



### Senior and Friends Recognition Parties

All seniors are welcome to this friendly social event and potluck. Bring your favorite potluck dish and let's celebrate. The cost of these parties is covered by your membership or payment of a single visit admission.

SHARC

Fri	1/6	11:15 am – 12:30 pm
Fri	2/10	11:15 am – 12:30 pm
Fri	3/3	11:15 am – 12:30 pm
Fri	4/7	11:15 am – 12:30 pm
Fri	5/5	11:15 am – 12:30 pm

Free with SHARC Membership or single visit admission

### A Will is Not Enough in Oregon

Receive practical advice on how to safeguard your assets during and after your lifetime. Acquire up to date knowledge about wills, living trusts, health care documents, issues regarding guardianship, conservatorship, and powers of attorney. Learn how to avoid probate.



Adult  
SHARC

*Richard B. Schneider, LLC, Attorney and Co-Author*

53159	Wed	2/8	2 – 3:30 pm
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Free, pre-registration required

Community Senior Center Dining Room

	Wed	4/12	1:30 – 3 pm
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FREE – Just drop in!

### Just Between Us: A Women's Wellness Series

Join the Hillsboro Community Senior Center, AgeCelebration and local businesses for a series of discussions around common wellness topics. Not health issues, per se, but rather those little annoyances women experience at different stages of life. These topics are gender neutral and men are welcome to attend.

Community Senior Center

Individual Classes: \$7 Senior Resident, \$11 Senior Non-Resident, \$10 Adult Resident, \$15 Adult Non-Resident

Whole Series: \$18 Senior Resident, \$30 Senior Non-Resident, \$27 Adult Resident, \$42 Adult Non-Resident

### Micronutrients for a Nourishing Diet

Micro-nutrients are essential for the proper functioning of every system in the body and are vital for maintaining good health across the lifespan. Learn about the important micro-nutrients we need to maintain health and how to prevent micro-nutrient deficiencies in our daily diets.

*Monica Walker*

53386	Thu	3/16	10 – 11:30 am
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### Dizzy, My Head is Spinning

Feeling dizzy? Is the room often spinning? Age-related dizziness/vertigo problems are among the most common reasons that we may seek help from a doctor. Learn about the common causes of dizziness and vertigo and how chiropractic care and other non-invasive practices may be of help. Explore this prevalent problem and its potential solutions.

*Olivia Schinski, DC, of Allied Chiropractic*

53387	Thu	3/23	10 – 11:30 am
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### The Healing Power of Touch

The simple act of touch – not necessarily in a romantic manner – from another human being is so beneficial to human health that it can slow our heart rate, decrease blood pressure, strengthen the immune system, ease stress, anxiety, and pain, and aid sleep. Discuss the importance of touch and the different healing modalities that can add more touch to our lives.



*Connie Neely, CMT, Massage Envy*

53388	Thu	3/30	10 – 11:30 am
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### Whole Series

53385	Thu	3/16 – 3/30	10 – 11:30 am
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## MELT Method® Workshops

The MELT Method® is a simple self-treatment that reduces chronic pain and helps you stay healthy, youthful, and active for a lifetime. Research shows that a balanced nervous system and healthy connective tissue work together to provide your body support and optimal mind-body communication. MELT addresses these two systems of your body in a way no other self-treatment can. As little as 10 minutes of MELT three times a week begins reducing the effects of accumulated tension and stress caused by daily living. Get results in the first session! The goal is to improve your body's ability to restore balance and repair itself for lasting change.

Community Senior Center Park Room  
Tracy Strawn

### MELT for Arthritis

Addresses the deep chronic pain that can accompany arthritis. Learn how to help heal your body and rediscover pain-free living at any age.

53389 Fri 2/3 10 – 11 am

### MELT Hand & Foot Treatment

Learn how to repair and rehydrate the connective tissue in your extremities, and relieve accumulated stress.

53390 Fri 4/7 10 – 11 am

\$7 Senior Resident, \$11 Senior Non-Resident,  
\$10 Adult Resident, \$15 Adult Non-Resident

## Peace of Mind

Quiet your restless mind and find peace of mind in this five-week course. Learn about the nature of the restless mind, why it feels better when your mind is quiet, and how to settle your mind down to enjoy your days with more ease. Discover the nature of thought and the ins and outs of a quiet mind, explore what the mind offers on the other side of busy thinking, explore the ease, joy and playfulness of a quiet mind, and finally, learn to rest in that beautiful place inside of yourself that is always peaceful.

