

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.

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

COMMUNITY EDUCATION REGISTRATION FORM

WINTER 2019

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

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. 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
- 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

Oregon City Swimming Pool

1211 Jackson Street, Oregon City, OR 97045

Phone: 503-657-8273

- Website: www.orcity.org
- Checks payable to Oregon City Pool.

*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
- 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 www.clackamas.edu/community-education.

Community Education Locations

Aikido Northwest
16029 SE McLoughlin, Bldg B, Milwaukie

Broken Arrow Archery
2044 SE Adams St, Milwaukie

CCC Harmony Community Campus
7738 SE Harmony Rd., Milwaukie

CCC Oregon City Campus
19600 Molalla Ave, Oregon City

Clackamas River Racquet Club
790 82nd Dr, Gladstone

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

Gladstone High School
18800 Portland Ave, Gladstone

Gladstone Senior Center
1050 Portland Ave, Gladstone

Gladstone Park Seventh-Day Adventist Church
8378 Cason Rd, Gladstone

Grand Finale' Dance Studio
875 Portland Ave, Gladstone

Harmony Road Music Center
17300 SE 82nd Dr, Clackamas

Highland Stables
16723 S Williams Rd, Beaver Creek

JWE Wetten Gym
255 E Gloucester, Gladstone

King Elementary
995 South End Rd, Oregon City

Kraxberger Middle School
17777 Webster Rd, Gladstone

Mt. Scott Elementary
11201 SE Stevens Rd, Happy Valley

Milwaukie Center
5440 SE Kellogg Creek Dr, Milwaukie

North Clackamas Aquatic Park
7300 SE Harmony Rd, Milwaukie

Oregon City Elks Grand Ballroom
610 McLoughlin Blvd, Oregon City

Oregon City High School
19761 S Beaver Creek Rd, Oregon City

Oregon City Pioneer Community Center
615 Fifth St, Oregon City

Oregon City Swimming Pool
1211 Jackson St, Oregon City

Rose Villa
13505 SE River Rd, Milwaukie

Rosemont Ridge Middle School
20001 Salamo Rd, West Linn

Stafford Primary School
19875 SW Stafford Rd, West Linn

Sunset Fire Hall
2215 Long St, West Linn

Tanner Creek Park
3456 Parker Rd, West Linn

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

Wilsonville Community Center
7965 SW Wilsonville Rd, Wilsonville

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.

ROSE VILLA

13505 SE River Rd, Milwaukie

To register: 503-654-3284

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. No class 2/18. Age 62+ \$20.

11am-12pm MW 1/28 8 \$75 Hall REC

TOWN CENTER VILLAGE: THE TERRACE

8709 SE Causey, Happy Valley

To register: 503-449-4903

ZHWL-100-1170 YOUR STORY

Learn how to preserve personal history by remembering and documenting special moments and all of life's essential elements.

9:30-11am W 1/9 8 \$60 Arnold CLRM

ZPED-700-1100 MEDITATION FOR REGULAR PEOPLE

Begin with discussion around mindfulness followed by practice of meditation techniques you can use outside of class. You will be guided through a meditation each week. No skills required. If you can breathe, you can meditate. Town Center Village: The Terrace

3-3:45pm T 1/8 10 \$37.50 Cipolla CLRM

SEASONED ADULT ENRICHMENT

The Season Adult Enrichment Program offer 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 a full year. For more information or to request a brochure, please call 503-593-0620. Unless otherwise noted all sessions take place at the Harmony Community Campus, 7738 SE Harmony Rd, Milwaukie, room HW130. The first session meets Wednesday, January 9, 2019, 9:30-11:30 am.

SAEP-3 SOLD ON A MONDAY

It all started with a picture on the Internet. Kristina McMorris' research led to a moving Novel that takes on the Great Depression and one man's honor, ambition and unimaginable sacrifice. She transports you right into the story.

9:30-11:30am W 1/9 1 McMorris HW130

SAEP-3 PORTLAND THEN AND NOW II

It's human nature to try to go back to see the change where you lived. Dan returns after a hugely successful session from last year. Come again to learn about old Portland and the new.

9:30-11:30am W 1/16 1 Haneckow HW130

SAEP-3 SANDY HISTORICAL MUSEUM FIELD TRIP

A great place to experience history of Barlow Road. This 8,500 sq. ft. beautiful museum includes interactive displays, founder history, area logging, schools, early home life and "Joe's Donuts" just across the street!

9:30-11:30am W 1/23 1 FIELD

SAEP-3 WILLAMETTE VALLEY WINERIES

We have learned about the smell, color, and taste of wine. We invited Barbara back to learn how a group of pioneer winemaking dreamers succeeded in growing grapes where it was considered impossible.

9:30-11:30am W 1/30 1 Smith-Randall HW130

SAEP-3 THE HISTORY OF LEATHERMAN TOOL

From a dream in a hotel in 1975, it took until 1981 for the Original Leatherman Survival to be designed and patented. Two years later knife firms did not want it and tool firms thought it was a gadget.

9:30-11:30am W 2/06 1 Leatherman HW130

SAEP-3 GRANT'S GETAWAYS

Grant McOmie has been in the Broadcast Industry for 36 years. He feels that his job is like going to School. "A work day doesn't go by without learning something I didn't know before". Grant's Getaway, KGW 7:30, Sat.

9:30-11:30am W 2/13 1 McOmie HW130

SAEP-3 ZEPHYRETTE'S ON THE CALIFORNIA ZEPHYR

A Zephyrette was a hostess on the California Zephyr between 1949 and 1970. This was part of an effort to attract families to rail travel and accommodate their needs. The Zephyrettes became lasting symbols of the California Zephyr until 1970.

9:30-11:30am W 2/20 1 Olsta HW130

SAEP-3 GROWING TRAINS IN THE GARDEN

Tom Gaps retired as Engineer, designed, and built "Lone Pine & Western Railroad." Tom's back yard was featured in Garden Railway Magazine. It is an outstanding example of Garden Railroad Land-scapes and is amazing.

9:30-11:30am W 2/27 1 Gaps HW130

Gladstone

COMMUNITY EDUCATION & RECREATION

Registration form for Community Education classes on page 102.

For class locations, see page 104.

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 provided. (Age 62+: \$73) Gladstone Senior Center

9:30-11:30am TH 1/10 10 \$89 Lind 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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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! Please see supply list. (Age 62+: \$68) Gladstone High School

6-8:30pm W 1/9 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. Please see supply list. (Age 62+: \$73) Gladstone Senior Center

2-4:30pm TH 1/10 8 \$89 Gannon MULTI

ZAPA-300-0303 CARDS FOR WINTER FUN

Come in out of the cold, create beautiful all-occasion cards w/lots of bling and dazzle. Create 8 cards with envelopes, 2 each of 4 different designs. Beginning to advanced! Learn fun techniques. (Age 62+: \$13+lab). Gladstone High School

6-9pm T 1/29 1 \$16 \$15 Graham CLRM

6-9pm W 1/30 1 \$16 \$15 Graham CLRM

ZAPA-300-0304 CARDS WITH DAZZLE

Join us for another round of beautiful cards using stamps, layers, embellishments for that WOW factor! Beginner to advanced welcome. Create 8 cards with envelopes, 2 each of 4 different designs. (Age 62+: \$13+lab). Gladstone High School

6-9pm T 2/19 1 \$16 \$15 Graham CLRM

6-9pm W 2/20 1 \$16 \$15 Graham CLRM

ZAPA-300-0305 CARDS-CHEERY SPRING CARDS

Celebrate spring by creating your own all-occasion cards! Brighten someone's day with one of these 8 cards, 2 each of 4 different designs. Have lots of fun learning different techniques & treating your creative side! (Age 62+: \$13+lab). Gladstone High School

6-9pm T 3/19 1 \$16 \$15 Graham CLRM

6-9pm W 3/20 1 \$16 \$15 Graham CLRM

ZAPA-300-0308 CROCHET FOR BEGINNERS

Learn basic crochet stitches and how to read a pattern in this hands-on class with Shari. Bring your own crochet hook for this four-week course. Choose 1 time slot. Class size limited. Gladstone High School

5-6pm W 1/16 4 \$25 Wilson CLRM

6:30-7:30pm W 1/16 4 \$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. Please see supply list. No class 1/21 & 2/18. (Age 62+: \$68) Gladstone High School

6-8:30pm M 1/7 8 \$84 Gannon 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.

(Note: Thursday classes at Gladstone High School and Sunday classes at Gladstone Park Seventh-day Adventist Church.)

These classes held at Gladstone High School, 18800 Portland Avenue

Poinsettia's in a Window

5:30-9pm TH 12/13 1 \$50 Stubb CLRM

Fisherman's Trail

5:30-9pm TH 1/24 1 \$50 Stubb CLRM

Desert Twilight

5:30-9pm TH 2/21 1 \$50 Stubb CLRM

Pretty Pansies

5:30-9pm TH 3/21 1 \$50 Stubb CLRM

These classes held at Gladstone Park Seventh-day Adventist Church, 8378 Cason Road

Christmas at the Falls House

2-6pm SU 12/2 1 \$50 Stubb CHURCH

Winter Sunset

2-6pm SU 1/13 1 \$50 Stubb CHURCH

Frosty Winter Morn

2-6pm SU 2/10 1 \$50 Stubb CHURCH

Lighthouse on Driftwood

5:30-9pm SU 3/10 1 \$50 Stubb CHURCH

ZAPA-100-0319 WATERCOLOR WITH MELISSA (DAY)

Explore the exciting and challenging medium of transparent watercolor! Learn to mix colors, the basics of composition, elements of perspective, drawing. Please see supply list. (Age 62+: \$73) Gladstone Senior Center

2-4:30pm W 1/9 8 \$89 Gannon MULTI

ZAPA-100-0320 WATERCOLOR WITH MELISSA (EVE)

Explore the exciting and challenging medium of transparent watercolor! Learn to mix colors, the basics of composition, elements of perspective, & drawing. Please see supply list. No class 2/26. (Age 62+: \$68) Gladstone High School

6-8:30pm T 1/8 8 \$84 Gannon CLRM

ZAPA-100-0321 WATERCOLOR 101 WITH SHARLA

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. No class 1/21 & 2/18. (Age 62+: \$68) Gladstone High School

6-8:30pm M 1/7 8 \$84 Sevy CLRM

Computers

YDPS-100-0301 EXCEL 2016 BEGINNING

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

6-9pm W 1/16 3 \$79 \$24 Huey CLRM

YDPS-100-0302 EXCEL 2016 ADVANCED

Builds on your Excel skills. Learn more advanced formatting: customizing, date & time functions, conditional formatting, text & analysis, IF Criteria, Troubleshooting, Lookup, Outline features, Pivot Tables & more. Bring 1G or larger flash drive. (Age 62+: \$59 + lab) Gladstone High School

6-9pm W 2/13 3 \$79 \$24 Huey CLRM

YDPS-100-0303 CREATE YOUR OWN WEBSITE

Learn to design & customize your own page with an easy to learn editor. Format text, add photos or graphics, create links, even set up a shopping cart! Information also given on buying a domain name & web hosting services. Bring 1G or larger flash drive. (Age 62+: \$59) Gladstone High School

6-9pm W 3/6 3 \$79 Huey CLRM

YDPS-100-0304 IPHONE BASICS

Just purchase a new iPhone? Learn basics of how to: 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. Class is for all iPhone models, except iPhone 10 & X (Age 62+: \$29) Kraxberger Middle School

5-7:30pm TTH 1/22 1 \$34 Chambers 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				

YDPS-100-0305 IPHONE INTERMEDIATE

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. Class is for all iPhone models, except iPhone 10 & X (Age 62+: \$29) Kraxberger Middle School

5-7:30pm TTH 1/29 1 \$34 Chambers CLRM

Culinary

ZEAT-100-0300 MEALS FOR A WEEK

Learn to prepare 5 meals to eat throughout the week or freeze & eat later. Choice of 5 dishes with sides. All food & freezer containers provided. Pam McClung of popular Two Girls Catering will teach you delicious recipes & provide heating instructions. Take your meals home, re-heat & add your own fresh salad or vegetable. Class size limited, register early! Held at Oregon City Elks Grand Ballroom

6-9pm T 1/15 1 \$75 McClung BALLROOM

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 1/24 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. Must know basic steps and turns. Class is next step up from Ultra Beginning. (Age 62+: \$50) JWE Wetten Gym (255 E. Gloucester)

6:30-7:30pm W 1/23 8 \$55 Schmaltz GYM

7:30-8:30pm TH 1/24 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 1/23 8 \$55 Schmaltz GYM

8:30-9:30pm TH 1/24 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 1/23 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. No class 1/21. Gladstone High School

7:15-8pm M 1/14 4 \$46 \$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. Gladstone High School

7:15-8pm M 2/25 4 \$46 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. No class 1/21. Gladstone High School

6:30-7:15pm M 1/14 4 \$46 \$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. Gladstone High School

6:30-7:15pm M 2/25 4 \$46 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. Classes run from 1/28/19 – 3/22/19

ZMDT-300-0312 PRE-BALLET

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). Grand Finale Dance Studio

Age 4-6

10:15-11am W 1/30 8 \$100 Staff CLRM

Age 3-5

6-6:45pm TH 1/31 8 \$100 Staff CLRM

ZMDT-300-0313 PRE-BALLET/TAP AGES 4-6

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). Grand Finale Dance Studio

4:30-5:15pm F 2/1 8 \$100 Staff CLRM

ZMDT-300-0317 TAP/JAZZ

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. Grand Finale Dance Studio

Age 3-4:

4-4:45pm M 1/28 8 \$100 Staff CLRM

4:15-5pm TH 1/31 8 \$100 Staff CLRM

Age 5-7:

5:45-6:45pm M 1/28 8 \$112 Staff CLRM

5-6pm TH 1/31 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 Dance Studio

10:15-11am T 1/29 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 1/28 8 \$100 Staff FLOOR

ZPED-300-0324 BEGINNING TUMBLING AGES 3-6

Flexibility and fun rule the day as students learn tumbling skills up to and including cartwheels, somersaults, and handstands! Grand Finale Dance Studio

4:45-5:30pm M 1/28 8 \$100 Staff FLOOR

9:30-10:15am T 1/29 8 \$100 Staff FLOOR

3:30-4:15pm T 1/29 8 \$100 Staff FLOOR

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-300-0320 TUMBLING I-II

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. Specify date/time. Grand Finale Dance Studio

Age 5-7:

4-4:45pm M 1/28 8 \$100 Staff FLOOR

Age 7-10:

6:15-7pm M 1/28 8 \$100 Staff FLOOR

4:15-5pm T 1/29 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 Dance Studio

7-7:45pm M 1/28 8 \$100 Staff FLOOR

ZPED-300-0323 MINI HIP HOP AGES 4-6

Students will work on flexibility, rhythm, free style, & basic hip hop! Bring clothes that allow freedom of movement & clean tennis shoes of any style. Please do not wear them outside of class Grand Finale Dance Studio

5:45-6:30pm T 1/29 8 \$100 Staff FLOOR

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 2/9 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. Classes WILL be held 1/21 & 2/18 (holidays). Info: 503-650-2570. Gladstone High School

5:30-8:30pm M 1/7 11 \$325 Johnston CLRM

Exercise/Fitness

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

Super deal! Attend any or all: Body Sculpting, Strength Training, Step Variety, or Barre Variety: MTW 5:45 am, MW 9am, TTH 8:30am, MTTH 4:30 pm, Sat 8 am. STRONG W 5:45pm. ZUMBA M 5:35pm, FS 9:05am. Call 503-650-2570 to register. Clackamas River Racquet Club One price includes all these classes!

