

Message from Paula

Happy New Year!

2020 marks my 8th anniversary as Manager of the Hillsboro Community Senior Center! In some ways it does not seem possible so many years have passed us by, but on the other hand we have done a lot of living in that span of time. Together we have celebrated births and birthdays, mourned over loss of family and friends, and found new pathways to thrive.

We have accomplished much and reinvented ourselves with the support of the Friends of the Hillsboro Community Senior Center and the City of Hillsboro. To name a few: we upgraded to Wi-Fi, added a new sound system throughout the building, completed an interior remodel with a large kitchen expansion to accommodate more diners, reinvented the gift shop, created a cheerful, sunny-colored exterior, redesigned the landscaping and are now preparing a place for a mixed metal piece of public art called "Scrappy", a dog to be installed outside our doors in January.

Programming has blossomed into a bouquet of offerings to address the interests and needs of the patrons: physical and brain fitness, travel tours, mental wellness education, 3 B's – bridge/bunco/bingo, lectures, crafting, book club, movies, and more! Two of our programs, "I Love Hillsboro +" and "The Kitchen Table" have been recognized for their original concepts and received state recognition awards through the Oregon Recreation & Parks Association!

Let us not forget our endowment either! Our Living Legacy Endowment initiated in late 2017 by the Davis-Foelker families to enhance existing programs or create new intergenerational opportunities in perpetuity. In just two years, this funding has reached over \$100,000 and will continue to grow and provide us with insurance for enrichment and engagement for all of the older adults of Hillsboro for today and tomorrow.

Upcoming Closures

Wednesday, January 1

New Year's Day

Monday, January 20

Martin Luther King Jr. Day

Monday, February 17

Presidents' Day

Reflecting on some of these accomplishments is my way of saying it is time for me to let go and relax on the other side of the table with all of you. I have chosen to officially retire on February 14, 2020 and will enjoy watching the very capable staff continue to build the Center.

I look forward to my new life of leisure and exploration.

Wishing all of you the best,

Paula Stewart



Branching out with Travel

K1 Speed Adult Go Cart Racing

Make your getaway and race into Hillsboro's new indoor go-kart racing experience, *K1 Speed!* Put the pedal to the metal and compete with friends for a chance of glory on the podium. Races will consist of a qualifying (warm up) race and a final race. You have the green light to start your 2020 with a jolt and satisfy your need for speed!

8912	Thursday	1/23	12 – 5 pm
\$68			



Historic Fort Vancouver

Take a walk down memory lane as we take in the good old days and learn more about the rich trade history of the Pacific Northwest. Start the day off right at a classic diner and fill up with a hearty breakfast. Afterwards, embark on a guided tour of historic Fort Vancouver, a former commercial post along the

Columbia River for the Hudson Bay Company. After taking in the majesty of this beautifully



restored piece of Pacific Northwest history drop by the visitor's center for fun interactive exhibits and take a ride down officer's row where top officials lived with their families.

8913	Tuesday	2/11	9 am – 5 pm
\$44			

Snowshoe on Mt. Hood

ADVENTURES
WITHOUT LIMITS

Join Adventures Without Limits on the mountain.

Admire snow filled Douglas Firs and beautiful white valleys. Trip includes transportation and snow shoes. Please dress warm and bring a lunch and water. Must register at the Hillsboro Community Senior Center.



Adventures Without Limits Staff

8917	Friday	1/17	8:30 am – 5:30 pm
\$70			

Cross Country Ski on Mt. Hood

Join Adventures Without Limits for a Cross Country skiing adventure on Mt. Hood!

Enjoy wildlife and beautiful snow filled fields and forests. Trip includes skis, poles, and transportation.



Please dress warm

and bring a lunch and water. Must register at the Hillsboro Community Senior Center.

Adventures Without Limits Staff

8918	Thursday	2/6	8:30 am – 5:30 pm
\$70			

 Adaptive Recreation Program

Class Registration

Registration is computerized affording a number of different options for signing up including in person, phone, and online. Program and travel trip information is available online at Hillsboro-Oregon.gov/ParksRec. Click on **Our City**, then click on **Parks & Recreation** and choose **Register for Classes & Activities**. Register by phone by calling 503-615-1090 or as always just drop in at the Senior Center and register and pay in person. Visa, MasterCard, and Discover are accepted. Payment is due at the time of registration.

Growing Services

SHIBA (Senior Health Insurance Benefit Assistance)

Washington County Volunteers are available to explain the benefit options available with Medicare.

Maple Room

Washington County Volunteers

2nd Wednesday/month

Noon – 2 pm



Foot Care

Nail trim and foot inspection performed by certified Foot Care Nurse, Monica Stutzman. Bring your own basin and towel if you wish to have your feet soaked. Call 503-615-1090 or stop by the Senior Center reception desk to make your appointment.



Wellness Room

Monica Stutzman

Tuesday, 1st & 3rd Wednesday, and Thursday

\$35 – By appointment

Blood Pressure Checks

Free blood pressure checks provided by Home Instead Senior Care. No appointment necessary.



Wellness Room

Home Instead Senior Care

Monday 1/6 & 2/3

10:30 – 11:30 am

FREE – Just drop in!

Hearing Tests

Darin Scheurer of SmartStep Hearing will provide complimentary hearing tests for people with or without hearing devices. Make your appointment at the Senior Center reception desk.

Senior Center Office

Darin Scheurer

Friday 1/24

FREE – By appointment



Walk All Over Hillsboro

Walk All Over Hillsboro is a FREE community-wide initiative offered by AgeCelebration and Hillsboro Parks & Recreation to connect people to the places of Hillsboro by walking together, in community. All walks will be at an easy pace, last 45 – 60 minutes, and welcome everyone — all ages and abilities, and even well-behaved dogs. These walks are for everyone who wants to come out and #createcommunity while exploring the many interesting neighborhoods and parks in Hillsboro. Walks occur once a week, alternating mornings and evenings.

For weekly walk locations visit:

[Facebook.com/WalkAllOverHillsboro](https://www.facebook.com/WalkAllOverHillsboro)

[Meetup.com/WalkAllOverHillsboro](https://www.meetup.com/WalkAllOverHillsboro)

Understanding Hearing Loss

As family and friends gather for the holidays, hearing loss and increased noise levels at family events may create challenges. If you or someone you know is struggling to understand clearly.

Join us for this interactive workshop and discover strategies to stay connected. Review anatomy, common causes and impacts of hearing loss, prevalence of hearing loss in our society, and treatment options including assistive listening devices and hearing aids. Bring your questions and curiosity for this fun and informative one-hour class.

Park Room

Tuesday 1/14

1:30 – 2:30 pm

FREE – Just drop in!

