

SPRING CLASSES 2018 GLADSTONE COMMUNITY SCHOOL 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. 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. 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
 - 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.



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GLADSTONE SCHOOL DISTRICT 115
 17789 WEBSTER ROAD

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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 4/5 for 10 wks \$89 (Age 62+: \$73)

✦ **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! Supply list. Gladstone High School 6-8:30pm Wed. starts 4/11 for 8 weeks \$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. Supply list. Gladstone Senior Center 2-4:30pm Thurs starts 4/12 for 8 wks \$89 (Age 62+: \$73) *Melissa Gannon*

✦ **CARDMAKING WITH SPARKLE** Discover the magic in creating beautiful, all occasion cards! Beginner to Advanced welcome. Create 8 cards with envelopes, 2 each of 4 different designs. Gladstone High School 6-9pm Tues. 4/24 OR Wed. 4/25 for 1 class \$16 + \$15 lab (Age 62+: \$13+lab) *Alicia Graham*

✦ **CARDMAKING WITH WOW!** Celebrate Spring by joining us for another round of beautiful all occasion cards, using stamps, layers & embellishments. Make 8 cards, 2 each of 4 different designs. Have lots of fun learning different techniques & treating your creative side. Gladstone High School 6-9pm Tues. 5/29 OR Wed. 5/30 for 1 class \$16+\$15 lab (Age 62+: \$13+lab) *Alicia Graham*

✦ **DRAWING WITH MELISSA GANNON** Learn to "see" form & shape, create designs, perspective. Work in pencil, or if desired, bring colored pencil, pen & ink or medium of choice or drawing paper. Simple to understand instruction taught in relaxed atmosphere. Gladstone High School 6-8:30pm Mon. starts 4/9 for 8 wks \$84 (Age 62+: \$68) No class 5/28

✦ **WATERCOLOR WITH MELISSA GANNON** Explore exciting, challenging medium of transparent watercolor! Learn to mix colors, basics of composition, elements of perspective, & drawing. Supply list. *Melissa Gannon*

(Day) Gladstone Senior Center 2-4:30pm Wed. starts 4/11 for 8 wks \$89 (Age 62+: \$73)
(Eve) Gladstone High School 6-8:30pm Tues. starts 4/10 for 8 wks \$84 (Age 62+: \$68)

✦ **WATERCOLOR 101 WISHARLA 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 techniques. Supply list or order kit for \$40 (recommended). Gladstone High School 6-8:30pm Mon. starts 4/9 for 8 wks \$84 (Age 62+: \$68) No class 5/28

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. **\$50 per class**

✦ **Thursday classes held at Gladstone High School, 18800 Portland Ave.**

Thurs.	Mar 15	5:30-9 pm	Nature's Edge
Thurs.	Apr 19	5:30-9 pm	Morning Walk
Thurs.	May 17	5:30-9 pm	The Footbridge

✦ **Sunday classes held at Gladstone Park Seventh-day Adventist Church, 8378 Cason**

Sunday	Mar 18	2-6 pm	Pretty Posies
Sunday	Apr 22	2-6 pm	Balmy Beach
Sunday	May 20	2-6 pm	Peaceful River Wilderness
Sunday	Jun 10	2-6 pm	Daisies at Dawn

✦ **Friday classes held at Gladstone Senior Center, 1050 Portland Ave.**

Friday	Jun 22	5:30-9 pm	Moonlit River
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COMPUTERS

✦ **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 High School 6-9pm Wed.. starts 4/18 for 3 wks. \$79 Lab: \$24 (Age 62+: \$59+lab) *Jean Aguilar*.

✦ **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. Bring 1G+ flash drive. Gladstone High School 6-9pm Wed.. starts 5/16 for 3 wks \$79 Lab fee: \$24 (Age 62+: \$59+lab) *Jean Aguilar*

✦ **ADOBE PHOTOSHOP BASICS** Learn to digitally re-size, crop, & retouch photos from a digital camera or scanned pictures using Adobe Photoshop. Use tools, scanning, email attachments & layered montage. Need basic computer/photo skills. Bring 1G USB flash drive or larger. Gladstone High 6-9pm Tues. starts 4/10 for 3 wks \$79 (Age 62+: \$59) *Dana Weesner*