TBA M-5 1/7 12 \$90 Staff CRRC

YPED-300-0321 BODY SCULPTING & STEP VARIETY

5:45-6:45am MTW 1/7 12 incl Staff CRRC

YPED-300-0326 STEP VARIETY:

8-9am S 1/12 12 incl Staff CRRC

YPED-300-0323 BARRE VARIETY

9-10am MW 1/7 12 incl Staff CRRC

YPED-300-0325 BODY SCULPTING & CARDIO VARIETY

4:30-5:30pm MTTH 1/7 12 incl Staff CRRC

YPED-300-0327 ZUMBA

9-10am FS 1/11 12 incl Staff CRRC

5:30-6:30pm M 1/7 12 incl Staff CRRC

YPED-300-0328 STRONG

5:45-6:30pm W 1/9 12 incl Staff CRRC

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. Aikido Northwest

AGE 4-7. Specify one day/time

5-6pm M 1/7 10 \$70 Staff CLRM

5-6pm T 1/8 10 \$70 Staff CLRM

AGE 6-10

7-8pm W 1/9 10 \$70 Staff CLRM

AGE 8-10. Specify one day/time.

6:15-7:15pm T 1/8 10 \$70 Staff CLRM

4-5pm TH 1/10 10 \$70 Staff CLRM

AGE 11-18. Specify one day/time.

6:15-7:15pm M 1/7 10 \$70 Staff CLRM

5:15-6:15pm TH 1/10 10 \$70 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. Aikido Northwest

TBA TTH 1/8 10 \$90 Staff CLRM

YPED-600-0300 INDOOR FITNESS WALKING

Come to this FREE indoor walking program where weather is not an issue! Suzette Love will lead you in group fitness walking using a variety of choreographed walking workouts. (Min age 8+ welcome with an adult) No fee, but MUST register! Gladstone Park Seventh-day Adventist Church

7:15-8:15pm TTH 1/1 13 Love MULTI

YPED-200-0300 GROUP POWER EXERCISE EAST SIDE ATHLETIC CLUB MILWAUKIE

60 Minute barbell program that strengthens all your major muscles in an inspiring, motivating group environment with motivating music \$69 for 10 classes/\$124 for 20 classes. East Side Athletic Milwaukie

6:05-7:05pm MW 1/7 10 EastSideMilw MULTI

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 1/7 10 EastSideMilw MULTI

8:30-9:30am TTH 1/8 10 EastSideMilw MULTI

ZPED-400-0300 KARATE - YOUTH PROGRAM

Shudokan Karate offers traditional Okinawan Karate for all age/skill levels! Karate empowers younger students, teaching them how to concentrate/focus their positive energy constructively, benefiting them at school & at home. Instructed by Sensei Reed Secunda, Shudokan School of Karate. Call 503-650-2570 to register. East Side Athletic Milwaukie

4:15-5:15pm MW 1/14 4 \$65 Secunda MULTI

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
YPED-400-0301	KARATE – ADULT PROGRAM							YPED-400-0313	TAI CHI CHUAN ADVANCED LEVEL 2						
<p>Shudokan Karate offers traditional Okinawan Karate for all age/skill levels! Non-competitive Karate enhances lives of adult students, providing a means of relieving stress while acquiring self-defense knowledge & physical agility. Instructed by Sensei Reed Secunda, Shudokan School of Karate. Call 503-650-2570 to register. East Side Athletic Milwaukie</p>								<p>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. No class 1/21 & 2/18. Gladstone Senior Center</p>							
7:15-8:15pm	MW	1/14	4	\$65		Secunda	EastSideMilw	9-10am	M	1/7	9	\$75		Schmidt	MULTI
ZOUT-100-0304	SKYHAWKS TINY HAWK SOCCER AGE 3-4							YPED-100-0314	YOGA GENTLE BEGINNING						
<p>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. Wetten Gym (255 E. Gloucester)</p>								<p>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) Gladstone Senior Center</p>							
10-10:30am	S	1/19	8	\$55		Skyhawks	GYM	9-10am	T	1/8	10	\$69		Haye	MULTI
ZOUT-100-0305	SKYHAWKS MULTI-SPORT AGES 4-6							9-10am	F	1/11	10	\$69		Haye	MULTI
<p>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. Wetten Gym (255 E. Gloucester)</p>								<p>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) Gladstone Senior Center</p>							
9-9:45am	S	1/19	8	\$65		Skyhawks	GYM	YPED-100-0315	YOGA BASICS						
ZPED-400-0306	TAE KWON DO FOR AGES 5-7							<p>5:25-6:25pm T 1/8 10 \$69 Fegel MULTI</p>							
<p>Students learn basic 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. Kraxberger Middle School</p>								<p>9-10am TH 1/10 10 \$69 Haye MULTI</p>							
6-6:50pm	TTH	1/8	11	\$79		Beasley	CAFE	YPED-100-0316	YOGA BASICS TO INTERMEDIATE						
ZPED-400-0307	TAE KWON DO FOR AGES 8-15							<p>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</p>							
6-7:30pm	TTH	1/8	11	\$85		Beasley	CAFE	6-7pm	W	1/9	10	\$69		Haye	MULTI
YPED-400-0308	TAE KWON DO ADULT							YPED-100-0317	YOGA CONTINUING						
<p>This Non-Competitive class is a 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) Kraxberger Middle School</p>								<p>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</p>							
7:30-9pm	TTH	1/8	11	\$85		Woo	CAFE	6:30-7:30pm	T	1/8	10	\$69		Fegel	MULTI
YPED-400-0309	TAI CHI CHUAN BEGINNING							YPED-100-0318	YOGA & PILATES BEG-INT AT CRRC						
<p>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) No class 1/21 & 2/18. Gladstone Senior Center</p>								<p>What a deal! Engage yourself physically & mentally through yoga. Breathing, relaxation, postural alignments. Wear loose clothing; bring mat. Attend any or all Yoga MWF 8-9am; TTH 9:35-10:35am, Sat 10:15-11:15am, Pilates TTH 5:35-6:35pm Call 503-650-2570 to register. Clackamas River Racquet Club</p>							
11am-12pm	M	1/7	9	\$75		Schmidt	MULTI	<p>One price includes all listed classes; please sign up for any times you would like to attend:</p>							
6-7pm	M	1/7	9	\$75		Schmidt	MULTI	TBA	M-F	1/7	12	\$100		Staff	CRRC
YPED-400-0310	TAI CHI CHUAN INTERMEDIATE							YPED-100-0319	YOGA MWF						
<p>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) No class 1/21 & 2/18. Gladstone Senior Center</p>								<p>8-9am MWF 1/7 12 incl Staff AEROB</p>							
10-11am	M	1/7	9	\$75		Schmidt	MULTI	YPED-100-0320	YOGA TTH						
7-8pm	M	1/7	9	\$75		Schmidt	MULTI	<p>9:35-10:35am TTH 1/8 12 incl Staff AEROB</p>							
YPED-400-0311	TAI CHI CHUAN ADVANCED LEVEL 1							YPED-100-25	YOGA S						
<p>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. No class 1/21 & 2/18. Gladstone Senior Center</p>								<p>10:15-11:15am S 1/12 12 incl Staff AEROB</p>							
12-1pm	M	1/7	9	\$75		Schmidt	MULTI	YPED-200-0321	PILATES						
<p>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. No class 1/21 & 2/18. Gladstone Senior Center</p>								<p>5:35-6:35pm TTH 1/8 12 incl Staff AEROB</p>							
<p>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. No class 1/21 & 2/18. Gladstone Senior Center</p>								<p>YPED-300-0324 ZUMBA AT EAST SIDE ATHLETIC CLUB</p>							
<p>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. No class 1/21 & 2/18. Gladstone Senior Center</p>								<p>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.</p>							
<p>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. No class 1/21 & 2/18. Gladstone Senior Center</p>								<p>MILWAUKIE EASTSIDE: Tuesday/Thursday 6:20-7:20pm or Friday 10-11am</p>							
<p>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. No class 1/21 & 2/18. Gladstone Senior Center</p>								<p>CLACKAMAS EASTSIDE: Monday 6:05-7:05pm or Tuesday/Thursday 10:30-11:30am or Saturday 9:15-10:15am</p>							
<p>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. No class 1/21 & 2/18. Gladstone Senior Center</p>								<p>TBA TBA 1/8 10 EastSide MULTI</p>							

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

Financial/Retirement Planning

YBUS-100-0301 INVESTING FOR FUTURE SERIES
 Save! Sign up for all five classes for only \$49 (couples \$59): Invest-ment 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 1/16 5 \$49 Horn CLRM

ZBUS-100-0302 INVESTMENT BASICS
 Learn basic concepts and ground rules to investing including impor-tance of diversification, asset allocation, risk vs. reward, dollar cost averaging, Rule of 72. Rebecca recommends you take this class be-fore other investing classes. (Age 62+: \$10) Gladstone High School
 6:30-8:30pm W 1/16 1 \$15 Horn CLRM

ZBUS-100-0303 INVESTING FOR INCOME
 Discuss income producing investments: money market accounts, cd's, all types of bonds-government, savings, tax-free, corp., relation-ship between interest rates and bond market. (Age 62+: \$10) Glad-stone High School
 6:30-8:30pm W 1/23 1 \$15 Horn CLRM

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 1/30 1 \$15 Horn CLRM

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 2/6 1 \$15 Horn CLRM

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 2/13 1 \$15 Horn CLRM

YBUS-100-0307 RENTAL MANAGEMENT FOR LANDLORDS
 Learn basics of managing rental property for single family/small complex rental homes. Oregon Landlord Tenant Laws, Fair Housing, Tenant Screening, Forms, Checklists, Evictions, Tenant-proofing, lots of practical advice. Stay up-to-date & in compliance. Taught by Li-censed Property Manager Jason Jamieson. (Age 62+: \$59) Gladstone High School
 6-9pm W 1/9 4 \$79 Jamieson CLRM

ZBUS-100-0308 WILLS, TRUSTS, ESTATE PLANNING
 What is the difference between a will & a living trust? When do estates have to go through probate and what is probate? Do I need power of attorney or advance directive? How can I take care of my children & beneficiaries? What is the Oregon estate tax, & can I re-duce my taxes? Plan ahead to help preserve assets, protect your fam-ily, & reduce your taxes. Gain peace of mind with attorney John M. Boylston, Shareholder at Myatt & Bell, P.C. Gladstone Senior Center
 6-7:30pm T 1/22 1 \$10 Boylston CLRM

Gardening/Landscape/Farming

ZPLT-100-0300 BIRDHOUSE CREATIONS-THINK OUTSIDE THE BOX!
 Learn about various birdhouse designs for all sizes of 'clingers' and 'perchers'. Build a non-traditional birdhouse in class, learning to repurpose items into a cute birdhouse. Children age 7-12 welcome with adult helper. Supplies provided. (Age 62+: \$13+lab). Gladstone High School
 6:30-9:30pm W 3/13 1 \$16 \$5 Hage CLRM

ZPLT-100-0301 LANDSCAPE DESIGN BASICS
 Meandering paths cross babbling brooks, past moss-covered rocks under a canopy of evergreens. Turn problem areas such as wet zones into scenic, low maintenance areas that attract desirable wildlife. Use various plant textures, colors, natives, ornamentals, etc. (Age 62+: \$33). Gladstone High School
 6:30-9:30pm W 2/13 3 \$39 Hage CLRM

ZPLT-100-0302 PRUNING BASICS-BECOME A PRO
 Learn to professionally trim & train trees & shrubs. Basic techniques & tips for pruning fruit & flowering trees/shrubs, how to choose proper pruning equipment. (Age 62+: \$23) Gladstone High School
 6:30-9:30pm W 1/16 2 \$29 Hage CLRM

ZPLT-100-0303 ROSES FROM A TO Z
 How to grow & prune different rose varieties, learn which varieties are best for this area, for scent, cut flowers, hedges, climbers, shade/sun. Organically maintain newly planted & established roses. (Age 62+: \$13) Gladstone High School
 6:30-9:30pm W 2/6 1 \$16 Hage CLRM

Health/Wellbeing/Safety

ZHLT-200-0300 ENVISION 2019 WORKSHOP
 Manifest your best year ever! Discover five strategies for attracting what you want into your life. Create a vision board, set intentions, & bring a new outlook home! This mini-retreat gives you time & space away from the distractions of everyday life. Come be renewed & energized! (Age 62+: \$21) Gladstone High School
 7-9pm T 1/15 1 \$24 Tuttle CLRM

ZHLT-100-0302 ESSENTIAL OILS FOR TRAVELERS
 Spring Break is coming! Discover how plant essential oils make trav-el more comfortable & enjoyable – from sanitizing hands to dealing with upset stomachs & digestive systems, to boosting our immune systems. Take home a mini travel kit for your next big or small trip, as well as everyday life! (Age 62+: \$21) Gladstone High School
 7-8:30pm TH 2/21 1 \$24 Tuttle CLRM

ZHLT-100-0304 MEDIC FIRST AID@ CPR, AED, & BASIC EMERGENCY FIRST AID
 Medic First Aid@ helps gain knowledge, skills, confidence necessary to manage medical emergency until more advanced help is avail-able. Adult/Child/Infant CPR, AED, Basic Emergency First Aid, Intro to blood borne pathogens. Two year CPR/First Aid card, OSHA com-pliant. Gladstone High School
 6-9pm TH 1/24 1 \$50 VanGelder CLRM
 6-9pm TH 3/21 1 \$50 VanGelder CLRM

YHLT-100-0300 BEGINNERS SELF DEFENSE CLASS
 Beginner's Self Defense class. Open to ages 6-80+. Learn techniques of elementary falls, blocks, strikes, leverages, throws, & selected elementary self- defense techniques on countering holds & strikes. Certified 3rddegree Black belt Instructor with the International Kung Fu San Soo Federation is experienced in teaching to all ages. Wear loose fitting durable clothes. Athletic cups are required for males un-der the age of 18 & are highly recommended for males over the age of 18. Free but must register. Gladstone Park Seventh-day Adventist Church
 7-8pm M/W 1/7 12 Free

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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ZHLT-100-0301 WOMEN'S SELF DEFENSE CLASS

Join us for an interactive 1 day Women's Self-Defense class! Gain confidence & skills needed to defend yourself in threatening scenarios. Reality based training ranging from preventative awareness to survival skills, including defensive/offensive techniques for being approached, grabbed, or attacked. Instructed by Sensei Reed Secunda, Shudokan School of Karate. (Min age 14) East Side Athletic Milwaukie

11am-3pm	S	2/2	1		\$25		Secunda	MULTI
11am-3pm	S	3/9	1		\$25		Secunda	MULTI

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 Parts 1-3. No class 2/26. (Age 62+: \$68+lab) Gladstone High School

8-9:30pm	T	1/8	10	\$83	\$38	Sotelo	CLRM
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YFLS-100-0303 SPANISH CONTINUING (BOOK 3)

Keep learning and practicing in this Continuing class. Lab fee for new students only. Must know basic Spanish. No class 2/26. (Age 62+: \$68+lab) Gladstone High School

6:30-8pm	T	1/8	10	\$83	\$38	Sotelo	CLRM
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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) Gladstone High School

6:30-9:30pm	TH	1/10	8	\$85	\$5	Bodle	SHOP
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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) Gladstone High School

6:30-9:30pm	TH	1/10	8	\$85	\$5	Alvarez	SHOP
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Writing/Literature

ZHWL-100-0300 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

6-8pm	M	1/14	6	\$49	\$5	Reed	CLRM
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North Clackamas PARKS AND RECREATION

Registration form for Community Education classes on page 102. For class locations, see page 104.

