

# GLADSTONE COMMUNITY SCHOOL & CITY RECREATION DEPARTMENT

YOUR GUIDE TO ACTIVITIES FOR LIFELONG LEARNING, FITNESS, AND FUN!  
LOOK INSIDE TO SEE WHAT WE HAVE TO OFFER!

## SPRING 2020

**NEW!**

### **DRAWING WORKSHOPS WITH MELISSA GANNON**

#### **DRAWING WORKSHOP #1**

Enhance your drawing skills! In this 1 day workshop we will learn about perspective.  
Bring a picture of a building, a pencil, an eraser, and plenty of paper!

Wed 4/8/2020 at Gladstone High School  
From 6:00-8:00 PM Tuition \$45 (Age 62+ \$40)

#### **DRAWING WORKSHOP #2**

Enhance your drawing skills in this workshop as we draw flowers! Learn some drawing exercises to help you “see”.  
Learn to establish correct proportion, the importance of mark making using values, and how to simplify complex shapes. Bring a pencil, an eraser, and plenty paper! If you prefer working in ink, feel free to bring a fine tipped marker. All Skill Levels Welcome!

Wed 4/22/2020 at Gladstone High School  
From 6:00-8:00 PM Tuition \$45 (Age 62+ \$40)



### **BEGINNING BEADING:**

#### **Crystal Tennis Bracelet & Earrings**



This is a great class to get you started beading!  
Or just reintroduce you to beading.

You will make a simple, yet beautiful set—a bracelet and earrings—with crystals and seed beads, using a basic hand weaving stitch. You will also learn some basics about beading tools, equipment, and beads themselves. All of the necessary materials will be provided, including beads and crystals in a variety of colors. You can choose your own beads and colors to create your own color pattern.

Students are welcome to bring their own supplies.

*Taught by Christine Delea*

Wed 5/6/2020 at Gladstone High School  
From 6:00-8:00 PM  
Tuition: \$25 (Age 62+ \$20)

### **EASTER EGG HUNT**

This year’s annual Easter Egg Hunt will be held  
**Saturday, April 11, 2020 at 11 AM at Gladstone High School.**

The hunt is open to ages 1 to 10 years.  
Come collect eggs, win prizes, and enjoy a morning of fun!



*Easter Egg hunt is open to Gladstone residents only*

### **ROTARY PANCAKE BREAKFAST**

Bring your entire family to the Gladstone High School on  
Saturday April 11 from 8-11am. Everyone is Welcome!

Cost is \$6 Adults/ \$5 Children & Seniors \$16 for Family



*Check inside for other offerings such as: Exercise & Fitness, Gardening, Country Dance, Painting, and More! Call 503-650-2570 for Registration*

*Or Online at [www.gladstone.k12.or.us](http://www.gladstone.k12.or.us) Click the link that says*



# KIDS AND TEENS



## AIKIDO FOR KIDS

Aikido is a non-competitive, non-violent Japanese Martial Art, teaching principles of peaceful resolution of conflict. Kids will learn to empower themselves through discipline of posture, balance, breathing, mental focus. Aikido is not a method of fighting, but method of self-defense. Develop ability to be relaxed, focused, centered, even under stress.

*Taught by Craig Fife, Michael Erbe*  
**3/30/20-6/8/20**

### **CHOOSE ONE TIME:**

**Age 4-7: M 5-6 PM or T 5-6 PM**

**Age 8-10: T 6:15-7:15 PM or**

**TH 4-5 PM**

**Age 11-18: M 6:15-7:15 PM or**

**TH 5:15-6:15 PM**

**Aikido Northwest**

**(16029 SE McLoughlin)**

**Tuition: \$70**

## TAE KWON DO FOR KIDS

Harness the energy of your youngsters with this exciting physical activity. Students learn basic moves while developing respect, discipline and self-esteem. Kids get practice setting goals and gain confidence with individual achievements. Parents invited to participate for free. *Uniforms can be purchased through the instructor.*

*Taught by David Beasley*

**T/TH, 3/31/20-6/11/20**

**Age 5-7: 6:00-6:50 PM \$80**

**Age 8-15: 6:00-7:30 PM \$100**

**Kraxberger Middle School**



## SKYHAWKS SPORTS CAMPS

**No Pressure, just lots of FUN**  
while these young athletes participate in age appropriate games. The Coaching Staff is committed to helping children start off on the right foot as they take their first steps into sports!