✦ **ADOBE PHOTOSHOP THE NEXT STEP** Learn more about restoring & retouching digital or scanned pictures, removing water spots, folds, etc., color correction. See some special effects, more on resizing pictures for online posting. Bring 1G or larger USB flash drive. Gladstone High School 6-9pm Tues. starts 5/8 for 3 wks \$79 (Age 62+: \$59) *Dana Weesner*

✦ **IPHONE BASICS** Just purchase a new iPhone? Learn basics of how to use: settings, navigation, & gestures, phone tips & tricks, messages, FaceTime, clock/alarm, iCloud, security, Find My iPhone. Bring your charged iPhone to class. Prerequisite: Have an Apple Account ID & Password. Kraxberger Middle School 5-7:30pm Wed. starts 4/4 for 2 wks \$34 (Age 62+: \$29) *Lori Chambers*



✦ **IPHONE INTERMEDIATE** Use camera feature to fullest potential. Tips & tricks to improve point & click phone photos & videos. Learn how to enhance, edit & share with family & friends. Bring charged iPhone to class. Prerequisite: Have an Apple Account ID & Password., & know the basics of using an iPhone. Kraxberger Middle School 5-7:30pm Wed. starts 5/23 for 2 wks \$34 (Age 62+: \$29) *Lori Chambers*

CULINARY

All of these small group culinary classes will be held at Gladstone's popular **Two Girls Catering**, located at 125 E Dartmouth St in Gladstone. Pam & Mike have a passion for food and will be sharing their expertise with you! Dinner is served at all classes.

✦ **WHERE'S THE BEEF?** Learn about different types of beef cuts & how to BBQ & smoke them. The class will include Prime Rib, Tri tip, steak, brisket & a smoked sirloin roast. Come hungry! Limited to 15 students. 6-9 pm Tues., 4/3 \$60 per person or \$100 per couple



✦ **CHARCUTERIE** This class will teach you how to prepare charcuterie trays (smoked/dried meats & cheeses) along with food and wine pairing. This popular class fills quickly! Limited to 15 students 6-9 pm Tues 5/8 \$50 per person or \$90 per couple.

✦ **APPETIZERS & COCKTAILS** Be prepared to learn to make fun appetizers both chilled & warm! Learn how to pair them with assorted cocktails to throw the perfect party! Come hungry! Limited to 15 students. 6-9 pm Tues 6/5 \$50 per person or \$90 per couple.

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 relaxed atmosphere. Line dance is a fun way to enjoy dancing without need of partner. Wetten Gym (255 E Gloucester) 6:30-7:30pm Thurs. starts 4/12 for 8 wks \$55 (Age 62+: \$50)

✦ **COUNTRY LINE DANCE BEG** Fun way to dance without need of partner, easy steps. Learn latest dance steps, traditional ones. This class is a step up from Ultra Beginning. *Nadja Schmaltz* Wetten Gym (255 E Gloucester) 6:30-7:30pm Wed. starts 4/11 for 8 wks \$55 (Age 62+: \$50)

✦ **COUNTRY LINE DANCE INT.** Do you know the basic line dances and are ready to move on to some intermediate ones? Wetten Gym (255 E Gloucester) 7:30-8:30pm Wed. starts 4/11 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 4/11 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.

✦ **PRE-BALLET/TAP AGE 3-6 YRS** Learn basic ballet positions and steps, be exposed to creative movement to help coordination, overall sense of rhythm, develop listening skills in group setting. Need ballet shoes, black patent tap shoes, dance attire (any color). 3:30- 4:15 pm Starts Friday 4/6 for 8 wks \$100

TUMBLING AGES 2.5-4 PARENT/CHILD Flexibility and fun rule the day as students learn tumbling skills up to & including cartwheels, somersaults & handstands! Includes parent participation. 5:30-6:15pm Mon. starts 4/2 for 8 wks \$100

✦ **BEGINNING TUMBLING AGES 3-6** Kids will work on flexibility, listening skills, basic tumbling skills such as forward rolls, backwards rolls, cartwheels in these fun child only participation classes. Specify date/time..

