Hillsboro Parks & Recreation

Bi-Monthly

IN FULL BLOOM

A Publication of the Hillsboro Community Senior Center

Vol. 10 March/April 2020

Message from the Center

The Senior Center welcomed their new public art piece "Scrappy", a watchdog made of donated scrap metal from our visitors. Mayor Steve Callaway stopped by to welcome him and bring him some treats!

The Hillsboro Community Senior Center is a place for everyone! With our classes and activities, travel programs, lunch service and food distribution, and wellness offerings — we have plenty of ways to get involved.

Thank you to our Veterans

Hillsboro Parks & Recreation is grateful to the Veterans of Hillsboro for their service. As a thank you, we have partnered with Washington County's Disability Aging, & Veteran Services to offer scholarships to attend Parks & Recreation programs. This is a great opportunity to try a new class, activity, or skill for FREE! Want to learn more? Visit the Community Senior Center front desk!

Spring cleaning is coming!

Mark your calendars! The Community Senior Center will be closed the week of **March 16 – 20** for annual facility maintenance. There will be no programs, lunch service, or building access during this week. This gives staff the chance to do spring cleaning of the entire facility, including the kitchen. Our building will re-open on **Monday, March 23**.

Signing up for Classes

This newsletter has multiple program offerings. Below is a helpful guide on what "drop in" versus "pre-register" means, and the best way to connect to your next program!

Drop in: This means you don't need to sign up or register ahead of time. Feel free to visit the Community Senior Center at the time of the program. These programs are almost always free.

Pre-registration: Any class that requires you to register, is indicated with a four digit number. You have the option to call, visit the Community Senior Center, or go to Hillsboro-Oregon.gov/Register online to sign up for these activities.

If a class requires registration, we highly recommend you register **at least one week before** the program begins to secure your spot and make sure you know all the details of the program. Without a full class roster, courses are subject to cancellation. The earlier the class fills up, the more certain we are that it's going to run!

Upcoming Closures

Monday – Friday
March 16 – 20
Annual Facility Maintenance

Branching out with Travel

Wolf Haven International

Wolf Haven International is a non-profit organization based out of Tenino, Washington that has been rescuing captive-born and displaced wolves since 1982. Learn more about these majestic and sometime misunderstood canines on a guided tour featuring a detailed presentation on the dangers facing the wolf's natural habitat as well as see some of the furry inhabitants. After a howling good time a stop will be provided in Longview, Washington for lunch on your own.

8914	Monday	3/23	7 am – 4:30 pm

$56

Evergreen Aviation Museum & Mystery Surprise

Soar to new heights as we visit the home of Howard Hughes' folly, the Spruce Goose at Evergreen Aviation Museum in McMinnville, Oregon. See a vast array of fighter jets, commercial jets, and planes galore while on a guided tour. Afterwards, receive a surprise treat before heading home!

8915	Thursday	4/16	9 am – 3:30 pm

$75

Kayak Elk Rock Island

Join Adventures Without Limits as we navigate channels along Elk Rock Island. Keep an eye out for great blue herons, eagles, and maybe even steelhead. Trip includes kayak, life vest, paddles, and transportation. Please bring waterproof clothing, a rain jacket, a change of clothes, and a lunch. Must register at the Hillsboro Community Senior Center.

Adventures Without Limits Staff

8919	Friday	4/24	8:30 am – 5:30 pm

$70

Adaptive Recreation Program

Premier World Discovery Presents: 2020 Travel Excursions

Join Premier World Discovery and explore the US and beyond from the Nation's Capital to its amazing Canyons! Begin your adventure in ***Canadian Rockies & Glacier National Park*** where you will tour pristine lakes, awe-inspiring mountain ranges. Next, travel south to ***National Parks & Canyons of the Southwest*** and test your luck in Las Vegas before embarking into the haunting beauty of the Grand Canyon, Bryce Canyon, and Lake Powell. Finally, immerse in the history of ***Washington DC & Williamsburg*** and stay in one of the first British settlements of the New World and marvel at the various monuments celebrating this great nation. Drop by for free and leave with plans for a once in a lifetime adventure!

Premier World Staff

	Tuesday	3/24	2 – 3:30 pm

Free – Just drop in!

Growing Services

SHIBA (Senior Health Insurance Benefit Assistance)

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

SHIBA Senior Health Insurance Benefits Assistance — Free help with Medicare for Oregonians

Maple Room
Washington County Volunteers

2nd Wednesday/month — Noon – 2 pm

Free – Just drop in!

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.

FOOT CARE

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 3/2 & 4/6 — 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 4/3

Free – By appointment

smartstep HEARING

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. This idea sprung from an awareness that as Hillsboro continues to grow it will be important to create opportunities for Hillsboro residents to continue to feel part of a whole City, not just individual neighborhoods. All walks will be at an easy pace, last 45 – 60 minutes, and welcome everyone — all ages, all abilities, families, kiddos, and well-behaved dogs. Walks occur once a week, alternating mornings and evenings.

