

Bridge, Intermediate

Brush up on your bridge with lessons geared towards intermediate and advanced students. Lessons taught by an experienced bridge instructor.

Age: 50 & over
Session **Day** **Date(s)** **Time**
 58795 Mon Sept 15 - Oct 27 6:30 - 8:30 pm
Location: Recreation Building, 2920 Douglas St.
Fee: \$45 in-city, \$50 out-of-city
Instructor: Richard Carle
No class Oct 6

On-going Bridge

Join us every Monday for fun, fellowship and playing bridge.

Age: 50 & over
Day **Date(s)** **Time**
 Mon Sept 8 - Nov 24 10:00 am - 3:00 pm
Location: Woman's Club Building, 835 21st Ave.
Fee: Just drop-in

Introduction to Windows New

This course is designed to get individuals more familiar with the Windows XP Operating system. The course will cover the basics of Windows XP, and will allow people to feel much more comfortable when navigating on their own personal computers at home.

Age: 50 & over
Session **Day** **Date(s)** **Time**
 58145 Sat Sept 27 10:00 am - 12:00 pm
Location: Elks Building, 2121 Kessler Blvd.
Fee: \$10 in-city, \$15 out-of-city
Instructor: Benjamin Bankofsky

Browsing the Internet New

This course is designed to get individuals more familiar with browsing the internet and will teach you the basics of navigating the internet on their own personal computers at home. Instructor will also discuss how to prevent viruses and other safety components.

Age: 50 & over
Session **Day** **Date(s)** **Time**
 61546 Sat Sept 27 12:30 - 2:30 pm
Location: Elk's Building, 2121 Kessler Blvd.
Fee: \$10 in-city, \$15 out-of-city
Instructor: Benjamin Bankofsky

Beginning Crochet

Create your own projects with or without a pattern in this beginning crocheting class. Participants may bring items to finish or beginners will be instructed in the basic steps of crocheting. Instructor is an experienced teacher.

Age: 50 & over
Session **Day** **Date(s)** **Time**
 58909 Tues Sept 9 - 30 2:00 - 4:00 pm
 58911 Tues Oct 7 - 28 2:00 - 4:00 pm
 58912 Tues Nov 4 - 25 2:00 - 4:00 pm
 58146 Thurs Sept 11 - Oct 2 2:00 - 4:00 pm
 58147 Thurs Oct 9 - 30 2:00 - 4:00 pm
 58148 Thurs Nov 6 - Dec 4 2:00 - 4:00 pm

No class Nov 27

Class Sept 9 will be held at the Recreation Building, 2920 Douglas

Location: Woman's Club Building, 835 21st Ave.
Fee: Per session - \$10 in-city, \$15 out-of-city
Instructor: Cathy Walquist
Supply list available at registration.

Dog Manners & Problem Solving

This workshop is designed for dog's ages 3 months through adult. The class will help you to teach your dog basic manners, pulling, and 'leave it', and how to reduce puppy biting. Dogs must have rabies vaccination. Any questions participant may call the instructor at 274-9863.

Age: All Ages
Session **Day** **Date(s)** **Time**
 60345 Sat Sept 20 1:00 - 3:00 pm
Location: Catlin Center, 106 NW 8th
Fee: \$10 in-city, \$15 out-of-city
Instructor: Dorothy Webb

Driver Safety Course

This classroom oriented (no actual driving) AARP refresher course covers state laws, driving conditions and safety tips. Upon completion, adults 55 and above qualify for a state-mandated auto insurance premium reduction. Register early, classes fill up quickly.

Age: 55 & over
Session **Day** **Date(s)** **Time**
 56945 Wed,Thurs Sept 17 & 18 9:00 am - 1:00 pm
 56946 Wed,Thurs Oct 15 & 16 9:00 am - 1:00 pm
 56947 Wed,Thurs Nov 19 & 20 9:00 am - 1:00 pm
 56948 Wed,Thurs Oct 22 & 23 5:00 - 9:00 pm
Location: Day classes Sept - McClelland Center, 951 Delaware
 Day classes Oct & Nov - Woman's Club Building, 835 21st Ave.
 Evening class - Monticello Middle School, 1225 28th Ave. rm 157
Fee: Per person - \$10, payable to AARP, checks preferred
Instructor: Day classes - Ken Botero
 Evening class - Hal Mahnke

eBay, Buying & Selling

Learn the basics of buying and selling on eBay. Instructor is an education specialist trained by eBay, and is an eBay certified business consultant. Class fee includes book. A great way to learn how to use eBay to earn extra money, or purchase gifts for the season.

Age: 50 & over
Session **Day** **Date(s)** **Time**
 57395 Sat Oct 25 9:00 am - 2:00 pm
Location: Elks Building, 2121 Kessler Blvd.
Fee: \$40 in-city, \$45 out-of-city
Instructor: Steve Gehrke

Flu Shots

Prevent the flu from hitting you this winter. Peacehealth Workplace Wellness clinic staff will provide vaccines for this year's flu shots. Medicare patients are accepted. Please bring your Medicare card with you. Kaiser participants must receive their immunizations through their Kaiser provider.