✦ 4:45-5:30pm Mon. starts 4/2 for 8 wks \$100

✦ 3:30-4:15pm Tues. starts 4/3 for 8 wks \$100

✦ **BEGINNING TUMBLING AGES 6-8** Tumblers will work on basic flexibility & tumbling skills. Hand stands, Cart wheels, Bridges, Round Offs, Forward & Backwards Rolls are all skills tumblers will work on acquiring in this class! 4-4:45pm Mon. starts 4/2 for 8 weeks \$100

✦ **BEGINNING HIP HOP AGES 4-6** 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. 7-7:45pm Mon. starts 4/2 for 8 weeks \$100



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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 course before their 18th birthday, DMV will waive driving skills test. Includes 30+ hrs classroom, 6 hrs behind-the-wheel, 6 hrs in-vehicle observation. Attendance mandatory. Add'l \$210 with license, 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 4/2 for 11 wks. No class 5/28 for info call 503-650-2570.



➔ **AARP DRIVER SAFETY** Helps you improve driving skills to become safe & defensive driver. Upon completion of class, those 55 or older 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. 3/24 or ➔ Sat. 5/12 Sharon/Allan Wilson

EXERCISE/FITNESS/SPORTS

➔ **AEROBICS (HI/LOW IMPACT) + ZUMBA AT CLACKAMAS RIVER RACQUET CLUB** Super deal! Attend any or all: Aerobics, Step Variety, Body Sculpting, Barre Variety & Cardio MTW 5:45 am, MW 9am, TTH 8:30am, MTTH 4:30pm, Sat 8am. ZUMBA M 5:30pm, FS 9am. Latin inspired, easy-to-follow! Held at Clackamas River Racquet Club. Register w/Gladstone Community School. M-S starts 4/2 for 10 wks \$90

➔ **AIKIDO FOR KIDS** Aikido is non-competitive, non-violent Japanese Martial Art that teaches peaceful resolution of conflict, self-defense & discipline. *Aikido Northwest* Tuition: \$60 for 10 weeks. Starts week of 4/2. 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 FOR ADULTS** Traditional Japanese Martial Art develops mind, body, spirit to 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 4/3 for 10 wks \$80 *Aikido Northwest*

➔ **BODY BLAST EXERCISE AT EAST SIDE ATHLETIC CLUB CLACKAMAS** 60 Minute class utilizing jump ropes, stability ball & your own body weight make this class unique & high intensity. \$69 for 10 classes/\$124 for 20 classes MW 9:15-10:15 am starts 4/2 *East Side Athletic Clackamas*

➔ **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 motivating music \$69 for 10 classes/\$124 for 20 classes MW 6:05-7:05 pm starts 4/2 *East Side Athletic Milwaukie*

➔ **H2O-X AQUATIC EXERCISE** Cardiovascular conditioning, muscle strengthening performed in water. Aqua dumbbells, floating devices used to enhance strength component while water cushions impact. \$69 for 10 classes/\$124 for 20 classes **Milwaukie East Side* MWF 9:30-10:30am, MW 6:15 -7:15 pm, TTH 8:30-9:30am starts 4/2 **Clackamas East Side* TTH 6:15-7:15 pm starts 4/3

➔ **INDOOR FITNESS WALKING** Walking, one of the easiest ways to get more exercise, benefits all ages & fitness levels. Come to this free indoor walking program where winter weather will not be an issue. *Suzette Love* will lead you in group fitness walking using a variety of choreographed walking workouts. Bring water! Fun for the whole family! (Minimum age 8+ welcome if accompanied by a parent). Tuesday & Thursday, starting 4/2 from 7:15-8:15 pm Gladstone Park Seventh-day Adventist Church 8378 Cason Rd in Gladstone. **No fee, but must register**



➔ **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. 10-10:30am Sat starts 4/14 for 8 wks at JWE Wetten Gym, 255 E Gloucester \$55 *Skyhawks*

➔ **SKYHAWKS MULTI-SPORTS AGE 4-6** Mini-Hawks introduces 4-6 year olds to soccer, baseball, and basketball. No pressure, just lots of fun learning basics of sports in age appropriate games 9-9:45am Sat starts 4/14 for 8 wks at JWE Wetten Gym 255 E Gloucester \$65 *Skyhawks*

➔ **TAE KWON DO FOR AGES 5-7** Harness energy with exciting physical activity. Learn basic Taekwondo moves while developing respect, discipline, self-esteem. Kids get practice setting goals, gain confidence. Parents invited to participate for free. Kraxberger 6-6:50pm Tues & Thurs starts 4/3 for 11 wks \$79 *David Beasley*

