

# WINTER 2012

(503) 650-2570 \* Office location 17789 Webster Road, Gladstone OR 97027 \* [www.gladstone.k12.or.us](http://www.gladstone.k12.or.us)

## Gladstone Community School and City Recreation Department



Gladstone Community School activities will be canceled on days Gladstone School District is closed due to inclement weather. Please tune to local radio or TV stations for information on school closures.



## GLADSTONE SENIOR CENTER

These activities are held at the Gladstone Senior Center. For more information, call Rhonda at (503) 655-7701.

**GLADSTONE SENIOR CENTER** is open to anyone 55 or older. Receptionists, lunch servers and cashiers, activity planners, in-home visitors, volunteers needed. Located at 1050 Portland Ave., the Center is available for evening or weekend rentals. For more information call Rhonda at (503) 655-7701.

**HIKING FOR SENIORS** Gladstone Senior Center schedules a hike on the second Monday of every month. For info about hike destinations & times, call (503) 655-7701.

**GLADSTONE BOOK CLUB** Join fellow readers in discussing popular titles as well as discovering new books to love. Held the third Monday each month 10:30 am

**GLADSTONE TRAM** operates through Gladstone Senior Center. Seniors needing transportation in Gladstone area, call (503) 655-7701, 24 hours in advance. Recreational excursions on Fridays.

### AARP DRIVING SAFETY COURSE

**(55 ALIVE)** Class is open to all ages to help increase your skills to become a safer, more defensive driver. Upon completion of 7 hours of instruction, those 55 years or older may be eligible for a discount on auto insurance. Two-day classes require attendance both days. Please call the Gladstone Senior Center at (503) 655-7701 to pre-register.

Mon./Tues., Feb. 6 & 7 from 1-4:30 pm  
Gladstone Senior Center

Fee of \$14 is payable to instructor at class (\$12 with AARP card - must show at class)

**FOOT CLINIC** The second Tuesday each month by appointment 8:30 am-3:30 pm

**LEGAL ASSISTANCE** The third Wednesday every other month by appointment 9-11 am

**LOW IMPACT CHAIR AEROBICS** Swing Into Shape! Video-led program, designed by a physical therapist, teaches movements for flexibility (range of motion), muscle strength and endurance through seated, standing and low-impact movements. Tuesdays & Thursdays 10:30-11:30 am

**BLOOD PRESSURE CHECKS** The second and fourth Tuesday each month. No appointment necessary 10:30 am-noon

**FRIDAY EXCURSIONS** Join us for great one-day outings or special tours. Call the Gladstone Senior Center at (503) 655-7701 for details.

**WALKING FOR SENIORS** is scheduled on Mondays at 9 am, except for the second Monday of every month.

## PARENTING IN THE 21<sup>ST</sup> CENTURY

### CELEBRATING PARENTS & FAMILIES

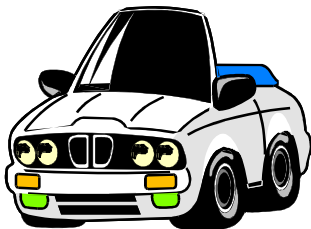
#### PARENTING IN THE 21<sup>ST</sup> CENTURY

Join us for a fantastic day of great workshops, excellent food, and your chance to visit with a multitude of local family and youth service and activity providers, **all free of charge!** Session topics will include Bullying, Social Media, Empowering Parents, Communication, Stress Management, Adolescent Addiction, and more! Keynote speaker presentation begins at 9:30 am. Speakers include Dr. Howard, Tim O'Brien, Sherri Little. Your middle/high school students are also welcome to attend with you. Sponsored by the Gladstone Youth Coalition and Gladstone School District. Free child care provided for children ages 1-12.

- Saturday, February 11 from 9 am-2:30 pm at Gladstone High School.  
No fee. For planning purposes, please call to pre-register at 503-650-2570; walk-ins also welcome.



## DRIVER EDUCATION



Driver Education classes are held at Gladstone High School. Drive time is in addition to classroom time, and will be assigned at the first class. The first class will also include a segment for parents. Students must have a valid Oregon permit at least one week before class begins. Cost is an additional \$210 for students with a driver's license, if license is received before completing last class, or if a student is 18 or older before the last class. The Driver Education program requires a minimum of 30 hours classroom instruction and 12 hours of behind-the-wheel instruction (½ driving, ½ observation.) Attendance at all sessions is mandatory. For more information call (503) 650-2570. First priority given to Gladstone students; out of district registrations accepted on space available basis.

Wed., Jan. 11-March 21 from 5:30-8:30 pm

Tuition: \$295 (includes book)

Gladstone High School Room #A107

## GLADSTONE SPORTS INFORMATION

Girls' Softball  
Rookie Ball/Boys' Baseball  
Soccer for Boys & Girls  
Football Grades 5-8  
Gladiator Wrestling Club Ages 4-14

[www.gladstonegirlssoftball.com](http://www.gladstonegirlssoftball.com) or 503-882-5024  
Brian Stewart (503) 557-1099 or [www.gladstonejuniorbaseball.com](http://www.gladstonejuniorbaseball.com)  
Gladstone Soccer Association - (503) 672-9264 ext. 453  
Angie Schassen - (503) 756-9063 or Vanessa (503) 929-4129  
Amy Williams - [acat77410@yahoo.com](mailto:acat77410@yahoo.com) or Michael Hess 503-757-4412

**SOFTBALL UMPIRE CLINIC:** Learn to umpire both fastpitch & slowpitch softball from experienced Amateur Softball Association (ASA) umpires. Learn rules of the game, how to enforce them along with proper mechanics of calling game (balls & strikes, safe & out, fair & foul, interference, etc.). Earn extra money during spring & summer umpiring softball. ASA umpire packet costs \$55 adults/\$50 youth. For info call Paul Roeger: (503) 657-8677, (503) 860-2545 or [roegerp@comcast.net](mailto:roegerp@comcast.net).

## COOKING WITH JACK CAMPBELL

**ETHNIC SOUPS AND STEWS** Cool days, nights, and a big pot of soup and some crusty bread - the basics of comfort food in every country. Simple, wholesome soups bursting with fresh satisfying ingredients from the garden and sea. Tender cuts of meat with hearty helpings of beans, rice or noodles. You will not want to miss this class! New ideas with step-by-step instruction. A beautiful soup recipe book will be given away by drawing at the end of class. Come hungry!

**PLEASE CHOOSE ONE CLASS:**

Wed., Jan. 11 OR Thurs., Jan. 12

6:30-8:30 pm

Gladstone High School Room F103

Tuition: \$30 (Senior tuition: \$28)



**IN A CUBAN KITCHEN WITH JACK** Our "hot-blooded" Latin neighbors have set the cooking standard very high with a vast array of interesting taste sensations. Jack will prepare and serve you a cross section of these island foods. These appetizers and entrées will make you want to fly to this island paradise (or Miami). Come hungry and experience the cuisine that taken the U.S.A. by storm! A Cuban cookbook will be given away by drawing.

**PLEASE CHOOSE ONE CLASS:**

Wed., Feb. 8 OR Thurs., Feb. 9

6:30-8:30 pm

Gladstone High School Room F103

Tuition: \$30 (Senior tuition: \$28)

**Register early!**

**Space is limited and classes fill rapidly.**

## VEGAN COOKING WITH DAVID GABBE

**VEGAN GLUTEN-FREE BAKING** Millions of Americans feel better after eliminating gluten - the troublesome protein found primarily in wheat, barley, and rye. Come discover the ease of baking scrumptious cakes, cookies, and breads - all gluten and dairy-free, and made without refined flours, starches, eggs, animal fat, or white sugar, either. These sweet and savory baked goods are more nourishing and tastier than the gluten-filled varieties. Bring your appetite.

Sunday, Jan. 29 from 2-4:30 pm

Gladstone Senior Center

Tuition: \$29 (no discount)



**VEGAN-STYLE CHEESES & MILKS** Hooked on cheese? Need milk? You'll be surprised how easy it is to make delicious and economical hard blocks of cheese and creamy, rich-tasting milks using only non-dairy wholefood ingredients. These nutritious replacements for the pasteurized, highly-processed milks and cheeses can be used in any recipe calling for the "real things." And, no fancy equipment needed - just a blender. Gluten and cholesterol-free, too. Come hungry.