Community Senior Center Maple Room  
Cindy Cosenzo

53393 Thu 1/12 – 2/9 10 – 11:30 am

\$35 Senior Resident, \$52 Senior Non-Resident,  
\$44 Adult Resident, \$66 Adult Non-Resident



## Anyone Can Meditate

Meditation is simply the practice of quieting down the mind. Discover the different approaches to doing just that and practice them. Often, the mind is going 100 miles an hour; this is an opportunity to learn approaches to slowing down your mind, and to experience just how good meditation feels.

Adult & Senior  
Community Senior Center Classroom  
Cindy Cosenzo

53372 Mon 5/11 10 – 11:30 am

\$7 Senior Resident, \$11 Senior Non-Resident,  
\$10 Adult Resident, \$15 Adult Non-Resident



## The 50/50 Rule<sup>SM</sup>: Helping Siblings Overcome Family Conflict

This class is designed to help adult siblings and their aging parents deal with sensitive or tense situations that arise among brothers & sisters as their parents age and need assistance. How do you divide workload? How can you and your siblings come together as a team to provide support to parents? How can you reach agreements on major family decisions and avoid conflict? Adults with aging parents are highly encouraged to attend this free course. Refreshments served.

Adult  
Community Senior Center Classroom  
Phyllis Peabody

53371 Tue 4/11 6 – 8 pm

Free – Pre-Registration is required



## Wall Flowers

Not to be confused with wallflowers, everyone is sure to enjoy themselves during this new community craft offering. Discover how easy it is to create these adorable little wall flowers! Materials included.

Community Senior Center Park Room  
*Dianne Juergens, Home Instead Senior Care*

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53373    Fri    2/10    10 – 11 am

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\$7 Senior Resident, \$11 Senior Non-Resident,  
 \$10 Adult Resident, \$15 Adult Non-Resident

## Watercolor Classes in partnership with the Walters Cultural Arts Center



### Watercolor: Winter Hues

Tired of gray? See winter in a whole new light in this exciting class. From berries to indigo skies and evergreen branches, discover how nature's ceaseless variety and rich hues make winter in the NW unique and beautiful—especially to artists. Explore foundational techniques, discover new skills and fall in love with winter through the power of watercolor.

Community Senior Center Park Room  
*Bonnie Burbidge*

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53461    Thu    2/9 – 3/9    10 – 11:30 pm

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\$38 Senior Resident, \$47 Senior Non-Resident,  
 \$57 Resident, \$69 Non-Resident

### Cinco de Mayo Pot-Painting

Paint your own little ceramic flower pot in this fun and low-key class. Dianne Juergens of Home Instead Senior Care is onsite to lead you through this exciting, fiesta-themed art class. Materials included.

Community Senior Center Park Room  
*Dianne Juergens*

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53374    Fri    5/5    10 – 11:30 am

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\$7 Senior Resident, \$11 Senior Non-Resident,  
 \$10 Adult Resident, \$15 Adult Non-Resident

## Create Your Own Life Storyboard

Tell your personal story by creating a visual Life Story Board. Use gesso, paint, collage materials, transfers and ephemera to create unique work of art on wood panel that visually narrates your own life experience. We begin by exploring significant moments in our lives through questionnaires and brief writing activities, then choose specific media that best conveys the individual stories we have to tell. Discover a variety of techniques and materials to create a layered composition reflecting the complexity and beauty of your life. Materials included.

Community Senior Center Classroom  
*Patricia Krishnamurthy*

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53375    Fri    4/14 – 4/28    9:30 am – 12 pm

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\$36 Senior Resident, \$54 Senior Non-Resident,  
 \$45 Adult Resident, \$63 Adult Non-Resident

### Watercolor: Bold and Free

Bring your paintbrushes and a sense of adventure! Explore the special and freeing medium of watercolor in this class for beginning and experienced painters alike. Engaging exercises offer a springboard for inspiration and the opportunity to let your imagination—and the paint itself—take you to bold new places.

Community Senior Center Park Room  
*Bonnie Burbidge*

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53463    Thu    4/6 – 5/4    10 – 11:30 am

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\$38 Senior Resident, \$47 Senior Non-Resident,  
 \$57 Resident, \$69 Non-Resident



## Bonjour!

Learn the ABCs of French with this introductory class! Numbers, days of the week, seasons and basic conversational phrases. Practice speaking together in pairs and in small groups. Discover that learning a second language can be fun! And as Hercule Poirot always reminds us, "It's good for the little gray cells."

Community Senior Center Maple Room

*Cindy Cosenzo*

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53377	Thu	2/23	10 am – 11:30 am
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\$7 Senior Resident, \$11 Senior Non-Resident,  
\$10 Adult Resident, \$15 Adult Non-Resident



## Storytelling

Storytelling is relating a tale to one or more listeners through voice and gesture. It is not the same as reading a story aloud or reciting a piece from memory or acting out a drama-though it shares common characteristics with these arts. The storyteller looks into the eyes of the audience and together they compose the tale.