➔ **TAE KWON DO FOR AGES 8-15** Develop mind & body with ancient disciplined martial art, 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 Tues & Thurs. starts 4/3 for 11 weeks \$85 *David Beasley*

➔ **TAE KWON DO ADULT** Great workout while learning Korean style of martial arts from *Master Jaiwhan Woo*, past Korean National Champion, dedicated instr 30+ yrs. Strengthen body, mind, spirit. Men & women all ranks welcome. Kraxberger Middle 7:30-9pm Tues & Thurs. starts 4/3 for 11 wks \$85 (Age 62+: \$50)

➔ **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 4/2 for 10 weeks \$75 (Age 62+: \$61) *Gary Schmidt* No class 5/28

➔ **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 **Choose time** ➔ 10-11am OR ➔ 7-8 pm Mon. starts 4/2 for 10 weeks \$75 (Age 62+: \$61) *Gary Schmidt* No class 5/28

➔ **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 4/2 for 10 weeks \$75 (Age 62+: \$61) *Gary Schmidt* No class 5/28

➔ **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 4/2 for 10 weeks \$75 (Age 62+: \$61) *Gary Schmidt* No class 5/28

➔ **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 4/3 for 10 weeks OR ➔ 9-10am Fri starts 4/6 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. ➔ 5:25-6:25pm Tues starts 4/3 for 10 wks \$69 *Greg Fegel* OR ➔ 9-10am Thurs starts 4/5 for 10 wks \$69 (Age 62+: \$57) *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 4/4 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 4/3 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 or TTH 9:30-10:30am, *Pilates* TTH 5:30pm starts 4/2 for 10 wks \$100 *Clackamas River Racquet Club* Register at Gladstone Community School

➔ **ZUMBA! MADE EASY WITH HEATHER AUSBORN** Have fun learning basic steps of Merengue, Salsa, Cha Cha, more in popular exercise class geared for beginners. If you like to dance you'll enjoy Zumba. Try it out-drop in for \$10/class. JWE Wetten Gym (255 E Gloucester) 6:30-7:30pm Tues starts 4/3 for 11 wks \$79 (Age 62+: \$69)

➔ **ZUMBA! AT EAST SIDE ATHLETIC MILWAUKIE** Zumba is exercise in disguise incorporating Latin & Old World rhythms. \$69 for 10 classes/\$124 for 20 classes TTH 6:15-7:15 pm starting 4/3 for 10 wks

FNANCIAL/RETIREMENT PLANNING

➔ **INVESTING FOR FUTURE SERIES** Save! Sign up for all 5 classes for only \$49 (couples \$59) Investment Basics, Investing for income, Mutual Funds, The Stock Market and Tax-advantaged Investments. Workbook included in series price Starts 4/11 for 5 wks (Age 62+ \$29/couple \$39) *Rebecca Horn* Gladstone HS



➔ **#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 High School 6:30-8:30pm 1 class Wed. 4/11 \$15 (Age 62+: \$10) *Rebecca 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. 4/18 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. 4/25 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. 5/2 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. 5/9 for 1 class \$15 (Age 62+: \$10) *Rebecca Horn*

➔ **WILLS, TRUSTS, ESTATE PLANNING** What is the difference between a will & a living trust? What happens if you die without a will? What if relatives disagree with your wishes? When does the estate have to go through probate? Do you need power of attorney or advance directive? Plan ahead to help preserve assets, gain peace of mind. Presented by local attorney, *Brian Yapko*. Gladstone Senior Center 6-7:30pm Tues. 5/15 only \$10

GARDENING/LANDSCAPING/FARMING

➔ **GARDENING SERIES WITH NAN HAGE** Save! It's like getting 2 free classes! Sign up for this series of 7 classes with Nan for only \$79 or sign up individually for each class. Includes Spring Yard Care, Organic Gardening, Companion Planting for Veggies, Herb Gardening, Patio Pots, Perennials & Annuals. Gladstone High School 6:30-9 pm Wed. starts 4/4 for 7 classes \$79 (Age 62+: \$65) *Nan Hage*



➔ **SPRING YARDCARE/LANDSCAPE #1** Learn where & how-to's for planting, fertilizing, watering for new & established plantings. Lawn care, how to choose a plant, pest control, rapid compost secrets, more. Bring your questions! Gladstone High School 6:30-9:pm Wed 4/4 \$16 (62+: \$13)