For weekly walk locations visit:

Facebook.com/WalkAllOverHillsboro
Meetup.com/WalkAllOverHillsboro

Understanding Alzheimer's & Dementia

The Alzheimer's Association shares an educational program covering the basics of Alzheimer's and dementia to provide an overview for people who are facing a diagnosis, as well as those who wish to be informed. This program explores the relationship between Alzheimer's disease and dementia, shows what happens in a brain affected by Alzheimer's, details risk factors and general stages of the disease, and shares about FDA-approved treatment and future research.

Park Room
Alzheimer's Association

9074 Wednesday 3/25 — 1:30 – 3:00 pm

Free – Must pre-register

Healthy U – Off Campus

This new series takes you 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 will meet at the wellness experts' studios to be able to get a more hands-on view. All location addresses will be shared after registration. 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

Breath & Voice Training Workshop Pacific University Speech Language & Pathology

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

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!

Impact PT Fitness Studio

9108	Monday	4/13	1:30 – 3 pm

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

Monday	9	9:50 am

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

Tuesday	9	9:50 am

Zumba® Gold

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

Janie Zapata-Wilson

Thursday	9	9:50 am

Nia Moving to Heal

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

Sally Tebbet

Friday	9	10 am

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.

March Menu

Hillsboro Parks & Recreation

Weekdays at 12:00 pm | Menu is subject to change. | $5 per person

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Fiesta Salad Chicken Tamales w/Salsa & Sour Cream Rice & Beans Dessert	**3** Salad of the Day Beef Stew w/Baby Red Potatoes Garlic Bread Dessert **Dusty Walt**	**4** Three Bean Salad Garlic Shrimp Fettucine w/Alfredo Sauce Vegetable Medley Dessert **Serenaders**	**5** Caesar Salad Chicken Breast Stuffed w/Cheese & Spinach Roasted Potatoes Mixed Vegetables Dessert **Matt Neill**	**6** Green Salad Minestrone Soup Bratwurst w/Grilled Onions on a Bun Potato Salad Broccoli Dessert **Bill French & Michael Babcock**
9 Macaroni Salad Bacon Cheeseburger w/Lettuce, Tomato & Red Onion Tater Tots Dessert **Pacific University Physical Therapy Program Tabling**	**10** Asian Salad Orange Chicken w/White Rice Stir Fried Vegetables Dessert **Louise & Friends**	**11** Italian Salad Chef's Choice of Soup House Made Meatballs Spaghetti w/Marinara Sauce Garlic Bread Dessert **Serenaders**	**12** Coleslaw BBQ Pork Ribs Baked Beans Roasted Potatoes Green Beans Dessert **Matt Neill**	**13** Caesar Salad Chicken Caprese Creamy Pasta Brussel Sprouts Dessert **Bill French & Michael Babcock**
16	**17**	**18**	**19**	**20**
		Closed for Annual Maintenance		
23 Tomato Salad Lemon & Herb Roasted Chicken Rice Pilaf Asparagus Dessert **Orenco Ramblers**	**24** Green Salad Fish & Chips Coleslaw Seasonal Vegetables Dessert **Dusty Walt**	**25** Cucumber Salad Egg Drop Soup Beef & Broccoli Steamed Rice w/Soy Sauce Mixed Vegetables Dessert **Serenaders**	**26** House Salad Balsamic Pork Loin Mashed Potatoes w/Gravy Green Beans w/Bacon Dessert **Matt Neill**	**27** Waldorf Salad Chicken Cordon Bleu Parmesan Orzo Pasta Cauliflower Dessert **Bill French & Michael Babcock**
30 Mixed Salad Breaded White Fish w/Tartar Sauce Lemon & Herb Basmati Rice Broccoli Dessert	**31** Coleslaw Soup of the Day BBQ Pulled Pork Sandwiches Potato Salad Fresh Vegetables Dessert **LT & Malibu Mark**			

