 62+: \$68+lab) Gladstone High School

7:30-9pm M 9/25 10 \$83 \$38 Sotelo CLRM

**YFLS-100-0301 SPANISH PART 2 (BOOK 1)**  
Continuation from Beginning Part 1 class, you will pick up where you left off. Book fee for new students only. (Age 62+: \$68+lab) Gladstone High School

6-7:30pm M 9/25 10 \$83 \$38 Sotelo CLRM

**YFLS-100-0302 SPANISH PART 3 (BOOK 1)**  
Class is next step up from Part 2. You will complete Book #1 in this class. (Age 62+: \$68) Gladstone High School

7:30-9pm T 9/26 10 \$83 Sotelo CLRM

**YFLS-200-0300 SPANISH PART 7 (BOOK 2)**  
Keep learning and complete Book #2 in this Continuing class. Lab for new students only. (Age 62+: \$68+lab) Gladstone High School

6-7:30pm T 9/26 10 \$83 \$38 Sotelo CLRM

### Special Interests/Hobbies

**ZAPA-300-0302 SMALL ENGINE REPAIR**  
Learn how to service and repair small engines in this hands-on class. Instruction includes lawnmowers & chain saws. Bring project to first class. Open to men and women. (Age 62+: \$65 +lab) Gladstone High School

6:30-9:30pm TH 9/28 8 \$85 \$5 Bodle SHOP

**ZAPA-300-0303 WOODWORKING**  
Instructor will help w/proper handling of power equipment, answer questions regarding project. Bring supplies; take project home between classes. Students must have basic working knowledge of power equipment. (Age 62+: \$65+lab) Gladstone High School

6:30-9:30pm TH 9/28 8 \$85 \$5 Varner SHOP

### Writing/Literature

**ZHWL-300-0300 TELL YOUR STORY - MEMOIR WRITING WORKSHOP**  
This workshop will help you transform your memories into hard-hitting stories. You'll learn how to use the tools available to memoir writers, receive respectful and constructive feedback from other participants — and find your voice. (Age 62+: \$39 + lab). Gladstone High School

6:30-8:30pm T 9/26 6 \$49 \$5 Reed CLRM

## North Clackamas

### PARKS AND RECREATION

*Registration form for Community Education classes on page 93. For class locations, see page 95.*

*Please pre-register at [ncprd.com](http://ncprd.com) or by calling 503-794-8080, ext. 0 for classes offered through the North Clackamas Parks & Recreation District or 503-794-8092 for classes held at the Milwaukie Center. For a complete list of classes and programs offered through North Clackamas Parks & Recreation, visit <http://www.ncprd.com> or request a program guide by calling 503-794-8080, ext. 0. Please do not plan to register first day of class. Pre-registration is highly recommended. If you plan to attend without enrolling, we can't let you know if the class cancels or changes. Your early registration may help ensure that the class is not cancelled.*

### Arts/Crafts

#### ADULT ACTIVITIES

**ZAPA-100-1201 BEGINNING OIL PAINTING**  
YES YOU CAN – You can be an artist. No drawing skills necessary. Learn color mixing tips, techniques and short cuts. Materials list available at [ncprd.com](http://ncprd.com). No class 11/23. Age 62+ \$94. Milwaukie Center

9:30am-12pm TH 9/28 11 \$125 Wilson CLRM

**ZAPA-100-1202 OIL PAINTING**  
Develop skills in composition and color mixing with one-on-one instruction that will guide you through each step of the process, from canvas preparation to finished project. Materials list available at [ncprd.com](http://ncprd.com). No class 11/23. Age 62+ \$94. Milwaukie Center

1-3:30pm TH 9/28 11 \$125 Wilson CLRM

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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## Dance/Theater

### YOUTH ACTIVITIES

#### ZMDT-300-0401 MOVEMENT AND ME

Ages 2-5. Leap like gazelles and spin like tops while developing music appreciation, rhythm, coordination and strength through introductory dance steps and movement. Build listening and socialization skills while discovering how fun dancing can be. This is a family class designed for parents, guardians and children to interact and participate together. The class focuses on the child's creative impulses, and on the process rather than the product. NCPRD \$72, Non-Res. \$90. Milwaukie Center

10:30-11:15am M 10/2 8 Darby CLRM

#### ZMDT-300-0402 JOY OF MOVEMENT

Ages 3-5. Explore creativity through movement for fun and skills building. Learn basic dance steps through exercises and imaginative dance games that inspire cooperation, rhythm, strength and flexibility. Helps boost confidence in a safe encouraging environment. NCPRD \$72, Non-Res. \$90. Milwaukie Center

9:30-10:15am M 10/2 8 Darby CLRM

#### ZMDT-300-0403 TINY TOTS PRE-BALLET

Ages 3-4. This class, open to boys and girls, helps teach body awareness, rhythm and classroom technique, ballet positions and free movement. Parents are welcome to watch the last 5 minutes of class. See ncprd.com for dance attire. NCPRD \$66, Non-Res. \$83. Milwaukie Center

3:20-3:50pm W 10/18 8 Grant CLRM

#### ZMDT-300-0404 LITTLE DANCERS BALLET & JAZZ

Ages 5-6. This innovative class, open to boys and girls, is designed to explore ballet and jazz dance styles while increasing agility, grace and coordination. There is a focus on stretching technique, ballet positions, center work and across-the-floor combinations. Parents are welcome to watch the last 5 minutes of class. See ncprd.com for dance attire. NCPRD \$66, Non-Res. \$83. Milwaukie Center

4-4:30pm W 10/18 8 Grant CLRM

#### ZMDT-300-0405 NEW! HIP HOP/FUNK

Ages 6-8. This class, open to boys and girls, will introduce them to basic hip hop moves that will be incorporated into upbeat choreography. This style of dance helps build stamina, coordination and rhythm. Creative movement is one of the key components to this fun, funky and urban dance class. Students should wear tennis shoes and clothing that will allow them to dance comfortably. NCPRD \$72, Non-Res. \$90. Milwaukie Center

4:40-5:25pm W 10/18 8 Grant CLRM

### ADULT ACTIVITIES

#### ZMDT-300-1201 LINE DANCE – BEGINNER LEVEL 1

Get your feet moving while learning dance steps at an easy pace. This teaches basic line dance patterns. Newcomers will need to email Diane Weisenberg, [spiritusheart@yahoo.com](mailto:spiritusheart@yahoo.com). Bring dancing shoes for some toe-tapping fun. Shoes with heels or platform shoes are not recommended. Age 62+ \$41. Milwaukie Center

11:20am-12:20pm T 9/26 11 \$55 Weisenberg CLRM

#### ZMDT-300-1202 LINE DANCE – HIGH BEGINNER LEVEL 2

For people who have taken beginning line dance and want to take it to the next level. No class 11/23. Age 62+ \$38. Milwaukie Center

12:30-1:30pm TH 9/28 11 \$50 Weisenberg CLRM

#### ZMDT-300-1203 LINE DANCE – INTERMEDIATE

For those with experience and/or understanding of basic line dancing; continue building your line dance repertoire with new steps and patterns. No class 11/23. Age 62+ \$38. Milwaukie Center

1:35-2:35pm TH 9/28 11 \$50 Mattson CLRM

#### ZMDT-300-1204 NEW! EVENING EAST COAST SWING WORKSHOP

East Coast Swing is a happy, fun, upbeat dance distinguished by its bounce, rock step (back break), and side steps. East Coast Swing is a spot dance, think of big band music or more modern swingy music. No dance experience or partner is needed. There is a 8-week class to follow, October 2-December 4, 6-7 p.m. to learn more swing moves. Please pre-register by calling 503-794-8092. Milwaukie Center

6-7pm M 9/25 1 FREE Drewry CLRM

#### ZMDT-300-1205 EAST COAST SWING/NIGHTCLUB 2 STEP

NEW! Learn to identify the beats to the music and learn to follow and lead with a partner. East Coast Swing is a happy, fun upbeat dance. Nightclub 2 Step is a slow, romantic, floaty dance that is done to contemporary and popular ballads. No partner is needed to enjoy the class. Age 62+ \$38. No class 10/9 & 11/13. Milwaukie Center

6-7pm M 10/2 10 \$50 Drewry CLRM

#### ZMDT-300-1206 NEW! TANGO

Tango is earthy and dramatic, and the tango-style walks dominate, having a "sneaking" character. Tango is also a traveling ballroom dance moving counter clockwise around the dance floor. No partner is needed to enjoy the class. Age 62+ \$38. Milwaukie Center

10:30-11:30am F 9/29 11 \$50 Drewry CLRM

### Exercise/Fitness

#### ADULT EXERCISE INTENSITY GUIDE

Level 1 - Need Support (Chair Fitness)

For people who may have physical limitations. A chair is provided to sit or stand next to for balance.

Level 2 - Just Getting Started (Beginners)

For people who do not have physical limitations or have not exercised for a long time. Classes are basic, gentle, and go at a slower pace.

Level 3 - Active Now (Intermediate)

For people who are doing moderate exercises at least twice a week and have the ability to do floor work.

Level 4 - Athlete (Advanced)

For people who are physically active almost every day. These classes are for people looking for higher intensity and more challenging workouts.

#### MIND/BODY CLASSES

##### YPED-600-1201 INNERGYSTICS

Levels 3 & 4. Using light weights, body weight and isometrics, class combines movement rhythmically to optimize joint and muscle function that ends with a muscle stretching cool down. Bring a mat and water bottle. Milwaukie Center

12:15-1:15pm M 10/2 10 \$50 Blosser CLRM

Age 62+ \$38.

11:15am-12:15pm TH 9/28 11 \$50 Blosser CLRM

Age 62+ \$38. No class 11/23.

##### ZPED-700-0400 MINDFULNESS MEDITATION

Levels 1-4. Actively develop a healthy mind and body with comfortable meditation postures (standing, sitting, lying down). Good for all health conditions and pain management. NCPRD \$85, Non-Res. \$106. No class 11/22. Milwaukie Center

6-7:30pm W 9/27 11 \$85 Tjahaha CLRM

##### YPED-400-1201 TAI CHI, BEGINNER

Levels 2 & 3. Learning a condensed, simplified, non-competitive Tai Chi form helps beginning students to relax and strengthen the major joint areas of the body, while also increasing flexibility and balance. Age 62+ \$71. Milwaukie Center

4-5pm MW 10/2 10 \$95 Lusk CLRM

## Register with the Community Education Partner sponsoring your class.

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
<b>YPED-400-1202</b>	<b>TAI CHI, BEG &amp; INT</b>									<b>YPED-300-1206</b>	<b>ZUMBA</b>								
<p>Levels 2 &amp; 3. Increase your coordination, energy and focus by using Tai Chi and Qigong meditation. Gain muscle strength, balance/co-ordination, improve core strength and relieve stress. No class 11/22. Age 62+ \$71. Milwaukie Center</p>										<p>Levels 3 &amp; 4. This is a fun, effective class that combines fast and slow Latin rhythms for a great workout. Includes music and dance styles of merengue, salsa, cha cha, flamenco and more. Milwaukie Center</p>									
6:35-7:35pm	MW	10/2	10	\$95		Lusk		CLRM		6:40-7:40pm	T	10/17	9	\$45		Miratsky		CLRM	
<p><b>YPED-400-1205 TAI CHI, INTERMEDIATE</b></p> <p>Levels 2 &amp; 3. Continued practice of the 37 Yang Empty-Hand provides time for refinement of Tai Chi moves to increase stability, flow and whole body coordination. Learn to move from the core and take stress off of the body's major joint areas. No class 11/10, 11/22 &amp; 11/24. Age 62+ \$79. Milwaukie Center</p>										<p>Age 62+ \$34.</p>									
10:10-10:55am	MWF	10/2	10	\$101		Lusk		CLRM		6:40-7:40pm	TH	10/12	10	\$45		Miratsky		CLRM	
<p><b>YPED-400-1204 TAI CHI, ADVANCED FORMS &amp; SWORD</b></p> <p>Levels 3 &amp; 4. Continued practice of "Beauty of the Sunset" Fan Form and 56 Traditional Sword Form. Standing meditation, push hands and martial applications. Benefits include cardio, strength, balance/coordination and core. Milwaukie Center</p>										<p>Age 62+ \$34. No class 11/23.</p>									
9:20-10:05am	MWF	10/2	10	\$101		Lusk		CLRM		<b>YPED-300-1201 ZUMBA GOLD</b>									
<p>Age 62+ \$79. No class 11/10, 11/22 &amp; 11/24.</p>										<p>Levels 2 &amp; 3. Zumba Gold is designed to take exciting Latin and International dance rhythms and bring them to the active older adult. Includes merengue, salsa, cha cha, flamenco and more. Milwaukie Center</p>									
5:30-6:30pm	MW	10/2	10	\$95		Lusk		CLRM		12:15-1pm	W	9/27	11	\$41		Bezerra		CLRM	
<p>Age 62+ \$71. No class 11/22.</p>										<p>Age 62+ \$31</p>									
<b>YPED-100-1203 CHAIR YOGA</b>										<b>YPED-300-1203 HULA FOR FITNESS</b>									
<p>Levels 1 &amp; 2. Meditate, stretch, strengthen, and balance in chairs. This class is a great stress reliever. Age 62+ \$41. Milwaukie Center</p>										<p>Level 3. Learn all the basic hula steps with easy-to-follow instructions. Hula helps tone hips, thighs and abdominals while incinerating calories and telling beautiful stories through the movement. No class 10/14 &amp; 11/25. Milwaukie Center</p>									
1:30-2:30pm	M	9/25	11	\$55		Jones		CLRM		9-10am	S	9/30	9	\$45		Taylor		CLRM	
<p><b>YPED-100-1204 YOGA, STRENGTH &amp; RELAXATION</b></p> <p>Levels 2 &amp; 3. This class takes all the benefits of yoga – meditation, breathing, stretching, strengthening and balance, and brings it to the middle-aged to older adult body. Bring a mat. Milwaukie Center</p>										<p>Age 62+ \$34</p>									
2:40-3:40pm	M	9/25	11	\$55		Paulson		CLRM		<b>YPED-600-1205 FUNCTIONAL FITNESS</b>									
<p>Age 62+ \$41.</p>										<p>Levels 2 &amp; 3. This class will help you gain strength to do everyday tasks to help you take care of yourself. Some hand-held weights are used. For people who are able to walk and stand without any kind of support. Milwaukie Center</p>									
2:15-3:15pm	W	9/27	11	\$55		Jordan		CLRM		10:20-11:05am	T	9/26	12	\$45		Hall		CLRM	
<p>Age 62+ \$41.</p>										<p>Age 62+ \$34.</p>									
2:45-3:45pm	TH	9/28	11	\$50		Watson		CLRM		10:20-11:05am	TH	9/28	12	\$41		Hall		CLRM	
<p>Age 62+ \$38. No class 11/23.</p>										<p>Age 62+ \$31. No class 11/23.</p>									
<b>YPED-100-1205 YOGA</b>										<b>YPED-600-1217 SMALL GROUP PERSONAL TRAINING</b>									
<p>Levels 2 &amp; 3. Learn safe and proper alignment of basic yoga postures and gentle movement to increase strength, flexibility and balance. Bring a mat. Age 62+ \$34. No class 10/14 &amp; 11/25. Milwaukie Center</p>										<p>Levels 2 &amp; 3. Get personal attention in this small group setting from an ACE-Certified Personal Trainer. Learn proper techniques, safety, and how to exercise each muscle group effectively. Free demo, Thurs., Sept. 28, 5:30-6pm. No class Nov. 23. Age 62+ \$34. Milwaukie Center</p>									
10:10-11:10am	S	9/30	11	\$45		Delancey		CLRM		5:30-6:30pm	TH	10/5	10	\$45		McClenahan		CLRM	
<p><b>CARDIO/STRENGTH CLASSES</b></p>										<p><b>YPED-300-1210 EZ-DOES-IT AEROBICS</b></p>									
<b>YPED-200-1210 GOLD TONING</b>										<p>Level 3. Moderate aerobic exercise for those who want to stay fit. Sessions include warm-up, stretch, muscle toning plus aerobic workout. Milwaukie Center</p>									
<p>Levels 2-3. Learn to sculpt and tone your body through a creative and fun dance routine using hand-held weights. Listening to world music with great rhythm will get you pumping for more. Great for your posture and core muscles. Milwaukie Center</p>										<p>8:30-9:15am M 9/25 12 \$45 Stauss CLRM</p>									
1:05-1:50pm	W	9/27	11	\$41		Bezerra		CLRM		<p>Age 62+ \$34</p>									
<p>Age 62+ \$31.</p>										<p>8:30-9:15am W 9/27 12 \$45 Stauss CLRM</p>									
12:15-1:15pm	F	9/29	11	\$45		Bezerra		CLRM		<p>Age 62+ \$34</p>									
<p>Age 62+ \$34.</p>										<p>8:30-9:15am F 9/29 12 \$38 Stauss CLRM</p>									
<b>YPED-500-1207 SIT-N-B-FIT</b>										<p>Age 62+ \$29. No class Nov. 24.</p>									
<p>Levels 1 &amp; 2. Strengthen muscles and improve range of motion, mobility and balance! Great for those with some physical limitations. Milwaukie Center</p>										<p><b>YPED-300-1214 LOW IMPACT AEROBIC/STRENGTH</b></p>									
11:05-11:50am	M	9/25	12	\$45		Stauss		CLRM		<p>Level 2. Perfect for people just getting started or coming back from an extended break. Alternate between simple and safe, low impact movements. Use stretch bands and light weights that help condition the whole body, while listening to fun motivating music. No class Nov. 23. Age 62+ \$29. Milwaukie Center</p>									
<p>Age 62+ \$34.</p>										<p>4:30-5:15pm TH 9/28 11 \$38 McClenahan CLRM</p>									
11:05-11:50am	W	9/27	12	\$45		Stauss		CLRM		<p><b>YPED-200-1202 STRETCH &amp; FLEX</b></p>									
<p>Age 62+ \$34.</p>										<p>Level 3. Learn to breathe and stay flexible as you build strength and balance in this relaxing non-aerobic approach to exercise. Bring an exercise mat; includes floor time. Bring a stability ball the last six weeks of class. Milwaukie Center</p>									
11:05-11:50am	F	9/29	12	\$38		Stauss		CLRM		<p>8:30-9:15am T 9/26 12 \$45 Hall CLRM</p>									
<p>Age 62+ \$29. No class Nov. 10 and 24.</p>										<p>Age 62+ \$34.</p>									
										<p>8:30-9:15am TH 9/28 12 \$41 Hall CLRM</p>									
										<p>Age 62+ \$31. No class 11/23.</p>									

