

**WINTER CLASSES 2019 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 #: \_\_\_\_\_ Cell #: \_\_\_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_ Male  Female

Email address: \_\_\_\_\_ If Child, Parents Name: \_\_\_\_\_

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 Rd, 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, OR 97027

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# WINTER CLASSES 2019 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. Experienced artists paint from photos, see demo's w/experimental techniques, texture, depth. Supply list. Gladstone Senior Center 9:30-11:30am Thurs, starts 1/10 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! Please see supply list. Gladstone HS 6-8:30pm Wed, starts 1/9 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 1/10 for 8 wks \$89 (Age 62+: \$73) *Melissa Gannon*
- **CARDS FOR WINTER FUN!** Come in out of the cold, create beautiful all-occasion cards w/lots of bling and dazzle! Create 8 cards with envelopes, 2 each of 4 different designs. Beginner to Advanced welcome! Gladstone HS 6-9pm Tues 1/29 OR Wed 1/30 for 1 class \$16 + \$15 lab (Age 62+: \$13+lab) *Alicia Graham*
- **CARDS WITH DAZZLE** Make beautiful cards using stamps, layers & embellishments for that WOW factor! Beginner to Advanced welcome. Create 8 cards with envelopes, 2 each of 4 different designs. Gladstone HS 6-9pm Tues 2/19 OR Wed 2/20 for 1 class \$16 + \$15 lab (Age 62+: \$13+lab) *Alicia Graham*
- **CARDS - CHEERY SPRING CARDS** Celebrate Spring with these all-occasion cards! Brighten someone's day with one of these 8 cards with envelopes, 2 each of 4 different designs. Learn different techniques & treat your creative side. Gladstone HS 6-9pm Tues 3/19 OR Wed 3/20 for 1 class \$16+\$15 lab (Age 62+: \$13+lab) *Alicia Graham*
- **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 6:30-7:30pm Wed, starts 1/16 for 4 wks. \$25 *Shari Wilson*
- **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 & drawing paper. Simple to understand instruction taught in relaxed atmosphere. Gladstone HS 6-8:30pm Mon, starts 1/7 for 8 wks \$84 (Age 62+: \$68) No class 1/21 & 2/18
- **WATERCOLOR WITH MELISSA GANNON** Explore 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 1/9 for 8 wks \$89 (Age 62+: \$73)  
(Eve) Gladstone HS 6-8:30pm Tues, starts 1/8 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 techniques. Supply list or order kit for \$40 (recommended). Gladstone HS 6-8:30pm Mon, starts 1/7 for 8 wks \$84 (Age 62+: \$68) No class 1/21 & 2/18

## CULINARY

- **MEALS FOR A WEEK** Come and learn to prepare 5 meals to eat throughout the week or freeze and eat later. Choice of 5 dishes with sides. Examples include Enchiladas, Chicken dishes, Chili etc. All food and freezer containers provided. *Pam McClung of the popular Two Girls Catering* will teach you how to put the meals together with delicious recipes and provide re-heating instructions. Take your meals home, re-heat and add your own fresh salad or vegetable. Class size is limited, hurry and register! OC Elks Grand Ballroom 6-9pm Tues, 1/15 \$75

## 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**

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

Thurs.	Dec 13	5:30-9 pm	Poinsettia's in a Window
Thurs.	Jan 24	5:30-9 pm	Fisherman's Trail
Thurs.	Feb 21	5:30-9 pm	Desert Twilight
Thurs.	Mar 21	5:30-9 pm	Pretty Pansies

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

Sunday	Dec 2	2-6 pm	Christmas at the Falls House
Sunday	Jan 13	2-6 pm	Winter Sunset
Sunday	Feb 10	2-6 pm	Frosty Winter Morn
Sunday	Mar 10	2-6 pm	Lighthouse on Driftwood

## 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 and constructive feedback from other participants and find your voice. Gladstone HS 6-8pm Mon, starts 1/14 for 6 wks \$49 Lab \$5 (Age 62+: \$39+lab) *Claudia Reed*