March Events

Hillsboro Parks & Recreation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Better Brains & Balance 9:30 Bingo 10:30 Blood Pressure Checks 12:00 Duplicate Bridge 1:30 Mahjong	**3** 9:00 Gentle Stretch & Balance 10:30 Journey of Life Discussion Group 3:00 Brain Fitness	**4** 10:00 Women's Wisdom Circle 10:15 Serenaders 1:30 Smartphones & Tablets: Beginners 5:30 Bingo Fundraiser	**5** 9:00 Zumba Gold 12:00 Duplicate Bridge 12:30 Open Bridge 3:00 Brain Fitness	**6** 9:00 Moving to Heal 10:00 Material Girls 10:00 Animal Reiki Relaxation 1:30 Bunco 1:30 Mahjong 1:30 First Friday Flicks: *Mama Mia!*
9 9:00 Better Brains & Balance 9:30 Bingo 12:00 Duplicate Bridge 1:30 Mahjong 1:30 Healthy U: Off Campus	**10** 9:00 Gentle Stretch & Balance 10:30 Journey of Life Discussion Group 1:30 Get to Know Your Veteran Benefits	**11** 10:00 Women's Wisdom Circle 10:00 Library Pop Up 10:15 Serenaders 12:00 SHIBA 1:30 Smartphones & Tablets: Beginners 2:30 Read & Connect 5:30 Bingo Fundraiser	**12** 9:00 Zumba Gold 12:00 Duplicate Bridge 12:30 Open Bridge 1:30 Friends Board Meeting	**13** 9:00 Moving to Heal 10:00 Material Girls 10:00 Animal Reiki Relaxation 1:30 Bunco 1:30 Mahjong
16	**17**	**18**	**19**	**20**
		Closed for Annual Maintenance		
23 7:00 Travel Trip: Wolf Haven 9:00 Better Brains & Balance 9:30 Bingo 10:00 Make & Take: Bath Bombs 12:00 Duplicate Bridge 1:30 Mahjong	**24** 9:00 Gentle Stretch & Balance 10:30 Journey of Life Discussion Group 2:00 Premier World Discovery Travel Presentation	**25** 10:15 Serenaders 1:30 Understanding Alzheimer's & Dementia 2:30 Read & Connect 5:30 Bingo Fundraiser	**26** 9:00 Zumba Gold 9:30 Get WISE on Aging! 12:00 Duplicate Bridge 12:30 Open Bridge 1:00 Senior Law Assistance	**27** 9:00 Moving to Heal 10:00 Material Girls 10:30 A Novel Idea: Book Club 1:30 Bunco 1:30 Mahjong
30 9:00 Better Brains & Balance 9:30 Bingo 12:00 Duplicate Bridge 1:30 Mahjong	**31** 9:00 Gentle Stretch & Balance 9:30 I Love Hillsboro+ 10:30 Journey of Life Discussion Group 3:00 Brain Fitness: Life Skills			

Menú de Marzo

Hillsboro Parks & Recreation

Días de Semana 12:00 pm — Menú es sujetó a cambiar. — $5 por persona

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2 Ensalada estilo Fiesta Pollo Tamales con salsa y crema agria Arroz y frijoles Postre	**3** Ensalada del día Guiso de carne de res con papas pequeñas rojas Pan de ajo Postre **Dusty Walt**	**4** Ensalada de tres frijoles Camarones con ajo en Fettucine con salsa Alfredo Surtido de verduras Postre **Coro de los Serenaders**	**5** Ensalada Cesar Pechuga de Pollo relleno con espinaca y queso Papas al horno Mezcla de verduras Postre **Matt Neill**	**6** Ensalada Verde Sopa Minestrones Salchichas Alemán a la parrilla con cebolla en panecillo Ensalada de papas Brócoli Postre **Bill French y Michael Babcock**
9 Ensalada de Macarrones Hamburguesa con tocino, queso, lechuga y tomate y cebolla roja Papas fritas en cuadras Postre **Grupo de Pacific Universidad**	**10** Ensalada Asiática Pollo con salsa naranja y arroz Verduras salteños Postre **Luisa y Amigas**	**11** Ensalada Italiana Sopa elige de Chef Albóndigas de casa con espagueti y salsa marinara Pan de ajo Postre **Coro de los Serenaders**	**12** Ensalada de Col Costillas de cerdo con salsa barbacoa Frijoles al horno Papas asadas Ejotes verdes Postre **Matt Neill**	**13** Ensalada Cesar Pollo Caprese Pasta cremosa Coles de Bruselas Postre **Bill French y Michael Babcock**
16	**17**	**18**	**19**	**20**
		Cerrado por Mantenencia de la Facilidad		
23 Ensalada de Tomate Pollo asado con limón y hierbas Arroz Pilaf Esparrago Postre **Orenco Ramblers**	**24** Ensalada Verde Pescado y papas fritas Ensalada de col Verduras estacional Postre **Dusty Walt**	**25** Ensalada de pepino Sopa de huevo Carne de res y brócoli Arroz al vapor con Salsa Soya Mezcla de verduras Postre **Coro de los Serenaders**	**26** Ensalada de casa Lomo de cerdo en balsámico Puré de papas con salsa Ejotes verdes con tocino Postre **Matt Neill**	**27** Ensalada Waldorf Pollo cordon bleu Pasta de orzo con parmesano Coliflor Postre **Bill French y Michael Babcock**
30 Ensalada Mixta Pescado blanco empanizado con salsa tártara Arroz basmati con hierbas y limón Brócoli Postre	**31** Ensalada de col Sopa del día Sándwich de cerdo con salsa barbacoa Ensalada de papas Verduras frescas Postre **LT y Malibu Mark**			