Community Senior Center Park Room

*Holly Robison, actress and storyteller extraordinaire*

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53376	Fri	1/6 – 1/27	10 – 11:30 am
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\$28 Senior Resident, \$42 Senior Non-Resident,  
\$35 Adult Resident, \$53 Adult Non-Resident

## SPANISH through the ARTS for ADULTS

Use songs, card games, activities, crafts & skits to learn Spanish in this dynamic and fun, 4-week class. Learn exciting new ways to work and play with this important second language.

Community Senior Center Classroom

*Cyndi Turtledove, L.E.S.T.A. (Learn Spanish Through the Arts)*

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53378	Tue	2/7 – 2/28	1:30 – 3 pm
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53379	Tue	3/14 – 4/4	1:30 – 3 pm
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53380	Tue	4/18 – 5/9	1:30 – 3 pm
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\$40 Senior Resident, \$60 Senior Non-Resident,  
\$50 Adult Resident, \$75 Adult Non-Resident

## Scribbles to Story: One-Day Workshop

Make this story all about you in this one day, introduction to memoir writing. Learn to pen the events of your life in a way that takes them from scribbles to story!

Community Senior Center Park Room

*Bob Ferguson, Scribbler author*

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53391	Fri	2/17	10 am – 12 pm
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\$7 Senior Resident, \$11 Senior Non-Resident,  
\$10 Adult Resident, \$15 Adult Non-Resident



## Pen Your Story

This story is all about you! Discover the building blocks to put your unique experiences down on paper and even offers advice to move forward with publishing your story if you choose. Several past students have succeeded in publishing their memoirs.

Community Senior Center Dining Room

*Bob Ferguson, Scribbler author*

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53392	Fri	3/10 – 3/31	10 am – 12 pm
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\$40 Senior Resident, \$60 Senior Non-Resident,  
\$50 Adult Resident, \$75 Adult Non-Resident



## Adventures Without Limits (AWL) Winter/Spring Excursions

Register in advance at the Hillsboro Community Senior Center. All adventures begin and end at the Hillsboro Community Senior Center. Adventures Without Limits provides all specialized equipment and can provide clothing and footwear, if needed. Please make these needs known at registration. These trips are offered in conjunction with the Elsie Stuhr Center. Meet at the Tanasbourne Target parking lot.

Hillsboro Community Senior Center  
Adventures Without Limits Staff

\$70



### Snowshoeing at White River

Snowshoeing is a great way to stay active and get outdoors during the winter. Meet in the morning to gear up in snow clothes and boots. Head to the snowy trails of the Mt. Hood National Forest's White River area while discussing safety, how to use snowshoes and the finer points of snowshoeing. This beginner trip is 1–3 miles in length, depending upon group size.

Wear warm, non-cotton clothing and thick socks, bring a sack lunch, snacks and water for the day. AWL provides a hot drink at the end of the day.

53407	Tue	1/10	8 am – 5:30 pm
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### Cross-Country Skiing at Teacup Lake

Teacup Lake is one of the best cross-country skiing areas around. Whether it's your first time or you're a seasoned skier, the 12 miles of groomed trails range in level from beginner to expert. Meander the trails, practice your downhill and uphill skills, and take in the visual splendor of the expansive snow covered meadows and Mt. Hood. Our 1–6 mile, easy to moderate route is customizable to the comfort level of the group.

Wear warm, non-cotton clothing and thick socks, and bring a sack lunch, snacks and water for the day. AWL provides a hot drink at the end of the day.

53408	Tue	2/21	8 am – 5:30 pm
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### Ape Caves Exploration

Explore the lava tubes of Mt. Saint Helens during a day of easy to moderate hiking. Nestled on the south side of Mount St. Helens National Monument near Swift Reservoir, the Ape Caves are a geological feature not to be missed. The lower cave features unique formations that showcase the strange occurrences of an ancient lava flow. Explore another half mile interpretive Trail of Two Forests near the Ape Caves. This wheelchair accessible boardwalk trail takes you through a land of lava. Discover the impressions of an ancient forest engulfed by a massive flow nearly 2,000 years ago and the emerald forest that has risen from the black basaltic lava.

The caves' year-round temperature is 42 degrees and is damp with dripping water coming from the ceilings. Wear a non-cotton t-shirt, extra thermal layer, non-cotton pants or shorts comfortable for walking. Bring your lunch, snacks, two bottles of water, sunglasses, sunscreen and your camera if you choose.