**Held at John Wetten Elementary Outside Gym**

**Saturdays 4/18/20-6/6/20**

**MINI-HAWK CLINIC: (Basketball, Baseball & Soccer)**

**Ages 4-7 Yrs**

**9:00-9:45 AM Tuition \$65**

**TINY HAWK SOCCER: Ages 3-4 Yrs**

**10:00-10:30 AM Tuition \$55**

**OUTDOOR BASKETBALL CAMP: Ages 7-12 Yrs**

**10:45-11:45 AM Tuition \$89**

*Please register through  
Gladstone Community School*



## GLADIATOR TRACK CAMP

Kids K-5th Grade are invited to participate in this 3 day Track Camp! Learn the basics and have fun!! Hosted by Head Track Coach *David Lemen* and the GHS Track Team. Your student will learn Sprints/Hurdles, Jumps and Throws.

**Held at Gladstone High School Track**  
**Wed 3/25/20 through Fri 3/27/20 from 2:00-3:30 PM**  
**Camp Tuition is \$30**

*Please bring running shoes, water and appropriate dress for the weather. Camp will be outside rain or shine!*

## LOCAL YOUTH SPORTS CONTACT INFORMATION



•Girls Softball: [www.gladstonegirlssoftball.com](http://www.gladstonegirlssoftball.com) OR (503) 781-7051

•Gladstone Jr 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 3-8: [www.gladstoneyouthfootball.com](http://www.gladstoneyouthfootball.com) OR (503) 807-0502

•Gladiator Youth Basketball : <http://gladstonebasketball.org>

•Gladstone Youth Cheer: [gycyouthcheer@gmail.com](mailto:gycyouthcheer@gmail.com) OR (503) 568-5384

## GRANDE FINALE DANCE

*Classes held at Grande Finale 875 Portland Ave.*

*Register with Gladstone Community School*

### PARENT/CHILD TUMBLING AGES 2 1/2-4 YRS

Flexibility and fun rule the day as students learn tumbling skills up to & including cartwheels, somersaults & handstands! Includes parent participation. **\$104**

**Mon 4/6/20-5/25/20 from 5:30-6:15 PM**

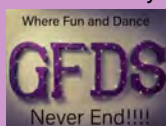
**Tues 4/7/20-5/26/20 from 10:15-11:00 AM**

### BEGINNING TUMBLING AGES 3-6 YRS

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. **\$104**

**Mon 4/6/20-5/25/20 from 4:45pm-5:30 PM**

**Tues 4/7/20-5/26/20 from 3:30pm-4:15 PM**



### BEGINNING TUMBLING AGES 6-10 YRS

Flexibility and Fun rule the day as students learn tumbling skills up to and including cartwheels, somersaults, and handstands! **\$104**

**Mon 4/6/20-5/25/20 from 7:00-7:45 PM**

### PRE-BALLET AGE: 4-6 YRS

Dancers will learn their basic ballet positions and steps. They will be exposed to creative movement to help develop coordination and an overall sense of rhythm. The class will also help dancers in developing listening skills in a group setting. Students need ballet shoes and dance attire (any color). **\$104**

**Wed 4/8/20-5/27/20 from 10:15-11:00 AM**

### 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). **\$104**

**Fri 4/10/20-5/29/20 from 3:30-4:15 PM**

# ARTS AND CRAFTS

## OIL PAINTING BOB ROSS STYLE WITH JUDY STUBB

De-Stress and Relax with **Judy Stubb**, certified Bob Ross Instructor! Start with a blank canvas and leave with a completed Masterpiece! This *Wet on Wet Technique* is a very simple, easy to follow method, anyone from beginners to seasoned painters can master! Classes are casual and FUN!

Judy brings all supplies and teaches you step-by-step.

See samples of Judy's work at [www.wetpaints.net](http://www.wetpaints.net)

Tuition \$50 per person

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

Thurs	Mar 19	5:30-9 pm	Anglers Haven
Thurs	Apr 30	5:30-9 pm	Desert Glow
Thurs	May 28	5:30-9 pm	Arctic Fox
Thurs	Jun 25	5:30-9 pm	Just Before the Storm

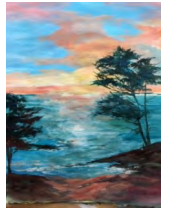


• *Sunday classes held at Gladstone Park Seventh-day  
Adventist Church, 8378 Cason Rd.*

Sun	Mar 15	2-6 pm	Golden Morning Mist
Sun	Apr 19	2-6 pm	Cave View
Sun	May 17	2-6 pm	Back Country Path
Sun	Jun 14	2-6 pm	Patriot Rose

## Acrylics or Oil Painting with Shirlee Lind

Become an Artist, and have fun while you do it! Beginners will learn basic fundamentals, brush techniques, shading, composition and color mixing! No prior experience necessary! Experienced artists learn the latest in trends! *Please request Supply List*



Gladstone Senior Center

Thurs 4/2/20-6/4/20 from 9:30-11:30 AM

Tuition: \$89 (Age 62+ \$73)

## Painting Class for Watercolor & Acrylic Painters

Using a variety of subjects, this class will help you learn techniques. Including, color mixing, improving your brushwork and developing an increased awareness of composition. Class is open to both Watercolor and Acrylic painters. All Skill Levels Welcome!!