Eat Smart, Waste Less

The Eat Smart, Waste Less Challenge is an opportunity for families to save money and contribute to their communities by reducing the amount of food they waste and keeping food fresher longer. Lindsay will talk about the issue of food waste, share some easy to do tips, invite attendees to take the Challenge, and give away free tools to make it even easier.

Dining Hall

Lindsay Kemp, Washington County

Wednesday 2/5

1:30 – 3 pm

FREE – Just drop in!

Early Cancer Detection

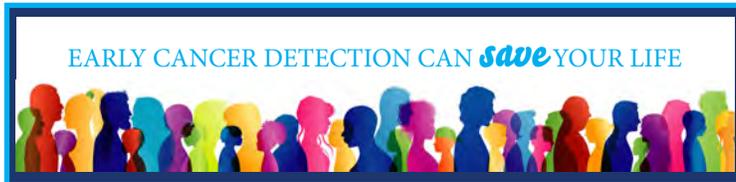
Please join Dr. Johnson for a discussion on questions seniors should ask their healthcare providers when it comes to evidence-based cancer screening recommendations for older adults. Dr. Johnson is a Family Medicine physician and Geriatrician.

Park Room

Dr. Nick Johnson, OHSU/Tuality South Hillsboro Primary Care

Friday	2/28	10 – 11 am
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FREE – Just drop in!



10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. The Alzheimer's Association developed the new 10 Warning Signs of Alzheimer's education program to help people recognize common signs of the disease and know what to watch for in themselves and others. This includes information on common signs of Alzheimer's and dementia, tips for how to approach someone about memory concerns, information on tests and assessments for the diagnostic process, and provides helpful resources.

Park Room

Alzheimer's Association

9073	Friday	2/7	9:30 – 11 am
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FREE – Must pre-register.

Quiet Mind, Open Heart, Peaceful Day

There is a quiet place within us, beyond the noise of thinking. It is quiet, calm, peaceful, content, wise, creative, and productive. From that quiet place, our minds are clear and our hearts open to the world around us. Join Cindy Cosenzo each Monday evening for this Master Class to rediscover that quiet place in you and learn how to spend more time there. **Located at the River House in Rood Bridge Park, 4000 SE Rood Bridge Road, Hillsboro.**

River House at Rood Bridge Park

Cindy Cosenzo, AgeCelebration

Monday	January – March	6:30 – 8 pm
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*No class 1/13, 2/10, 2/17, 3/16

\$8 per class, no pre-registration required.

Fitness Class Schedule

Better Brains and Balance

Combine Moving for Better Balance Tai Chi, brain games and balance exercises to challenge the whole body in a combination of ways that helps improve both brain power and balance.

Janie Zapata-Wilson

Mondays	9 – 9:50 am
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Gentle Stretch and Balance

Incorporate a variety of trigger points and myofascial release techniques along with chair yoga stretches, balance exercises and breathing exercises that help release tension and stress to improve posture, balance, and potentially relieve pain.

Janie Zapata-Wilson

Tuesdays	9 – 9:50 am
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Zumba® Gold

Modified Zumba formula tailored to the needs of the active older participant.

Janie Zapata-Wilson

Thursdays	9 – 9:50 am
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Nia Moving to Heal

Fun and effective aerobic program designed to increase flexibility, mobility, balance, strength and agility.

Sally Tebbet

Fridays	9 – 10 am
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Participation Fees

Single Class Fee

\$4 Residents, \$6 Non-Residents

5-Time Punch Cards

\$20 Residents, \$30 Non-Resident

Classes are no additional cost to participants with a valid SHARC membership. Participants must check-in at front desk prior to class.

January Menu

Weekdays at 12:00 pm

Menu is subject to change.

\$5 per person

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 New Years Day Senior Center Closed 	2 Caesar Salad Baked Ham w/Pineapple Rings Scalloped Potatoes Brussel Sprouts Dessert Matt Neill	3 Asian Salad Chicken Chow Mein White Rice Broccoli Dessert Bill French & Michael Babcock
6 House Salad Chicken Fried Steak w/Country Gravy Mashed Potatoes Green Beans Dessert	7 Chef Salad Seafood Fettucine w/Alfredo Sauce Mixed Vegetables Garlic Bread Dessert Dusty Walt	8 Southwestern Salad Beef Chili Topped w/Cheese and Onions Corn Bread Dessert Serenaders	9 Coleslaw BBQ Pork Ribs Baked Potatoes w/Sour Cream Vegetable Medley Dessert Matt Neill	10 Marinated Vegetable Salad Chicken Scaloppini w/Lemon Caper Sauce Wild Rice Pilaf Glazed Carrots Dessert Bill French & Michael Babcock
13 Three Bean Salad Shepherd's Pie Mashed Potatoes Green Beans Dessert	14 Green Salad White Fish w/Tartar Sauce Lemon Herb Rice Mixed Vegetables Dessert Louise & Friends	15 Macaroni Salad Beef Wellington Fingerling Potatoes Zucchini Dessert Serenaders	16 Italian Salad Turkey Meatballs w/Spaghetti and Marinara Sauce Garlic Bread Dessert Matt Neill	17 Caesar Salad Soup of the Day Dijon Honey Crusted Pork Loin Macaroni and Cheese Vegetable Medley Dessert Bill French & Michael Babcock
20 Martin Luther King Jr. Day Senior Center Closed 	21 Carrot Salad Corned Beef Mashed Potatoes w/Gravy Cabbage Dessert Dusty Walt	22 Green Salad Shrimp Quesadilla w/Salsa and Sour Cream Rice and Beans Dessert Serenaders	23 House Salad Homestyle Meatloaf Herb Roasted Potato Green Beans Minestrone Soup Dessert Matt Neill	24 Tomato Herb Salad Chicken Cordon Bleu Rigatoni w/Marinara Italian Vegetable Mix Dessert Bill French & Michael Babcock
27 Coleslaw Grilled White Fish w/Lemon Tomato Sauce Rice Pilaf Broccoli Dessert	28 Garden Salad Roast Beef w/Mushroom Gravy Baby Red Potatoes Mixed Vegetables Dessert LT & Malibu Mark	29 Seasonal Salad Chefs Soup Glazed Pork Chops Mashed Potatoes w/Gravy Green Beans Dessert Serenaders	30 Apple Salad Lemon Herb Roasted Chicken Yukon Gold Potatoes Asparagus Dessert Matt Neill	31 Caesar Salad Lasagna Garlic Bread Vegetable Medley Dessert Bill French & Michael Babcock

January Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 New Years Day Senior Center Closed 	2 9:00 Zumba Gold 12:00 Duplicate Bridge 12:30 Open Bridge	3 9:00 Moving to Heal 10:00 Material Girls 1:30 Bunco 1:30 Mahjong 1:30 First Friday Flicks: <i>South Pacific</i> 
6 9:00 Better Brains & Balance 9:30 Bingo 10:30 Blood Pressure Checks 12:00 Duplicate Bridge 1:30 Mahjong	7 9:00 Gentle Stretch & Balance 10:00 Shute Park Newcomers Tour 10:30 Journey of Life Discussion Group	8 10:00 Library Pop Up 10:15 Serenaders 12:00 SHIBA 2:30 Read & Connect 5:30 Bingo Fundraiser	9 9:00 Zumba Gold 12:00 Duplicate Bridge 12:30 Open Bridge 1:30 Friends Board Meeting	10 9:00 Moving to Heal 10:00 Material Girls 1:30 Bunco 1:30 Mahjong
13 9:00 Better Brains & Balance 9:30 Bingo 10:00 Make & Take: Lip Balms 12:00 Duplicate Bridge 1:30 Mahjong	14 9:00 Gentle Stretch & Balance 10:30 Journey of Life Discussion Group 1:30 Understanding Hearing Loss	15 10:15 Serenaders 5:30 Bingo Fundraiser	16 9:00 Zumba Gold 12:00 Duplicate Bridge 12:30 Open Bridge 2:00 Mental Health at the Mic Comedy Show	17 9:00 Moving to Heal 10:00 Material Girls 10:30 A Novel Idea: Book Group 1:30 Bunco 1:30 Mahjong
20 Martin Luther King Jr. Day Senior Center Closed 	21 9:00 Gentle Stretch & Balance 10:30 Journey of Life Discussion Group 1:30 Spanish through the Arts: FREE TRIAL	22 10:15 Serenaders 10:30 Basic Spreadsheets 2:30 Read & Connect 5:30 Bingo Fundraiser	23 9:00 Zumba Gold 12:00 Travel Trip: K1 Speed 12:00 Duplicate Bridge 12:30 Open Bridge 1:00 Senior Law Assistance	24 9:00 Moving to Heal 10:00 College: Getting There From Here 10:00 Material Girls 1:30 Bunco 1:30 Mahjong
27 9:00 Better Brains & Balance 9:30 Bingo 10:00 MELT: Hand & Foot 12:00 Duplicate Bridge 1:30 Mahjong 1:30 Healthy U: Off Campus	28 9:00 Gentle Stretch & Balance 9:30 I Love Hillsboro+  10:30 Journey of Life Discussion Group 1:30 Get to Know Your Veterans Benefits 3:00 Brain Fitness: Life Skills	29 10:15 Serenaders 5:30 Bingo Fundraiser	30 9:00 Zumba Gold 10:00 Watercolor Breakthrough 12:00 Duplicate Bridge 12:30 Open Bridge 3:00 Brain Fitness: Life Skills	31 9:00 Moving to Heal 10:00 Material Girls 1:30 Bunco 1:30 Mahjong

Menú de Enero

Días de Semana 12:00 pm

Menú es sujetó a cambiar.

\$5 por persona

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1 Centro Estará Cerrado por Día de Año Nuevo 	2 Ensalada Cesar Jamón al horno con Anillo de Piña Papas empanizadas al horno Coles de Bruselas Postre Matt Neill	3 Ensalada Asiática Chow Mein con Pollo Arroz Brócoli Postre Bill French y Michael Babcock
6 Ensalada de Casa Filete de Pollo frito con Salsa Granjera Puré de papas Judías Verdes Postre	7 Ensalada de Chef Fettucine de Mariscos con Salsa Alfredo Mezcla de Verduras Pan de ajo Postre Dusty Walt	8 Ensalada Suroeste Chili de Carne de res con Queso y Cebollas Pan de Maíz Postre Coro de los Serenaders	9 Ensalada de Col Costillas de Cerdo con Salsa Barbacoa Papas al horno con Crema Agría Surtido de Verduras Postre Matt Neill	10 Ensalada de Verduras Marinadas Pollo Scaloppini con Salsa Alcaarra y Limón Arroz Integral Pilaf Zanahorias Glaseadas Postre Bill French y Michael Babcock
13 Ensalada de Tres Frijoles Pastel de Cordero Puré de papas Judías Verdes Postre	14 Ensalada Verde Pescado Blanco con Salsa Tártara Arroz con Limón y Hierbas Mezcla de Verduras Postre Luisa y Amigos	15 Ensalada de Macarrones Carne de Res Wellington Alevines de Papas Calabacín Postre Coro de los Serenaders	16 Ensalada Italiana Albóndigas de Pavo con Espagueti y Salsa Marinara Pan de ajo Postre Matt Neill	17 Ensalada Cesar Sopa del Día Lomo de Cerdo Empanizado con Miel Dijon Macarrones y Queso Surtido de Verduras Postre Bill French y Michael Babcock
20 Centro Estará Cerrado por Día de Martin Luther King, Jr. 	21 Ensalada de Zanahorias Carne de Res en Conserva Puré de Papas con Salsa Col Postre Dusty Walt	22 Ensalada Verde Quesadilla de Camarones con Salsa y Crema Agría Arroz y Frijoles Postre Coro de los Serenaders	23 Ensalada de Casa Carne de Res Molida en estilo de Casa Papas Asadas con Hierbas Judías Verdes Sopa Minestrone Postre Matt Neill	24 Ensalada de Tomate y Hierbas Pollo Cordon Bleu Rigatoni con Salsa Marinara Mezcla de Verduras Italianas Postre Bill French y Michael Babcock
27 Ensalada de Col Pescado Blanco a la parrilla con Salsa Limón y Tomate Arroz Pilaf con Brócoli Postre	28 Ensalada del Jardín Carne de Res Asado con Salsa de Champiñones Pequeña Papas Rojas Mezcla de Verduras Postre LT y Malibu Mark	29 Ensalada Estacional Sopa de Chef Chuleta de Cerdo Glaseada Puré de Papas con Salsa Judías Verdes Postre Coro de los Serenaders	30 Ensalada de Manzana Pollo asado con Hierbas y Limón Papas Yukón Oro Esparrago Postre Matt Neill	31 Ensalada Cesar Lasaña Pan de Ajo Surtido de Verduras Postre Bill French y Michael Babcock