➔ **ORGANIC GARDENING/RAISED BEDS #2** Create lush, productive vegetable & flower gardens in any size space. Includes seed choices best for your needs, planting mediums, weed/insect control, raised bed gardening & plant installation Gladstone High School 6:30-9:pm Wed 4/11 \$16 (62+: \$13)

➔ **COMPANION PLANTING FOR VEGGIES #3** Maximize the benefits of light, moisture & soil by companion planting. Find out why & how these plants benefit from each other. Why & which plants are "enemies", insect control & more Gladstone High School 6:30-9:pm Wed 4/18 \$16 (62+: \$13)

➔ **HERB GARDENING BASICS #4** How to plant & care for herbs & edible flowers, design an herb garden, use in existing landscapes, & drying. Use for cooking, medicinal, decorative purposes, companion planting & aromatherapy Gladstone High School 6:30-9:pm Wed 4/25 \$16 (62+: \$13)

➔ **PATIO POTS & HANGING BASKETS #5** Tricks to successful container gardening! Learn the do's & don'ts in selecting, planning, maintaining bulbs, annuals & perennials. Tips on choosing greens & color for spring & summer pots Gladstone High School 6:30-9:pm Wed 5/2 \$16 (62+: \$13)

➔ **PERENNIALS, ANNUALS & BULBS #6** Learn what grows best in your yard for the look you want to create. How to combine perennials, annuals & bulbs for maximum growth & blooms through the season. Secrets for successful, healthy sun & shade flowers. Gladstone High School 6:30-9:pm Wed 5/9 \$16 (62+: \$13)



➔ **PRUNING BASICS FOR SPRING TIME #** Learn what can be pruned at this time of the year & HOW to prune for the benefit of the plant. Nan Hage has been teaching gardening classes & sharing her expertise for many years. Gladstone High School 6:30-9:pm Wed 5/16 \$16 (62+: \$13)

➔ **GLASS BIRDBATH & GARDEN FLOWERS** Create glass totem, garden flowers or birdbath using "stray" glassware: vases, candlesticks, punchbowls, assorted size plates, glasses-clear &/or colored work great. Supply list or order kit for \$20. Gladstone High School 6:30-8:30pm Tues 4/17 \$16 (62+: \$13)

➔ **FAUX CONCRETE GARDEN POTS** Create "cement/rock looking" garden pot using a plastic foam box, paint & sand. 24 hours later the "rock" garden can be planted. Paint & sand provided! Supply list. Gladstone High School 6:30-8:30pm Mon 5/7 \$16 (\$5 lab) (62+: \$13+lab)

➔ **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 Forsyth Rd in OC. Info sheet 10am - Noon Sat 5/19 \$16 (\$5 lab) (62+: \$13+lab)

➔ **ARBORICULTURE** Learn about the science & practice of nurturing your trees. Topics range from tree biology, identification, common diseases & management. Taught by PGE Forrester Matt Vellella Gladstone High School 6:30-8:30pm Mon starting 4/16 for 2 weeks \$19 (62+: \$16)



➔ **NATURAL HISTORY OF THE PACIFIC NORTHWEST** Learn about the local living & non-living features around us. Come away with a greater wholistic understanding & awareness of the ecosystems, vegetation, animals, & more of the Pacific Northwest. Taught by PGE Forrester Matt Vellella Gladstone High School 6:30-8:30pm Mon starting 5/14 for 2 weeks \$19 (62+: \$16)

TRAVEL/TIPS/TOURS

➔ **RETIRE & TRAVEL FREE** Near retirement, retired, changing careers, student, love to travel? Nat'l speaker Gina Henry shares 200+ ways for free vacations, fun work-trips, paying travel opportunities. Free air, hotels, cruises, tours. Teach English, import, mystery shop, write articles, shoot photos, blog, start business. Includes Gina's 100pg book (\$39.95 value) w/best travel web sites/apps, solo travel, safety, health, avoiding scams. Offered 1X this year. www.GinaHenry.com. Gladstone High School 6-9:30pm Tues 5/8 \$29 (\$15 Lab)



SPRING CLASSES 2018 GLADSTONE COMMUNITY SCHOOL REGISTER NOW CALL 503-650-2570 OR WWW.GLADSTONE.K12.OR.US

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 High 6-9 pm Tues. 5/1 for 1 class. \$25 (\$6 Lab) (Age 62+: \$22 + lab) *Lynette Isaak*