*Taught by Melissa Gannon*

Gladstone High School

Tues 4/7/20-5/26/20 From 6:00-9:30 PM

Tuition \$84 (Age 62+ \$ 68)

## Painting Class for Pastel & Acrylic Painters

Using a variety of subjects, this class will help you learn techniques. Including, improving your paint application skills, learning to mix colors and developing an increased awareness of composition. Class is open to both Pastel and Acrylic painters. All Skill Levels Welcome!!

*Taught by Melissa Gannon*

Gladstone Senior Center

Thurs 4/9/20-5/28/20

From 2:00-4:30 PM Tuition \$89 (Age 62+ \$ 73)

## Watercolor with Melissa Gannon

Explore the exciting and challenging medium of watercolor. Learn to mix colors, basics of composition, drawing and elements of perspective. Please request supply list. See Melissa's work at [www.melissagannon.com](http://www.melissagannon.com)



Gladstone Senior Center

Wed 4/8/20-5/27/20 From 2:00-4:30 PM

Tuition \$89 (Age 62+ \$73)

## Watercolor 101 with Sharla Sevy

Play with color and create beauty! In this step by step intro to watercolor, discover how colors blend and change, what colors enhance each other, how to apply washes & glazes, and transfer images to paper. Beginners order kit for \$50 (recommended) or request Supply list.

Gladstone High School

Mon 3/30/20-5/18/20 from 6:00-8:30 PM

Tuition: \$84 (Age 62+ \$68)

## CRAFTING WITH NAN HAGE

### Glass Birdbath & Decorative Garden Flowers

Create your own glass totem, garden flowers or birdbath using 'stray' glassware such as vases, candlesticks, punchbowls, assorted size plates, or glasses (clear and/or colored works great).

*Request Supply List or Order Kit for \$20.*

Gladstone High School

Mon 4/6/20 from 6:30-8:30 PM

Tuition: \$20 (Age 62+: \$15)



### Faux Concrete Pots

Create "cement/rock looking" garden pot using a plastic foam box, paint and sand. 24 hours later the "rock" garden pot can be planted. Just in time for Mothers Day! Paint and sand provided.

*Request supply list.*

Gladstone High School

Mon 4/20/20 from 6:30-8:30 PM

Tuition \$20 (Age 62+ \$15) Lab \$5

### Macrame Basics

Learn to make a basic hanging plant holder or wall hanging with *Nan Hage*. In this class you will learn the basic knots to get you started.

Nan will provide the supplies and her knowledge.

Gladstone High School

Wed 5/27/20 from 6:30-9:30 PM

Tuition \$20 (Age 62+ \$15) Lab \$10



### Concrete Leaf Casts

Learn techniques to create concrete leaf casts for birdbaths, water features & garden art. Make one in class for your garden. Bring 2 large shallow plastic storage totes/boxes, plastic gloves.

Class limited. *Held off Forsythe Rd. in O.C. Info sheet available.*

Sat 5/9/20 from 10:00-12:00 PM

Tuition \$16 (Age 62+ \$13) Lab \$5

## CARDMAKING WITH ALICIA GRAHAM

Come, join us for this popular class! Learn to make beautiful and creative cards for all reasons and seasons! Make 8 cards with 4 different designs, Including envelopes. All supplies are provided.

Held at Gladstone High School

From 6:00-9:00 PM.

Tuition is \$16 (Age 62+ \$13) Lab Fee \$15

## CARDMAKING WITH SPARKLE

Tuesday 4/21/20

## CARDMAKING WITH WOW

Tuesday 5/26/20



## Gardening Series with Nan Hage at Gladstone High School

Save! It's like getting 2 FREE Classes! Sign up for this series of 7 classes for only \$79 (Age 62+ \$65).  
Wednesdays 4/1/20-5/13/20.

### #1 Spring Yard Care & Landscaping Hints

Learn about basic yard care! The where and how to's for new plantings, as well as established. Fertilizing, watering, and when to plant dahlia tubers. Nan will cover lawn care, how to choose the right plant, pest control, rapid compost secrets, landscaping hints and more!