Eventos de Enero

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1 Centro Estará Cerrado por Día de Año Nuevo 	2 9:00 Zumba Oro 12:00 Puente Duplicada 12:30 Puente Abierta	3 9:00 Movimiento para Sanar 10:00 Chicas Materiales 1:30 Bunco 1:30 Mahjong 1:30 Películas de Primer Viernes: <i>South Pacific</i> 
6 9:00 Mejor Cerebro y Equilibrio 9:30 Bingo 10:30 Pruebas de Presión Arterial 12:00 Puente Duplicada 1:30 Mahjong	7 9:00 Estiramiento Suave y Equilibrio (Yoga) 10:00 Guía de Parque Shute Para Nuevo Residentes 10:30 Grupo de Discusión para la Viaje de la Vida	8 10:00 Evento Espontáneo de la Biblioteca 10:15 Coro de los Serenaders 12:00 SHIBA 2:30 Leer y Conecta 5:30 Recaudación de Fondos para Bingo	9 9:00 Zumba Oro 12:00 Puente Duplicada 12:30 Puente Abierta 3:00 Junta de FHCSC, Inc.	10 9:00 Movimiento para Sanar 10:00 Chicas Materiales 1:30 Bunco 1:30 Mahjong
13 9:00 Mejor Cerebro y Equilibrio 9:30 Bingo 10:00 Hacer y Llevar: Bálsamos Labiales 12:00 Puente Duplicada 1:30 Mahjong	14 9:00 Estiramiento Suave y Equilibrio (Yoga) 10:30 Grupo de Discusión para la Viaje de la Vida 1:30 Entendimiento Pérdida de Audición	15 10:15 Coro de los Serenaders 5:30 Recaudación de Fondos para Bingo	16 9:00 Zumba Oro 12:00 Puente Duplicada 12:30 Bridge Abierto 2:00 Terapia de Risas Show de Comedia	17 9:00 Movimiento para Sanar 10:00 Chicas Materiales 10:30 Club de Libros 1:30 Bunco 1:30 Mahjong
20 El Centro Estará Cerrado por Día de Martin Luther King Jr. 	21 9:00 Estiramiento Suave y Equilibrio (Yoga) 10:30 Grupo de Discusión para la Viaje de la Vida 1:30 Español a través de los Artes: CLASE GRATIS	22 10:15 Coro de los Serenaders 1:30 Hoja de Cálculo Básico 2:30 Leer y Conecta 5:30 Recaudación de Fondos para Bingo	23 9:00 Zumba Oro 12:00 Puente Duplicada 12:00 Viaje a K1 Speed 12:30 Puente Abierta 1:00 Ayuda Legal	24 9:00 Movimiento para Sanar 10:00 Colegia: Como Llegar de allá a acá 10:00 Chicas Materiales 1:30 Bunco 1:30 Mahjong
27 9:00 Mejor Cerebro y Equilibrio 9:30 Bingo 10:00 MELT: Mano y Pie 12:00 Puente Duplicada 1:30 Mahjong 1:30 Saludable U: Fuera de Campus	28 9:00 Estiramiento Suave y Equilibrio (Yoga) 9:30 Yo Amo Hillsboro+  10:30 Grupo de Discusión para la Viaje de la Vida 1:30 Saber sus Beneficios de Veteranos 3:00 Aptitud de Cerebro	29 10:15 Coro de los Serenaders 5:30 Recaudación de Fondos para Bingo	30 9:00 Zumba Oro 10:00 Acuarelas Avance 12:00 Puente Duplicada 12:30 Puente Abierta 1:00 Aptitud de Cerebro	31 9:00 Movimiento para Sanar 10:00 Chicas Materiales 1:30 Bunco 1:30 Mahjong

February Menu

Weekdays at 12:00 pm

Menu is subject to change.

\$5 per person

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

<p>3 Three Bean Salad Chicken and Dumplings Steamed Vegetables Dessert</p>	<p>4 Green Salad Beef Stroganoff w/Egg Noodles Mixed Vegetables Dessert</p> <p>Dusty Walt</p>	<p>5 Coleslaw Turkey Meatloaf Mashed Potatoes w/Gravy Broccoli Dessert</p> <p>Serenaders</p>	<p>6 Ceasar Salad Meatball Marinara w/Spaghetti Noodles Zucchini Garlic Bread Dessert</p> <p>Matt Neill</p>	<p>7 Cucumber Salad Egg Drop Soup Sweet and Sour Chicken Steamed Rice Stir Fried Vegetables Dessert</p> <p>Bill French & Michael Babcock</p>
<p>10 Salad of the Day Shrimp Scampi w/Angel Hair Pasta Mixed Vegetables Dessert</p>	<p>11 Green Salad Broccoli Cheese Soup Reuben Sandwich w/Potato Salad Fresh Vegetables Dessert</p> <p>Louise & Friends</p>	<p>12 Spinach Salad Grilled Steak w/Peppers and Onions Potatoes Au Gratin Mixed Vegetables Dessert</p> <p>Serenaders</p>	<p>13 Tomato Salad Roasted Chicken Macaroni and Cheese Green Beans Dessert</p> <p>Matt Neill</p>	<p>14 Caesar Salad Rosemary Rack of Lamb Mashed Potatoes Mixed Vegetables Dessert</p>
<p>17 Presidents' Day Senior Center Closed</p> 	<p>18 Carrot Salad Chicken Parmesan w/Pesto Noodles Egg Plant Dessert</p> <p>Dusty Walt</p>	<p>19 Seasonal Salad Teriyaki Chicken Yakisoba Noodles Stir Fried Vegetables Dessert</p> <p>Serenaders</p>	<p>20 Salad of the Day Beef Stew w/Vegetables Garlic Bread Dessert</p> <p>Matt Neill</p>	<p>21 Green Salad Chef's Choice of Soup Smothered Pork Chops Roast Sweet Potatoes Green Beans Dessert</p> <p>Bill French & Michael Babcock</p>
<p>24 Waldorf Salad Chicken Pot Pie Puff Baby Red Potatoes Asparagus Dessert</p>	<p>25 House Salad Swedish Meatballs w/Fettucine Noodles Mixed Vegetables Garlic Bread Dessert</p> <p>LT & Malibu Mark</p>	<p>26 Coleslaw Roast Turkey Breast w/Cranberry Sauce Garlic Mashed Potatoes Vegetable Medley Dessert</p> <p>Serenader</p>	<p>27 Green Salad Tomato Soup Grilled Ham and Cheese Sandwich Fresh Vegetables Dessert</p> <p>Matt Neill</p>	<p>28 Coleslaw Alaskan Salmon Scalloped Potatoes Seasonal Vegetables Dessert</p> <p>Bill French & Michael Babcock</p>