Eventos de Marzo

Hillsboro Parks & Recreation

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2 9:00 Mejor Cerebro y Equilibrio 9:30 Bingo 10:30 Pruebas de Presión Arterial 12:00 Puente Duplicada 1:30 Mahjong	**3** 9:00 Estiramiento Suave y Equilibrio (Yoga) 10:30 Grupo de Discusión para la Viaje de la Vida 3:00 Aptitud de Cerebro	**4** 10:00 Circulo de Sabiduría de Mujeres 10:15 Coro de los Serenaders 1:30 Clase Principiante de Smartphone y Tabletas 5:30 Bingo	**5** 9:00 Zumba Oro 12:00 Puente Duplicada 12:30 Puente Abierta 3:00 Aptitud de Cerebro	**6** 9:00 Movimiento para Sanar 10:00 Chicas Materiales 10:00 Relajación estilo Reiki para Animales 1:30 Bunco 1:30 Mahjong 1:30 Películas de Primer Viernes: *Mama Mia!*
9 9:00 Mejor Cerebro y Equilibrio 9:30 Bingo 12:00 Puente Duplicada 1:30 Mahjong 1:30 Saludable U: A fuera de Campus	**10** 9:00 Estiramiento Suave y Equilibrio (Yoga) 10:30 Grupo de Discusión para la Viaje de la Vida 1:30 Venga a Saber su Beneficios para Veteranos	**11** 10:00 Circulo de Sabiduría de Mujeres 10:00 Biblioteca Actividad Sorpresa 10:15 Coro de los Serenaders 12:00 SHIBA 1:30 Clase Principiante de Smartphone y Tabletas 2:30 Leer y Conecta 5:30 Bingo	**12** 9:00 Zumba Oro 12:00 Puente Duplicada 12:30 Puente Abierta 3:00 Junta de FHCSC, Inc.	**13** 9:00 Movimiento para Sanar 10:00 Chicas Materiales 10:00 Relajación estilo Reiki para Animales 1:30 Bunco 1:30 Mahjong
16	**17**	**18**	**19**	**20**
	Cerrado por Mantenencia de la Facilidad			
23 7:00 Viaje al Santuario Internacional de Lobos 9:00 Mejor Cerebro y Equilibrio 9:30 Bingo 10:00 Hacer y Llevar: Bombas de Baño 12:00 Puente Duplicada 1:30 Mahjong	**24** 9:00 Estiramiento Suave y Equilibrio (Yoga) 10:30 Grupo de Discusión para la Viaje de la Vida 2:00 Presentación de Viajes Premier World Discovery	**25** 10:15 Coro de los Serenaders 1:30 Entendimiento de Alzheimer y Demencia 2:30 Leer y Conecta 5:30 Bingo	**26** 9:00 Zumba Oro 9:30 Haga WISE de Envejecimiento 12:00 Puente Duplicada 12:30 Puente Abierta 1:00 Ayuda Legal	**27** 9:00 Movimiento para Sanar 10:00 Chicas Materiales 10:30 Club de Libros 1:30 Bunco 1:30 Mahjong
30 9:00 Mejor Cerebro y Equilibrio 9:30 Bingo 12:00 Puente Duplicada 1:30 Mahjong	**31** 9:00 Estiramiento Suave y Equilibrio (Yoga) 9:30 Yo Amo Hillsboro+ 10:30 Grupo de Discusión para la Viaje de la Vida 3:00 Aptitud de Cerebro			

April Menu

Hillsboro Parks & Recreation

Weekdays at 12:00 pm | Menu is subject to change. | $5 per person

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Green Salad Pork Chops Twice Baked Potatoes Green Beans Dessert **Serenaders**	**2** Seasonal Salad BBQ Chicken Corn on the Cob Baked Beans Mixed Vegetables Dessert **Matt Neill**	**3** House Salad Chicken Noodle Soup Meatloaf Mashed Potatoes w/Gravy Glazed Carrots Dessert **Bill French & Michael Babcock**
6 Caesar Salad Chicken Parmesan w/Marinara Sauce Pesto Pasta Vegetable Medley Dessert	**7** Mandarin Salad Teriyaki Beef Yakisoba Noodles Stir Fried Vegetable Blend Dessert **Dusty Walt**	**8** Cucumber Salad Turkey Meatballs w/Spaghetti Noodles Marinara Sauce Garlic Bread Italian Vegetable Blend Dessert **Serenaders**	**9** Cobb Salad Beef Pot Pie Fingerling Potatoes Green Beans Dessert **Matt Neill**	**10** Macaroni Salad Alaskan Salmon Roasted Sweet Potatoes Green Vegetables Dessert **Bill French & Michael Babcock**
13 Tomato Salad Grilled Chicken Breast w/Fruit Salsa Rice Pilaf Zucchini Dessert	**14** Green Salad Soup of the Day Beef Stroganoff w/Egg Noodles Mixed Vegetables Dessert **Louise & Friends**	**15** House Salad Ginger Pork w/White Rice & Soy Sauce Broccoli Dessert **Serenaders**	**16** Fiesta Salad Chicken Enchiladas w/Pico de Gallo and Sour Cream Rice & Beans Dessert **Matt Neill**	**17** Carrot Salad Shepard's Pie Herb Roasted Potatoes Seasonal Vegetables Dessert **Bill French & Michael Babcock**
20 Coleslaw Breaded White Fish Tater Tots Tartar Sauce w/Lemon Wedge Green Vegetables Dessert **Orenco Ramblers**	**21** Salad of the Day Lemon Tarragon Chicken Mashed Potatoes Vegetable Medley Dessert **Dusty Walt**	**22** Rainbow Salad Stuffed Portobello Mushrooms Mediterranean Couscous Grilled Tumeric Cauliflower with an Herb Aioli Dessert **Serenaders**	**23** Three Bean Salad Oven Roasted Pork Loin w/Apples Macaroni & Cheese Cauliflower Dessert **Matt Neill**	**24** Green Salad Chef's Choice of Soup Combination Pizza Pasta Salad Fruit Salad Dessert **Bill French & Michael Babcock**
27 Asian Salad Teriyaki Chicken Drumsticks Fried Rice Broccoli Dessert	**28** Carrot Salad Chicken Fried Steak Mashed Potatoes w/Country Gravy Green Beans Dessert **LT & Malibu Mark**	**29** Cucumber Salad Garlic Shrimp Creamy Parmesan Pasta Asparagus Dessert **Serenader**	**30** House Salad Homestyle Beef Stew w/Potatoes Garlic Bread Dessert **Matt Neill**	