Wed 4/1/20 from 6:30-9:00 PM

Tuition \$16 (Age 62+ \$13)



### #3 Companion Planting for Veggies

Maximize benefits of light, moisture and soil by companion planting for vegetable gardens. Find out why and how these plants benefit from each other. And which plants are "enemies,"

Wed 4/15/20 from 6:30-9:00 PM

Tuition \$16 (Age 62+ \$13)

### #4 Herb Gardening Basics

How to plant and care for herbs and edible flowers. Design an herb garden and use in existing landscapes. When and how to dry. Use herbs for cooking, medicinal, decorative purposes, companion planting, aromatherapy, bath and body care products, and potpourri.

Wed 4/22/20 from 6:30-9:00 PM

Tuition \$16 (Age 62+ \$13)

### #5 Patio Pots & Hanging Baskets

Learn tricks to successful container gardening: the do's and don'ts in selecting, planting and maintaining bulbs, annuals, and perennials. How to choose proper greens and color for spring and summer containers.

Wed 4/29/20 from 6:30-9:00 PM

Tuition \$16 (Age 62+ \$13)



### #6 Perennials, Annuals & Bulbs

Learn what grows best in your yard for the "look" you want to create. How to combine perennials, annuals and bulbs for maximum growth and blooms throughout season. Learn secrets for successful, healthy sun and shade flowers.

Wed 5/6/20 from 6:30-9:00 PM

Tuition \$16 (Age 62+ \$13)

### #7 Pruning Basics for Springtime

Learn what can be pruned at this time of year and HOW to prune for the benefit of the plant. Nan Hage has been teaching gardening classes and sharing her expertise with students for many years.

Wed 5/13/20 from 6:30-9:00 PM

Tuition \$16 (Age 62+ \$13)

### #2 Organic Gardening & Raised Beds

Create lush, productive vegetable and flower gardens in any size space. Learn seed choices best for your needs, planting mediums, weed and insect control, plant installation, raised bed gardening, and more. Nan will share hints to make gardening fun.

Wed 4/8/20 from 6:30-9:00 PM

Tuition \$16 (Age 62+ \$13)

## INVESTING FOR THE FUTURE SERIES

SAVE! Sign up for this series of 5 classes for only \$49!

A workbook covering all classes will be included at no additional cost!

Tuition for the series is \$49/Person or \$59/Couple (Couples share a book)

(Age 62+) \$29/Person or \$39 Couple (Couples share a book)

Couples please call Gladstone Community School to Register 503-650-2570

All Classes held at Gladstone High School 4/15/20-5/13/20 from 6:30-8:30 PM

### #1 Investment Basics

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

Wed 4/15/20 from 6:30-8:30 PM

Tuition \$15 (Age 62+ \$10)

### #2 Investing for Income

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

Wed 4/22/20 from 6:30-8:30 PM

Tuition \$15 (Age 62+ \$10)

### #3 Mutual Funds

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

Wed 4/29/20 from 6:30-8:30 PM

Tuition \$15 (Age 62+ \$10)

### #4 The Stock Market

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

Wed 5/6/20 from 6:30-8:30 PM

Tuition \$15 (Age 62+ \$10)

### #5 Tax Advantaged Investments

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

Wed 5/13/20 from 6:30-8:30 PM

Tuition \$15 (Age 62+ \$10)



# CLASSES FOR ADULTS

## CHANGE YOUR BRAIN, TRANSFORM YOUR LIFE

Explore the foundations that create brain health, and learn the Daily Habits for the Brain, with the potential of preventing cognitive decline as you age—and even reversing it! Discover how your view of time effects your life perspective, relationships, and money. Learn how the practice of Emotional Wisdom can alter your future for the better!

*Taught by Lynette Isaak*

Gladstone High School

Tues 5/5/20 from 6:00-9:00 PM

Tuition: \$25 (Age 62+ \$22) Lab Fee \$10

## GOING SOLAR—IS IT RIGHT FOR YOUR HOME

In this information course geared for homeowners, *Andy Hordichok* will explain why solar power is not a fleeting trend. Even in our rainy state of Oregon, going solar can be an affordable option and can end up saving you money! You will leave with a better understanding of going solar, and if the process is right for you.

We are offering two dates for you to choose from.

