

**FALL CLASSES 2018 GLADSTONE REGISTER NOW CALL (503) 650-2570 - WWW.GLADSTONE.K12.OR.US**

MAIL IN REGISTRATION FORM:

**Gladstone Community Education and Recreation**  
 17789 Webster Road  
 Gladstone, Oregon 97027  
**Ph: 503.650.2570 or 503.655.2777**  
 Fax: 503.655.5201

Payment:  Check  Visa  MasterCard

Name on Card \_\_\_\_\_

Card # \_\_\_\_\_ Exp. \_\_\_\_\_

Signature \_\_\_\_\_

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

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

Email address: \_\_\_\_\_ 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	\$				Rt#	
						Payment Received	\$				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 Providence Willamette Falls Hospital will be used. If you wish another hospital used, please so note.

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

**◆ GLADSTONE COMMUNITY SCHOOL & CITY RECREATION - HOW DO I GET ADDITIONAL INFORMATION? ◆**  
**◆ REGISTER ONLINE AT [WWW.GLADSTONE.K12.OR.US](http://WWW.GLADSTONE.K12.OR.US).** Scroll to bottom of page, click on the box that says "Learning for Life Community Education" for registration links. We continue to take registrations by mail, in person or by phone. Questions? (503) 650-2570. Info also available in Community Ed portion of Clackamas Community College catalog or on CCC website at [WWW.CLACKAMAS.EDU](http://WWW.CLACKAMAS.EDU). See individual class for location - Registration begins immediately.  
**◆ NOTE: One week notice required for full refund unless otherwise noted. ◆**

- Class Locations*
- Gladstone High School - 18800 Portland Avenue, Gladstone
  - Kraxberger Middle School - 17777 Webster Road, Gladstone
  - John Wetten Elementary - 250 E Exeter, Gladstone
  - Wetten Gym - 255 E Gloucester, Gladstone
  - Gladstone Senior Center - 1050 Portland Avenue, Gladstone
  - OC Elks Grand Ballroom - 610 McLoughlin Blvd., Oregon City
  - Aikido Northwest - 16029 SE McLoughlin Blvd, Milwaukie
  - Clackamas River Racquet Club - 790 - 82nd Drive, Gladstone
  - Eastside Athletic Milwaukie - 4606 SE Boardman, Milwaukie
  - Eastside Athletic Clackamas - 9100 SE Sunnyside, Clackamas
  - Grande Finale Dance Studio - 875 Portland Ave., Gladstone
  - Gladstone Park Seventh-day Adventist Church, 8378 Cason Rd.

Published by the  
**GLADSTONE SCHOOL DISTRICT 115**  
 17789 WEBSTER ROAD  
 GLADSTONE, OREGON 97027

**Non-Profit**  
**Organization**  
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# FALL CLASSES 2018 GLADSTONE COMMUNITY SCHOOL & CITY RECREATION (503) 650-2570 - WWW.GLADSTONE.K12.OR.US