Please pre-register at www.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 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. Supply list available from Milwaukie Center Recreation staff, 503-794-8092. Age 62+ \$94. Milwaukie Center

9:30am-12pm	TH	1/10	10	\$125		Wilson	CLRM
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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. Supply list available from Milwaukie Center Recreation staff, 503-794-8092. Age 62+ \$94. Milwaukie Center

1-3:30pm	TH	1/10	10	\$125		Wilson	CLRM
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ZAPA-100-1203 DRAWING

Anything you see you can draw, even beginners can become true artists! Using a step-by-step approach, you can learn the "tools of seeing" and trick your brain into only seeing in terms of shapes, textures or colors. Projects include drawing objects, still life and working from photographs. The objective is acquiring a knowledge of the strategies for successful observational drawing, gaining a working knowledge of the vocabulary of drawing, and familiarizing yourself with the materials of drawing. Age 62+ \$60. Milwaukie Center

2:15-4:15pm	M	1/14	10	\$80		Macca	CLRM
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No class 1/21 and 2/18

2:30-4:30pm	F	1/18	8	\$80		Macca	CLRM
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Computers

YDPS-100-1202 SMARTPHONE BASICS

Learn basics of using your Smartphone whether it is an Android, iPhone or tablet. This class will help you understand the many possibilities, from communicating with people, to looking up information on the internet, to taking and storing photos. Age 62+ \$45. Milwaukie Center

9:30-11am	TH	1/10	8	\$60		Rosson	CLRM
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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				

Dance/Theatre

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. Open to boys and girls. NCPRD \$78, Non-Res. \$98. Milwaukie Center

10:30-11:15am F 1/25 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. Open to boys and girls. NCPRD \$78, Non-Res. \$98. Milwaukie Center

9:30-10:15am F 1/25 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. Please check the NCPRD Discovery Guide or with the Milwaukie Center Recreation staff, 503-794-8092, for suggested dance attire. NCPRD \$72, Non-Res. \$90. Milwaukie Center

4-4:30pm W 1/23 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. Please check the NCPRD Discovery Guide or with the Milwaukie Center Recreation staff, 503-794-8092, for suggested dance attire. NCPRD \$72, Non-Res. \$90. Milwaukie Center

4:40-5:10pm W 1/23 8 Grant CLRM

ADULT ACTIVITIES

ZMDT-300-1201 LINE DANCE – BEGINNING

Get your feet moving while learning dance steps at an easy pace. This class teaches basic line dance patterns. Bring dancing shoes for some toe-tapping fun. Platform shoes are not recommended. Age 62+ \$38. Milwaukie Center

11:20am-12:20pm T 1/8 10 \$50 Drewry CLRM

ZMDT-300-1202 LINE DANCE – HIGH BEGINNER

For people who have taken beginning line dance and want to take it to the next level. Milwaukie Center

12:30-1:30pm T 1/8 10 \$50 Drewry CLRM

Age 62+ \$38

12:30-1:30pm TH 1/10 10 \$50 Jacobson CLRM

Age 62+ \$38

ZMDT-300-1204 EAST COAST SWING

East Coast Swing is a happy, fun, upbeat dance distinguished by its bouncy rock step (back break) and side steps. East Coast Swing is a spot dance done to big band music or more modern swingy music. No dance experience or partner is needed. This class will meet 5 times, on the first and last week of the month. Class meets Jan. 7, 28, Feb. 4, 25 and March 4. Age 62+ \$23. Milwaukie Center

6-7:15pm M 1/7 9 \$31 Drewry CLRM

ZMDT-300-1205 AMERICAN RUMBA

A lovely romantic dance done to slower Latin music in 4/4 time. It is a non-progressive (does not travel around the dance floor) social dance with Cuban motion. Age 62+ \$38. Milwaukie Center

2-3pm F 1/11 10 \$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. Age 62+ \$34. No class March 7. Milwaukie Center

11:15am-12:15pm TH 1/10 10 \$45 Blosser CLRM

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 \$90, Non-Res. \$112 No class 3/13. Milwaukie Center

6-7:30pm W 1/23 10 Tjahaha CLRM

YPED-400-1201 T'AI CHI, BEGINNER

Levels 2 & 3. Relieve chronic pain and inflammation, strengthen your immune system, restore strength and vitality, alleviate anxiety and depression, improve your balance and stimulate your brain! The 24 movements are performed in continuous, harmonious, and synergistic sequence at slow speed beneficial for any age or physical shape. No class 1/21 and 2/18. Milwaukie Center

9:30-10:30am MW 2/11 6 \$55 Miller CLRM

Age 62+ \$41

4-5pm MW 1/7 9 \$80 Lusk CLRM

Age 62+ \$60

YPED-400-1205 T'AI CHI, BEGINNER II

Levels 2 & 3. Relieve stress from your day using the meditation of T'ai Chi and Qigong. Increase your coordination, energy and focus. Prepare your body for your favorite activities and sports. Gain muscle strength, balance/coordination, core and stress relief. Students will learn 37 Yang Form in this class. No class 1/21 and 2/18. Age 62+ \$60. Milwaukie Center

6:35-7:35pm MW 1/7 9 \$80 Lusk CLRM

YPED-400-1204 T'AI CHI, ADVANCED FORMS & SWORD

Levels 3 & 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. No class 1/21 and 2/18. Age 62+ \$60. Milwaukie Center

5:30-6:30pm MW 1/7 9 \$80 Lusk CLRM

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
YPED-100-1203	CHAIR YOGA							YPED-300-1206	ZUMBA						
Levels 1 & 2. Meditate, stretch, strengthen, and balance in chairs. This class is a great stress reliever. Age 62+ \$34. No class 1/21 and 2/18. Milwaukie Center								Levels 3 & 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							
1:30-2:30pm	M	1/7	11	\$45		Jones	CLRM	6:40-7:40pm	T	1/8	11	\$55		Miratsky	CLRM
Age 62+ \$41								Age 62+ \$41							
YPED-100-1205	YIN YOGA							6:40-7:40pm	TH	1/17	9	\$50		Miratsky	CLRM
Levels 2-3. Yoga uses floor poses held in stillness allowing these passive, long holds to strengthen and hydrate critical joint tissues in a way that most other practices cannot. The Yin exercise targets the body's connective tissues—including the ligaments, bones, cartilage and tendons. These are all major, but often ignored components of flexibility, mobility and strength. Age 62+ \$34. No class 1/21 and 2/18. Milwaukie Center								Age 62+ \$38							
12:15-1:15pm	M	1/7	11	\$45		Jordan	CLRM	No class 1/10.							
YPED-100-1202	GENTLE YOGA							YPED-600-1205	FUNCTIONAL FITNESS						
Levels 2 & 3. The focus of this class includes stretching, strengthening, balance and flexibility using Pranayama (yoga) breathing which will enhance each pose. Brief guided meditations for relaxation will bring all the benefits of this one hour class together. Age 62+ \$38. Milwaukie Center								Levels 2 & 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							
5:30-6:30pm	T	1/8	10	\$50		LaFrenier	CLRM	10:20-11:05am	T	1/22	9	\$34		Hall	CLRM
Age 62+ \$38								Age 62+ \$20.							
YPED-100-1200	YOGA, STRENGTH & RELAXATION							10:20-11:05am	TH	1/24	8	\$30		Hall	CLRM
Levels 2 & 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								Age 62+ \$23							
2:40-3:40pm	M	1/7	11	\$45		LaFrenier	CLRM	YPED-600-1217	SMALL GROUP PERSONAL TRAINING						
Age 62+ \$34. No class 1/21 and 2/18.								Levels 2 & 3. Have you been wanting to do resistance training, but don't belong to a gym? This class is the perfect solution. Get personal attention in this small group setting from an ACE Certified Personal Trainer. Learn proper technique, safety, and how to exercise each muscle group effectively. You will be able to take what you learn to a gym, to your home or even on the road. Class size limited to 15. Age 62+ \$38. Milwaukie Center							
2:30-3:30pm	W	1/9	11	\$55		Jordan	CLRM	5:30-6:30pm	TH	1/10	10	\$50		McClenahan	CLRM
Age 62+ \$41								YPED-300-1210 EZ-DOES-IT AEROBICS							
2:30-3:30pm	TH	1/10	10	\$50		Bracht	CLRM	Level 3. Moderate aerobic exercise for those who want to stay fit. Sessions include warm-up, stretch, muscle toning plus aerobic workout. Milwaukie Center							
Age 62+ \$38								8:30-9:15am							
YPED-100-1204	YOGA							M	1/7	11	\$34			Stauss	CLRM
Levels 2-3. 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 3/2. Milwaukie Center								Age 62+ \$26. No class 1/21 and 2/18.							
10:10-11:10am	S	1/12	10	\$45		Delancey	CLRM	8:30-9:15am	W	1/9	11	\$41		Stauss	CLRM
Age 62+ \$41								Age 62+ \$31							
CARDIO/STRENGTH CLASSES								8:30-9:15am							
YPED-200-1211	GOLD TONING							F	1/11	10	\$38			Stauss	CLRM
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								Age 62+ \$29							
11am-12pm	M	1/7	11	\$45		Nishikido	CLRM	YPED-600-1222	LOW IMPACT AEROBIC STRENGTH TRAINING						
Age 62+ \$34. No class 1/21 and 2/18.								Level 2-3. This class is 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. Age 62+ \$29. Milwaukie Center							
12:05-1:05pm	W	1/9	11	\$55		Nishikido	CLRM	4:30-5:15pm	TH	1/10	10	\$38		McClenahan	CLRM
Age 62+ \$41								YPED-300-1203 HULA FOR FITNESS							
YPED-500-1207	SIT-N-B-FIT							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 Feb. 2 and March 2. Age 62+ \$34. Milwaukie Center							
Levels 1 & 2. Strengthen muscles and improve range of motion, mobility and balance! Great for those with some physical limitations. Milwaukie Center								9-10am							
11:05-11:50am	M	1/7	11	\$34		Stauss	CLRM	S	1/12	10	\$40			Taylor	CLRM
Age 62+ \$26. No class 1/21 and 2/18.								YPED-300-1201 NEW! LINE DANCE FOR FITNESS WORKSHOP							
11:05-11:50am	W	1/9	11	\$41		Stauss	CLRM	Level 2-3. For people who have taken dance classes. Get moving to pop, Latin, country music and more. You will learn many dances in one hour. Basic steps like grapevine, cha cha cha, mambo, and chassé will get you through fun dance routines. Milwaukie Center							
Age 62+ \$31								9:30-10:30am							
11:05-11:50am	F	1/11	10	\$38		Stauss	CLRM	M	1/14	1	Free			Mattson	CLRM
Age 62+ \$29															

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-300-1202 NEW! LINE DANCE FOR FITNESS

Level 2-3. For people who have some dance background and want to dance for aerobic exercise and memory. Wide, fun variety of music with easy-to-follow basic patterns will keep you moving to pop, Latin, country and more. You will learn many dances in one hour. No class 2/18. Age 62+ \$26. Milwaukie Center

9:30-10:30am	M	1/28	8	\$35		Mattson	CLRM
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YPED-200-1202 STRETCH & FLEX

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

8:15-9am	T	1/22	9	\$34		Hall	CLRM
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Age 62+ \$26

8:15-9am	TH	1/24	8	\$30		Hall	CLRM
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Age 62+ \$23

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

9:10-10:10am	T	1/22	9	\$45		Hall	CLRM
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Age 62+ \$34

9:10-10:10am	TH	1/24	8	\$32		Hall	CLRM
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Age 62+ \$24

YPED-600-1209 EXERCENTRICS

Levels 3-4. Take your workout to a new level with this unique strengthening class. Use dumbbells and your body weight to perform multi-muscle, high repetition movements that will ultimately work the entire body. The music will keep you moving and your breathing will keep you focused. Finish with a relaxing cool down and stretches. No class 1/21 and 2/18. Age 62+ \$34. Milwaukie Center

12:15-1:15pm	M	1/7	11	\$45		McClenahan	CLRM
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ZPED-300-0400 WALKING WITH WAYNE

Levels 3-4. Wayne Sabin leads the 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 or call 503-557-7873 (SURF) to verify the availability of these activities with our current schedule.

ZPED-800-0401 TEEN WAVE/TAKE THE PLUNGE

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. NCPRD \$50, Non-Res. \$66. North Clackamas Aquatic Park

6:55-7:25pm	MW	1/7	5			Staff	POOL
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6:55-7:25pm	MW	2/11	5			Staff	POOL
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No class 2/18

YHLT-300-0400 RED CROSS LIFEGUARD TRAINING

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. Textbook will be emailed to students after the first class. NCPRD \$160. North Clackamas Aquatic Park

6-9pm	MW	4/16	5	\$200		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 \$5.50, \$7 Non-Res. 18 class punch card: NCPRD \$88, Non-Res. \$110. No classes 1/1, 1/2; no evening classes 1/15, 2/19, 3/26-3/30.

