

2016

FALL

ARTS & CULTURE // LIBRARY // PARKS // RECREATION
JUANITA POHL CENTER // HERITAGE CENTER

EXPLORE TUALATIN

FRESH

Fall 

FESTIVITIES

PUMPKIN REGATTA P.4
PICKLEBALL SHOOTOUT P.6
VOLUNTEER OPPORTUNITIES P.18

CREATING COMMUNITY THROUGH PEOPLE, PARKS, AND PROGRAMS

CITY OF TUALATIN'S ACTIVITY GUIDE // WWW.TUALATINOREGON.GOV // 503.691-3061



GENERAL INFORMATION



TUALATIN PUBLIC LIBRARY

18878 SW Martinazzi Ave.
503.691.3074

Mon–Thu 10am–9pm
Fri–Sat 10am–6pm
Sun 1–6pm

www.tualatinoregon.gov/library

JUANITA POHL CENTER

8513 SW Tualatin Rd.
503.691.3061

Mon–Fri 8am–5pm
Sat/Sun Rentals

www.tualatinoregon.gov/recreation/juanita-pohl-center

TUALATIN HERITAGE CENTER

8700 SW Sweek Dr.
503.885.1926

Mon–Fri 10am–2pm

www.tualatinhistoricalsociety.org

VAN RADEN COMMUNITY CENTER

8511 SW Tualatin Rd.
503.691.3082

www.tualatinoregon.gov/recreation

*The Van Raden Center is only open during scheduled programs

HOW TO REGISTER

ONLINE

Recreation Programs

tualatinoregon.gov/recreation

Online registration for recreation programs for children, teens, adults, and active older adults is now even quicker and easier.

Individuals and families can edit and save individual preferences, print receipts, and manage accounts online.

Tualatin Public Library Programs

tualatinoregon.gov/library

To register for library programs online, visit the website above, then click on “News and Events” and “Library Calendar.”

IN PERSON/BY PHONE

Recreation Programs

Recreation programs for children, teens, adults and older adults: Register in person at the Juanita Pohl Center, located inside Tualatin Community Park at 8513 SW Tualatin Rd., or call us at 503.691.3061.

Tualatin Public Library Programs

Register in person at the Library during regular operating hours at 18878 SW Martinazzi Ave., or call 503.691.3074.

Tualatin Heritage Center Programs

Visit the Tualatin Heritage Center during regular operating hours at 8700 SW Sweek Dr., or call 503.885.1926.

CANCELLATIONS

Programs are subject to cancellation due to weather, low enrollment, or other reasons outside of our control. If you are enrolled in a program that cancels, you will be notified and receive a full refund.

TABLE OF CONTENTS

GENERAL INFO & REGISTRATION	2
COMMUNITY EVENTS	4-7
KIDS/TEENS	8-9
TUALATIN PUBLIC LIBRARY	10-13
ADULT PROGRAMS & SERVICES	14-17
VOLUNTEER PROGRAM	18
TUALATIN HERITAGE CENTER	19
OUR PARKS	20-22

REFUNDS

It is our policy to refund 100% of program fees if your withdrawal notice is given seven or more days before the start date of the program. A 50% refund will be given if withdrawal notice is given less than seven days before the start date of a program. Program fees are not refunded for withdrawals less than 24 hours before the start of a program.

ACCOMMODATIONS

To request an accommodation and/or modification of policies and procedures in order to access and benefit from a City program, service, or activity, please submit a request for reasonable accommodation to Rich Mueller at rmueller@ci.tualatin.or.us. The request for reasonable accommodation must be submitted at least ten business days before the scheduled event. If a request is submitted less than ten business days before the event, the City will still make reasonable efforts to fulfill the request. A Request for Reasonable Accommodation Form is available by calling 503.691.3061.

INFORMATION PURPOSES

This program schedule is published for informational purposes only. The Community Services Department reserves the right to make any changes in the content and provisions of the program schedule without notice.

FACILITY RENTALS

The City of Tualatin is your source for hosting celebrations and outings for any occasion. With nine reservation locations — from meeting rooms to party spots — our indoor and outdoor spaces will help make your event extra special. City of Tualatin facilities offer unique amenities and customized packages to meet your needs. Call 503.691.3061 for more information.

Centrally located in Tualatin, the Juanita Pohl Center includes a meeting room and event rooms available for reservation. The two event rooms can be combined to accommodate large groups and feature a kitchen.

For intimate gatherings, the Tualatin Heritage Center includes a multipurpose room that is available for reservation. For rates and accommodations, call 503.885.1926.

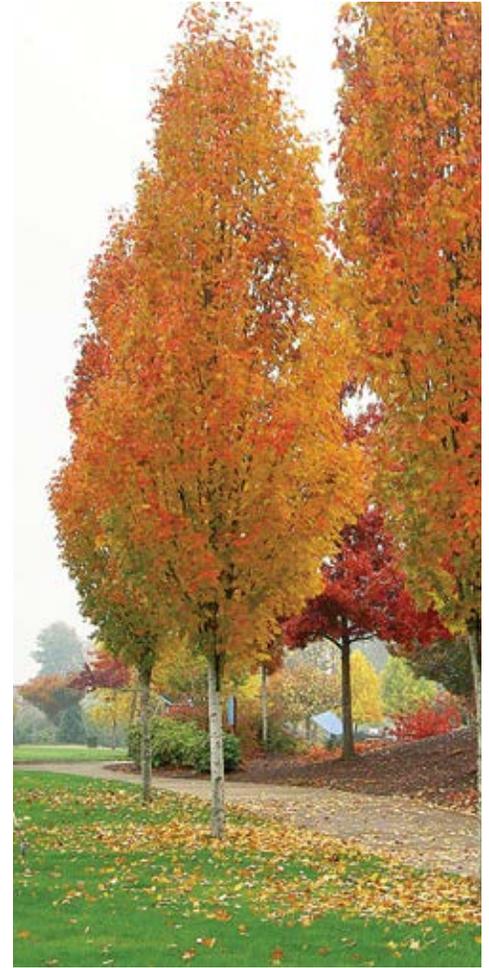
Other indoor facilities available for rentals include the Tualatin Library Community Room and Browns Ferry Community Center.

PICNIC SHELTER RESERVATIONS

The City of Tualatin now offers online shelter reservations. This reservation feature allows users to search for shelters, check availability, and reserve shelters 24 hours a day. Please visit www.tualatinoregon.gov to check availability and reserve your picnic shelter today!

The city has four park shelters at Tualatin Community Park available to reserve for outdoor parties, corporate picnics, family gatherings, and more. Fees are based on four hour time blocks. For rates and accommodations, call 503.691.3061.

- Main Shelter (capacity 75-150)
- Rustic Shelter (capacity 60)
- Trestle Shelter (capacity 48)
- Patio Shelter (capacity 40)



COMMUNITY EVENTS

THE 13TH ANNUAL WEST COAST GIANT PUMPKIN REGATTA

Saturday, October 15, 2016

10:00am-4:00pm

Location: Tualatin Lake of the Commons 8325 SWNyberg St.