Gladstone High School

Tues 4/14/20 OR 5/19/20 from 6:30-7:30 PM

Tuition \$10

## GUITAR BEGINNING PART I

This fun and popular class is designed for the absolute beginner. Quickly learn basic chords and simple strumming patterns known to all guitar players. EZ songs, how to tune, basic techniques, etc. Minimum age 4<sup>th</sup> grade. Bring your guitar to class. *Bill Price*

Gladstone High School

Mon 3/30/20-4/27/20 from 7:15-8:00 PM

Tuition: \$55 Materials fee: \$8



## GUITAR BEGINNING PART II

This class picks up where Beginning I left off. More great songs, strumming and chords. Minimum age 4<sup>th</sup> grade. *Bill Price*

Gladstone High School

Mon 5/4/20-6/8/20 from 7:15-8:00 PM *No Class 5/25*

Tuition: \$55

## 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. *Cindy VanGelder*

Gladstone High School

Thurs 5/21/20 from 6:00-9:00 PM

Tuition: \$50

## SMALL ENGINE REPAIR

Learn how to service and repair small engines in this **HANDS-ON** class. Instruction by *Marshall Bodle* includes lawn mowers and chain saws. Get your equipment ready to use when you need it! Bring your project and small hand tools.

Gladstone High School

Thurs 4/9/20-5/28/20 from 6:30-9:30 PM

Tuition: \$85(Age 62+ \$65) Lab Fee \$5

## SPANISH CONTINUING

Keep learning and practicing in this Continuing class! Must know some basic Spanish. This is Book 3. New students please include book fee.

*Jorge Sotelo*

Gladstone High School

Tues 4/7/20-5/26/20 from 6:30-8:30 PM

Tuition: \$83 Book fee: \$38 (Age 62+: \$68+book)

## 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. *Claudia Reed*

Gladstone High School

Mon 4/13/20-5/18/20 from 6:00-8:00 PM

Tuition: \$49 (Age 62+ \$39) Lab Fee \$5



## UKULELE BEGINNING PART I

Ukulele is easy to play, inexpensive, & lots of fun! In this popular class you will quickly learn tuning, simple chords, tons of songs. *Tenor, Soprano, or concert GCEA tuning only.* Please provide your own ukulele. Minimum age 4<sup>th</sup> grade. *Bill Price*

Gladstone High School

Mon 3/30/20-4/27/20 from 6:30-7:15 PM

Tuition: \$55 Materials fee: \$8

## UKULELE BEGINNING PART II

This class picks up where Beginning I left off. More great songs, strumming, chords. Please provide your own ukulele. Minimum age 4<sup>th</sup> grade. *Bill Price*

Gladstone High School

Mon 5/4/20-6/8/20 from 6:30-7:15 PM *No Class 5/25*

Tuition: \$55

## 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 at Myatt & Bell, P.C.*

Gladstone Senior Center

Tues 5/5/20 from 6-7:30 pm

Tuition: \$10



## WOODWORKING

The newly remodeled wood shop will be open on Thursday evenings. Instructor *Vincent Alvarez* will be available to help with proper handling of the power tools and to answer questions concerning your project. Bring your own supplies.

**MUST HAVE EXPERIENCE USING THE POWER EQUIPMENT**

Gladstone High School

Thurs 4/9/20-5/28/20 from 6:30-9:30 PM

Tuition: \$85 (Age 62+ \$65) Lab Fee \$5

## Class Locations

Gladstone High School-18800 Portland Avenue, Gladstone  
Kraxberger Middle School-17777 Webster Road, Gladstone  
John Wetten Elementary-250 E Exeter, Gladstone  
JWE Outside Gym-255 E Gloucester, Gladstone  
Gladstone Senior Center-1050 Portland Avenue, Gladstone  
Gladstone Park Seventh-day Adventist Church, 8378 Cason Rd.

Aikido Northwest-16029 SE McLoughlin Blvd, Milwaukie  
Clackamas River Racquet Club-790 82<sup>nd</sup> 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

**COUNTRY LINE DANCE WITH  
NADJA SCHMALTZ**  
John Wetten Elementary  
*Outside Gym located behind the  
school*

**COUNTRY DANCE WITH NADJA**

Nadja will be playing all the oldies for you to dance to in this Open Dance class! From "Asking Questions" to "Boot Scootin' Boogie", Nadja will provide a class to practice your dancing and provide instruction and help!  
*No class 5/25/20*

**Mon 4/13/20-6/8/20 from 6:30-9:30 PM**  
**Tuition: \$64 (Drop in price \$10)**

**COUNTRY LINE DANCE INTRO TO  
BEGINNING**

If you are new to dancing or have never taken a line dance class, this is the class for you! Learn easy steps in a relaxed atmosphere.

