

Luepke Senior Center

1009 E. McLoughlin Blvd.

For detailed information call 487-7050

This section features classes and activities offered at the Luepke Center. Please see page 16 for Fifty and Better opportunities on the east side of town at Firstenburg Community Center. We also encourage you to take a look at the Adult Program section for more classes and programs.

The 50 and Better Activities Program encourages education, staying active in mind, body and spirit, making new friends and enjoying life through activities which promote life quality. Try a social club, workshop, class, sport, dance, day trip or hike. Activities located at the Luepke Center unless otherwise noted. Pre-registration is required for all classes. Register on-line at vanclarkparks-rec.org, or call 487-7100. No activities 1/18 and 2/15. Inclement weather line contact 360-487-7065. Check the Senior Messenger website www.seniormessenger.org for current updates for 50+ programs.

CLUBS

Newcomers are welcome to all clubs unless otherwise noted. \$1 fee per person, per visit.

Bingo:

Tuesday, 10:30-11:30am. Bring a clean, usable white elephant gift in exchange for a bingo card.

Friday, 10:30-11:30am. Bring a can of food or unopened food item in exchange for a bingo card.

Blood Pressure:

First Friday of every month, 8:30-10:30am.

Bridge Clubs:

Tuesday, 12:30-3:30pm and Friday 1-4pm.

Cribbage Club:

Thursday, 1-3pm.

Doll Club:

Monday, 8-10am.

50+ Computer Lab: Visit our computer lab in the Alcoa Room. Computers are available during designated hours. Schedule available at Luepke front desk.

Financial Clinic: Second Tuesday of every month, Noon-2pm. Free.

Appointments required, please call 487-7050.

Hearing & Beyond Clinic: First Friday of every month, 10:30-11:30am. Sponsored by Beltone Hearing. Free pack of batteries for all current hearing aid users.

Knitting Club: Monday, 10am-noon.

Legal Clinic: Wednesday, (except 5th Wednesday) 1-3pm. Free half-hour consultation with a volunteer attorney. Appointments required call 487-7050.

Mah Jongg Club:

Thursday 1-4pm, Luepke Center.

New Monday Morning Mah Jongg:

10am-noon, Conference Room.

Marshallaires Senior Choir:

Monday, 1-3pm. For information, contact Richard Smitley at 576-0752.



Men's Cooking Club:

Friday, 8am-1pm. Marshall Kitchen/Conference Room. Call 487-7055 to register. New members wanted.

50+ Volleyball and Basketball Clubs:

Tuesday and Thursday Co-ed drop-in basketball or volleyball. **Volleyball** Marshall Center Gym North, **Basketball** Marshall Center South. noon-2pm. Club fee \$2.

Page Turners Book Club:

First Wednesday of every month, 10am-noon.

Red Herring Mystery Book Club:

Second Monday of every month, 1-2pm.

Pinochle Club: Tuesday, noon-2:30pm.

Quilter's Club: Monday, 9am-3pm, Marshall Center Craft Room East.

Racehorse Pinochle:

Friday, 1-3pm, Marshall Center Elm Room.

Vancouver Metro Senior Softball:

Open to anyone 60+. Contact John Aarhus, president, at 360-574-3017.

Writing Group:

Friday (except 1st Friday), 10am-noon.

Writing experience preferred.

ONGOING LUNCHTIME AND THEME ACTIVITIES

Entertainment and dancing begins around 10:15am. See activity flyers for details.

Anniversary Celebrations:

Second Thursday of every month, 11am.

Birthday Celebrations:

Fourth Monday of every month, 11am.

Dancing: Monday, Wednesday and Thursday.

HOLIDAY ACTIVITIES

See monthly Luepke Center calendar for activity details.

F	1/15	Hugs and Hot Cocoa
T	2/9	Golden Harvest Musical
Th	2/11	Cupid's Arrow Valentines Dance
W	3/17	Luck Of the Irish Dance
F	4/2	Good Friday Easter Parade
F	5/7	Mothers Are Marvelous

SPECIAL EVENTS

All special events will be held in the Luepke Community Room.

Winter Wellness Fair

Got the winter blues? Join us for an afternoon discovering resources for good health and well being. Luepke Community Room.
 W 2/24 12:30-3:30pm Free admission

Health and wellness vendors wanted for Wellness Fair! \$20 per table, contact Kelly at 487-7055.