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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**YPED-600-1215 COMPLETE CONDITIONING**

Level 3. Feel good working on your whole body using aerobics, weights and other strength training exercises. This class is for more active people who have been taking fitness classes at least twice a week. Milwaukie Center

9:25-10:10am	T	9/26	12	\$45		Hall	CLRM
Age 62+ \$34.							
9:25-10:10am	TH	9/28	12	\$41		Hall	CLRM
Age 62+ \$31. No class 11/23.							

**YPED-600-1209 ANTI-AGING CIRCUIT TRAINING**

Levels 3 & 4. Work your way through a number of exercise stations to get a full body workout. Benefit by getting a great cardio workout while strengthening different parts of your body. Exercises may include calisthenics, weights and floor work. Age 62+ \$45. Milwaukie Center

12:30-1:30pm	T	9/26	12	\$60		Hall	CLRM
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**ZPED-300-1201 WWW – WALKING WITH WAYNE**

Levels 3-4. Wayne Sabin leads the Wednesday Walking group around North Clackamas Park every Wednesday at 10am. Meet by the red sculpture. Please call 503-794-8092 for more information. No fee.

**NORTH CLACKAMAS AQUATIC PARK**

The North Clackamas Aquatic Park offers year 'round recreational swim opportunities in our exclusively indoor facility. Whether you are interested in aquatic exercise, lap swimming or recreational swimming, you can find it here. Please visit our website, [www.ncprd.com](http://www.ncprd.com) or call 503-557-7873 (SURF) to verify the availability of these activities with our current schedule. NCAP will be closed 9/5-9/29 for annual maintenance.

**ZPED-800-0401 TEEN WAVE/TAKE THE PLUNGE**

Ages 12+. This combined class is for teens and adults who have not had the chance to become comfortable in and around the aquatic environment through formal swimming lessons. Class emphasizes skill development and water safety awareness. No class 11/22. NCPRD \$45, Non-Res. \$60. North Clackamas Aquatic Park

6:20-6:50pm	MW	10/30	5			Staff	POOL
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**YHLT-300-0400 RED CROSS LIFEGUARD TRAINING**

Ages 15+. Fee includes instruction, pool time and certificates. Participants are trained in safety and water rescue skills for a controlled environment, First Aid, CPR/PR and AED. Prerequisite skills will be performed on the first day of class. Prerequisites: Each participant must be 15 years old, be able to swim 300 continuous yards then retrieve a 10-pound diving brick in order to take the course. NCPRD \$160, Non-Res. \$200. North Clackamas Aquatic Park

9am-6pm	M-TH	12/18	1			Staff	POOL
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**ZHLT-300-0404 HIGH SCHOOL PRE-SEASON SWIMMING**

Ages 14-18. This program is intended for local swimmers in grades 9-12 who want to prepare for high school swim season. Swimmers will focus on improving technique and overall fitness. No class 10/31. NCPRD \$120, Non-Res. \$150. North Clackamas Aquatic Park

4:30-5:30pm	M-TH	10/2	6			Staff	POOL
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**AQUATIC EXERCISE**

Aquatic Exercise is a fitness program designed to enhance your health and wellness. Admission per class: NCPRD \$5, Non-Res. \$6.25. 18 class punch card: NCPRD \$80, Non-Res. \$100. Senior 62+, NCPRD \$4.50, Non-Res. \$5.50. 18 class punch card: NCPRD \$72, Non-Res. \$90.

**YPED-300-0402 DEEP H2O**

Venture into the depths of the 13-foot pool where you'll use buoyancy equipment to enhance flotation of the body. This exercise routine enhances flexibility and range of motion while using water to reduce stress on the body. North Clackamas Aquatic Park

8-9am	MWF	10/2	11			Staff	POOL
12-1pm	T	10/3	11			Staff	POOL
6-7pm	M-TH	10/2	11			Staff	POOL

**YPED-300-0406 H2O FITNESS**

H2O Fitness is a splash-tastic way to comfortably tone and strengthen muscles while developing coordination for people of any fitness level. This low-impact workout uses the resistance of water and allows improvement at your own pace. North Clackamas Aquatic Park

7:30-8:30am	S	10/7	11			Staff	POOL
8-9am	MWF	10/2	11			Staff	POOL
9-10am	MWF	10/2	11			Staff	POOL
10-11am	MWF	10/2	11			Staff	POOL
7-8pm	MW	10/2	11			Staff	POOL

**YPED-300-0410 H2O GYM**

H2O Gym is a basic strength training class designed to reduce body fat, improve muscle mass, increase endurance and promote positive responses in metabolic rate and bone mineral density. North Clackamas Aquatic Park

7-8pm	T	10/3	11			Staff	POOL
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**YPED-300-0411 H2O SMILE**

This class will put a smile on the face of beginners or those who need some exercise modifications. It is a gentle routine based on slow movements, with a focus on stretching and increasing physical activity. North Clackamas Aquatic Park

11-11:45am	MWF	10/2	11			Staff	POOL
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**SWIM LESSONS**

Swimming lessons consist of eight 30-minute classes per session. Where indicated below, choose one of the following sessions: Session 1: October 3-26, TTH. Session 2: October 30-November 27, MW (No class 11/22). Session 3: November 28-December 21, TTH. Saturday session, held over 8 consecutive weeks: October 7-December 9 (No class 11/11 & 11/25). NCPRD \$45, Non-Res. \$60.

**ZPED-800-0403 WATER BABIES, AGES 8-18 MOS**

Designed for babies accompanied by an adult in the water, with the adult being an integral part of the learning process. A positive approach to water adjustment, focusing on enjoyment and development of skills. Saturday session only. North Clackamas Aquatic Park

11:15-11:45am	S		8			Staff	POOL
12:25-12:55pm	S		8			Staff	POOL

**ZPED-800-0415 AQUA TOTS, AGES 19-35 MOS**

Adults accompany their children in the water with emphasis on teaching swimming progression and safety skills. Saturday session only. North Clackamas Aquatic Park

9:30-10am	S		8			Staff	POOL
10:05-10:35am	S		8			Staff	POOL

**ZPED-800-0414 SEALS INTRO, AGES 3-5**

Pre Req: Any participant who has not taken lessons before. Entry level swimming lesson. Introduces students to basic swimming and water safety skills. Choose session dates from description above. North Clackamas Aquatic Park

Sessions 1, 2 & 3							
4-4:30pm			4			Staff	POOL
5:10-5:40pm			4			Staff	POOL
6:20-6:50pm			4			Staff	POOL
6:55-7:25pm			4			Staff	POOL

Saturday Session							
8:20-8:50am	S		8			Staff	POOL
8:55-9:25am	S		8			Staff	POOL
9:30-10am	S		8			Staff	POOL
10:40-11:10am	S		8			Staff	POOL
11:15-11:45am	S		8			Staff	POOL
11:50am-12:20pm	S		8			Staff	POOL
12:25-12:55pm	S		8			Staff	POOL



## Register with the Community Education Partner sponsoring your class.

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room
<b>ZPED-800-0404</b>	<b>SEALS, AGES 3-5</b>														
<p>Pre Req: Assisted Front and Back Floats, 3 independent Bobs with blowing bubbles. Builds on basic swimming and water safety skills while focusing on independent swimming, glides and comfort underwater. Choose session dates from description above. North Clackamas Aquatic Park</p>								<p>Saturday Session</p>							
Sessions 1, 2 & 3								8:20-8:50am S 8 Staff POOL							
4:4-30pm 4 Staff POOL								8:55-9:25am S 8 Staff POOL							
4:35-5:05pm 4 Staff POOL								10:05-10:35am S 8 Staff POOL							
5:45-6:15pm 4 Staff POOL								10:40-11:10am S 8 Staff POOL							
6:20-6:50pm 4 Staff POOL								11:50am-12:20pm S 8 Staff POOL							
Saturday Session								<b>ZPED-800-0409 LEVEL 3, AGES 5+</b>							
8:20-8:50am S 8 Staff POOL								Pre Req: Back Glide - 3 Yards, Front Crawl - 5 Yards. Begins refinement of front crawl with a focus on rotary breathing. Continues to familiarize students with back crawl, while introducing finning and elementary backstroke. Choose session dates from description above. North Clackamas Aquatic Park							
8:55-9:25am S 8 Staff POOL								Sessions 1, 2 & 3							
9:30-10am S 8 Staff POOL								4:4-30pm 4 Staff POOL							
11:15-11:45am S 8 Staff POOL								Saturday Session							
11:50am-12:20pm S 8 Staff POOL								9:30-10am S 8 Staff POOL							
<b>ZPED-800-0405 SWIMMING SEALS, AGES 3-5</b>								10:05-10:35am S 8 Staff POOL							
Pre Req: Unassisted Front and Back Floats - 5 seconds. Begins the basics of front crawl with a continued focus on independent swimming. Introduces student to back crawl skills. Choose session dates from description above. North Clackamas Aquatic Park								11:15-11:45am S 8 Staff POOL							
Sessions 1, 2 & 3								<b>ZPED-800-0410 LEVEL 4, AGES 5+</b>							
5:10-5:40pm 4 Staff POOL								Pre Req: Front Crawl with Rotary Breathing -15 Yards, Back Crawl - 5 Yards. Develops student's ability to swim front crawl for increased distances with a mastery of rotary breathing, while continuing improvement in back crawl and elementary backstroke. Choose session dates from description above. North Clackamas Aquatic Park							
Saturday Session								Sessions 1, 2 & 3							
8:55-9:25am S 8 Staff POOL								5:10-5:40pm 4 Staff POOL							
<b>ZPED-800-0406 MIGHTY SEALS, AGES 3-5</b>								5:45-6:15pm 4 Staff POOL							
Pre Req: Unassisted Front & Back Glide - 2 yards, Front Crawl with Magic Stick - 2 Yards. Students will be familiarized with back crawl, while finning and elementary backstroke are introduced. Front crawl and rotary breathing refinement will be continued. Choose session dates from description above. North Clackamas Aquatic Park								Saturday Session							
Sessions 1, 2 & 3								9:30-10am S 8 Staff POOL							
4:35-5:05pm 4 Staff POOL								10:40-11:10am S 8 Staff POOL							
Saturday Session								12:25-12:55pm S 8 Staff POOL							
10:40-11:10am S 8 Staff POOL								<b>ZPED-800-0411 LEVEL 5, AGES 5+</b>							
<b>ZPED-800-0407 LEVEL 1, AGES 5+</b>								Pre Req: Front Crawl w/ Rotary Breathing - 15 Yards, Back Crawl - 15 Yards, Elementary Backstroke - 15 Yards. Introduces breaststroke, dolphin kick and treading water. Promotes swimming endurance while establishing student's ability to demonstrate front crawl, back crawl and elementary backstroke for greater distances. North Clackamas Aquatic Park							
Pre Req: Any participants who have not taken lessons before or participants that are switching from Seals Intro or Seals because of age. Entry level swimming lesson. Introduces students to basic swimming and water safety skills. Choose session dates from description above. North Clackamas Aquatic Park								Sessions 1 & 3							
Sessions 1, 2 & 3								4:35-5:05pm TTH 2 Staff POOL							
4:4-30pm 4 Staff POOL								5:45-6:15pm TTH 2 Staff POOL							
5:45-6:15pm 4 Staff POOL								Session 2							
6:20-6:50pm 4 Staff POOL								4:35-5:05pm MW 2 Staff POOL							
6:55-7:25pm 4 Staff POOL								Saturday Session							
Saturday Session								10:40-11:10am S 8 Staff POOL							
8:20-8:50am S 8 Staff POOL								11:50am-12:20pm S 8 Staff POOL							
8:55-9:25am S 8 Staff POOL								<b>ZPED-800-0412 LEVEL 6, AGES 5+</b>							
10:05-10:35am S 8 Staff POOL								Pre Req: Front Crawl with Rotary Breathing - 25 Yards, Back Crawl - 25 Yards, Elementary Backstroke - 25 Yards, Treading without Finning - 1 Minute. Increases swimming endurance in front crawl, back crawl and elementary backstroke. As well as improves breaststroke and treading water for 1 minute 30 seconds and introduces side-stroke.							
11:15-11:45am S 8 Staff POOL								Choose session dates from description above. North Clackamas Aquatic Park							
11:50am-12:20pm S 8 Staff POOL								Sessions 1, 2 & 3							
12:25-12:55pm S 8 Staff POOL								6:55-7:25pm 4 Staff POOL							
<b>ZPED-800-0408 LEVEL 2, AGES 5+</b>								Saturday Session							
Pre Req: Front Glide - 2 Yards, Back Glide - 2 Yards. Builds on basic swimming and water safety skills while focusing on front crawl, breath control, endurance and introduces students to back crawl. Choose session dates from description above. North Clackamas Aquatic Park								10:05-10:35am S 8 Staff POOL							
Sessions 1, 2 & 3															
4:35-5:05pm 4 Staff POOL															
5:10-5:40pm 4 Staff POOL															
5:45-6:15pm 4 Staff POOL															
6:20-6:50pm 4 Staff POOL															

Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room
Time	Days	Begins					Time	Days	Begins				

**ZPED-800-0413 LEVEL 7, AGES 5+**

Pre Req: Front Crawl with Rotary Breathing - 50 Yards, Back Crawl - 50 Yards, Breaststroke - 25 Yards, Treading without Finning - 1 Minute 30 Seconds. Explores circle swimming, workout equipment, stretching, body alignment and diving from the side and board. Continues to use and improve previously learned strokes. Choose session dates from description above. North Clackamas Aquatic Park

Sessions 1, 2 & 3 6:55-7:25pm		4			Staff	POOL
Saturday Session 12:25-12:55pm	S	8			Staff	POOL

**Health/Well-Being/Safety**

**MILWAUKIE CENTER RESOURCES**

**ZHLT-200-0400 A PLACE AT THE CENTER**

A special activities program for people with memory loss or confusion due to Alzheimer's, stroke, or related disorders. This valuable respite program allows caregivers to take some "time out." For enrollment info call 503-653-8100. NCPRD \$24, Non-Res. \$30. Milwaukie Center

12:30-4pm	W				Staff	CLRM
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**ZHLT-200-0401 BLOOD PRESSURE CHECK**

Drop in and get your blood pressure checked by volunteer nurses. Available 1st Monday, 3rd Tuesday and 4th Friday of the month. No fee. Milwaukie Center

9:45-11:45am	MT				Staff	CLRM
10:30am-Noon	F				Staff	CLRM

**ZHLT-200-0402 FOOT CARE**

A local podiatrist and family nurse practitioner with a foot care certification provide a monthly clinic. The service includes a comprehensive foot exam and toenail trim for a \$35 fee. Service is available to adults 60+ or a person with a disability. Please call 503-653-8100 and leave your name and phone number for a return call. Appointments are available on the 1st and 3rd Tuesday of each month.