53409	Tue	3/14	8 am – 5:30 pm
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### Kayaking in Scappoose Bay

Scappoose Bay is a beautiful, peaceful, and protected area full of inlets and smaller waterways that are perfect for exploring by kayak. This is a perfect beginner/intermediate paddle experience. Paddle through a flooded forest while looking for wildlife, both in the water and on land. You may see herons, beavers, osprey, eagles, and fish while you glide through the scenic waters.

Wear swim shorts or nylon pants, a non-cotton t-shirt or long sleeve shirt, old sneakers or aqua sox and a sunhat or baseball cap. Bring your sunglasses, sunscreen, lunch and snack, a liter of water, and extra clothes for the ride home.

53410	Tue	4/18	8 am – 5:30 pm
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### Recumbent Biking on the Banks-Vernonia Trail

This 22-mile long paved bike path meanders through a beautiful wooded area. Ride through fields and valleys before entering the gorgeous tree canopy of Stubb Stewart State Park. Cross the 120-foot-tall Buxton train trestle which has been converted for bike travel. Enjoy worry-free biking at a leisurely pace on AWL's recumbent tricycles on this traffic free trail.

Dress for the weather—layers and rain gear recommended—and wear sturdy, closed-toe shoes. Bring your hat, sunglasses, sunscreen, lunch and snack, and a liter of water.

53411	Tue	5/16	9 am – 4:30 pm
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I ♥ HB+

Join the Hillsboro Community Senior Center and AgeCelebration each month and hop aboard the I Love Hillsboro+ educational travel bus as we celebrate enterprise in local businesses and learn how things are made, packaged and distributed right here in Hillsboro and the surrounding areas! Enjoy behind the scenes looks at innovations and processes, experience in-depth looks at how local goods are produced and distributed, and learn from local experts about today's challenges for tomorrow's economy. Enrich your mind with this educational travel experience, connect with local business leaders, and enjoy the community with others who, just like you, love learning. I Love Hillsboro+...it's not just a tour, it's an education.

Bus departs from/returns to the Community Senior Center  
Cindy Cosenzo

\$18 Senior Resident, \$27 Senior Non-Resident, \$27 Adult Resident, \$40 Adult Non-Resident

### Feeding the Human Spirit

Features a look behind-the-scenes at the Oregon Food Bank. Food donations are an important part of supporting others in our community. Learn about the intake, sorting and distribution that touches a statewide network of 21 regional food banks and approximately 970 partner agencies serving all of Oregon and Clark County, Washington.



53402 Tue 1/31 9:30 am – 12 pm



### The Benefits of Bamboo

Did you know that bamboo can be used for everything from food to furniture? Self-regenerating, bamboo is an incredibly sustainable plant that yields 20-times more fiber than trees. Experience a behind-the-scenes tour of a local area bamboo nursery and learn more about this incredible perennial grass, and the business of

providing over 300 types of bamboo to commercial and residential markets across the United States.

53403 Tue 2/28 9:30 am – 12 pm

### Healthcare Services for People, Families & Communities

What do audiology, healthcare administration, physical therapy, occupational therapy, dental hygiene, gerontology, pharmacy, physician assistants, and psychology all have in common? They are all health-related graduate and professional education programs offered at Pacific University's vibrant downtown Hillsboro campus. Come tour the laboratories and teaching areas, and learn more about these fascinating healthcare disciplines.



53404 Tue 3/28 9:30 am – 12 pm

### Your Friendly Neighborhood Grocer

New Seasons Market is a local area business success story. Established in 2000 with just one store in Portland, New Seasons now serves communities across Oregon, Washington and California. On this trip we get an overview of the New Seasons business model, mission and values, as well as a tour of the Orenco store. Rumor has it, tasty samples may also be involved.



53405 Tue 4/25 9:30 am – 12 pm



### Art & Experience in Every Education

Ever heard of Rudolf Steiner? Ever wondered what a Waldorf school provides? Join us for a fascinating behind-the-scenes experience at Swallowtail Waldorf School, a local, independent, non-profit which offers an artistic and experiential approach to education based on Rudolf Steiner's teachings. We tour the Main Campus in Cornelius to observe and learn more about the classroom curriculum. Next we return to Hillsboro to tour the 26-acre Farm Campus where the children cultivate respect for the land by planting and tending gardens, building shelters for wildlife, and caring for farm animals.

53406 Tue 5/30 9:30 am – 12 pm

# HILLSBORO COMMUNITY SENIOR CENTER

## Hillsboro Community Senior Center

750 SE 8th Avenue, Hillsboro, Oregon 97123  
503-615-1090

Monday – Friday, 9 am – 5 pm

The Hillsboro Community Senior Center (the Center) is a vibrant facility that promotes and supports recreation programs and activities which benefit older adults. Nestled in Shute Park, the Center is operated by Hillsboro Parks & Recreation. The Center focuses on diverse wellness and community connectivity opportunities that foster a sense of empowerment within its constituency.