YPED-300-0405 DEEP H2O

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

8-9am	MWF	1/3	11			Staff	POOL
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12-1pm	T	1/9	10			Staff	POOL
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No class 3/27

6-7pm	M-TH	1/3	11			Staff	POOL
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7:30-8:30am	S	1/6	11			Staff	POOL
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YPED-300-0408 H2O FITNESS

H2O Fitness is a water exercise program designed 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

8-9am	MWF	1/3	11			Staff	POOL
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9-10am	MWF	1/3	11			Staff	POOL
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10-11am	MWF	1/3	11			Staff	POOL
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7-8pm	MW	1/3	11			Staff	POOL
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YPED-300-0411 H2O GYM

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

7-8pm	T	1/9	11			Staff	POOL
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YPED-300-0412 H2O SMILE

Slow Movement Interactive Leisure Exercise. This class 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	1/3	11			Staff	POOL
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SWIM LESSONS

Session 1: 1/8-1/31, T/TH. Session 2: 2/6-3/6 (no class 2/18) M/W. Session 3: 2/21-3/19, T/TH.

ZPED-800-0402 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. Saturday session only. North Clackamas Aquatic Park

11:15-11:45am	S		8			Staff	POOL
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12:25-12:55pm	S		8			Staff	POOL
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ZPED-800-0404 AQUA TOTS, AGES 19-35 MOS

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

9:30-10am	S		8			Staff	POOL
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10:05-10:35am	S		8			Staff	POOL
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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
ZPED-800-0406	SEALS INTRO, AGES 3-5							ZPED-800-0442	MIGHTY SEALS, AGES 3-5						
Entry level swimming lesson. Introduces students to basic swimming and water safety skills. Choose session dates from description above. North Clackamas Aquatic Park								Eligibility for Mighty Seals class based on instructor recommendation. Students will be familiarized with back crawl and finning; elementary backstroke is introduced. Front crawl and rotary breathing refinement continued. Choose session dates from description above. North Clackamas Aquatic Park							
Sessions 1 & 3 4-4:30pm MW 4 Staff POOL 5:10-5:40pm MW 4 Staff POOL 6:20-6:50pm MW 4 Staff POOL 6:55-7:25pm MW 4 Staff POOL								Sessions 1 & 3 5:45-6:15pm MW 4 Staff POOL							
Session 2 4-4:30pm TTH 4 Staff POOL 5:10-5:40pm TTH 4 Staff POOL 6:20-6:50pm TTH 4 Staff POOL 6:55-7:25pm TTH 4 Staff POOL								Session 2 5:45-6:15pm TTH 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 11:50-12:20pm S 8 Staff POOL 12:25-12:55pm S 8 Staff POOL								Saturday Session 10:40-11:10am S 8 Staff POOL							
ZPED-800-0423	SEALS, AGES 3-5							ZPED-800-0447	LEVEL 1, AGES 5+						
Eligibility for Seals swim class is based on instructor recommendation. Builds on basic swimming and water safety skills while focusing on independent swimming, glides and underwater skills. Choose session dates from description above. North Clackamas Aquatic Park								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 4-4:30pm MW 4 Staff POOL 4:35-5:05pm MW 4 Staff POOL 5:10-5:40pm MW 4 Staff POOL 6:20-6:50pm MW 4 Staff POOL 6:55-7:25pm MW 4 Staff POOL								Sessions 1 & 3 4-4:30pm MW 4 Staff POOL 4:35-5:05pm MW 4 Staff POOL 5:45-6:15pm MW 4 Staff POOL 6:20-6:50pm MW 4 Staff POOL							
Session 2 4-4:30pm TTH 4 Staff POOL 4:35-5:05pm TTH 4 Staff POOL 5:10-5:40pm TTH 4 Staff POOL 6:20-6:50pm TTH 4 Staff POOL 6:55-7:25pm TTH 4 Staff POOL								Session 2 4-4:30pm TTH 4 Staff POOL 4:35-5:05pm TTH 4 Staff POOL 5:45-6:15pm TTH 4 Staff POOL 6:20-6:50pm TTH 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 11:15-11:45am S 8 Staff POOL 11:50-12:20pm S 8 Staff POOL								Saturday Session 8:20-8:50am S 8 Staff POOL 8:55-9:25am S 8 Staff POOL 10:05-10:35am S 8 Staff POOL 11:15-11:45am S 8 Staff POOL 11:50-12:20pm S 8 Staff POOL 12:25-12:55pm S 8 Staff POOL							
ZPED-800-0439	SWIMMING SEALS, AGES 3-5							ZPED-800-0461	LEVEL 2, AGES 5+						
Eligibility for Swimming Seals swim class is based on instructor recommendation. Begins the basics of front crawl with a continued focus on independent swimming and introduces back crawl skills. Choose session dates from description above. North Clackamas Aquatic Park								Builds on basic swimming and water safety skills while focusing on front crawl, breath control and endurance, and introduces students to back crawl. Choose session dates from description above. North Clackamas Aquatic Park							
Sessions 1 & 3 4-4:30pm MW 4 Staff POOL								Sessions 1 & 3 4:35-5:05pm MW 4 Staff POOL 5:10-5:40pm MW 4 Staff POOL 5:45-6:15pm MW 4 Staff POOL							
Session 2 4-4:30pm TTH 4 Staff POOL								Session 2 4:35-5:05pm TTH 4 Staff POOL 5:10-5:40pm TTH 4 Staff POOL 5:45-6:15pm TTH 4 Staff POOL							
Saturday Session 8:55-9:25am S 8 Staff POOL								Saturday Session 8:20-8:50am S 8 Staff POOL 8:55-9:25am S 8 Staff POOL 10:05-10:35am S 8 Staff POOL 10:40-11:10am S 8 Staff POOL 11:50-12:20pm S 8 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-800-0472 LEVEL 3, AGES 5+

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

Sessions 1 & 3													
4:35-5:05pm	MW		4		Staff	POOL							
5:10-5:40pm	MW		4		Staff	POOL							
6:20-6:50pm	MW		4		Staff	POOL							
Session 2													
4:35-5:05pm	TTH		4		Staff	POOL							
5:10-5:40pm	TTH		4		Staff	POOL							
6:20-6:50pm	TTH		4		Staff	POOL							
Saturday Session													
9:30-10am	S		8		Staff	POOL							
10:05-10:35am	S		8		Staff	POOL							
11:15-11:45am	S		8		Staff	POOL							

ZPED-800-0480 LEVEL 4, AGES 5+

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

Sessions 1 & 3													
5:45-6:15pm	MW		4		Staff	POOL							
Session 2													
5:45-6:15pm	TTH		4		Staff	POOL							
Saturday Session													
9:30-10am	S		8		Staff	POOL							
10:40-11:10am	S		8		Staff	POOL							

ZPED-800-0483 LEVEL 5, AGES 5+

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. Choose session dates from description above. North Clackamas Aquatic Park

Sessions 1 & 3													
5:45-6:15pm	MW		4		Staff	POOL							
Session 2													
5:45-6:15pm	TTH		4		Staff	POOL							
Saturday Session													
11:50-12:20pm	S		8		Staff	POOL							

ZPED-800-0482 LEVEL 6, AGES 5+

Increases swimming endurance in front crawl, back crawl, and elementary backstroke; as well as improve breaststroke and treading water for 1 minute 30 seconds and introducing sidestroke. Choose session dates from description above. North Clackamas Aquatic Park

Sessions 1 & 3													
6:55-7:25pm	MW		4		Staff	POOL							
Session 2													
6:55-7:25pm	TTH		4		Staff	POOL							
Saturday Session													
10:05-10:35am	S		8		Staff	POOL							

ZPED-800-0500 LEVEL 7, AGES 5+

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 & 3													
6:55-7:25pm	MW		4		Staff	POOL							
Session 2													
6:55-7:25pm	TTH		4		Staff	POOL							
Saturday Session													
12:25-12:55pm	S		8		Staff	POOL							

Gardening/Landscape/Farming

ZPLT-100-1201 DIRT MADE MY LUNCH

Ages 3-5. A great way to get pre-schoolers involved with gardening. Introduction to plants, a song, an art project and planting a snap pea highlight this 45-minute class. Children go home with their own snap pea to care for. Parent participation is required. NCPRD \$6, Non-Res. \$9. Milwaukie Center

11:30am-12:15pm	SU		3/10		Robinson	CLRM							
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Health/Well-Being/Safety

MILWAUKIE CENTER RESOURCES

YHLT-200-0409 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. Participants need to be committed to taking all six classes. Registration is required. To register, call Linda Whitmore at 503-794-8037. Milwaukie Center

1-3pm	W		2/20	6	Free								
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ZHLT-200-1212 WINTER WELLNESS

Staying healthy during winters can be a challenge. Come learn how food and lifestyle techniques can help you to stay on track during the cold and rainy winter months. Please pre-register. NCPRD \$5, Non-Res. \$8. Milwaukie Center

11:30am-12:30pm	S		1/26	1		Delancey	CLRM						
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ZHLT-200-0400 APAC RESPITE PROGRAM

"A Place at the Center" (APAC), is an activities program for people with memory loss or confusion due to Alzheimer's, stroke or related disorders, allowing caregivers to take some "time-out." For information, call Lisa Kasubuchi at 503-794-8038. Milwaukie Center

12-3:30pm	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 first Monday, third Tuesday and fourth Friday of each month. No fee. Milwaukie Center

9:45-11:45am	MT				Staff	CLRM							
10:30am-12:15pm	F				Staff	CLRM							

ZHLT-200-0402 DIABETES SUPPORT & EDUCATION GROUP

Information, education and sharing for people with Type 2 diabetes, their families and friends. Everyone is welcome. Meets the first Wednesday of each month. No fee. Milwaukie Center

1:30-3pm	W				Staff	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-200-0403 FOOT CARE SERVICES

The Milwaukie Center offers a foot care clinic on the first and third Tuesday of the month. This service is offered by registered nurses who specialize in foot care. The service includes a foot care exam, toenail trim and lotion rub for a fee of \$35. To schedule an appointment or for additional information, please call 503-653-8100 and leave your name and phone number for a return call. Milwaukie Center

TBA	T		\$35		Staff	CLRM
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ZHLT-200-0404 SENIOR LAW CLINIC

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

TBA	T				Staff	CLRM
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ZHLT-200-0405 MEALS ON WHEELS

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

ZHLT-200-0406 TRILLIUM LUNCH

Community members can enjoy a healthy, affordable meal Monday through Thursday, 12-12:30pm and Friday, 11:45am-12pm. 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-200-0407 PETE'S CAFE

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

ZHLT-200-0408 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 or visit ncprd.com/milwaukie-center.

ZHLT-200-0410 VIEWS SUPPORT GROUP

Volunteers Involved for the Emotional Wellbeing of Seniors. You don't have to face life's challenges alone. We have a few openings in our weekly senior support group led by trained volunteer peer counselors. The focus of this confidential small group is developing new ways of coping with challenges, talking and listening to others about their concerns and life changes. For additional information, call Peter Walsh at 503-261-6181. No fee. Milwaukie Center

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

This group is designed for individuals caring for a spouse, parent or sibling. The group provides participants an opportunity to share ideas and meet with others who are experiencing similar challenges. Co-facilitated by Serenity Hospice and social service staff. Meets the second Wednesday of each month. Milwaukie Center

12:30-2pm	W					CLRM
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ZHLT-200-0412 IT'S ALL ABOUT MEMORY

Specifically designed for individuals experiencing early memory loss. This program focuses on teaching techniques to improve mental fitness by using memory enhancing and retaining activities. Participants will learn about memory loss and develop new skills for living with memory loss. This confidential, social, and educational program provides opportunities to have fun, meet with peers who are experiencing memory loss and gain social support. For additional information, application process and scheduled fees, please call 503-653-8100 and speak with Abby or Lisa. Milwaukie Center

10am-2pm	F					CLRM
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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. No class 1/21 and 2/18. Age 62+ \$45. Milwaukie Center

2-3:30pm	M	1/7	10	\$60	Torres	CLRM
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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. No class 1/21 and 2/18. Age 62+ \$53. Milwaukie Center

12:15-2pm	M	1/7	10	\$70	Torres	CLRM
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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. No class 1/21 and 2/18. Age 62+ \$45. Milwaukie Center

10:30am-12pm	M	1/7	10	\$60	Torres	CLRM
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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. No class 1/21 and 2/18. Age 62+ \$45. Milwaukie Center

9-10:30am	M	1/7	10	\$60	Torres	CLRM
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Music

ZMDT-200-1201 MILWAUKIE CENTER SINGERS

Practice singing in this casual and welcoming atmosphere. The group will perform once a month in the community. Sponsored by All About Seniors. Free. Milwaukie Center

1:30-3pm	M	1/7-3/25			Rice	CLRM
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ZAPA-300-0409 UKULELE JAM

Bring your ukulele and practice strumming to some popular songs in this casual atmosphere. Please call 503-794-8092 or email recreation@ncprd.com for more info and to get on the email list. Activity fee: NCPDRD \$1, non-resident \$2 per session. Milwaukie Center

6-7:15pm	W					CLRM
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9:30-11am	TH					CLRM
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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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Special Events

WINTER CELEBRATIONS

Join us in learning and celebrating Hanukkah, Kwanzaa, and Christmas through interactive booths. There will also be snowflake making, indoor games, a photo booth, card decorating, live music and more. New this year will be a hula dance and an Israeli Folk dance in which you can watch or participate in. Hot chocolate made from scratch, tasty fruitcake, kringle and other refreshments will be served. Frosty the Snowman will be there, too, and looks forward to seeing you. Bring a can of food or a new toy for Operation Santa Claus. For more information please call 503-653-8100. Free. Sponsored by Bob's Red Mill. Milwaukie Center

9:30am-12pm S 12/8

HOLIDAY BRUNCH

Everyone is welcome to the second annual holiday brunch at the Milwaukie Center. The Nutrition department will be serving a delicious brunch starting at 11am. Join the Center Singers for a holiday sing-along after brunch at noon. Wear your best holiday sweater for the chance to win a prize. Please RSVP at the receptionist desk or by calling 503-653-8100. Seating is limited. The cost is by donation for those over 60 and \$5 for anyone under 60. Milwaukie Center

11am W 12/19

DADDY DAUGHTER DINNER DANCE

Don't miss the perfect opportunity to share a lifetime memory with your daughter. This red carpet, Valentine-themed event includes dinner, dessert, dancing and games. Let your daughter be a star on this special night! Space is limited so register early. For more information or to register, call 503-794-8092. NCPRD \$50 per couple (\$15 for each additional daughter), Non-Res. \$60 per couple (\$18 for each additional daughter). Milwaukie Center

6-9pm S 2/2

SPAGHETTI DINNER

Join us for an all-you-can-eat spaghetti dinner. This popular event features our famous spaghetti sauce, entertainment, friends and fun. Wine and Italian sodas will be available for purchase. Tickets available in the Milwaukie Center Gift Shop (M-F, 10am-3pm), or at the door. Adults \$7, children under 12 \$3.50. Milwaukie Center

4-7pm S 1/26

25TH ANNUAL AIRING OF THE QUILTS

Please join us for the 25th Annual Airing of the Quilts Show where you'll enjoy over 100 quilts, vendors and delicious soups, salads and sandwiches from Pete's Cafe. A special guest will be speaking at 11am, Saturday, March 23. \$5 suggested donation. Milwaukie Center

9am-4pm F 3/22

9am-4pm S 3/23

Special Interests/Hobbies

INTEREST & ACTIVITY GROUPS

The Milwaukie Center is closed Christmas Day, Dec. 25; New Year's Day, Jan. 1; Martin Luther King Jr. Day, Jan. 21 and Presidents Day, Feb. 18.