**ZHLT-200-0403 DIABETES SUPPORT & EDUCATION GROUP**

Information, education and sharing for people with diabetes, their families and friends. Meets 1st Wednesday of each month. No fee. No meeting in September or January. Milwaukie Center

1:30-3pm	W				Staff	CLRM
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**ZHLT-200-0404 SENIOR LAW CLINIC**

Local, volunteer elder law attorneys provide up to ½ hour consultation on legal issues related to seniors. No charge for this service; however, donations are appreciated. Phone 503-653-8100. Appointments available 1st and 3rd Tuesday each month. Milwaukie Center

TBA	T				Staff	CLRM
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**ZHLT-200-0405 IT'S ALL ABOUT MEMORY**

A weekly, half-day activity program specifically designed for individuals experiencing early memory loss. The program's focus is on teaching techniques to improve mental fitness by using memory enhancing and retaining activities. This confidential, social and educational program provides opportunities to have fun, meet with peers who are experiencing memory loss and gain social support. For enrollment information and fees, call 503-653-8100 and speak with Abby or Lisa. Milwaukie Center

10am-2pm	F					CLRM
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**ZHLT-200-0406 MEALS ON WHEELS**

Volunteers deliver hot, healthy meals to homebound seniors over 60 or qualified Medicaid under 60 disabled residents of North Clackamas Parks and Recreation District. Call Social Services at 503-653-8100 to learn about program qualifications and how to apply.

**ZHLT-200-0407 TRILLIUM LUNCH**

Community members can enjoy a healthy, affordable meal Monday-Friday at noon. Groups of six or more require a reservation. Ages 60 and older, \$3 donation; under 60, \$5 per person. For more information or a menu, call the Nutrition Coordinator at 503-654-3030.

**ZHLT-200-0408 PETE'S CAFE**

Open to the public 9am-1pm. Enjoy delicious meals including homemade soups, fresh specialty salads, sandwiches, hamburgers and hot dogs, beverages and desserts at very reasonable prices. All proceeds help fund the Milwaukie Center's Meals on Wheels program in North Clackamas County.

**ZHLT-200-0409 TRANSPORTATION**

The Transportation Program offers seniors and people with disabilities the freedom of staying connected to the community. We offer door-to-door service to and from the Milwaukie Center for lunch, classes and other activities. We also provide bus transportation to a local grocery store on Tuesday and Thursday each week. For a full list of services and fee information, call the Transportation Coordinator 503-794-8014.

**ZHLT-200-0410 VIEWS SUPPORT GROUP**

This confidential senior support group is led by trained peer counselors from Volunteers Involved for the Emotional Well-being of Seniors. The focus is to develop new ways of coping with life's challenges by talking and listening to others reflect on their concerns about life changes. For additional information, phone 503-261-6181. No fee. Milwaukie Center

2-3 pm	T					CLRM
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**ZHLT-200-0411 CAREGIVER'S SUPPORT GROUP**

It's important to take care of yourself while you are caring for a loved one. The support group will provide participants an opportunity to share their ideas and meet with others who are experiencing similar challenges. Participants will receive tips on self-care, stress reduction and learn pertinent information from monthly guest speakers; facilitated by staff from Serenity Hospice and Milwaukie Center. Meets the 2nd Wednesday of each month. Milwaukie Center

1-2:30pm	W					CLRM
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**HEALTHY AGING SEMINARS**

The Milwaukie Center offers Healthy Aging seminars focused on a variety of education and health topics presented by local professionals. To register for these seminars or for additional information, call Social Services at 503-653-8100 or check on line at ncprd.com/milwaukie-center.

**ZHLT-200-0401 POWERFUL TOOLS FOR CAREGIVING**

Powerful Tools for Caregiving is a six consecutive week, educational program designed to help family caregivers by providing tools to assist with their caregiving responsibilities. This program will help you take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend or someone who lives at home, in a nursing home, or across the country. Powerful Tools for Caregiving is limited to non-professional caregivers. No fee. Milwaukie Center

10-11:30am	M	9/18				CLRM
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**ZHLT-200-0402 WILLS, TRUSTS, AND THE OREGON PROBATE PROCESS**

There is a lot of fear and misinformation regarding wills and the Oregon Probate process. Join Milwaukie attorneys Trina Montalban and Michelle Sugahiro; they will discuss the pros and cons of wills and trusts. They will also discuss the costs associated with administering a will and trust after death. No fee. Milwaukie Center

10-11:30am	W	9/20				CLRM
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**ZHLT-200-0403 UNDERSTANDING DEMENTIA RELATED BEHAVIORS**

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate. Some behaviors can present real challenges for caregivers to manage. Join the Alzheimer's Association to learn how to decode behavioral messages, identify common behavior triggers and learn new strategies to help intervene with the most common behavioral challenges. Pre-register with the Alzheimer's Association by phoning 800-272-3900. No fee. Milwaukie Center

1-2:30pm	TH	9/21				CLRM
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## Register with the Community Education Partner sponsoring your class.

Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room
Time	Days	Begins					Time	Days	Begins				

**ZHLT-200-0404 PREVENTING FALLS: STAYING HEALTHY AND ON YOUR FEET**  
 As we age, the risk of falling becomes more serious. Falls can often result in a broken hip or other bones. Any injury can lead to a life-long disability. Even if someone is not hurt by a fall, the fear of falling again can limit a person's activities. Join Providence experts as they discuss ways you can prevent a fall for yourself or someone you love. The presentation includes a short demonstration of Tai Chi. No fee. Milwaukie Center  
 10am-12pm F 9/22 CLRM

**ZHLT-200-0405 MAKING HOME SAFE**  
 This seminar will focus on how to improve the safety of your home by increasing awareness of the risk factors associated with falls and other injuries. A home safety checklist is provided. Sponsored by Home Instead Senior Care. No fee. Milwaukie Center  
 10:30am-12 pm T 9/26 CLRM

**ZHLT-200-0406 WHO TAUGHT YOU HOW TO BE A PATIENT?**  
 Join Sara Bubenik M.D., patient resource physician, for a discussion on the ABC'S of becoming your own healthcare advocate! Participants will learn the following tips: your rights as a patient, the ABC'S of the doctor-patient visit; how to improve and feel confident in your medical decisions. Participants who attend this workshop will learn techniques on how to navigate the healthcare system effectively, assume more responsibility for your healthcare and communicate more effectively with your doctor. No fee. Milwaukie Center  
 10:30am-12pm W 9/27 CLRM

**ZHLT-200-0407 BREAKING POINT: TOO MUCH STUFF!**  
 This class will offer tips on helping seniors part with their possessions which may be accumulating and causing excessive clutter. Facilitated by Home Instead Senior Care. No fee. Milwaukie Center  
 10:30am-12pm T 10/10 CLRM

**ZHLT-200-0408 EFFECTIVE COMMUNICATION STRATEGIES**  
 Communication is more than just talking and listening, it's also about sending and receiving messages through attitude, voice tone, body language and facial expressions. As people with Alzheimer's disease and other dementias progress and the ability to use words is lost, families need new ways to connect. Join in and attend this seminar to gain new information. Pre-register with the Alzheimer's Association by phoning 800-272-3900. No fee. Milwaukie Center  
 10:30am-12pm T 10/24 CLRM

**ZHLT-200-0409 OH, MY SWOLLEN LEGS AND ACHING FEET**  
 Do you suffer from swollen legs and aching feet? Milwaukie Center's foot care nurse, Mary Nametka, also a Family Nurse practitioner and wound care specialist, will discuss the causes of swollen legs and feet. Mary will discuss the use of compression socks. Mary is able to fit participants for compression socks, if interested. No fee. Milwaukie Center  
 10am-12pm T 10/31 CLRM

**ZHLT-200-0410 MEDICARE ENROLLMENT 101**  
 SHIBA: 2018 Medicare Plan Changes. Are you new to Medicare or enrolling in a different plan? Join us for an overview of the 2018 revisions. Eligibility requirements, enrollment periods, Planfinder and Medicare Parts A, B, C and D will be covered. Clackamas County certified SHIBA (Senior Health Insurance Benefits Assistance) counselors will be in attendance to answer questions. The annual enrollment period begins Oct. 15 and ends Dec. 7. No fee. Milwaukie Center  
 10-11:30am W 11/8 CLRM

**ZHLT-200-0411 WISE-WELLNESS INITIATIVE FOR SENIOR EDUCATION**  
 This educational program offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and learn about the aging process and how to make healthy lifestyle choices while celebrating this exciting stage of life. Discuss risk factors and behaviors you should avoid to stay healthy. Examine how alcohol, prescription and over the counter medications affect seniors, and how to avoid the problem. Learn simple tools to help you feel more empowered about your health and the healthcare you receive. Lunch will be provided. A commitment to all six classes is advised. Registration is required. For more information, call Linda Whitmore at 503-794-8037. No fee. Milwaukie Center  
 9:30am-12pm TH 9/14 6 CLRM

### Languages

**YFLS-100-1200 SPANISH I**  
 Students with little or no Spanish language experience will learn the basic Spanish words, phrases and grammar. For questions about the class, please email Lucia at [trilma@msn.com](mailto:trilma@msn.com). Age 62+ \$45. Milwaukie Center  
 2-3:30pm M 9/25 8 \$60 Torres CLRM

**YFLS-200-1200 SPANISH II**  
 For students who have a basic knowledge of Spanish, this class provides continued development of reading, writing and speaking skills. If you are a new student with some knowledge of Spanish, please email Lucia at [trilma@msn.com](mailto:trilma@msn.com). Age 62+ \$53. Milwaukie Center  
 12:15-2pm M 9/25 8 \$70 Torres CLRM

**YFLS-300-1200 SPANISH CONVERSATION I**  
 A casual conversation class for people who can speak some Spanish. Minimal English is used in class. Students speak and the teacher makes corrections while leading a topic. If you are a new student with some knowledge of Spanish, please email Lucia at [trilma@msn.com](mailto:trilma@msn.com). Age 62+ \$45. Milwaukie Center  
 10:30am-12pm M 9/25 8 \$60 Torres CLRM

**YFLS-300-1201 SPANISH CONVERSATION II**  
 A casual conversation class for people who are in a higher level Spanish class. Minimal English is used in class. Students speak and the teacher makes corrections while leading a topic. If you are a new student with some knowledge of Spanish, please email Lucia at [trilma@msn.com](mailto:trilma@msn.com). Age 62+ \$45. Milwaukie Center  
 9-10:30am M 9/25 8 \$60 Torres CLRM

### Music

**ZMDT-400-0403 BEGINNING UKULELE**  
 Ages 12+. Learn to tune your ukulele, basic strumming and chords. You will be jamming to your favorite songs before you know it. Ukuleles can be purchased at Guitar Center, Artichoke Music or Portland Music Company. Please bring a tuner. NCPRD \$20, Non-Res. \$25. Milwaukie Center  
 6-7pm TH 9/14 6 Rose CLRM

**ZMDT-400-0404 BEGINNING UKULELE JAM GROUP**  
 Bring your ukulele and practice strumming some popular songs in this casual atmosphere. Please call 503-794-8092 or email [recreation@ncprd.com](mailto:recreation@ncprd.com) for more info and to get on the email list. NCPRD \$1, Non-Res. \$2. No jam 11/22. Milwaukie Center  
 6-7:15 pm W CLRM

**ZMDT-400-0405 UKULELE JAM GROUP**  
 Practice and play songs in this casual, drop-in atmosphere. NCPRD \$1, Non-Res. \$2. No jam 11/23. Milwaukie Center  
 9:30-11am TH CLRM

**ZMDT-400-0406 MILWAUKIE CENTER SINGERS**  
 Practice singing in this casual and welcoming atmosphere. The group will perform once a month in the community. NCPRD \$1, Non-Res. \$2. Milwaukie Center  
 1:30-3pm M 9/25 CLRM

Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room
Time	Days	Begins					Time	Days	Begins				

## Special Events

### CLACKAMAS COUNTY ON TAP & UNCORKED

Presented by the Friends of the Milwaukie Center

Join us for a fun day in the Rose Garden! We will have breweries, wineries, distilleries and cideries offering tastes and samples. Exhibitors will be on hand displaying their wares: coffee, chocolate, honey and more. We have an awesome lineup of entertainment for the day, Chris Baron, 11 Days in Summer, Chihuahua Desert, Nobody's Sweetheart and Sonny Hess with Lady "True Blue" Kat. Sonny Hess is regionally known and participates in the Blues Festival each year and is a leading member of Northwest Women in Blues. Entry is \$5 and \$10 for a tasting glass (beer or wine) or \$15 for both glasses. This event benefits Meals on Wheels, so come on over and show your support! Sara Hite Memorial Rose Garden

11am-9pm S 9/9

### HOUSING AND SENIOR SERVICES FAIR

Presented by the Friends of the Milwaukie Center

Discover resources for quality of life enhancement. Come explore independent and assisted living communities, in-home care and many other related services. Having a large variety of vendors in one place makes it easy to ask questions, get information and, if interested, make appointments to visit your favorites. Free. Milwaukie Center

10am-12pm TH 11/9

### FAMOUS THANKSGIVING DINNER

Join us at the Milwaukie Center for our Famous Thanksgiving Dinner. Enjoy roasted turkey, ham, mashed potatoes, gravy, dressing, vegetables, Bob's Red Mill roll and dessert. Presale tickets available at the Milwaukie Center gift shop starting Oct 16. Proceeds benefit Meals On Wheels Service at the Milwaukie Center. Pre-sale tickets, \$9; \$10 per adult, \$5 for children 12 and under. Sponsored by Bob's Red Mill.