Sunday, Feb. 26 from 2-4:30 pm

Gladstone Senior Center

Tuition: \$29 (no discount)

## COOKING WITH AN ASIAN FLAIR WITH HYE KIM



**COOKING WITH AN ASIAN FLAIR**

Learn the culinary skills of healthy, tasty, simple and natural Asian cooking with food specialist Hye Kim. She will discuss choosing ingredients and demonstrate how to slice and marinate, as well as making sauces. Watch Hye prepare japchae, a marinated beef, vegetable and noodle dish over rice for you to sample.

Thurs., March 1 from 6-8:30 pm

Gladstone High School Room F103

Tuition: \$25 (no discount)

## TRAVEL & VACATION FREE - PLUS MAKE \$\$\$ DOING IT

**TRAVEL & VACATION FREE, plus MAKE MONEY DOING IT!** Class is offered one time only this year! Practical ideas during this challenging economy on how to make your vacations free, many offering excellent pay or new careers for full or part-time work for those in mid-career transition, retirees, and new graduates. National speaker, Gina Henry, has lived this global travel life for 25 years taking FREE vacations six months each year. FREE air tickets, hotels, cruises, tours, meals, more. Maximize your FREQUENT FLYER MILES and TRAVEL POINTS programs (worth more now than ever). Get "bumped". MYSTERY SHOP, IMPORT and pay for your trip. TEACH ENGLISH for a free vacation or earn up to \$90,000 full-time. Write articles, shoot photos, volunteer. Retire abroad and stretch your retirement dollars. Start your own business and make money anywhere. Learn best travel web sites, how to avoid scams, medical vacations, travel tax deductions, tips on packing light, changes in air courier travel, solo travel, safety, health, culture, the 7 effective ways to negotiate, the 50 most important words in any language that will empower you to travel anywhere. She teaches in 90 cities nationwide. Receive a 120-page book (retail value \$39.95) that provides names, phone numbers, websites for all the contacts you need to put this practical information to use.

Wed., Feb. 8 from 6:30-9:30 pm at Gladstone High School

Fee: \$29 Lab: \$15 (Total: \$44) No discounts



## GUITAR & UKELELE - GRADE 3 THROUGH ADULT

*Taught by singer - songwriter Bill Price - Space is limited; register early!*

**BEGINNING UKULELE PART 1 - GR. 3-6** This easy to play, inexpensive, "take anywhere" instrument is growing ever popular. It is a great way to have fun with family and friends. You will quickly learn soprano, concert, and tenor GCEA tunings, simple chords, and tons of songs. Bring your ukulele.

Mon., Jan. 23-Feb. 13 from 6:30-7 pm

Gladstone High Band Room

Tuition: \$45 Workbook \$5 (Total \$50)



**BEGINNING UKULELE PART 2 - GR. 3-6** Continuation of PART 1 with more chords, strumming, and songs. Soon you'll be able to play hundreds of your favorite songs and current hits like Soul Sister, White Sandy Beach, Somewhere Over The Rainbow. Bring your ukulele.

Mon., Feb. 27-March 19 from 6:30-7 pm

Gladstone High Band Room - Tuition: \$45

**BEGINNING GUITAR PART 1 - GR. 5-ADULT** In a fun and enjoyable context, this class will get you up and playing *FAST!* Learn easy chords, strumming, simple songs. Bring your guitar.

Mon., Jan. 23-Feb. 13 from 7:15-7:55 pm

Gladstone High Band Room - Tuition: \$55 Workbook \$5 (Total \$60)

**BEGINNING GUITAR PART 2 - GR. 5-ADULT** Class picks up where Beginning Guitar Part 1 left off or for those who have had some beginning guitar. More chords, strumming, songs. Bring your guitar.

Mon., Feb. 27-March 19 from 7:15-7:55 pm

Gladstone High Band Room - Tuition: \$55

## INVESTING FOR THE FUTURE WITH REBECCA HORN

### INVESTING FOR THE FUTURE SERIES

Sign up for series of 5 classes, including Investment Basics, Investing For Income, Mutual Funds, The Stock Market, and Tax-Advantaged Investments for only \$49, or sign up individually for each class. A workbook covering all five classes will be included at no additional cost; couples share a workbook.

Wed., Jan. 18-Feb. 15 from 6:30-8:30 pm

Gladstone High School Room E106

Tuition: \$49 / Couples: \$59

(Senior tuition: \$29 / Couples: \$39)

### INVESTMENT BASICS

To be a successful investor, you need to understand basic concepts and ground rules of investing. Discuss importance of diversification, asset allocation, risk vs. reward, dollar cost averaging, Rule of 72, and other ground rules to investing. Take this class *before* other investing classes!

Wed., Jan. 18 from 6:30-8:30 pm

Tuition: \$15 / Couples: \$20 (Seniors \$10/\$15)

### INVESTING FOR INCOME

Learn about income-producing investments: money market accounts, certificates of deposit, all types of bonds (Government, Savings, Corporate, Tax-Free). Learn how changes in interest rates and credit ratings affect 'fixed income' investments, and techniques to protect yourself from them.

Wed., Jan. 25 from 6:30-8:30 pm

Tuition: \$15 / Couples: \$20 (Seniors \$10/\$15)

### MUTUAL FUNDS

What are they, how do they work, what do they cost, what should I expect from them, load vs. no-load, what are my choices? Rebecca will explain the many options that are available (and why they are so popular).

Wed., Feb. 1 from 6:30-8:30 pm

Tuition: \$15 / Couples: \$20

(Seniors \$10/\$15)

### THE STOCK MARKET

Learn about income stocks, growth stocks, how to be properly diversified, what to look for when buying, knowing when to sell, how to make sense of all the numbers. Learn some easy formulas for basic stock analysis.

Wed., Feb. 8 from 6:30-8:30 pm

Tuition: \$15 / Couples: \$20 (Seniors \$10/\$15)

### TAX-ADVANTAGED INVESTMENTS

Topics include traditional and Roth IRAs, 401K, 403B, TSA, 457, and Annuities, plans for small business owners. Discuss each type, explain how and why everyone should be funding them through work and on own. Changing jobs or retiring? How to handle rollover or transfer of retirement funds.

Wed., Feb. 15 from 6:30-8:30 pm

Tuition: \$15 / Couples: \$20 (Seniors \$10/\$15)



## DANCE

**BALLROOM BEGINNING** A slow-paced introductory course for the new as well as occasional dancer. In this course, Robert Davis teaches the basics of posture, frame, and footwork to help the new student learn to lead and follow in the Fox Trot and Waltz. No partner rotation required. No class 2-20.

Mon., Jan. 23-March 5 from 6:30-8:30 pm

Kraxberger Middle School Cafe

Tuition: \$69 per couple

(Senior tuition: \$49 per couple)



**COUNTRY LINE DANCE** Here is your opportunity to learn all the latest line dances and some traditional ones, too! Designed for beginners of all ages, steps are fun and easy. Y'all come and have a country dancin' good time with Carol Harn.

Wed., Jan. 11-Feb. 29 from 6-7 pm

Kraxberger Middle School Cafe

Tuition: \$30 single / \$50 per couple

(Senior tuition: \$20 single/\$35 couple)

**COUNTRY PARTNER DANCE** C'mon y'all! Here's your chance to learn to partner dance. With great music and slow-paced instruction you'll be dancing faster than you can say Yee-Haw. Includes Traveling Cha-Cha, Horseshoe, Schottische, Two-Step and East Coast Swing. Classes with Nadja Schmaltz are designed for beginners with no rotation necessary. Price for couples.

Wed., Jan. 11-Feb. 29 from 7:30-8:30 pm

Kraxberger Middle School Cafe

Tuition: \$50 couple (Senior tuition: \$35)

## ADULT CLASSES

### LANDSCAPE DESIGN BASICS

Meandering paths cross babbling brooks, past moss-covered rocks under a canopy of evergreens... This scene and many others can be created for your outdoor spaces whether they are small courtyards or multiple acres. This class will teach the homeowner how to create a low maintenance landscape design for their special needs and to attract desirable wildlife. Turn problem areas such as wet zones into scenic, low maintenance areas for wildlife. Learn how to best create traffic patterns, use various plant textures and colors, enhance existing plant materials, boulders, etc., and the use of natives and/or ornamentals to create a special outdoor space. Instructor Nan Hage has a degree in Environmental Design. She has created designs for many Northwest residences, businesses, and schools for over 20 years.