April Events

Hillsboro Parks & Recreation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:15 Serenaders 1:30 Cut the Cable 5:30 Bingo Fundraiser	**2** 9:00 Zumba Gold 9:30 Get WISE on Aging! 10:00 Spring Watercolor 12:00 Duplicate Bridge 12:30 Open Bridge 3:00 Brain Fitness	**3** 9:00 Moving to Heal 10:00 Material Girls 1:30 Bunco 1:30 Mahjong 1:30 First Friday Flicks: *Fried Green Tomatoes*
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 10:30 Journey of Life Discussion Group 1:30 Spanish Through the Arts 3:00 Brain Fitness	**8** 10:00 Library Pop Up! 10:15 Serenaders 12:00 SHIBA 1:30 Smartphones & Tablets: Intermediate 1:30 A Will is Not Enough 2:30 Read & Connect 5:30 Bingo Fundraiser	**9** 9:00 Zumba Gold 9:30 Get WISE on Aging! 10:00 Spring Watercolor 12:00 Duplicate Bridge 12:30 Open Bridge 1:30 Friends Board Meeting 3:00 Brain Fitness: Life Skills	**10** 9:00 Moving to Heal 10:00 Material Girls 10:00 Coffee Chat w/State Representative Sollman 1:30 Bunco 1:30 Mahjong
13 9:00 Better Brains & Balance 9:30 Bingo 10:00 MELT Method Monday: Chronic Pain 12:00 Duplicate Bridge 1:30 Mahjong 1:30 Healthy U: Off Campus	**14** 9:00 Gentle Stretch & Balance 10:30 Journey of Life Discussion Group 1:30 Spanish Through the Arts 3:00 Brain Fitness	**15** 10:15 Serenaders 1:30 Smartphones & Tablets: Intermediate 5:30 Bingo Fundraiser	**16** 9:00 Zumba Gold 9:00 Travel Trip: Evergreen Aviation Museum 9:30 Get WISE on Aging! 10:00 Spring Watercolor 12:00 Duplicate Bridge 12:30 Open Bridge 3:00 Brain Fitness	**17** 9:00 Moving to Heal 10:00 Material Girls 10:30 A Novel Idea: Book Club 1:30 Bunco 1:30 Mahjong
20 9:00 Better Brains & Balance 9:30 Bingo 10:00 Make & Take: Donut/ Cupcake Soaps 12:00 Duplicate Bridge 1:30 Mahjong	**21** 9:00 Gentle Stretch & Balance 10:30 Journey of Life Discussion Group 1:30 Spanish Through the Arts 3:00 Brain Fitness	**22** 10:15 Serenaders 1:30 Smartphones & Tablets: Intermediate 2:30 Read & Connect 5:30 Bingo Fundraiser	**23** 9:00 Zumba Gold 9:30 Get WISE on Aging! 10:00 Spring Watercolor 12:00 Duplicate Bridge 12:30 Open Bridge 1:00 Senior Law Assistance 3:00 Brain Fitness	**24** 8:30 Kayak Elk Rock Island 9:00 Moving to Heal 10:00 Material Girls 10:00 Finance Fridays: Focus on Fixed Income 1:30 Bunco 1:30 Mahjong
27 9:00 Better Brains & Balance 9:30 Bingo 12:00 Duplicate Bridge 1:30 Mahjong	**28** 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	**29** 10:15 Serenaders 1:30 Smartphones & Tablets 5:30 Bingo Fundraiser	**30** 9:00 Zumba Gold 9:30 Get WISE on Aging! 10:00 Spring Watercolor 12:00 Duplicate Bridge 12:30 Open Bridge 3:00 Brain Fitness	