## MUSIC



- **GUITAR BEGINNING PART I** Fun class designed for the absolute beginner. Quickly learn basic chords, simple strumming patterns, EZ songs, how to tune. Please provide guitar. Minimum age 4<sup>th</sup> grade. Taught by *Bill Price*. Gladstone HS No class 1/21 7:15-8pm Mon, starts 1/14 for 4 wks \$46+\$8 fee
- **GUITAR BEGINNING PART II** Class picks up where Beginning Guitar 1 left off. More great songs, strumming, chords. Bring guitar. Gladstone HS 7:15-8pm Mon, starts 2/25 for 4 wks \$46 *Bill Price*
- **UKULELE BEGINNING PART I** Easy to play, inexpensive, lots of fun! Great way to have fun w/family & friends. Quickly learn simple chords, GCEA tuning, tons of songs. Bring ukulele. Min age 4<sup>th</sup> grade. Gladstone HS 6:30-7:15pm Mon, starts 1/14 for 4 wks \$46+\$8 fee *Bill Price* No Class 1/21
- **UKULELE BEGINNING PART II** Class picks up where Beg. Ukulele 1 left off. More great songs, strumming, chords. Tenor, Soprano, or concert GCEA tuning only. Gladstone HS 6:30-7:15pm Mon, starts 2/25 for 4 wks \$46 *Bill Price*

## COUNTRY DANCE WITH NADJA

- **COUNTRY LINE DANCE ULTRA BEGINNING** 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 1/24 for 8 wks \$55 (Age 62+: \$50)
- **COUNTRY LINE DANCE BEGINNING** 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. Must know basic steps & turns *Nadja Schmaltz* Wetten Gym (255 E Gloucester) 6:30-7:30pm Wed, starts 1/23 for 8 wks OR 7:30-8:30pm Thurs, starts 1/24 for 8 wks \$55 (Age 62+: \$50)
- **COUNTRY LINE DANCE INTERMEDIATE** 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 1/23 for 8 wks OR 8:30-9:30pm Thurs, starts 1/24 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 1/23 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** Learn basic ballet positions and steps, be exposed to creative movement, help coordination, rhythm, develop listening skills in group setting. Need ballet shoes, dance attire (any color).  
◆ **AGE 4-6:** 10:15-11am Wed, starts 1/30 for 8 wks \$100  
◆ **AGE 3-5:** 6-6:45pm Thurs, starts 1/31 for 8 wks \$100
- **PRE-BALLET/TAP AGE 4-6 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).  
4:30-5:15pm starts Fri, 2/1 for 8 wks \$100
- **TAP/JAZZ I** Chance to learn basic jazz & tap skills in fun dance environment. Students need basic tights & leotard, ballet slippers (any color), black patent tap shoes.  
◆ **Age 3-4:** 4-4:45pm Mon, starts 1/28 for 8 wks \$100  
◆ **Age 3-4:** 4:15-5pm Thurs, starts 1/31 for 8 wks \$100  
◆ **Age 5-7:** 5:45-6:45pm Mon, starts 1/28 for 8 wks \$112  
◆ **Age 5-7:** 5:00-6:00pm Thurs, starts 1/31 for 8 wks \$112
- **TAP/TUMBLING AGE 2.5-4 PARENT/CHILD** Students learn tumbling skills up to and including cartwheels, somersaults & handstands! Explore rhythms, learn basic tap steps. Tap shoes needed for kids, parents need hard soled shoes. Includes parent participation. 10:15-11am Tues, starts 1/29 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 1/28 for 8 wks \$100
- **BEGINNING TUMBLING AGES 3-6**  
Flexibility and fun rule the day as students learn tumbling skills up to and including cartwheels, somersaults, and handstands! Grand Finale Dance Studio  
◆ 4:45-5:30pm Mon, starts 1/28 for 8 wks \$100  
◆ 9:30-10:15am Tues, starts 1/29 for 8 wks \$100  
◆ 3:30-4:15pm Tues, starts 1/29 for 8 wks \$100
- **TUMBLING I - II** Work on flexibility, listening skills, basic tumbling skills such as forward rolls, backwards rolls, cartwheels. Child only participation.  
◆ **Age 5-7:** 4-4:45pm Mon, starts 1/28 for 8 wks \$100  
◆ **Age 7-10:** 6:15-7pm Mon, starts 1/28 for 8 wks \$100  
◆ **Age 7-10:** 4:15-5pm Tues, starts 1/29 for 8 wks \$100
- **TUMBLING AGE 10+** Flexibility & fun rule the day as students learn tumbling skills up to & including cartwheels, somersaults & handstands!  
7-7:45pm Mon, starts 1/28 for 8 weeks \$100
- **MINI 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.  
5:45-6:30pm Tues, starts 1/29 for 8 wks \$100