4-6pm SU 11/19

## Special Interests/Hobbies

### INTEREST & ACTIVITY GROUPS

#### ZAPA-300-0400 DAYTIME BINGO

Play for fun with small prizes. Drop in. NCPRD 25 cents per card, Non-Res. 50 cents per card. Large print cards now available. Closed 9/5, 9/7 & 11/23. Milwaukie Center

1-2pm TTH Staff CLRM

#### ZAPA-300-0401 EVENING CASH BINGO

Cash prizes and refreshments. Drop in. \$5 first packet; \$4 second packet, \$1 for special games. Closed 9/7. Milwaukie Center

6:30-9pm TH Staff CLRM

#### ZAPA-300-0403 CHINESE MAH JONGG

The original game played with 144 tiles – no jokers! The objective of the game is to be the first to Mah Jongg where all your tiles form four sets plus one pair. If interested in learning, contact Angela Wright at englishimport@gmail.com or 503-679-9182. NCPRD \$1, Non-Res. \$2. Closed 9/4 & 12/25. Milwaukie Center

12:30-3:30pm M Staff CLRM

#### ZAPA-300-0404 MAH JONGG

Mah Jongg originated in China and is a game of skill, strategy and chance. No experience necessary. NCPRD \$1, Non-Res. \$2. Closed 9/6. Milwaukie Center

12:30-3:30pm W Staff CLRM

#### ZAPA-300-0405 PARTY BRIDGE

Ages 18+ and for those who already play the game. Group rules apply. Drop in. NCPRD \$1, Non-Res. \$2. Closed 9/7 & 11/23. Milwaukie Center

12:30-3:30pm TH Staff CLRM

#### ZAPA-300-0406 BILLIARDS

Two pool tables with open play. NCPRD \$1, Non-Res. \$2. Closed Sept. 9/4-9/8, Nov. 11/23-11/24 & 12/25. Milwaukie Center

8:30am-5pm M-F Staff CLRM

#### ZAPA-300-0407 WOODCARVING

Activity period for novice to advanced wood carvers, with guidance for starter projects, instruction on safety and tool care. NCPRD \$1, Non-Res. \$2. Closed 9/6. Milwaukie Center

8:30-11:30am W Staff CLRM

#### ZAPA-300-0408 GENEALOGY

Discover your ancestors' history and continue to learn how to access information on your family tree. Fourth Wednesday each month. NCPRD \$1, Non-Res. \$2. Milwaukie Center

9:30am-11:30am W Staff CLRM

#### ZAPA-300-0409 MT. DULCIMER JAM

Bring your Mountain Dulcimer and jam with the group. Please call 503-794-8092 for more information. First and third Wednesdays. NCPRD \$1, Non-Res. \$2. Milwaukie Center

1-3pm W Staff CLRM

## Sports/Outdoor Activities

### YOUTH ACTIVITIES

#### ZOUT-100-0401 ARCHERY

Ages 8-14. Learn the basics of archery, including stance, aim, draw, release and follow-through. Finger tabs and arm guards are required and can be purchased from the shop for an additional \$20. Parent must attend first class. Fee: NCPRD \$40, Non-Res. \$50 (student provides equipment). NCPRD \$55, Non-Res. \$65 (includes rental equipment). Broken Arrow Archery.

10-11am S 10/7 6

#### ZOUT-100-0402 HORSEBACK RIDING – ENGLISH, BEGINNER 1

Ages 8-17. Ideal class for beginners. Learn basic horsemanship skills in riding, horse care and equipment usage. Indoor riding arena used in poor weather conditions. Boots or hard-soled shoes must be worn and riding helmets are provided. Fee: NCPRD \$140, Non-Res. \$155. Highland Stables.

4:30-6pm W 9/20 4 Gill ARENA

8:30-10am S 9/23 4 Gill ARENA

4:30-6pm W 10/25 4 Gill ARENA

8:30-10am S 10/28 4 Gill ARENA

#### ZOUT-100-0403 HORSEBACK RIDING – ENGLISH, BEGINNER 2

Ages 10-17. Ideal class for riders who have taken the beginner riding lesson and who can walk and trot without help. Indoor riding arena used in poor weather conditions. Boots or hard-soled shoes must be worn and riding helmets are provided. Fee: NCPRD \$140, Non-Res. \$155. Highland Stables.

4:30-6pm F 9/22 4 Gill ARENA

4:30-6pm F 10/27 4 Gill ARENA

## Travel/Trips/Tour

### MILWAUKIE CENTER TRAVEL DESK

Enjoy the scenery, make new friends, and relax as we take you to exciting destinations. All trips depart from and return to the Milwaukie Center. Standing and walking are required on most trips. Wear comfortable shoes and dress appropriately for the weather. Bring money for lunch unless otherwise noted. The events listed are currently on the travel schedule, but are subject to change. A minimum number of participants, ranging from 12 to 14, is needed in order for the trip to occur. Please check with the Travel Desk for the latest information by calling 503-794-8026.

### BITE OF OREGON

Celebrate the extraordinary food, wine, and beer of Oregon at a summer party. Select from a smorgasbord of eats and treats and enjoy live entertainment. Bring money for \$5 entry fee and lunch. Much walking. NCPRD \$12, Non-Res. \$15.

11am-2pm F 9/1

## Register with the Community Education Partner sponsoring your class.

Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room
Time	Days	Begins					Time	Days	Begins				

### PORTLAND JAPANESE GARDEN

The Japanese Garden in Portland is considered the most authentic Japanese garden outside of Japan. Join us as we visit the renewed garden. Will have lunch at a restaurant in downtown Portland. Bring money for \$12.95 senior entry fee and lunch. Will start with lunch at the Thai Bloom at noon. NCPRD \$15, Non-Res. \$19

11:30am-3:30pm T 9/12

### CASCADE RAPTOR CENTER, EUGENE

Come see and learn about raptors. The Raptor Center has 50 varieties of raptors that play an important role in maintaining the delicate balance of nature. After the visit we will have lunch at P.F. Chang's. Bring money for lunch. NCPRD \$56, Non-Res. \$70.

8:30am-5pm T 9/19

### OTTO AMD ANITA'S BAVARIAN SCHNITZELHAUS

The finest in Bavarian food and pastries! Of course there is the Dill Pickle Soup. Bring money for lunch. NCPRD \$11, Non-Res. \$14.

11:30am-2:30pm F 9/29

### ORIGINAL PANCAKE HOUSE

Pancakes and omelets at their best. The Original Pancake House has them. Let's brunch together. Bring money for lunch. NCPRD \$11, Non-Res. \$14.

10am-1pm W 10/4

### B17 BOMBER AND ROCK-N-ROLL ROGERS

We will stop at the restoration project of the B-17, "Lacey Lady," which was formerly at the Bomber in Milwaukie. Can also go to the museum of WWII memorabilia. Suggest a donation for this project. Bring money for lunch at Rock-N-Rogers in Salem. NCPRD \$27, Non-Res. \$34.

10am-2pm TH 10/12

### AURORA COLONY QUILT SHOW

Nearly 100 traditional and contemporary quilts will be exhibited throughout the Old Aurora Colony Museum and the historical George Kraus House adjacent to the museum. Bring money for lunch at the Aurora Colony Pub. NCPRD \$12, Non-Res. \$15.

11am-2:30pm F 10/20

### ALBERTINA KERR KITCHEN

Albertina's Kitchen offers fresh, heritage-inspired dishes for lunch in a lovely, historic setting. Browse the specialty stores. Bring money for lunch. NCPRD \$10, Non-Res. \$13.

11:30am-3pm M 10/23

### PETITE PROVENCE

Back by popular demand: Order either breakfast or lunch at this French bakery and café. You can't miss. Everything is delicious. This is the Division Street café. Bring money for the meal. NCPRD \$12, Non-Res. \$15.

12-3pm W 11/1

### HUBER'S CAFÉ

Established in 1879, Huber's is Portland's oldest restaurant. Specializing in a traditional turkey dinner, Huber's also serves Certified Angus Beef, fresh seafood, entrée salads and a variety of pasta dishes. Come with us to enjoy. Bring money for lunch. NCPRD \$11, Non-Res. \$14.

11:30am-2:30pm TH 11/16

### PORTLAND CENTER STAGE – A CHRISTMAS STORY

A Christmas Memory is an autobiographical recollection of Truman Capote's rural Alabama boyhood. This tiny gem of a holiday story, offers an unforgettable portrait of an odd but enduring friendship between two innocent souls — one young and one old — and the memories they share of favorite holiday rituals. Fees to be determined after Center Stage sets the ticket price. Will stop for brunch before the performance.

10am-2:30pm TH 11/30

## Writing/Literature

### ZHWL-100-1200 CREATIVE WRITING

This class stimulates creative thinking and stretches students' abilities to see and write in fresh new ways. Age 62+ \$53. Milwaukie Center

1-2:45pm W 9/27 8 \$70 Arnold CLRM

### ZHWL-100-1201 YOUR STORY

Learn how to preserve personal history by remembering and documenting special moments and all of life's essential elements. Age 62+ \$53. Milwaukie Center

1-2:45pm TH 9/28 8 \$70 Arnold CLRM

# Oregon City

## COMMUNITY EDUCATION PROGRAMS

*Please read carefully, some of the local businesses take their own registrations.*

*Registration form for Community Education classes on page 93.*

*For more class information & to register on line: OCSD62.ORG, click on OCCE logo (left side)*

*Eastham Community Center 1404 7th St. Oregon City*

*Office hours: 7am-4pm Mon-Fri Phone: 503-785-8520*

*For class locations, see page 95.*

## Art/Crafts

### ZAPA-300-0500 HOLIDAY GIFTS FROM THE KITCHEN

Age: 16-Adult. Imagine getting all of your holiday gift giving preparations done in a single weekend! Class 1 will focus on handcrafted kitchen gifts like all natural body scrubs & balms. Class 2 will focus on yummy gifts like carrot cake jam/flavored vinegars/pickled veggies. Ideas, recipes & packaging suggestions all included. Student will take home projects. Note: No class on 11/11-veterans day, last class 11/18. King Campus

10am-2pm S 11/4 2 \$75 \$25 Elting KITCHEN

### FORTE FLORAL ARTISTRY

New location! 14222 SE McLoughlin Blvd. Milwaukie. 503-659-4000. Jennifer Agard will introduce you to the creative world of floral artistry.

### ZAPA-300-0501 FALL FLORAL ARRANGEMENT CLASS W/ FORTE FLORAL

Age: Adult. For beginner only. Make a beautiful arrangement with fall flowers. Let Jennifer teach you the tips/tricks for flowers & create a bouquet to bring home! Forte Floral Artistry

6-7:30pm T 10/10 1 \$20 \$25 Agard SHOP

### ZAPA-300-0502 HOLIDAY TABLE FLORAL DESIGN W/ FORTE FLORAL

Age: Adult. For beginner only. Make a beautiful holiday table arrangement and show off in your home on your holiday table. Forte Floral

6-7:30pm T 11/7 1 \$20 \$25 Agard SHOP

## Basic Academics

### YGES-200-0500 SAT PREP CLASS

Age: High School. Club Z! Tutoring Services & OCCE is offering a SAT Prep class to any student interested. Covers strategy for the new SAT/Verbal concepts/Math concepts/Test-day procedures. Prepares student for the December 2 SAT Test. Student will receive the Official SAT Study Guide. Eastham Community Center

Note: last class on 11/19.

4-7pm SU 10/22 5 \$249 Staff 209

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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## Child Care/Activities

**ZFAM-200-0500 JENNINGS LODGE LOS EXPLORADORES**  
Age: 4-5. 7am-6pm 5 days a week kindergarten readiness and child-care. Spanish Immersion Pre-Kindergarten @ Jennings Lodge Elementary. Contact Cheryl Howell 503-785-8520 ext: 7312 to secure a spot for 2017-18 school year. \$808 (10 installments)

**ZFAM-200-0501 HOLCOMB MORE @ 4 KINDERGARTEN READINESS**  
Age: 4-5. 8:15am-11:45am Mon-Thur. Successfully preparing your child for entering modern kindergarten. Spaces are limited. Contact Cheryl Howell 503-785-8520 ext: 7312 for more information. \$350 (9 monthly installments)

## Driver Education

**YDRE-100-0500 ODOT TEEN DRIVER EDUCATION SAFETY CLASS**  
Age: 15-17. <http://ochspioneers.org/driver-education> for complete information, click on the calendar link to view dates. Student will also be assigned a drive lab in addition to the classroom time. Must have learners permit at time of registration. If student has a license/obtains license while taking class/or is 18-older before completing class, add'l \$210 charged. Free/reduced lunch eligible students receive a \$75 discount on tuition. Refunds given up to 1 week prior to start date of class, minus \$30 non-refundable fee, less than 1 week prior to start date, no refund. Oregon City High School

## Exercise/Fitness

**ZPED-400-0500 BEGINNING & INTERMEDIATE TAEKWON DO W/ WILL COULTER**  
Age: 7-Adult. Traditional Korean martial art of self-defense. Beginning students: Stretch/strengthen their bodies while learning basic strikes/blocks/kicks. Completing beginner course, students will be well prepared for intermediate class. Intermediate student: ranked blue belt and above practice skills to strengthen your mind/body. King Campus  
Session 1-  
7-8:15pm TTH 9/12 7 \$98 Coulter GYM  
Session 2-  
7-8:15pm TTH 10/31 6 \$84 Coulter GYM  
No class 11/21 & 11/23.

**YPED-200-0500 PILATES**  
Age: Adult. Strengthen & tone muscles, improve flexibility, balance & posture. Move from your core. Exercises done lying on floor. Some student supplied props required. Tan Comm. Bldg. 200 Longview Way, Oregon City.

Note: classes will be held in Blue Bldg. at 13900 Gain St. 10/11 & 11/8.  
6-7pm W 9/13 11 \$95 Groshong BLDG

## OREGON CITY JAZZERCISE

Age: 11-Adult. 971-219-0790 or visit [Oregoncityjazz@yahoo.com](mailto:Oregoncityjazz@yahoo.com). Combine cardio to enhance endurance & burn calories/strength training to define muscles/strengthen your core/stretching to increase flexibility. Hand weights/resistance tubes/balls. Workout while blasting fat & having fun. Eastham Community Center

<b>YPED-300-0500</b>	<b>JAZZERCISE MEN &amp; WOMEN AGES 11-ADULT</b>	5:45-6:45am	MWF	9/25				Staff	GYM
<b>YPED-300-0501</b>	<b>JAZZERCISE MEN &amp; WOMEN AGES 11-ADULT</b>	8-9am	M-S	9/25				Staff	GYM
<b>YPED-300-0502</b>	<b>JAZZERCISE MEN &amp; WOMEN AGES 11-ADULT</b>	9:15-10:15am	M-S	9/25				Staff	GYM
<b>YPED-300-0503</b>	<b>JAZZERCISE MEN &amp; WOMEN AGES 11-ADULT</b>	4-5pm	SU	9/24				Staff	GYM
<b>YPED-300-0504</b>	<b>JAZZERCISE MEN &amp; WOMEN AGES 11-ADULT</b>	4:40-5:40pm	M-F	9/25				Staff	GYM
<b>YPED-300-0505</b>	<b>JAZZERCISE MEN &amp; WOMEN AGES 11-ADULT</b>	5:50-6:50pm	M-TH	9/25				Staff	GYM

## Health/Well-Being/Safety

**ZFAM-200-0500 CHILD BABYSITTING SAFETY COURSE**  
Age: 11-15. CABS teaches teenagers safety essentials to stay home alone during the day or night. Trains teen to stay home alone w/ smaller children/keep them safe & entertained. Basic CPR/First Aid covered. Receive 1 yr certification in CPR/First Aid. Practical skills both child/infant CPR. Written exam taken in order to receive certificate. Class broken down into childcare/babysitting/stay home alone sections that combine practical information as well as using graphics to keep the students engaged. Eastham Community Center.

9am-12pm	S	10/21	1	\$85				Hazapis	209
9am-12pm	S	12/16	1	\$85				Hazapis	209

## ZHLT-100-0500 PEDIATRIC PLUS

Age: 13-Adult. Dual certification combining Adult Basic First Aid/ CPR AED and Child/Infant CPR. Receive certificate at a one-time class instead of attending two separate classes. Eastham Community Center.

6-9pm	M	10/23	1	\$95				Hazapis	209
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## COMPLETE HEALTH CHIROPRACTIC CENTER LLC

Ages 12-Adult. To inquire and/or register for free classes offered to the community please call 503-557-9266. Complete Health Chiropractic Center LLC is located at 365 Warner Milne Rd. Suite 105, Oregon City.