February Events

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				
3 9:00 Better Brains & Balance 9:30 Bingo 10:30 Blood Pressure Checks 12:00 Duplicate Bridge 1:30 Mahjong	4 9:00 Gentle Stretch & Balance 10:00 Shute Park Newcomers Tour 10:30 Journey of Life Discussion Group 1:30 Spanish Through the Arts 3:00 Brain Fitness: Life Skills	5 10:00 Women's Wisdom Circle 10:15 Serenaders 1:30 Eat Smart, Waste Less 5:30 Bingo Fundraiser	6 9:00 Zumba Gold 10:00 Watercolor Breakthrough 12:00 Duplicate Bridge 12:30 Open Bridge 3:00 Brain Fitness: Life Skills	7 9:00 Moving to Heal 9:30 10 Warning Signs of Alzheimer's 10:00 Material Girls 1:30 Bunco 1:30 Mahjong 1:30 First Friday Flicks: <i>Some Like it Hot</i> 
10 9:00 Better Brains & Balance 9:30 Bingo 10:00 Make & Take: Valentine's Day 12:00 Duplicate Bridge 1:30 Mahjong	11 9:00 Gentle Stretch & Balance 10:30 Journey of Life Discussion Group 10:30 Travel Trip: Fort Vancouver 1:30 Spanish Through the Arts 3:00 Brain Fitness: Life Skills	12 10:00 Library Pop Up 10:00 Women's Wisdom Circle 10:15 Serenaders 12:00 SHIBA 1:30 Smartphones & Tablets 2:30 Read & Connect 5:30 Bingo Fundraiser	13 9:00 Zumba Gold 9:30 How to Eat Like the French 10:00 Watercolor Breakthrough 12:00 Duplicate Bridge 12:30 Open Bridge 1:30 Friends Board Meeting 3:00 Brain Fitness: Life Skills	14 9:00 Moving to Heal 10:00 Material Girls 1:30 Bunco 1:30 Mahjong
17 Presidents' Day Senior Center Closed 	18 9:00 Gentle Stretch & Balance 10:30 Journey of Life Discussion Group 1:30 Spanish Through the Arts 3:00 Brain Fitness: Life Skills	19 10:00 Women's Wisdom Circle 10:15 Serenaders 1:30 Smartphones & Tablets 5:30 Bingo Fundraiser	20 9:00 Zumba Gold 10:00 Watercolor Breakthrough 12:00 Duplicate Bridge 12:30 Open Bridge 3:00 Brain Fitness: Life Skills	21 9:00 Moving to Heal 10:00 Material Girls 10:30 A Novel Idea: Book Group 1:30 Bunco 1:30 Mahjong 1:30 History of Simon Benson
24 9:00 Better Brains & Balance 9:30 Bingo 12:00 Duplicate Bridge 1:30 Mahjong	25 9:00 Gentle Stretch & Balance 9:30 I Love Hillsboro+  10:30 Journey of Life Discussion Group 1:30 Spanish through the Arts 3:00 Brain Fitness: Life Skills	26 10:00 Women's Wisdom Circle 10:15 Serenaders 1:30 Smartphones & Tablets 1:30 Home Security 2:30 Read & Connect 5:30 Bingo Fundraiser	27 9:00 Zumba Gold 10:00 Watercolor Breakthrough 12:00 Duplicate Bridge 12:30 Open Bridge 1:00 Senior Law Assistance 3:00 Brain Fitness: Life Skills	28 9:00 Moving to Heal 10:00 Material Girls 10:00 Cancer Screening Healthcare Discussion 1:30 Bunco 1:30 Mahjong

Menú de Febrero

Entre semana a las 12:00 pm El Menú es sujeto a cambio.

\$5 por persona

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES



<p>3 Ensalada de Tres Frijoles Empanadillas con Pollo Verduras al Vapor Postre</p>	<p>4 Ensalada Verde Carne de Res Stroganoff con Fideos de Huevo Mezcla de Verduras Postre</p> <p>Dusty Walt</p>	<p>5 Ensalada de Col Pavo Molida Puré de Papas con Salsa Brócoli Postre</p> <p>Coro de los Serenaders</p>	<p>6 Ensalada Cesar Albóndigas Marinada con Espagueti Calabacín Pan de Ajo Postre</p> <p>Matt Neill</p>	<p>7 Ensalada de Pepino Sopa de Huevo Pollo Dulce y Agría Arroz al vapor Verduras Salteadas Postre</p> <p>Bill French y Michael Babcock</p>
<p>10 Ensalada del Día Camarones Scampi con Fideos Piel de Ángel Mezcla de Verduras Postre</p>	<p>11 Ensalada Verde Sopa de Brócoli y Queso Sándwich Rubén con Ensalada de Papas Verduras frescas Postre</p> <p>Luisa y Amigos</p>	<p>12 Ensalada de Espinaca Bistec a la parrilla con Pimentón y Cebolla Papas Gratizadas Mezcla de Verduras Postre</p> <p>Coro de los Serenaders</p>	<p>13 Ensalada de Tomate Pollo Asado Macarrones y Queso Judías verdes Postre</p> <p>Matt Neill</p>	<p>14 Ensalada Cesar Costillas de Cordero con Romero Puré de Papas Mezcla de Verduras Postre</p>
<p>17 El Centro Estará Cerrado por Día de Presidentes</p> 	<p>18 Ensalada de Zanahorias Pollo Parmesano con Fideos en Salsa de Pesto Berenjena Postre</p> <p>Dusty Walt</p>	<p>19 Ensalada Estacional Pollo en Salsa Teriaca Fideos Yakisoba Verduras Salteado Postre</p> <p>Coro de los Serenaders</p>	<p>20 Ensalada del Día Guiso de Carne de Res con Verduras Pan de Ajo Postre</p> <p>Matt Neill</p>	<p>21 Ensalada Verde Sopa de Selección de Chef Sofocado Chuleta de Cerdo Batatas Asadas Judías Verdes Postre</p> <p>Bill French y Michael Babcock</p>
<p>24 Ensalada Waldorf Pastel de Pollo Hojaldré Pequeña Papas Rojas Esparrago Postre</p>	<p>25 Ensalada de Casa Albóndigas Sueca con Fideos Fettucine Mezcla de Verduras Pan de Ajo Postre</p> <p>LT y Malibu Mark</p>	<p>26 Ensalada de Col Pechuga de Pavo Asado Con Salsa Arándano Puré de Papas con Ajo Surtido de Verduras Postre</p> <p>Coro de los Serenaders</p>	<p>27 Ensalada Verde Sopa de Tomate Sándwich de Queso y Jamón Verduras Frescas Postre</p> <p>Matt Neill</p>	<p>28 Ensalada de Col Salmon de Alaska Papas Empanizadas al horno Verduras Estacional Postre</p> <p>Bill French y Michael Babcock</p>

