



Tualatin Hills Park & Recreation District

Connecting People, Parks and Nature

www.thprd.org

Fall 2012

Fall 2012 Events

Tualatin Hills Nature Park

Saturday, Aug. 25, Bug Fest, 11 a.m.-4 p.m.

Saturday, Oct. 6, Fall Native Plant Sale,
10 a.m.-2 p.m.

Saturday, Nov. 3, Newt Day, Noon-4 p.m.

Jenkins Estate

Sunday, Aug. 26, Jenkins Estate Centennial
Celebration, Noon-4 p.m.

Fri.-Sun., Sept. 28-30, Painters Showcase,
10 a.m.-5 p.m.

Elsie Stuhr Center

Friday, Sept. 7, Harvest Festival & Sale,
8 a.m.-4 p.m.

Saturday, Sept. 8, Harvest Festival & Sale,
10 a.m.-2 p.m.

Wednesday, Oct. 31, Senior Halloween Party
& Dance, 1:30 p.m.

Wednesday, Dec. 19, Elsie Stuhr Day/Holiday
Celebration, 10 a.m.-noon

Garden Home Recreation Center

Saturday, Sept. 15, Weight Room Grand
Opening, 10 a.m.-1 p.m.

Friday, Oct. 26, Great Pumpkin Hunt, 6-8 p.m.

Saturday, Dec. 1, Holiday Bazaar,
9 a.m.-4 p.m.

Harman Swim Center

Saturday, Oct. 13, Pumpkin Bob, 4-6 p.m.

John Quincy Adams Young House

Sunday, Oct. 14, Cedar Mill Cider Festival,
1-4 p.m.

Cedar Hills Recreation Center

Saturday, Oct. 20, Fall Festival,
Noon-4 p.m.

Conestoga Recreation & Aquatic Center

Friday, Oct. 26, Pumpkin Fest & Flick 'n Float,
6:30-8:30 p.m.

For good times and good health, sign up for a THPRD class this fall

At the Tualatin Hills Park & Recreation District, we provide enrichment opportunities for people of all ages through hundreds of classes and events offered at our recreation and aquatic centers.

Here is just a small sampling of those available during the Fall 2012 term. To register, or for more information, visit www.thprd.org. You can pick up an activities guide with a complete list of classes at any THPRD facility or selected Beaverton-area community sites (including local libraries). Or view an online version on our website. *(All listed prices are in-district.)*

Beaverton Swim Center

12850 Third Street (Beaverton)

Pam's Party for Women Who Love the Water **Special Event**

Saturday, Nov. 17 (4-6 p.m.)

Ages: adult women, all ages
Cost: free admission

Pam's Party, to benefit the Oregon Food Bank, offers shallow and deep-water aerobics primarily to burn off all the cake and ice cream consumed by the attendees. All are invited to bring desserts, friends and food and/or cash donations for the food bank. RSVP at 503/629-6312.

Cedar Hills Recreation Center

11640 SW Park Way (Portland)

Bollywood!

Wednesdays, 8-9 p.m. (9/19-11/28)

Ages: 14+

Cost: \$71 for 11 sessions

The splendid dance program at Cedar Hills is offering several new styles including Brazilian funk, ballroom dance and – yes – Bollywood! Enjoy a fun-filled introduction to the culture, versatility and glamour of dance inspired by Bollywood films. This engaging Indian style blends Indian classical dance, Indian folk, jazz and popular Western styles.



Conestoga & Recreation Aquatic Center offers a variety of classes to help patrons improve their fitness. Conestoga features a new 3,000-square-foot weight room.

Fall Festival **Special Event**

Saturday, October 20 (11 a.m. – 4 p.m.)

Ages: all ages

Cost: \$2.50 to enter plus small activity fees

Don your costumes and join us for a day of bingo, face painting, cookie decorating, pumpkin painting, clowns, a bouncy house, a magic show and more!

Page Turners, a Teen Book Club

Tuesdays, 6-7 p.m. (9/11-11/27)

Ages: 11-16

Cost: \$61

Young Beaverton bookworms can unite for the first-ever teen book club at Cedar Hills. Every Tuesday evening, we'll break out the bean bags and popcorn and discuss our current book. Come ready to listen and to participate in the discussion.

Conestoga Recreation & Aquatic Center

9985 SW 125th Avenue (Beaverton)

Circuit Training

Tuesday/Thursday, 6-6:55 a.m. (9/11-11/1 and 11/6-12/27)

Ages: 14+

Cost: \$88

Be among the first to enjoy Conestoga's new 3,000-square-foot weight room and enjoy a great overall body workout. Alternate cardio equipment and exercises with intervals at weight machines under the watch of an instructor, who will assist with proper form.

For more info: www.thprd.org
or 503/645-6433

Continued

Dance, create, swim, enjoy nature, or improve a skill

Conestoga Recreation & Aquatic Center

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Flick 'n Float Movie Nights

****Special Event****

10/26, 11/23, 12/21 (6:30-8:30 p.m.)