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## EXERCISE/FITNESS/SPORTS

- **AEROBICS (HI/LOW IMPACT) + ZUMBA + STRONG AT CLACKAMAS RIVER RACQUET CLUB** Super deal! Attend any or all: Body Sculpting, Strength Training, Step Variety, or Barre Variety **MTW** 5:45am, **MW** 9am, **TTH** 8:30am, **MTTH** 4:30pm, **Sat** 8am. **STRONG W** 5:45pm, **ZUMBA M** 5:35pm, **FS** 9:05am. Held at *Clackamas River Racquet Club*. Register w/Gladstone Community School. **\$90 for 12 weeks. Starts week of Jan. 7**
- **AIKIDO FOR KIDS** Aikido is non-competitive, non-violent Japanese Martial Art that teaches peaceful resolution of conflict, self-defense & discipline. *Aikido Northwest* Tuition: \$70 for 10 weeks. Starts week of Jan. 7. 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 1/8 for 10 wks \$90 Aikido Northwest**
- **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 1/7 *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** MWF 9:30-10:30am, **TTH** 8:30-9:30am starts 1/7 *East Side Athletic Milwaukie*
- **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 variety of walking videos. Bring water! Fun for whole family! Min age 8+ welcome if accompanied by parent. **7:15-8:15pm T/TH, starts 1/1 for 13 wks FREE** Gladstone Park Seventh-day Adventist Church, 8378 Cason Rd. **No fee, but must register**
- **KARATE YOUTH PROGRAM** Shudokan Karate offers traditional Okinawan Karate for all age/skill levels! Karate empowers younger students, teaching them how to concentrate/focus their positive energy constructively, benefiting them at school & at home. Instructed by Sensei Reed Secunda, Shudokan School of Karate. Call 503-650-2570 to register. **4:15-5:15pm MW, starts 1/14 for 4 wks \$65 East Side Athletic Club Milwaukie**
- **KARATE – ADULT PROGRAM** Shudokan Karate offers traditional Okinawan Karate for all age/skill levels! Non-competitive Karate enhances lives of adult students, providing a means of relieving stress while acquiring self-defense knowledge & physical agility. Instructed by Sensei Reed Secunda, Shudokan School of Karate. Call 503-650-2570 to register. **7:15-8:15pm MW, starts 1/14 for 4 wks \$65 East Side Athletic Club Milwaukie**
- **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. at JWE Wetten Gym, 255 E Gloucester **10-10:30am Sat, starts 1/19 for 8 wks \$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 at JWE Wetten Gym 255 E Gloucester **9:9:45am Sat, starts 1/19 for 8 wks \$65 Skyhawks**
- **TAE KWON DO FOR AGES 5-7** Harness energy with exciting physical activity. Learn basic moves while developing respect, discipline, self-esteem. Kids get practice setting goals, gain confidence. Parents invited to participate for free. Kraxberger Middle School **6-6:50pm Tues & Thurs, starts 1/8 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 1/8 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 instructor 30+ yrs. Strengthen body, mind, spirit. Men & women all ranks welcome. Kraxberger Middle School **7:30-9pm Tues & Thurs, starts 1/8 for 11 wks \$85 (Age 62+ : \$50)**
- **TAI CHI CHUAN BEGINNING** Tai Chi is a 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 1/7 for 9 weeks \$75 (Age 62+ : \$61) Gary Schmidt** No class 1/21 & 2/18
- **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 1/7 for 9 weeks \$75 (Age 62+ : \$61) Gary Schmidt** No class 1/21 & 2/18
- **TAI CHI CHUAN ADVANCED LEVEL 1** Open to students who have learned the entire Yang Style 24 movement form. Class is for those who are new to the Yang Style Traditional 103 movement long form of Tai Chi Chuan. Gladstone Senior Center **12-1pm Mon, starts 1/7 for 9 weeks \$75 (Age 62+ : \$61) Gary Schmidt** No class 1/21 & 2/18
- **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 1/7 for 9 weeks \$75 (Age 62+ : \$61) Gary Schmidt** No class 1/21 & 2/18

● **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 1/8 for 10 weeks OR 9-10am Fri, starts 1/11 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 1/8 for 10 wks \$69 (Age 62+ : \$57) Greg Fegel**

**9-10am Thurs, starts 1/10 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 1/9 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 1/8 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 8am, TTH 9:30am or S 10:15am. Pilates TTH 5:30pm \$90 for 12 weeks starts 1/7 for 12 wks Clackamas River Racquet Club** Register at Gladstone Community School