If you've never been to the West Coast Giant Pumpkin Regatta odds are you've never seen anyone sit inside a giant pumpkin, let alone race one across a lake dressed as a superhero or the tooth fairy!

The Regatta has become one of the most anticipated fall festivals in the Northwest! People come from all over the world to see hilarious races where thousand pound pumpkin boats are paddled by costumed participants around the Tualatin Lake of the Commons. This free event also features music, pumpkin pie eating contests, kids' pumpkin carving, face painting, pumpkin golf, pumpkin bowling, a kids' costume contest (all attendees are encouraged to dress up!), strolling entertainment, clown shows, hot food and drinks, and much more!

The Pacific Giant Vegetable Growers will hold the 17th Annual Terminator Weigh-Off in conjunction with the Regatta and the largest of the large pumpkins will be awarded cash prizes. Come early to watch the giant pumpkins arriving at the Commons. You'll be amazed!

For more information about the Pumpkin Regatta and the event schedule, visit tualatinoregon.gov.



13TH ANNUAL
PUMPKIN
REGATTA





**THE PUMPKIN REGATTA
NEEDS VOLUNTEERS!
TO REGISTER GO TO
WWW.TUALATINOREGON.GOV/VOLUNTEER**

REGATTA RUN

Saturday, October 15, 2016

9:00am

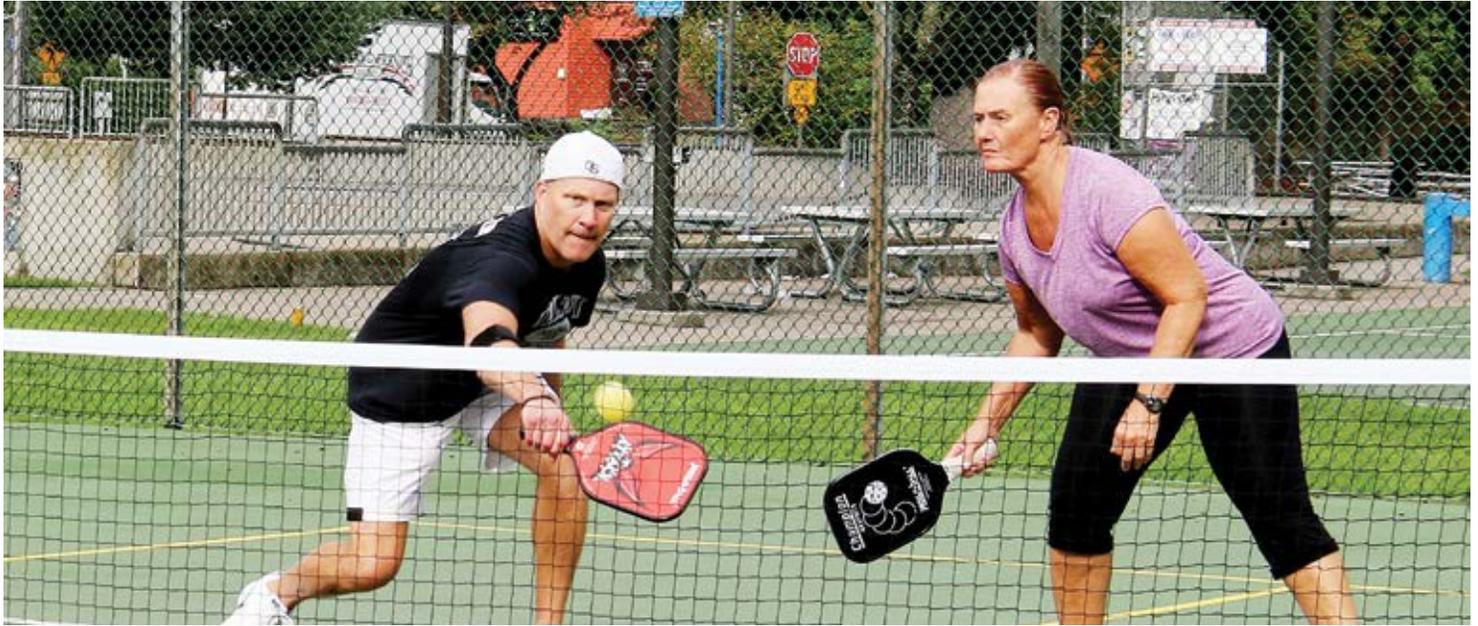
Location: Tualatin Community Park

Regatta Run 5K Walk or Run will be held in conjunction with the 13th Annual West Coast Giant Pumpkin Regatta. It is a benefit for the Corporal Matthew Lembke Scholarship Fund for graduating Tualatin High School students. To register, sponsor, or volunteer for the event visit www.fitcitytualatin.com/regatta-run/

REGATTA
RUN



COMMUNITY EVENTS



TUALATIN HISTORICAL SOCIETY BENEFIT WINE, FOOD AND SILENT AUCTION FUNDRAISER

Join us for eighth annual fundraising event, Locally grown... preserving the history of Tualatin. Enjoy the sounds of Scott Denis and Friends, Northwest wines, delicious food, and silent auction. For information, call 503.885.1926

Fri. 9/9 6-9pm

\$30 per person, 21 and over only



3RD ANNUAL TUALATIN PICKLEBALL SHOOTOUT

Ages 18 & Older

All ability levels are welcome to participate in this round robin tournament format. Skill divisions will be set up and players will only participate on one of the tournament days. Pre-registration is required.

Jurgens Community Park Play begins @ 9:00am both days

Sat. 9/10 Novice Levels 2.5, 3.0, 3.5

Sun. 9/11 Advanced Levels 4.0, 4.5, 5.0

\$15 per player

Limited to first 80 paid participants



TUALATIN YOUTH ADVISORY COUNCIL'S HAUNTED HOUSE

Open to everyone!

Are you brave enough to make it through THIS haunted house? Prove it! Bring your friends and get spooked.

Fri-Sat Oct 21, 22, 28, 29 7pm-10pm
\$4 youth/student, \$5 adult

CONCERT IN THE PARK

All Ages Welcome

Enjoy some classic Big Band tunes in Tualatin Community Park by the New Horizons Big Band. Pack a picnic dinner, bring a blanket or chairs, and spend time with family and friends!

Fri. 9/9 6:30-7:30pm
FREE

KIDS & TEENS

503.691.3082

www.tualatinoregon.gov/recreation

PARENTS' NIGHT OUT

Ages 5-10

Come out for a movie night! We'll also have fun fall crafts to make, plus games and a pizza dinner. Minimum 7 participants.

Van Raden Community Center

Sat 10/1, 11/5

5:30-10pm

\$15 first child/ \$12 each additional sibling

RED CROSS BABYSITTER TRAINING

Ages 11-17

Impress the parents you babysit for with the proper credentials! The Red Cross Babysitter Training Course can help you care for children and infants, make good decisions, keep the children you babysit safe, handle emergencies such as injuries and illness, write resumes and apply for jobs, and much more! Bring a sack lunch.

