

Parks & Recreation

ACTIVITIES GUIDE

Get Together

Harvest Festival
Summer Concerts
Reunion Market

Back to School

LO Teen Lounge
Rec Zone
Preschool

Get Moving

ACC Fitness
City League Basketball
Paddle Sports



See Page 17 for details



Message from the Director

Lake Oswego is a community dedicated to personal and environmental wellness. But as the days get shorter and cooler with the change in seasons, it can be harder to find the motivation to stay active and focused on all areas of wellness. Even our dedicated staff, who are passionate about pursuing a healthy lifestyle feel that pain as well. That's why they have really embraced the challenge to provide you and the LO community unique opportunities to stay motivated and Live Well in LO this fall!

I hope you take the time to explore this activity guide and learn more about these exciting opportunities. There are so many ways to stay active and healthy this fall. We have new community events like Crosstoberfest, sport leagues, our expanded Stewardship planting parties, volunteer opportunities and exclusive VIP offers to support the ACC.

In addition to the new and fun fall classes, programs and activities, we are also proud to announce our inclusion in the Healthy Eating Active Living (HEAL) Cities campaign. On July 19th the Lake Oswego City Council unanimously voted to become the 31st Oregon city to join the HEAL Cities campaign. This campaign is a program of the Oregon Public Health Institute (OPHI), in partnership with the League of Oregon City (LOC), and is funded by Kaiser Permanente. Lake Oswego Parks and Recreation will be working to promote health and reduce childhood obesity through this inclusive and collaborative program.

Ivan Anderholm, CPRE
Director

Parks, Recreation and Natural Resources Advisory Board

Scott Bullard
Bill Gordon
Mark Hoyt
Ryan Hubbard
Heidi Schrimsher
Chris Stewart
Todd Van Rysselberghe
Fraser Wick
Rhys Richmond, Youth Member
Rebecca Lumbantobing, Youth Member
Counselor Joe Buck

The PRNRAB is a volunteer board recommending policy direction to the City Council.

The board meets at 6p on the third Wednesday of each month at the City of Lake Oswego Palisades.

Current term registration for Fall classes begins at 10a, August 8 for residents and August 15 for all others.

Register Online
www.loparks.org

Key Contacts

Parks & Recreation Administrative Office

Ivan Anderholm

Director

1500 Greentree Rd

Mail to for all Parks Locations:

PO Box 369, Lake Oswego, OR 97034

General Information & Registration

503-675-2549

loparks@ci.oswego.or.us

Parks Maintenance

503-635-0280

Park Ranger

503-697-6522

Registration

503-675-2549

Fax

503-697-6579

Adult Community Center

Ann Adrian

Center Manager

505 G Avenue

Mail to:

PO Box 369, Lake Oswego, OR 97034

General Information

503-635-3758

Fax

503-699-7462

Public Golf Course

Tom Mueller

Golf Course Manager

17525 Stafford Road

Mail to:

PO Box 369, Lake Oswego, OR 97034

General Information

503-636-8228

Indoor Tennis Center

Lisa West

Tennis Center Coordinator

Carol Hartley

Tennis Center Manager

2900 Diane Drive

Mail to:

PO Box 369, Lake Oswego, OR 97034

Registration & Court Reservations

503-635-5550

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Lake Oswego Parks & Recreation Scholarship Program Key Sponsors

The scholarship program is dependent upon donations from groups and individuals and a limited amount of funding is available. Many thanks to the generous online donations of class participants and to our major sponsor LO Mothers Club and StarCycle.



StarCycle

The StarCycle team gives back to the community by helping raise awareness and much needed funds for the Lake Oswego Parks & Recreation Scholarship program. The StarCycle team helps the community live healthfully and well in LO.

Join StarCycle under the stars 6p, Saturday, September 24, at Millennium Plaza Park for the Starcycle Fundraiser to benefit LO Parks & Recreation Scholarship fund. See page 47 for more information.



Lake Oswego Mothers Club

The LO Mothers Club is a non-profit volunteer organization for moms led by moms. The club offers members opportunities to form friendships, have fun, enjoy their families and help build a stronger community through events in partnership with Lake Oswego Parks & Recreation. The LO Mother's Club is a contributor to the Lake Oswego Parks & Recreation Scholarship program and we appreciate the club's participation and collaboration with Parks and Recreation and for their continued community support.

Individual Sponsorship Opportunities

To make a donation to the scholarship fund, please go to www.loparcs.org and click on "Donations" on the top banner bar to help support and give back to our community. Thank you!

Activity Key:

- Back to Nature:** activities that connect us to nature and the outdoors.
- Healthy and Active:** Great for engaging in a healthy active lifestyle.

Living Well in LO
POWERED BY PARKS & RECREATION

Lake Oswego Parks & Recreation's mission is to build community, enrich lives and care for the environment. **Living Well in LO** Powered by Parks & Recreation is how we deliver our mission.

What's your Living Well in LO?
www.LivingWellinLO.org • #LivingWellinLO

PRESCHOOL

Indoor Playground

Rain? No problem! This is an ideal program for parents and caregivers who are looking for fun and interactive activities with their kiddos! Enjoy climbing, active play, sensory toys and more. In addition, a themed activity is offered every day at 10a!

M: Music & Dance Day

W: Art Day

F: Gym Day

Parents must supervise their children at all times. Please do not bring snacks containing nut products to The Indoor Playground. This is a drop-in program located in the Willamette Room of Palisades.

Closed 11/11, 11/21, 11/23, 11/25, 12/19-1/2.