ZAPA-300-0400 DAYTIME BINGO

Play for fun with small prizes. Large print cards available. NCPRD 25 cents per card, non-resident 50 cents per card. Drop in. Milwaukie Center

1-2pm TTH Staff CLRM

ZAPA-300-0401 EVENING CASH BINGO

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

6:30-9pm TH Staff CLRM

ZAPA-300-0402 CHINESE MAH JONGG

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. Drop in. Activity fee: NCPRD \$1, non-resident \$2 per session. Milwaukie Center

12:30-3:30pm M Staff CLRM

ZAPA-300-0403 MAH JONGG

Mah Jongg originated in China and is a game of skill, strategy and chance. Experience preferred. Please bring your current American Mah Jongg card. If interested in learning, please contact Judy Hervey at cjchervery@sbcglobal.net. Drop in. Activity fee: NCPRD \$1, non-resident \$2 per session. Milwaukie Center

12:30-3:30pm W Staff CLRM

ZAPA-300-0404 PARTY BRIDGE

Ages 18+ and for those who already play the game. Group rules apply. Drop in. Activity fee: NCPRD \$1, non-resident \$2 per session. Milwaukie Center

12:30-3:30pm TH Staff CLRM

ZAPA-300-0405 BILLIARDS

Two pool tables with open play. Drop in. Activity fee: NCPRD \$1 all day, non-resident \$2 all day. Milwaukie Center

8am-5pm M-F Staff CLRM

ZAPA-300-0406 WOODCARVING

Activity period for novice to advanced woodcarvers with guidance for starter projects, instruction on safety and tool care. Drop in. Activity fee: NCPRD \$1, non-resident \$2 per session. Milwaukie Center

8:30-11:30am W Staff CLRM

ZAPA-300-0407 GENEALOGY

Learn where to find information and what to do with it. The group will meet the fourth Wednesday of the month, except will meet March 20th instead of March 27th. Drop in. Activity fee: NCPRD \$1, non-resident \$2 per session. Milwaukie Center

9:30-11:30am W Staff CLRM

ZMDT-200-1201 MILWAUKIE CENTER SINGERS

Practice singing in this casual and welcoming atmosphere. The group will perform once a month in the community. Sponsored by All About Seniors. Free. Milwaukie Center

1:30-3pm M 1/7-3/25 Rice CLRM

ZAPA-300-0408 MT. DULCIMER JAM

Bring your mountain dulcimer and jam with the group. First and third Wednesdays. Schedule changes February-April. Please call 503-794-8092 for more information. Drop in. Activity fee: NCPRD \$1, non-resident \$2 per session. Milwaukie Center

12:15-2:15pm W Staff CLRM

ZAPA-300-0409 UKULELE JAM

Bring your ukulele and practice strumming to some popular songs in this casual atmosphere. Please call 503-794-8092 or email recreation@ncprd.com for more info and to get on the email list. Drop in. NCPRD \$1, Non-Res. \$2. Milwaukie Center

6-7:15pm W Staff CLRM

9:30-11am TH Staff CLRM

YOUTH ACTIVITIES

ZOUT-100-0401 ARCHERY

Ages 8-14. Learn the basics of archery from stance to 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. NCPRD \$40, Non-Res. \$50, student provides equipment; NCPRD \$55, Non-Res. \$65, includes rental equipment. Broken Arrow Archery

10-11am S 1/5 6 Okita CLSRM

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
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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. Riding helmets provided. NCPRD \$115, Non-Res. \$125. Highland Stables

4:30-6pm	W	1/16	4			Gill	ARENA
8:30-10am	S	1/19	4			Gill	ARENA
4:30-6pm	W	2/13	4			Gill	ARENA
8:30-10am	S	2/16	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. Riding helmets provided. NCPRD \$140, Non-Res. \$155. Highland Stables

4:30-6pm	F	1/18	4			Gill	ARENA
4:30-6pm	F	2/15	4			Gill	ARENA

ADULT SPORTS

ZOUT-100-0409 CO-ED VOLLEYBALL OPEN GYM

Recreational open gym volleyball for adults 18+. Fee is payable at the door. Open gym schedule is subject to change. Current schedule dates are available online at ncprdsports.com. Mt. Scott Elementary

7-10pm	F			\$3			GYM
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Travel/Trips/Tour

MILWAUKIE CENTER TRAVEL DESK

Enjoy the scenery, make new friends, and relax while adventuring 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 below are currently on the travel schedule, but are subject to change. Please check with the Travel Desk for the latest information by calling 503-794-8026.

HUBER'S

Upscale American fare served in a majestic space. Established in 1879, Huber's is Portland's oldest restaurant. Bring money for lunch. NCPRD \$12, Non-Res. \$15.

12:30-3pm	TH		12/20				
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CRACKER BARREL & WORLD OF SPEED

World of Speed encompasses many aspects of motorsports, including drag racing, road racing, land speed racing, motorcycle racing, open-wheel cars, NASCAR, and hydroplanes. Entry fee is included in our fee. Bring money for lunch at the Cracker Barrel in Tualatin. NCPRD \$26, Non-Res. \$33.

11am-3pm	W		1/9				
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KING TUT EXHIBIT AT OMSI

Witness the history of the Tutankhamun tomb excavation. Based on the diaries of archaeologist Howard Carter, over 1,000 artifacts were scientifically reproduced for this exhibition. Entry fee is included in our fee. Bring money for lunch at Bob's Red Mill after the exhibit. NCPRD \$32, Non-Res. \$40.

10:30am-2pm	T		1/15				
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RICE NORTHWEST MUSEUM OF ROCKS AND MINERALS

The museum houses a world-class collection recognized as the finest in the Pacific Northwest and one of the best in the nation. Entry fee included in our fee. Bring money for lunch at the China Wok in Hillsboro. NCPRD \$32, Non-Res. \$40.

11:15am-3:30pm	TH		1/24				
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PORTLAND AERIAL TRAM & THE OLD SPAGHETTI FACTORY

Ride the Portland Aerial Tram up the hill and back. Then enjoy lunch with us at the Old Spaghetti Factory. Bring \$5 for tram fee and money for lunch. NCPRD \$15, Non-Res. \$19.

11am-3pm	TH		2/8				
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HUBER'S

Lunch at Huber's is always a good thing. Our fee includes the fee for a choice of three lunches. NCPRD \$34, Non-Res. \$43.

12:30-3:30pm	TH		2/14				
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ILANI CASINO RESORT

We will take you to Clackamas Town Center to catch the casino bus to the Ilani Casino Resort in Ridgefield, Washington. We will return to the Town Center at 4pm to bring you back to the Milwaukie Center. Bring money for games and refreshments. NCPRD \$5, Non-Res. \$5.

8:30am-4:30pm	TH		2/25				
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ROSSE POSSE ACRES & MARKUM INN

Rosse Posse is a 52-acre working elk ranch with approximately 70 head of elk. There is also a small petting zoo with fallow deer, pygmy goats, miniature donkeys, Patagonian cavy, wallaby and chickens. Entry fee is included in our fee. Bring money for lunch at the MarKum Inn. NCPRD \$26, Non-Res. \$33.

10:30am-2:30pm	W		3/6				
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ENGLISH GARDEN TEA CAFE

Come with us to enjoy high tea at the tea café. This is always an enjoyable lunch out. The \$22 fee is included in our fee. NCPRD \$31, Non-Res. \$39.

11:30am-2:30pm	F		3/15				
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BUSH HOUSE MUSEUM & ADAM'S RIBS SMOKE HOUSE

Before visiting the museum, we will have lunch at Adam's Rib and Smoke House. Glimpse a bit of Salem's past as we visit the historic Bush House Museum, an 1878 Italianate residence that was home to pioneer businessman Asahel Bush II and his family. NCPRD \$31, Non-Res. \$39.

11:15am-3:30pm	F		3/29				
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Writing/Literature

ZHWL-100-1201 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	1/9	8	\$70		Arnold	CLRM
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ZHWL-100-1202 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	1/10	8	\$70		Arnold	CLRM
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Course No. Time	Course Title Days	Wks. Begins	Tuition Fee	Instructor	Room	Course No. Time	Course Title Days	Wks. Begins	Tuition Fee	Instructor	Room
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Oregon City

COMMUNITY EDUCATION PROGRAMS

Registration form for Community Education classes on page 102.

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 104.

Art/Crafts

ZAPA-100-0500 DIY VALENTINE CLASS

Age: Adult. Do something a little different for Valentine's Day this year! Recipes/concoctions & special paperie love notes will be covered in class. Whether you're hosting a Valentine's gathering or a stay in valentines "party of two" with your sweetie, this class will give you lots of ideas to be creative in your own special way. Take home samples of everything we make. Eastham Community Center

12-2pm S 2/9 1 \$45 Elting 209

ZAPA-200-0501 OPEN STUDIO WITH LYNDA BRAND

Age: 7th grade-Adult. Continue to develop your skills as an artist, while deciding which drawing and/or painting medium matter to explore. Individual instruction, relaxed setting, mini lectures/demos on concepts/techniques that apply to a variety of mediums. Images available from instructor files. Supplies not included. Eastham Community Center

6:30-8:30pm T 1/29 8 \$105 Brand 209

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 March 9, or May 4 or June 1 SAT Test. Student will receive the Official SAT Study Guide. Eastham Community Center

4-7pm SU 2/3 5 \$289 Staff 209

Child Care/Activities

ZFAM-200-0500 HOLCOMB MORE @ 4 KINDERGARTEN READINESS

Age: 4-5. 8:15am-12pm, Mon-Thur. Successfully preparing your child for entering modern kindergarten. Spaces are limited. Contact Cheryl Howell 503-785-8520 ext: 7312 for more information. \$390 (9 monthly installments)

Culinary

ZEAT-100-0500 MEALS FOR A WEEK

Age: Adult. Learn/prepare 5 meals -4 serving per meal-to eat throughout the week/freeze for later. Choice of 5 dishes with sides. Vegetarian option available. All food & freezer containers included for 20 meals. Two Girls Catering will teach you how to put the meals together with delicious recipes & provide re-heating instructions. Oregon City Elks Grand Ballroom

6-9pm T 2/5 1 \$75 Two Girls Catering BALLROOM

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 Elementary

7-8:15pm TTH 1/8 11 \$120 Coulter GYM

Last class 3/22

OREGON CITY JAZZERCISE

Age: 11-Adult. 971-219-0790 or visit 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

YPED-300-0500 JAZZERCISE MEN & WOMEN AGES 11-ADULT

5:45-6:45am MWF 1/7 Staff GYM

YPED-300-0501 JAZZERCISE MEN & WOMEN AGES 11-ADULT

8-9am M-S 1/7 Staff GYM

YPED-300-0502 JAZZERCISE MEN & WOMEN AGES 11-ADULT

9:15-10:15am M-S 1/7 Staff GYM

YPED-300-0503 JAZZERCISE MEN & WOMEN AGES 11-ADULT

4-5pm SU 1/6 Staff GYM

YPED-300-0504 JAZZERCISE MEN & WOMEN AGES 11-ADULT

4:40-5:40pm M-F 1/7 Staff GYM

YPED-300-0505 JAZZERCISE MEN & WOMEN AGES 11-ADULT

5:50-6:50pm M-TH 1/7 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 1/12 1 \$85 Hazapis 209

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				

Sports/Outdoor Activities

OREGON CITY COMMUNITY EDUCATION YOUTH SPORTS

ZOUT-100-0500 MINI HOOPS BASKETBALL

Age: coed 1st/2nd grade. All abilities welcome. \$90 registration fee. Registration opens 11/28, deadline 12/31. Call 503-785-8520 ext: 7313 for info. All participants receive t-shirt & basketball.

ZOUT-100-0501 BASKETBALL

Age: girls 3rd/4th & 5th/6th grade. All abilities welcome. \$90 registration fee. Registration opens 11/28, deadline 12/31. Call 503-785-8520 ext: 7313 for info. All participants receive t-shirt & basketball.

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-100-0502 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	1/22	4	\$150	Staff	ARENA
4:30-6pm	T	2/19	4	\$150	Staff	ARENA

ZOUT-100-0503 BEGINNER JUMPING LESSONS-ENGLISH STYLE

Age: 12-Adult.

11am-12pm	W	1/23	4	\$175	Staff	ARENA
6:30-7:30pm	W	1/23	4	\$175	Staff	ARENA
11am-12pm	W	2/20	4	\$175	Staff	ARENA
6:30-7:30pm	W	2/20	4	\$175	Staff	ARENA

ZOUT-100-0504 BEGINNER 2 LESSONS-ENGLISH STYLE

Age: 10-Adult.

4:30-6pm	TH	1/24	4	\$150	Staff	ARENA
4:30-6pm	TH	2/21	4	\$150	Staff	ARENA

ECODIVE NW, LLC

To register or for questions: Ecodivenw@gmail.com or learn more about our program through our web page www.ecodivenw.com. Instructors are experienced professional educators.

ZOUT-200-0500 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-200-0501 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 102.

Please Note: Pioneer Center registration begins on Tuesday, November 20 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 104. Phone: 503-657-8287

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

Closures: Monday, January 1, Monday, January 21, Monday, February 18, Saturday March 16-Sunday March 31.

IMPORTANT: The Pioneer Center will be closed for two weeks, Saturday March 16 – Sunday March 31 for extended building maintenance. All classes and services are cancelled for these two weeks.

Arts/Crafts

ZAPA-100-1300 ACRYLIC & OIL PAINTING

Become an Artist and have fun! Beginners will learn fundamentals, brush techniques, shading composition and color mixing. Experienced artists learn latest in texture products & more. Pick up a supply list prior to first class. To register, call Shirlee at 503-722-3845 at least 1 week before class begins. Over 62-\$65.

9:30-11:30am	W	1/9	10	\$95	Lind	CRAFT
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ZAPA-100-1301 ACRYLIC & OIL PAINTING

Become an Artist and have fun! Beginners will learn fundamentals, brush techniques, shading composition and color mixing. Experienced artists learn latest in texture products & more. Pick up a supply list prior to first class. To register, call Shirlee at 503-722-3845 at least 1 week before class begins. Over 62-\$65.