Van Raden Community Center

Mon. 9/26

10am-4:30pm

\$79 res/\$94 non-res

KIDZ LOVE SOCCER

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment.

A typical session experience includes age appropriate activities including skill demonstrations, fun games, and instructional scrimmages. Experience soccer fun in a safe, non-competitive environment!

Tualatin Community Park – field east of tennis courts

Sat, 9/17-11/5

\$89 res/\$110 non-res (includes a Kidz

Love Soccer Jersey!) for all 8 weeks

MOMMY/DADDY & ME SOCCER

AS you play fun games and activities together, your child will develop large motor skills and socialization skills. In this class, parents are part of the action!

(2-3.5yrs)

4:30-5pm

TOT-SOCCER

Enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games, and introduces children to the group setting.

(3.5-4 yrs)

3:50-4:20pm

PRE-SOCCER

Learn basic techniques of the game and build self-esteem through participation and fun! Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required.

(4-5 yrs)

3:15-3:50pm

SOCCER 1

Learn dribbling, passing, receiving, shooting, defense, etc. Fun skill games are played at every session. Small – sided soccer matches will be introduced gradually. Shin guards are required.

Soccer 1 (5-6 yrs)

2:30-3:15pm





TUALATIN YOUTH ADVISORY COUNCIL

Are you ready to serve as a leader in your community? The City of Tualatin's Youth Advisory Council (YAC) is focused on making sure the youth perspective is heard in local government and throughout our community! We are looking for students who know what youth in Tualatin want, and can work to help make it a reality. Help serve your community through event planning, advocacy, and education.

The role of the YAC is to:

- Advise the Tualatin City Council on issues that affect youth in the community
- Serve as a communication link for youth to government, business, and the community
- Identify and advocate for the needs of youth in our community
- Identify and carry out events and activities in the community



If you are a Tualatin youth entering grades 8-12, you are encouraged to apply online at www.tualatinoregon.gov/recreation/tualatin-youth-advisory-council

For more information, contact Julie Ludemann at jludemann@ci.tualatin.or.us or 503.691.3082.

TUALATIN PUBLIC LIBRARY

TUALATIN PUBLIC LIBRARY

18878 SW Martinazzi Ave.

503.691.3074

www.tualatinoregon.gov/library

STORYTIMES

All storytimes are free and will begin on Monday September 12.

Toddler Storytime

Ages 2 years – 3 years

Mon 10-11am

Book Babies Storytime

Ages 0 – 12 months

Mon 11-12pm

Family Storytime

All ages

Tues 10-11am

NEW! Tiny Tots Storytime

Ages 12 months – 2 years

Tues 11-12pm

Preschool Storytime

Ages 3 years – 5 years

Thu 1-2pm

Bilingual Family Storytime

All ages

Sat 11-12pm

HISPANIC HERITAGE MONTH: EDNA VAZQUEZ

All Ages

During Hispanic Heritage Month, Edna Vazquez performs a solo musical act with her guitar. With her soulful voice, Edna sings Spanish-language ballads with folk, rock, pop, and Mariachi musical influences.

Library Hearth

Sat 9/17 3-4pm

Free

HISPANIC HERITAGE MONTH: GRUPO CONDOR AND A PAN FLUTE WORKSHOP

All Ages

During Hispanic Heritage Month, Grupo Condor performs music traditionally played in Latin and South America. Afterward, children can make their own pan flute in a workshop taught by the performers. Preregistration is required for the workshop.

Library Hearth

Sat 10/8 2-4pm

Music 2-3pm

Workshop 3-4pm

EDNA
VAZQUEZ



SCHOOL'S OUT SPECIALS

Grades K-5

The library will offer programs for elementary school kids every day that school is out (with the exception of the day after Thanksgiving). Check the library's online calendar for more information.

Library Community Room

Mon 9/26 & 11/28

Fri 10/14, 10/21, 11/11

2-4pm

Free

SCHOOL'S OUT SPECIAL: BUG CHICKS

Grades PreK-5

Learn all about leggy, wingy creatures with Kristie from the Bug Chicks.

Library Community Room

Thu 10/20

2-3pm

Free



SCHOOL'S OUT SPECIAL: JUGGLEMANIA

Grades PreK-5

Join master juggler Rhys Thomas for a show with terrific tricks, gut-busting comedy, and surefire shenanigans.

Library Community Room

Thu 11/10

2-3pm

Free



WHIZZ BANG WEDNESDAYS FULL STEAM AHEAD

Grades K-5

Put the ARTS in Science, Technology, Engineering & Math programs, and you'll get STEAM! Join us for this monthly hands-on program that will explore art and science in an engaging and creative way. Pre-registration is required.

Library Community Room
Wed 9/7, 10/5, 11/2 4-5pm
Free

LEGO MANIACS

Grades 1-6

A master builder will show kids how to make amazing LEGO creations. We'll have all the LEGOs on hand, so no need to bring your own. Each month will feature a new LEGO challenge. Pre-registration is required.

Library Community Room
Wed 9/14, 10/12, 11/9 4-5:30pm
Free

OBOB BOOK CLUB

Grades 3-5

Want to compete in the Oregon Battle of the Books? Or just want to talk about great books with your friends? Then sign up for this monthly book club. Each person who registers will receive a free copy of two OBOB books provided by a generous donation from the Friends of the Library.

Library Community Room
Wed 9/21, 10/19, 11/16 4-5pm
Free

ENGINEERING ADVENTURES

Grades 3-5

Make robots, experiment with circuits, build vehicles ... get ready to tinker with engineering at the library! Registration is required.

Library Community Room
Wed 9/28, 10/26, 11/23 4-5:30pm
Free

CARTOON AFTERNOON

All Ages

Enjoy popcorn and a seasonal animated feature.

Library Community Room
Wed 11/30 4-5:30pm
Free

BILINGUAL YOGA

Ages 18+

Relax and restore the mind and body on Sunday mornings for a yoga class to improve balance, strength and flexibility. Yoga can also help to relieve stress and pain in the body. These all-level classes are instructed in both Spanish and English. No prior experience is required, and extra mats are available. These classes are free and no registration is required. For ages 18 years and older.

Relajarse y restaurar la mente y el cuerpo los domingos por la mañana para una clase de yoga para mejorar el equilibrio, la fuerza y la flexibilidad. Además el yoga puede ayudar a aliviar el estrés y el dolor en el cuerpo. Estas clases son para todos los niveles y se imparten en español y inglés. Experiencia previa no es necesaria y tapetes de yoga están disponibles. Gratis. Para las personas mayores de 18 años.

Library Community Room
Sun, 9/11 - 10/30 11am-12pm
Free

CITIZENSHIP

Ages 18+

Volunteers from Mission: Citizen will offer a free citizenship course that will cover U.S. history, the structure of government, civil rights, and basic civic concepts. No registration is required.

Library Community Room
Mon, 9/19-11/7 6-7:30pm
Free

PEARL OF THE ICE AGE FLOODS

Ages 16+

Join us for a fascinating history of the Willamette Meteorite presented by Mark Buser, President of the Ice Age Floods Institute. Hear of the 450 mile journey atop an iceberg that contained glacial lake Missoula to our Willamette Valley; to its current resting spot at the Museum of Natural History in New York.