Ages 0-4	Staff	PAL
9:30-11:30a	M/W/F	9/12-12/16

Drop-In Fee \$3

Additional Sibling Fee \$2

Or purchase a 10-visit punch card for \$25 (individual); \$40 (plus one sibling)



Tiny Boppers

Dancers sing and move along to music to work on motor coordination, rhythm, strength and self-confidence. Parents encouraged to observe quietly so their child can begin to experience class without their involvement. However, parent involvement is always an option. **No Class 11/22.**

Ages 1-3	Mabe	PAL	
Res \$51/Non-Res \$64			
14442	4:15-5p	Tu	9/20-10/25
14443	4:15-5p	Tu	11/1-12/13

Mini Ballerinas

An introduction to a ballet class with play breaks incorporated. Parents encouraged to observe class quietly or drop their child off. **No Class 11/23.**

Ages 3-5	Mabe	PAL	
Res \$51/Non-Res \$64			
14444	4:15-5p	W	9/21-10/26
14445	4:15-5p	W	11/2-12/14

Fairy Tale Ballet

Enter the imaginary world of fairy tales, fun and self-expression through ballet-based dance. Creativity is sparked when we use props, instruments and classical music. Dance attire discussed at first class or call in advance. Must be potty trained. **No Class 11/19 and 11/26.**

Ages 3-5	ABDA Staff	ABDA	
Res \$99/Non-Res \$124			
14449	9:30-10:15a	Sa	9/10-10/15
14450	9:30-10:15a	Sa	10/22-12/10

Nutcracker Dance Class

Transform into a dancing toy soldier or a beautiful Sugar Plum Fairy using fun props and Nutcracker ballet music. Supplies included, no dance experience required. Bring a light snack and clear liquid drink.

Ages 4-8	ABDA Staff	ABDA	
Res \$49/Non-Res \$74			
14451	9:30a-12p	Sa	12/17

Little Masters

Take an exciting sensory exploration while making art! Use a variety of mediums to create art while engaging the senses of touch, smell, sound, and taste. Parent participation required.

This class also includes FREE admission to Friday Indoor Playground after class! No Class 11/11, 11/25.

Ages 2-5	Thomas	PAL	
Res \$43/Non-Res \$65			
Additional Sibling \$29/ Non-Res \$44			
14378	9:30-10:30a	F	9/16-/10/21
14383	9:30-10:30a	F	10/28-12/16

NEW! Little Medical School Part I

Little Medical School brings medicine, science and the importance of health to children in a fun way! Age appropriate activities, crafts, and games will inspire children to explore the world of medicine and create healthy lifestyles. **This class also includes FREE admission to Friday Indoor Playground after class! No Class 11/23**

Ages 4-6	LMC	PAL	
Res \$98/Non-Res \$123			
14452	9:15a-10:15a	W	9/21-10/26
14453	9:15a-10:15a	W	11/2-12/14

Little Medical School Part II

Ages 4-6	LMC	PAL	
Res \$98/Non-Res \$123			
14454	10:30a-11:30a	W	11/2-12/14

12th Annual Preschool Forum

Free Event for Parents of Preschoolers

Friday, November 4, 2016; 6-8p

Palisades, Gymnasium

1500 Greentree Rd

Lake Oswego, OR 97034

Whether you have a child approaching preschool age, a curious toddler ready for broader socialization, or think it's time to start learning about the educational options available to your little one, the 12th annual Lake Oswego Mother's Club Preschool Forum is a key resource to explore your options. Meet representatives from dozens of local schools to learn about different teaching philosophies, meet caregivers, and get a feel for the wide range of options available in Lake Oswego and across the region. This event is co-sponsored by the Lake Oswego Mothers Club and Lake Oswego Parks & Recreation. For more information, visit www.lomoms.com or contact Connie Harrell or Renel Allen at preschool@lomoms.com.

SKYHAWKS SPORTS CLASSES

To register, visit www.skyhawks.com or call 1-800-804-3509.

Great for young sports enthusiasts as they take their first steps into athletics. There is no pressure, just lots of fun. Classes are scheduled for the gym. If weather and field conditions allow, classes may take place outside. In partnership with Skyhawks Sports.

Tiny Hawks Soccer

Res \$35/Non-Res \$35

Ages 3.5-4	Skyhawks	PAL
9:30-10a	Sa	9/17-10/15

Tiny Hawks Basketball

Res \$35/Non-Res \$35

Ages 3.5-4	Skyhawks Staff	PAL
9:30-10a	Sa	10/22-11/19

Mini Hawks Multi-Sport

Mini Hawks participants explore soccer, baseball and basketball.

Res \$42/Non-Res \$42

Ages 4-6	Skyhawks Staff	PAL
10:10-10:55a	Sa	9/17-10/15
9:30-10a	Sa	10/22-11/19



Little Tennis

Mini nets, foam balls and fun equipment are used to introduce hand-eye coordination to aspiring junior aces. Children develop skills through games, fun and high fives! No equipment required. Wear athletic shoes. Parent participation required for 3-year-old class. **No Class 11/15.**

Ages 3 Tennis Center Teaching Pro PAL

Res \$35/Non-Res \$53

14162	9:30-10a	Tu	9/13-10/18
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14163*	9:30-10a	Tu	10/25-12/6
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Ages 4 Tennis Center Teaching Pro PAL

14165	10:15-10:45a	Tu	9/13-10/18
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14164*	9:30-10a	Tu	10/25-12/6
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MiniKickers Soccer

An innovative curriculum introducing young soccer stars to the basic skills of the sport.

British coaches combine soccer with fun games, stories and music. Cost includes jersey, shorts and a ball. In partnership with Challenger Sports.

MiniKicker Cubs

Res \$99/Non-Res \$124

Ages 2	Challenger	Staff	PAL
14480	9:15-10a	M	9/12-10/31

Ages 3	Challenger	Staff	PAL
14481	10:05-10:50a	M	9/12-10/31

MiniKicker Lions

Ages 4-5	Challenger	Staff	PAL
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Res \$99/Non-Res \$124

14482	10:55-11:40a	M	9/12-10/31
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Camps

In-Between-Care Now Available for Winter Break!

We offer in-between care for camps held at Palisades! Participants registered for an AM and PM camp may now stay for lunch! Staff will provide a supervised environment for participants to enjoy their sack lunch and short activity before the next camp starts. Please select optional camp pricing when you register or call 503-675-2549. In-between care is \$25 for the week.