12:30-2:30pm	W	1/9	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. Over 62-\$65.

10am-12:30pm	TH	1/10	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	MF				Staff	COMP
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YDPS-100-1300 INTRODUCTION TO WINDOWS 10-LEVEL 1 CLASS

Learn how to navigate Windows 10 effectively. You will learn how to pin and unpin tiles, live tiles, and create a recovery USB drive. Explore Edge, Cortana, OneDrive, system-wide search, and the Windows Store app. Call Jerry King, 503-723-9497 to register.

TBA	M	4	\$65	King	BASEMENT
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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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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

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

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

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

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.

12:45-3pm W Tadina MP

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

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

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

Exercise/Fitness

YPED-100-1300 BEGINNING YOGA I

Dress comfortably and bring a yoga mat. 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. Over 62 \$62.

5:30-6:30pm TH 1/10 10 \$70 Juffs MPIII

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. Over 62 \$62. Drop-ins welcome for \$10 per class.

6:30-7:30pm TH 1/10 10 \$70 Juffs MPIII

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. Over 62 \$70. To register please contact Colleen at 503-473-1349 or colleengrace@comcast.net.

10:30-11:30am TTH 1/8 10 \$100 Watson BASEMENT

YPED-100-1303 GENTLE YOGA

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. Over 62 \$70.

9:15-10:15am TTH 1/8 10 \$105 LaFrenier MPIII

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. Call Bev at 503-348-3842 for more information. \$5 drop-in class. \$20 5-class punch card

3:30-4:30pm T 1/8 10 \$40 Bunting MPIII

5:30-6:30pm W 1/9 10 \$40 Bunting MPIII

3:30-4:30pm TH 1/10 10 \$40 Bunting MPIII

YPED-300-1301 WOMEN'S CARDIO

Core de Force is uses core conditioning, combinations, body weight moves, and cardio sparks to harness the power of your core. Burn major calories with no equipment needed all while listening to fun music!

Register by calling Instructor Jill St. John at 971-221-4813 or emailing jillstjohn101@gmail.com. \$10 drop-in class.

5:30-6:30pm W 1/9 10 \$77 St. John BASEMENT

YPED-400-1300 TAI CHI, BEGINNING

This ancient Chinese movement improves strength, flexibility, concentration and balance by combining gentle physical exercise and mental discipline. Register at www.balancenharmony.com or call Nick at 503-266-9939. Over 55 \$100.

9-10am TTH 1/8 10 \$150 Hancock BASEMENT

YPED-400-1304 TAI CHI, CONTINUING

This ancient Chinese movement improves strength, flexibility, concentration and balance by combining gentle physical exercise and mental discipline. Register at www.balancenharmony.com or call Nick at 503-266-9939. Over 55 \$100.

10:40-11:40am MW 1/8 10 \$150 Hancock MPIII

YPED-400-1301 TAOIST TAI CHI TAIJIQUAN, BEGINNING

This internal martial art was developed 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. To register call 503-220-5970 or email oregon@taoist.org. More information can be found at www.taoist.org. Suggested donation \$140 (Over 60—\$110).

6-7:30pm M 1/7 16 Manning MPIII

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
YPED-400-1302	TAOIST TAI CHI, INTERMEDIATE									ZHLT-200-1304	GRIEF SUPPORT GROUP								
<p>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. More information can be found at www.taoist.org.</p>										<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>									
7:30-9pm	M	1/7	16					Manning	MPIII	1:30-3:30pm	TH							Petrie	CLRMII
YPED-400-1303	QI GONG									ZHLT-200-1305	LUNCH AT THE COMMUNITY CENTER								
<p>Register at 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. Over 55 \$65.</p>										<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>									
10:30-11:30am	T	1/8	10			\$100		Hancock	MPIII	11:30am-12:30pm	M-F							Staff	DINE
YPED-400-1305	TAI CHI STRAIGHTSWORD									ZHLT-200-1306	MEALS ON WHEELS PROGRAM								
<p>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. Over 55 \$75. Swords can be ordered for an additional \$25. Register at www.balancenharmony.com or call Nick at 503-266-9939.</p>										<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>									
10:30-11:30am	TH	1/10	10			\$100		Hancock	MPIII	TBA	M-F							Staff	DINE
YPED-500-1300	LOW IMPACT AEROBICS NEW!									ZHLT-200-1307	GROCERY SHOPPING TRIPS								
<p>This modified low impact workout program is designed for overall body fitness. We will combine cardio along with stretching to burn calories and improve muscle tone. Suitable for all fitness levels. Register in person at the Pioneer Center. Over 62-\$63.</p>										<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 Winco, Market of Choice, Fred Meyer, Albertsons, Grocery Outlet, and Safeway.</p>									
9:15-10:15am	MW	1/7	10			\$90		Owens	MPIII	TBA	M-F							Staff	TRANS
ZPED-200-1300	EXERCISE ROOM FOR ADULTS 50 YEARS AND UP									ZHLT-200-1308	TRANSPORTATION								
<p>Enjoy our exercise room! Cardio equipment and weights are available for individual use Mon-Fri 9am-4pm. Orientation is required, please call 503-722-3781 to make an appointment. Purchase 24 visits for \$20.</p>										<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>									
9am-4pm	M-F							Staff	WEIGHT	TBA	M-F							Staff	TRANS
ZPED-700-1300	MINDFULNESS MEDITATION									ZHLT-200-1309	BLOOD PRESSURE AND BALANCE TESTS								
<p>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.</p>										<p>Blood pressure (Helping Hands Home Care) and balance testing (BenchMark Physical Therapy). No appointment needed. Please call 503-657-8287 for more information. 2nd Tuesday each month.</p>									
2-3:30pm	T	1/22	13			\$88		Tjahaja	POOL	10am-12pm	T							Staff	CLRMI
7-8:30pm	T	1/22	13			\$88		Tjahaja	POOL	ZHLT-200-1310	DIABETES SUPPORT GROUP								
<p>Health/Well-Being/Safety</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>									
										12-1pm	F							Staff	CRAFT
ZHLT-200-1300	FOOT CARE CLINIC									Music									
<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. Please bring two large towels. Please call 503-657-8287 ext "0" to make an appointment.</p>										<p>ZMDT-200-1300 MUSIC MAKERS COMMUNITY CHOIR</p> <p>Come tune up your vocal cords and have fun too! Singing strengthens your body, mind and spirit. We are always looking for new members! 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>									
9:30am-3pm	TF							Staff	CRAFT	10am-12pm	F	Ongoing	\$30					Byers	MPIII
ZHLT-200-1301	AA SUPPORT GROUP									ZMDT-200-1301	MUSIC TOGETHER: FREE SAMPLE CLASS								
<p>Come join in our Alcoholic Anonymous support group. Meets every Sunday in the Pioneer Center's Basement.</p>										<p>Mixed Ages (0-5 years): Sing, dance, drum, play, and learn with Music Together! Our playful environment is musically rich and always supportive of different learning styles and stages of development.</p>									
1:30-3:30pm	SU							Staff	BASEMENT	10:30-11:15am	S	1/5	1	FREE				Reznicek	BASEMENT
ZHLT-200-1302	NARANON SUPPORT GROUP									ZMDT-200-1302	MUSIC TOGETHER: FREE SAMPLE CLASS								
<p>Join in our Narcotics Anonymous support group. Meets every Thursday in the Pioneer Center's Basement.</p>										<p>Rhythm Kids (4-5 years): Sing, dance, drum, play, and learn with Music Together! Our playful environment is musically rich and always supportive of different learning styles and stages of development.</p>									
7-9pm	TH							Staff	BASEMENT	11:45am-12:30pm	S	1/5	1	FREE				Reznicek	BASEMENT
ZHLT-200-1303	ALZHEIMER'S SUPPORT GROUP																		
<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 1st and 3rd Wednesday monthly.</p>																			
12-1:30pm	W							Staff	CLRMII										

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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ZMDT-200-1303 MUSIC TOGETHER: FREE SAMPLE CLASS
 Rhythm Kids (6-8 years): Sing, dance, drum, play, and learn with Music Together! Our playful environment is musically rich and always supportive of different learning styles and stages of development.

12:45-1:30pm S 1/5 1 FREE Reznicek BASEMENT

ZMDT-200-1304 MUSIC TOGETHER: MIXED AGES CLASS AGES 0-5
 Sing, dance, play and laugh with Music Together! Our playful environment is musically rich and always supportive of their learning styles and stages of development. For more information or to register contact Wendy at 971-678-6742 or valleykidsmusic@gmail.com.

9:30-10:15am S 1/12 10 \$148.50 Reznicek BASEMENT

ZMDT-200-1305 MUSIC TOGETHER: MIXED AGES CLASS AGES 0-5
 Sing, dance, play and laugh with Music Together! Our playful environment is musically rich and always supportive of their learning styles and stages of development. For more information or to register contact Wendy at 971-678-6742 or valleykidsmusic@gmail.com.

10:30-11:15am S 1/12 10 \$148.50 Reznicek BASEMENT

ZMDT-200-1306 MUSIC TOGETHER: RHYTHM KIDS
 Explore music from around the world through dynamic musical games and other activities. This exciting new music, movement, and drumming class is designed to help children complete the pathway of early childhood music development. For more information or to register contact Wendy at 971-678-6742 or valleykidsmusic@gmail.com.

11:45am-12:30pm S 1/19 8 \$132 Reznicek BASEMENT

ZMDT-200-1307 MUSIC TOGETHER: RHYTHM KIDS
 Explore music from around the world through dynamic musical games and other activities. This exciting new music, movement, and drumming* class is designed to help children complete the pathway of early childhood music development. For more information or to register contact Wendy at 971-678-6742 or valleykidsmusic@gmail.com.

12:45-1:30pm S 1/19 8 \$132 Reznicek BASEMENT

ZMDT-200-1308 BEGINNING UKULELE PART 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. Tenor, Soprano, or concert GCEA tuning only. To register call Bill Price at 503.997.6568. Please provide your own ukulele.

1:15-2pm M 9/10 6 \$77 Price CLRMI

ZMDT-200-1309 BEGINNING UKULELE PART 2
 This class picks up where Part 1 left off. More great songs, strumming, and chords. Tenor, Soprano, or concert GCEA tuning only. To register call Bill at 503.997.6568.

1:15-2pm M 10/22 6 \$69 Price CLRMI

ZMDT-200-1310 BEGINNING GUITAR PART 1
 This fun and popular class is designed for the absolute beginner. Quickly learn basic chords, simple strumming patterns, EZ songs, chords, how to tune, basic techniques, etc. Please provide your own guitar. To register call Bill at 503.997.6568.

2-2:45pm M 9/10 6 \$77 Price CLRMI

ZMDT-200-1311 BEGINNING GUITAR PART 2
 This class picks up where Part 1 left off. More great songs, strumming, and chords. To register call Bill at 503.997.6568.

2-2:45pm M 10/22 6 \$69 Price CLRMI

ZMDT-200-1312 BEYOND BEGINNING UKULELE SESSION 1
 This fun class is for those who know several basic chords and how to play some songs. Beginning Ukulele classes recommended. Please bring your own ukulele. Materials needed: Jumpin' Jim's, The Daily Ukulele Songbook. To register call Bill Price at 503.997.6568.

12-1pm M 9/10 6 \$69 Price CLRMI

ZMDT-200-1313 BEYOND BEGINNING UKULELE SESSION 2
 Same description as Session 1. To register call Bill Price at 503.997.6568.

12-1pm M 10/22 6 \$69 Price CLRMI

ZMDT-200-1314 BEYOND BEGINNING GUITAR SESSION 1
 This fun class is for those who know several basic chords and how to play some songs. Beginning Guitar Parts 1 & 2 are recommended. Please bring your own guitar. To register call Bill Price at 503.997.6568.

2:45-3:30pm M 9/10 6 \$69 Price CLRMI

ZMDT-200-1315 BEYOND BEGINNING GUITAR SESSION 2
 Same description as Session 1. To register call Bill Price at 503.997.6568.

2:45-3:30pm M 10/22 6 \$69 Price CLRMI

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 PINOCHLE
 Group meets every Friday. 25¢ fee. Pioneer Community Center

1-3:30pm F Staff CLRMI

ZAPA-300-1304 BILLIARDS
 Come join us for a friendly game of pool. 9am-4pm as available. 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
 Preserve your history, thoughts and experiences. Learn to write down your memories, thoughts, major events and experiences and assemble them into a simple book. You can also combine your stories together with photos or memorabilia. To register call Katy at 503-380-1504. Over 62-\$66.

1:30-3pm M 1/7 10 \$100 Liljeholm POOL

Travel/Trips/Tours

ZTVL-100-1300 DAY TRIPS
 Join us on our popular day trips! Must be 60 or older or have a disability. For complete details, please call 503-657-8287 x0.

ZTVL-100-1301 EXTENDED TRIPS: PREMIER WORLD DISCOVERY
 For trip information, contact Ryan at rcampbell@premierworlddiscovery.com or 360-219-7799. Please join us Tuesday, January 8 at 2:00pm for a fun and informational presentation about the 4 trips we have planned in 2019!

ZTVL-100-1302 EXTENDED TRIPS: OREGONWEST EXCURSIONS
 Please call 503-585-3979 or visit www.orwest.com. OregonWest Excursions has more than 20 trips planned for 2019. Please join us at 1:00pm on Thursday, December 6 or Wednesday, March 6 for a fun presentation!

IMPORTANT: The Pioneer Center will be closed for two weeks, Saturday March 16 – Sunday March 31 for extended building maintenance. All classes and services are cancelled for these two weeks.

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				

Oregon City Swimming Pool

The Oregon City Swimming Pool and Parks and Recreation has year round activities such as lap swim, water exercise, water walking, recreation swim, and more in our indoor heated pool! We also have a large community room that we use for our indoor playground, yoga, and facility reservations! Please visit our website at www.orcity.org or call 503-657-8273 to verify what we have going on!