Library Community Room
Thurs, 9/15 7-8:30pm
Free

FRIDAY NIGHT MOVIES

Grades 6-12

We'll screen different movies every Friday night for you to choose from. Email Aimee at ameuchel@ci.tualatin.or.us with your movie suggestions.

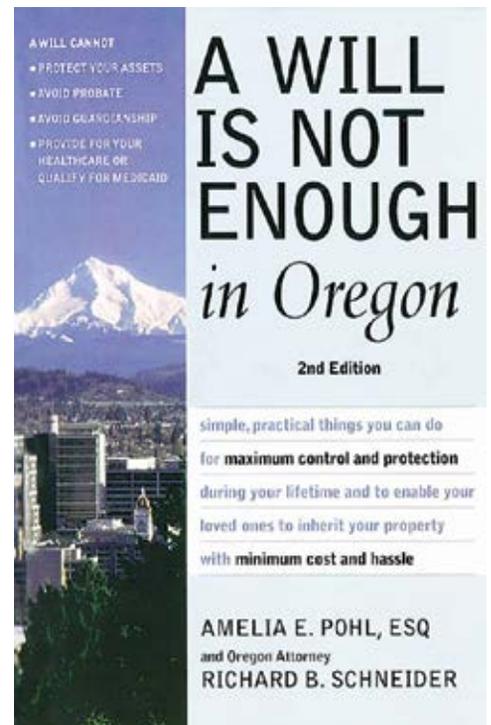
Library Teen Room
Fridays beginning 9/16 6-8:30pm
Free

A WILL IS NOT ENOUGH IN OREGON

Ages 18+

How valid are your documents, how often should they be updated, and what is now required to protect you and your family members? A comprehensive review of essential state and federal documents will be discussed by presenter attorney Richard B. Schneider, co-author of A Will is NOT Enough in Oregon, to help you gain control.

Library Community Room
Tues, 9/20 7-8:30pm
Free



RANDOM FANDOM CLUB

Grades 6-12

What's your favorite fandom? Cosplay your favorite character! Come to discuss what you love (and hate) about various fandoms.

Library Community Room

Tues, 9/27, 10/25, 11/22

4-6pm

Free

ADVANCED GEOCACHING WORKSHOPS

Ages 18+

Get on the trail faster with more caches in your sights. You'll learn to speed up your logging and develop cool caching statistics for your profile. Stay for all or just catch us for one or two of the workshops.

1:00 - 1:50 pm -- Pocket Queries and Bookmarks

2:00 - 2:50 pm -- Introduction to GSAK

3:00 - 3:50 pm -- Selecting and

downloading caches to your GPS unit

4:00 - 4:50 pm -- Introduction to Macros

and Advanced GSAK

Library Community Room

Sat, 10/1

1-5pm

Free

PERMANENT MARKER TIE-DYE

Ages 16+

Bring your own pre-washed t-shirt to use markers instead of messy tie-dye. Pre-registration is required. Register online.

Library Community Room

Sun, 10/16

3-4 pm

\$5 per person check or cash payable at the door



IKEBANA

Ages 18+

Ikebana is the Japanese art of flower arrangement, a disciplined art form in which the arrangement is a living thing where nature and humanity are brought together. It is steeped in the philosophy of developing a closeness with nature. Join Ikebana expert Alis Hiraoka at this fun hands on class. All materials are provided.

Register online.

Library Conference Room

Sat 10/15

2-4pm

\$40 payable at the door

KNIFE SKILLS 101

Age 18+

Stephanie and Nathan of Shun (say, "Shoon") Cutlery, a local Tualatin company, as they offer simple tips for knife safety, show you how to do basic cuts that will make cooking easier and explain how to care for a cook's most important tool: a knife. This will be a hands-on workshop, so come prepared to slice, dice, and have fun learning. Knives will be provided for your use; please leave yours at home. Pre-register online. (Stephanie and Nathan will be bringing knives for you to use, no need to bring your own.) Pre-register online.

Library Community Room

Sat 10/22

2-4pm

Free

A KNIGHT OF MURDER

Ages 18+

Join us for a Knight of Murder featuring local members from theatre group Mask & Mirror and you! Costumes encouraged.

Pre-registration is required.

Register online.

Library Community Room

Thurs, 10/27

6-8pm

Free

HALLOWEEN DANCE-O-RAMA

Ages 0-6

Bring your babies, toddlers and other little people to this Halloween hullabaloo! Come in your costumes, dance to some spooky tunes, and trick-or-treat through the library.

Library Community Room

Mon 10/31

10am-12pm

Free

SUNDAY MUSIC BY THE HEARTH

STEVE HALE

All Ages

Singer/songwriter Steve Hale delivers his brand of soul-Americana-pop in the tradition of Bruno Mars, Daryl Hall, Sam Cooke and Bill Withers.

Library Hearth

Sun 9/25

2pm

Free

THE WILD WOOD

All Ages

The Wild Wood is a high-energy string band drawing from Bluegrass, Folk, Punk, Gypsy Jazz, Funk and more.

Library Hearth

Sun, 10/23

2pm

Free

MUSIC OF THE WEST AFRICAN

KORA (HARP)

All Ages

Sean Gaskell features traditional songs on the 21 stringed West African Kora, a melodic and peaceful instrument.

Library Hearth

Sun, 11/20

2pm

Free

THE
WILD WOOD



DAY OF THE DEAD / DÍA DE LOS MUERTOS

All Ages / Todas las edades

Día de los Muertos is a festive occasion set aside to honor, remember, and celebrate the lives of departed loved ones. Join us with your family as we celebrate this holiday with special crafts, games, and food.

Library Community Room / Salón comunitario

**Tues, 11/1 Martes 1º de noviembre
6-8pm**

Free / Gratis

SEAN
GASKELL



FRIENDS OF THE LIBRARY SEMI-ANNUAL BOOK SALE

All Ages

For questions or more information, visit our website at

www.friendsoftualatinlibrary.org.

Library Community Room

Fri, 11/4	3-6pm
Sat, 11/5	10am-4pm
Sun, 11/6	1-4pm

EIGHTH ANNUAL INTERNATIONAL GAMES DAY

All Ages

Enjoy tabletop and live action games will be available for play throughout the library.

Library

Sat, 11/19	1-5pm
Free	

AUTUMN LEAF CANDLE HOLDERS

Ages 16+

Make festive leaf candle holders at this fun craft program. All materials are provided.

Register online.

Library Community Room

Sun, 11/20	3-4pm
\$5 per person check or cash payable at the door	

ADULT PROGRAMS AND SERVICES

JUANITA POHL CENTER

Tualatin's Active Aging Center
8513 SW Tualatin Rd
503.691.3061

SPECIAL EVENTS

9-BALL POOL TOURNAMENT

Come test your skills and enjoy some friendly competition. Double elimination tournament. Winner will receive their name on the plaque of champions.