Jedi Engineering using LEGO®

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects such as, LEGO® X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. **No Camp 12/26**

Ages 5-7 **Play-Well Staff** **PAL**
Res \$118/Non-Res \$136
14370 9a-12p Tu-F 12/27-12/30

Jedi Master Engineering using LEGO®

Young Jedi will master key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion while building LEGO® XWings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities and other complex machines and structures from a galaxy far, far away. **No Camp 12/23.**

Ages 7-12 **Play-Well Staff** **PAL**
Res \$118/Non-Res \$136
14368 9a-12p M-Th 12/19-12/22



Super Hero Engineering using LEGO®

Save the world with LEGO® Super Heroes! Build the hideouts and vehicles of your favorite caped crusaders and learn what makes them not only Super Heroes, but Super Hero Engineers! **No Camp 12/23.**

Ages 5-7 **Play-Well Staff** **PAL**
Res \$118/Non-Res \$136
14369 1-4p M-Th 12/19-12/22

Mine, Craft, Build Survival Game using LEGO®

Bring Minecraft to life using LEGO®! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, craft tools, and watch out for Creepers! **No Camp 12/26.**

Ages 7-12 **Play-Well Staff** **PAL**
Res \$118/Non-Res \$136
14373 1-4p Tu-F 12/27-12/30

Beginning To Rock Camp

Students get a chance to rock out while they explore the drums, bass, guitar, keyboard and vocals, and learn the fundamentals of music, such as pitch, melody, harmony, and rhythm. **No Camp 12/23.**

Ages 5-7 **RMC** **PAL**
Res \$140/Non-Res \$168
14374 9a-12p M-Th 12/19-12/22

Recording and Music Technology Camp

Come have fun experimenting with synthesizers, effect pedals, and recording music on your computer! Create your own song or bring one you already made. Learn to record, edit, and share it! Students are encouraged to bring in any instruments. **No Camp 12/23**

Ages 7-12 **RMC** **PAL**
Res \$140/Non-Res \$168
14375 1-4p M-Th 12/19-12/22

Drumming Madness Camp

Learn about different drumming patterns and different beats by using a variety of hand drums and drum sets. Come let loose and get ready to find your rhythm! **No Camp 12/26.**

Ages 7-12 **RMC** **PAL**
Res \$140/Non-Res \$168
14376 9a-12p Tu-F 12/27-12/30

Glee Week

A fun week of singing with RMC Studios. Students will learn proper singing technique and posture and have the chance to sing their favorite songs solo and with a group!

No Camp 12/26.
Ages 5-7 **RMC** **PAL**
Res \$140/Non-Res \$168
14377 1-4p Tu-F 12/27-12/30

Winter break fencing camp, see page 7.

Get Moving

As part of *Living Well in LO*, Parks & Recreation offers activities to encourage Physical Wellness. Physical Wellness is one of the Six Dimensions of Wellness and is defined as being able to complete daily tasks with energy and attentiveness while still having plenty of energy to enjoy leisure activities.

YOUTH

Youth Dance Try-It-Out Days

For new students, stop by Palisades on the days listed to experience youth dance class offerings! Please note age restrictions before attending.

Ballet I for Kids Try-It-Out

Ages 5-8	Richmond/Mabe PAL		
14428	4:15-5p	M	9/12

Ballet I for Kids Try-It-Out

Ages 5-8	Richmond/Mabe PAL		
14434	4-4:15p	F	9/16

Jazz I for Kids Try-It-Out

Ages 5-8	Mabe PAL		
14429	5:15-6p	M	9/12

Hip Hop, Tumble & Breakdance I for Kids Try-It-Out

Ages 5-8	Mabe PAL		
14430	6:15-7p	M	9/12

Tiny Boppers Try-It-Out

Ages 1-3	Mabe PAL		
14431	4:15-5p	Tu	9/13

Mini-Ballerinas Try-It-Out

Ages 3-5	Mabe PAL		
14432	4:15-5p	W	9/14

Teen Hip Hop II Try-It-Out

Ages 9-17	Mabe PAL		
14433	4:15-5p	Th	9/15

Ballet I for Kids

A beginning ballet class. Parents encouraged to observe class quietly or drop their child off especially if their child is taking multiple classes. **No Class 11/21.**

Ages 5-8	Richmond/Mabe PAL		
Res \$51/Non-Res \$64			
14435	4:15-5p	M	9/19-10/24
14437	4-4:45p	F	9/23-10/28
14436	4:15-5p	M	10/31-12/12

For Preschool dance classes, please turn to page 4.

Jazz I for Kids

A Beginning jazz class. Parents encouraged to observe class quietly or drop their child off especially if their child is taking multiple classes. **No Class 11/21.**

Ages 5-8	Mabe PAL		
Res \$51/Non-Res \$64			
14438	5:15-6p	M	9/19-10/24
14439	5:15-6p	M	10/31-12/12

Hip Hop, Tumble & Breakdance I for Kids

A Beginning hip-hop class with tumble on mats and breakdancing incorporated. Parents encouraged to observe class quietly or drop their child off. **No Class 11/21.**

Ages 5-8	Mabe PAL		
Res \$51/Non-Res \$64			
14440	6:15-7p	M	9/19-10/24
14441	6:15-7p	M	10/31-12/12

Introduction to Fencing

Learn the basic tactical and technical skills of the Olympic sport of sabre fencing. This dynamic sport offers challenges to quick thinking, coordination, strength and stamina. Safety emphasized. Equipment provided.

Ages 7-12	OR FencingAll. PAL		
Res \$94/Non-Res \$117			
14484	5:30-7pm	W	9/21-10/26

For information on additional youth sports and fitness related programs refer to the following pages:
Pg 5 Sports Classes for ages 2-6

Winter Break Intro to Fencing Camp

Ages 7-12	OR FencingAll. Staff		
Res \$83/Non-Res \$96			
14485	9a-12p	Tu/W/Th	12/27-12/29

For Intro to Fencing classes for ages 13+ see page 8.

Teen Hip Hop II

An intermediate/advance hip-hop class. Parents encouraged to observe class quietly or drop their child off especially if their child is taking multiple classes. **Teen Lounge Members may attend this class for free! No Class 11/24.**

Ages 9-17	Mabe PAL		
Res \$51/Non-Res \$64			
14446	4:15-5p	Th	9/22-10/27
14447	4:15-5p	Th	11/3-12/15

Teen/Adult Ballet for Absolute Beginners

Have fun in this time honored art form. Focus on fundamentals while building strength, coordination and technique at the barre. Emphasis on ballet, balance, alignment and grace. Pink or white ballet slippers, please.