Thurs., Feb. 23 & March 1  
6:30-9:30 pm (two night class)  
Gladstone High School Room D101  
Tuition: \$25 (Senior tuition \$20)

**MEDIC BASIC FIRST AID & CPR** Medic Basic First Aid & CPR training teaches appropriate emergency response skills including Adult/Child/Infant CPR and First Aid, AED, and intro to blood borne pathogens. You will receive a **two-year** CPR/First Aid card in this OSHA compliant course taught by Cindy Van Gelder.

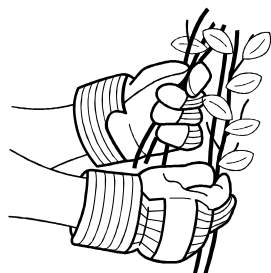
#### CHOOSE ONE SESSION:

Wed., Feb. 15 OR Wed., March 14  
6-9 pm at Gladstone High School Room A108  
Fee: \$45 (no discounts)

### PRUNING BASICS - BECOME A PRO!

Would you like to learn how to professionally trim and train your trees and shrubs? Let Nan Hage show you basic pruning techniques and tips. Learn to prune fruit and flowering trees and shrubs to enhance or shape your landscape. Discuss pruning and plant culture practices; learn to choose proper pruning equipment. Plus opportunity for "hands-on" pruning practice at Stevens-Crawford House.

Thurs., Jan. 19 & 26  
6:30-9:30 pm (two night class)  
Gladstone High School Room D101  
Tuition: \$25 (Senior tuition: \$20)



**ROSES FROM A TO Z** Learn how to grow and properly prune different rose varieties. Find out which varieties are best for this area, for scent, cut flowers, hedges, climbers, shade, sun, more. Nan Hage will discuss organically maintaining newly planted and established roses. Have the beautiful roses you've dreamed of! Plus opportunity for "hands-on" pruning practice at Stevens-Crawford Historical House.

Thurs., Feb. 9 from 6:30-9:30 pm  
Gladstone High School Room D101  
Tuition: \$15 (Senior tuition: \$12)

**SCREENWRITING - BEGINNING** Have you always wanted to write a screenplay but don't know how to get started? Learn about story concept, characterization, structure, scene writing, dialogue and formatting from working screenwriter David Alexander. Dave is a past Humanitas Prize nominee, has writing credits for seven films with a new one to be aired in December, another in development.

Wed., Jan. 11-Feb. 15 from 7-9 pm  
Gladstone High School A105  
Tuition: \$49 (Senior tuition: \$39)



### SELF-PUBLISHING YOUR FICTION - A TO Z GUIDE ON BECOMING INDIE AUTHOR

Everyone has heard of the major changes overtaking the publishing marketplace and the rapid rise to fame of indie authors such as Colleen Houck and Amanda Hocking. But is self-publishing right for you? What skills are needed to negotiate these new waters, and what will you be sacrificing or gaining if you choose this path? How do you take the first steps to create a quality eBook and POD paperback? This workshop will answer these questions while providing a nuts-and-bolts approach to self-publishing your fiction. Learn about copyrighting, design, editing, promotion, pricing, and more. Taught by indie author Lisa Nowak.

Thurs., Jan. 19 from 6:30-9 pm  
Gladstone High School Room A105  
Tuition: \$19 (Senior tuition: \$15)

### SIGN LANGUAGE - INTERMEDIATE ASL

Learn more about American Sign Language and the Deaf culture with Donna Stone. Continue to increase your vocabulary and improve your conversational skills. Must have taken beginning class or have intermediate skills. No class 2-20.

Mon., Jan. 23-March 19 from 6:30-8:30 pm  
Gladstone High School Room D101  
Tuition: \$64 (Senior tuition: \$48)

**SMALL ENGINE REPAIR** Learn how to service and repair small engines in this **HANDS-ON** class. Instruction by Ray Hopperstad includes lawn mowers and chain saws. Class is open to both men and women. Bring project and small hand tools.

Thurs., Jan. 12-March 1 from 6:30-9:30 pm  
Gladstone High School Shop  
Tuition: \$69 (Senior tuition: \$49)

**SPANISH - BEGINNING PART 1** Practical, fun and easy! Jorge Sotelo will focus on the basics of Spanish language, grammar, and culture. It is ideal for travelers or those needing Spanish in the working environment. Fee is for book and workbook used in Beginning Part 1, 2 and 3 classes.

Mon., Jan. 9-March 12 from 7-9 pm  
Gladstone High School Room A108  
Tuition: \$64 Lab fee: \$36 (Total \$100)  
(Senior tuition: \$48 Lab fee: \$36 Total \$84)  
No class 1-16 & 2-20

**SPANISH - BEGINNING PART 2** Class is continuation from Part 1, designed to help develop practical skills in listening, reading, writing, and speaking Spanish. Taught by Jorge Sotelo. Fee for new students only.

Tues., Jan. 10-Feb. 28 from 7-9 pm  
Gladstone High School Room A108  
Tuition: \$64 Lab fee: \$36 (Total \$100)  
(Senior tuition: \$48 Lab: \$36 Total \$84)

**SPANISH - BEGINNING PART 3** Class with Jorge Sotelo is designed to improve your proficiency in listening, speaking, reading and writing. Must have taken Part 1 & 2 or have some prior knowledge. Fee for new students.

Thurs., Jan. 12-March 1 from 7-9 pm  
Gladstone High School Room A108  
Tuition: \$64 Lab fee: \$36 (Total \$100)  
(Senior tuition: \$48 Lab fee: \$36 Total \$84)

**TRAVEL - BALTIC PORTS OF CALL** Ken Lister will display a two-projector slide show on the magnificent buildings he visited during his tour of the Baltic states, including St. Petersburg in Russia, Copenhagen, Helsinki, Pallinn in Estonia, Stockholm, and more. Enjoy his Scottish brogue as he shares his slides and knowledge with you.

Thurs., Feb. 16 from 7-8 pm  
Gladstone Senior Center - Tuition: \$5

## ADULT CLASSES

### WILLS, TRUSTS & ESTATE PLANNING

What is the difference between a will and a Living Trust? When does an estate have to go through probate? Do you need a Power of Attorney or an advance directive? Plan ahead to help preserve your assets & gain peace of mind with attorney Nicole Sakys.

Wed., March 7 from 6:30-8 pm

Gladstone Senior Center

Tuition: \$15 / Couples: \$20

(Senior tuition: \$10/\$15)

### WOMEN'S SELF DEFENSE WORKSHOP

Learn to empower yourself against violence through simple and effective martial arts skills and proven violence prevention principles. Topics include: sexual assault, stalking, workplace violence and more. A nationally recognized program taught by an experienced safety expert.

Tues., Feb. 7 from 7:15-9:15 pm

► Clackamas Eastside Athletic Club

\$30 (no discount)

**WOODWORKING** The wood shop will be open on Thursday evenings. Instructor Fred Shafer will be available to help with proper handling of the power tools and to answer questions concerning your project. Bring your own supplies. **MUST HAVE EXPERIENCE USING THE POWER EQUIPMENT.**

Thurs., Jan. 12-March 1 from 6:30-9:30 pm

Gladstone High School Shop

Tuition: \$69 (Senior tuition: \$49)

## COMPUTER / DIGITAL TECHNOLOGY / PHOTOGRAPHY

### COMPUTER STEP-BY-STEP BASICS #1

Learn step-by-step computer basics in a relaxed environment with lots of encouragement. Become familiar with opening, saving and closing programs. Learn about icons, jump drives, navigating with a mouse, accessory programs (Word Pad, Calculator, etc), using an Internet browser to find information, and have fun doing it. These small hands-on classes are geared toward those with **NO or little** computer experience who like a slower-paced class. Taught by Jean Aguilar.