## Media/Science/Technology

**ZAPA-300-0503 FLL-FIRST LEGO LEAGUE-INTRO**  
Age: 10-14. LEGO builder who is ready for a bigger challenge that JrFLL. Learn basics of the EV3 Motor & programming, using light & touch sensors. Build & program a robot to accomplish missions on a LEGO board. Teamwork is the key to a successful season where the team works together to show off what they learned at the local EXPO in mid-December. Locations and times to be determined. 1 1/2 hours two times a week. Registration starts in early September. Includes T-shirt/medals & LEGO use.  
10/2 9 \$85

**ZAPA-300-0504 FLL-FIRST LEGO LEAGUE-COMPETE**  
Age: 10-14. LEGO enthusiast who has had experience w/ FLL & is ready to compete. Teams will program the EV3 LEGO Robot, work as a team on a themed project & create a poster. Core Values & Teamwork are stressed. Team will display at local EXPO in mid-December as well as compete against other Oregon schools at the ORTOP EXPO. Pre-requisite: FLL Intro or approval from coordinator. Includes T-shirt/Entry fees to EXPO/LEGO use/certificate/medals  
10/2 9 \$85

## Sports/Outdoor Activities

### OREGON CITY COMMUNITY EDUCATION YOUTH SPORTS

**ZOUT-100-0500 VOLLEYBALL - COED**  
Age: 3rd-5th grade. All abilities welcome. \$75 registration fee. Registration deadline 9/7. Practices begin week of 9/25. First game is 10/7. Call Shelley Alderman at 503-785-8520 ext: 7313.

**ZOUT-100-0501 VOLLEYBALL**  
Age: Girls 6th-8th grade. All abilities welcome. \$85 registration fee. Registration deadline 9/10. Practices begin week of 9/25. First game is 10/7. Call Shelley Alderman at 503-785-8520 ext: 7313. Current physicals required for middle school sports.

**ZOUT-100-0502 INDOOR SOCCER - COED**  
Ages: Pre k-K, 1st/2nd, 3rd/4th & 5th/6th grades. All abilities welcome. \$85 registration fee. Registration deadline 9/7. Practices begin week of 9/25. First game is 10/7. Call Shelley Alderman at 503-785-8520 ext: 7313.

**ZOUT-100-0503 BASKETBALL**  
Age: Boys 3rd/4th & 5th/6th grade. All abilities welcome. \$75 registration fee. Registration deadline 10/25. Practices begin week of 11/13. Call Shelley Alderman at 503-785-8520 ext: 7313.

## Register with the Community Education Partner sponsoring your class.

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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### ZOUT-100-0504 BASKETBALL

Age: Boys 7th/8th grade. All abilities welcome. \$85 registration fee. Registration deadline 10/30. Practices begin week of 11/13. Current physicals required for middle school sports. Call Shelley Alderman at 503-785-8520 ext: 7313.

### HIGHLAND STABLES

Classes held in a country setting, indoor/outdoor arenas w/ a warm viewing room for visitors at Highland Stables 16723 S. Williams Rd, Beavercreek. English style riding for balance (bases for all riding disciplines), helmets provided. Boots are required w/ 1 inch heel.

### ZOUT-200-0500 BEGINNER 1 LESSONS-ENGLISH STYLE

Age: 8-Adult. Beginners or those returning. Learn basic horsemanship skills in riding/care of horse/equipment.

4:30-6pm	T	9/19	4	\$150	Staff	ARENA
4:30-6pm	T	10/24	4	\$150	Staff	ARENA

### ZOUT-200-0501 BEGINNER JUMPING LESSONS-ENGLISH STYLE

Age: 12-Adult.

11am-12pm	W	9/20	4	\$175	Staff	ARENA
6:30-7:30pm	W	9/20	4	\$175	Staff	ARENA
11am-12pm	W	10/25	4	\$175	Staff	ARENA
6:30-7:30pm	W	10/25	4	\$175	Staff	ARENA

### ZOUT-200-0502 BEGINNER 2 LESSONS-ENGLISH STYLE

Age: 10-Adult.

4:30-6pm	TH	9/21	4	\$150	Staff	ARENA
4:30-6pm	TH	10/26	4	\$150	Staff	ARENA

### ECODIVE NW, LLC

To register or for questions: [Ecodivenw@gmail.com](mailto:Ecodivenw@gmail.com) or learn more about our program through our web page [www.ecodivenw.com](http://www.ecodivenw.com). Instructors are experienced professional educators.

### ZOUT-200-0503 SCUBA DIVING

Immerse yourself in this six course teaches you everything you need to know to be a safe, Pacific Northwest Scuba diver. Class includes instruction, books, rentals, and fully prepares you for the open water certification. Must have own mask/fins/snorkel/booties which you can purchase from us at the student rate. \$350 for classroom/pool rental/pool sessions. Open water certification \$120 plus lodging and gear rental.

### ZOUT-200-0504 ADVANCED SCUBA DIVER

Let your underwater adventure continue! Apply your scuba skills as you explore new dive sites & activities under the supervision of your NAUI Instructor. You will complete a minimum six open water dives/three separate dives for navigation/night/low visibility/deep diving plus three different specialty dives. \$225 books & e-learning materials. \$85 Open water. \$30 per dive plus lodging.

# Oregon City Pioneer

## COMMUNITY CENTER

Registration form for Community Education classes is on page 93.

Please Note: Pioneer Center registration begins on Thursday, August 24 at 9:00am.

Payment—Cash or check preferred. Full payment is due before the first class begins.

Cancellations—Classes, programs or events may be cancelled due to lack of participation.

Refunds—A full refund will be given only if requested before the first day of class. No refund is given if a class has already begun. For class locations, see page 95. Phone: 503-657-8287

Classes held at Pioneer Community Center. Center is open Monday through Friday from 9am to 4pm.

Holiday Closures: Monday, September 4, Friday November 10, Thursday-Friday November 23-24.

### Arts/Crafts

#### ZAPA-100-1300 ACRYLIC & OIL PAINTING

For beginning and experienced artists. Emphasis on learning brush techniques, color mixing, shading and composition. To register, call Shirlee at 503-722-3845 at least 1 week before class begins. Senior discount \$62.

9:30-11:30am	W	9/27	10	\$95	Lind	CRAFT
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#### ZAPA-100-1301 ACRYLIC & OIL PAINTING

For beginning and experienced artists. Emphasis on learning brush techniques, color mixing, shading and composition. To register, call Shirlee at 503-722-3845 at least 1 week before class begins. Senior discount \$62.

12:30-2:30pm	W	9/27	10	\$95	Lind	CRAFT
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#### ZAPA-300-1300 BUSY BEES

Have fun making crafts, sewing quilts, aprons, etc. for fundraisers. Group meets every Monday.

9am-12pm	M			Free	Staff	CRAFT
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#### ZAPA-100-1302 WATERCOLOR WITH MELISSA GANNON

Explore the exciting and challenging medium of transparent watercolor! Learn to mix colors, the basics of composition, elements of perspective, and drawing. All levels welcome. Please call Melissa at 503-557-3963 to register for class. Senior discount \$60.

11am-1:30pm	TH	9/28	8	\$100	Gannon	CRAFT
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### Computers

#### ZDPS-100-1300 COMPUTERS AVAILABLE FOR USE

Computers are available for use Monday-Friday, 9-4pm. No printers.

9am-4pm	M-F				Staff	COMP
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#### YDPS-100-1300 INTRODUCTION TO WINDOWS 10-LEVEL 1 CLASS

Learn how to navigate Windows 10 effectively and why it's so different. You will learn how to pin and unpin tiles, live tiles, and the Windows Store app. Explore the new browser Edge, voice commands with Cortana, and system-wide search. You will also learn how to create a recovery USB drive and how the OneDrive works. Call Jerry King, 503-723-9497 to register.

TBA	M		4	\$65	King	BASEMENT
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#### YDPS-100-1301 COMPUTER FIRST STEPS-LEVEL 1 CLASS

Instruction focuses on learning to communicate with the computer: Understanding computer signs and symbols; the restore down and close commands; repositioning a window, saving/printing files; and an Internet introduction. Call Jerry King, 503-723-9497 to register.

TBA	M		4	\$65	King	BASEMENT
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#### YDPS-100-1302 COMPUTER BASICS-LEVEL 2 CLASS

This course opens with a survey of computer terminology/components. Learn to set up folders and create shortcuts. Discover different ways to connect to the internet, search engines and e-mail. Call Jerry King, 503-723-9497 to register.

TBA	M		4	\$65	King	BASEMENT
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#### YDPS-100-1303 WORD PROCESSING-LEVEL 3 CLASS

Students build on the basics to fine tune their word processing skills. Improve your typing skills by learning keyboard short cuts, default settings, commands, macros/tables, and mail merges. Call Jerry King, 503-723-9497 to register.

TBA	M		4	\$65	King	BASEMENT
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#### YDPS-100-1304 MASTERING EMAIL-LEVEL 3 CLASS

Focus is exclusively on email. Set up your own account, learn how to send carbon/blind carbon copies, attach pictures, set up reminders, calendars, and much more. Call Jerry King 503-723-9497 to register.

TBA	M		4	\$65	King	BASEMENT
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Course No.	Course Title	Course No.	Course Title
Time	Days	Time	Days

**YDPS-100-1305 APPLE SMARTPHONE/TABLET WORKSHOP FOR BEGINNERS**

This beginner class will teach the following functions for apple users (iPhones & iPads): calling (phone call settings), text messaging, touch screen navigation, display settings, voice activated/hands-free personal assistant. There will also be time at the end for Q&A and handouts will be provided to take home for practicing. Please call 503-722-3781 to RSVP.

10-11:30am	T	9/21	1	\$15	Gillon	CLRMI
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**YDPS-100-1305 ANDROID SMARTPHONE/TABLET WORKSHOP FOR BEGINNERS**

This beginner class will teach the following functions for android users (Samsung, LG, HTC, Motorola, Nexus, Sony, Pantech, Kindle etc.): calling (phone call settings), text messaging, touch screen navigation, display settings, voice activated/hands-free personal assistant. There will also be time at the end for Q&A and handouts will be provided to take home for practicing. Please call 503-722-3781 to RSVP.

1-2:30pm	T	9/21	1	\$15	Gillon	CLRMI
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**Dance/Theatre**

**ZMDT-300-1300 BALLROOM DANCING**

Come and dance to the music of the Glenn Tadina 15-piece Big Band - waltzes, rumba, cha-cha, tango, etc. The Black Magic Band alternates every other Wednesday. \$5 per person/per week. Call Glenn Tadina 503-769-5598 for more information.

12:45-3pm	W				Tadina	MP
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**ZMDT-300-1301 LINE DANCING--BEGINNING**

Learn line dance basics and simple dances even if you have two left feet. No partner needed. This class is ongoing. 50¢ fee per class.

1-2pm	M				Staff	MPIII
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**ZMDT-300-1302 LINE DANCING--BEGINNING**

Learn all the latest line dance steps and some traditional ones as well. No partner needed. This class is ongoing. 50¢ fee per class.

12-1pm	T				Staff	MPIII
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**ZMDT-300-1303 LINE DANCING--INTERMEDIATE**

Learn all the latest line dance steps and some traditional ones as well. No partner needed. This class is ongoing. 50¢ fee per class.

1-3pm	T				Staff	MPIII
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**Exercise/Fitness**

**YPED-300-1300 ZUMBA FITNESS**

This easy-to-follow Latin-inspired class is like a dance-fitness party. Dress comfortably, wear sneakers, and bring water. The first class is free for first timers. Please call Bev at 503-348-3842 for more information. \$5 drop-in class. \$20 5-class punch card

5:30-6:30pm	W	9/27	11	\$40	Bunting	MPIII
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**YPED-300-1301 ZUMBA FITNESS**

This easy-to-follow Latin-inspired class is like a dance-fitness party. Dress comfortably, wear sneakers, and bring water. The first class is free for first timers. Please call Bev at 503-348-3842 for more information. \$5 drop-in class. \$20 5-class punch card

5:30-6:30pm	T	9/26	11	\$40	Bunting	MPIII
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**YPED-300-1302 ZUMBA FITNESS**

This easy-to-follow Latin-inspired class is like a dance-fitness party. Dress comfortably, wear sneakers, and bring water. The first class is free for first timers. Please call Bev at 503-348-3842 for more information. \$5 drop-in class. \$20 5-class punch card. No Class Nov. 23.

5:30-6:30pm	TH	9/28	11	\$40	Bunting	MPIII
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**ZPED-700-1300 MINDFULNESS MEDITATION**

The way to good health and happiness! Learn how to calm the mind while strengthening concentration with simple breathing methods and comfortable postures. This non-religious technique helps direct the mind to a more peaceful state. For more information and to register contact Surja at 503-656-8910. \$10 drop in.

7-8:30pm	M	9/25	11	\$88	Tjahaja	CLRMI
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**ZPED-700-1301 MINDFULNESS MEDITATION**

The way to good health and happiness! Learn how to calm the mind while strengthening concentration with simple breathing methods and comfortable postures. This non-religious technique helps direct the mind to a more peaceful state. For more information and to register contact Surja at 503-656-8910. \$10 drop in.

2-3:30pm	T	9/26	11	\$88	Tjahaja	CLRMI
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**YPED-400-1300 TAI CHI, MIXED LEVELS**

This ancient Chinese movement improves strength, flexibility, concentration and balance by combining gentle physical exercise and mental discipline. Register at [www.balancenharmony.com](http://www.balancenharmony.com) or call Nick at 503-266-9939. Senior discount \$100.

10:40-11:40am	MW	9/25	11	\$150	Hancock	MPIII
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**YPED-100-1344 BEGINNING YOGA I**

Dress comfortably and bring a yoga mat. Here's a chance to try yoga! Work on flexibility, mobility and strength in a safe, supportive, fun class. Focus on breathing, technique and holding poses. No previous experience needed. To register, call Jenny at 971-400-6927. Senior discount \$62. No Class Nov. 23.

5:30-6:30pm	TH	9/28	11	\$70	Juffs	MPIII
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**YPED-100-1301 BEGINNING YOGA II**

Dress comfortably and bring a yoga mat. Further your yoga knowledge. Previous experience preferred. Class introduces more intermediate poses and techniques. Focus on body awareness, strength and flexibility. Bolsters, straps and partner stretches are utilized. To register, call Jenny at 971-400-6927. Senior discount \$62. Drop-ins welcome for \$10 per class. No Class Nov. 23.

6:30-7:30pm	TH	9/28	11	\$70	Juffs	MPIII
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**YPED-400-1301 TAOIST TAI CHI TAIJIQUAN, BEGINNING**

To register call 503-220-5970 or email [oregon@taoist.org](mailto:oregon@taoist.org). More information can be found at [www.taoist.org](http://www.taoist.org). This internal martial art was developed by Master Moy Lin-shin to improve health through a gentle set of 108 movements. Turning and stretching exercises your whole body. Restores calmness and peace of mind. Wear flat shoes and loose clothing. Suggested donation \$140 (Over 60—\$110).

6-7:30pm	M	9/11	16		Manning	MPIII
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**YPED-400-1302 TAOIST TAI CHI, INTERMEDIATE**

This is a continuing/intermediate class for students who have taken the beginning class. Same description as previous class. Monthly donation suggested. To register call 503-220-5970 or email [oregon@taoist.org](mailto:oregon@taoist.org). More information can be found at [www.taoist.org](http://www.taoist.org).

7:30-9pm	M	9/11	16		Manning	MPIII
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**YPED-400-1303 QI GONG**

Register at [www.balancenharmony.com](http://www.balancenharmony.com) or call Nick at 503-266-9939. This moving meditation improves strength, flexibility, concentration and balance by combining gentle physical exercise and mental discipline. Beginners welcome. Senior discount \$65.

9-10am	T	9/26	11	\$100	Hancock	BASEMENT
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**YPED-100-1302 CHAIR YOGA**

Chair yoga is designed to help increase strength, flexibility, and balance with yoga poses adapted for support of a chair. No previous yoga experience necessary. All abilities are welcome. Please bring a mat for safety. Senior discount \$70. To register please contact Colleen at 503-473-1349 or [colleengrace@comcast.net](mailto:colleengrace@comcast.net). No class 11/23.