Newcomers Mixer

Come meet new friends, learn more about the Luepke Center's Fifty and Better programs. Tour the Marshall and Luepke community centers and enjoy a yummy dessert. Luepke Community Room.
 W 4/14 1:30-3pm \$2

Golden Note Café Fun Night

Bring your friends for an evening of musical fun at the Luepke Center Golden Note Café. Light refreshments provided. Pre-registration required. Sponsored by Courtyard Village Vancouver.
 75463 Sa 3/13 6-8pm \$3

Entertainers Wanted!

Break out your old tap shoes, and shine your tuba. Performers are needed for Golden Note Café Fun Night. Share your dancing, musical, poetry and singing talents. If interested please contact Kelly Lund at 487-7055.

DANCES

All dances are located in the Luepke Community Room. Singles and couples are welcome. Bands are subject to change.

Sunday Dances

Weekly, except April 2. Live entertainment.
 Su 2-4pm \$3 per person at the door

Friday Evening Dances

Monthly dances feature live bands. Door prizes and refreshments provided by our co-sponsors.
 F 7-9:30pm \$5 per person at the door.
 2/12 Sweetheart Ball featuring Lee Nicholas
 3/26 Springtime Hop featuring Perpetual Motion

Our thanks to this quarter's valued Fifty and Better sponsors!

If you're interested in sponsoring a Fifty and Better activity contact Kelly Lund at 487-7055.

Mark your calendar for the 21st Annual Senior Prom. This year's prom is Friday, May 21st. Sponsored by Courtyard Village Vancouver. More details to come!



Be sure to check the Adult Enrichment Section on page 38 for additional classes. If you are 60 or older you may qualify for a 10% discount on adult classes. Please ask at the time of registration.

ARTS & CRAFTS AND SPECIAL INTEREST CLASSES

Fundamentals of Tap 50+

Review steps and incorporate new step combinations and routines. Appropriate for new and returning dance students. Marshall Oak Room. Jacqueline Bell. 6 wks.
 W 1-2pm \$30
 75406 1/6-2/10 75407 2/17-3/24
 75440 4/7-5/12

Mah Jongg Class

Learn the basic art of playing Mah Jongg. \$10 supply fee payable at first class. Janet Woodall. Luepke Conference Room.
 T/Th 9-11am \$22
 75428 1/12-2/4 75429 4/6-4/29

Mah Jongg Mania

Learn the exciting game of Mah Jongg in just one week, or fine tune your Mah Jongg skills. \$10 supply fee for new students. Janet Woodall.
 M-F \$31
 75584 2/8-2/12 9-11am
 Luepke Conference Room
 75633 2/22-2/26 6-8pm
 Luepke Alcoa Room



LOAVES & FISHES CENTERS
The Meals-On-Wheels People

Enjoy lunch at Luepke, provided by Loaves & Fishes Centers, a non profit, nonsectarian organization that provides hot, nutritious meals to seniors 60 and older. Hot lunch meals are delivered by volunteers each weekday to homebound seniors. Suggested donation for meals is \$2.75. Dave Bowlan, Center Manager 695-3847.

M-F 11:30am-1pm

Retired: Where Do We Grow From Here? Session I

Just retired? Find out how to get the most out of your years by getting involved in your community. This generation has a unique opportunity to use the third act of life to create a legacy for ourselves and our planet. **Marshall Conference Room**. 4 wks. Gerald Kessel and Amie Dyer

T 6:30-8pm \$20
75764 1/12-2/4 **75765** 3/2-3/23

Retired: Where Do We Grow From Here? Session II

Follow up to Session I. Gerald Kessel and Amie Dyer. 2 wks.

Th 6:30-8pm \$10
75776 2/4-2/11 **75781** 4/1-4/8

Confronting Your Clutter: Blasting through the Blockage

Develop strategies for getting rid of clutter at home or the office. **Marshall Arts & Crafts Room - East**.

\$15
74118 Sa 2/20 9am-noon
74119 F 4/30 6-9pm

Too Close for Comfort

Thinking of moving in with your kids? Before you do, come learn the Ten Things Seniors should ask their Boomer kids before making the move. Sponsored by Home Instead Senior Care, Instructor Julie Williams. **Luepke Conference Room**.