Wed., Jan. 11-Feb. 1 from 10:30 am-12:30 pm

Gladstone Senior Center (4 classes)

Tuition: \$59 (Senior tuition: \$49)

### COMPUTER STEP BY STEP BASICS #2

Are you ready for the next step? Obtain a free email account and learn the basics of how to utilize it. Create items in Microsoft Word (calendar, flyer, etc.) Learn how to work with pictures and make a small slide show. Review working with the Internet to find information on the World Wide Web and more. **SOME** computer knowledge recommended.

Wed., Feb. 8-29 from 10:30 am-12:30 pm

Gladstone Senior Center (4 classes)

Tuition: \$59 (Senior tuition: \$49)

**EXCEL 2007 - LEVEL I** Learn the basic functions and features of Microsoft Excel 2007 with Jean Aguilar. Enter and edit text, values, formulas, and pictures and save them in a workbook. Work with ranges, rows, and columns. Perform basic formatting techniques. Students must have **SOME** experience with Windows. Bring a 1G or larger USB flash drive to save work on. Fee is for Level 1 text.

Mon., Jan. 23-Feb. 6 from 6-9 pm (3 classes)

Gladstone High School Computer Lab A110

Tuition: \$59 Lab fee: \$18 (Total \$77)

(Senior tuition: \$39 Lab fee: \$18 Total \$57)

### EXCEL 2007 - LEVEL II WITH JEAN

Builds on skills and concepts taught in Level I. Use multiple worksheets and workbooks, start working with more advanced formatting options, charts, lists and tables. Bring 1G or larger USB flash drive to save work. Fee for Level II text.

Mon., Feb. 13-March 5 from 6-9 pm (3 classes)

Gladstone High School A110 (no class 2-20)

Tuition: \$59 Lab fee: \$18 (Total \$77)

(Senior tuition: \$39 Lab fee: \$18 Total \$57)

**WORD 2007 - LEVEL I** Basic functions and features of Microsoft Word 2007 with Jean Aguilar. Enter and edit text, insert pictures or graphics, enhance the appearance of a document by using various formatting options. Create and edit a business letter, memo, simple report and use mail merge. Students should have **SOME** experience with Windows and using a mouse. Bring a 1G or larger USB flash drive.

Thurs., Jan. 12-26 from 6-9 pm (3 classes)

Gladstone High School Computer Lab A110

Tuition: \$59 Lab fee: \$18 (Total \$77)

(Senior tuition: \$39 Lab fee: \$18 Total \$57)

**WORD 2007 - LEVEL II** Builds on skills and concepts taught in Level I. Format tables, labels and envelopes, work with graphics. Use templates, manage document revisions, and work with Web features. Bring 1G or larger USB flash drive. Lab fee is for Level II text. Taught by Jean Aguilar.

Thurs., Feb. 9-23 from 6-9 pm (3 classes)

Gladstone High School Lab A110

Tuition: \$59 Lab fee: \$18 (Total \$77)

(Senior tuition: \$39 Lab fee: \$18 Total \$57)

**ADOBE PHOTOSHOP BASICS** Learn basics of digitally resizing, cropping, and retouching photographs from digital cameras or scanned pictures using Adobe PhotoShop. Learn about using tools, scanning, e-mail attachments, layered montage, and more. Need basic computer and photo skills. Bring a 1G or larger USB flash drive. Taught by Dana Weesner.

Tues., Jan. 10-24 from 6-9 pm (3 classes)

Gladstone High School Computer Lab A110

Tuition: \$59 (Senior tuition: \$39)

### ADOBE PHOTOSHOP – THE NEXT STEP

Learn more about restoring and retouching digital or scanned pictures with Dana Weesner. Find out how to remove water spots, folds, etc. using Adobe PhotoShop. Learn about color correction; see some special effects, as well as more about resizing pictures for posting online. Need basic computer and photo skills. Bring a 1G or larger USB flash drive.

Tues., Jan. 31-Feb. 21 from 6-9 pm

(3 classes) No class 2-14

Gladstone High School Computer Lab A110

Tuition: \$59 (Senior tuition: \$39)

**DIGITAL CAMERA - HOW TO USE** Do you have a digital camera, but don't know how to use it? Learn about digital photography basics including color resolution, pixels, and more. Find out how to use all of your camera's features and interpret the manual. Bring your camera **AND** the manual, and ask about the settings. Max Gutierrez will utilize a question and answer format.

Tues., Jan. 17 & 24 from 6:30-9 pm (2 nt class)

Gladstone High School Room A106

Tuition: \$19 (Senior tuition: \$12)

### DO YOU WANT BETTER PICTURES?

Learn how to take better pictures, whether you have a digital or point and shoot camera. Max Gutierrez will talk about making your pictures special and avoiding common mistakes. Learn the basics of composition, indoor and outdoor lighting, use of color or black and white, etc. The second night will include critique of one picture to help you improve the pictures you are taking. Bring your camera to class.

Tues., Jan. 31 & Feb. 7

6:30-9 pm (two night class)

Gladstone High School Room A106

Tuition: \$19 (Senior tuition: \$12)



## FITNESS

### AEROBICS SPECIAL AT CLACKAMAS RIVER RACQUET CLUB

**What a deal!** Students who register may attend **any or all** of the aerobic classes listed: MWTH 5:45 am, WF 9 am, TTH 8:30 am, MTWTH 4:30 pm, Sat., 8 am. Classes include body sculpting, cardio variety, step variety. Steps and hand weights provided. Register through Gladstone Community School. No discounts.

Monday through Saturday, Jan. 2-March 31 - \$75



**AIKIDO FOR KIDS** Aikido is a non-competitive, non-violent Japanese Martial Art teaching principles of peaceful resolution of conflict. Kids will learn to empower themselves through discipline of posture, balance, breathing, mental focus. Aikido is not a method of fighting, but method of self-defense. Develop ability to be relaxed, focused, centered, even under stress. Taught by Craig Fife, Michael Erbe, Richard Zimmerman.

**Jan. 9-March 15 - CHOOSE ONE TIME:**

**Age 4-7:** M 5-6 pm or T 6:15-7:15 pm

**Age 6-10:** Wed. 7-8 pm

**Age 8-10:** T 5-6 pm or Th 4-5 pm

**Age 11-18:** M 6:15-7:15 pm or Th 5:15-6:15 pm

Aikido Northwest (16029 SE McLoughlin) Tuition: \$60

### AIKIDO FOR ADULTS WITH CRAIG FIFE

Aikido, a traditional Japanese Martial Art emphasizes blending and harmonizing with adversary to neutralize attack, utilizing variety of throws, joint locks, immobilization techniques. Aikido's goal is development of the whole human being - mind, body, spirit to its full potential. Appropriate for all ages and skill levels.

**Attend any or all: Jan. 10-March 15**

Basics: Tues., 7:30-8:30 pm and Thurs., 6:30-7:30 pm

Basic weapons class: Thurs., 7:30-8:30 pm

Open mat time: Tues. & Thurs., 8:30-9 pm

Aikido Northwest (16029 SE McLoughlin)

Tuition: \$80 (no discounts)



**CYCLE CLASS** 45-minute indoor ride cycle class set to fun, motivating music guaranteed to make you sweat! No discount. **Specify session.**

#### ► MILWAUKIE EAST SIDE ATHLETIC CLUB

Tues., Jan. 10-March 13 from 6:15-7 pm \$60

Thurs., Jan. 12-March 15 from 6:15-7 pm \$60

#### ► CLACKAMAS EAST SIDE ATHLETIC CLUB

Wed., Jan. 11-March 14 from 6:15-7 pm \$60

**CYCLE EXPRESS** 30-minute indoor cycle class set to fun, motivating music! Quick spin workout! No discount.

#### ► MILWAUKIE EAST SIDE ATHLETIC CLUB

Mon./Wed., Jan. 9-March 14 from 5:30-6 pm \$60

**GROUP POWER SEE RESULTS!** Feel the **POWER** with this **NEW** barbell class set to invigorating music. High repetitions and instructor motivation insure success! No discount. **Specify session.**

#### ► CLACKAMAS EAST SIDE ATHLETIC CLUB

Mon./Wed., Jan. 9-March 14 from 6-7 pm \$108

#### ► MILWAUKIE EAST SIDE ATHLETIC CLUB

Sat., Jan. 7-March 10 from 9:30-10:30 am \$60

**H2O EXERCISE** Cardiovascular conditioning, muscle strengthening performed in the water. Aqua dumbbells and other floating devices are used to enhance the strength component of class while the water cushions the impact. No discount. **Specify session.**

#### ► MILWAUKIE EAST SIDE ATHLETIC CLUB

Tues./Thurs., Jan. 10-March 15 from 8:30-9:30 am \$108

#### ► CLACKAMAS EAST SIDE ATHLETIC CLUB

Sat., Jan. 7-March 10 from 9-10 am \$60

Tues./Thurs., Jan. 10-March 15 from 9-10 am \$108

**PILATES SPECIAL AT CRRC What a deal!** Students who register may attend **any or all** of the Pilates classes listed. Performed on the mat, this class is excellent for beginners new to Pilates or for those who want to rediscover how the body was meant to move. Focus on cultivating strength, flexibility, balance and grace for your body and mind. Wednesday class is Yogilates class, a mix of Yoga and Pilates. All levels welcome as modifications to challenging poses shown.