10:30-11:30am	TTH	9/26	11	\$100	Watson	BASEMENT
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**YPED-100-1303 TAI CHI STRAIGHTSWORD**

This beautiful, ancient practice improves strength, balance, flexibility, and coordination. We will be focusing on the Yang style Tai chi straight sword form and basic sword handling techniques. Senior discount \$75. Swords can be ordered for an additional \$25. Register at [www.balancenharmony.com](http://www.balancenharmony.com) or call Nick at 503-266-9939. No class 11/23.

9-10am	TH	9/28	11	\$100	Hancock	BASEMENT
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**ZPED-200-1300 WEIGHT ROOM FOR ADULTS 50 YEARS AND UP**

Enjoy the weight room and exercise with others! Prerequisite: Orientation is required, please call 503-657-8287 to make an appointment. Purchase 24 visits for \$20.

9am-4pm	M-F				Staff	WEIGHT
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## Register with the Community Education Partner sponsoring your class.

Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No. Time	Course Title Days	Begins	Wks.	Tuition	Fee	Instructor	Room
<b>YPED-100-1304</b>	<b>YOGA GENTLE</b>							<b>ZHLT-200-1309</b>	<b>BLOOD PRESSURE AND HEARING TESTS</b>						
<p>Feel better and reduce stress, no matter what your age or fitness level. This class provides all the benefits of yoga—meditation, breathing, stretching, strengthening and balance. Wear loose clothing, bring mat or blanket. Register in person at the Pioneer Center. Senior discount \$73. No Class 11/23.</p> <p>9:15-10:15am TTH 9/26 11 \$105 Paulson MPIII</p>								<p>Blood pressure (Helping Hands Home Care) and hearing testing (Able Hearing). No appointment needed. Please call 503-657-8287 for more information. 2nd Tuesday each month.</p> <p>10am-12pm T Staff CLRMI</p>							
<b>ZPED-300-1303</b>	<b>STRENGTH AND BALANCE – NEW CARDIO CLASS!</b>							<b>ZHLT-200-1310</b>	<b>DIABETES SUPPORT GROUP</b>						
<p>Improve your cardio, strength and balance to conquer those every day activities. You will utilize small hand weights, chairs and standing exercises all to upbeat music. Contact Instructor Jacquelyn Rodgers @ <a href="mailto:bodytoolfitness@gmail.com">bodytoolfitness@gmail.com</a> or 541-992-6100 with questions or to register. Please bring light handheld weights, exercise mat, and water. \$6 Drop In No Class 10/5, 11/21, 11/23.</p> <p>10:30-11:30am TTH 9/26 11 \$100 Rodgers MPIII</p>								<p>New! Join us the 1st Friday of each month from 12:00–1:00pm. This is a free support group and open to the public.</p> <p>12-1pm F Staff CRAFT</p>							
<b>Music</b>															
<b>Health/Well-Being/Safety</b>								<b>ZMDT-200-1300</b>							
<b>ZHLT-200-1300</b>	<b>FOOT CARE CLINIC</b>							<b>MUSIC MAKERS</b>							
<p>Registered nurses offer pedicures for seniors and those with disabilities on the 1st and 3rd Tuesday and 2nd Friday of the month. Cost is \$30 paid to the RN. Ingrown nails, calluses etc. can be corrected. Please bring two large towels. Please call 503-657-8287 ext "0" to make an appointment.</p> <p>9:30am-3pm TF Staff CRAFT</p>								<p>Attention former singers! Come tune up your vocal cords and have fun too! We are a growing chorus and would like to have you sit in to see if you would like to be part of our group. Singing strengthens your body, mind and spirit. We are always looking for new members who enjoy singing choral renditions of show tunes and good time oldies. You don't need to be able to read music. Please call Mary Ann Rautio at 503-774-5333 or 503-758-8238 or chorus director Melinda Byers at 503-381-9827 for more information.</p> <p>10am-12pm F Ongoing \$30 Byers MPIII</p>							
<b>ZHLT-200-1301</b>	<b>AA SUPPORT GROUP</b>							<b>ZMDT-200-1301</b>	<b>MUSIC TOGETHER: MIXED AGES CLASS</b>						
<p>Come join in our Alcoholic Anonymous support group. Meets every Sunday in the Pioneer Center's Basement.</p> <p>1:30-3:30pm SU Staff BASEMENT</p>								<p>Register at <a href="http://www.valleykidsmusic.com">www.valleykidsmusic.com</a> for this mixed ages class! All children are musical. We offer a playful environment that is musically rich and always supportive of their learning style and stage of development. For children ages birth through kindergarten and the grownups who love them! Any caregivers (parents, grandparents, nanny) can bring the children. The whole family is welcome! For more information or to register contact Wendy at 971-678-6742 or <a href="mailto:valleykidsmusic@gmail.com">valleykidsmusic@gmail.com</a>. No Class November 25.</p> <p>9:30-10:15am SA 9/23 10 \$160 Reznicek BASEMENT</p>							
<b>ZHLT-200-1302</b>	<b>NARANON SUPPORT GROUP</b>							<b>ZMDT-200-1302</b>	<b>MUSIC TOGETHER: MIXED AGES CLASS</b>						
<p>Join in our Narcotics Anonymous support group. Meets every Thursday in the Pioneer Center's Basement.</p> <p>7-9pm TH Staff BASEMENT</p>								<p>Register at <a href="http://www.valleykidsmusic.com">www.valleykidsmusic.com</a> for this mixed ages class! All children are musical. We offer a playful environment that is musically rich and always supportive of their learning style and stage of development. For children ages birth through kindergarten and the grownups who love them! Any caregivers (parents, grandparents, nanny) can bring the children. The whole family is welcome! For more information or to register contact Wendy at 971-678-6742 or <a href="mailto:valleykidsmusic@gmail.com">valleykidsmusic@gmail.com</a>. No Class November 25.</p> <p>10:30-11:15am SA 9/23 10 \$160 Reznicek BASEMENT</p>							
<b>ZHLT-200-1303</b>	<b>ALZHEIMER'S SUPPORT GROUP</b>							<b>ZMDT-200-1303</b>	<b>MUSIC TOGETHER: MIXED AGES CLASS</b>						
<p>A caregivers' support group for those whose loved ones are affected by Alzheimer's and other types of dementia. Call 503-416-0214 for more information. Meets on the 3rd Wednesday monthly.</p> <p>12-1:30pm W Staff CLRMII</p>								<p>Register at <a href="http://www.valleykidsmusic.com">www.valleykidsmusic.com</a> for this mixed ages class! All children are musical. We offer a playful environment that is musically rich and always supportive of their learning style and stage of development. For children ages birth through kindergarten and the grownups who love them! Any caregivers (parents, grandparents, nanny) can bring the children. The whole family is welcome! For more information or to register contact Wendy at 971-678-6742 or <a href="mailto:valleykidsmusic@gmail.com">valleykidsmusic@gmail.com</a>. No Class November 25.</p> <p>11:30-12:15pm SA 9/23 10 \$160 Reznicek BASEMENT</p>							
<b>ZHLT-200-1304</b>	<b>GRIEF SUPPORT GROUP</b>							<b>ZMDT-200-1303</b>	<b>MUSIC TOGETHER: BABIES CLASS</b>						
<p>Provides a safe place to share your thoughts, feelings and problems as you work through your grief. Please call 503-698-8911 for more information. Meets on 2nd and 4th Thursday each month.</p> <p>1:30-3:30pm TH Petrie CLRMII</p>								<p>Register at <a href="http://www.valleykidsmusic.com">www.valleykidsmusic.com</a>. Babies love music! This class will start you on the path to becoming a musical family. Specifically designed for infants eight months and younger, this one-semester introduction to Music Together allows babies to embrace, enjoy, and express their inborn musicality. In the company of other new parents and guided by an early childhood music specialist, you'll learn how your child is developing musically and how you can support this growth at home. For more information or to register contact Wendy at 971-678-6742 or <a href="mailto:valleykidsmusic@gmail.com">valleykidsmusic@gmail.com</a>. No Class November 25.</p> <p>1-1:45pm SA 9/23 10 \$160 Reznicek BASEMENT</p>							
<b>ZHLT-200-1305</b>	<b>LUNCH AT THE COMMUNITY CENTER</b>							<b>ZMDT-200-1303</b>	<b>MUSIC TOGETHER: BABIES CLASS</b>						
<p>Come join us for lunch with dessert bar served Monday-Friday from 11:30am-12:30pm in our dining room. Suggested donation (60+) is \$3.00. Cost under 60 is \$4.50. Call 503-657-8287 for more information.</p> <p>11:30am-12:30pm M-F Staff DINE</p>								<p>Register at <a href="http://www.valleykidsmusic.com">www.valleykidsmusic.com</a>. Babies love music! This class will start you on the path to becoming a musical family. Specifically designed for infants eight months and younger, this one-semester introduction to Music Together allows babies to embrace, enjoy, and express their inborn musicality. In the company of other new parents and guided by an early childhood music specialist, you'll learn how your child is developing musically and how you can support this growth at home. For more information or to register contact Wendy at 971-678-6742 or <a href="mailto:valleykidsmusic@gmail.com">valleykidsmusic@gmail.com</a>. No Class November 25.</p> <p>1-1:45pm SA 9/23 10 \$160 Reznicek BASEMENT</p>							
<b>ZHLT-200-1306</b>	<b>MEALS ON WHEELS PROGRAM</b>							<b>ZMDT-200-1303</b>	<b>MUSIC TOGETHER: BABIES CLASS</b>						
<p>Provides home-delivered noon meals (Mon-Fri) to homebound 60+ seniors and Medicaid qualified disabled persons in Oregon City and West Linn. Call Shirley Ryan at 503-722-5979 for more info. Volunteer substitute drivers needed.</p> <p>TBA M-F Staff DINE</p>								<p>Register at <a href="http://www.valleykidsmusic.com">www.valleykidsmusic.com</a>. Babies love music! This class will start you on the path to becoming a musical family. Specifically designed for infants eight months and younger, this one-semester introduction to Music Together allows babies to embrace, enjoy, and express their inborn musicality. In the company of other new parents and guided by an early childhood music specialist, you'll learn how your child is developing musically and how you can support this growth at home. For more information or to register contact Wendy at 971-678-6742 or <a href="mailto:valleykidsmusic@gmail.com">valleykidsmusic@gmail.com</a>. No Class November 25.</p> <p>1-1:45pm SA 9/23 10 \$160 Reznicek BASEMENT</p>							
<b>ZHLT-200-1307</b>	<b>GROCERY SHOPPING TRIPS</b>							<b>ZMDT-200-1303</b>	<b>MUSIC TOGETHER: BABIES CLASS</b>						
<p>For ages 60+ years or disabled. Suggested donation \$1.00 each way. Pick-up starts at 12:45pm. Call 503-657-8287 for a ride. We provide transportation to Market of Choice, Fred Meyer, Albertsons, Grocer Outlet, and Safeway.</p> <p>TBA M-F Staff TRANS</p>								<p>Register at <a href="http://www.valleykidsmusic.com">www.valleykidsmusic.com</a>. Babies love music! This class will start you on the path to becoming a musical family. Specifically designed for infants eight months and younger, this one-semester introduction to Music Together allows babies to embrace, enjoy, and express their inborn musicality. In the company of other new parents and guided by an early childhood music specialist, you'll learn how your child is developing musically and how you can support this growth at home. For more information or to register contact Wendy at 971-678-6742 or <a href="mailto:valleykidsmusic@gmail.com">valleykidsmusic@gmail.com</a>. No Class November 25.</p> <p>1-1:45pm SA 9/23 10 \$160 Reznicek BASEMENT</p>							
<b>ZHLT-200-1308</b>	<b>TRANSPORTATION</b>							<b>ZMDT-200-1303</b>	<b>MUSIC TOGETHER: BABIES CLASS</b>						
<p>For ages 60+ years or disabled who reside in Oregon City and West Linn. Vans are lift-equipped. \$1.00 donation each way. Call 503-657-8287 for a ride.</p> <p>TBA M-F Staff TRANS</p>								<p>Register at <a href="http://www.valleykidsmusic.com">www.valleykidsmusic.com</a>. Babies love music! This class will start you on the path to becoming a musical family. Specifically designed for infants eight months and younger, this one-semester introduction to Music Together allows babies to embrace, enjoy, and express their inborn musicality. In the company of other new parents and guided by an early childhood music specialist, you'll learn how your child is developing musically and how you can support this growth at home. For more information or to register contact Wendy at 971-678-6742 or <a href="mailto:valleykidsmusic@gmail.com">valleykidsmusic@gmail.com</a>. No Class November 25.</p> <p>1-1:45pm SA 9/23 10 \$160 Reznicek BASEMENT</p>							

Course No.	Course Title	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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Course No.	Course Title	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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### Special Interests/Hobbies

**ZAPA-300-1302 BINGO**  
A lively, friendly group meets weekly for fun and small cash prizes. 25¢ per card.  
12:30-3pm TH Staff MPII

**ZAPA-300-1303 TRIPLE DECK PINOCHELE**  
Group meets every Friday. 25¢ fee. Pioneer Community Center  
1-3:30pm F Staff CLRMII

**ZAPA-300-1304 BILLIARDS**  
Come join us for a friendly game of pool. 9am-4pm. No charge (adults 21 and over only).  
9am-4pm M-F Staff POOL

**ZAPA-300-1305 SCRABBLE**  
Come challenge this fun, friendly group that meets every week for free scrabble fun.  
12:30-3pm F Staff CLRMI

**ZAPA-300-1308 FAMILY HISTORIES: RECORDING, WRITING, AND PRESERVING YOUR FAMILY'S LEGACY**  
Preserve your history, thoughts and experiences. Learn to write down your memories, thoughts, major events and experience and collect them together into a simple book. You can also combine your stories together with records, recipes, photos or memorabilia to preserve your memories and chronicle your family history as an enduring legacy for your loved ones. To register, please contact Kathryn at 503-380-1504 or kathy.liljeholm@gmail.com. Pick up a supply list at the Pioneer Center prior to the first class. Senior Discount \$66.  
10:30-11:30 M 9/25 11 \$100 Liljeholm CLRMII

### Travel/Trips/Tours

**ZTVL-100-1300 DAY TRIPS**  
Come join us for our popular day trips! Must be 60 or older or have a disability. For complete trip details please call 503-657-8287 or stop by the Pioneer Center. Trip cost must be pre-paid in person before your name is added to the trip list. Meals and admission costs not included. Trips are subject to change or cancellation. No credit for no-shows. A trip voucher is given if we are notified of cancellation at least 1 week in advance. Reserve early, limited seating.

**ZTVL-100-1301 EXTENDED TRIPS: PREMIER WORLD DISCOVERY**  
For trip information, contact Ryan at rcampbell@premierworld-discovery.com or 360-219-7799. The Pioneer Center has teamed up with Premier World Discovery to offer 3 exciting domestic trips in 2018: New Orleans & Cajun Country (7 days), Colorado Rockies Rails & Western National Parks (9 days), and Philadelphia the Poconos & Brandywine Valley (6 days). Join us Tuesday, September 26 at 10:00am for a fun and informational presentation about these trips!

**ZTVL-100-1302 EXTENDED TRIPS: COLLETTE TOURS & AMERICAN TRAVEL BUREAU**  
For trip information, contact Lori at ljthrashe@comcast.net or 503-789-5487. The Pioneer Center has teamed up with Collette Tours and the American Travel Bureau to offer the following exciting international trips in 2018: From the Outback to the Glaciers (21 days), Costa Rica: A World of Nature (11 days), and Shades of Ireland (13 days). Join us Tuesday, September 5 at 10:00am for a travel slide show about these exciting trips!

# West Linn PARKS AND RECREATION

Registration form for Community Education classes on page 93.

For class locations, see page 95. Phone: 503-557-4700

### Art/Crafts

**ZAPA-300-0600 CLOCK REPAIR**  
Fascinated with clocks and time keeping? Learn what makes them tick. A group of clock enthusiasts will teach you the fundamental skills to repair spring or weight driven pendulum clocks. Res. \$80, Non-Res. \$85. Stafford Primary School  
7-10pm T 9/19 12 Alexander CLRM

**OIL PAINTING**  
Easy to follow step by step instruction on the wet on wet method of oil painting. Each student will start with a blank canvas and leave at the end of the class with a finished masterpiece all their own. Each class is 3.5 - 4 hours long. Students may bring a beverage/and or a snack desired. To see specifics on art go to [www.wetpaints.net](http://www.wetpaints.net). Res \$58, Non-Res \$63.