## ART/CRAFTS/HOBBIES



- ◆ **ACRYLICS/OILS WITH SHIRLEE LIND** Fun class w/choice of oils or acrylics. Beginners learn fundamentals, brush techniques & color mixing. Exp artists paint from photos. See demo's w/experimental techniques, texture & depth. Supply list. Gladstone Senior Center 9:30-11:30am Thurs. starts 9/27 for 10 wks. \$89 (Age 62+: \$73) No class 11/22
- ◆ **ACRYLICS WITH MELISSA** Explore acrylic medium using washes, texturing, & impasto techniques. Class will include painting landscapes, water, flowers, & buildings. Bring imagination & be prepared to use COLOR! Please see supply list. Gladstone HS 6-8:30pm Wed. starts 9/19 for 8 wks. \$84 (Age 62+: \$68) *Melissa Gannon*
- ◆ **ADVENTURES IN PASTELS** Use your pastels to portray vibrant landscapes, water, & still life. Class will cover drawing, composition & color layering. Please see supply list. Gladstone Senior Center 2-4:30pm Thurs starts 9/20 for 8 wks. \$89 (Age 62+: \$73) *Melissa Gannon*
- ◆ **CARDS FOR FALL** Beautiful all occasion cards spotlighting rich & beautiful colors of fall. Create 8 cards w/envelopes, 2 ea. of 4 different designs. Gladstone HS 6-9pm Tues. 9/25 OR Wed. 9/26 for 1 class \$16+\$15 lab (Age 62+: \$13+lab) *Alicia Graham*
- ◆ **CARDS WITH HOLIDAY MAGIC** Get a head start on your holiday cards, with lots of glitz & glamour! Create 8 cards with envelopes, 2 each of 4 different designs. Join us for an evening of holiday fun! Gladstone HS 6-9pm Tues. 10/23 OR Wed. 10/24 for 1 class 16+\$15 lab (Age 62+: \$13+lab) *Alicia Graham*
- ◆ **CARDS - FESTIVE SEASONAL CARDS** Join us for another round of beautiful holiday cards. Create 8 cards with envelopes, 2 each of 4 different designs. Gladstone HS 6-9pm Tues. 11/27 OR Wed. 11/28 for 1 class 16+\$15 lab (Age 62+: \$13+lab) *Alicia Graham*
- ◆ **CONCRETE LEAF CASTS** Learn techniques to create leaf casts for birdbaths, water features, & garden art using concrete. Make one in class. Bring 2 shallow plastic storage totes/boxes, plastic gloves. Held off Forsythe Rd in OC; info sheet. 10am-12pm Sat. 9/22 for 1 class \$16+\$5 lab (Age 62+: \$13+lab) *Nan Hage*
- ◆ **CROCHET FOR BEGINNERS** Learn basic crocheting stitches & how to read patterns in hands-on class. Bring crochet hook for this 4-week course. Class size limited. Gladstone HS 5-6pm OR 6-7pm Wed., starts 9/26 for 4 wks. \$25 *Shari Wilson*
- ◆ **DRAWING WITH MELISSA** Learn to "see" form & shape, create designs & perspective. Work in pencil, or if desired, bring colored pencil, pen & ink or medium of choice & drawing paper. Simple to understand instruction taught in relaxed atmosphere. Please see supply list. Gladstone HS 6-8:30pm Mon. starts 9/17 for 8 wks. \$84 (Age 62+: \$68) *Melissa Gannon*
- ◆ **FRESH GREENS WREATH/HANGING BASKET** Make a unique one-of-a-kind wreath using assorted fresh greens & a hanging basket. Create professional looking bow. Includes greens, foam, wire, ribbon & basket. Gladstone HS 6:30-8:30pm Wed. 11/28 only \$16+\$8 lab (Age 62+: \$13+lab) *Nan Hage*
- ◆ **HAND EMBROIDERY 101 - STRAIGHT STITCHES** Get hands-on instruction in this 1 day class, in half a dozen easy, straight stitches - running, back, stem, herringbone, satin & split. In addition there will be instruction on how to handle curves & corners, & examples of how the stitches can be varied or embellished. Students will be supplied with fabric, hoop, needle & thread. Just bring small scissors Gladstone HS 6-8pm Tues 10/16 1 day class \$25 *Ellen Cameron*
- ◆ **HAND EMBROIDERY 102 - LOOP STITCHES** Learn the basics of looped stitches - blanket, fly, feather, Cretan, lazy daisy, & chain in this 1 day class. Embroidery 101 is not required to take this class. Get hands-on instruction in learning these stitches. Students will be supplied with fabric, hoop, needle & thread. Just bring small scissors. Class size limited Gladstone HS 6-8pm Tues 10/23 1 day class \$25 *Ellen Cameron*
- ◆ **LIVING "SUCCULENT" WREATH** Create a beautiful wreath using various succulents to create planted "live" wreath to use as table decoration, hang, surround large candle. Gladstone HS 6:30-8:30pm Wed 10/17 \$16+\$10 lab (Age 62+: \$13+lab) *Nan Hage*
- ◆ **RECYCLED GLASS SERVING DISHES** Create one-of-a-kind cake plates, tea trays, & plate towers using old glass plates, vases, bottles, candlesticks. Great gifts or party serving dishes! Supply list. Gladstone HS 6:30-8:30pm Wed. 11/7 for 1 class \$16 (Age 62+: \$13). *Nan Hage*
- ◆ **WATERCOLOR WITH MELISSA GANNON** Explore the exciting, challenging medium of transparent watercolor! Learn to mix colors, basics of composition, elements of perspective, & drawing. Please see supply list. *Melissa Gannon*  
(Day) Gladstone Senior Center 2-4:30pm Wed. starts 9/19 for 8 wks. \$89 (Age 62+: \$73)  
(Eve) Gladstone HS 6-8:30pm Tues. starts 9/18 for 8 wks. \$84 (Age 62+: \$68)
- ◆ **WATERCOLOR 101 W/SHARLA SEVY** Play w/color & create beauty. Step-by-step intro to watercolor, how colors blend & change, how to apply washes, glazes, transfer images. Sharla demos the process, students practice the techniques. See supply list or order kit for \$40 (recommended). Gladstone HS 6-8:30pm Mon starts 9/24 for 8 wks. \$84 (Age 62+: \$68)



◆ **HOLIDAY BAZAAR** Something for everyone! Come socialize, have lunch & shop for hard to find gifts among our many local crafters at Gladstone High School - 18800 Portland Avenue on **Sat., Oct. 27 from 9am-4pm**. For more information, please contact Teena Reed, (503) 997-7068 or email [harryreed6960@comcast.net](mailto:harryreed6960@comcast.net).