Menú de Abril

Hillsboro Parks & Recreation

Entre semana a las 12:00 pm El Menú es sujeto a cambio. $5 por persona

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1 Ensalada verde Chuletas de Cerdo Papas asadas dos tiempos Ejotes verdes Postre **Coro de los Serenaders**	**2** Ensalada estacional Pollo con salsa barbacoa Maíz en la mazorca Frijoles al horno Mezcla de verduras Postre **Matt Neill**	**3** Ensalada de Casa Sopa de pollo y fideos Carne mechada Puré de papas y salsa Zanahorias glaseadas Postre **Bill French y Michael Babcock**
6 Ensalada Cesar Pollo Parmesano con salsa marinara Pasta con pesto Surtido de verduras Postre	**7** Ensalada mandarina Carne de res en salsa teriaca Fideos Yakisoba Verduras salteños Postre **Dusty Walt**	**8** Ensalada de pepino Albóndigas de pavo con espagueti y salsa marinara Pan de ajo Mezcla de verduras italianas Postre **Coro de los Serenaders**	**9** Ensalada Cobb Pastel con carne de res Papas Ejotes verdes Postre **Matt Neill**	**10** Ensalada Macarrones Salmon de Alaska Patatas al horno Verduras verdes Postre **Bill French y Michael Babcock**
13 Ensalada de Tomate Pechuga de pollo a la parrilla con salsa de frutas Arroz pilaf Calabacín Postre	**14** Ensalada Verde Sopa del dia Stroganoff de carne de res sobre fideos de huevo Mezcla de verduras Postre **Luisa y Amigos**	**15** Ensalada de casa Cerdo con jengibre con arroz y salsa soya Brocolí Postre **Coro de los Serenaders**	**16** Ensalada estilo Fiesta Enchiladas de pollo con pico de gallo y crema agria Arroz y frijoles Postre **Matt Neill**	**17** Ensalada de Zanahorias Pastel de Cordero Papas asadas con hierbas Verduras estacional Postre **Bill French y Michael Babcock**
20 Ensalada de col Pescado blanco empanizado Tater tots Salsa tártara y limón Verduras verdes Postre **Orenco Ramblers**	**21** Ensalada del día Pollo con estragón y limón Puré de papas Surtido de Verduras Postre **Dusty Walt**	**22** Ensalada Arco Irís Champinoñe Portobello Relleno Cuscús Mediterráneo Coliflora Cúrcuma a la Parrilla con Alioli Hierbas Postre ¡Feliz día de la Tierra! **Coro de los Serenaders**	**23** Ensalada de Tres Frijoles Lomo de cerdo al horno con manzanas Macarrones y Queso Coliflor Postre **Matt Neill**	**24** Ensalada verde Sopa elige de Chef Pizza Combinacion Ensalada de pastas Ensalada de frutas Postre **Bill French y Michael Babcock**
27 Ensalada Asiática Muslo de Pollo Teriaca Arroz frito Brócoli Postre	**28** Ensalada de Zanahorias Bistec de pollo frito Puré de papas con salsa granjera Ejotes verdes Postre **LT y Malibu Mark**	**29** Ensalada de pepino Camarones con ajo Pasta con parmesano Esparrago Postre **Coro de los Serenaders**	**30** Ensalada de Casa Guiso de carne de res en estilo de casa con papas Pan de ajo Postre **Matt Neill**	