**ZAPA-100-0600 OIL PAINTING**  
Using a simple, step by step teaching method, Judy takes you from a blank canvas to a completed masterpiece in one class. All materials provided. To view the name and image of painting, go to [www.wetpaints.net](http://www.wetpaints.net).

Time	Days	Wks.	Instructor	Room
5:30-9pm	TH	9/14 1	Stubb	CLRM
10am-2pm	S	9/23 1	Stubb	CLRM
5:30-9pm	TH	10/12 1	Stubb	CLRM
10am-2pm	S	10/28 1	Stubb	CLRM
5:30-9pm	TH	11/9 1	Stubb	CLRM
10am-2pm	S	11/25 1	Stubb	CLRM
5:30-9pm	TH	12/14 1	Stubb	CLRM
10am-2pm	S	12/23 1	Stubb	CLRM

**ZAPA-100-0601 BASIC PHOTOGRAPHY**  
This is the first 2 hour introduction of the Advanced Photography class, an overview of how modern digital and film cameras function to create art. A great place to start. This course is not a prerequisite for the Advanced Photography course. Bring camera and manual. [www.oregonphotosafaris.com](http://www.oregonphotosafaris.com) Res. \$50, Non-Res. \$55. West Linn High School  
7-9pm M 10/9 1 Guvenir CLRM

**ZAPA-100-0602 ADVANCED PHOTOGRAPHY**  
Craftsman Photographer Dwon Guvenir will teach you the skills necessary to be in complete control of your photography, both the tech and the art of photography. This class brings students of all levels up to the "advanced" level. No prerequisite. Bring camera and manual. Instructor's website [www.oregonphotosafaris.com](http://www.oregonphotosafaris.com) Res. \$115, Non-Res. \$120. West Linn High School,  
7-9pm MTW 10/9 3 Guvenir CLRM

**ZAPA-100-0603 YOUNG REMBRANDTS DRAWING CLASS**  
Ages 5-11. Back to school is in full swing as we present a bountiful selection of drawings that introduces our students to a fascinating world of color, pattern, and design. Our students will learn cultural themes as they draw and color Kawaii inspired art.  
Res. \$165, Non-Res. \$170. No Class 11/21 West Linn Adult Community Center  
4-5pm T 9/19 12 Staff CLRM

**ZAPA-100-0603 YOUNG REMBRANDTS DRAWING CLASS**  
Ages 11-14. Back to school is in full swing as we present a bountiful selection of drawings that introduces our students to a fascinating world of color, pattern, and design. Join us for a great session designed just for Older Artists. Res. \$179, Non-Res. \$184. No Class 11/20 West Linn Adult Community Center  
4:10-5:10pm M 9/18 12 Staff CLRM

## Register with the Community Education Partner sponsoring your class.

Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room
Time	Days	Begins					Time	Days	Begins				

### ZAPA-100-0603 ANIME & MANGA WORKSHOP

Ages 11-14. Join us for 2 hours of super fun while creating your own Anime & Manga characters. Using our traditional teaching methods and curriculum, students will have a blast creating their own Cartoon books. Res. \$33, Non-Res. \$38. West Linn Adult Community Center

4:10-6:10pm	F	11/3	1	Staff	CLRM
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### ZAPA-100-0603 CARTOONING WORKSHOP

Ages 5-11. Does your child have a great sense of humor? If so, your child will LOVE Young Rembrandts Cartooning 2 hour Workshop. Our students will jump head first into the world of cartooning by first learning expressions. Res. \$33, Non-Res. \$38. Sunset Firehall

12:30-2:30pm	W	10/25	1	Staff	CLRM
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### Child Care/Activities

#### ZFAM-200-0600 FALL Y CHEF

Ages 7-12. As the weather turns colder we also change the food we eat. This class will focus on some of those cold weather comfort foods and Fall Classics. Students will make a recipe book. Res. \$130, Non-Res. \$135. Sunset Firehall

8:30am-2:30pm	W-F	10/11-13	1	YMCA	CLRM
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#### ZFAM-200-0601 HOLIDAY Y CHEF

Ages 7-12. The holidays are filled with wonderful eats and treats. During this session students will learn simple recipes that warm the heart and the stomach. Students will bring home a recipe book and crafts. Res. \$206, Non-Res. \$211. Sunset Firehall

8:30am-2:30pm	M-F	12/18-22	1	YMCA	CLRM
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#### ZFAM-200-0602 LEGO ENGINEERING CUSTOM CREATIONS

Ages 7-12. Our student engineers will build and experiment with the simple machines and motors to build cars that move and much more. Res. \$91, Non-Res. \$96. Sunset Firehall

8:30am-2:30pm	MT	11/20-21	1	YMCA	CLRM
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#### ZFAM-200-0605 LEGO ENGINEERING CORE CONCEPTS

Ages 7-12. Not just any Legos. Our student engineers will build and experiment with the simple machines and motors to build cars that move and much more! Res. \$119, Non-Res. \$124. Sunset Firehall

8:30am-2:30pm	T-F	12/26-29	1	YMCA	CLRM
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#### ZMDT-400-0607 KIDZ LOVE SOCCER

Age appropriate skills taught in soccer. Kids Love Soccer has been executing a successful and fun program since 1972. Includes activities, fun games and instructional scrimmages. Each participant receives a Kid Love Soccer jersey. 8 week class \$78/83. 9/6 & 9/9 classes Tanner Creek Park and 10/28 at Willamette Primary School. No class 11/25

9-9:30am	S	9/9	6	Ages 2.5-3	Staff	Field
9:40-10:15am	S	9/9	6	Ages 3.5-5	Staff	Field
10:15-11am	S	9/9	6	Ages 5-6	Staff	Field
11-11:45am	S	9/9	6	Ages 7-10	Staff	Field
6-6:30pm	W	9/6	6	Ages 2.5-3	Staff	Field
5:15-5:50pm	W	9/6	6	Ages 3.5-5	Staff	Field
4:30-5:15pm	W	9/6	6	Ages 5-6	Staff	Field
3:45-4:30pm	W	9/6	6	Ages 7-10	Staff	Field
2:45-3:45pm	W	9/6	6	Ages 10-12	Staff	Field
9-9:30am	S	10/28	6	Ages 2.5-3	Staff	Field
9:40-10:15am	S	10/28	6	Ages 3.5-5	Staff	Field
10:15-11am	S	10/28	6	Ages 5-6	Staff	Field
11-11:45am	S	10/28	6	Ages 7-10	Staff	Field

### Culinary

#### ZEAT-100-0601 TEMPURA KAKIAGE

My favorite Tempura dish, a mix of vegetables and shrimp. Learn the secret of top Japanese restaurant make this incredibly simple dish. Learn to mix oil for deep frying, the batter mix, method of frying, and the awesome daikon/ginger dipping sauce. A great party dish as well as a wonderful left over that will morph into another dish called Tendon. Come hungry. Enjoy what we make for lunch! Material cost: \$8/person payable directly at class to instructor. Res. \$35, Non-Res. \$40. West Linn Adult Community Center

10am-1:30pm	SU	9/24	1	Tjahaja	CLRM
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#### ZEAT-100-0602 SHOYU RAMEN

Shoyu Ramen is the lightest broth for ramen stock. Learn the technique for making perfectly clear (not cloudy) broth, how to boil egg with a soft to almost runny yolk, making dashi stock base, and cooking the noodle just right. This is a very soothing, and aromatic broth that is a pleasure to quaff on a cold day (or recuperating from a cold). Made with chicken, nitamago (soft-boiled egg), vegetables, nori, and traditional wheat based noodles (gluten free options available). Res. \$35, Non-Res. \$40 \$6 materials fee is payable to the instructor West Linn Adult Community Center

10am-1:30pm	SU	10/22	1	Tjahaja	CLRM
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#### ZEAT-100-0603 CHINESE CHAR-SU AND WONTON NOODLE SOUP

This is a favorite dish that the Japanese imported from China and turned it into Ramen. A savory and soothing soup dish that is perfect for the fall weather. A great idea for a wonton making party, at your home with family and friends. We will learn how to make Char-Su (BBQ Pork with honey) and won ton from scratch. We will learn how to make a clear and not cloudy broth for this noodle soup dish with bok choy. Res. \$35, Non-Res. \$40 \$7 materials fee is payable to the instructor West Linn Adult Community Center

10am-1:30pm	SU	11/12	1	Tjahaja	CLRM
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### Dance/Theater

#### ZMDT-300-0605 BEGINNING UKULELE PT 1

Ukulele is easy to play, inexpensive, and lots of fun! In this popular class you will quickly learn tuning, simple chords, and tons of songs. A great way to have fun with family and friends. Tenor, Soprano, or concert GCEA tuning only. Please provide your own ukulele. Res. \$78, Non-Res. \$83 Material Fee (paid 1st class directly to instructor): \$8 West Linn Adult Community Center

6:30-7:15pm	M	9/11	6	Price	MPR
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#### ZMDT-300-0606 BEGINNING UKULELE PT 2

This class picks up where Pt. 1 left off. More great songs, strumming, and chords. Tenor, Soprano, or concert GCEA tuning only. Please provide your own ukulele. Res. \$62, Non-Res. \$67 Material Fee (paid 1st class directly to instructor): \$8 West Linn Adult Community Center

6:30-7:15pm	M	10/23	5	Price	MPR
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#### ZMDT-300-0605 BEGINNING GUITAR PT 1

This fun and popular class is designed for the absolute beginner. Quickly learn basic chords and simple strumming patterns known to all guitar players. EZ songs, how to tune, basic techniques, and much more. Please provide your own guitar. Res. \$78, Non-Res. \$83 Material Fee (paid 1st class directly to instructor): \$8 West Linn Adult Community Center

7:15-8pm	M	9/11	6	Price	MPR
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#### ZMDT-300-0605 BEGINNING GUITAR PT 2

This class picks up where Part 1 left off. More great songs, strumming, and chords. Please provide your own guitar. Res. \$62, Non-Res. \$67 West Linn Adult Community Center

7:15-8pm	M	10/23	5	Price	MPR
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Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room
Time	Days	Begins					Time	Days	Begins				

**ZMDT-100-0600 YOU'RE ON THE AIR!**

Lisa Foster works for clients: Crest Toothpaste, Olay, Café Appassionato, LA Weight Loss, Advanced Laser Clinics and Sleep Train. Lisa will show you a unique path to one of the most lucrative full or part-time careers out there! Res. \$35, Non-Res. \$40 West Linn Adult Community Center

6:30-8:30pm TH 11/15 1 Foster CLRM

**Exercise/Fitness**

**ZPED-200-0601 STAYING ALIVE WITH STRENGTH & BALANCE**

Ages 50 & up. Instructor Jacquelyn Rodgers, certified through NASM, a yoga instructor, running coach and arthritis certified. Improve your strength and balance to conquer those every day activities! You will utilize small hand weights, chairs and standing exercises. FEE: \$77/2 classes/week, \$119/3 classes/week. \$6 drop in. West Linn Adult Community Center

8:30-9:30am TTHF 9/26 16 Rodgers CLRM

**YPED-200-0645 CORE STRENGTH**

Ages 50 & up. Resistance weight training program helps to build core strength in a safe manner. Yoga and Pilates moves build a strong core and healthy back. Please bring small hand-held weights, yoga mat, towel and water. FEE: \$44/2 classes/week, \$66/3 classes/week, \$5 drop in. West Linn Adult Community Center

8-8:30am TTHF 9/26 16 Rodgers CLRM

**YPED-400-0609 T'AI CHI**

Increase your vitality, coordination, and balance. This class will introduce you to the ancient Chinese Yang-Style Form. The 24 Movements are performed in a continuous sequence at slow speed—beneficial for any age or physical shape. Non-competitive. West Linn Adult Community Center

11am-12pm T 9/5 8 \$50 Miller CLSM

11am-12pm T 10/31 8 \$50 Miller CLSM

**YPED-400-0600 T'AI CHI BEGINNING**

Increase your vitality, coordination and balance. This class will introduce you to the ancient Chinese Yang-Style Form. The 24 Movements are performed in a continuous sequence at slow speed—beneficial for any age or physical shape. Res. \$96, Non-Res. \$101. Sunset Fire Hall.

9-10:30am S 9/23 8 Miller UPSTAIRS

**YPED-400-0605 T'AI CHI INTERMEDIATE**

NEW CLASS! T'ai Chi Ch'uan is both an external and an internal art. Integrate the deep inner Principles and Essential Elements of the T'ai Chi Masters into the transformational discoveries of your practice. This class is for the self-motivated T'ai Chi Player who can perform the 24-Movement Yang-Style Form solo. Res. \$64, Non-Res. \$69. Sunset Fire Hall

11:30am-12:30pm S 9/23 8 Miller UPSTAIRS

**YPED-400-0617 T'AI CHI ADVANCED WITH FAN FORM**

This class is for the experienced T'ai Chi Player. In addition to a continuing study of the 24-Movement Yang-Style Form, the eight classes will introduce you to the first 18 Movements of the Yang-Style 36-Movement Fan Form. Res. \$64, Non-Res. \$69. Sunset Fire Hall

11:30am-12:30pm S 9/23 8 Miller UPSTAIRS

**ZPED-400-0606 QIGONG FOR OLDER ADULTS-SIX SOUNDS THERAPY QIGONG**

While bringing the mind into powerful harmony with the Qi, students will learn how to stabilize the five emotions through the sounds and movements of each organ system. This form is an excellent form for promoting one's personal health and well-being. \$65. \$8 drop in. (min 5, max 20) West Linn Adult Community Center

10am-12 pm M 9/11 8 Ruffner CLSM

**ZPED-400-0608 QIGONG FOR OLDER ADULTS-WINTER SERIES**

Holiday series Qigong class. During this class, we will focus on winterizing our Earth Qi. Our featured form is Dao Yin Wu Wei Qigong. This standing form, akin to Tai Chi, is a fun and relaxing form. It is particularly beneficial for the elderly and people experiencing chronic illness and injuries. \$65. \$8 drop in. (min 5, max 20) West Linn Adult Community Center

10am-12 pm M 11/13 8 Ruffner CLSM

**YPED-100-0600 YOGA I, BEGINNING**

Recover and keep moving! This course Beginning Yoga course focuses on the restorative aspects of the practice. It will be of particular interest to those recovering from Joint replacements or are experiencing similar restrictions to movement. Bring mat and/or blanket, comfortable clothing, & empty stomach. No Class 10/9. 7 Sessions Res. \$56, Non-Res. \$61. 6 Sessions Res. \$48, Non-Res. \$53. Willamette Primary School

7:30-9pm M 9/18 7 Rohrbacker CAFÉ

7:30-9pm M 11/13 6 Rohrbacker CAFÉ

**ZPED-500-0610 GENTLE YOGA & STRENGTH**

Gentle Yoga and Strength is a comprehensive and gentle class covering balance, strength and stretching moves while relaxing your body and mind. \$6.50 drop-in. West Linn Adult Community Center.

10-11am TTH 9/5 8 \$60 Carlson CLSM

10-11am TTH 10/30 8 \$60 Carlson CLSM

**YPED-100-0602 YOGA II**

Yoga II is an active practice. This course is built around a series of poses strung together in a flow known as Vinyasas. This is a more aerobics class than Yoga I. Yoga II addresses endurance as well as strength and flexibility. Willamette Primary School

7:30-9pm W 9/20 7 \$56/61 Rohrbacker CAFÉ

7:30-9pm W 11/8 7 \$56/61 Rohrbacker CAFÉ

**YPED-100-0604 YOGA 2**

This class is designed for the yoga student with some experience. Special attention is given to postural alignment, core strength and pose breakdowns while incorporating twists, inversions and balance work. No class 11/23. Sachi Wellness.