Register through Gladstone Community School.

Mon., Tues., Wed., Thurs., 5:30-6:30 pm

Jan. 2-March 29 at Clackamas River Racquet Club

Tuition: \$85 (no discounts)

**RACQUETBALL GROUP ADULT PROGRAM** Racquetball is a fantastic sport suited to all ages! Join Ampro certified instructor Carol Loomis for a 4 week lesson program teaching forehand, backhand, serve, returns and basic strategy. No experience necessary and equipment is provided. No discounts.

#### ► MILWAUKIE EAST SIDE ATHLETIC CLUB

Wed., Jan. 25-Feb. 15 from 6-7 pm \$40

**RACQUETBALL JUNIOR PROGRAM** Racquetball is the perfect game for youngsters! Kids stay active and cross train for other sports. Practices held on Sundays from 1-2 pm for ages 5-9 (\$55/6wks) and from 2-4pm (\$105/6wks) for ages 10-older. All skill levels welcome and equipment is provided. 6 week sessions. Jan. 8-Feb. 12 OR March 9-April 20. Contact Angie at **MILWAUKIE EAST SIDE ATHLETIC CLUB** for details 503-659-3845. Register at Gladstone Community School.

**SKYHAWKS SPORT CAMP AGE 3 ½ - 4** Skyhawks help children fine-tune their motor skills in soccer or basketball. No pressure, just lots of fun while these little athletes learn the basics of sports through unique games. Age-appropriate games and equipment will be used during this positive intro to sports. Class limited.

Sat., Jan. 14-March 3 (8 weeks) from 10-10:30 am

JWE Wetten Gym (250 E. Gloucester)

Tuition: \$45

**SKYHAWKS SPORT CAMPS AGE 4-6** Mini-Hawks helps children explore soccer, basketball and baseball. No pressure, just lots of fun while these young athletes participate in all three sports through unique, age-appropriate games. The coaching staff is committed to helping children start off on the right foot as they take their first steps into athletics. Class size limited.

Sat., Jan. 14-March 3 (8 weeks) from 9-9:45 am

JWE Wetten Gym (250 E. Gloucester)

Tuition: \$55

**TAE KWON DO - ADULT - ALL LEVELS** Get a great workout while learning this Korean style of martial arts from Master Jaiwhan Woo, a past Korean National Champion. Master Woo is a dedicated instructor who has been strengthening the body, mind and spirit of students for over 30 years. Men and women of all ranks welcome. Protective equipment used while sparring.

Tues./Thurs., Jan. 10-March 22 from 7:30-9 pm

Kraxberger Middle School

Tuition: \$79 (no class 2-16)



### TAE KWON DO FOR BOYS & GIRLS

#### AGES 8-15 - ALL LEVELS

Develop your mind and body with this ancient disciplined Martial Art. It promotes self-discipline and self-esteem. Parents invited to participate at no additional charge after signing release. Uniforms are recommended and may be purchased from instructor. Taught by David Beasley.

Tues./Thurs., Jan. 10-March 22 from 6-7:30 pm

Kraxberger Middle School

Tuition: \$79 (no class 2-16)

## FITNESS

► **TAI CHI CHUAN BEGINNING** Tai Chi, a slow, graceful form of Chinese exercise benefits body, mind, spirit, described as *moving meditation* because of emphasis on relaxation, one-pointed concentration, cultivation of vital energy or *qi*. Yang Style 24-Movement short form is especially designed for beginners and older students. Class designed for students new to Tai Chi. Taught by Gary Schmidt.  
Mon., Jan. 9-March 19 from 11 am-noon (no class 1-16 & 2-20)  
Gladstone Senior Center  
Tuition: \$59 (Senior tuition: \$45)

► **TAI CHI CHUAN INTERM.** Open to students who have learned the first half of the Yang Style 24 movement form. Emphasis will be on learning the second half of the form as well as form refinement.  
Mon., Jan. 9-March 19 from 10-11 am (no class 1-16 & 2-20)  
Gladstone Senior Center  
Tuition: \$59 (Senior tuition: \$45)

► **TAI CHI CHUAN ADVANCED** Open to students who have learned entire Yang Style 24 movement form. Form refinement, theory and advanced forms will be offered.  
Mon., Jan. 9-March 19 from 9-10 am (no class 1-16 & 2-20)  
Gladstone Senior Center  
Tuition: \$59 (Senior tuition: \$45)

**CHAIR YOGA WITH MARY HAYE** Finally, a yoga class that you don't have to get up and down from the floor! Designed to let almost anyone join in, class is especially helpful to those with arthritis. Learn simple stretches, breathing and relaxation techniques sitting in or using chair while standing.  
Mon., Jan. 9-March 19 from 1-1:50 pm at Gladstone Senior Center  
Tuition: \$55 (Senior tuition: \$40) No class 1-16 & 2-20

**YOGA – GENTLE BEGINNING WITH MARY HAYE** Yoga can help you feel better physically and reduce stress. It is beneficial to your health and well-being. Class will be a very beginning, gentle yoga suitable for anyone, regardless of age or fitness level. Wear loose clothing and bring a blanket or exercise mat.

**PLEASE SPECIFY DAY:**

Tues., Jan. 10-March 13 from 9-10 am OR

Fri., Jan. 13-March 16 from 9-10 am

Gladstone Senior Center

Tuition: \$55 (Senior tuition: \$40)

**YOGA – BASICS** Yoga can help you feel better physically and reduce stress. Instructor will show you simple stretches, breathing and relaxation techniques suitable for anyone. Learn to exercise more than just your muscles. Wear loose clothing; bring a blanket or exercise mat.

**SPECIFY DAY:**

Tues., Jan. 10-March 13 from 5:25-6:25 pm (Greg Fegel) OR

Thurs., Jan. 12-March 15 from 9-10 am (Mary Haye)

Gladstone Senior Center

Tuition: \$55 (Senior tuition: \$40)

**YOGA – CONTINUING** This class is designed for students who have taken at least one term of Yoga. Learn more in-depth stretches, breathing and relaxation techniques suitable for anyone. Wear loose clothing. bring blanket or exercise mat. **PLEASE SPECIFY DAY:**

Tues., Jan. 10-March 13 from 6:30-7:30 pm (Greg Fegel)

Wed., Jan. 11-March 14 from 6-7 pm (Mary Haye)

Gladstone Senior Center

Tuition: \$55 (Senior tuition: \$40)



**YOGA SPECIAL BEG-INT - CLACKAMAS RIVER RACQUET CLUB**  
**What a deal!** Engage yourself physically and mentally through yoga. Emphasize postural alignments, breathing intention, and relaxation techniques. Wear loose clothing and bring an exercise mat or blanket. Attend **any or all** classes listed: Mon./Wed./Fri. 8-9 am, Tues./Thurs., 9:30-10:30 am. Register through Gladstone Community School.  
Jan. 2-March 30 at Clackamas River Racquet Club  
Tuition: \$85 (no discounts)

**YOGA AT EASTSIDE ATHLETIC CLUB** Improve balance, strength, flexibility, body awareness with the gentle flow and relaxation of yoga. Register with Gladstone Community School. No discount.