## OIL PAINTING BOB ROSS STYLE

Start with blank canvas & leave with completed masterpiece! De-stress & relax with *Judy Stubb*. Beginners to advanced welcome. All supplies & canvas provided! View pictures at [www.wetpaints.net](http://www.wetpaints.net). **\$50 per class**

◆ **Thurs classes held at Gladstone High School, 18800 Portland Ave.**

Thurs.	Sept. 20	5:30-9 pm	Oregon's Glory
Thurs.	Oct. 18	5:30-9 pm	Chrysanthemums
Thurs.	Nov. 15	5:30-9 pm	Waterfall Wonder
Thurs.	Dec 13	5:30-9 pm	Poinsettia's in a Window

◆ **Sun classes held at Gladstone Park Seventh-day Adventist Church, 8378 Cason Rd**

Sunday	Aug 26	2-6 pm	Multnomah Falls
Sunday	Sep 9	2-6 pm	Rocky Shore's
Sunday	Oct 28	2-6 pm	Autumn Fantasy
Sunday	Nov. 25	2-6 pm	At Dawn's Light
Sunday	Dec. 2	2-6 pm	Christmas at the Falls House



## EXCEL CLASSES

◆ **EXCEL 2016 LEVEL I** Learn Excel 2016 basics: how to navigate worksheets, use basic calculations, common formulas, formatting, editing, sorting, charts & freeze/hide panes. Need SOME Windows exp. Bring 1G+ flash drive. Gladstone HS 6-9 pm Wed., starts Sept. 19 for 3 wks. \$79 Lab: \$24 (Age 62+: \$59+lab) *Devon Huey*.

◆ **EXCEL 2016 LEVEL II** Build on skills learned in Level I: more advanced formatting, customizing, date & time functions, conditional formatting, text & analysis, IF Criteria, Troubleshooting, Lookup, Outline features, Pivot Tables & more. Bring 1G+ flash drive. Gladstone HS 6-9 pm Wed., starts Oct. 10 for 3 wks. \$79 Lab fee: \$24 (Age 62+: \$59+lab) *Devon Huey*

## IPHONE CLASSES

◆ **IPHONE BASICS** Just purchase a new iPhone? Learn basics of how to use your iPhone: personalizing settings, maps, basic apps, phone tips & tricks, messages, clock/alarm, personal security & how to save battery life. Bring charged iPhone to class. Must have an Apple Account ID & Password. Kraxberger Middle School Rm 10 5-7:30pm Tues./Thurs., 10/2 & 10/4 (2 day class) \$34 (Age 62+: \$29) *Lori Chambers*

◆ **IPHONE INTERMEDIATE** Organize apps, communication tips, tricks (FaceTime, Skype, WhatsApp, etc.), travel apps (tips for traveling w/ iPhone), optimize settings, use calendar to full potential, intro to photography, iCloud, syncing, Q & A. Must have Apple Account ID & Password, know basics of using iPhone. Kraxberger Middle School Rm 10 5-7:30pm Tues/Thurs, 10/9 & 10/11 (2 day class) \$34 (Age 62+: \$29) *Lori Chambers*

## CULINARY

All of these small group culinary classes will be held at the **OC Elks Grand Ballroom, located at 610 McLoughlin Blvd, Oregon City.**

◆ **APPETIZERS & COCKTAILS** You will learn to prepare fun appetizers both chilled & warm. The class will also show you what cocktails to serve with them to create the perfect cocktail party! Must be 21 & over. Limit: 30. Held at OC Elks Grand Ballroom. 6-9 pm Tues., 10/9 \$100 *Two Girls Catering*

◆ **BABY SHOWER COOKIES** Learn the sweet art of cookie decorating in this fun hands-on class. With various cookie shapes to choose from, Shannon Banky will guide you through each step as you create a dozen of your own amazing designs using royal icing, fondant & sprinkles. Bring your sweet tooth & imagination! Light appetizers & beverages provided. Cookies & ALL supplies included. Limit 20 6-9 pm Tues., 9/18 \$60 *All4Fun Cakes LLC*.