Ages 13+	ABDA Staff ABDA		
Res \$135/Non-Res \$156			
14448	7-8p	Tu	9/13-11/8

ADULTS DANCE

New students, stop by Palisades to try it for free. If you love it, you can sign up to join class the following week!

Tap for Adults FREE Try-It-Out Day

Ages 18+	Mabe	PAL	
14275	7-8p	M	9/12

Tap for Adults

Work on rhythm, technique and get your workout on. Great way to explore dance and keep yourself healthy and active. Wear clothes you can comfortably move in and tap shoes. **No Class 11/21.**

Ages 18+	Mabe	PAL	
Res \$47/Non-Res \$71			
14193	7-8p	M	9/19-10/24
14194	7-8p	M	10/31-12/12

Booty Hustle Workout FREE Try-It-Out Day

Ages 18+	Mabe	PAL	
14278	5-6p	Th	9/15

Booty Hustle Workout

Follow the instructor during this fast-paced dance workout to music. Great class to tone and shape muscles and get the heart pumping! Wear clothes you can comfortably move in and tennis shoes. **No Class 11/24.**

Ages 18+	Mabe	PAL	
Res \$47/Non-Res \$71			
14279	5-6p	Th	9/22-10/27
14280	5-6p	Th	11/3-12/15

Ballroom Dance I

Learn the sensuous Latin Rumba and the boisterous East Coast Swing! Students are ready for the dance floor after learning the basics and beyond in these two ballroom rhythms. Price is per person.

Ages 16+	Laughland	PAL	
Res \$64/Non-Res \$80			
14276	7-8p	Th	9/8-10/27

Ballroom Dance II

Take the basic steps you learned in the beginner class and add some flair. Build a series of "routines" in all styles of dance you have learned through the beginning classes. Price is per person.

Ages 16+	Laughland	PAL	
Res \$64/Non-Res \$80			
14277	8-9p	Th	9/8-10/27

FITNESS

FITNESS CLASS INTENSITY GUIDE

The following can be used as a guide to the type of fitness class you may be seeking. Instructors can also do an assessment to make sure you are in the correct class level.



Needs a little help (Chair Fitness) – This class is for those wishing to exercise while seated, and maintain or improve physical function for basic self-care.

Class includes rhythmic movement, strength and stretching exercises, and a focus on muscular endurance, joint range of motion, balance and coordination.



Just getting started (Entry Level) – This class is for beginners or those returning to exercise, and includes basic steps, gentle pace, and lower intensity. Focus is on increasing muscular strength and flexibility, joint range of motion, balance, coordination and cardiovascular health.



Active Now (Intermediate Level) – This class is for individuals who are physically active at least twice a week, and seek to improve their health and well-being or maintain an active, independent lifestyle.

Class includes moderate intensity, low impact exercise that may include strength and stretching exercises, and optional floor work. Focus is on muscular strength and flexibility, joint range of motion, balance, coordination, agility, and cardiovascular endurance.



Athlete (Advanced Level) – This class is for individuals that train almost every day and seek to improve performance in a competitive sport, strenuous recreational activities, or a physically demanding job. Class includes higher intensity, low impact workouts complete with challenging strength and conditioning exercises and floor work.

Introduction to Fencing

Learn the basic tactical and technical skills of the Olympic sport of sabre fencing. This dynamic sport offers challenges to quick thinking, coordination, strength and stamina. Safety emphasized. Equipment provided.

Ages 13+	OR FencingAll.	PAL	
Res \$94/Non-Res \$117			
14487	7-8:30p	W	9/21-10/26



AQUATICS

Aquatic Fitness is a water exercise program brought to the community by a unique partnership between the City of Lake Oswego Parks & Recreation Department and The Springs at Carman Oaks. We pride ourselves in offering a safe, effective, fun, and refreshing fitness program.

Aqua-Fit

This water exercise class is designed for all water enthusiasts, at any fitness level. The gentle resistance of water allows for movement and improvement at your own pace. It is a low impact workout that comfortably tones and strengthens muscles while developing coordination. Buoyancy reduces weight bearing stress on the body while enhancing flexibility and range of motion. **No Class 11/24.**

Ages 18+	Staff	Springs	
Res \$45/Non-Res \$68			
14300	10-10:45a	Tu	9/13-10/25
14294	11-11:45a	Tu	9/13-10/25
14296	10-10:45a	Tu	11/1-12/13
14298	11-11:45a	Tu	11/1-12/13
14299	10-10:45a	Th	9/15-10/27
14301	11-11:45a	Th	9/15-10/27
Res \$39/Non-Res \$59			
14295	10-10:45a	Th	11/3-12/15
14297	11-11:45a	Th	11/3-12/15

Cycle, Strength & Soul FREE Try-it-Out Day

Here's your chance to try out Strength & Soul at PAL for free!

Ages 18+	Barner	PAL	
14519	8:15-9:15a	Tu	9/13
14520	8:15-9:15a	Tu	11/1
14521	5:15-6:15p	Th	9/15
14522	5:15-6:15p	Th	10/27

NEW! Cycle, Strength & Soul

A little bit of everything! Work at your own level to build stamina, strength and flexibility in this all levels class. A typical class will include 30 minutes of cycling, and approximately 15 minutes of strength training. The remaining 15 minutes of class will move students into yoga, to end in a relaxed and flexible state. **No Class 10/6, 10/11 & 11/24.**

Ages 18+	Barner	PAL	
Res \$47/Non-Res \$71			
14513	8:15-9:15a	Tu	9/20-10/25
Res \$56/Non-Res \$70			
14514	8:15-9:15a	Tu	11/8-12/13
Res \$47/Non-Res \$71			
14264	5:15-6:15p	Th	9/22-10/20
Res \$56/Non-Res \$70			
14265	5:15-6:15p	Th	11/3-12/15

Butts & Guts FREE Try-it-Out Day

Here's your chance to try out Butts & Guts at PAL for free!