**SPECIFY SESSION:**

► **MILWAUKIE EAST SIDE ATHLETIC CLUB**

Sat., Jan. 7-March 10 from 8:15-9:15 am \$60

► **CLACKAMAS EAST SIDE ATHLETIC CLUB**

Fri., Jan. 13-March 16 from 10:20-11:20 am \$60

Sun., Jan. 8-March 11 from 10:30-11:30 am \$60

**ZUMBA! MADE EASY WITH LORI** Have fun while learning the basic steps of Merengue, Salsa, Cha Cha and other dances in a fun class geared for beginners. If you like to dance, you will enjoy this popular exercise class with Lori Heinsohn.

**PLEASE SPECIFY DAY:**

Tues., Jan. 10-Feb. 28 from 6:30-7:30 pm

Thurs., Jan. 12-March 1 from 6:30-7:30 pm

JWE Wetten Gym (250 E. Gloucester)

Tuition: \$50 (Senior tuition: \$40)

## ZUMBA! TONING

**ZUMBA! TONING WITH LORI** Zumba Toning blends body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. You'll use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones. Bring your own Toning Sticks or can purchase at class.

**PLEASE SPECIFY DAY:**

Tues., Jan. 10-Feb. 28 from 7:30-8 pm

Thurs., Jan. 12-March 1 from 7:30-8 pm

JWE Wetten Gym (250 E. Gloucester)

Tuition: \$25 (Senior tuition: \$20)

**ZUMBA! PASS AT GRANDE FINALE** Dance, upbeat music, energetic instructors get you moving in newest fitness craze. Love dance, fitness, class is for you. No discounts. Attend any combo of times for an 8 class total for \$48. Mon. from 8-9 pm or Wed. from 8:30-9:30 pm  
Jan. 16-March 7 at Grande Finale (875 Portland Ave., Gladstone)

**ZUMBA! AT EAST SIDE** Love to dance but hate to exercise? This cardio class combines simple salsa, hip-hop and jazz moves with upbeat music for lots of cardio fun! Register with Gladstone Community School. No discounts. Register early; limited space available.

**SPECIFY SESSION:**

► **MILWAUKIE EAST SIDE ATHLETIC CLUB**

Tues./Thurs., Jan. 10-March 15 from 6-7 pm only \$108

Fri., Jan. 13-March 16 from 6-7 pm only \$60

Sun., Jan. 8-March 11 from 1:30-2:30 pm only \$60

► **CLACKAMAS EAST SIDE ATHLETIC CLUB**

Mon./Wed. Jan. 9-March 14 from 6:05-7:05 pm only \$108

Tues., Jan. 10-March 13 from 10:20-11:20 am only \$60

Sat., Jan. 7-March 10 from 9:15-10:15 am only \$60

## OIL PAINTING WITH JUDY STUBB

De-stress and relax with Judy Stubb, certified **Bob Ross** instructor. Start with a blank canvas; leave with a completed masterpiece in just 3-4 hours! This *Wet-on-Wet Technique* is a very simple, easy to follow method anyone from beginners to seasoned painters can master.

Classes are casual, fun, and conducted in an easy step-by-step process. Judy shows up armed with easels, canvas, paints, brushes, palettes, etc. - everything necessary to complete your painting. See samples of each class painting at [www.wetpaints.net](http://www.wetpaints.net).

Gladstone Senior Center (1050 Portland Ave.)  
Tuition: \$48 per class (no discounts)



### SPECIFY CLASS DATE & TIME:

Friday	Jan. 13	5:30-9 pm	Silver Falls in Winter
Tuesday	Jan. 17	10 am-2 pm	Summer Lake
Sunday	Jan. 29	2-6 pm	Bear Country
Friday	Feb. 10	5:30-9 pm	Fantasy Flowers
Tuesday	Feb. 21	10 am-2 pm	Elephant
Sunday	Feb. 26	2-6 pm	Forest River
Friday	March 2	5:30-9 pm	Wilderness Way
Wed.	March 14	10 am-2 pm	Weather on the Move
Sunday	March 18	2-6 pm	Mountains of Grace

## ARTS & CRAFTS

### ACRYLICS WITH MELISSA GANNON

Explore the acrylic medium using washes, texturing and impasto techniques. Class will include painting landscapes, water, flowers and buildings. Bring your imagination and be prepared to use COLOR!!!! Supply list.

Wed., Jan. 11-Feb. 29 from 6-8:30 pm

Gladstone High School Room C134

Tuition: \$69 (Senior tuition: \$55)

### ACRYLICS WITH SHIRLEE LIND

Class is designed for beginning to experienced artists, with emphasis on learning brush techniques, color mixing, shading and composition. Class will include painting landscapes, flowers, wildlife or your preference with one-to-one supervision. Supply list. Thurs., Jan. 12-March 15 from 9:30-11:30 am at Gladstone Senior Center

Tuition: \$69 (Senior tuition: \$55)

### ADVENTURES IN PASTELS

Use your pastels to portray vibrant landscapes, water, and still lifes. Class with Melissa Gannon will cover drawing, composition, and color layering. Supply list.

Thurs., Jan. 12-March 1 from 2-4:30 pm

Gladstone Senior Center

Tuition: \$69 (Senior tuition: \$55)

### BEADING WITH WIRE BASICS

Learn techniques to create beads, wrap stones and beads, make split/jump rings. Create earrings, bracelet, and necklace. Bring chain nose and round nose pliers, wire cutters. A supply list will be given first night for extra projects. Tuition includes \$5 fee for basic supplies. Taught by Nan Hage.

Mon., Jan. 23-Feb. 6 from 6:30-9 pm

Gladstone High School Room F107

Tuition: \$34 (Senior tuition: \$28)

### CAKE DECORATING-BEGINNING

Louise Hargens will show you wide variety of decorating techniques, how to use color and equipment, how to make several borders and flowers. Be decorating like a pro in no time! Includes beginning supplies.

Wed., Jan. 11-Feb. 15 from 7-9 pm

Gladstone Senior Center \$30 (no discount)

### COOKIE BOUQUETS WITH LOUISE

Louise Hargens will show you how to create professional-looking cookie bouquets for every occasion. From baking to decorating and assembling, Louise will share her expertise, recipes and tips with you. Assemble and take home your own themed bouquet. February class will have a Valentine theme; March will have a Spring theme. Register early as class is limited.

Thurs., Feb. 9 OR Thurs., March 22 from 6:30-8:30 pm at Gladstone Senior Center

Tuition: \$20 (no discounts)

### HOT GLASS FUSING -BEGINNING

Design and fuse or slump art projects such as set of coasters, jewelry, or small plate. Learn a little about basics of glass fusing and slumping, the hottest thing going in art today. Class will be mostly hands-on; no experience needed. Local instructor Dennis Peterson provides all tools and materials. Age 18+. Class limited, register early. No discounts.

Sat., Jan. 14 from 9:30 am-4 pm OR

Sat., Jan. 28 from 9:30 am-4 pm

Local Gladstone Studio (info will be sent)

Tuition: \$55 Lab fee: \$35 (Total \$90)

### OIL PAINTING WITH SHIRLEE LIND

Class is for beginning to experienced artists with emphasis on color mixing, brush techniques, composition, perspective and blending from canvas preparation to finished product. No prior experience necessary. Supply list available.

Thurs., Jan. 12-March 15 from 9:30-11:30 am

Gladstone Senior Center

Tuition: \$69 (Senior tuition: \$55)

### QUILT-LOG CABIN DESIGN-BEGINNING

Create various quilt designs by sewing basic Log Cabin blocks together. Construct quilt or wall hanging in class (large quilt may take longer). Easy method uses sewing machine and rotary cutter. First class, discuss how to combine colors, then shop together for fabric and supplies. Great way to learn how to sew! Age 12 and under welcome with adult helper.

Wed., Jan. 18-Feb. 8 from 6:30-9 pm

Gladstone High School Room F107

Tuition: \$45 (Senior tuition: \$35)

### QUILT-GARDEN OF TULIPS BEGINNING TO INTERM.

Create a Tulip Flowers Design wall hanging or quilt for spring using strip quilting techniques. Shop first night for fabric with class. Taught by Nan Hage.