◆ **TOPPING YOUR HALLOWEEN TREATS** Learn to make six different fondant toppers in this fun hands-on class. Shannon will guide you through each step as you create a dozen ghoulish toppers & place them on tasty miniature cupcakes. Bring your sweet tooth & imagination! Light appetizers & beverages provided. Mini cupcakes & ALL supplies included. Limit 20. 6-9 pm Tues., 10/23 \$60 *All4Fun Cakes LLC*

◆ **THANKSGIVING COOKIES** Learn the sweet art of cookie decorating in this fun hands-on class. With various cookie shapes to choose from, Shannon will guide you through each step as you create your own amazing designs using royal icing, fondant & sprinkles. Bring your sweet tooth & imagination! Light appetizers & beverages provided. Cookies & ALL supplies included. Limit 20. 6-9 pm Tues., 11/13 \$60 *All4Fun Cakes LLC*



**DANCE**

- ◆ **COUNTRY LINE DANCE ULTRA BEG** New to dancing or have never taken a line dance class? Let *Nadja Schmaltz* help you learn easy steps in a relaxed atmosphere. Line dance is a fun way to enjoy dancing without needing a partner. JWE Outside Gym (255 E Gloucester) 6:30-7:30pm Thurs. starts 9/27 for 8 wks. \$55 (Age 62+: \$50)
- ◆ **COUNTRY LINE DANCE BEG** Fun way to dance without the need of a partner. Easy steps. Learn the latest dance steps & traditional ones. JWE Outside Gym (255 E Gloucester) 6:30-7:30pm Wed. 9/26 or 7:30-8:30pm Thurs 9/27 for 8 wks. \$55 (Age 62+: \$50) *Nadja Schmaltz*
- ◆ **COUNTRY LINE DANCE INT.** Do you know the basic line dances & are ready to move on to some intermediate ones? Join *Nadja* for some new dances! JWE Outside Gym (255 E Gloucester) 7:30-8:30pm Wed. starts 9/26 or 8:30-9:30pm Thurs 9/27 for 8 wks \$55 (Age 62+: \$50) *Nadja Schmaltz*
- ◆ **COUNTRY WESTERN PARTNER DANCE** Latest partner dances: Traveling Cha- Cha, Horseshoe, Schottische, 2 step & East Coast Swing. Beginners of all ages, rotation not necessary. Wetten Gym (255 E Gloucester) 8:30-9:30pm Wed. starts 9/26 for 8 wks. \$80/couple (Age 62+: \$75/couple) *Nadja Schmaltz/Nicholas Smith*



**GRANDE FINALE DANCE**

*Classes held at Grande Finale 875 Portland Ave. Gladstone.*

- ◆ **BEGINNING TUMBLING AGE 3-6** Kids will work on flexibility, listening skills & basic tumbling skills such as forward rolls, backwards rolls & cartwheels. Child only participation.
  - ◆ 4:45-5:30pm Mon. starts 9/24 for 8 wks. \$100
  - ◆ 9:30-10:15am Tues. starts 9/25 for 8 wks. \$100
  - ◆ 3:30-4:15pm Tues. starts 9/25 for 8 wks. \$100
- ◆ **PARENT/CHILD TUMBLING AGES 2.5-4** Flexibility & fun rule the day as students learn tumbling skills up to & including cartwheels, somersaults, & handstands! Includes parent participation.
  - ◆ 5:30-6:15pm Mon starts 9/24 for 8 wks. \$100
  - ◆ 10:15-11:00am Tues. starts 9/25 for 8 wks. \$100
- ◆ **BEGINNING TUMBLING AGE 10+** Flexibility & fun rule! Learn tumbling skills up to & including cartwheels, somersaults, & handstands! 7:00-8:00pm Mon. starts 9/24 for 8 weeks \$112
- ◆ **TAP/JAZZ I** Chance to learn basic jazz & tap skills in a fun dance environment. Students need basic tights & leotard, ballet slippers (any color), black patent tap shoes.
  - ◆ **Age 3-4:**
    - 4-4:45pm Mon Starts 9/24 for 8 wks. \$100
    - 4:15-5pm Thurs Starts 9/27 for 8 wks. \$100
  - ◆ **Age 5-7:**
    - 5:45-6:45pm Mon Starts 9/24 for 8 wks. \$112
    - 5-6pm Thurs Starts 9/27 for 8 wks. \$112
- ◆ **PRE-BALLET** Learn basic ballet positions & steps, be exposed to creative movement, help coordination & rhythm. Develop listening skills in a group setting. Need ballet shoes, dance attire (any color).
  - ◆ **AGE 3-5:**
    - 6-6:45pm Thurs Starts 9/27 for 8 wks. \$100
  - ◆ **AGE 4-6:**
    - 10:15-11:00am Wed Starts 9/26 for 8 wks. \$100
- ◆ **PRE-BALLET/TAP AGES 4-6** Learn basic ballet positions & steps. Be exposed to creative movement to help coordination, overall sense of rhythm & develop listening skills in a group setting. Need ballet shoes, black patent tap shoes, dance attire (any color). 4:30-5:15pm Starts Fri 9/28 for 8 wks. \$100
- ◆ **MINI HIP HOP AGES 4-6 YR** Students will work on flexibility, rhythm, free style, & basic hip hop! Bring clothes that allow freedom of movement & clean tennis shoes of any style. Please do not wear them outside of class. 5-5:45pm Starts Tues 9/25 for 8 wks. \$100