\$10
75707 Sa 1/16 10-11am
75708 M 2/22 6:30-7:30pm

Cooking Under Pressure

Healthy eating is essential for people of all ages, but for many seniors, a balanced diet is the key to feeling their best. Learn how to make a delicious, healthy chicken wrap and find out the 12 foods seniors shouldn't live without!

Sponsored by Home Instead Senior Care, Instructor, Julie Williams. **Marshall Oak Room**.

T \$10
75709 2/9 1-2pm
75710 4/20 6:30-7:30pm

Chocolate - The Ultimate Indulgence

Learn the surprising history of chocolate, from its beginnings to the confectionary treat it has become today. Samples included. **Luepke Community Room**. Sponsored by OASIS.

75691 W 1/27 1-2pm \$10

The Swing Era

Join us for a music appreciation class on the history of the rise and fall of the big bands, from the early decades of the century through the 1940s. **Marshall Oak Room**. Sponsored by OASIS.

75693 Th 2/25 1-3pm \$10

Tea and Topic

Join us on the first Wednesday of every month for an informative presentation by guest speakers. Tea and cookies served.

W 1-2:30pm FREE
 1/6 When is the time right for Assisted Living? Clearwater Springs Senior Living
 2/3 Whole Food Nutrition, Linda Wright, Juice Plus
 3/3 Meaningful Interactions, Shanti Potts
 4/7 Taking the Stress Out of Your Move, Beth Giles, Senior Move Manager
 5/5 Fort Vancouver- Its Influence on the Pacific Northwest, National Parks Service Park Ranger

FINANCE, LEGAL AND COMPUTERS

See the Adult section of this catalog on pages 39 for more legal finance and computer classes!

NEW! Interested in private computer lessons? Call 487-7055 for more information about this.

Grandparents' Guide to College Funding

Don't make costly mistakes that might decrease your grandchildren's eligibility for financial aid. Learn the best strategies and maybe lower your own income and estate taxes at the same time. **Luepke Conference room**.

75427 W 4/21 1:30-3:30pm \$12

Legal Eagles

Ensure financial goals and be less frustrated by costs of long term care and issues relating to marriage, divorce and estate planning. Preserve your estate to provide financial security for your spouse and protect your interest for your children and grandchildren. Greg Call, attorney.

W 10-11:30am \$10
75408 1/27 Medicaid Eligibility & Long Term Care
75409 2/24 Living Trusts & Trustees
75410 3/24 Community, Separate & Prenuptial Property Agreements
75411 4/28 Estate Planning to Avoid Probate

HEALTHY LIVING

For healthy living classes, group exercise at Marshall Center and for information about aquatics program please see adult section pages 41, 49 and 28.

Foot Care Clinic

Receive routine treatment and fungal nails trimmed, corns and calluses smoothed. Pre-registration is required. Call 487-7100 for your 30-minute session. Clinician, Mona Barber. **Luepke Suite 1**.

T 9:30am-noon \$32
75381 1/5
75382 1/12
75383 2/2
75384 2/9
75385 3/2
75385 3/9
75379 4/6
75395 4/13

Foot Reflexology

Reflexology relaxes, restores and balances all the systems of the body, through pressure applied with the thumbs and fingers on specific points on the feet. Call 487-7100 for your 30-minute session. Certified reflexologist, Becky Anderson. **Luepke Suite 1**.

W 10:30-11:50am \$19
75446 2/10
75438 2/24
75439 3/10
75435 3/24
75440 4/14
75441 5/12
75442 5/26

Upper Body Massage Therapy

Enjoy an upper body, fully clothed seated massage from licensed massage practitioner, Kip Wilson. Schedule your 15-minute massage at 487-7100. **Luepke Center Suite 1**.

W 9:30am-noon \$19 (18-49) \$14 (50+)
75431 1/6
75432 2/3
75433 3/3
75434 4/7
75435 5/5

FOREVER YOUNG HIKERS AND FOREVER YOUNG WALKERS

Get outdoors and enjoy the Northwest by putting one foot in front of the other and make new friendships along the way. All hikes and walks are guided by Rod Cusic and our team of volunteers.