Ages 18+	Barner	PAL	
14515	9:30-10:30a	Tu	9/13
14516	9:30-10:30a	Tu	11/1

Butts & Guts

Shape and strengthen your body in this total core and lower body workout using various exercises, equipment and techniques! Open to all fitness levels. **No class 10/11.**

Ages 18+	Barner	PAL	
Res \$39/Non-Res \$59			
14302	9:30-10:30a	Tu	9/20-10/25
Res \$47/Non-Res \$71			
14303	9:30-10:30a	Tu	11/8-12/13

Foam Roller Class

Use a foam roller, your own body weight and gravity to experience myofascial release. Great for easing muscle tension, relieving pain and reducing stress. Everyone can benefit. Bring a mat, and a roller if you have one. Rollers available to purchase at class for \$20, payable to instructor. Instructors: Cynthia Ferrier, MD and Ryan Crosby MSW, RYT.

Ages 18+	Crosby & Ferrier	PAL	
Res \$35/Non-Res \$53			
14267	10a-12p	Sa	10/29

YOGA AT PAL

Participation by class registration only. These classes do not have the drop-in option.

Yogalates FREE Try-it-Out Day

Here's your chance to try out Yogalates at PAL for free!

Ages 18+	Barner	PAL	
14512	9:30-10:30a	W	9/14
14511	9:30-10:30a	W	11/2

Yogalates

The best of both worlds are found in this dynamic class. Yogalates is a core focused class that pulls the asanas of yoga and the core centered movement of Pilates into one challenging workout. Cultivate a mindful practice with 30-40 min of vinyasa flow and develop the long, lean, lines of a Pilates body in the last 20-30 min of class. **No Class 10/5.**

Ages 18+	Barner	PAL	
Res \$39/Non-Res \$59			
14325	9:30-10:30a	W	9/21-10/26
Res \$47/Non-Res \$71			
14326	9:30-10:30a	W	11/9-12/14

Night Night Yoga FREE Try-it-Out Day

Here's your chance to try out Night Night Yoga at PAL for free!

Ages 18+	Barner	PAL	
14517	6:30-7:30p	Th	9/15
14518	6:30-7:30p	Th	10/27

Night Night Yoga

A blend of restorative yin yoga, yoga nidra, and slow-flow vinyasa, this class is designed to nurture a restful state. This is a slower paced class with longer holds for those searching for a relaxing yoga experience while exploring breath and alignment. Each class will explore intention-setting, gentle asana, and meditation. If you need to quiet your mind, this class is for you. **No Class 10/6, 11/24**

Ages 18+	Barner	PAL	
Res \$39/Non-Res \$59			
14317	6:30-7:30p	Th	9/22-10/20
Res \$47/Non-Res \$71			
14318	6:30-7:30p	Th	11/3-12/15

Gentle Yoga

Focus on basic poses and sequences to promote ease in the body and increase mobility, flexibility, and strength. Students must be able to get down to and up from the floor and stand for at least 15 minutes. Bring a mat. **No Class 11/24**

Ages 18+	Sanders	PAL	
Res \$57/Non-Res \$72			
14308	1:15-2:15p	M	9/12-10/24
14358	1:15-2:15p	M	10/31-12/12
14309	1:15-2:15p	Th	9/15-10/27
Res \$49/Non-Res \$74			
14357	1:15-2:15p	Th	11/3-12/15

Yoga Level 1

For beginning and continuing students. Focus on basic poses and sequences to promote ease in the body and increase mobility, flexibility, and strength. Students must be able to get down to and up from the floor and stand for at least 15 minutes. Bring a mat. **No Class 11/24**

Ages 18+	Sanders	PAL	
Res \$57/Non-Res \$72			
14324	12-1p	M	9/12-10/24
14365	12-1p	M	10/31-12/12
14323	12-1p	Th	9/15-10/27
Res \$49/Non-Res \$74			
14366	12-1p	Th	11/3-12/15

YOGA AT ACC

Gentle Yoga

Focus on basic poses and sequences to promote ease in the body and increase mobility, flexibility, and strength. Students must be able to get down to and up from the floor and stand for at least 15 minutes.

Ages 18+	Sanders	ACC	
Res \$57/Non-Res \$72			
14306	11:15a-12:15p	Tu	9/13-10/25
14307	11:15a-12:15p	Tu	11/1-12/13



Gentle Chair Yoga

Focus on basic poses and sequences to promote ease in the body and increase mobility, flexibility, and strength. Poses are done seated on a chair or the chair is used for support in standing poses. Students do not get down on the floor.

Ages 18+	Sanders	ACC	
Res \$57/Non-Res \$72			
14305	12:30-1:30p	Tu	9/13-10/25
14304	12:30-1:30p	Tu	11/1-12/13

Drop-In Yoga at the ACC

Drop-in classes are held M and W evenings at the Adult Community Center. Classes are appropriate for most people and offer a balanced yoga practice. The Drop-In option can be purchased in 1, 5, 10 or 15-class increments. Valid only 9/12-12/14 for classes listed below. Non-refundable. Non-transferrable. Bring a mat.

Drop-In Fees		
Ages 16+	Crosby/Staff	ACC
14319	Drop-in 1 time	Res \$12/Non-Res \$18
14322	Drop-in 5 times	Res \$60/Non-Res \$75
14320	Drop-in 10 times	Res \$115/Non-Res \$132
14321	Drop-in 15 times	Res \$162/Non-Res \$186

Drop-In Classes

Yoga Level 1
Class is supportive of beginners. Bring a mat.
5:30-6:45p W 9/14-12/14

Yoga Levels 1 & 2
Beginning and continuing students.
5:30-6:45p M 9/12-12/12

 **NIA**

Fun, non-impact, high energy movements condition the body, mind, emotion and spirit. The choreography draws from a blend of dance arts, martial arts and healing arts with moves and music to inspire joy. Through movement we find health!

Nia FREE Try-It-Out Days

For new students. Here's your chance to try out a Nia class for free! Stop by the Lakewood Center.