Fri 9/23 1-4:00pm
\$2 entry fee

ALIVE & KICKING

An Active Aging Week Event
Ages 50 & Better

Join us as we try to set a new Guinness World Record for the largest outdoor group fitness class in Tualatin. Participants are asked to bring two soup cans to use as weights which will then be donated to the Tualatin Food Pantry after class. Pre-registration required. Rain Date: Fri. 9/30.

Wed 9/28 10-11:00am
Free
Tualatin Community Park Tennis Courts

CITY OF TUALATIN ADULT SPELLING BEE CHAMPIONSHIPS

An Active Aging Week Event
Ages 21 & Better

Challenge your brain to a test of spelling skills as we look to crown a city champion. A \$50 gift card will be awarded to the winner, \$25 to the runner-up. Pre-registration required.

Fri 9/30 1-2:30pm
Free

OKTOBERFEST

Ages 50 & Better

Celebrate Oktoberfest with musical entertainment by the "Sweetest Accordion in Oregon" and enjoy an authentic German meal that includes sausages and buns, sauerkraut, cabbage and a tasty dessert. Prizes will be raffled away during the event. The event is catered by the Sheridan Fruit Company.

Pre-registration required by 9/30.
Fri 10/7 3-4:30pm
\$9

VETERANS RECOGNITION BREAKFAST

All Ages Welcome

Come enjoy a delicious catered breakfast celebrating veterans and all they've done for our country. Guest speakers will present and prizes will be raffled off during the event. Pre-registration required, and veterans will be given priority registration until September 30th. Attendance is limited to the first 150 guests.

Thurs 11/10 8-9:30am
FREE for All Vets; \$10 Non-Vets

LEFT, CENTER, RIGHT (LCR) HOLIDAY "DICE" TOURNAMENT

Ages 50 & Better

Roll the LCR dice to determine where to pass your chips - to the left, center or right. The last player with chips, wins. Easy-to-learn, fast-paced and lots of fun! One person will win the grand prize: a \$25 Visa Gift Card. Pre-registration required.

Fri 11/18 1-2pm
\$3

ARTS & CRAFTS

COLORING, CHOCOLATES, AND CONVERSATION-NEW!

Ages 21 & Up

Bring your friends or make new ones. Price includes a coloring book/coloring supplies, and chocolate snacks.

Thurs 9/8; 10/13; 11/10; 12/8
6-7:30pm
\$24 Res/\$30 Non-Res per workshop

EVERYONE IS AN ARTIST- EXPLORING WATERCOLOR-NEW!

Ages 21 & Up

Class will explore watercolor painting, materials, techniques and practices with a bit of art history and brain gym thrown in. A materials fee of \$20 is due to instructor on the first day of class will cover watercolor paper, sketch book, tape and liquid masking.

Wed 9/21-11/9 1-3:00pm
\$55 Res/\$69 Non-Res



BRAIN HEALTH

BETTER BRAINS BY DESIGN 101

Ages 30 & Better

The goal of this course is to make clear that each person has the scientifically confirmed power to change the structure and function of their brains and promote health and well-being at any age. Pre-registration required.

Qualongevity: Building Better Brains for Longevity

September 10

Brain Health Risk Factors

October 8

Establishing Mindsets for Flourishing

November 12

Sustaining Your Lifelong Quest for Qualongevity

December 10

Saturdays

9-11:00am

\$10 per session

TRIPS AND TOURS

TRIP INFORMATION AND REMINDERS

Most trips require a good amount of walking or standing. Wear sturdy, comfortable shoes and be prepared for frequent walking. Plan to arrive for all trips at least 15 minutes before departure time. The bus leaves promptly at the scheduled time. Trip return times are approximate; traffic delays and weather can add travel time to a trip. Call 503.691.3061 for cancellations.

DAY TRIP PHYSICAL EFFORT METER

- Minimal walking or standing
- More walking or standing
- Lots of walking or standing

TILLAMOOK CHEESE FACTORY TOUR & LUNCH ●●●

Ages 21 & up

Take a peek behind the scenes and see where the cheese gets made! We will also explore the Cape Meares State Scenic Viewpoint. Fees include lunch, gratuity, escort and transportation.

Mon 9/12 9:00am-4:30pm
\$27 res/\$34 non-res

GORGEOUS BRUNCH CRUISE ●

Ages 21 & up

Set sail and enjoy a bountiful brunch buffet along the scenic and beautiful Columbia River Gorge. Fee includes cruise ticket, brunch, gratuity, escort and transportation.

Sun 9/25 8:00am-1:30pm
\$60 res/\$75 non-res

COTTAGE GROVE COVERED BRIDGE TOUR & LUNCH ●

Ages 21 & up

Transport yourself back in time on this relaxing ramble through Lane County, home to the largest collection of covered bridges in the West, and then enjoy lunch at Stacy's Covered Bridge Restaurant. Fee includes lunch, gratuity, escort and transportation.

Tues 10/4 8:30am-4:00pm
\$25 res/\$32 non-res

MT. HOOD RAILROAD – ODELL EXCURSION ●●

Ages 21 & up

Capture the changing beauty of Oregon's seasons aboard Mt. Hood Railroad as we journey through woods, orchards, and vineyards. Fee includes train ticket, lunch, gratuity, escort and transportation.

Fri 10/14 8:30am-2:30pm
\$55 res/\$69 non-res

TIMBERLINE LODGE TOUR & LUNCH ●●

Ages 21 & up

Visit Mt. Hood and take a private tour of the Timberline Lodge, a 55,000 square foot National Historic Landmark that sits on the south slope of the mountain. Fee includes private tour, lunch, gratuity, escort and transportation.

Fri 10/21 9:30am-5:00pm
\$50 res/\$68 non-res

GUIDE DOGS FOR THE BLIND GRADUATION & TOUR ●●

Ages 21 & up

Come and join us for a fun and heartwarming afternoon at a special Guide Dog Graduation Ceremony and Tour, preceded by breakfast/brunch at the Tollgate Inn. Fee includes breakfast/brunch, gratuity, escort and transportation.

Sat 11/5 9:30am-3:30pm
\$27 res/\$34 non-res

PORTLAND ART MUSEUM & LUNCH ●●●

Ages 21 & up

Tour the oldest art museum in the Pacific Northwest and enjoy lunch at McMenamins Market Street Pub in the heart of Portland. Fee includes museum admission, lunch, gratuity, escort and transportation.

Tues 11/15 10:30am-3:30pm
\$50 res/\$63 non-res

BRANSON, MEMPHIS & NASHVILLE TRIP

Ages 21 & Up

You've heard the rumors, now you'll get your chance to find out why Branson is one of the most popular destinations in the country. Your experience in Branson includes admission to Silver Dollar City, dinner theatre aboard the vessel known as The Branson Belle, a city tour, wine tasting, a music and dance performance by The Dutton Family, and a live concert with Shoji Tabuchi-Branson's number one attraction and beloved violinist. Then you're off to Tunica on the banks of the mighty Mississippi River just south of Memphis where you'll have two nights at the Gold Strike Casino Resort. While there you'll visit Elvis Presley's famed Graceland estate and museum. Domestic and international trips led by Premier World Discovery staff.