9-10:15am T 9/12 14 \$126/\$131 Staff CLRM

9-10:15am TH 9/14 13 \$117/\$122 Staff CLRM

**YPED-100-0618 ALIGN WITH EASE**

This class draws on the principals of Iyengar (alignment-based) yoga- emphasizing focus on breath, balance, and strength. Props are used for safe and supported movement and to help all students regardless of levels of experience. Sachi Wellness. No class 11/23

6:7:30pm W 9/13 14 \$126/\$131 Staff CLRM

**YPED-100-0607 GENTLE, NURTURING YOGA**

Give yourself the gift of slowing down and centering within, while listening to your body. This class promotes balance to your mind, body and spirit through the conscious expression of movement infused with healing energy. Basic Hatha yoga is practiced while using stress clearing techniques leaving you deeply relaxed and restored. Sachi Wellness. No class 11/23

8:45:10am SU 9/10 14 \$126/\$131 Staff CLRM

6:30-7:45pm M 9/11 14 \$126/\$131 Staff CLRM

6:30-7:45pm TH 9/14 13 \$117/\$122 Staff CLRM

**YPED-100-0613 MINDFUL MOVEMENT**

Breath work, visualization, meditation, and flexibility. These are all components of this gentle movement yoga class that is designed to awaken the sense of a balanced well-being. Sachi Wellness.

9:30:10:45am W 9/13 14 \$126/\$131 Staff CLRM

**YPED-100-0605 HATHA FLOW YOGA**

This class combines the warmth of a flow class with the ease of hatha to move into poses properly. Sun salutations are used to link poses into a flow pattern, but gives time for use of modifications and props. Suitable for all levels. No class 11/23. Sachi Wellness.

4-5:15pm SU 9/10 14 \$126/\$131 Staff CLRM

1-2:15pm TU 9/12 14 \$126/\$131 Staff CLRM

1-2:15pm TH 9/14 13 \$117/\$122 Staff CLRM

## Register with the Community Education Partner sponsoring your class.

Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Wks.	Tuition	Fee	Instructor	Room
Time	Days	Begins					Time	Days	Begins				

### YPED-100-0615 TROPICAL WARRIOR YOGA

This class combines the warmth of a flow class with the ease of ha-tha to move into poses properly. Sun salutations are used to link poses into a flow pattern, but gives time for use of modifications and props. Suitable for all levels. No class 11/23. Sachi Wellness.

5:30-6:30pm TU 9/12 14 \$126/\$131 Staff CLRM

### YPED-100-0616 NIA

Nia is for EVERY BODY. Come explore the joy of movement with this sensory based movement practice combining martial arts, dance arts and healing arts. Students leave feeling reenergized with a sense of body awareness. No class 10/9 & 11/20. Sunset Fire Hall.

9:15-10:30am M 9/11 13 \$117/\$122 Cava CLRM

### YPED-100-0617 NIA

Tony is Black Belt trained in Nia. Nia is a mind, body, body and spirit practice that teaches students to become aware of body sensation, monitor physical activity, seek pleasure in movement over pain. The practice is a whole body integrated conditioning program. Sunset Fire Hall

9:30-10:30am F 9/8 8 \$72/\$77 Buscemi CLRM

9:30-10:30am F 11/3 8 \$72/\$77 Buscemi CLRM

### ZPED-100-0610 NIA-MUSIC & MOVEMENT

Nia is music and movement as medicine: an invitation to self-healing. It encompasses the classic movement forms of the martial arts, the healing arts and dance. Its practice touches all levels: body, mind, heart and spirit. Come move and be moved with us in your own body's way. \$7.50 drop in. West Linn Adult Community Center

11:15am-12:15pm TTH 9/5 4 \$45 Milner CLRM

11:15am-12:15pm TTH 10/3 4 \$45 Milner CLRM

11:15am-12:15pm TTH 11/2 4 \$45 Milner CLRM

11:15am-12:15pm TTH 12/5 4 \$45 Milner CLRM

### ZPED-200-0600 KETTLEBELL FITNESS

Focus on kettlebell basics. Kettlebell increases flexibility, strengthens core, abs, back, and glutes! Class also integrates use of bands, body weight exercise, jump rope, and dumb bells. Contact the Adult Community Center for introductory class information 503-557-4704. Res. \$80, Non-Res. \$85 (Drop-ins welcome \$10) West Linn Adult Community Center, MPR2.

7-7:45am W 9/6 8 DuBack CLRM

### Health/Well-Being/Safety

### ZPED-700-0600 MINDFULNESS MEDITATION

The Way to Health and Happiness is for ages 15 and older. Actively develop a healthy mind & body, and remove stress with comfortable meditation postures. Good for all health conditions, pain management, and open to all abilities. Res. \$80, Non-Res. \$85 (Drop-ins welcome \$12) Rosemont Ridge Middle School

7-8:30pm T 9/5 8 Staff CLRM

7-8:30pm T 11/7 7 Staff CLRM

### Music

### ZMDT-400-0600 TODDLER TUNES

Age 20 mo-3 yrs. For parent & child. Toddler Tunes is a joyful first music experience for your toddler. You and your child will share in a music-making program of rhythms, finger plays, active movement games, keyboard exploration and singing. \$20 Materials Fee. [www.harmonyroadoregon.com](http://www.harmonyroadoregon.com). Res. \$234 Non-Res. \$239. Harmony Road Music Center

10-10:30am T 9/12 18 Staff CLRM

10-10:30am F 9/8 18 Staff CLRM

9:30-10am S 9/9 18 Staff CLRM

### ZMDT-400-0601 MUSIC IN ME

Ages 3-5. These classes are dynamic and creative readiness programs for young children. We emphasize ear training, solfege singing, movement, keyboard activities as well as pitch and rhythm awareness in our activities. Parents involved. \$25 Materials fee [www.harmonyroadoregon.com](http://www.harmonyroadoregon.com). Res. \$272, Non-Res. \$277. Harmony Road Music Center

10:30-11:15am T 9/12 16 Staff CLRM

3:45-4:15pm T 9/12 16 Staff CLRM

11:15am-12pm F 9/8 16 Staff CLRM

9:30-10:15am S 9/9 16 Staff CLRM

### ZMDT-400-0602 MORE MUSIC IN ME

Ages 3-5. These classes are dynamic and creative readiness programs for young children. We emphasize ear training, solfege singing, movement, keyboard activities as well as pitch and rhythm awareness in our activities. Parents involved. \$25 Materials fee [www.harmonyroadoregon.com](http://www.harmonyroadoregon.com). Res. \$264, Non-Res. \$269. Harmony Road Music Center

10:30-11:15am T 9/12 16 Staff CLRM

12-12:45pm F 9/8 16 Staff CLRM

### ZMDT-400-0603 KEYBOARD PREP I

Ages 8-11. Students learn basic music and piano skills through singing, rhythm, movement, ear training, keyboard activities, solo & ensemble performance. Parents participate in class. \$50 materials fee payable to the instructor. [www.harmonyroadoregon.com](http://www.harmonyroadoregon.com). Res. \$400, Non-Res. \$405. Harmony Road Music Center

5:45-6:40pm T 8/22 20 Staff CLRM

5--5:55pm W 8/23 20 Staff CLRM

### ZMDT-400-0604 HARMONY ROAD 1

Ages 4 1/2-6. Students learn basic music & piano skills through singing, rhythm, movement, ear training, keyboard activities, solo & ensemble performance. Parents participate in class. \$55 materials fee payable to the instructor. [www.harmonyroadoregon.com](http://www.harmonyroadoregon.com). Res. \$400, Non-Res. \$405. Harmony Road Music Center

3:30-4:25pm M 8/21 20 Staff CLRM

10:15-11:10am S 8/26 20 Staff CLRM

### ZMDT-400-0605 YOUNG MUSICIAN I

Ages 6-7. Students learn basic music & piano skills through singing, ear training, keyboard training, solo & ensemble performance. Parents participate in class. \$55 materials fee payable to the instructor. [www.harmonyroadoregon.com](http://www.harmonyroadoregon.com). Res. \$400, Non-Res. \$405. Harmony Road Music Center

4:30-5:25pm W 8/23 20 Staff CLRM

4:30-5:25pm TH 8/24 20 Staff CLRM

### ZMDT-400-0606 PIANO STREET FOR TEENS/ADULTS

Ages 12-up. Our Piano Street program is a unique and motivating experience designed specifically for teen & adult beginners. Students are introduced to many musical concepts through ear training, note reading, use of chords, solo/ensemble playing and composing. \$25 materials fee payable to the instructor [www.harmonyroadoregon.com](http://www.harmonyroadoregon.com). Res. \$306, Non-Res. \$311. Harmony Road Music Center

6:30-7:30pm W 9/6 18 Staff CLRM

10:30-11:15am TH 9/7 18 Staff CLRM

### ZMDT-400-0607 FREE PARENT ORIENTATION FOR BEGINNING STUDENTS

All Ages. This class is intended for parents or any participating adult of new/prospective student of Harmony Road Music Center. You will learn how our comprehensive musicianship program will provide music education for the family. [www.harmonyroadoregon.com](http://www.harmonyroadoregon.com). Free. Harmony Road Music Center

6:30-7:30pm T 9/26 1 Staff CLRM

1-2pm F 9/29 1 Staff CLRM

6:30-7:30pm T 11/7 1 Staff CLRM

1-2pm F 11/10 1 Staff CLRM

Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room	Course No.	Course Title	Time	Days	Begins	Wks.	Tuition	Fee	Instructor	Room
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# City of Wilsonville

## PARKS AND RECREATION

Wilsonville Parks & Recreation is proud to offer a wide range of classes, activities and events for the whole family! You may register online or in-person. For more information, call 503-682-3727 or go to [www.WilsonvilleParksandRec.com](http://www.WilsonvilleParksandRec.com).

### Driver Education

#### YDRE-200-0700 AARP SMART DRIVER

In two 3-hour sessions obtain a comprehensive review of safe driving techniques. Insurance companies often provide discounts for completing this course. You must attend both dates of class. \$15 AARP members/\$20 non-members. Wilsonville Community Center.  
9am-12pm F 10/27 2 \$5

### Exercise/Fitness

#### YPED-200-0700 BODY SCULPT

Ages 16 and older. Strengthen and tone all major muscle groups. Focus on your core with hand weight repetitions working entire body. Individualized modifications and different size weights available. Exercise mat required. Wilsonville Community Center.

6-7pm	M	9/4	8	\$65	Moody	CLRM
6-7pm	M	10/30	8	\$65	Moody	CLRM

#### YPED-100-0702 HATHA YOGA BASICS

New to yoga, a returning yogi, or anyone wishing to deepen their practice. This classical style of yoga will focus on the fundamentals of the many facets of Hatha Yoga. With the use of props, this all levels class is accessible for everyone and features a series of physical postures and their modifications, sequencing, detail to proper alignment and yogic breathing exercises. Tools needed are: exercise mat, block and strap. No class 10/12 and 11/23. Wilsonville Community Center.

8:30-9:30am	TH	9/21	6	\$36	McDaniel	CLRM
8:30-9:30am	TH	11/9	6	\$36	McDaniel	CLRM

#### YPED-100-0704 GENTLE HATHA YOGA

This calming, stress relieving yoga class is designed to strengthen the body, while building: balance, mobility, agility, stability and flexibility. Use of chairs or other props is available. No Class 10/10. Wilsonville Community Center.

8:30-9:30am	T	9/19	7	\$36	McDaniel	CLRM
8:30-9:30am	T	11/7	7	\$36	McDaniel	CLRM

#### YPED-100-0707 YOGA FOUNDATIONS

This is an on-going class for beginning and intermediate level students. Prerequisite is the ability to independently get up and down from the floor. Essential poses and alignment principles will be our focus, organized around specific actions in our amazing human anatomy. Please bring a yoga mat to class. Wilsonville Community Center.

5:30-6:30pm	T	9/5	8	\$59	Cohen	CLRM
5:30-6:30pm	T	11/7	7	\$52	Cohen	CLRM

#### YPED-100-0720 CANDLELIGHT YIN/YANG YOGA

This class combines active and passive yoga postures, with deep breathing and meditation. We'll move through a series of Hatha-based yoga poses to build heat and strength in the body. As the sun sets, warm LED candles will light the room while we transition to gentle restorative postures using lots of props to nourish the body & calm the mind. Exercise mat required. No class 11/23. Wilsonville Community Center.

5:30-7pm	TH	9/7	8	\$69	Ante-Marandi	CLRM
5:30-7pm	TH	11/2	8	\$69	Ante-Marandi	CLRM

#### YPED-200-0705 HEALTHY BONES AND BALANCE FOR BEGINNERS

Strengthen your body by combining circuit training, strength conditioning, aerobic fitness, flexibility and balance to improve bone density and decrease likelihood of a fall or injury. No class 11/24 and 12/25. Wilsonville Community Center.

8:30-9:20am	MWF	9/18	7	\$59	Moore	CLRM
9:30-10:20am	MWF	9/18	7	\$59	Moore	CLRM
8:30-9:20am	MWF	11/13	7	\$59	Moore	CLRM
9:30-10:20am	MWF	11/13	7	\$59	Moore	CLRM

#### YPED-400-0700 BEGINNING TAI CHI

Introduces a simplified Tai Chi form that targets a range of benefits, including balance and flexibility, and improves core strength and memory. Discover the joy of mindful movement. No class 11/23. Wilsonville Community Center.

1-2pm	TTH	9/19	8	\$65	Lusk	CLRM
1-2pm	TTH	11/7	7	\$59	Lusk	CLRM

#### YPED-400-0712 TAI CHI STUDIO

Starts with Qigong and warm-ups that target the joints and promote relaxation focusing on empty hand Tai Chi forms with 24 and 47 gestures. Tai Chi sword and fan movements practice follows. Wilsonville Community Center.

2-4pm	TTH	9/19	8	\$80	Lusk	CLRM
2-4pm	TTH	11/7	7	\$72	Lusk	CLRM

#### YPED-200-0710 PILATES SCULPT

Get the best of both Pilates and strength fitness in this new hybrid class! We will use a mat and light weights to sculpt lean muscles with focus on the core, abdominals, and back. We will work each muscle group with a variety of weights so any level from beginner to advanced will be challenged. Exercise mat required. Age 16+. Wilsonville Community Center.

6-7pm	W	9/6	8	\$65	Moody	CLRM
6-7pm	W	11/1	8	\$65	Moody	CLRM

#### YPED-300-0771 COUNTRY HEAT

Country Heat is a high-energy, easy-to-follow, low impact, country dance-inspired fitness program that is so totally fun—you won't even feel like you're working out! No complicated moves, no weights or equipment, just follow along and you'll be dancing right in step from day one. Age 16+. Wilsonville Community Center.

7:10-8:10pm	W	9/6	8	\$65	Fidanzo	CLRM
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#### YPED-300-0772 CIZE

Cize is the end of exercise! When you take a Cize class you have no idea that you're working out. It's all consuming fun! Learning a choreographed routine 8 counts at a time, and fusing them together as you go, you'll end up with a 'shake your body', 'can't get enough', 'let's do it again' experience. Age 16+. Wilsonville Community Center.

7:10-8:10pm	W	11/1	8	\$65	Fidanzo	CLRM
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#### ZMDT-300-0100 TAP DANCE FOR ALL LEVELS

Talk about fun! Whether you've tapped before or you're a beginner with two left feet, this class will have you shuffling off to Buffalo in no time. Tap dancing is great exercise and the fun and friendly atmosphere of this class will keep you coming back for more. No Class 11/22. Wilsonville Community Center.

1:30-2:30pm	W	9/20	8	\$70	Tibbles	CLRM
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#### YPED-300-0717 ZUMBA

Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over you will experience a total body workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility and a boost of energy each time you leave class.

No class 11/23 and 12/7. Wilsonville Community Center.

7:30-8:30pm	TTH	9/19	6	\$48	Franco	CLRM
7:30-8:30pm	TTH	11/7	6	\$48	Franco	CLRM