**ODOT APPROVED DRIVER EDUCATION**

- ◆ **DRIVER EDUCATION FOR TEENS** ODOT Driver Ed class for High School students with valid Oregon permit teaches lifetime skills proven to reduce crashes & save lives. For Teens age 15-17 who complete & pass this course before their 18<sup>th</sup> birthday, DMV will waive driving skills test. Includes 30+ hrs. classroom, 6 hrs. Behind-the-wheel, & 6 hrs. in-vehicle observation. **Attendance is mandatory.** Add'l \$210 if student gets license OR turns 18 before final class. \$75 discount for free/reduced lunch still age 15-17 at last class with permit. 5:30-8:30pm Mon Starts 9/10 for 11 classes \$325. No class 11/12. Info: 503-650-2570.
- ◆ **AARP DRIVER SAFETY (55 ALIVE)** Helps you improve driving skills to become safe & defensive driver. Upon completion of class, may receive discount on auto insurance. Call 503-655-7701 to register, pay \$20 at class, \$15 w/AARP card must show at class. Gladstone Senior Center 9am-4:30pm 1 day class
  - ◆ Sat. 10/6 or ◆ Sat. 12/8 *Sharon/Allan Wilson*



**EXERCISE/FITNESS/SPORTS**

- ◆ **AEROBICS (HI/LOW IMPACT) + ZUMBA AT CLACKAMAS RIVER RACQUET CLUB** Super deal! Attend any or all classes: Body sculpting, strength training, step variety or barre variety, MTW 5:45 am, MW 9am, TTH 8:30am, MTTH 4:30pm, W 5:30 pm, Sat 7:05 & 8:00am. ZUMBA M 5:35pm, FS 9:05am. Latin inspired, easy-to-follow! Held at *Clackamas River Racquet Club*. Please Register w/Gladstone Community School. M-S starts 9/17 for 15 wks. \$90
- ◆ **AIKIDO FOR KIDS** Aikido is non-competitive, non-violent Japanese Martial Art that teaches peaceful resolution of conflict, self-defense & discipline. Tuition: \$70 for 10 weeks. Starts week of Sept. 17. Specify one day/time.
  - AGE 4-7 5-6pm Mon. or 5-6pm Tues.
  - AGE 6-10 7-8pm Wed
  - AGE 8-10 6:15-7:15pm Tues. or 4-5pm Thurs.
  - AGE 11-18 6:15-7:15pm Mon. or 5:15-6:15pm Thurs.*Aikido Northwest*
- ◆ **AIKIDO FOR ADULTS** Traditional Japanese Martial Art develops mind, body & spirit to their fullest. Attend any/all: Tues 7:30-8:30pm, Thurs 6:30-7:30pm, basic weapons Thurs 7:30-8:30pm, open mat 8:30-9pm TTH starts 9/18 for 10 wks. \$90 *Aikido Northwest*
- ◆ **BASKETBALL SKILLS CLINIC FOR BOYS & GIRLS GR. 3-8** Learn the Fundamentals of Basketball: Shooting, Dribbling, & Offensive/Defensive Positioning. Develop the necessary basketball skills to be successful while having fun!! This Gladstone Basketball Association Clinic will be under direction of *David Lemen* Kraxberger Middle School Gym Sunday, Starts Sept. 16 for 6 wks. No clinic Oct. 7 \$30
  - ◆ Grade 3-8 Girls from 6-7 pm OR ◆ Grade 3-8 Boys from 7:30-8:30 pm
- ◆ **GROUP POWER EXERCISE AT EAST SIDE ATHLETIC CLUB MILWAUKIE** 60 minute barbell program that strengthens all your major muscles in an inspiring, motivating group environment with energetic music. \$69 for 10 classes/\$124 for 20 classes. MW 6:05-7:05pm Starts 9/24 *East Side Athletic Milwaukie*
- ◆ **H2O-X AQUATIC EXERCISE** Cardiovascular conditioning & muscle strengthening performed in water. Aqua dumbbells & floating devices used to enhance strength. While water cushions impact. \$69 for 10 classes/\$124 for 20 classes. MWF 9:30-10:30am OR TTH 8:30-9:30am Starts 9/24 *East Side Athletic Milwaukie*
- ◆ **INDOOR FITNESS WALKING** Come to this FREE indoor walking program where weather is not an issue! *Suzette Love* will lead you in group fitness walking using a variety of choreographed walking workouts. (Min age 8+ welcome with an adult) **No fee, but MUST register!** No class 11/22 or 12/25. Gladstone Park Seventh-day Adventist Church 7:15-8:15pm TTH Starts 9/4 FREE
- ◆ **REFIT WITH HEATHER** REFIT is a "movement & music" experience that adds resistance-training elements to give you a total body workout. Beginners Encouraged! Try it out – drop in for \$10 per class. JWE Outside Gym (255 E. Gloucester) 6:30-7:30pm Tues Starts 9/18 for 12 wks. \$79 (Age 62+: \$69) *Heather Ausborn*
- ◆ **SKYHAWKS TINY HAWK SOCCER AGE 3-4** Tiny Hawks helps fine-tune motor skills. No pressure, just lots of fun learning the basics of sports through age-appropriate games. JWE Outside Gym (255 E Gloucester) Class size limited. No class 11/10, 10-10:30am Sat. starts 9/22 for 8 wks. \$55 *Skyhawks*
- ◆ **SKYHAWKS MULTI-SPORTS AGE 4-6** Mini-Hawks introduces 4-6 year olds to soccer, baseball & basketball. No pressure, just lots of fun learning basics of sports in age appropriate games. JWE Outside Gym (255 E Gloucester) No class 11/10. 9-9:45am Sat. starts 9/22 for 8 wks. \$65 *Skyhawks*
- ◆ **TAE KWON DO FOR AGES 5-7** Harness energy with exciting physical activity. Learn basic Tae Kwon Do moves while developing respect, discipline & self-esteem. Kids get practice setting goals & gain confidence. Parents invited to participate for free. Kraxberger 6-6:50pm Tu/Th starts 9/18 for 11 wks. \$79 No class 10/25 & 11/22. *David Beasley*
- ◆ **TAE KWON DO FOR AGES 8-15** Develop mind & body with ancient disciplined martial art. Class promotes courtesy, integrity, perseverance, self-control & indomitable spirit. Parents of new students participate free for first term, half price after. Uniforms recommended, can be purchased from instructor. Kraxberger Middle School 6-7:30pm Tu/Th. starts 9/18 for 11 weeks \$85 No class 10/25 & 11/12 *David Beasley*
- ◆ **TAE KWON DO ADULT** Great workout while learning Korean style of martial arts from *Master Jaiwan Woo*, past Korean National Champion & dedicated instr 30+ yrs. Strengthen body, mind & spirit. Men & women all ranks welcome. Kraxberger Middle 7:30-9pm Tu/Th. starts 9/18 for 11 wks. \$85 (Age 62+: \$50) No class 10/25 & 11/22
- ◆ **TAI CHI CHUAN BEGINNING** Tai Chi is slow graceful form of Chinese exercise that benefits body, mind & spirit. Yang style 24 Movement short form esp. for beginners. Gladstone Senior Center. Choose time: ◆ 11am-12pm OR ◆ 6-7pm Mon. starts 9/17 for 10 weeks \$75 (Age 62+: \$61) *Gary Schmidt*
- ◆ **TAI CHI CHUAN INTERMEDIATE** For students who have learned first half of Yang-style 24 Movement form. Learn 2nd half of form. Gladstone Senior Center ◆ 10-11am OR ◆ 7-8 pm Mon. starts 9/17 for 10 weeks \$75 (Age 62+: \$61) *Gary Schmidt*