➔ **MAKE & TAKE ESSENTIAL OILS - THE NATURALLY FRESH BODY** Discover how to avoid harsh & harmful chemicals by making your own body products using plant essential oils & natural substances. Take home a customized deodorant stick, lip gloss roller, & make-up removal wipes. Gladstone High 7-8:30pm Wed. 4/18 for 1 class. \$24 (Age 62+: \$21) *Debbie Tuttle*

➔ **MAKE & TAKE ESSENTIAL OILS - NATURAL GARDENING** Come find out ways to enjoy gardening naturally with solutions for you & your plants, using essential oils. Take home a natural garden spray, gardener's hand soap & a bug bite relief roller Gladstone High School 7-8:30pm Wed. 5/16 for 1 class. \$24 (Age 62+: \$21) *Debbie Tuttle*

➔ **MEDIC FIRST AID® CPR, AED, & BASIC EMERGENCY FIRST AID** Gain knowledge, skills, confidence to manage medical emergency until more adv help is available. Adult/child/infant CPR, AED, Basic Emergency First Aid (choking, control of bleeding, intro to blood borne pathogens, managing shock). OSHA compliant, receive certification card valid for 2 years. Gladstone High School 6-9pm ➔Thurs. 3/22 OR ➔Thurs. 5/17 \$50. *Cindy VanGelder*



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 working environment. Book #1 used Part 1-3. Gladstone High School 7:30-9pm Tues starts 4/3 for 10 wks \$83+\$38 book (Age 62+: \$68+books)

➔ **SPANISH PART 3 (BOOK #1)** Continuation from Beg Part 2. New students add \$38 for books. Gladstone High School 7-9pm Mon starts 4/2 for 8 wks \$83 (Age 62+: \$68) *Jorge Sotelo* No class 5/28

➔ **SPANISH - CONTINUING (BOOK 2)** Keep learning & practicing in this Continuing class!! Must know some basic Spanish. New students add book fee \$38. Gladstone High School 6-7:30pm Tues starts 4/3 for 10 wks \$83 (Age 62+: \$68) *Jorge Sotelo*

SPECIAL INTERESTS

➔ **SMALL ENGINE REPAIR** Learn how to service and repair your own small engines in this hands-on class. Instruction includes lawnmowers and chain saws. Bring project to first class. Use tools provided! Open to men and women. Gladstone High School Shop 6:30-9:30pm Thurs. starts 4/5 for 8 wks \$85 Lab: \$5 (Age 62+: \$65+lab) *Marshall Bodle*

➔ **WOODWORKING** Instructor will help with proper handling of the power equipment and answer any questions regarding your project. Bring supplies; take home project between classes. STUDENTS MUST HAVE BASIC WORKING KNOWLEDGE OF POWER EQUIPMENT. Gladstone High School Shop 6:30-9:30pm Wed. starts 4/4 for 8 wks \$85 Lab \$5 (Age 62+: \$65+lab) *Bill Dresselhaus*

BIRD STUDY Learn how to identify local birds by sight & sound as we visit parks in the Portland area. 3/24 Sauvie Island, 4/7 Crystal Springs Garden/Beggars Tick, 4/21 Koll Wetlands, 5/5 Tualatin River NWR. 5/12 Powell Butte, 5/19 Mt. Talbert. Meet at the GHS main entrance at 7am day of the field trip; we will caravan from there. Field trips from 4 to 6 hours. Bring binoculars, snack (or lunch), and drink. Dress for the weather and wear sturdy walking shoes. All skill levels welcome, class size very limited. Taught by Dan Strong. **Sat., March 24-May 19** Cost: \$25 (Age 62+: \$20)



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 and find your voice. Gladstone High School 6:30-8:30pm Mon starts 4/16 for 6wks \$49 Lab \$5 (Age 62+: \$39+lab) *Claudia Reed*

SPORTS INFORMATION

Girls' Softball

www.gladstonegirlssoffball.com or (503) 882-5024

Rookie Ball/Boys' Baseball

www.gladstonejuniorbaseball.com or (503)-319-1629

Soccer for Boys & Girls

www.gladstonesoccer.com

Football Grades 5-8

www.gladstoneyouthfootball.com

Gladiator Wrestling Club Ages 4-14

Amy Williams acat77410@yahoo.com or Michael Hess 503-757-4412