Older adults in Hillsboro and the surrounding areas flock to the Center for fun and socialization through various programs, activities, lectures, volunteer engagement and meal offerings. The Center collaborates with the Shute Park Aquatic & Recreation Center (SHARC), to offer expanded fitness opportunities for older adults, and works with numerous community partners to provide free periodic health screenings and wellness-focused educational workshops. Additionally, the Center expands the reach of local seniors with its innovative travel program that features both day trips to events and hidden treasures in Oregon and Washington, as well as extended travel opportunities throughout the greater United States and beyond.

### Dining Services

Daily dining is available for lunch on most weekdays at noon. At only \$4 per plate, the full, chef-prepared meal is quite a deal! Diners seeking healthier options can also choose to eat from our fresh salad bar instead of the featured daily menu. On holidays, special ticketed lunches are often available, featuring festive menus and activities.

### Recreation Opportunities

Get out and have fun! We offer celebrations, nature walks, bridge, a handicrafts group, Wii bowling and much more. You can expand your vocal chops and join the Serenaders! Throughout the year, special events take place in the Center in the park, many free. Play Bingo every Wednesday, courtesy of the SCSCH. Win fabulous prizes and support the Center while you're having fun.



### Health and Wellness

Health and wellness are important to everyone, so we partner with community providers to bring you health and wellness education, hearing screening, vaccinations, and foot care. The Center is home to a series of fitness classes designed for the older adult population. Watch our schedule for upcoming lectures, classes and health screenings.

### Education

What better way to keep body and brain healthy than to learn new things? The Walters Cultural Arts Center brings arts classes, including theatre and painting to the Center. We offer technology workshops in which patrons can learn to operate their electronic devices such as phones, tablets and computers. A variety of lecturers have made their way into our halls to deliver stimulating talks on a variety of subjects. Our fabulous Chef Tadashi offers courses on how to create some of his most popular dishes. Register early when he does, these classes fill quickly!

### Travel

If you like to travel in a group, we offer day trips to local destinations as well as extended travel in the United States and abroad. We offer adventure trips as well, where patrons are active in hiking, snowshoeing, paddling, exploring and more.



### Gift Shop

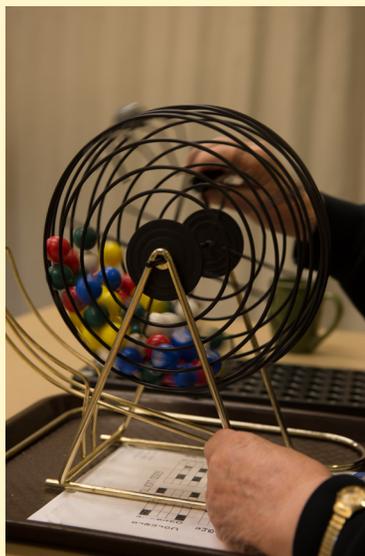
Our patrons are talented people, and they populate our Gift Shop with their wares. If you're looking for a unique gift to give, check it out. The SCSCH operates the Gift Shop, which is run by volunteers, and proceeds benefit the Center and its programs.

### Features

Patrons may take advantage of our in-house library and computer lab if they wish. We also offer a post-lunch food distribution almost every day. The facility offers rental space for parties and events. Call for availability.

Drop-In Activity	Description/Instructor	Days	Time	Fees
Bingo	Small group, low key setting	Mon	9:30 am	\$.05/card
Bingo	Traditional games, special games, door prizes	Wed	5:45 – 9 pm	\$4/10 games, \$15/all games
Lunch	Chef Tadashi inspired. Be seated by 12:15 pm	Mon – Fri	12 pm	\$4
Duplicate bridge	Partner required	Mon & Thur	12 – 4:30 pm	\$2
Open bridge	All levels welcomed	Thu	12:30 – 4 pm	\$2
Bunco	Social dice game	Fri	1 – 3 pm	\$1
Blazing Paddles	Ping Pong	Afternoons		Free
Pool (Billiards)	Test your skills	Mon – Fri	9 am – 5 pm	Free
Serenaders	Singing & instruments. All levels welcome	Wed	10:30 am	Free
Mahjong	Chinese tile game	Mon/Wed/Fri	1:30 pm	Free
Material Girls	Sewing/knitting group	Fri	10 am – 12 pm	Free
Wii Bowling	Open play	Wed	1:30 pm	Free
Shute Park Pages	Monthly book club. Meetings alternate between Senior Center & Shute Park Library	4 <sup>th</sup> Thu/mo	10:30 – 11:30 am	Free