Cost: Per person rate is \$2650 (double occupancy). Trip includes round-trip airfare from PDX, sightseeing & admissions, hotel transfers, motor coach transportation, lodging, 13 meals (8 breakfasts & 5 dinners). An informational presentation for this trip will be held on Thursday, September 29 @ 2pm at the center.

Trip dates: May 10-19, 2017

ADULT PROGRAMS AND SERVICES

DAY TREKKERS

This new walking/hiking group ventures to scenic destinations twice a month. Excursion level ratings are based on distance and elevation change (Easy-Moderate-Difficult).

EASTBANK ESPLANADE (EASY)

Ages 21 & up

Join us as we explore this unique downtown loop on the banks of the Willamette River for some of Portland's best city views. Distance: 2.7 miles. Fee includes transportation.

Thurs 9/8 9am-12pm
\$7 res/\$9 non-res

MIRROR LAKE & TRILLIUM LAKE (MODERATE)

Ages 21 & up

Hike up to Mirror Lake with its classic view of Mt. Hood. Then descend and get back in the van for a short drive to Trillium Lake to enjoy lunch and a hike around the lake. Distance: 4 miles. Fee includes bag lunch and transportation.

Tues 9/27 9am-4pm
\$15 res/\$19 non-res

GRAHAM OAKS NATURE PARK (EASY)

Ages 21 & up

Come out and enjoy nature as we stroll through a conifer forest and spot birds from a wetland overlook at Graham Oaks Nature Park in Wilsonville. Distance: 3 miles. Fee includes transportation.

Thurs 10/13 9am-12pm
\$5 res/\$7 non-res

SILVER FALLS STATE PARK (MODERATE)

Ages 21 & up

Where else can you walk behind a waterfall? Check out the famous South Falls and see what a 177-foot curtain of water looks like from behind. Enjoy lunch in this standout scenic treasure. Distance: 2.6 miles. Fee includes bag lunch and transportation.

Tues 10/25 9am-3:30pm
\$15 res/\$19 non-res

FANNO CREEK GREENWAY TRAIL (MODERATE)

Ages 21 & up

Start at Woodard Park and trek to the Tigard Public Library. Distance 4.8 miles. Fee includes transportation.

Thurs 11/10 10am-1pm
\$5 res/\$7 non-res

OAKS BOTTOM (EASY)

Ages 21 & up

Start at Sellwood Park and hike in and around the Oaks Bottom Wildlife Refuge. Distance: 2.3 miles. Fee includes transportation.

Tues 11/22 9am-12pm
\$7 res/\$9 non-res



DROP-IN ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Shanghai Rummy 11am-2pm FREE	Brain Games 10-11am FREE	Shanghai Rummy 11am-2pm FREE	Crochet 10-11:30am FREE	Bingo 10-11:30am \$1
Pinochle 1-2pm FREE	Billiards 8:30am-4:30pm FREE	Billiards 8:30am-4:30pm FREE	Quilting 9am-Noon FREE	Pinochle 1-2pm FREE
Billiards 8:30am-4:30pm FREE	Trivia 1-2pm FREE	Board Games 1-3pm FREE	Billiards 8:30am-4:30pm FREE	Billiards 8:30am-4:30pm FREE
Puzzle Challenge 1-3pm	Tuesday Night Social 6-9pm \$1	Puzzle Challenge 1-3pm	American Mah Jongg 1-3pm FREE	Scrabble 1-2pm FREE
			Bridge 1-3pm FREE	

BUNCO DICE GAME GROUP

Ages 21 & up

Enjoy a fun afternoon of Bunco, an easy-to-learn dice game. Refreshments will be provided and prizes awarded. Pre-registration required.

3rd Wed of the month 1-3pm
\$3

GEEK NIGHT

Ages 21 & up

Receive technology support for your laptop, Ipad or other gadgets from our expert volunteers.

Tues 6-7pm
1st Tues of the moth 6-8pm
FREE

AARP DRIVER SAFETY PROGRAM

Ages 55 & Better

Participants sharpen their driving skills and develop strategies for adjusting to age-related changes in vision, hearing and reaction time. Participants must attend the entire six-hour session to receive a certificate. Pre-registration required.

Tues 10/18 8:30-3:30pm
\$15 AARP Members/\$20 Non-Members
(fee due to instructor day of class)

GROUP EXERCISE PROGRAM PUNCH CARD

Participate in a variety of group exercise classes by purchasing a punch card. These punch cards are only valid for select fitness classes. Available in 5 classes (\$10), 10 classes (\$18), or 20 classes (\$36) visits which can be purchased at the Center. Look for the programs with the * after the title to save money with a punch card! For more information call 503.691.3061.

SILVERSNEAKERS® CLASSIC*

Ages 55 & Better

Have fun and move to the music with a variety of exercises designed to increase muscular strength and range of movement. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance.

Activity level: Beginner
Mon/Wed/Fri 10-10:50am

SILVERSNEAKERS® CIRCUIT*

Ages 55 & Better

Combine fun with fitness to increase cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength-work with hand-held weights, elastic tubing with handles and a SilverSneakers® ball are alternated with low-impact aerobic choreography.

Activity level: Moderate
Tues/Thurs 11am-12pm

VITALITY BLAST*-NEW!

Ages 55 & Better

This program emphasizes strength and dance-based cardiovascular training for active adults. There is a focus on improving overall mobility and functional strength.

Activity level: All Levels
Tues/Thurs 9:45-10:45am

BOOMER STRETCH & RELAXATION*

Ages 55 & Better

Enjoy active stretching and take your muscles through their full range of motion naturally. Strengthen the mind-body connection and test your limits.

Activity level: All
Tues/Thurs 2-3pm

GENTLE YOGA

Ages 18 & Better

Focus on flexibility, strengthening, and balance without pain, using the breath and the mind to open the body while doing the asanas (postures). The class is designed to assist participants to improve body alignment and strengthen muscles to minimize common problems associated with aging.

Mon 9/19-11/21 8:30-9:45am
Wed 9/21-11/23 8:30-9:45am
\$55 res/\$69 non-res

ZUMBA

Ages 18 & Up

Combines motivating high-energy music with unique moves and combinations. Based on the principle that a workout should be "FUN AND EASY TO DO" allowing participants to stick with it and achieve long-term health benefits.

Activity level: All Levels
Thurs 6:30-7:30pm
(ongoing) \$1

LINE DANCE

Ages 18 & Up

Join other dancers and learn some fun Line Dances or just come for the great exercise. Partners not needed.

Fri 7-9pm (ongoing)
Punch Pass Options: 5 for \$25; 10 for \$50, 20 for \$100

GRUPO DE APOYO PARA MUJERES

Ages 21 & Older

A support group for Spanish speaking women who face challenges with anxiety, depression or other mental health concerns.