Ages: all ages

Cost: \$3 youth drop-in fee

Family movie night is even better when it takes place at the pool at Conestoga. Drop in for a swim or a float and enjoy the following movies: Willy Wonka & the Chocolate Factory (10/26), Despicable Me (11/23) and Elf (12/21).

"Friday Night Live" Middle School Dances

****Special Event****

October 12, November 9, December 14 (7-10 p.m.)

Ages: grades 6-8

Cost: \$10 admission

These middle school dances provide a fun, safe and supervised place for middle school kids to socialize and enjoy a night of dancing. We enforce a code of conduct and a dress code and require attendees to stay at the dance until they are personally checked out by a guardian.

Cooper Mountain Nature Park

18892 SW Kemmer Road (Beaverton)

After School Nature Club

Thursdays, 3:30-5:30 p.m. (9/20-10/11)

Ages: 7-10 years

Cost: \$45 for all for (\$13 per session)

After school has never been this cool! Get outside and explore the natural world. Make friends, explore a new topic each week and enjoy the outdoors (weather permitting). Snacks will be provided.

Elsie Stuhr Center (for guests 55+)

5550 SW Hall Blvd. (Beaverton)

Introduction to Round Reed Basketry

Mondays, 1-4 p.m. (9/24-11/26)

Ages: 55+

Cost: \$90 plus materials

Students will weave 6-8 baskets from round rattan reed. Gradual introduction of new weaves and techniques and skilled 1-on-1 instruction will ensure a successful experience. The last three weeks will focus on Cherokee basketry styles with their striking arrow patterns and circle motifs.

Garden Home Recreation Center

7475 SW Oleson Road (Portland)

20/20/20

Wednesdays, 7-8 a.m. (9/5-1/2)

Ages: 14+

Cost: \$75

This class combines the best of cardiovascular, strength and flexibility workouts. Each session starts with a group

warm-up, followed by a circuit with light weights. From there, you'll increase your core strength with Pilates exercise and finish up with yoga for a complete, full-body workout.

Holiday Bazaar

Saturday, Dec. 1 (9 a.m. - 4 p.m.)

Ages: all ages

Cost: Free admission

More than 100 vendors, with handcrafted items for sale, will converge upon Garden Home for a day-long event that includes a breakfast with Santa, food for purchase, a raffle, holiday music, a used book sale and more. Join the Garden Home community for one of our favorite annual events.

Pint Size Play Time

Tuesdays from 9-10:30 a.m. (9/18-12/11)

Ages: up to 5

Cost: \$5 per session

This is a drop-in open play time for children 5 years and under to enjoy Garden Home's new gymnastics room. Climb a rock wall, run, jump, roll and hit the obstacle course during this unstructured open play time.

Harman Swim Center

7300 SW Scholls Ferry Road (Beaverton)

Pregnancy Fitness

Tuesday/Thursday from 2-2:45 p.m. (three sessions)

Ages: adult

Cost: \$48 for eight sessions

Don't let the little bundle of joy keep you from enjoying an active lifestyle. Hit the water for our pregnancy fitness class. This 45-minute class meets twice weekly to keep your body moving in a healthy manner.

Tualatin Hills Athletic Center

15707 SW Walker Road (Beaverton)

Edible Gingerbread House

December 8 (10:30-11:30 a.m.)

Ages: 3-9 years (adult participation required)

Cost: \$15

Come build an edible gingerbread house out of graham crackers, candies and other goodies. It's a fun and creative way to get your home looking festive for the holidays... assuming your creation isn't eaten before you get home!



The 10th annual Newt Day at Tualatin Hills Nature Park Interpretive Center will once again feature crafts stations and hands-on activities. Participants of all ages will learn about (and examine) rough-skinned newts and other animals.

Tualatin Hills Nature Park Interpretive Center

15655 SW Millikan Way (Beaverton)

Newt Day

****Special Event****

Saturday, November 3 (noon-4 p.m.)

Ages: all ages

Cost: \$2 (free for guests 2 and under)

Our Natural Resources staff provides a lesson in life's nature cycle at the beautiful Tualatin Hills Nature Park. From newts and trees to mushrooms and woolly bears, learn about the seasonal cycles that our forest inhabitants go through. Venture into the park - while others are tempted to stay inside - and find evidence of these plants and animals on a self-guided adventure.

Tualatin Hills Tennis Center

15707 SW Walker Road (Beaverton)

Family Tennis, 4th-7th Grade NTRP Levels 1 & 2

Fridays from 7-8 p.m. (six sessions)

Ages: one 4th-7th grade student plus one parent

Cost: \$44 for three-week session

This class is designed for a parent and child to take together to learn and develop basic tennis skills, including ground strokes, volleys, overheads and serves. Each session of 3-5 weeks provides instruction, drills and fun games to teach a sport you can play together for a lifetime.

Follow us on Twitter and "friend" us on Facebook. Just click on the appropriate icon on www.thprd.org