● **ZUMBA! AT EAST SIDE ATHLETIC** Choose any combination of ZUMBA classes AT ONE LOCATION. **\$69 for 10 classes/\$124 for 20 classes starting 1/7 for 10 wks**

**East Side Milwaukie** Tues/Thurs 6:20-7:20pm or Friday 10-11am

**East Side Clackamas** Mon 6:05-7:05pm, Tues/Th 10:30-11:30am, or Sat 9:15-10:15am



## HEALTH/SAFETY/PERSONAL WELL-BEING

● **BEGINNERS SELF DEFENSE CLASS Free** Beginner's Self Defense class. Open to ages 6-80+. Class will cover techniques of elementary falls, blocks, strikes, leverages, throws, & selected elementary self-defense techniques on countering holds & strikes. Certified 3rd degree Black belt Instructor with the International Kung Fu San Soo Federation is experienced in teaching to all ages. Loose fitting durable clothes recommended, Athletic cups are required for males under the age of 18 & are highly recommended for males over the age of 18. Gladstone Park Seventh-day Adventist Church, 8378 Cason Rd. **No fee, but must register 7-8pm Mon & Wed, starting 1/7 for 12 wks**

● **ENVISION 2019 WORKSHOP** Manifest your best year ever! Discover five strategies for attracting what you want into your life. Create a vision board, set intentions, & bring a new outlook home! This mini-retreat gives you time & space away from the distractions of everyday life. Come be renewed & energized! Gladstone HS **7-9pm Tues, 1/15 for 1 class. \$24 (Age 62+ : \$21) Debbie Tuttle**

● **MAKE & TAKE ESSENTIAL OILS – FOR TRAVELERS** Spring Break is coming! Discover how plant essential oils make travel more comfortable & enjoyable – from sanitizing hands to dealing with upset stomachs & digestive systems, to boosting our immune systems. Take home a mini travel kit for your next big or small trip, as well as everyday life! Gladstone HS **7-8:30pm Thurs, 2/21 for 1 class \$24 (Age 62+ : \$21) Debbie Tuttle**

● **MEDIC BASIC FIRST AID/CPR** 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 HS **6-9pm 4 Thurs, 1/24 OR 4 Thurs, 3/21 Tuition \$50 Cindy VanGelder**

● **WOMEN'S SELF DEFENSE CLASS** Join us for an interactive 1 day Women's Self-Defense class! Gain confidence & skills needed to defend yourself in threatening scenarios. Reality based training ranging from preventative awareness to survival skills, including defensive/offensive techniques for being approached, grabbed, or attacked. Instructed by *Sensei Reed Secunda, Shudokan School of Karate*. (Min age 14) **East Side Athletic Milwaukie 11am-3pm 4 Sat 2/2 OR 4 Sat 3/9 Tuition \$25**

## GARDENING/LANDSCAPING/FARMING



● **BIRDHOUSE CREATIONS** Learn about various birdhouse designs for all sizes of 'clingers' & 'perchers'. Build a "non-traditional" birdhouse by using repurposed items in class. Children age 7-12 also welcome with an adult helper. Supplies provided. Gladstone HS **6:30-9:30pm Wed, 3/13 \$16 Lab: \$5 (62+ : \$13+lab) Nan Hage**

● **LANDSCAPE DESIGN BASICS** Meandering paths cross babbling brooks, past moss-covered rocks, under a canopy of evergreens. Create scenic, low maintenance areas, attract desirable wildlife, small courtyards to multiple acres. Gladstone HS **6:30-9pm Wed, starts 2/13 for 3 wks \$39 (Age 62+ : \$33) Nan Hage**

● **PRUNING BASICS-BECOME A PRO!** Learn to professionally trim & train your trees/shrubs. Basic pruning techniques & tips. Fruit & flowering trees/shrubs, plant/structure building, & how to choose proper equipment. Gladstone HS **6:30-9:30pm Wed, starts 1/16 for 2 wks \$29 (62+ : \$23) Nan Hage**

● **ROSES FROM A TO Z** Learn how to grow/prune different varieties/which varieties are best for NW, scent, cut flowers, hedges, climbers, shade/sun. Organically maintain newly planted & established roses. Gladstone HS **6:30-9pm Wed, 2/6 \$16 (62+ : \$13) Nan Hage**





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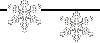
## ODOT APPROVED DRIVER EDUCATION



● **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 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 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 1/7 for 11 wks \$325. Classes **WILL** be held 1/21 & 2/18. Info: 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, 2/9 Sharon/Allan Wilson