Eventos de Febrero

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
3 9:00 Mejor Cerebro y Equilibrio 9:30 Bingo 10:30 Evaluaciones de Presión Arterial 12:00 Bridge Duplicado 1:30 Mahjong	4 9:00 Estiramiento Suave y Equilibrio 10:00 Guía de Recien Llegados de Shute Park 10:30 Grupo de Discusión para la Aventura de Vida 1:30 Español a través de los Arte 3:00 Aptitud de Cerebro	5 10:00 Circulo de Sabiduría de Mujeres 10:15 Coro de los Serenaders 1:30 Comer Inteligente, Desperdiciar Menos 5:30 Recaudación de Fondos para Bingo	6 9:00 Zumba Oro 10:00 Acuarelas Avance 12:00 Bridge Duplicado 12:30 Bridge Abierto 3:00 Aptitud de Cerebro	7 9:00 Movimiento para Sanar 9:30 Siglos de Alzheimer's 10:00 Chicas de Materiales 1:30 Bunco 1:30 Mahjong 1:30 Películas de los primeros viernes: <i>Some Like it Hot</i> 
10 9:00 Mejor Cerebro y Equilibrio 9:30 Bingo 10:00 Hacer y Llevar: Día de San Valentino 12:00 Bridge Duplicado 1:30 Mahjong	11 9:00 Estiramiento Suave y Equilibrio 9:00 Viaje a Ft. Vancouver 10:30 La Aventura de la Vida Grupo de Discusión 1:30 Español a través de los Arte 3:00 Aptitud de Cerebro	12 10:00 Espontanco de la Biblioteca 10:00 Circulo de Sabiduría de Mujeres 10:15 Coro de los Serenaders 12:00 SHIBA 1:30 Clase de Smartphone y Tabletas 2:30 Leer y Conecta 5:30 La Recaudación de fondos para Bingo	13 9:00 Zumba Oro 9:30 Como Comer Como los Francés 10:00 Acuarelas Avance 12:00 Bridge Duplicado 12:30 Bridge Abierto 1:30 Junta de Los Amigos del Centro 3:00 Aptitud de Cerebro	14 9:00 Movimiento para Sanar 10:00 Chicas de Materiales 1:30 Bunco 1:30 Mahjong
17 El Centro Estará Cerrado por Día de Presidentes 	18 9:00 Estiramiento Suave y Equilibrio 10:30 La Aventura de la Vida Grupo de Discusión 1:30 Español a través de los Artes 3:00 Aptitud de Cerebro	19 10:00 Circulo de Sabiduría de Mujeres 10:15 Coro de los Serenaders 1:30 Clase de Smartphone y Tabletas 5:30 La Recaudación de fondos para Bingo	20 9:00 Zumba Oro 10:00 Acuarelas Avance 12:00 Bridge Duplicado 12:30 Bridge Abierto 3:00 Aptitud de Cerebro	21 9:00 Movimiento para Sanar 10:00 Chicas de Materiales 10:30 Club de Leer 1:30 Bunco 1:30 Mahjong 1:30 Presentación Sobre la Historia de Simon Benson
24 9:00 Mejor Cerebro y Equilibrio 9:30 Bingo 12:00 Bridge Duplicado 1:30 Mahjong	25 9:00 Estiramiento Suave y Equilibrio 9:30 Yo Amo Hillsboro+  10:30 La Aventura de la Vida Grupo de Discusión 1:30 Español a Través de los Artes 3:00 Aptitud de Cerebro	26 10:00 Circulo de Sabiduría de Mujeres 10:15 Coro de los Serenaders 1:30 Clase de Smartphone y Tabletas 1:30 Seguridad de Casa 2:30 Leer y Conecta 5:30 La Recaudación de fondos para Bingo	27 9:00 Zumba Oro 10:00 Acuarelas Avance 12:00 Bridge Duplicado 12:30 Bridge Abierto 1:00 Ayuda Legal 3:00 Aptitud de Cerebro	28 9:00 Movimiento para Sanar 10:00 Chicas de Materiales 10:00 La Detección de Cáncer Seguro Médico Discurso 1:30 Bunco 1:30 Mahjong

Lifelong Learning

Brain Fitness: Life Skills

A fun, cognitive skills program to enhance brain function and mental abilities that improves memory, executive processing, problem solving, visualization and focus. Use your imagination, creativity and brain power to get your mental “exercise” and get your brain loose and limber, no matter your age.



Dining Room

Susan Carres, Certified Brain Fitness Trainer

8952	Tue & Thu	1/28 – 3/5	3 – 4 pm
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\$65 Senior Resident, \$98 Senior Non-Resident,
\$82 Adult Resident, \$123 Adult Non-Resident

Journey of Life Discussion Group

Life is a journey filled with highs and lows. Discuss your own journey in this peer supported discussion group. We talk about love, loss, grief, changes in life, and much more in a safe, respectful and cooperative environment. All are welcome. This group is peer/self-lead. Discussion guidelines apply.

Maple Room

	Tuesday	1/7 – 2/25	10:30 am – Noon
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FREE – Just drop in!

LIFE IS A JOURNEY.

Library Pop Up

Get to know your Library! Our friends at the Shute Park Library will be popping up at the Senior Center for an hour of free activities – they’ll be bringing over technology, crafts, how-to’s and more to highlight what fun can be had by visiting Hillsboro Public Library! All ages!



Maple Room

Library Staff

	2 nd Wed/Month	10:00 – 11 am
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FREE – Just drop in!

A Novel Idea: Book Group

Calling all readers to join our book group. Sip coffee or tea and discuss the previous month’s book selection. Check in with the Hillsboro Community Senior Center front desk to learn what each month’s book choice will be!



Park Room

Stephanie Snyder

	3 rd Friday/month	10:30 – 11:30 am
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FREE – Just drop in!

Women’s Wisdom Circle

Meet with fellow women to share, celebrate and honor each other. This six-part series is a time to relax, enjoy each other, and immerse yourselves in laughter. Sharon Williams, M.S., leads you through joyous moments experienced at different phases of life. Join us to partake in Women’s Wisdom, find community and foster connection.



Participants are asked to commit to all six-sessions.

Park Room

Sharon Williams, M.S.

8965	Wednesday	2/5 – 3/11	10 am – 11:30 am
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FREE – Must pre-register

Spanish through the Arts for Adults

Use songs, card games, activities, crafts and skills to learn Spanish in this dynamic and fun class. Discover exciting new ways to work and play with this important second language.

East Room

Cyndi Turtledove, LESTA

FREE TRIAL	Tuesday	1/21	1:30 – 3 pm
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8958	Tuesday	2/4 – 2/25	1:30 – 3 pm
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\$40 Senior Resident, \$60 Senior Non-Resident,
\$50 Adult Resident, \$75 Adult Non-Resident

Enrichment & Engagement

How to Eat Like the French: A Healthy Approach for Social Eating and More Mindful Meals

Why do French people tend to have lower rates of heart disease than their American peers despite eating a deliciously rich diet? Learn about this “French Paradox” and find out how we need to slow down and enjoy eating for better health. Practice skills in mindful cooking and tasting with a no-bake dessert recipe to share just in time for Valentine’s Day.