Eventos de Abril

Hillsboro Parks & Recreation

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1 10:15 Coro de los Serenaders 1:30 Corta el Cable 5:30 Bingo	**2** 9:00 Zumba Oro 9:30 Haga WISE sobre Envejecimiento! 10:00 Acuarelas de Primavera 12:00 Bridge Duplicado 12:30 Bridge Abierto 3:00 Aptitud de Cerebro	**3** 9:00 Movimiento para Sanar 10:00 Chicas de Materiales 1:30 Bunco 1:30 Mahjong 1:30 Películas de los primeros viernes: *Fried Green Tomatoes*
6 9:00 Mejor Cerebro y Equilibrio 9:30 Bingo 10:30 Evaluaciones de Presión Arterial 12:00 Bridge Duplicado 1:30 Mahjong	**7** 9:00 Estiramiento Suave y Equilibrio 10:30 Groupo de Viaje de la Vida 1:30 Español a través de los Arte 3:00 Aptitud de Cerebro	**8** 10:00 Biblioteca Actividad Sorpresa 10:15 Coro de los Serenaders 12:00 SHIBA 1:30 Tabletas y Smartphone 1:30 Un Testamento no es Suficiente 2:30 Leer y Conecta 5:30 Bingo	**9** 9:00 Zumba Oro 9:30 Haga WISE sobre Envejecimiento! 10:00 Acuarelas de Primavera 12:00 Bridge Duplicado 12:30 Bridge Abierto 1:30 Junta de Los Amigos 3:00 Aptitud de Cerebro	**10** 9:00 Movimiento para Sanar 10:00 Chicas de Materiales 10:00 Charlar y Café con Representante Sollman 1:30 Bunco 1:30 Mahjong
13 9:00 Mejor Cerebro y Equilibrio 9:30 Bingo 10:00 MELT Method Lunes: Dolor Crónico 12:00 Bridge Duplicado 1:30 Mahjong 1:30 Saludable U: A fuera de Campus	**14** 9:00 Estiramiento Gentil y Equilibrio 10:30 Grupo de Discusión de Viaje de la Vida 1:30 Español a través de los Arte 3:00 Aptitud de Cerebro	**15** 10:15 Coro de los Serenaders 1:30 Clase Intermedio de Smartphone y Tabletas 5:30 Bingo	**16** 9:00 Zumba Oro 9:00 Museo de Evergreen Aviación 9:30 Haga WISE sobre Envejecimiento! 10:00 Acuarelas de Primavera 12:00 Bridge Duplicado 12:30 Bridge Abierto 3:00 Aptitud de Cerebro	**17** 9:00 Movimiento para Sanar 10:00 Chicas de Materiales 10:30 Club de Libros 1:30 Bunco 1:30 Mahjong
20 9:00 Mejor Cerebro y Equilibrio 9:30 Bingo 10:00 Hacer y Llevar: Sopa en forma de Magdalena y Rosquilla 12:00 Bridge Duplicado 1:30 Mahjong	**21** 9:00 Estiramiento Gentil y Equilibrio 10:30 Grupo de Discusión de Viaje de la Vida 1:30 Español a través de los Artes 3:00 Aptitud de Cerebro	**22** 10:15 Coro de los Serenaders 1:30 Clase Intermedio de Smartphone y Tabletas 2:30 Leer y Conecta 5:30 Bingo	**23** 9:00 Zumba Oro 9:30 Haga WISE sobre Envejecimiento! 10:00 Acuarelas de Primavera 12:00 Bridge Duplicado 12:30 Bridge Abierto 1:00 Ayuda Legal por Mayores 3:00 Aptitud de Cerebro	**24** 8:00 Kayak Elk Rock Island 9:00 Movimiento para Sanar 10:00 Chicas de Materiales 10:30 Viernes Financial: Atención al ingreso fijado 1:30 Bunco 1:30 Mahjong
27 9:00 Mejor Cerebro y Equilibrio 9:30 Bingo 12:00 Bridge Duplicado 1:30 Mahjong	**28** 9:00 Estiramiento Gentil y Equilibrio 9:30 Yo Amo Hillsboro+ 10:30 Grupo de Discusión de la Viaje de la Vida 1:30 Español a Través de los Artes 3:00 Aptitud de Cerebro	**29** 10:15 Coro de los Serenaders 1:30 Clase Intermedio de Smartphone y Tabletas 5:30 Bingo	**30** 9:00 Zumba Oro 9:30 Haga WISE sobre Envejecimiento! 10:00 Acuarelas de Primavera 12:00 Bridge Duplicado 12:30 Bridge Abierto 3:00 Aptitud de Cerebro	

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 and get your mental "exercise". Get your brain loose and limber with innovative brain training games and exercises, no matter your age.

Dining Room
Susan Carres, Certified Brain Fitness Trainer

8961	Tue & Thu	3/31 – 5/7	3 – 4 pm

$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

Tuesdays	10:30 am – Noon

Free – Just drop in!

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

Wednesday	3/11 & 4/8	10 – 11 am

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

Friday	3/27 & 4/17	10:30 – 11:30 am

Free – Just drop in!

Bird Watching Field Trip

Catch the shuttle at SHARC for a birdwatching field trip to Jackson Bottom Wetlands. Take a leisurely walk through the preserve as we discover the how and why of birdwatching, learn the proper way to use binoculars, how to see the field marks that identify our local birds, and where and when to go birding for enjoyment and education. Limit to 11 participants.

SHARC
Jackson Bottom Naturalist

8971	Thursday	3/19	10:45 am – 12:15 pm

Free SHARC Members, $7 Resident, $9 Non-Resident

Spanish through the Arts for Adults

Use songs, card games, activities, crafts & skits 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

8960	Tuesday	4/7 – 4/28	1:30 – 3 pm

$40 Senior Resident, $60 Senior Non-Resident, $50 Adult Resident, $75 Adult Non-Resident

Enrichment & Engagement

Shute Park Newcomers Tour

New to Hillsboro? Want to explore a new spot, or learn more about what our community has to offer? Stop by for the Shute Park Newcomers Welcome, where you'll get staff guided tours of the Hillsboro Community Senior Center, Shute Park Aquatic & Recreation Center, & Shute Park Library.

Start at Senior Center Lobby
Parks & Recreation Staff

Tuesday	3/3 & 4/7	10 – 11 am

Free – Just drop in!

Get to Know Your Veteran Benefits

There are a variety of State and Federal benefits available to veterans and families of deceased veterans. Veteran Service Officers (VSOs) from Washington County Veteran services will provide an overview of available benefits and the application process. Benefits could include disability compensation, medical care, financial support, and a variety of recreational opportunities. VSOs are highly skilled advocates that can assist you obtain benefits. Their service is provided to the veteran and family members at no cost.

Park Room
Washington County Disability, Aging, & Veteran Services

Tuesday	3/10	1:30 – 3:30 pm

Free – Just drop in!

Coffee Chat with State Representative Sollman

Join State District 30 Representative Janeen Sollman for a casual coffee chat at the Community Senior Center. Discuss important local issues and get your legislative questions answered in round table setting. Coffee and light refreshments provided.