Ages 14+	Kaplan	LKWD	
14314	8:45-9:55a	Su	9/4
14359	8:45-9:55a	Su	10/30

Nia - Class Registration Only

No Class 11/24

Ages 14+	Kaplan	LKWD	
2x per week.			
Res \$135/Non-Res \$156			
14315	9:15-10:25a	Tu/Th	9/1-10/25
Res \$143/Non-Res \$165			
14361	9:15-10:25a	Tu/Th	10/27-12/29
1x per week			
Res \$68/Non-Res \$85			
14316	8:45-9:55a	Su	9/4-10/23
14362	8:45-9:55a	Su	10/30-12/18

Nia - Drop-In

Drop-in available only for below Nia classes taught by certified Black Belt Nia Instructor Carol Kaplan at Lakewood Center on Tues, Th & Su Valid only 9/1-12/29 and available in 1, 5, 10 or 15 class increments for Nia classes in this section. Non-Refundable. Non-Transferrable.

No Class 11/24.

Ages 14+	Kaplan	LKWD	
14310	Drop-in 1 time	Res \$12/Non-Res \$18	
14313	Drop-in 5 times	Res \$52/Non-Res \$65	
14311	Drop-in 10 times	Res \$100/Non-Res \$115	
14312	Drop-in 15 times	Res \$146/Non-Res \$168	

Drop-In Options for Nia. No Class 11/24.

9:15-10:25a	Tu	9/6-12/27
9:15-10:25a	Th	9/1-12/29
8:45-9:55a	Su	9/11-12/18

 **NIA at PAL FREE Try-it-Out Day**

Here's your chance to try out Nia at PAL for free then sign up to join class the following week!

Ages 16+	Khorasanee	PAL	
14360	5:40-6:40p	Tu	9/13

 **NIA at PAL**

This is a workout to invigorating and inspirational music designed to create sensation and bring awareness to your movement habits. Nia combines dance, martial arts and relaxation to help condition the body, mind and spirit while it improves flexibility, agility, mobility, stability and strength. Bare feet recommended. **No class 11/22.**

Ages 16+	Khorasanee	PAL	
Res \$76/Non-Res \$95			
14363	5:40-6:40p	Tu	9/20-12/13

TAI CHI AT PAL

 **Tai Chi for Health and Relaxation**

This class teaches the Yang style long form and two traditional Chi Kung exercises. Tai Chi practice reduces stress and improves balance. This class is taught in a relaxed manner.

Ages 18+	Bruderlin	PAL	
Res \$53/Non-Res \$67			
14364	6-7p	W	9/7-10/26
14271	6-7p	W	11/2-12/21

 **Beginning and Intermediate Tai Chi**

This is a slow, graceful, flowing form that benefits mind, body, and spirit while also increasing balance, flexibility and muscle strength. This class features the Yang Style 24 Movement short form with instruction for beginners and intermediate students. **No Class 11/24.**

Ages 18+	Monahan	PAL	
Res \$34/Non-Res \$43			
14274	10:15-11:15a	Tu/Th	9/6-12/8

 **Intermediate & Advanced Tai Chi with Meditation**

A meditative practice of mind-body exercise to increase balance, flexibility, muscle strength, and enhanced well-being. Designed for students who know the Yang Style 24 movement short form, or at least the first half of the 24 movement short form. **No Class 11/24.**

Ages 18+	Tombleson	PAL	
Res \$34/Non-Res \$43			
14272	9-10a	Tu/Th	9/6-12/8

TAI CHI AT THE ACC

Tai Chi FREE Try-It-Out Day

Here's your chance to try Tai Chi classes at the ACC for FREE!

Ages 18+	Kidoguchi	ACC		
 Chair Tai Chi				
14332	1-2p	M	9/12	
 Beginning Tai Chi				
14333	2:15-3:15p	M	9/12	

Chair Tai Chi

This is a gentle, meditative mind-body exercise performed while seated in the comfort and safety of a chair. Based on the proven effective Tai Chi-Moving for Better Balance program this class combines traditional tai chi forms with simple, slow, and rhythmical therapeutic movements to improve balance, strength, and reduce the risk of falls. No previous experience necessary. **No Class 11/24.**

Ages 18+	Kidoguchi	ACC		
Res \$62/Non-Res \$78				
14342	1-2p	M/Th	9/15-10/24	
Res \$67/Non-Res \$84				
14341	1-2p	M/Th	10/27-12/12	

Beginning Tai Chi

A slow paced, low impact, gentle movement art based on the Yang family 24-movement short form. Practice meditative mind-body exercise with slow and rhythmical movements to increase balance, flexibility, muscle strength, and enhance well-being. Designed for beginning students, or some previous Tai Chi experience. **No Class 11/24.**

Ages 18+	Kidoguchi	ACC		
Res \$62/Non-Res \$78				
14331	2:15-3:15p	M/Th	9/15-10/24	
Res \$67/Non-Res \$84				
14334	2:15-3:15p	M/Th	10/27-12/12	

Tai Chi: Intermediate Continuing

Tai Chi is a slow, graceful Chinese exercise that can benefit body, mind and spirit. Features the Yang-style 24-movement form for returning students. Focus is ongoing instruction for students with previous experience. Beginners welcome upon instructor approval. **No Class 11/24.**

Ages 18+	Nomura	ACC		
Res \$38/Non-Res \$57				
14330	10:10-11:10a	Tu/Th	9/6-12/8	

Tai Chi: Advanced Long Form

Study in the 103-movement Yang-style long form of tai chi chuan for returning and advanced students. Intended for people who have previously learned the 24-movement short form. Newcomers with some Tai Chi long form experience welcome upon instructor approval. **No Class 11/24.**

Ages 18+	Nomura	ACC		
Res \$38/Non-Res \$57				
14273	9-10a	Tu/Th	9/6-12/8	

Mindfulness Meditation: Way to Health and Happiness

Actively develop a healthy mind and body and remove stress with comfortable meditation postures. Good for all health conditions, pain management and open to all abilities. **No Class 11/24.**

Ages 16+	Tjahaja	PAL		
Res \$78/Non-Res \$98				
14180	6-7:30p	Th	9/1-12/8	
14182	7:30-9p	Th	9/1-12/8	
Ages 16+	Tjahaja	ACC		
Res \$78/Non-Res \$98				
14181	4-5:30p	Th	9/1-12/8	

Zumba Gold 50+

Ditch the workout, join the party! Enjoy rhythms set to high-energy Latin and international music. This cardio-based class combines fast and slow rhythms that tone and sculpt the body. Easy to follow dance moves require no prior experience.