Support & Services	Description/Instructor	Days	Time	Fees
Blood Pressure Checks	Provided by Home Instead Senior Care	1 <sup>st</sup> & 3 <sup>rd</sup> Mon/mo	10:30 am	Free
Foot Care	Nail treatment by R.N. Client must bring own basin and towel.	Every Tue 1 <sup>st</sup> Thu/mo	By appointment	\$30
Hearing Tests	SmartStep Hearing on a quarterly basis	1/6 & 4/4	By appointment	Free
On-site Seamstress	Sewing repairs	2 <sup>nd</sup> & 4 <sup>th</sup> Wed/mo	9 am – 12 pm	Price varies
Senior Law Assistance	Half hour legal consultation	4 <sup>th</sup> Thu/mo	By appointment	Free
SHIBA	Senior Health Insurance Benefit Assistance	2 <sup>nd</sup> Wed/mo	12 pm	Free



# LOCAL TRAVEL

## Chinook Winds Casino

Stay and play at the casino in Lincoln City for four hours. Many no-host dining options are available for lunch. Please provide your Winner's Circle number at the time of registration if you already have one.

53396	Thu	1/26	8:30 am – 4:30 pm
\$10			

## Topgolf Experience

New to Hillsboro, Topgolf is the premier entertainment venue featuring fun point-scoring games for all skill levels. We drive to the facility together for our own special Topgolf experience event. Highlights of our visit include a private tour followed by 3 hours of play time with the equipment rentals at no additional charge. A buffet-style lunch featuring Mediterranean chicken kebabs, pan-seared salmon, dessert and bottomless coffee, iced tea & soda are served.

53397	Wed	2/22	9 am – 1:30 pm
\$95			

## MAMMA MIA! Farewell Tour



A mother. A daughter. Three possible dads. And a trip down the aisle never to be forget! On the eve of her wedding, a daughter's quest to discover the identity

of her father brings three men from her mother's past back to the island they last visited 20 years ago. The story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship, and every night everyone's having the time of their lives! Sing, clap and dance along from your first balcony seat. Refreshments are available for purchase at the Keller Auditorium.

53398	Sun	3/26	5 – 10:30 pm
\$76			

## Depoe Bay Crab Feed & Wooden Boat Show

Enjoy a full crab dinner on the beautiful Oregon Coast. Hosted annually by the Depoe Bay Chamber of Commerce, this fun and delicious event is always a hit! Take a short walk down the marina to take to watch master craftsmen build and show off wooden boats.



53399	Sat	4/15	10 am – 4 pm
\$56			

## Portland Spirit to Astoria

This popular twice a year, one-way cruise on the Portland Spirit is sure to fill up fast! Enjoy a day cruising the Columbia River while the Captain narrates the journey, retracing the route of Lewis and Clark. Continental breakfast, buffet lunch, dessert, coffee, hot tea is provided on the cruise. Following the cruise, transportation from Astoria directly back to Hillsboro is included.

53400	Wed	5/10	6:45 am – 7 pm
\$120			

## Philip Foster Farm

Philip Foster, one of Oregon's earliest pioneers, was a leader in the establishment of Oregon. His Eagle Creek homestead and farm played a



critical role in the history of the Barlow Road. Visit Foster's farm, get a glimpse into pioneer life during the time of the Oregon Trail and visit the country store. On the way back we stop at Bob's Red Mill Whole Grain Store & Dave's Killer Bread Healthy Bread Store for shopping and lunch on your own.

53401	Tue	6/13	8:30 am – 3 pm
\$37			

## Senior Center Travel Policies

To ensure successful experiences for all travelers, the Hillsboro Community Senior Center has established travel policies. For a copy of the travel policy, please see the front desk at the Hillsboro Community Senior Center or visit [Hillsboro-Oregon.gov/ParksRec](http://Hillsboro-Oregon.gov/ParksRec).

# EXTENDED TRAVEL



Detailed brochures and registration forms for extended travel opportunities are available at the Community Senior Center.

## O the Joy!

Follow the route of Lewis & Clark's famous expedition with this comprehensive tour. Visit notable expedition sites such as Dimal Nitch, the Middle Village of the Chinook, Salt Works and Waikiki Beach. Learn about the incredibly journey at the Fort Clatsop National Historical Site and Lewis & Clark Interpretive Center. Visit the Columbia River Maritime Museum while lodging at the Columbia River Comfort Inn on the Astoria waterfront.

Includes tour services of Bob Vinatieri, deluxe motor coach & professional driver, comprehensive travel insurance, admissions, gratuities & taxes. Meals and related gratuities are not included.

Promotional meeting is at the Community Senior Center on Thursday, January 5 at 10 am.