East Room

Washington County Disability, Aging and Veteran Services
 9110 Thursday 2/13 9:30 – 11:30 am
 FREE – Must pre-register

FEEL BETTER NOW!



MELT® Hand & Foot

Come to a MELT Hand and Foot Treatment Intro class and experience changes in how your body looks and feels. Learn simple self-treatments you can do at home to remain active, healthy, and pain-

free for life. Erase pain and tension in your hands, feet, neck, and low back brought on by everyday stress, overuse, and age. This simple self-treatment can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel syndrome. Learn how the connective tissue in your hands and feet gets dehydrated, the common aches and pains it can cause, and how to rehydrate this essential system in your body for vibrant health and pain-free movement.

Park Room

Tracy Strawn
 8966 Monday 1/27 10 – 11 am
 \$7 Senior Resident, \$11 Senior Non-Resident,
 \$10 Adult Resident, \$15 Adult Non-Resident

Mental Health at the Mic Stand Up Comedy Show

Are you ready to laugh with us? Join us for a laugh out loud stand-up comedy show. See your senior friends, neighbors, and folks from the community tell their stories one joke at a time. Lorayne, a program participant said, “The more challenges you have, the more material there is for humor. I have lots of material.” Come laugh with us because, yes, laughter is the best medicine!



Dining Hall

Dave Mowry, National Alliance on Mental Illness
 Thursday 1/16 2 – 3:30 pm
 FREE – Just drop in!

Simon Benson: Oregon Lumber King, Civic Leader and Visionary

A poor Norwegian immigrant gifted with immense talent and ambition, Simon Benson overcame daunting challenges to become a lumber baron who used his vision, wealth and influence to give back to his adopted state and country, leaving a lasting legacy. Come hear Author and Historian Sig Unander tell Simon Benson’s story.



Dining Hall

Sig Unander
 Friday 2/21 1:30 – 2:30 pm
 FREE – Just drop in!

Finance Fridays – College: Getting There from Here

Discuss establishing a college savings goal, strategies to help achieve that goal, and the features and benefits of 529 savings plans.



Park Room

Sarah Heesacker, Edward Jones Investments
 9071 Friday 1/24 10 – 11 am
 FREE – Must pre-register

Enrichment & Engagement

Read & Connect

Read something interesting, funny, or unique lately? We want to hear about it! Enjoy a social reading group, where all are welcome to share something interesting they've read. This could be any length book, a poem, an article, fiction or non-fiction – that's up to you. Come and enjoy hearing and discussing a variety of books and topics. Discussion and topic guidelines apply.

Maple Room

Sharon Williams, M.S.

2nd & 4th Wed

2:30 – 3:30 pm

FREE – Just drop in!

Basic Spreadsheets

Learn about Google Spreadsheets! Get familiar with the most commonly used functions offered by Google. Create a basic spreadsheet, format the sheet and create a basic graph to get familiar with the app's features. Please have a Gmail account and bring the username, password and your laptop to class. There are a limited number of laptops available.



Park Room

Breanna Weston

8986 Wednesday 1/22 1:30 – 3:30 pm

\$8 Senior Resident, \$12 Senior Non-Resident,
\$11 Adult Resident, \$17 Adult Non-Resident

Smartphones and Tablets: Basics

Start at the very beginning, discussing jargon and exploring the basics like how to turn your device on and off. Also, it covers many of the communication tools available like making phone calls, texting and email. Please bring your charged device. All operating systems and carriers are welcome.



Park Room

Breanna Weston

8967 Wednesday 2/12 – 3/4 1:30 – 3:30 pm

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

Home Security

Home security starts before someone ever reaches your front door. Discuss ways you can target harden your home as well as strategies to deter, delay, and increase detection of criminal or unwanted activity on your property through natural surveillance, natural access control and territoriality.

Dining Hall

Julie Carrasco, Hillsboro Police Department

Wednesday 2/26

1:30 – 3 pm

FREE – Just drop in!

Make & Take Classes

Adult & Senior

Park Room

Lee Ann Moyer, Make & Take Studio

\$20 Senior Resident, \$30 Senior Non-Resident,
\$27 Adult Resident, \$50 Adult Non-Resident

Lip Balms and Lotions

Soothe dry skin and lips with your own handmade lotions and lip balms. Discover how easy it is to make these wintertime essentials using simple recipes. select from an array of fragrance or essential oils for a personalized lotion scent, and lip balms are customized with your choice of fragrance oil, tint, and container.



Take home 3 – 4 jars of lotion and four containers of lip balm, plus the knowledge of how to make it next time. Open to all skill levels.

8978 Monday 1/13 10 – 11:30 am

Valentine's Day Extravaganza!

Nothing says love quite like handmade goodies. Make heart-shaped mini-soaps, wax tart melts, and salt scrubs to gift — or as a Valentine's Day treat for yourself! Choose scent, color, and additives for each project, making a truly unique gift. Wrapping materials are available to make your gift extra special.



8979 Monday 2/10 10 – 11:30 am



Hillsboro Community Senior Center
750 SE 8th Ave
Hillsboro, OR 97123



FIRST FRIDAY FLICKS

FRIDAY | January 3 | 1:30 PM



FREE!
Just drop-in!

Snacks
will be served.

Ages 13
and up.

Community Senior Center Dining Room • 503-615-1090



FIRST FRIDAY FLICKS

FRIDAY | February 7 | 1:30 PM



FREE!
Just drop-in!

Snacks
will be served.

Ages 13
and up.

Community Senior Center Dining Room • 503-615-1090



Focus on Friends

Friends of the Hillsboro Community Senior Center

January/February 2020

Message from Leon

Hello Friends,

As the winter weather is upon us, I hope you are staying warm and cozy.

This year's Artisan Bazaar (December 6 and 7) was a huge success. The implementation of the Bazaar Committee helped ensure a successful event with a wide variety of vendors. Thank you to all volunteers — committee or otherwise. As you know, no event is successful without eager volunteers.

In 2019, The Friends of the Hillsboro Community Senior Center (FHCSC) had the opportunity to provide a \$50,000 MOU (Memorandum of Understanding), which is an agreement with the Hillsboro Community Senior Center. It has been a privilege for the Friends to contribute this substantial amount to the Center for sponsored programs.

Continuing our mission of assisting programs at the Community Senior Center, the Friends purchased new dishes, glassware, and flatware for lunch meal service.

We are looking forward to St. Patrick's Day. The Friends hope to sponsor another Corned Beef and Cabbage Feed, as the 2019 event proved popular with our community. This is another fundraising event that provides volunteer opportunities if you are searching for ways to share your gifts and talents.