*No class 5/14/20*

**Thurs 4/16/20-6/11/20 from 6:30-7:30 pm**  
**Tuition: \$60 (Age 62+: \$55)**

**COUNTRY LINE BEGINNING WITH NADJA**

Learn latest dance steps and traditional ones, too. Must know basic steps & turns. Class is the next step up from Ultra Basic.  
*No class 5/13/20 or 5/14/20*

**Wed 4/15/20-6/10/20 from 6:30-7:30 PM**  
**Thurs 4/16/20-6/11/20 from 7:30-8:30 PM**  
**Tuition: \$60 (Age 62+: \$55)**

**COUNTRY LINE INTERMEDIATE**

Do you know the basic line dances and are ready to move on to some intermediate ones?  
*No class 5/13/20 or 5/14/20*

**Wed 4/15/20-6/10/20 from 7:30-8:30 PM**  
**Thurs 4/16/19-6/11/20 from 8:30-9:30 PM**  
**Tuition: \$60 (Age 62+: \$55)**

**COUNTRY PARTNER DANCE**

Here's your chance to learn to partner dance! With great music & slow paced instruction, you'll be dancing faster than you can say Yee-Haw. Classes designed for beginners with **No Rotation Necessary.**

*No class 5/13/20*

**Wed 4/15/20-6/10/20 from 8:30-9:30 PM**  
**Tuition: \$110/couple (Age 62+: \$100/couple)**  
**Please register separately**



**SUPER DEAL !!**

**CLACKAMAS RIVER RAQUET CLUB**

**•AEROBICS (HIGH & LOW IMPACT) +  
ZUMBA + STRONG**

Attend any or all of the classes listed for **\$90!**  
**3/30/20-6/20/20 Mon-Sat**

**•AEROBICS: M/T/W 5:45 AM • T/TH 8:30 AM • M/W 9 AM • T/W/TH 4:30 PM • SA 8 AM**

Classes include body sculpting, strength training, step variety & barre variety. Steps and hand weights provided.

**•ZUMBA: T 5:35 pm • F/SA 9:05 AM**  
Latin-inspired, easy-to-follow, calorie-burning, dance-fitness party!

**•STRONG: W 5:45 pm • SA 7:05 AM**  
High Intensity Tempo Training

**•YOGA AND PILATES**

Attend any or all classes listed for **\$100!**  
**3/30/20-6/20/20 Mon-Sat**

**•YOGA: M/W/F 8 AM • T-9:35 AM • SA 10:15-AM**

Wear loose clothing and bring an exercise mat or blanket

**•POP PILATES: M 4:30 PM • TH 5:35 PM**  
Total body, equipment free workout that sculpts and tone.

*Register with Gladstone Community School  
503-650-2570*

**Gladstone Senior Center Offerings**

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

Located at 1050 Portland Ave, the Gladstone Senior Center is a local community center focused on enhancing the lives of seniors in the area. All ages are welcome to enjoy lunch, activities, programs and services, and much more. Volunteers are always welcomed and needed. Looking for a place to hold an event? The Senior Center is available to rent, please visit <https://www.ci.gladstone.or.us/sc> for more information.

**FOOT CLINIC** Held the second Tuesday each month by appointment  
**9:00 AM-3:30 PM**

**BLOOD PRESSURE CHECKS** The second Tuesday each month. No appointment necessary  
**10:30 AM 12:00 PM**

**LOW IMPACT CHAIR AEROBICS** Swing Into Shape! Video-led program teaches movements for flexibility and muscle strength through seated/standing low-impact movements.  
**Tues/Thurs. 10:30-11:30 AM**

**GLADSTONE TRAM** Seniors needing transportation in Gladstone area, call 24 hours in advance at (503) 655-7701.

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

**GOLD STAR POTLUCK** First Monday of each month at 12 PM. Please bring a main dish to share. For more information call (503) 655-7701.

**AARP TAX ASSISTANCE** *Appointment Only.* Fridays only from 9:00-2:00 PM  
No Walk Ins.

**LEGAL CLINIC** Held the first Tuesday of each month from 11:00-3:00 PM by *Appointment Only.* No Walk Ins. The Gladstone Senior Center offers a free legal clinic to the seniors of the Gladstone area. To reserve your spot or for more information, please call the Gladstone Senior Center at (503) 655-7701

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

**AARP SAFE DRIVING COURSE** Class is open to all ages to help increase your skills to become a safer, more defensive driver. Upon completion of class, those 55 years or older may be eligible for discount on auto insurance. Call Gladstone Senior Center at (503) 655-7701 to register. Cost is \$15 for AARP members and \$20 for non-members. Cash or Check only. No card. Please pay instructor at class.