*GroupActive, LLC*

53453	Tue – Thu	3/21 – 3/23
\$491 per person double, \$604 per person single		

## Oregon Shakespeare Festival & Crater Lake

Enjoy a culture-filled stay in Ashland as you take in two exciting shows at the world-renowned Oregon Shakespeare Festival. Attend William Shakespeare's *Merry Wives of Windsor* and Homer's *The Odyssey* from "A" level seats in the Outdoor Allen Elizabethan theatre. Features two nights lodging at the Inn at The Commons in Ashland and plenty of leisure time to explore downtown Ashland. On the way home we stop at Crater Lake National Park for a private tour with a ranger guide.



Includes tour services of tour manager Bob Vinatieri, deluxe motor coach & professional driver, comprehensive travel insurance, admissions, gratuities & taxes. Meals and related gratuities are not included.

Promotional Meeting is at the Community Senior Center on Thursday, January 5 at 10 am.

*GroupActive, LLC*

53456	Wed – Fri	6/28 – 6/30
\$673 per person double, \$794 per person single		



## Spotlight on Washington DC

The epic story of American democracy comes to life in America's capital city. View the extraordinary monuments throughout the National Mall that commemorate the heroes who have shaped our past, including the World War II Monument, the Vietnam Veterans Memorial, and the Korean War Memorial. Wander Mt. Vernon's beautiful plantation grounds and tour the beloved home of George Washington. Uncover the gems of the Smithsonian Institution as you explore some of its world-renowned museum collections. Tour Washington National Cathedral and admire the architecture of this magnificent building that took 83 years to complete. On a guided tour, learn about Ford's Theater where President Abraham Lincoln was assassinated. Join us for this extraordinary exploration of America's history and culture in Washington, D.C.

Travel opportunity provided by Collette. Detailed brochures and registration forms available at the Community Senior Center.

	Thu – Tue	4/6 – 4/11
\$2,449 per person double, \$2,949 per person single, \$2,419 per person triple		

## Branson, Memphis & Nashville

Take an exciting journey down the path of "America's Musical History." Packed with musical entertainment, you'll be foot stomping and hand clapping over this exciting 9-day tour. Hear the sounds and witness the spectacular shows of Shoji Tibuchi, The Duttons and the Showboat Branson Belle. Experience the culture and history of these notable music cities with stops at the Country Music Hall of Fame, Grand Ole Opry, National Civil Rights Museum and the Clinton Presidential Library.



Travel opportunity provided by Premier World Discovery. Detailed brochures and registration forms available at the Community Senior Center.

	Wed – Thu	5/10 – 5/18
\$2,650 per person double, \$3,375 per person single		



**Chef Tadashi's Ode to Spring**  
*a fine dining experience*  
**April 29, 7 pm**  
**Limited to 30 seats!!!**  
**Special Price \$40.00 each**  
 at Nouveau Chateau (Hillsboro Community Senior Center)  
 750 SE 8th Avenue, Hillsboro  
 503-615-1091

*Reception*  
**Assorted Canapes**  
 with Wine and water service

*Appetizer*  
**Smoked Trout with garnishes**  
**Bread Basket**

*Salad*  
**Emerald salad with marinated artichoke**  
 lightly dressed and seasoned

*Entrée*  
**Crown roast of lamb**  
**Potato Normandy**  
 seasonal vegetables

*Dessert*  
**Petite sweets**  
**Sparkling star ice cream**  
**Coffee or Tea**

## Walk with Friends

Looking for a way to kick-start your fitness this Fall? Join Walk with Friends Hillsboro as we take a walk together each Tuesday morning at 9 am from the Hillsboro Community Senior Center. Our route takes us around Shute Park, through the Arbor Roses neighborhood, and along the Jackson Bottom Wetlands for a spectacular and invigorating walk together for fitness and community.



Community Senior Center  
 Cindy Cosenzo

Tue	9 – 10 am
FREE – Just drop in!	

## Cinco de Mayo Fiesta

Celebrate Cinco de Mayo with your amigos at the Hillsboro Community Senior Center. Enjoy fresh tastes from Mexico such as carne asada steak, rice and beans, and decadent tres leches cake. Play loteria (lottery), a popular bingo-style game, together and win fun prizes. Join in the fiesta! Tickets go on sale approximately 30-days prior to event date. Ticketed meal policy applies.

Community Senior Center Dining Room

Fri	5/5	12 pm
\$8 per ticket – pre-purchase at Community Senior Center		

## Grief Support Group

Grief comes in many forms and for many different reasons – death of a loved one, changes in physical or cognitive ability, changes to lifestyle, and even traumatic events. Come find support for your grief in a safe environment at this free support group. All are welcome.