Wed., Feb. 22-March 14 from 6:30-9 pm

Gladstone High School Room F107

Tuition: \$45 (Senior tuition \$35)

### QUILTERS, FINISH THAT PROJECT!

This is a time for all those who need a large table, use of a sewing machine, or answers to a quilting question. Nan Hage will be on hand to help you finish your quilt.

Wed., Jan. 25-Feb. 8 from 6:30-9 pm OR

Wed., Feb. 29-March 14 from 6:30-9 pm

Gladstone High School Room F107

Tuition: \$35 (Senior tuition: \$25)

### SUMI-E PAINTING WITH VARIATIONS

Japanese brush painting - Sumi-e - is an art that engages your body, mind and spirit. It depicts the essence of form, movement and space. Learn strokes to create the 'Four Gentleman': Bamboo, Chrysanthemum, Orchid, and Plum Branch. Create variations, play with reverse painting. Learn a different way of 'seeing' form, shape and space. Supply list. Taught by Melissa Gannon.

Tues., Jan. 10-Feb. 28 from 6-8:30 pm

Gladstone High School Room C134

Tuition: \$69 (Senior tuition: \$55)

### WATERCOLOR WITH MELISSA GANNON

Explore the exciting and challenging medium of transparent watercolor. Learn to mix colors, basics of composition, drawing, and elements of perspective. Supply list.

➔ **EVENING CLASS:** No class 1-16, 2-20

Mon., Jan. 9-March 12 from 6-8:30 pm

Gladstone High School Room C134

Tuition: \$69 (Senior tuition: \$55)

➔ **DAYTIME CLASS:**

Wed., Jan. 11-Feb. 29 from 2-4:30 pm

Gladstone Senior Center

Tuition: \$69 (Senior tuition: \$55)

## GRANDE FINALE DANCE STUDIO

These 8-week classes are held at Grande Finale Dance Studio, 875 Portland Avenue in Gladstone. Class sizes are limited; please register early.

**TAP / JAZZ AGES 3-4** Students will get the chance to learn basic jazz and tap skills in a fun dance environment. Students will need basic tights and leotard, ballet slippers (any color) & black patent tap shoes.  
Tues., Jan. 17-March 6 from 10:30-11:15 am Cost: \$90

**TUMBLING BASICS AGES 2 1/2-4 FOR PARENT & CHILD** Flexibility, fun and games rule the day as students learn tumbling skills up to and including cartwheels, somersaults and handstands. Great for beginners, an opportunity for more advanced tumblers to refine their skills. Parent participation required. **SPECIFY CLASS:**  
Mon., Jan. 16-March 5 from 5:30-6:15 pm Cost: \$90  
Wed., Jan. 18-March 7 from 10:30-11:15 am Cost: \$90

**TUMBLING BASICS AGE 3-5** A beginner level tumbling class where kids will work on flexibility, listening skills and basic tumbling skills such as forward rolls, backwards rolls and cartwheels. This fun class is child only participation. A natural progression after Parent/Child tumbling.  
Wed., Jan. 18-March 7 from 9-9:45 am Cost: \$90

**TUMBLING - AGES 4-6** Flexibility and fun rule the day as students learn tumbling skills including front and back walkovers, up to handstands. Class provides foundation for beginners, opportunity for more advanced tumblers to refine their skills.  
Mon., Jan. 16-March 5 from 4:30-5:15 pm Cost: \$90

## PRECISION ELITE GYMNASTICS

Classes held at Precision Elite Gymnastics, 15507 SE For Mor Court in Clackamas. Class sizes limited; please register early.

### ROLL, FLY, TWIST & SPIN!

Come enjoy the fun in our new 31,000 sq. ft. gym which includes a 30-foot long trampoline. This class will focus on gymnastics and trampoline skills for boys and girls. Classes are 45 minutes long and run for 10 weeks. Wear leotards or shorts and a t-shirt.

### PLEASE SPECIFY AGE & TIME:

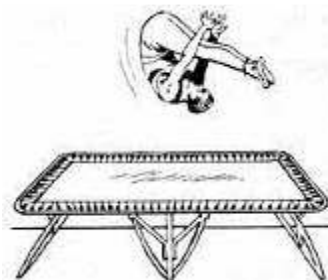
Age 4-7: Thurs., Jan. 12-March 15 from 3:45-4:30 pm

Age 4-7: Thurs., Jan. 12-March 15 from 5:15-6 pm

Age 7-10: Thurs., Jan. 12-March 15 from 4:30-5:15 pm

Age 7-10: Thurs., Jan. 12-March 15 from 6-6:45 pm

**Tuition: \$90**



## FOOTWORK DANCE STUDIO

These 8-week classes are held at Footwork Dance Studio, 16660 S.E. McLoughlin Blvd in Milwaukie. Class sizes limited; register early.

### BALLET – MOMMY & ME – AGE 2-3

Come discover movement potential as we play and explore different kinds of music and ballet moves, games, stretching, barre and creative play. Keep kids moving in this toddler-centered class.  
Thurs., Jan. 12-March 1 from 5-5:30 pm Cost: \$48 for parent+child

### BALLET – AGE 3-5

Classroom activities get little ones moving and exploring grace and flexibility their bodies are capable of in fun, easygoing environment.  
Wed., Jan. 11-Feb. 29 from 6-6:30 pm Cost: \$48

**BALLET – AGE 5-7** Classic balance and grace combined with fun activities start students on their way to strengthening their ballet skills. Leotard and tights (any color) required for this class.  
Wed., Jan. 11-Feb. 29 from 5:15-6 pm Cost: \$66



**HIP HOP** - Fun, fast paced, funky dance moves create a routine set to upbeat music. Please wear comfortable clothes that allow for ease of movement, no jeans allowed.

AGE 7-9: Wed., Jan. 11-Feb. 29 from 6:30-7:15 pm Cost: \$66

AGE 10+: Mon., Jan. 9-Feb. 27 from 7:30-8:15 pm Cost: \$66

**JAZZ DANCE - AGE 3-5** Classic and creative movements are combined to create a faster pace than ballet with fun music and games to keep kids engaged and moving.

Mon., Jan. 9-Feb. 27 from 5:30-6 pm Cost: \$48

**JAZZ DANCE - AGE 5-7** Fun easy intro to jazz dance. Learn steps & routines while having fun with flexibility, coordination & rhythm. Please wear stretchy pants, tshirt or leotards, plus tennis shoes or jazz/ballet shoes. Mon., Jan. 9-Feb. 27 from 5-5:30 pm Cost: \$48

## SPECIAL THINGS

**PRE-SCHOOL STORY HOUR** - Stories, crafts and games will highlight the hour for youngsters four and five years of age at the Gladstone Public Library on Thursday mornings from 9:30-10:30 am. Call (503) 656-2411.

**CHILDREN WITH HANDICAPPING CONDITIONS** have a right to free appropriate public education, including children with special problems. For more info, contact Special Services at (503) 656-6564.

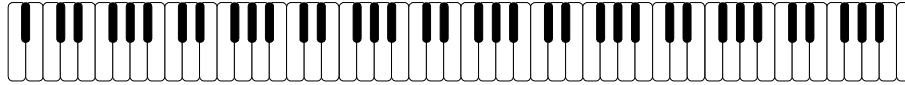
**GLADSTONE HISTORICAL SOCIETY** meets at 6 pm on the 2nd Monday each month at Gladstone Senior Center. For info, call Daphne Banks at (503) 421-3041.

**HEALTHY START PLAYGROUPS** - Held Mondays from 12:15-1:45 pm and Fridays from 10-11:30 am. Free to all families and children ages birth-5 at the new Gladstone Center for Children & Families (GCCF), located across the street from Gladstone High School. For info, call Wendy at (503) 655-8234.

**GLADSTONE COMMUNITY CLUB** members and guests meet on the 2nd Sat. every month, potluck at noon. We invite guests of members as well as newcomers to join our club. Our building, 255 E. Exeter, is available for rentals. For information, call (503) 656-1357.