Saturdays (ongoing)
10am to Noon

MEALS ON WHEELS

The Juanita Pohl Center, through the Meals on Wheels People, offers hot, nutritious meals for anyone age 60 & older Monday through Friday at the Juanita Pohl Center. Lunch service begins at 11:45am. Meals on Wheels service is also available for homebound seniors. For more information, contact Julio Lopez 503.692.6767.

www.mealsonwheelspeople.org

VOLUNTEER SERVICES

PUT DOWN ROOTS IN TUALATIN

The City of Tualatin enjoys many parks, trails, wetlands, and greenways. By putting down roots in Tualatin, you can... Get dirty, breathe fresh air, meet new people, get a sense of achievement and impact the health of our environment. Individuals, families and groups are invited to register for one or many of the opportunities offered this fall. Tools, gloves, water, snacks and guidance by City staff are provided. All Put Down Roots in Tualatin events are 9am-12pm. For more information, contact Jackie Konen at jkonen@ci.tualatin.or.us or 503.691.3087 or visit www.tualatinoregon.gov/volunteer

- Sat 9/24 – SOLVE Hedges Creek Clean Up
- Sat 10/22 – Brown's Ferry Park planting and invasive removal
- Sat 11/19 – Brown's Ferry Park plant and mulch on Nyberg Creek
- Sat 12/3 – Tualatin River invasive removal and planting

DOG PARK AMBASSADORS

Love may have a cold nose at the Dog Park but helping hands have warm hearts! Join the Dog Park Ambassadors as they maintain a safe place for dogs to socialize and play by moving bark chips to provide safe traction for our furry friends. Shovels, rakes, wheelbarrows, gloves, guidance, water and snacks are provided. All Dog Park Ambassador events are 8:30-10:30am. For more information, contact Jackie Konen at konen@ci.tualatin.or.us or 503-691-3087 or visit www.tualatinoregon.gov/volunteer

- Tualatin Dog Park, north end of Tualatin Community Park
- Sat. 9/10
- Sat 11/5



TWEEN TAKEOVER!

Can't get enough Library? We get it! Tween Takeover is a monthly program of volunteer projects for 4th through 7th graders. Go behind the scenes and in the stacks to learn how Tualatin Public Library works, then spend some hang time in the Teen Room.

Sat 10am-12pm
9/10, 10/8, 11/13, 12/9



SPRUCE UP THE LIBRARY

Did you know that by volunteering with your family once a month, you can make a difference in how our community enjoys the library? Spruce Up the Library is ideal for families and groups who want to volunteer in the library. We get together to dust shelves, clean books, prepare crafts and socialize with other library fans. Children under 12 accompanied by adults are welcome!

Fri 9/16 6-8pm
Sat 10/15 8-10am
Sun 11/13 10am-12pm



For more information about how to volunteer at the library, contact Margaret Gunther at mgunther@ci.tualatin.or.us

KNITTING AND CROCHET WORKSHOP

Bring a project or start one. Help is available. All levels welcome.

Fri 9/2, 9/23, 10/7, 10/28, 11/4, 11/18
10-12pm
Free

CHOP SUEY FOR ALL: CHINESE COOKS IN OREGON

Author Richard H. Engeman describes how early Chinese workers in Tualatin and around Oregon brought us exotic tastes that are still popular today. Program sponsored by Oregon Historical Society and Washington County Museum where Chinese history exhibits are featured.

Wed 9/7
1pm
Donations accepted



THE OREGON
HISTORICAL
SOCIETY
FOUNDED 1898

RELIVE THE GOLDEN AGE OF RADIO

Old-time radio expert Dick Karman exhibits radios and replays examples of popular programs dating 50-70 years ago. Re-live memories of Jack Benny and Superman in this soundtrack of your life.

Wed 10/5
1pm
Donations accepted

THE POLITICS OF SAND

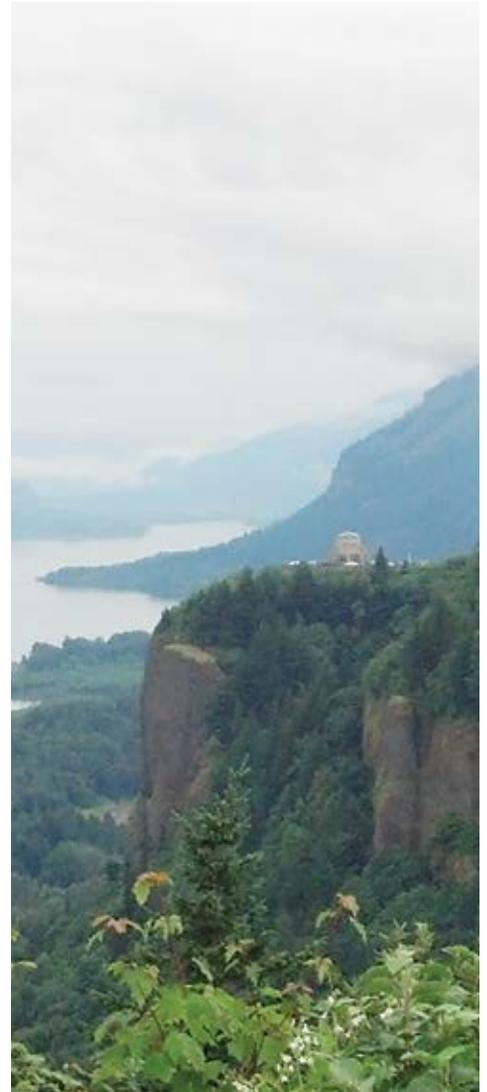
Tom McCall's beach bill in the 1970s illustrated the power of a people who wanted to protect this major natural resource for Oregon. Tom Olsen, a Portland videographer instructor and producer of documentaries, will screen parts of his film "The Politics of Sand".

www.iafi.org/lowercolumbia
Thurs 10/20
7pm
Donations accepted

COLUMBIA GORGE: 50 MILLION YEARS OF GEOLOGIC TUMULT

Lloyd DeKay, geologist, shares a place we now see as a peaceful, idyllic Columbia River Gorge retreat that is the exceptional product of over 50 million years of violent volcanic activity, immense floods of lava and raging icebergladen waters.

www.iafi.org/lowercolumbia
Thurs 11/17
7pm
Donations accepted



OUR PARKS

DOG PARK SHELTER INSTALLED

Looking forward to some fun in the dog park with your pooch? Based on input from dog park users, the City installed a large shelter within the fenced area for your convenience. We are happy to say that the new dog park shelter is here to provide shade on hot days and a dry place when it rains. So come out to Community Park and help your dog socialize and get some exercise!



IBACH PARK IS 20!

Can you believe that Ibach Park, located at 10455 SW Ibach St., turned twenty years old in 2016? That's right, this jewel in Tualatin's Park System opened on May 18, 2016. Since that time, Ibach Park has gone on to win numerous awards and recognitions, including Oregon Park and Recreation Association's Design award, the Golden Bootie award from Portland Parent magazine for best park, the Red Tricycle Totally Awesome Award, and was featured in Landscape Architecture magazine for the innovative approach taken to incorporate the City's history into the play area.