# FALL CLASSES 2018 GLADSTONE COMMUNITY SCHOOL & CITY RECREATION (503) 650-2570 - WWW.GLADSTONE.K12.OR.US

## EXERCISE/FITNESS/SPORTS

◆**TAI CHI CHUAN ADVANCED LEVEL 1** Open to Students who have learned the entire Yang Style 24 movement form. Class is for students who are new to the Yang Style Traditional 103 movement long form of Tai Chi Chuan. Gladstone Senior Center 12-1pm Mon. starts 9/17 for 10 weeks \$75 (Age 62+: \$61) *Gary Schmidt*

◆**TAI CHI CHUAN ADVANCED LEVEL 2** Open to students who have learned the entire Yang Style Traditional 103 movement long form of Tai Chi Chuan. This is an ongoing class with emphasis on form refinement. Gladstone Senior Center 9-10am Mon. starts 9/17 for 10 weeks \$75 (Age 62+: \$61) *Gary Schmidt*

◆**YOGA GENTLE BEG** Feel better/reduce stress, no matter what age or fitness level. Very beginning, gentle yoga. Wear loose clothing, bring blanket/mat. Gladstone Senior Center. Specify day: ◆ 9-10am Tues starts 9/18 for 10 wks. \$62 **OR** ◆ 9-10am Fri starts 9/21 for 10 weeks \$69 (Age 62+: \$57) *Mary Hays*

◆**YOGA BASICS** Feel better physically & reduce stress. Simple stretches, breathing & relaxation techniques suitable for all ages. Wear loose clothing, bring blanket/mat. Gladstone Senior Center. (Age 62+: \$57)

5:25-6:25pm Tues starts 9/18 for 10 wks. \$69 *Greg Fegel* **OR**

9-10am Thurs starts 9/20 for 9 wks. \$69 No class 11/22 *Mary Hays*

◆**YOGA BASICS TO INTERMEDIATE** Feel better physically & reduce stress. Stretches, breathing & relaxation techniques suitable for beginners as well as those who have taken yoga.