**March 7 from 9:00-4:00 PM OR  
June 13 from 9:00-4:00 PM**



**Lunch Served Tues-Thurs starting at 11:45 AM**

# HEALTH AND FITNESS

## AIKIDO FOR ADULTS WITH CRAIG FIFE

Aikido is a non-competitive, non violent form of Traditional Japanese Martial Art. Aikido's goal is the development of the whole human being—mind, body & spirit to its full potential.

**Aikido NW 16029 SE McLoughlin Blvd**

**Attend any or all 3/31/19-6/11/20**

**Tuition: \$90**

**Basics: Tues 7:30-8:30 PM &**

**Thurs 6:30-7:30 PM**

**Basic Weapons Class: Thurs 7:30-8:30 PM**

**Open Mat Time: Tues/Thurs 8:30-9:00 PM**

## INDOOR FITNESS WALKING

Come to this FREE indoor walking program where weather will not be an issue! Led by *Suzette Love*, you will go through a variety of choreographed walking workouts. Bring Water! Fun for the whole family!

**(Min age 8+ welcome with an adult)**

**Held at Gladstone Park Seventh-day Adventist Church, 8378 Cason Ln**

**Tues/Thurs 3/31/20-6/25/20**

**From 7:15-8:15 PM**

**NO FEE, MUST REGISTER**

## FOREST THERAPY WALK

Inspired by the Japanese practice of Shinrin-yoku (translated as “forest bathing”), forest therapy walks are designed to encourage you to slow down, focus on your senses, and experience the healing properties of forests and other natural areas.

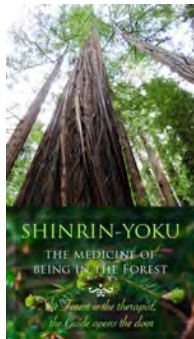
These are slow, gentle walks appropriate for almost any fitness level.

There will be a light snack, and information

emailed to you before the walk. *Debbie Tuttle*  
**Gladstone Nature Park - Webster Rd Entrance (Rain or Shine)**

**Sat 4/4/20 from 10:00 AM-12:00 PM**

**Tuition \$16 (62+ \$13)**



## TAE KWON DO-ADULT ALL LEVELS

This Non-Competitive class is a great workout while learning Korean style of martial arts from *Master Jaiwhan Woo*, past Korean National Champion, dedicated instructor, 30+yrs. Strengthen your body, mind, and spirit. Men and women all ranks welcome.

**Kraxberger Middle School**

**Tuition: \$100 (Age 62+ \$75)**

**Tues/Thurs 3/31/20-6/11/20**

**From 7:30-9:00 PM**

## TAI CHI CHUAN BEGINNING

Tai Chi, a slow, graceful form of Chinese exercise, benefits body, mind, and spirit. Described as *moving meditation* because of emphasis on relaxation, one-pointed concentration, cultivation of vital energy or *qi*. Yang Style 24-Movement short form is especially designed for beginners new to Tai Chi.

*Taught by Gary Schmidt.*

**Gladstone Senior Center**

**Specify AM or PM class**

**Mon 3/30/20-6/8/20 No Class 5/25**

**11:00-12:00 PM OR 6:00-7:00 PM**

**Tuition \$75 (Age 62+ \$61)**



## TAI CHI CHUAN INTERMEDIATE

Open to students who have learned the first half of the Yang Style 24 movement form. Class will be learning the second half of the form as well as form refinement.

*Taught by Gary Schmidt.*

**Gladstone Senior Center**

**Specify AM or PM class**

**Mon 3/30/20-6/8/20 No Class 5/25**

**10:00-11:00 AM OR 7:00-8:00 PM**

**Tuition \$75 (Age 62+ \$61)**

## 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.

*Taught by Gary Schmidt.*

**Gladstone Senior Center**

**Mon 3/30/20-6/8/20 No Class 5/25**

**From 12:00-1:00 PM**

**Tuition \$75 (Age 62+ \$61)**

## 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. Emphasis will be on form refinement.

*Taught by Gary Schmidt.*

**Gladstone Senior Center**

**Mon 3/30/20-6/8/20 No Class 5/25**

**From 9:00-10:00 AM**

**Tuition \$75 (Age 62+ \$61)**

## YOGA-WITH GREG FEGEL

Yoga classes will help you feel better, while learning breathing and relaxation techniques. Wear loose clothing and bring a blanket or exercise mat.