The 20 acre park contains a ¾ acre play area that reflects the rich heritage of Tualatin from prehistory to early settlement days; a preteen play area; a soccer field; a softball field; two tennis courts; a basketball court; picnic areas; an open turf area; a trail in the Hedges Creek greenway; interpretive signage; restrooms; and parking. Ibach Park (pronounced (I-back) was named for early Tualatin settlers Hillar and Jane Ibach, whose farm was once located where the park now stands. Today, parks are necessities, providing recreation, inspiration, and essential respite from the life's hectic pace. Much has been written about the social, environmental, economic, and health benefits parks bring to a city and its people, but let's not forget that parks are also places to have FUN!



Join the celebration...

IBACH PARK Grand Opening

Saturday, May 18, 1996
10455 SW Ibach Street - west of Boones Ferry Road

11:00am-1:00pm

Schedule of Events

11:00am-1:00pm	Steel Drum Music by <i>Jalana Breeze</i> Face Painting and Free Ice Cream Children's Crafts and Games Eartha, the Clown, and other clowns Scavenger Hunt using Native Cultural Interpretive Signs
12:00pm	Dedication Ceremony and Ribbon Cutting
12:30pm	Children's Parade led by <i>Jalana Breeze</i>
12:45pm	Puppetry by the New Rag Bag Theatre

Fun for the Whole Family!



City of Tualatin Parks and Recreation Department - For more information, call 855-2000, extension 932

Grand opening invitation from 20 years ago.

OUR PARKS

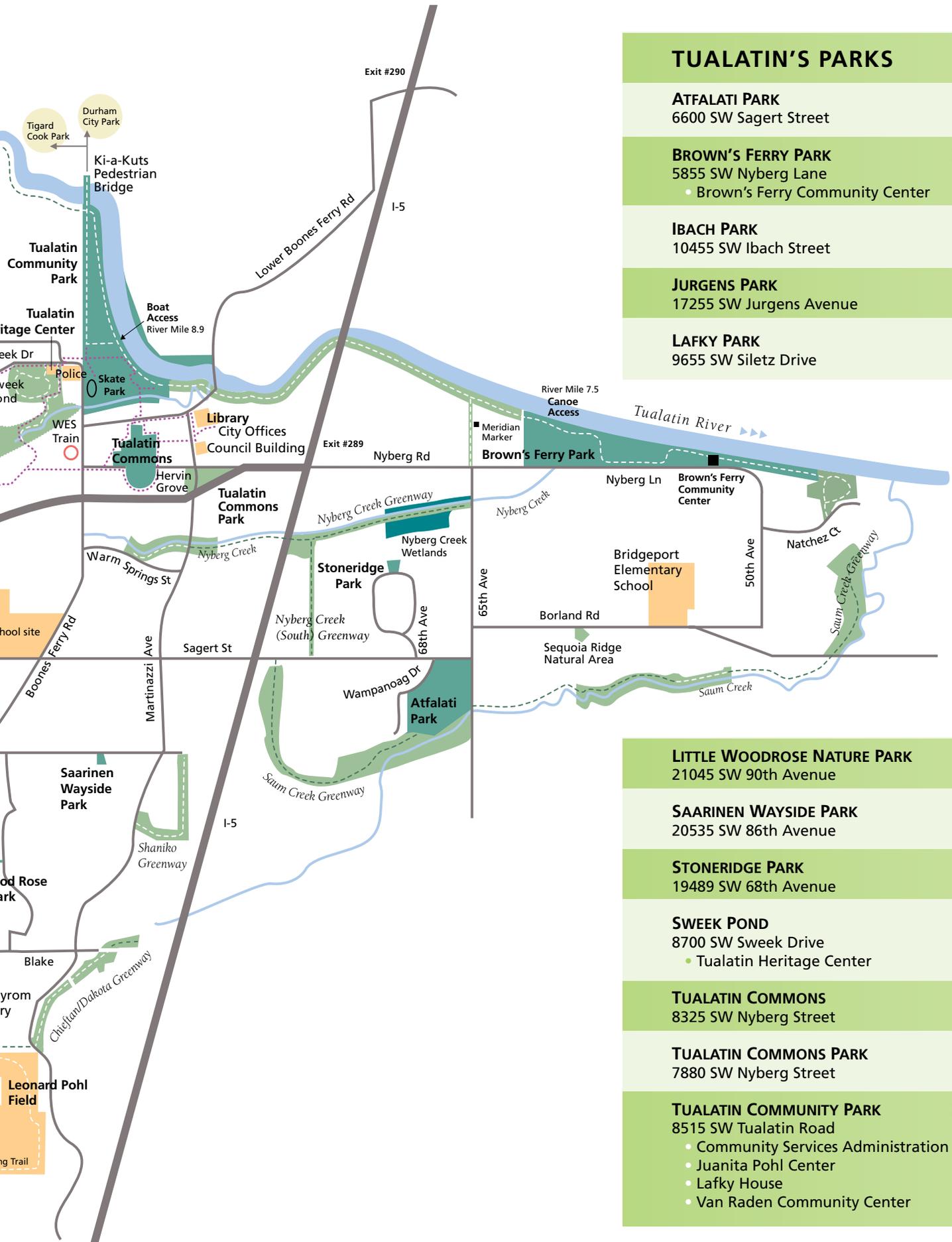


LEGEND

-  City Parks
-  Greenways and Natural Areas
-  Wetlands Conservancy Properties
-  Trails (Existing)
-  Trails (Future)
-  Artwalk
-  Schools and City Facilities



CITY OF TUALATIN



TUALATIN'S PARKS		Acres
ATFALATI PARK	6600 SW Sagert Street	13.27
BROWN'S FERRY PARK	5855 SW Nyberg Lane • Brown's Ferry Community Center	28.33
IBACH PARK	10455 SW Ibach Street	19.40
JURGENS PARK	17255 SW Jurgens Avenue	12.15
LAFKY PARK	9655 SW Siletz Drive	2.00

LITTLE WOODROSE NATURE PARK	21045 SW 90th Avenue	6.55
SAARINEN WAYSIDE PARK	20535 SW 86th Avenue	.06
STONERIDGE PARK	19489 SW 68th Avenue	.23
SWEEK POND	8700 SW Sweek Drive • Tualatin Heritage Center	4.68
TUALATIN COMMONS	8325 SW Nyberg Street	5.17
TUALATIN COMMONS PARK	7880 SW Nyberg Street	.64
TUALATIN COMMUNITY PARK	8515 SW Tualatin Road • Community Services Administration Offices • Juanita Pohl Center • Lafky House • Van Raden Community Center	27.11

PRSRT STD
U.S. POSTAGE
PAID
TUALATIN, OREGON
PERMIT NO.11



WWW.TUALATINOREGON.GOV

WEST COAST GIANT PUMPKIN REGATTA

SATURDAY, OCTOBER 14

GIANT PUMPKINS, FOOD, MUSIC, PUMPKIN GOLF, PIE EATING
CONTEST, COSTUME CONTEST, AND MORE! *See page 4*

WWW.TUALATINOREGON.GOV