Wear loose clothing & bring mat. Gladstone Senior Center 6-7pm Wed. starts 9/19 for 10 weeks \$69 (Age 62+: \$57)

*Mary Hays*

◆**YOGA CONTINUING** Stretches, breathing & relaxation techniques for those who have taken at least one term of Yoga. Wear loose clothing, bring mat. Gladstone Senior Center 6:30-7:30pm Tues starts 9/18 for 10 wks. \$69 (Age 62+: \$57) *Greg Fegel*

◆**YOGA & PILATES BEG-INT AT CRRC** Engage yourself physically & mentally through yoga. Breathing, relaxation & postural alignments. Wear loose clothing & bring mat. Attend any or all Yoga MWF 8-9am; TTH 9:35-10:35am, Su 10:15-11:15am, W 4:30-5:30pm, Pilates TTH 5:35-6:35pm starts 9/17 for 15 wks. \$100 *Clackamas River Racquet Club Please Register with Gladstone Community School.*

◆**ZUMBA! AT EAST SIDE ATHLETIC MILWAUKIE** Zumba classes are exercise in disguise incorporating Latin & Old World rhythms. 10 classes = \$69, 20 classes = \$124 T/TH Starting 9/25 for 10 wks. *Register with Gladstone Community School*



## FINANCIAL/RETIREMENT PLANNING

◆**INVESTING FOR FUTURE SERIES** Save! Sign up for all 5 Investing Classes #1 - #5 below for only \$49 (couples \$59). Workbook included. Gladstone HS 6:30-8:30pm Wed. starts 9/26 for 5 wks. \$49 (Age 62+: \$29/Couple \$39) *Rebecca Horn*

◆**#1 INVESTMENT BASICS** Ground rules to investing: diversification, asset allocation, risk vs reward, dollar cost averaging, Rule of 72, learn basic concepts before taking other classes. Gladstone HS 6:30-8:30pm 1 class Wed. 9/26 \$15 (Age 62+: \$10) *Horn*

◆**#2 INVESTING FOR INCOME** Discuss income producing investments: money market accounts, cd's, all types of bonds-government, savings, tax-free, corp., relationship between interest rates & bond market. Gladstone HS 6:30-8:30pm Wed. 10/3 for 1 class \$15 (Age 62+: \$10) *Rebecca Horn*

◆**#3 MUTUAL FUNDS** What are they, how do they work, what do they cost, what should I expect from them, what are my choices, what is "no load"? Many popular options! Gladstone HS 6:30-8:30pm Wed. 10/10 only \$15 (Age 62+: \$10) *Rebecca Horn*

◆**#4 STOCK MARKET** Learn about income stocks, growth stocks, what to look for when buying or selling stocks, & how to make sense of all the numbers. Learn easy formulas essential to basic stock analysis. Gladstone HS 6:30-8:30pm Wed. 10/17 for 1 class \$15 (Age 62+: \$10) *Rebecca Horn*

◆**#5 TAX-ADVANTAGE INVESTMENTS** Traditional & Roth IRAs, 401K, 403B, TSA, 457, Annuities, plans for Small Business Owners. Discuss each type & learn how to handle a rollover or transfer of retirement funds. Gladstone HS 6:30-8:30pm Wed. 10/24 for 1 class \$15 (Age 62+: \$10) *Rebecca Horn*

◆**WILLS, TRUSTS, ESTATE PLANNING** What is the difference between a will & a living trust? When do estates have to go through probate & what is probate? Do I need power of attorney or advance directive? How can I take care of my children & beneficiaries? What is the Oregon estate tax & can I reduce my taxes? Plan ahead to help preserve assets, protect your family, & reduce your taxes. Gain peace of mind with attorney John M Boylston, Shareholder @ Myatt & Bell, P.C. Gladstone Senior Center 6-7:30pm Tues. 10/9 only \$10



## GARDENING/LANDSCAPE

◆**FALL YARD CARE & PLANTING** Fall is best time to plant! Less stress for plants! Gives them time to get established before spring. How to properly plant/prune trees & shrubs. Best locations for bulbs. "Winterizing" yard, & composting. Gladstone HS



6:30-9pm Wed. 9/26 \$16 (Age 62+: \$13) *Nan Hage*

◆**BULBS, TUBERS & RHIZOMES** Iris, Dahlias, & assorted flowers are grown from bulbs. Learn successful planting & division secrets; & how they blend in with any style landscape. Which to plant for year round flowers.