Park Room

Friday	4/10	10 – 11:30 am

Free – Just drop in!

Animal Relaxation

If you have a deep love and respect for animals, this two part class is perfect for you! In class you'll learn proven techniques to improve the emotional connection with your precious dog, cat, or other animal through the language of relaxation. Using Reiki techniques, you'll reduce pet tension by providing alternative therapy for animals. Whether it's pet behavioral issues, animal healing and rescue, or helping your special friend feel more relaxed on July 4th, visiting new people, or going to the vet – gain new knowledge and insight to connect on a deeper level with your pet. Please bring a photo of your pet to this course.

Park Room
Tracy Strawn

9121	Friday	3/6 & 3/13	10 – 11:30 am

$20 Senior Resident, $38 Senior Non-Resident,
$33 Adult Resident, $50 Adult Non-Resident

Get WISE on Aging!

Let's get real about aging. In this 6-week course, discuss the physical, mental, and social challenges we all face as we age. Learn how to make choices that support a positive experience of aging. Topics include: age-related changes, cultural diversity, medications, substance use, and an enhanced quality of life.

Maple Room
Washington County Disability, Aging, & Veteran Services

8976	Thursday	3/26 – 4/30	9:30 – 11:30 am

Free – Must pre-register

Cut the Cable

Is your cable bill outrageous? Learn how to cut the cable, but still be able to watch most of your shows for less money.

Park Room
Breanna Weston

8963	Wednesday	4/1	1:30 – 3:30 pm

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

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.

Wednesday	3/11, 3/25, 4/8, 4/22	2:30 – 3:30 pm

Free – Just drop in!

Smartphones and Tablets: Intermediate

Smartphone and Tablets Intermediate teaches you how to use some of the more complicated apps on your device like maps, calendar, camera and internet. Please bring your charged device, make sure you have email setup and bring necessary passwords. All operating systems and carriers are welcome.

Park Room
Breanna Weston

8957	Wednesday	4/8 – 4/29	1:30 – 3:30 pm

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

MELT for Chronic Pain

Chronic pain is exhausting and frustrating, and it can keep you from doing the things you love or even get a good night's sleep. MELT is a simple self-treatment technique that boosts your body's ability to heal by calming your nervous system and rehydrating your connective tissue. Learn how to return your body to a more ideal state and release the compression of your joints.

Park Room
Tracy Strawn

8964	Monday	4/13	10 – 11 am

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

Finance Fridays – Focus on Fixed Income

Explains the basics of fixed income investments, their seven characteristics, the advantages of laddering and how fixed income may be part of your investment strategy.

Park Room
Sarah Heesacker, Edward Jones Investments

8975	Friday	4/24	10 – 11 am

Free – Must pre-register

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

Bath Bombs

Treat yourself to a bath time delight with fizzy and soothing bath bombs! You get to choose the scent, color, and shape of your bath bombs for a customized treat. Bath bombs are easy to make and tons of fun; you'll never buy them at the store again! Every attendee will walk away with 5 – 7 bath bombs, depending on the selected shapes. Beginners welcome!

8980	Monday	3/23	10 – 11:30 am

Cupcake Soaps

Learn to make customized melt-and-pour soaps — with an added twist! We'll start with a soap base, with the scent and color of your choosing. Then, we'll add soap frosting to make a delightful soap cupcake! And lastly, add extras like jojoba beads or soap sprinkles for a real treat. The only trick is: don't eat it! This is a fun workshop and no prior soap making experience is necessary!

8981	Monday	4/20	10 – 11:30 am

Hillsboro
Parks & Recreation

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

FIRST FRIDAY FLICKS

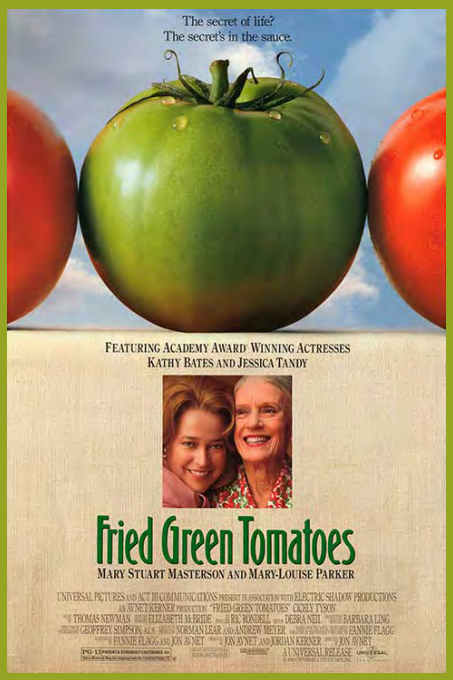
FRIDAY | March 6 | 1:30 PM

FREE! Just drop-in! | Snacks will be served. | Ages 13 and up.

Community Senior Center Dining Room • 503-615-1090

FIRST FRIDAY FLICKS

FRIDAY | April 3 | 1:30 PM



FREE! Just drop-in! | Snacks will be served. | Ages 13 and up.

Community Senior Center Dining Room • 503-615-1090