**Gladstone Senior Center**

**\*Basic: Suitable for all skill levels**

**Tues 3/31/20-6/2/20 from 5:25-6:25 PM**

**\*Continuing: For students who have taken at least one term of Yoga**

**Tues 3/31/20-6/2/20 from 6:30-7:30 pm**

**Tuition \$69 (Age 62+ \$57)**

## YOGA WITH MARY HAYE

Yoga can help you feel better physically and reduce stress. It's beneficial to your health and well-being. This gentle yoga is suitable for anyone, regardless of age or fitness level. Wear loose clothing, bring blanket or exercise mat.

**ENROLL EARLY SPOTS FILL UP FAST!**

*Specify day.*

**Gladstone Senior Center**

**\*Tues 3/31/20-6/2/20 from 9:00-10:00 AM**

**\*Wed 4/1/20-6/3/20 from 6:00-7:00 PM**

**\*Thurs 4/2/20-6/4/20 from 9:00-10:00 AM**

**\*Fri 4/3/20-6/5/20 from 9:00-10:00 AM**

**Tuition \$69 (Age 62+ \$57)**

## ZUMBA FITNESS

Zumba dance fitness is rated E for Everyone! No dance experience needed to have fun while you improve endurance, flexibility, balance and tone to beats from around the world. Come and join the fun! *Ann Moses*

**Kraxberger Middle School**

**Mon/Wed 3/30/20-5/20/20**

**6:30-7:30 PM**

**Tuition \$65 (Age 62+ \$60)**



## EXERCISE & FITNESS AT EAST SIDE ATHLETIC

**4606 SE BOARDMAN, MILWAUKIE**

**Dates: 3/30/20-6/5/20 Mon-Fri**

**\$69 for 10 classes**

**\$120 for 20 classes**

### \*ZUMBA! AT EAST SIDE ATHLETIC

Zumba classes are exercise in disguise incorporating Latin & Old World rhythms.

**T/TH 6:20-7:20 PM**

**Fri 10:00-11:00 AM**

### \*GROUP POWER EXERCISE AT EAST SIDE ATHLETIC

60 minute barbell program that strengthens all your major muscles in an inspiring, motivating group environment filled with energetic music.

**M/W 6:05-7:05 PM**

### \*H2O-X WATER AEROBICS

Get proven results while protecting your joints. Includes cardiovascular conditioning and muscle strengthening exercises performed in the water. Aqua dumbbells and other floating devices are used to enhance the strength component of the class while water cushions impact

**M/W/F 9:30-10:30 AM**

**T/TH 8:30-9:30 AM**

**MW 6:15-7:15 pm**

*Please sign up for individual program.  
You may attend any class time within the program you register for.*

For all these offerings  
Register at Gladstone Community School  
503-650-2570  
or Online at [www.gladstone.k12.or.us](http://www.gladstone.k12.or.us)

## Mail in Registration Form

Mail to: Gladstone Community Education & Recreation  
 17789 Webster Rd (Office Address)  
 Gladstone, OR 97027  
 Ph (503) 650-2570 or (503) 655-2777  
 Fax (503) 655-5201



Payment: Check  Credit Card  Cash

Name on Card \_\_\_\_\_  
 Card Number \_\_\_\_\_  
 Exp Date \_\_\_\_\_ CVV \_\_\_\_\_  
 Signature \_\_\_\_\_

Today's Date: \_\_\_\_\_

Term: Summer  Fall  Winter  Spring

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Initial: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Home Ph: \_\_\_\_\_ Cell Ph: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Male  Female

Email Address: \_\_\_\_\_ Parent/Guardian Name \_\_\_\_\_

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

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 I (my child) may require 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. In the event that I (my child) may require emergency medical treatment while participating in this activity, I authorize the School District and its agents to secure the help of a medical services provider and to incur the expenses for medical services recommended by the medical services provider, and I will provide for the payment of these expenses.

\_\_\_\_\_  
Signed Parent/Guardian or Adult Student

\_\_\_\_\_  
Date

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

**ACCOMODATIONS NOTICE:** If you have special needs or a disability that require accommodations in order for you to attend or participate in a school meeting or event, please contact the Office of Special Services at (503) 655-2777 at least 48 hours in advance.

**REFUND POLICY:** Full refunds for classes of one or two sessions given up to one week prior to the first session upon request, less a \$5 cancellation fee.  
No Refunds the week class begins

•Refunds for most classes of three or more sessions will be given prior to the second meeting of class upon request, less a charge for 1st class. Lab or material fees may not be refundable unless requested at least one week before the first day of class, including camps, clinics, workshops, etc. Some classes may include contracted fees that are non-refundable after the first class.

•Refunds for camps must be requested at least one week before camp begins.

•Classes cancelled by the Community School will automatically entitle a student to a full refund.

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 17789 WEBSTER RD  
 GLADSTONE, OR 97027

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