Age: 50 & over
Session **Day** **Date(s)** **Time**
 58845 Thurs Oct 9 9:00 am - 12:00 pm
Location: McClelland Center, 951 Delaware
Fee: Medicare participants - Free
 Non-Medicare participants - \$20

Participant must bring their Medicare card.

Painting, Collage & Mixed Medium

Participants will learn watercolor painting techniques, focusing on scenic's, birds and flowers. After painting design students will also experiment and attach decorative wrappers, papers and other various mediums to the canvas.

Age: 18 & over
Session **Day** **Date(s)** **Time**
 58995 Tues Sept 9 - 30 10:00 am - 12:00 pm
Location: McClelland Center, 951 Delaware
Fee: \$45 in-city, \$50 out-of-city
Instructor: Scott McRae

\$10 supply fee due at first class.

Watercolor Paper Art New

Participants will experiment with different designs, embellishments and watercolor techniques combining text and poetry. Students will create a wall piece or use the same learned techniques to make a journal, cards or book.

Age: 50 & over
Session **Day** **Date(s)** **Time**
 62095 Thurs Oct 9 - 30 6:00 - 8:00 pm
Location: McClelland Center, 951 Delaware
Fee: \$40 in-city, \$45 out-of-city
Instructor: Sharon Hartley Iverson

\$10 supply fee due at first class.



Woodcarving in the Round

Learn unique tricks to carving and how to sharpen your knife. Class is geared for beginning students, but is opened also for those who want to brush up on their woodcarving skills. Beginners will learn basic carving in the round techniques with a special theme each month. Participant will need to bring a fixed knife and sturdy glove or purchase a knife from the instructor.

Age: 50 & over
Session **Day** **Date(s)** **Time**
 59445 Sat Sept 27 1:00 - 4:00 pm
Sept class will carve sea horse or dancing bear.
 59446 Sat Oct 25 1:00 - 4:00 pm
Oct class will carve holiday ornament.
 59447 Sat Nov 15 1:00 - 4:00 pm
Nov class will carve project for Thanksgiving.

Location: Recreation Building, 2920 Douglas Street
Fee: Per session - \$12 in-city, \$17 out-of-city
Instructor: Chris McBride

\$3 supply fee due at first class.

Cooking the Healthy Way

Participants will learn helpful cooking ideas for a healthy heart and body. Class includes demonstration, samples and recipes. Class is cosponsored by WSU Extension Office. Each week will feature a different topic.

Session	Day	Date(s)	Time
56796	Tues	Nov 4	1:30 - 3:30 pm
<i>Gifts from the kitchen</i>			
56797	Tues	Nov 18	1:30 - 3:30 pm
<i>Healthy Holiday Meals</i>			
56798	Tues	Nov 25	1:30 - 3:30 pm
<i>Managing sodium intake</i>			
56799	Tues	Dec 2	1:30 - 3:30 pm
<i>Preparing Healthy Snacks</i>			

Location: Woman's Club Building, 835 21st Ave.
Fee: Free-pre-register by calling 442-5400
Instructor: Debbie Fredricks, WSU Extension Office

Living Well with Diabetes

Do you have diabetes? Have you been told that your sugar is a little high, or you have a 'touch of sugar?' If the answer is yes, you can benefit from this program. Topics will cover managing diabetes, critical test for diabetics, and how to live with diabetes. Program is sponsored by the WSU Extension Office. Limited numbers of space available, so please register early.

Session	Day	Date(s)	Time
56795	Mon	Sept 15 - Oct 13	10:00 am - 12:00 pm

Follow up class Mon, Dec 15th
Location: McClelland Center, 951 Delaware
Fee: Free, pre-register by calling 442-5404.
Instructor: Debbie Fredricks, WSU Extension Office

Line Dancing, Beginning

Learn the latest country line dances. Dancing is good for stamina, muscle tone and a great opportunity for fellowship. No partner necessary.

Session	Day	Date(s)	Time
Beginning Basics			
	Fri	Ongoing	9:00 - 9:30 am
Beginner			
	Fri	Ongoing	9:30 - 10:25 am
Beginner Plus			
	Fri	Ongoing	10:30 - 11:15 am

Location: Woman's Club Building, 835, 21st Ave.
Fee: Per Session - Beginning Basics - \$1 drop in per class
 Beginner & Beginner Plus - \$2 drop in per class
Instructor: Marcia Christensen

Tai Chi

Tai Chi is a great exercise for physical and mental relaxation, strength, and balance. This non-aerobic continuous movement class is one of the largest type of exercise in the world. Yang style of Tai Chi will be taught.