Ages 18+	Weber	ACC		
Res \$49/ Non-Res \$74				
14328	4-5p	M	9/12-10/24	
14329	4-5p	M	10/31-12/12	

Zumba FREE Try-It-Out Day

Here's your chance to try out Zumba at the ACC for free!

Ages 18+	Weber	ACC		
14352	6-7p	Th	9/8	

Zumba

Use Latin and world rhythms to burn calories, mix low to high intensity moves and dance your way to fitness! No experience is needed to join our Licensed Zumba instructors in a fun, effective workout.

Ages 18+	Weber	ACC		
Res \$49/Non-Res \$74				
14353	6-7p	Th	9/15-10/27	
14354	6-7p	Th	11/3-12/22	

Boomers Boot Camp

FREE Try-It-Out Days

Here's your chance to try Boot Camp for free!

Ages 18+	Blum	ACC	
14356	6-7p	Tu	9/6
14335	7-8a	Th	9/8
14336	9-10a	Sa	9/10

Boomer's Boot Camp

Gain strength and feel energized. This class is for all levels of fitness. Increase your heart rate, health and strength safely, effectively and comfortably, all while having fun and getting fit!

No Class 11/24.

Ages 18+	Blum	ACC	
Res \$33/Non-Res \$50			
14338	6-7p	Tu	9/13-10/25
14339	6-7p	Tu	11/1-12/13
14262	7-8a	Th	9/15-10/27
14263	7-8a	Th	11/3-12/22
14340	9-10a	Sa	9/17-10/29
14337	9-10a	Sa	11/5-12/17

Sit and Be Fit

Learn and practice exercises you can do while seated and standing with a chair. Participants do not have to stand if unable. Class begins on Friday. **No Class, 10/31, 11/11, 11/25.**

Ages 18+	Bruner	ACC	
Res \$93/Non-Res \$117			
14344	10:10-11:10a	M/F	9/9-10/24
14345	10:10-11:10a	M/F	10/28-12/16



Strength Training

Experience low-impact training that uses weights and dynabands to strengthen muscles around joints. Increase muscle strength, improve muscle coordination and balance. Class includes a stretch and relaxation segment.

No Class 11/11, 11/23 & 11/25.

Ages 18+	Bruner	ACC	
Res \$36/Non-Res \$54			
14351	9-10a	F	9/9-10/21
14350	9-10a	M	9/12-10/24
14347	9-10a	F	10/28-12/16
14346	9-10a	M	11/7-12/12

Ages 18+	Bantz	ACC	
Res \$36/Non-Res \$54			
14348	9-10a	W	9/7-10/19
14349	10:10-11:10a	W	9/7-10/19
14268	9-10a	W	10/26-12/14
14269	10:10-11:10a	W	10/26-12/14

Flexibility Focus

Stretching and balancing is a peaceful, relaxing and releasing form of body work. Students will work at three levels: floor, chair, and standing to improve range of motion/flexibility and balance. Bring a floor mat and towel. Instructions include how to safely get down on the floor and back up.

No Class 11/22, 11/24.

Ages 18+	Bantz	ACC	
Res \$72/Non-Res \$90			
14343	10-10:50a	Tu/Th	9/6-10/20
14266	10-10:50a	Tu/Th	10/25-12/15

50+ Aerobic Exercise to Music

An easy low-impact class designed for adults 50 and older who love to dance and move. Improve flexibility, strength, balance and posture as we move to music from the 50's and 60's. Instructor will alternate from chair to standing. **No Class 11/22, 11/24.**

Ages 50+	Bantz	ACC	
Res \$72/Non-Res \$90			
14327	9-9:50a	Tu/Th	9/6-10/20
14261	9-9:50a	Tu/Th	10/25-12/15

STEWARDSHIP VOLUNTEER OPPORTUNITIES

Give back to the environment, help maintain healthy habitats for plants and animals, and improve watershed management by volunteering in Lake Oswego's 450 acres of Natural Areas with the Parks Friends Group.

For more information about our Stewardship Opportunities, visit LO-Stewardship.org, or contact Babs Hamachek, Parks Stewardship Coordinator, 503-534-5697.

Please wear sturdy shoes, bring gloves and water to drink. Volunteers under 18 must have a signed parental release form. All locations are in Lake Oswego unless otherwise noted. Please check our website, LO-Stewardship.org for work party updates.

Get Wild at Lily Bay

September 18, Su 1–3p.

Friends of Lily Bay Natural Area need your help to eradicate ivy and invasive species! Walk down to the corner and look for a trail marker, then help preserve native plants and the homes of deer, turtles, beavers, frogs and waterfowl.

Parking: End of Diamond Head Rd. Walk down to trail maker.

Contact: Melissa Messner 310-991-7795

denofmessners@gmail.com

Planting Party at Woodmont Park

September 25, Su 1-3p

Enjoy the songs of the birds as you nestle native plants into their new home. The native species planted during this stewardship opportunity will help restore this natural area to its proper eco-balance.

Parking: The intersection of Atwater Rd and Knaus Rd

Contact: Heidi Schrimsher 503-754-6640 or

heidigarden@msn.com

Weed warriors wanted at Iron Mt. Park

October 9, Su 1–3p.

Join the Friends of Iron Mountain Park as they tackle the creeping ivy and invasive weeds. Help restore the park's diverse plant ecosystem and protect the home of its eagles, hawks, owls, deer, and beavers.

Parking: Trailhead behind the Oswego Hunt Club via graveled Brookside Rd., which is off of Twin Fir Rd

Contact: Mike Buck 503-914-8607 or m.bucks@comcast.net

Restore the trails at East Wagula Park

October 15, Sa 9:30–11:30a

Join Friends of Waluga Park to help repair a muddy large puddle on the trail, divert some streams and spread gravel at East Wagula Park. You may even spy blue heron, eagles, raccoons and deer in this unique park that hosts an old quarry.

Parking: 15505 Quarry Rd.