50+ Forever Young Hiker/Walker Orientation

If you are new to Luepke Center's hiking or walking program, a one-hour orientation class is required prior to participation. Learn difficulty categories, what to bring and wear. Questions will be answered by the program guide.

Th 12:30-1:30pm 1/7, 2/4, 3/4, 4/1 **FREE** Luepke Center Alcoa Room

50+ Forever Young Hikers

These Tuesday hikes are for experienced hikers, who can maintain a pace of a 20- minute mile. New hikers must attend an orientation class before hiking. Check the rating on the hike and note the distance and elevation gain. **Hikes are approximately 4-6 miles round-trip.** A short second afternoon hike may be added if time permits.

Easy – Able to walk a 20-minute mile on fairly level ground with little elevation gain.

Moderate – May include slopes and/or steep areas.

Difficult – Harder climbing, rocky terrain, possible steep and/or narrow paths.

Hiking boots, a water bottle and a walking stick are recommended for dirt trails. Arrive 15 minutes early at Luepke Center – transportation is provided. Bring money for a beverage/snack stop.

Pre-Registration Required

T	1/5-3/9	9am-4pm	\$15	Bring lunch money
	3/16-4/27	8am-5pm	\$16	Bring a lunch

Tryon Creek Park, OR: Easy
73300 1/5 6 miles, 500 foot elevation gain.

Cooper Mountain Nature Park & Jenkins Estate, OR: Easy
73282 1/12 6 miles, 300 foot elevation gain.

Springwater Corridor Gresham to Boring: Moderate
75674 1/19 6 miles, 100 foot elevation gain.

East Bank Esplanade & Old Town Portland, OR: Easy
75675 1/26 4.5 miles, minimal elevation gain.

Moulton Falls, Yacolt, WA: Moderate
75676 2/2 6 miles, 500 foot elevation gain.

Washington State University Campus and LaCenter Bottoms: Easy
75677 2/9 5 miles, 50 foot elevation gain.

Mystery Hike, Portland, OR: Easy
75678 2/16 5 miles, 200 foot elevation gain.

Marshall Park Canyon to Cemeteries Loop: Easy
75679 2/23 4.5 miles, 350 foot elevation gain.

Milwaukie Trolley Trail, Portland, OR: Moderate
75680 3/2 6 miles, 100 foot elevation gain.

West Hayden Island, Portland, OR: Easy
75681 3/9 6 miles, no elevation gain.

Silver Lake - Sequest Trail, Castle Rock, WA: Easy
75682 3/16 6 miles, 100 foot elevation gain.

Columbia Hills State Park, Dallesport, WA: Moderate
75683 3/23 6 miles, 800 foot elevation gain.

Swale Canyon, WA: Moderate
75684 3/30 7.5 miles, 270 foot elevation gain.

Tom McCall Preserve, OR: Moderate
75685 4/6 5.6 miles, 1,100 foot elevation gain.

Eagle Creek, OR: Moderate
75686 4/13 6 miles, 600 foot elevation gain.

Wasco Butte, OR: Moderate
75687 4/20 6 miles, 1,000 foot elevation gain.

Hood River Mountain, Hood River, OR: Moderate
75688 4/27 3 miles, 600 foot elevation gain.

For detailed hike and walk descriptions, please pick up a Forever Young Hike or Walk brochure or visit vanclarkparks-rec.org. Pre-registration is required.

Forever Young Walkers

Walks range from 2-4 miles on fairly level local trails. Please arrive 15 minutes early at the Luepke Center. You provide your own transportation from the center to the trailhead. Lunch with the group is optional. Bring money for lunch.

Pre-Registration is required.

W 9am-noon \$5

Frenchman's Bar: 3 miles
75841 1/13

Salmon Creek Greenway: 4 miles
75842 1/27

Burnt Bridge Creek Greenway: 3 miles
75843 2/10

Cottonwood Beach Dike Walk: 4 miles
75844 2/24

WA State University Cougar Trail: 3 miles
75845 3/10

Burnt Bridge Creek Greenway: 3 miles
75846 3/24

Fort Vancouver Historic Reserve: 3 miles
75847 4/14

Esther Short Park/Uptown Village Vancouver: 3 miles
75848 4/28

For more Outdoor Adventure Classes such as sailing, mountaineering, kayaking and cross country skiing please see page 63 in this catalog.