Gladstone HS 6:30-9pm Wed. 10/3 \$16 (Age 62+: \$13) *Nan Hage*

## HEALTH/SAFETY/PERSONAL WELL-BEING

◆**CHANGE YOUR BRAIN, TRANSFORM YOUR LIFE** Explore patterns of thinking & habits that create brain health or deterioration. Learn the six cogwheels of Brain Health, including key supplements for preventing disease. Discover how your view of time affects your life, relationships, money. This info can change your life! Gladstone HS 6-9pm Tues 10/2 for 1 class. \$25 Lab: \$10 (Age 62+: \$22+lab) *Lynette Isaak*

◆**MAKE & TAKE ESSENTIAL OILS - EVERYDAY** Come find out how plant essential oils can enhance your energy, focus, mood, & body from the time you wake up until the time you go to sleep at night. Once most people start using these beautiful oils, they agree that they can't imagine life without them. Find out why! Take home something fun as well (it's a surprise!). All supplies included. Taught by Debbie Tuttle, BSN Gladstone HS 7-8:30pm Wed 10/10 for 1 class \$24 (Age 62+: \$21)

◆**MAKE & TAKE ESSENTIAL OILS - MOODS & EMOTIONS** Wish you could unwind fast after a stressful day? Calm down when upset? Settle cranky children? Plant essential oils can affect our emotions in good ways quickly in the moment & also long term. Come discover how & why to use these powerful tools in your everyday life, sample several precious oils, & take home a roller bottle blend specific to your needs. All supplies included. Taught by Debbie Tuttle, BSN Gladstone HS 7-8:30pm Wed. 11/7 for 1 class. \$24 (Age 62+: \$21)

◆**MEDIC FIRST AID@ CPR, AED, & BASIC EMERGENCY FIRST AID** Gain knowledge, skills, confidence to manage medical emergency until more advanced help is available. Adult/child/infant CPR, AED, Basic Emergency First Aid, Intro to blood borne pathogens. Two year CPR/First Aid card, OSHA compliant. Gladstone HS



6-9pm ◆ Thurs. 9/20 **OR** ◆ Thurs. 11/15 \$50. *Cindy VanGelder*

◆**PARENTING WITH LOVE & LOGIC** In this class parents will come together to learn positive parenting skills, using loving techniques & tools to raise happy & responsible kids. Six weeks of classes, helping parents with children of all ages, & various topics. **No fee but must register.** Gladstone Park Seventh-day Adventist Church 6-7pm Mon Starting 9/17 for 6wks FREE *April Burville*

## LANGUAGE STUDIES

◆**SPANISH BEGINNING PART 1 (BOOK #1 5th edition)** Practical, fun, easy! Native speaker *Jorge Sotelo* will focus on basics of Spanish language, grammar & culture. Ideal for travelers or those needing Spanish in their working environment. Book #1 used Part 1-3. Gladstone HS 8-9:30pm Tue starts 9/25 for 10 wks. \$83+\$38 books (Age 62+: \$68+books)

◆**SPANISH CONTINUING (BOOK 3)** Keep learning & practicing in this Continuing class! Must know some basic Spanish. New students please include book fee. Taught by *Jorge Sotelo* Gladstone HS 6:30-8pm Tue starts 9/25 for 10 wks. \$83+\$38 books (Age 62+: \$68+books)

## SPECIAL INTERESTS

◆**SMALL ENGINE REPAIR** Learn how to service & repair small engines in this hands-on class. Instruction includes lawnmowers & chain saws. Bring project to first class. Open to men & women. Gladstone HS Shop 6:30-9:30pm Thurs. starts 9/27 for 8 wks. \$85 Lab: \$5 (Age 62+: \$65+lab) *Marshall Bodle*

◆**WOODWORKING** Instructor will help with proper handling of the power equipment & answer any questions regarding your project. Bring supplies; take home project between classes. **STUDENTS MUST HAVE BASIC WORKING KNOWLEDGE OF POWER EQUIPMENT.** Gladstone HS Woodshop 6:30-9:30pm Thurs. starts 9/27 for 8 wks. \$85 Lab \$5 (Age 62+: \$65+lab) *Bill Dresselhaus*

## WRITING / LITERATURE

◆**TELL YOUR STORY - MEMOIR WRITING WORKSHOP** This workshop will help you transform your memories into hard-hitting stories. You'll learn how to use the tools available to memoir writers, receive respectful & constructive feedback from other participants & find your voice. Gladstone HS 6:30-8:30pm Mon. starts 9/17 for 6 wks. \$49 Lab fee: \$5 (Age 62+: \$39+lab) *Claudia Reed*