As the New Year approaches, I look forward to continuing our fundraising success with an ever-growing group of volunteers. Thanks to all volunteers for your time and contributions! For anyone looking for the chance to offer their services or talents, please reach out to me directly at 503-615-1093, or check in with the Senior Center front desk.

Sincerely,

Leon

Leon Johnson, President FHCSC



The best way to find yourself, is to lose yourself in the service of others.

– Mahatma Gandhi –

Friends Happenings

BINGO
weekly

PROGRESSIVE \$500 BLACKOUT

bingo bistro
opens at 5 pm
(no outside food permitted)

WEDNESDAYS
games start at 5:30 pm

Bingo fundraiser is sponsored by the Friends of the Hillsboro Community Senior Center.

FRIENDS BOARD MEETING



→ Every 2nd Thursday of the month at 1:30 pm

Hillsboro Community Senior Center Dining Room
750 SE 8th Ave, Hillsboro, OR 97123

FriendsOfHillsboroSeniors.com | Open to Public

8TH AVENUE GIFTS

handmade items

Monday – Friday

10 am – 3 pm

Closed Holidays

503-615-1096

Volunteer opportunities available.



Donate by Shopping at the Grocery Store!

Linking your Fred Meyer Rewards card to the Friends helps us get funds and costs you nothing! Registering your card with Fred Meyer Community Partners is easy! Just follow the steps below:

- 1 Go to FredMeyer.com/CommunityRewards
- 2 Log in to your Fred Meyer account or create a new account. You must have a Rewards Card to do this. If you do not have a Rewards Card you can sign up for one online or pick one up at the customer service desk at any Fred Meyer store.
- 3 Click on “Link your rewards card now”.
- 4 Enter **KF371** to select “Friends of the Hillsboro Community Senior Center” as your designated charity.

Continue the Celebration of
St. Patrick's Day

CORNE^{AND} BEEF CABBAGE FEED

EAT IN OR TAKE OUT

Saturday, March 14

Following the Murphy's Furniture St. Patrick's Day Parade
Noon – 2 pm

MENU

Corned Beef &
Cabbage, Carrots
& Potatoes
Dessert

Lucky \$7 Per Meal



8th Avenue Gifts
will be open!
Handmade
items for sale.

Hillsboro Community Senior Center
750 SE 8th Avenue, Hillsboro, OR 97123



Join the Hillsboro Community Senior Center, AgeCelebration, and Ride Connection each month and hop aboard the I Love Hillsboro+ educational travel bus. Celebrate enterprise in local businesses and learn how things are made, packaged, and distributed here in the Hillsboro area. 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, connect with local business leaders and enjoy the community with others. *I love Hillsboro+...it's not just a tour, it's an education.*

Adult & Senior. Bus departs from/returns to Hillsboro Community Senior Center. **Note:** Must wear closed toed shoes for all trips!
Cindy Consenzo, AgeCelebration

\$20 Senior Resident, \$30 Senior Non-resident, \$28 Adult Resident, \$42 Adult Non-Resident

Oregon Coffee Roasters

Let's go behind-the-scenes of Oregon Coffee Roasters to learn about coffee growing, importing, roasting, and brewing. Sample some of their hand-picked Arabica coffee and loose leaf teas.

8988	Tuesday	1/28	9:30 am – Noon
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Washington County District Attorney's Office

Go behind-the-scenes of the County DA's office to learn about the role of the District Attorney, the various crime units, the difference between misdemeanor and felony crimes, and how sentencing is determined. Tour the DA's office and the courthouse. Depending on what's on the docket that day, we may also sit in on a court case.

9008	Tuesday	2/25	9:30 am – Noon
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Washington County Museum: Understanding the Work of Museum Curation

How does a museum locate and care for the pieces they exhibit? Who does the research and how do they acquire objects and collections? How are records and catalogues maintained? Let's go behind-the-scenes of the Washington County Museum to learn about their extensive archives and what goes into putting an exhibition together for the public to enjoy.

9009	Tuesday	3/31	9:30 am – Noon
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Amrapali Boutique & Bollywood Movez: A Glimpse into the Clothing and Dance of India

Did you know we have a beautiful Indian clothing store right here in Hillsboro? Be treated to a morning of international culture and learning at Amrapali Boutique & Bollywood Movez to explore the apparel and handicrafts of India, as well as Bollywood and Indian folk dance.

9011	Tuesday	4/28	9:30 am – Noon
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Reser's Fine Foods: 70 years of a successful local family food business

Learn about Reser's long history of production of refrigerated processed foods, starting from their famous potato salad from a single kitchen in Corvallis in 1950 to today's expansive network of food production and distribution across the United States and Mexico. Enjoy a tour of their new Hillsboro manufacturing plant, and learn about their extensive corporate giving and sustainability practices.

9287	Tuesday	5/12	9:30 am – Noon
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Global Aviation: Executive Aviation Services at the Hillsboro Airport

See corporate jets at the Hillsboro Airport and learn about hangars, fueling, maintenance and cleaning of jets. Find out more about the jet charter business and learn how a local business provides global aviation services from a Hillsboro base.

9012	Tuesday	5/26	9:30 am – Noon
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Healthy U - Off Campus



This new Healthy U series takes us off campus to connect with local health experts in their own studios to learn more about wellness and disease prevention. Note: no group transportation is provided for this series, we meet at the wellness experts' studios to be able to get a more hands-on view into their world of wellness. All location addresses are shared after registration.

Adult & Senior. All participants must provide their own transportation to the location.

Cindy Consenzo, AgeCelebration

\$15 Senior Resident, \$23 Senior Non-resident, \$21 Adult Resident, \$30 Adult Non-Resident



Tips from Monica's Kitchen: Healthy Eating, Cheap & Cheerful

Let's join our long-time wellness pal Monica Walker, Certified Corporate Wellness Coach/Nutritionist, in her cooking kitchen to get tips on eating healthy on a budget with easy to prepare, delicious and satisfying recipes.

Monica Walker, Nutrition Coach

9106	Monday	1/27	1:30 – 3 pm
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Breath & Voice Training Workshop

Wondering why your voice doesn't seem to project quite as much? Having trouble blowing out those birthday candles? Without intentional practice, breath and vocal strength diminish over time. But there are fun and easy exercises to improve! The students in the Speech Language Pathology program at Pacific University have prepared a special workshop just for us!

Pacific University Speech Language & Pathology

9107	Monday	3/9	1:30 – 3 pm
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Balance Strength & Dizziness

Let's join Nancy Causton, PT, in the Impact PT fitness studio for balance and strength training! Nancy has often reminded us that the only way to maintain balance is to practice regular balance training exercises, and so let's go do some together!

Nancy Causton, Impact PT

9108	Monday	4/13	1:30 – 3 pm
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