Session	Day	Date(s)	Time
57445	Tues, Thurs	Sept 2 - 30	10:00 - 10:45 am
	Wed, Fri		7:00 - 7:45 pm
<i>Choice of 17 classes with any combination of day or evening class</i>			
57446	Tues, Thurs	Oct 1 - 31	10:00 - 10:45 am
	Wed, Fri		7:00 - 7:45 pm
<i>Choice of 19 classes with any combination of day or evening class</i>			
57447	Tues, Wed	Nov 4 - 28	10:00 - 10:45 am
	Wed, Fri		7:00 - 7:45 pm

No class Nov 27
Choice of 15 classes with any combination of day or evening class
Location: Academy of Kung Fu, 1236 14th Ave.
Fee: Per session - \$45 in-city, \$50 out-of-city
Instructor: Ed Noakes, Cliff Beattie

Zumba Gold New

Zumba Gold is a new popular form of exercise with Latin styles of music and dance. Participants will dance the Meringue, Salsa, and Cha Cha. This class is specially geared towards active older adults, high energy and cardio workout. The difference between Zumba Gold and Zumba Basic is Zumba Gold is done at a lower intensity, not as fast, but it certainly is as fun. Participants are encouraged to seek approval from their Healthcare provider before starting an exercise program.

Session	Day	Date(s)	Time
59146	Wed	Sept 17 - Nov 12	10:00 - 11:00 am

No class Oct 1
Location: Woman's Club Building, 835 21st Ave.
Fee: \$80 in-city, \$85 out-of-city
Instructor: Patti Rae

Participants will need to wear loose, light weight clothing and non-stick shoes, water bottle.

Couples & Partner Dancing

Learn the beautiful and popular pattern dances for couples. Dancing is good for stamina, muscle tone, and a great opportunity for fellowship. This ongoing class first will focus on the Traveling Cha Cha, Beginning Ballroom and Beyond, Waltz and East Coast Swing.

Session	Day	Date(s)	Time
	Tues	Sept 9 - Nov 25	7:30 - 8:30 pm

Location: Catlin Center, 106 NW 8th Ave.
Fee: \$3, just drop-in
Instructor: Marcia & Gary Christensen

Gnat Creek Hatchery Nature Trail

Join us on hike along the Gnat Creek Hatchery Nature Trail located in Oregon. Participants will wind through a coast range forest and the Nicolai-Wickiup Watershed, and the Gnat Creek Hatchery. Enjoy the beautiful Northwest in this 5 to 7 mile hike with an elevation of 500 ft. Participants will need to wear appropriate clothing and shoes, and bring along water. Walk is lead by a member of the Mt. St Helen's Hiking Club.

Age: All Ages
Session **Day** **Date(s)** **Time**
 57495 Mon Sept 22 9:00 am - 1:00 pm
Location: Depart behind Kelso McDonald's, 300 Kelso Drive
Fee: Free, just drop in
Instructor: Rosemary Whinton

Participants will need to wear appropriate clothing and walking shoes, and bring along water.

Veteran's Day Celebration

In celebration of Veteran's Day we will have a special recognition of all veterans', including a display of military memorabilia. We will also have special entertainment and music by Sally Gene & Friends Band. If you are a veteran and plan to join us please RSVP. All veterans will receive a free lunch.

Age: 50 & over
Session **Day** **Date(s)** **Time**
 57397 Tues Nov 11 12:00 - 1:30 pm
Location: McClelland Center, 951 Delaware
Fee: Free lunch for all Veterans, all others - \$5
 Pre-register by calling 442-5400

Great Wolf Lodge & Cabela's

Join us first for lunch at the Loose Moose Cottage Buffet with its rustic campsite type ambience, forest mural and sounds. View this wonderful new resort. We will then travel to nearby Cabela's store. Cabela's 185,000 square foot retail showroom is educational featuring animal displays and museum for outdoor enthusiast.

Age: 50 & over
Session **Day** **Date(s)** **Time**
 60396 Thurs Sept 18 9:00 am - 5:00 pm
Location: Depart from Recreation Building, 2920 Douglas St.
Fee: \$20 in-city, \$25 out-of-city

Bring additional money for lunch.



Outlet Stores & Mary McCrank's Restaurant

Travel with us to the Centralia Outlet Stores for Christmas shopping, after shopping we will then travel to Mary McCrank's restaurant for a wonderful lunch.

Age: 50 & over
Session **Day** **Date(s)** **Time**
 60395 Thurs Nov 13 9:00 am - 4:00 pm
Location: Depart from Recreation Building, 2920 Douglas St.
Fee: \$20 in-city, \$25 out-of-city

Bring additional money for lunch.

Rheinlander Restaurant & Shopping Trip

The Rheinlander is known for their authentic German food. We will be getting the 'early bird' dinner specials. Before dinner we will travel to Clackamas Town Center.

Age: 50 & over
Session **Day** **Date(s)** **Time**
 60397 Thurs Oct 16 11:00 am - 7:00 pm
Location: Depart from Recreation Building, 2920 Douglas St.
Fee: \$20 in-city, \$25 out-of-city

Bring additional money for dinner.