Community Senior Center Classroom  
 Maudeen Jordan, LCSW, Serenity Hospice

Tue	1/10 – 5/30	11 am – 12 pm
FREE – Just drop in!		

## The 40–70 Rule®: Conversation Starters for Boomers & Seniors

This course is designed to help adult children and their aging parents deal with those sensitive life topics that often make conversations difficult. Learn to approach potentially difficult topics of conversation such as driving, dating and independence. Boomer and seniors are welcome at this free class. Refreshments served.

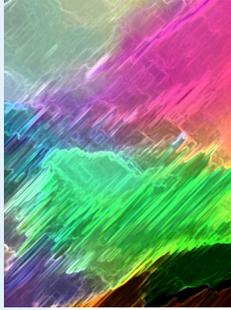
Adult & Senior  
 Community Senior Center Classroom  
 Phyllis Peabody

53370	Tue	1/17	6 – 8:30 pm
FREE – Preregistration is required			



## Group Art Exhibition by "The Green Cab"

The Green Cab, a working artist collective in western Washington County, installs new art shows on a bi-monthly basis. Formal opening and reception of each show is on the first Tuesday of every other month. Opening features live music from 6 – 7 pm, treats both savory and sweet, and a taste of wine for guests 21 & up.

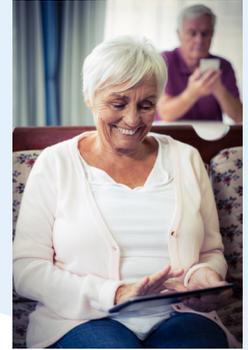


Community Senior Center  
Green Cab Artists

Tue	2/7 & 4/4	5:30 – 7:30 pm
Free		

## Smart Phones & Tablets

Explore technology in a whole new light. This hands on approach teaches you to navigate your device and how to use it. Learn the basics of taking a phone call to texting to using maps to surfing the internet and other popular apps. Bring your charged device. All operating systems and carriers are welcome.



### Basics

Learn to turn your device on and off, then setup and customize your device. Covers many of the communication tools available like making phone calls, texting and email.

Community Senior Center Classroom  
Breanna Weston, *Digital Natives*

53381	Wed	2/1 – 2/22	1:30 – 3:30 pm
53382	Wed	3/29 – 4/19	1:30 – 3:30 pm

\$45 Senior Resident, \$67 Senior Non-Resident,  
\$63 Adult Resident, \$95 Adult Non-Resident

### Intermediate

Learn to use some of the more complicated apps on your device, like maps, calendar, camera and internet. Discover useful 3<sup>rd</sup> party apps like Facebook and e-books.

Community Senior Center Classroom  
Breanna Weston, *Digital Natives*

53383	Wed	3/1 – 3/22	1:30 – 3:30 pm
53384	Wed	5/3 – 5/24	1:30 – 3:30 pm

\$45 Senior Resident, \$67 Senior Non-Resident,  
\$63 Adult Resident, \$95 Adult Non-Resident

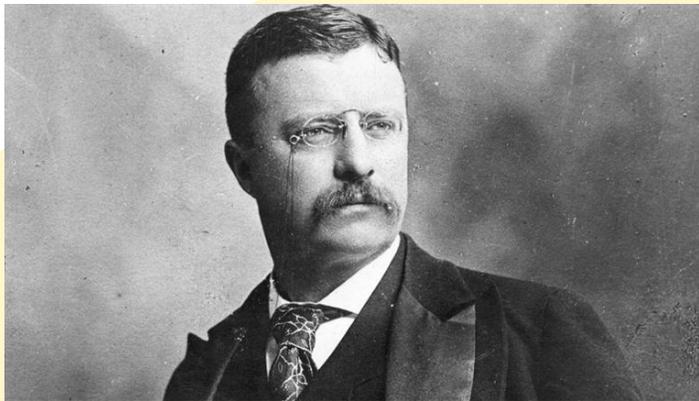
## Buying Guide for Smart Phones & Tablets

Thinking about buying a smart phone or tablet, but aren't sure what to look for? Learn the difference between devices, features you should consider, accessibility issues, and much more.



Community Senior Center Classroom  
Breanna Weston, *Digital Natives*

Wed	1/25	1:30 – 3:30 pm
Free		



## Theodore Roosevelt: Explorer, Reformer, Conservationist

Born to wealth and privilege, Theodore Roosevelt became an advocate of the working man and populist reformer, taking on big oil, banks and railroads. A combat leader and proponent of military strength, he won the Nobel Peace Prize for ending a major conflict in the Far East. Venture forth on a journey highlighting the events of this incredible historical figure.

All ages  
Community Senior Center Dining Hall  
Sig Unander, *local author and historian*

Wed	5/31	1:30 – 2:30 pm
Free – Just drop in!		