Oregon City Swimming Pool 1211 Jackson Street Oregon City, OR 97045
Office hours: 8am-4:30pm Phone: 503-657-8273

Child Activities

ZPED-300-1500 INDOOR PLAYGROUND I-II AGES 0-5

Join us for this popular parent-child drop-in activity at the Oregon City Swimming Pool! Three days a week children and their parents can play at our indoor playground in the Oregon City Community Room. Crawl through tunnels, play on trikes, bounce balls, slide, run, jump, and just have fun! Drop-in is \$3, but ask us about our punch card options! Oregon City Swimming Pool

10am-2pm	MWF	1/7	10	Staff	REC ROOM
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Exercise/Fitness

YPED-300-1500 H2O-X SHALLOW WATER EXERCISE

Work out in waist-to-chest-deep water that is easy on the joints and body. Admission per class: Res \$4.25, Non-Res \$5.50. 20 punch card: Res \$55.00, Non-Res \$82.75 Senior rates 62+ Res \$4, Non-Res \$5 20 punch card: Res \$36.50, Non-Res \$54.75. Oregon City Swimming Pool

8-9am	MWF	1/7	10	Staff	POOL
6:15pm-7:15pm	TTH	1/8	10	Staff	POOL

YPED-300-1501 H2O-X DEEP AQUATIC EXERCISE

Exercise without impacting your joints and works on building strength and flexibility. Good for those recovering from surgery and joint injuries, expecting mothers and anyone looking for a fun and exciting workout. Admission per class: Res \$4.25, Non-Res \$5.50. 20 punch card: Res \$55.00, Non-Res \$82.75 Senior rates 62+ Res \$4, Non-Res \$5 20 punch card: Res \$36.50, Non-Res \$54.75. Oregon City Swimming Pool

8-9am	M-TH	1/7	10	Staff	POOL
6:15pm-7:15pm	TTH	1/8	10	Staff	POOL

YPED-300-1502 H2O-X SHALLOW STRETCHING AND LIGHT CARDIO

This program combines the buoyancy of water and the soothing warmth of our heated pool, to offer a safe, ideal environment for relieving arthritis pain and stiffness. Gentle movements used in the program increase joint flexibility and range of motion while restoring or maintaining muscle strength. Admission per class: Res \$4.25, Non-Res \$5.50. 20 punch card: Res \$55.00, Non-Res \$82.75 Senior rates 62+ Res \$4, Non-Res \$5 20 punch card: Res \$36.50, Non-Res \$54.75. Oregon City Swimming Pool

8-9am	TTH	1/8	10	Staff	POOL
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YPED-100-1501 HATHA YOGA

Designed to help tune the mind-body for any level of yoga student. All the poses are performed using universal principles of alignment, which help to avoid injuries and make the poses particularly therapeutic and transformative. Bring a yoga mat and block. \$10 per class or 20 punch card for \$160. Purchase from Instructor. Oregon City Swimming Pool

7:30-8:45am	MWF	1/7	10	Sarah	REC ROOM
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Health/Wellbeing/Safety

YHLT-300-1500 RED CROSS LIFEGUARD TRAINING

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. Please register through Melissa at 503-974-5516 or online at www.orcity.org Res. \$127.50, Non-Res. \$148.50. Oregon City Swimming Pool

8am-5pm	SSU	Staff	POOL
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Sport/Outdoor Activities

ZOUT-100-1500 SKYHAWKS SPORTS PROGRAMS

Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life. Ages 3.5-12. Please visit www.skyhawks.com or call 800-804-3509 for classes near you this Winter/Spring.

Swim Lessons

ZPED-800-1500 SWIM LESSONS

Swimming lessons consist of nine 27-minute classes per session. Mon, Wed, Fri classes, held over 3 consecutive weeks: Res. \$42.75, Non-Res. \$62.75. Please visit www.orcity.org for class schedules and level descriptions or call the Oregon City Pool at 503-657-8273. Oregon City Swimming Pool

West Linn

PARKS AND RECREATION

Registration form for Community Education classes on page 102.

For class locations, see page 104. 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. \$60, Non-Res. \$65. Stafford Primary School

7-10pm	T	1/12	12	Lobel	CLRM
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OIL PAINTING

Judy has been painting with the 'wet on wet' technique for over 20 years and has been a certified Bob Ross Instructor for 10 years. She has taught at many Michael's stores and 6 parks and recreation facilities as well as private lessons and 'painting parties'. Judy is experienced in teaching ADD, ADHD, and students with mild dementia symptoms. Many of her paintings are proudly displayed in homes across the United States. To see specifics on art go to 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. West Linn Adult Community Center

5:30-9pm	TH	1/10	1	Stubb	CLRM
10am-2pm	S	1/26	1	Stubb	CLRM
5:30-9pm	TH	2/14	1	Stubb	CLRM
10am-2pm	S	2/23	1	Stubb	CLRM
5:30-9pm	TH	3/14	1	Stubb	CLRM
10am-2pm	S	3/23	1	Stubb	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				

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 Res. \$55, Non-Res. \$60. West Linn High School

7-9pm	M	1/14	1		Guvenir	CLRM
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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 Res. \$115, Non-Res. \$120. West Linn High School,

7-9pm	MTW	1/14	3		Guvenir	CLRM
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Child Care/Activities

ZFAM-200-0600 LEGO ENGINEERING CORE CONCEPTS

Ages 7-12. Not just any Legos, our student engineers will build and experiment with simple machines and motors to build cars that move and much more! Res. \$143, Non-Res. \$148. Sunset Firehall

9am-3pm	W-F	1/2-1/4			YMCA	CLRM
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Culinary

PORTLAND ASIAN STREET FOOD

Our winter focus is on the great tasting and easy-to-make "Asian Street Food" that has become a fast favorite in Portland's food cart scene. These dishes are terrific as party food or for perking up family meals in the comfort of your home. Due to ordering time for specialty items, class registration closes 10 days prior to scheduled class.

ZEAT-100-0600 KHOA MAN GAI (THAI CHICKEN & RICE)

Don't miss your chance to make Hainan chicken, the main bill of fare at the Nong's Khoa Man Gai Portland restaurant. Using organic chicken, you'll perfect the dish with ice immersion and simmering techniques, exotic flavors and savory sauces. Res. \$40, Non-Res. \$45 (Material Fee Paid Directly to Instructor \$10) Adult Community Center

10am-1:30pm	SU	2/17	1		Tjahaja	CLRM
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ZEAT-100-0601 POK POK CHICKEN WINGS & ROASTED KING MUSHROOMS

Chef Andy Ricker brought his Thai street food favorite — chicken wings — when he opened Pok Pok in 2005. Now bring this dish into your kitchen. Learn to marinate and master the technique for double frying wings and we'll roast skewers of king oyster mushrooms with vegetables. Res. \$40, Non-Res. \$45 (Material Fee Paid Directly to Instructor \$10) Adult Community Center

10am-1:30pm	SU	3/24	1		Tjahaja	CLRM
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ZEAT-100-0602 HOLIDAY Y CHEF

Ages 7-12. The Holidays are filled with wonderful eats and treats. Students will learn simple recipes that warm the heart and the stomach. Res. \$143, Non-Res. \$148. Sunset Firehall

9am-3pm	W-F	12/26-12/28			YMCA	CLRM
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Dance/Theater

ZMDT-300-0604 BALLET/TAP

Ages 6-9. Ballet is the foundation for many other dance styles. We focus on proper body alignment and musicality, while developing strength, balance and grace. Res. \$130, Non-Res. \$135 Sunset Firehall

2:45-3:30pm	M	12/3	10		Vandeviere	UPSTAIRS
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ZMDT-300-0605 JAZZ 3

Ages 11 & up. Jazz dance includes fast-paced movement based off of strong ballet technique. Res. \$130, Non-Res. \$135. Sunset Firehall

3:30-4:15pm	M	12/3	10		Vandeviere	UPSTAIRS
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ZMDT-300-0606 JAZZ 4

Ages 13 & up. Jazz dance includes fast-paced movement based off of strong ballet technique. Res. \$130, Non-Res. \$135. Sunset Firehall

4:15-5pm	M	12/3	10		Vandeviere	UPSTAIRS
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ZMDT-300-0608 TINY TAPPERS

Ages 3-5. Tap is a dance style involving rhythm and dynamics. Students practice center work to learn and perfect tap combinations. Res. \$115, Non-Res. \$120. Adult Community Center

4:15-4:45pm	T	12/4	10		Vandeviere	OAK&PINE
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ZMDT-300-0609 TINY TUMBLERS

Ages 3-5. Learn the basics or work on advancing your skills in tumbling class. Students learn handstands, cartwheels, limbers and rolls. Res. \$115, Non-Res. \$120. Sunset Firehall

3-3:30pm	M	12/3	10		Vandeviere	DOWNSTAIRS
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ZMDT-300-0610 TUMBLING

Ages 5-7. Tumbling will focus on beginner to intermediate tumbling skills such as handstands, cartwheels, limbers and rolls. Res. \$130, Non-Res. \$135. Sunset Firehall

3:30-4:15pm	M	12/3	10		Vandeviere	DOWNSTAIRS
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ZMDT-300-0611 TUMBLING

Ages 8-11. Tumbling will focus on beginner to intermediate tumbling skills such as handstands, cartwheels, limbers and rolls. Res. \$130, Non-Res. \$135. Sunset Firehall

4:15-5pm	M	12/3	10		Vandeviere	DOWNSTAIRS
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ZMDT-300-0612 TUMBLING II

Ages 12&up. The Tumbling II class will focus on intermediate to advanced tumbling skills such as handstand variations, walkovers. There will also be a focus on strength and flexibility drills for aerials, handsprings and new dance trick trends. Res. \$150, Non-Res. \$155. Sunset Firehall

5-6pm	M	12/3	10		Vandeviere	DOWNSTAIRS
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ZMDT-300-0613 TUMBLING I/II

Ages 12&up. The Tumbling I/ II class will focus on advanced skills like aerials, handsprings and back tucks through strength and flexibility drills. Res. \$150, Non-Res. \$155. Sunset Firehall

6-7pm	M	12/3	10		Vandeviere	DOWNSTAIRS
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ZMDT-300-0614 HIP HOP & PLAY

Ages 5-7. This is a great class for your little one who has lots of energy and loves music. Join Miss Christine for fun dance games, hip-hop dancing and more. Res. \$130, Non-Res. \$135. Adult Community Center

3:45-4:30pm	M	12/3	10		Vandeviere	OAK&PINE
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ZMDT-300-0614 TAP I

Ages 6-10. Tap is a dance style involving rhythm and dynamics. The class emphasis is on developing proper tap technique and producing clear tap sounds. Res. \$130, Non-Res. \$135. Adult Community Center

4:30-5:15pm	M	12/3	10		Vandeviere	OAK&PINE
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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
ZMDT-300-0616	TAP II							ZMDT-300-0625	JAZZ 5						
<p>Ages 11 & up. This is a fabulous tap class that is perfect for the first time tapper, also suited for our older students! We also welcome tappers with one year experience in this class. Res. \$130, Non-Res. \$135 Adult Community Center</p>								<p>Ages 11 & up. This class is designed for the advanced jazz dancer with triple and quad turns, switch leaps, turns in second and advanced skills. Res. \$130, Non-Res. \$135. Sunset Firehall</p>							
6:15-7pm	M	12/3	10			Vandevere	OAK&PINE	5:15-6pm	W	12/5	10			Vandevere	UPSTAIRS
ZMDT-300-0617	ADULT TAP							ZMDT-300-0626	LYRICAL/CONTEMPORARY III						
<p>Ages 18 & up. Join Miss Christine for the basics and fundamentals for tap dancing for adults. This is great for tappers who already have experience and would like to brush up on their skills or new dance parents who are interested in tap dancing. Res. \$130, Non-Res. \$135. Adult Community Center</p>								<p>Ages 11 & up. Explore movement through improve and expression. This is designed for the advanced dancer with multiple turns! Res. \$150, Non-Res. \$155. Adult Community Center</p>							
7-7:45pm	M	12/3	10			Vandevere	OAK&PINE	4:15-5:15pm	W	12/5	10			Vandevere	GRAND FIR
ZMDT-300-0618	PRE BALLET							ZMDT-300-0627	TINY TUTUS						
<p>Ages 5-7. This class is an amazing class for your dancer with experience! Your dancer will continue skills they have learned and build their dance foundation. Res. \$115, Non-Res. \$120 Adult Community Center</p>								<p>Ages 3-4. This class is an amazing introduction to the world of dance for your little one! Dancers will learn ballet basics and dance through movement games, stretching and skills. Res. \$115, Non-Res. \$120. Adult Community Center</p>							
3:15-3:45pm	T	12/4	10			Vandevere	GRAND FIR	3:15-3:45pm	TH	12/6	10			Vandevere	GRAND FIR
ZMDT-100-0600	MUSICAL THEATER							ZMDT-300-0628	JAZZ I						
<p>Ages 5-7. Sing and dance with Miss Kathleen. Learn proper vocal techniques, theater games, musical theater dance styles and work on several songs from your favorite Broadway shows! The ultimate triple threat class! Res. \$130, Non-Res. \$135. Adult Community Center</p>								<p>Ages 7-10. This class is designed for your beginning level dancer who loves jazz! Learn stretches, then dance in the center and across the floor with turns and leap! High energy and fun! Perfect your single and double turns and you're your leaps! Res. \$130, Non-Res. \$135. Adult Community Center</p>							
3:30-4pm	T	12/4	10			Vandevere	GRAND FIR	3:45-4:30pm	TH	12/6	10			Vandevere	GRAND FIR
ZMDT-300-0619	BALLET 3							ZMDT-300-0629	BALLET I						
<p>Ages 11 & up. This class is designed for the advanced serious ballet dancer who has excellent advanced knowledge of ballet technique, have taken ballet this summer and/or who have participated in our extra technique classes. Res. \$150, Non-Res. \$155. Sunset Firehall</p>								<p>Ages 7-10. This class is designed for the first or second year ballet student. Learn proper posture and techniques at the ballet barre. Then stretch in center and dance across the floor. Res. \$130, Non-Res. \$135. Adult Community Center</p>							
4-5pm	T	12/4	10			Vandevere	UPSTAIRS	4:30-5:30pm	TH	12/6	10			Vandevere	GRAND FIR
ZMDT-300-0620	PRE-POINTE							ZMDT-300-0630	TINY TUTUS BALLET						
<p>Ages 11 & up. This class is designed for the advanced intermediate dancer with previous ballet experience. Miss Rosemary will work on more advanced barre pointe/pre pointe techniques and center work in pointe shoes. Res. \$115, Non-Res. \$120. Sunset Firehall</p>								<p>Ages 3-5. This class is an amazing introduction to the world of dance for your little one! Dancers will learn ballet basics and dance through movement games, stretching and skills. Res. \$115, Non-Res. \$120. Adult Community Center</p>							
6-6:30pm	T	12/4	10			Vandevere	UPSTAIRS	3:15-3:45pm	F	12/7	10			Vandevere	GRAND FIR
ZMDT-300-0621	BALLET 4/5							ZMDT-300-0631	LYRICAL/CONTEMPORARY I						
<p>Ages 13 & up. This class is designed for the serious student with prior intermediate ballet training of at least 3 years. Work on barre, center and across the floor while improving your technique. Res. \$150, Non-Res. \$155. Sunset Firehall</p>								<p>Ages 7-12. Get out of your box and dance! Explore movement through improve and expression. This is designed for the beginning dancer. Express yourself! Res. \$130, Non-Res. \$135. Adult Community Center</p>							
5-6pm	T	12/4	10			Vandevere	UPSTAIRS	3:45-4:30pm	F	12/7	10			Vandevere	GRAND FIR
ZMDT-300-0622	HIP HOP II							ZMDT-300-0632	BALLET 3						
<p>Ages 10-12. Do you love to get funky? Then you will love this class. Join Miss Christine for the freshest moves off the streets of LA. Res. \$130, Non-Res. \$135. Adult Community Center</p>								<p>Ages 10 & up. This class is designed for the serious student with prior intermediate ballet training. Work on barre, center and across the floor while improving your technique. Res. \$130, Non-Res. \$135. Adult Community Center</p>							
8:45-9:30pm	T	12/4	10			Vandevere	OAK&PINE	6:15-7pm	F	12/7	10			Vandevere	GRAND FIR
ZMDT-300-0623	TINY TAPPERS							ZMDT-300-0633	BALLET 1						
<p>Ages 3-5. Tap is a dance style involving rhythm and dynamics. Learn tap warm ups, center footwork and across the floor! Res. \$115, Non-Res. \$120. Adult Community Center</p>								<p>Ages 7-10. This class is designed for the first or second year ballet student. Learn proper posture and techniques at the ballet barre. Then stretch in center and dance across the floor. Focus is on proper ballet placement and ballet basics. Res. \$130, Non-Res. \$135. Sunset Firehall</p>							
4-4:30pm	T	12/4	10			Vandevere	OAK&PINE	3:15-4pm	F	12/7	10			Vandevere	UPSTAIRS
ZMDT-300-0624	TAP 3							ZMDT-300-0634	BALLET 4/5						
<p>Ages 11 & up. Tap is a dance style involving rhythm and dynamics. This class emphasis is on developing proper tap technique and producing clear tap sounds. Res. \$130, Non-Res. \$135. Adult Community Center</p>								<p>Ages 11 & up. This class is designed for the advanced serious ballet dancer who has excellent advanced knowledge of ballet technique. Res. \$130, Non-Res. \$135. Sunset Firehall</p>							
4:30-5:15pm	T	12/4	10			Vandevere	OAK&PINE	5:30-6:15pm	F	12/7	10			Vandevere	UPSTAIRS