# HARMONY ROAD MUSIC

Help children discover world of music through age appropriate motivating materials and activities. Parent participation in class is key for student success. Held at Harmony Road Music, 17300 SE 82<sup>nd</sup> Drive, Clackamas. Instructors have specialized music training or degrees. Class sizes limited. No discount.



## TODDLER TUNES 20 MOS. TO 3 YEARS

Joyful first music class shared by tots and parents. Movement, singing, musical games, fingerplay and keyboard activities encourage active involvement.

Wed., Jan. 4-25 from 10-10:30 am

Tuition: \$65 (includes \$10 materials fee)

## HELLO MUSIC – AGE 3 - 4

Offers intro to solfège singing, movement, rhythm, keyboard playing, creative activities. Parents participate in class.

Wed., Jan. 4-25 from 10:45-11:30 am

Sat., Jan. 7-28 from 11:15 am-12 pm

Tuition: \$70 (includes \$10 material fee)

## MUSICTIME – AGE 4 - 5

Introduction to solfège singing, movement, rhythm, keyboard playing, creative activities. Parents participate in class.

Wed., Jan. 4-25 from 11:30 am-12:15 pm

Sat., Jan. 7-28 from 12-12:45 pm

Tuition: \$70 (includes \$10 material fee)

## YOUNG MUSICIAN – AGE 6-7

Intro to music concepts through singing, ear training, note reading, piano solo, ensemble playing. Parents participate in class.

Mon., Jan. 2-23 from 4:30-5:15 pm

Tuition: \$70 (includes \$10 material fee)

## KEYBOARD PREP - AGE 8-11

Include ear training, solfège singing, note reading, composing, solo/ensemble playing. Parents participate in class.

Mon., Jan. 2-23 from 6-6:45 pm

Tuition: \$70 (includes \$10 material fee)

## PIANO FOR ADULTS & TEENS 12 & UP

Unique, motivating experience designed specifically for teen and adult beginners. Intro to many musical concepts through ear training, note reading, chords, solo & ensemble playing, composing. Parent participation is option for younger students.

Wed., Jan. 11-Feb. 15 from 7:15-7:45 pm

Tuition: \$110 (includes \$20 material fee)

## GLADSTONE CLASS REGISTRATION INFORMATION

Registration begins immediately:  
**CONFIRMATIONS SENT UPON REQUEST ONLY**



**MAIL-IN** Assume you are in the class unless otherwise notified.



**WALK-IN** Register at the Gladstone Community School Office.



**PHONE-IN** Phone registrations accepted with VISA or MasterCard.



Gladstone Community School  
17789 Webster Road  
Gladstone, OR 97027

(503) 650-2570 ☎ (503) 655-2777

FAX (503) 655-5201

[www.gladstone.k12.or.us](http://www.gladstone.k12.or.us)

Office Registration Hours

8:00 am to 4:30 pm

Monday - Friday

### REFUND POLICY:

- \*Full refunds for **classes of one or two sessions** given up to one week prior to first session upon request. **No refunds the week class begins.**
- \*Refunds for most **classes of three or more sessions** will be given prior to the second meeting of class upon request, less a \$5 service charge. Lab or material fees may not be refundable at that point. Some classes may include contracted fees that are non-refundable after the first class. **Any refund requested a week or more before the first class will receive a full refund.**
- \*Refunds for **camps** must be requested at least one week before camp begins.
- \*Lab or material fees may not be refundable unless requested one week before the first day of class, including camps, clinics, workshops, etc.
- \*Classes canceled by the Community School will automatically entitle a student to a full refund.

**NOTE:** Registrations are taken "first-come, first-serve," so we encourage you to register as early as possible. Adults and parents of children who register for recreation classes must sign release form before participating in class.

**LAB FEES AND TUITION:** Must be paid at time of registration.

**SENIOR DISCOUNT:** Seniors 62 years of age and older qualify for a discounted tuition on many classes (unless otherwise noted) plus any lab fees. Call for more information. Some classes are not eligible for a discounted rate.

**GLADSTONE SENIOR CENTER CLASSES:** Please pre-register through Gladstone Community School unless otherwise noted.

**ACCOMODATIONS NOTICE:** If you have special needs or a disability that require accommodations in order for you to attend or participate in a school meeting or event, please contact the Office of Special Services at 503-656-6564 at least 48 hours in advance.

**PRIVACY INFO:** Due to the nature of community school classes being held evenings, weekends, etc., instructors are provided with student names and phone numbers for emergency use. Parents or students who object to release of any of this information should notify the community school office at (503) 650-2570.

## ➔ BROCHURE INFORMATION ←

Our brochure is mailed to individual households upon request. If you would like to have a copy of this brochure mailed to your home, or receive it electronically, please contact us at (503) 650-2570 to be added to the mailing list. The brochure is also available online at [www.gladstone.k12.or.us](http://www.gladstone.k12.or.us), in the Community Education portion of the Clackamas Community College catalog, and on their website at [www.clackamas.edu](http://www.clackamas.edu).

# GLADSTONE COMMUNITY SCHOOL

**MAIL IN REGISTRATION FORM:** **Gladstone Community** 11 **Education and Recreation** Payment:  Check  Visa  MasterCard  
 17789 Webster Road  
 Gladstone, Oregon 97027  
 Ph: 503.650.2570 or 503.655.2777  
 Fax: 503.655.5201

Name on Card \_\_\_\_\_  
 Card # \_\_\_\_\_ Exp. \_\_\_\_\_  
 Signature \_\_\_\_\_

Sponsored by: Gladstone School District 115 \* City of Gladstone \* Clackamas Community College

Social Security Number (Optional\*): \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Today's Date: \_\_\_\_\_ Term: Summer  Fall   
 Winter  Spring   
 Last Name: \_\_\_\_\_ First Name \_\_\_\_\_ Initial \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home Ph: \_\_\_\_\_ Work or Cell Ph: \_\_\_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_ Male  Female   
 If Child, Parents Name: \_\_\_\_\_

\*Providing your social security number is voluntary. If you provide it, your social security number will be used for keeping records, doing research, and reporting. It will not be used to make any decision directly affecting you or any other person. Your social security number will not be given to the general public. If you choose not to provide your social security number, you will not be denied any rights as a student.

Course #	Course Title	Course Date	Instructor	Time	Tuition	Lab Fee	M	T	W	T	F	S	
Gladstone Community Education and Recreation supports equal educational opportunity regardless of age, disability, marital status, national origin, race, religion, color, or sex.					Subtotal	\$							
					<b>Payment Received</b>		\$						
							Rt#						
							By						

### RELEASE FORM

In consideration of my participation (of my said child) in the aforementioned activities, I (we) waive and release any and all rights (as permitted by law) and claims for losses and damage that I (we or our child) may have against the City of Gladstone, its officers and employees and the Gladstone School District 115, arising in any way from (the said) participation, (of our child). This release shall be binding upon our representative, successors and assigns. In the event that (my child) may require(s) emergency medical treatment while participation in the aforesaid activities of the Gladstone Recreation Department/Gladstone Community School, I hereby authorize (my said child to receive) all necessary emergency medical treatment as may be necessary under the circumstances then existent. Unless otherwise noted in the space below, local ambulance service and Willamette Falls Hospital will be used.  
**If you wish another hospital used, please so note.**

Date \_\_\_\_\_ Signature \_\_\_\_\_  
 Signed adult student or parent/guardian



## GLADSTONE

- A** GLADSTONE SCHOOL DISTRICT OFFICE  
17789 Webster Rd.  
Gladstone, OR 97027
- B** KRAXBERGER MIDDLE SCHOOL  
17777 Webster Rd.  
Gladstone, OR 97027
- C** GLADSTONE HIGH SCHOOL  
18800 Portland Ave.  
Gladstone, OR 97027
- D** JOHN WETTEN ELEMENTARY  
250 E. Exeter  
Gladstone, OR 97027
- E** WETTEN GYM  
250 E. Gloucester  
Gladstone, OR 97027
- F** GLADSTONE SENIOR CENTER  
1050 Portland Ave.  
Gladstone, OR 97027
- G** GLADSTONE CENTER FOR CHILDREN & FAMILIES  
18906 Portland Ave.  
Gladstone, OR 97027