

Hillsboro Community/Senior Center

750 SE Eighth Avenue, 503-648-3823

Monday – Friday, 9:00 am – 5:00 pm

Hillsboro Parks & Recreation is pleased to announce that as of January 1, 2012, we began operating the Hillsboro Senior Center. We continue to partner with the non-profit organization the Supporters of the Community Senior Center of Hillsboro, but programming of most of the Center is now being managed by Hillsboro Parks & Recreation. All programs previously provided will continue. Future changes to the schedule, if any, will be posted on the website and at the Senior Center.



The Hillsboro Community/Senior Center promotes and supports recreation programs and activities which benefit participants ages 50 and over. A variety of classes, educational workshops, trips, special events, blood pressure checks and volunteer opportunities are offered throughout the year.

<u>Activity</u>	<u>Description/Instructor</u>	<u>Days</u>	<u>Time Fees</u>	
Art Classes	Register through PCC	Wed	1:15 pm	
Beading crafters		Thur	9:30 am	
Bingo	Fun for everyone	Mon	9:30 am	\$.05/card
Bingo	Open to the public	Wed/Fri	5:30 – 9:00 pm	\$5 ea. main packets
Breakfast	Full breakfast	Tue - Fri	7:45 am	\$4.50
Computer class	Call office for details			
Daily Lunches	Nutritious lunches	Mon – Fri	12:00 pm	\$3.00
Duplicate Bridge		Mon/Thurs	11:45 am – 3:30 pm	Donation
Open Bridge	All levels welcome	Thursday	1:00 – 4:00 pm	Donation
Foot Care	RN exam and advice	Mon/Tue/Wed	By appointment	\$20.00
Bunco	Fun dice game	Friday	1:00 – 3:00 pm	
Line Dancing	Fun & healthy	Tue/Thur	1:30 – 2:30 pm	\$2.00
Ping Pong	Call office	Fri		Free
Pinochle	All levels welcome	Fri	6:00 pm	Free
Pool (Billiards)	Test your skills	Mon – Fri	9:00 am – 5:00 pm	\$5/mo \$1/day \$.25/hr
Senior Law Assistance		4th Thur/mo	By appointment	Free
Serenades	Singing & instruments	Wed	10:30 am	Free
Material Girls	Sewing/knitting group	Fri	10:00 am – 12:00 pm	Free
Singles Group Meetings		2nd & 4th Tue	1:30 – 3:00 pm	Free
Tai Chi/Qigong		Tue	1:15 pm	\$3.00 age 62+, \$5.00 -62
Tops	Take Off Pounds Sensibly	Tue/Thur	9:30 am	Free

Volunteer Programs

Hundreds of volunteers each year dedicate thousands of volunteer hours to various programs and events. Volunteers assist with after-school programs, participate in park clean-ups, usher events at the Cultural Arts Center, and help out many of the fun special events that are offered each year. Volunteering is a great way to build up a resume, complete class assigned volunteer hours, or give back to the community while having fun! Volunteer opportunities are available to individuals and groups of all sizes. Contact us to get involved today!

Park Beautification

- Flower Planting
- Trail Grooming
- Clean up Landscape Beds
- Adopt-a-Park

Get Involved!



Help with Special Events

- SOLV-IT
- Tree-For-All

Cultural Arts Center

- Usher Concerts
- Assist with Art Classes

Jackson Bottom Wetlands

Jan Curry - 503-681-6283
janc@ci.hillsboro.or.us

After School Programs

- BLAST Program Assistants
- Homework Help
- After School Sports Coaches

For more information on how you can get involved, contact Kristi Wilson, Volunteer Services Coordinator, at 503-615-3479 or visit www.ci.hillsboro.or.us/ParksRec

Active Adult Enrichment Programs

Programs are held in the Multipurpose Rooms at SHARC (Shute Park Aquatic and Recreation Center) unless noted in the class description. Programs are taught by professionals from our community. Unless otherwise noted, admission is covered by membership (SHARC, SilverSneakers®, or Silver&Fit®) or a single visit admission. Registration is required.

Senior and Friends Recognition Parties

All seniors are welcome to this friendly social event and potluck. Bring your favorite potluck dish and celebrate! The cost of these parties is covered by your membership or payment of a single visit admission.

Dates: 1/6, 2/3, 3/2, 4/6, 5/4, 6/1, 7/6
Day: Friday
Time: 11:15 am – 12:30 pm



Tabletop Gardens

Learn how to make a beautiful terrarium. Bring your own glass container and decorative figurines or rocks. Plants and soil will be provided.
Trina Evans, Master Gardener

#32594: 2/24
Day: Friday
Time: 12:00 – 1:00pm
Place: SHARC
Fee: \$4 Resident
\$6 Non-Resident

Hanging Patio Plants

Hanging flower baskets are fun to make and add beauty to any outdoor setting. Bring your own Coco hanging growers basket (Home Depot). Plants and soil will be provided.
Trina Evans, Master Gardener

#32595: 5/18
Day: Friday
Time: 12:00 – 1:00 pm
Place: SHARC
Fee: \$4 Resident
\$6 Non-Resident

Fall Prevention

Falls are feared as we age. A fall is often the end of independence, and treating the injuries and the care you need after a fall is expensive. But falling is not an inevitable part of aging. Steps can be taken to prevent falls. Learn what you can do to “fall-proof” yourself!

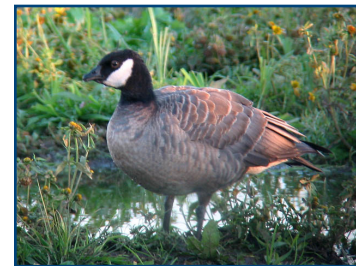
#32349 1/18
Day: Wednesday
Time: 11:00 – 12:00 pm
Place: SHARC
Fee: Free



Nutrition and Osteoporosis

Bones are living organs that need care and attention throughout life. Healthy diet and lifestyle are important at every age, but increasingly so as we age. Get information about bone health and osteoporosis so you can stay healthy, active and on your feet!

#32351 3/14
Day: Wednesday
Time: 11:00 am – 12:00 pm
Place: SHARC
Fee: Free



Waterfowl Watching

Learn more about the varieties of waterfowl – ducks, geese and swans – that spend part of their year at Jackson Bottom Wetlands Preserve. After a brief presentation on identification tips, head outside to observe and sort out our migratory visitors! Dress for the weather and wear shoes or boots that can get wet and/or muddy. Binoculars, spotting scopes and field guides are available for those who need them.

#32350: 2/1
Day: Wednesday
Time: 11:30 am - 12:30 pm
Place: Jackson Bottom Wetlands Preserve

Spring Bird Walk at Jackson Bottom Wetlands

Visit the Preserve in the spring and check out the migratory birds that are arriving. Take a quiet walk on mostly flat trails around the Preserve and at the feeding stations to observe our feathered friends. Meet on the back deck of the Jackson Bottom Wetlands Education Center at 2600 S. W. Hillsboro Highway. Dress for the weather and wear comfortable walking shoes. Space is limited so register early. *Jackson Bottom Wetlands Staff or Volunteer*

#32352: 4/4
Day: Wednesday
Time: 12:00 – 1:00 pm
Place: Jackson Bottom Wetlands