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

ZMDT-300-0635 POINTE TECHNIQUE

Ages 10 & up. This class is designed for dancers already on Pointe and dancers who are at the Ballet 4/5 level who are interested in building strength to go on Pointe. Res. \$115, Non-Res. \$120. Sunset Firehall

6:15-6:45pm F 12/7 10 Vandeviere UPSTAIRS

ZMDT-300-0636 BALLET 2

Ages 9-13. This class is designed for the advanced intermediate dancer with previous ballet experience. Dancers will work on more advanced barre and center work. Res. \$150, Non-Res. \$155. Sunset Firehall

4:15-5:15pm F 12/7 10 Vandeviere UPSTAIRS

Exercise/Fitness

YPED-400-0600 T'AI CHI BEGINNING

Begin your weekend with renewed energy and reduced stress! Increase your vitality, coordination, and balance. This class will introduce you to the ancient Chinese Yang-Style Form. The Movements are performed in a continuous sequence at slow speed—beneficial for any age or physical shape. One day per week Res. \$72, Non-Res. \$77. Two Days per week Res. \$72 Non-Res \$ 77. Sunset Fire Hall

9:15-10:15am S 1/26 8 Miller UPSTAIRS

YPED-400-0604 T'AI CHI ADVANCED

This class is for the experienced Taiji Player. The class focuses on a continuing, deeper study of the 24-Movement Yang-Style Form and offers an introduction to other Taiji Forms Enrollment requires Instructor's permission. Res. \$72, Non-Res. \$77. Sunset Fire Hall

10:15-11:15am S 1/26 8 Miller UPSTAIRS

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 1/21, 2/19 Willamette Primary School

7:30-9pm M 1/14 8 \$64/69 Rohrbacker CAFÉ

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 1/16 8 \$64/69 Rohrbacker CAFÉ

YPED-600-0600 CORE STRENGTH

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. \$44/2 classes/week, \$66/3 classes/week, \$5 drop in.

8-8:30am TTHF 11/13 24 \$66 Rodgers WLACC

YPED-200-0600 STAYING ALIVE WITH STRENGTH AND BALANCE

Improve your strength and balance to conquer those everyday activities! You will utilize small hand weights, chairs and standing exercises. \$77/2 classes/week or \$119/3 classes/week. \$6 drop in.

8:30-9:30am TTHF 11/13 24 \$119 Rodgers WLACC

YPED-400-0600 T'AI CHI

Relieve Chronic Pain and Inflammation. Strengthen Your Immune System. Restore Strength and Vitality. Alleviate Anxiety and Depression. Improve Your Balance. Stimulate Your Brain! This class will introduce you to the ancient Chinese Yang-Style Form. The 24 Movements are performed in a continuous, harmonious and synergistic sequence at slow speed. Beneficial for any age or physical shape. Non-competitive.

11am-12pm T 1/29 8 \$50 Miller WLACC

YPED-400-0601 QIGONG-CELESTIAL PILLAR QIGONG

Celestial Pillar Qigong provides you the opportunity to strengthen and boost your (upright Yang Qi). Strong Yang Qi gives you the foundation for a strong and vibrant life. When Qigong is properly practiced it is extremely beneficial and presents minimal risk to one's health. Please consult your physician if you are in doubt of your capabilities. All ages are welcome.

May attend one day a week or two. \$8.50 drop in.

10am-12pm M 1/7 8 \$65 Ruffner WLACC
10-11am W 1/9 8 \$65 Ruffner WLACC

YPED-400-0602 NIA-MUSIC AND 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. Monthly rate of \$48 (8 classes) or \$8.00 drop in.

11:15am-12pm TTH 1/8 8 \$48 Milner WLACC
11:15am-12pm TTH 2/5 8 \$48 Milner WLACC
11:15am-12pm TTH 3/5 8 \$48 Milner WLACC

YPED-100-0605 GENTLE YOGA AND STRENGTH

Gentle Yoga and Strength is a comprehensive and gentle class covering balance, strength and stretching moves while relaxing your body and mind. \$65 or \$6.50 drop in.

10-11am TTH 1/3 16 \$65 Carlson WLACC
10-11am TTH 2/28 16 \$65 Carlson WLACC

YPED-600-0600 FITNESS WITH JANEY

Come join us for 30 minutes of stretching, strength building, cardio activity and fun! Whether you are active now or wanting to put a skip in your step and become more active, this is the perfect way to get yourself going! Janey Rose, a nutrition, health and fitness coach, facilitates this class. \$6 drop in.

9-9:30am TTH 1/8 16 \$80 Rose WLACC

Health/Well-Being/Safety

ZPED-700-0618 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. \$110, Non-Res. \$115 (Drop-ins welcome \$12) Rosemont Ridge Middle School

7-8:30pm T 1/28 11 Tjahaja D104

ZPED-700-0619 MINDFULNESS MEDITATION RETREAT

Deepen your mindfulness practice allowing time to open up the intuitive side of your mind in ways that facilitate a positive long-term plastic change to the brain map, in accordance with neuroscience. Res. \$30, Non-Res. \$35 Adult Community Center

8:30am-6pm S 2/9 1 Tjahaja CLRM

Music

ZMDT-200-0600 TODDLER TUNES

Age 18 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. www.harmonyroadoregon.com. Res. \$70 Non-Res. \$75. Harmony Road Music Center

9:45-10:30am S 1/12 4 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				

ZMDT-200-0600 HELLO MUSIC

Age 3-4 yrs. Hello Music offers an introduction to solfege singing, movement, rhythm, keyboard playing and creative activities. This program gives your child a strong readiness for our Music in Me series. Parents participate in class. www.harmonyroadoregon.com. Res. \$80 Non-Res. \$85. Harmony Road Music Center

11:15am-12pm	T	1/8	4	Staff	CLRM
11:15am-12pm	F	1/11	4	Staff	CLRM

ZMDT-400-0613 KEYBOARD PREP PRIMER

Ages 8-11. This primer class is an exciting introduction to piano playing. Sessions include ear training, solfege singing, note reading, composing, solo and ensemble playing. It is great preparation for our Keyboard Prep series. Parents participate in class. www.harmonyroadoregon.com. Res. \$80, Non-Res. \$85. Harmony Road Music Center

6:30-7:30pm	W	1/9	3	Staff	CLRM
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ZMDT-200-0601 MUSICTIME

Ages 4-6. Musictime is an introduction to solfege singing, movement, rhythm, keyboard playing and creative activities. This program prepares your child for our Harmony Road Series. www.harmonyroadoregon.com. Res. \$80, Non-Res. \$85. Harmony Road Music Center

3:30-4:30pm	M	1/7	3	Staff	CLRM
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ZMDT-400-0619 YOUNG MUSICIAN PRIMER

Ages 6-7. This primer class introduces your student to music concepts through singing, ear training, note reading, piano solo and ensemble playing. Parents participate in class. www.harmonyroadoregon.com. Res. \$80, Non-Res. \$85. Harmony Road Music Center

5:30-6:30pm	TH	1/10	3	Staff	CLRM
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ZMDT-400-0617 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. Parent participation in class is optional for younger students. www.harmonyroadoregon.com. Res. \$80, Non-Res. \$85. Harmony Road Music Center

5:30-6:15pm	M	1/7	4	Staff	CLRM
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Sports/Outdoor Activities

ZOUT-100-0600 KIDS 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. 6 week \$18/\$83 8 week \$99/104 January class at Willamette Primary School, Artificial Turf Field & April class at Tanner Creek Park

9-9:30am	S	2/9	6	Ages 2.5-3 Staff	Field
9:40-10:15am	S	2/9	6	Ages 3.5-5 Staff	Field
10:15-11am	S	2/9	6	Ages 5-6 Staff	Field
11-11:45am	S	2/9	6	Ages 7-10 Staff	Field

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 503-783-PLAY or go to www.WilsonvilleParksandRec.com.

Exercise/Fitness

YPED-200-0700 BEST SCULPT

This non-impact hybrid class incorporates pilates and strength fitness. Work will be done on the mat/floor, as well as on stability balls. Modifications and varying weights (2lbs-12lbs) available, so the class is suited to all fitness levels as you progress. Exercise mat required. Wilsonville Community Center

10:30-11:30am	TH	1/10	8	\$49	Moody	CLRM
10:30-11:30am	TH	3/7	8	\$49	Moody	CLRM

YPED-200-0701 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. Wilsonville Community Center

8:30-9:20am	MWF	1/16	8	\$63	Moore	CLRM
9:30-10:20am	MWF	1/16	8	\$63	Moore	CLRM
8:30-9:20am	MWF	3/13	7	\$63	Moore	CLRM
9:30-10:20am	MWF	3/13	7	\$63	Moore	CLRM

YPED-400-0701 BEGINNING TAI CHI

Introduces a simplified Tai Chi form that targets a range of benefits, including balance and flexibility, improving core strength, and improving memory. An additional bonus is having fun with others while discovering the joy of mindful movement. Wilsonville Community Center

1-2pm	TTH	1/15	7	\$65	Lusk	CLRM
1-2pm	TTH	3/19	7	\$65	Lusk	CLRM

YPED-400-0702 TAI CHI STUDIO

Starts with Qigong and warm-ups that target the joints and promotes relaxation. There is a focus on empty hand Tai Chi forms with 24 and 47 gestures during the first hour. The remainder of class is for practice with Tai Chi sword and fan movements. Wilsonville Community Center

2-3:40pm	TTH	1/15	7	\$80	Lusk	CLRM
2-3:40pm	TTH	3/19	7	\$80	Lusk	CLRM

YPED-100-0701 HATHA YOGA

In Hatha yoga you will practice a series of traditional postures including: seated, standing, prone, inversions, along with breath practices meant to align the structure of the body. Although this class is open to all levels, previous yoga experience is helpful. Please bring your own yoga mat. All other props are provided. Wilsonville Community Center

8:30-9:30am	TH	1/10	9	\$54	McDaniel	CLRM
8:30-9:30am	TH	3/21	8	\$48	McDaniel	CLRM

YPED-100-0702 GENTLE BEGINNER 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 are available. Wilsonville Community Center

8:30-9:30am	T	1/8	9	\$54	McDaniel	CLRM
8:30-9:30am	T	3/19	8	\$48	McDaniel	CLRM

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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YPED-300-0703 NIA

Nia is a choreographed cardio movement class to make you feel uplifted and alive. Crafted using 52 moves and low impact, classes are adaptable for all ages and for all bodies. No prior dance experience required. Wilsonville Community Center

8:30-9:20am	F	1/11	9	\$54		McDaniel	CLRM
8:30-9:20am	F	3/22	8	\$48		McDaniel	CLRM

Health/Well-Being/Safety

ZHLT-200-0701 BLOOD PRESSURE CHECK

Drop in and get your blood pressure checked on the first Wednesday of the month. Wilsonville Community Center

11am-12pm	W					Johnston	CLRM
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ZHLT-200-0702 LUNCH AT THE COMMUNITY CENTER

Lunch is served at the Community Center every Monday, Tuesday, Wednesday, and Friday. Lunch is served at noon and no reservations are required. Donations are encouraged from regular lunchtime participants. Recommended donations are \$3.50 for those 60 and over or \$4.25 for those under 60. Wilsonville Community Center

12-12:45pm	MTWF					Staff	DINE
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ZHLT-200-0703 MEDICARE 101: EXTRA HELP

Drop-in to this free class on the second Tuesday of the month. Class covers the basics of Medicare including what to expect when turning 65 or qualifying on the basis of disability, Medicare Advantage/Medicare Supplement Overview and extra help with prescription drugs and other available programs. Wilsonville Community Center

10:30-11:30am	T					Dunham	CLRM
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ZPED-700-0701 GUIDED MEDITATION MEETUP

This is a free, weekly opportunity for anyone wishing to begin a meditation practice or to have a regular, supportive environment to come for meditation. We'll explore a variety of guided meditations making each week a unique experience. Beginners welcome. Wilsonville Community Center

5:30-6pm	W	Ongoing				Ante-Marandi	CLRM
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Arts/Crafts

ZAPA-300-0703 WOODCARVING

Whether you're a beginner or advanced woodcarver, everyone is welcome. This is a drop-in activity that is fun and offers a creative outlet in a social setting. This group offers the opportunity to share your work and learn from other woodcarvers. Wilsonville Community Center

1-3pm	W	Ongoing					CLRM
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Music

ZMDT-400-0701 UKULELE JAM GROUP

All skill levels welcome to drop-in to this group. Beginners will learn basic technique; advanced players will take us to new musical horizons. If you're brand new to the Ukulele, members will take some time assessing the overall level and make sure everyone gets what they came for without being overwhelmed or under-nourished. Wilsonville Community Center

6-8pm	W	Ongoing					CLRM
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