## SPECIAL INTERESTS



● **SMALL ENGINE REPAIR** Learn how to service and repair small engines in this hands-on class. Instruction includes lawnmowers and chain saws. Bring project to first class. Open to men and women. Gladstone High School Shop 6:30-9:30pm Thurs, starts 1/10 for 8 weeks \$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 Thurs, starts 1/10 for 8 weeks \$85 Lab \$5 (Age 62+: \$65+lab) Vincent Alvarez

## FINANCIAL/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. (Age 62+: \$29/Couples \$39) Gladstone HS *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 1/16 \$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 1/23 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 1/30 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 2/6 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 2/13 for 1 class \$15 (Age 62+: \$10) Rebecca Horn

● **RENTAL MANAGEMENT FOR LANDLORDS** General overview of managing rental property for rental home owner of single family homes & smaller multi-family complexes. Oregon Landlord Tenant Laws, Fair Housing, Tenant Screening, Forms, Checklists, Evictions, Using Technology, Tennant Proofing & lots of practical advice. **Stay up-to-date and in compliance w/property manager Jason Jamieson.** Gladstone HS 6-9 pm Wed, starts 1/9 for 4 wks \$79 (Age 62+: \$59)

● **WILLS, TRUSTS, ESTATE PLANNING** Learn 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, 1/22 only \$10



## COMPUTERS

● **EXCEL 2016 BEGINNING** 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 6-9pm Wed, starts 1/16 for 3 wks \$79 Lab: \$24 (Age 62+: \$59+lab) Devon Huey.

● **EXCEL 2016 ADVANCED** Build on your skills. 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 6-9pm Wed, starts 2/13 for 3 wks \$79 Lab fee: \$24 (Age 62+: \$59+lab) Devon Huey

● **CREATE YOUR WEBSITE** Make your presence known on the internet. Learn to design & customize your own page with an easy to learn editor. Format text, add photos or graphics, create links, even set up a shopping cart! Information also given on buying a domain name & web hosting services. Bring 1G or larger flash drive Gladstone HS 6-9pm Wed, starts 3/6 for 3 wks \$79 (Age 62+: \$59) 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. Class is for all iPhones except iPhone 10 & X. Kraxberger Middle School Rm 10 5-7:30pm Tues/Thurs, 1/22 & 1/24 (2 day class) \$34 (Age 62+: \$29) Lori Chambers

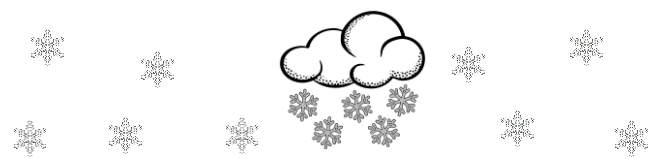
● **IPHONE INTERMEDIATE** Organize apps, communication tips, tricks (FaceTime, Skype, WhatsApp, etc.), travel apps (tips for traveling w/ iPhone), optimize settings, use calendar to full potential, intro to photography, iCloud, syncing, Q & A. Must have Apple Account ID & Password, know basics of using iPhone. Class is for all iPhones except iPhone 10 & X. Kraxberger Middle School Rm 10 5-7:30pm Tues/Thurs, 1/29 & 1/31 (2 day class) \$34 (Age 62+: \$29) Lori Chambers



## LANGUAGE STUDIES

● **SPANISH BEGINNING PART 1 (BOOK #1 5<sup>th</sup> 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 HS 8-9:30pm Tues, starts 1/8 for 10 wks \$83+\$38 book (Age 62+: \$68+books) No class 2/26

● **SPANISH - CONTINUING (BOOK 2)** Keep learning & practicing in this Continuing class!! Must know some basic Spanish. New students add book fee \$38. Gladstone HS 6:30-8pm Tues, starts 1/8 for 10 wks \$83 (Age 62+: \$68) Jorge Sotelo No class 2/26



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

## SPORTS INFORMATION

### Girls' Softball

[www.gladstonegirlsoftball.com](http://www.gladstonegirlsoftball.com) or (503) 882-5024

### Rookie Ball/Boys' Baseball

[www.gladstonejuniorbaseball.com](http://www.gladstonejuniorbaseball.com) or (503) 319-1629

### Soccer for Boys & Girls

[www.gladstonesoccer.com](http://www.gladstonesoccer.com)

### Football Grades 5-8

[www.gladstoneyouthfootball.com](http://www.gladstoneyouthfootball.com)

### Gladiator Basketball Association

<http://gladstonebasketball.org/>