Contact: Will Mahoney-Watson 503-752-3430

will@waluganeighborhood.org

Restoration at Springbrook Park and Creek

October 22, Sa 9–11a

Join Friends of Springbrook Park as they plant native species along the trails that meander over hills and dales in the 52 acre woods. Park is behind the soccer field at Uplands Grade School.

Parking Location: Uplands Grade School, off Wembley Park Rd.

Contact: Tom Bland 503-860-8665 or blandt50@hotmail.com.

Planting Party at Southwood Park

October 29, Sa 10a-12p

You're invited to the Friends of Southwood Park's restoration planting party! Help transplant bare root native species into the natural areas of Southwood Park. This tucked away park hosts a babbling stream that was recently unburied from invasive blackberry vines by Stewardship volunteers.

Parking: 6200 Pamela St., Portland 97219.

Contact: Kim Valley 503-336-4646 or kvalley1@yahoo.com

Planting Party at Hallinan Park Woods

November 6, Sa 1–3p

Friends of Hallinan Heights Woods is hosting a native species planting party to restore Hallinan Park Woods. Bring a friend, work for a couple of hours and leave knowing you made a difference in the health of this incredible forest!

Parking: On Hemlock St. near Hallinan School

Contact: Barbara Fisher 503-636-3153 or

lanefisher@comcast.net

VOLUNTEER OPPORTUNITIES

Get involved in the LO Teen Lounge

The Teen Lounge offers volunteer opportunities for high school students looking to earn volunteer credits toward graduation, experience working with youth and making a difference in your community! In order to volunteer you must be a current high school student, available for a minimum of two hours at a time, and attend ONE volunteer orientation. Complete the Teen Lounge Volunteer Application at www.LOTeenScene.org and click on "Working and Volunteering At The Lounge".

Get Involved at Luscher Farm

Come help maintain the property, children's garden, lead tours or teach classes! This opportunity is open to ages 13+ and perfect for the summer season. Contact Dawn Grunwald at dgrunwald@lakeoswego.city.

Get involved at the Adult Community Center

Help serve lunch, assist in blood pressure checks, teach classes or escort trips at the ACC! Most volunteer opportunities at the ACC are for volunteers 18+ but students are also welcome to help with specific activities. Contact Berta Derman at bderman@lakeoswego.city.

Get involved in Special Events

Help out at the Annual Holiday Tree Lighting, or Holiday Wagon Rides! Contact Mary Kelly at mkelly@lakeoswego.city.

GET HEALTHY

LUSCHER FARM

Kids in the Kitchen

Hands-on fun in the kitchen! Learn important cooking skills while preparing a healthy meal using produce from the Children's Garden. Allow creativity to mesh with culinary techniques for exciting results!

Ages 6-15 **Content** **LUSCH: Farmhouse Kitchen**
Res \$30/Non-Res \$45

Garden Tomato Soup, Grilled Cheese, and Snickerdoodles

14488 11a-1p Sa 9/10

Vegetable Sushi and Lemon Cakes

14489 11a-1p Sa 10/8

Hoppin' John and Sweet Potato Pie

14490 11a-1p Sa 11/12

Gingerbread House Workshop

Come to the cozy farmhouse kitchen and learn to bake with Chef Laura Content. Bake gingerbread, decorate a keepsake gingerbread house and take home some dough to bake. When you're done, make holiday cards to share.

Ages 6-13 **Content** **LUSCH**
Res \$52/Non-Res \$78
14491 9a-12p Sa 12/10
14492 9a-12p Su 12/11



INTERNATIONAL CUISINE SERIES

Sicilian Splendor

Learn to create classic and modern dishes from the beautiful island of Sicily. Eggplant Caponata, Sesame-Semolina Bread, Mussels with Green Herbs, Cassata al Forno (Baked Ricotta Tart with Chocolate and Citrus) are on the menu.

Ages 18 and up **Content** **LUSCH**
Res \$49/Non-Res \$74
14493 5:30-8:30p Tu 9/13

North African Spice Market

Enjoy the tastes of Africa that will take your palate on a journey overseas! Create a tasty meal of Seven Vegetable Tagine, Baharat Lamb Skewers, Harissa and Coucous while enjoying an evening of fun at the farm. Dessert will be Pistachio-Honey Ice Cream.

Ages 18 and up **Content** **LUSCH**
Res \$49/Non-Res \$74
14494 5:30-8:30p Tu 10/11

Homestyle Japanese Vegetarian

Learn how to create exotic Japanese flavors to share with friends and family. Prepare Broiled Miso Tofu, Yakisoba Noodles, Inari Zushi with Braised Shitake Mushrooms, Seaweed and Cucumber Salad, Green Tea Shortbread and Jasmine Tea.

Ages 21 and up **Content** **LUSCH**
Res \$49/Non-Res \$74
14495 5:30-8:30p Tu 11/8

Hyper-tufa Trough Making Class

Troughs are great for growing small alpine, rare, or shade-loving plants. Learn the why and wherefore of making troughs, and leave with a new trough ready for you to unmold and finish at home, with all materials provided.

Ages 18+ **Beutler** **LUSCH**
Res \$25/Non-Res \$38
14503 10a-12p Sa 11/19

Garden Babies

Parents bring your wee one to the Farm for some fun garden based activities. Parents must accompany children. Drop in class, preregistration requested. Class is held rain or shine.

Ages 0-3 **Staff** **LUSCH: Bunkhouse**
Free Drop-In Program
14497 10-10:45a Tu 9/6-10/25

Barnyard Tales

Join Luscher Farm staff for a weekly story time on the farm, followed by a short tour of the Children's Garden. Drop in class, preregistration requested. Parents must accompany children.

Ages 3-8 **Staff** **LUSCH: Bunkhouse**
Free Drop In Program
14498 10-11a Th 9/8-10/27

No School Garden Day

Spend your school day off at the Farm. Enjoy games, crafts and activities while learning about organic gardening. Bring a sack lunch and water bottle. Wear closed toed shoes.

Ages 5-12	Staff	LUSCH	
Res \$60/Non-Res \$90			
14499	9a-4p	F	10/14

Zombie Garden Day

Make a Zombie garden, dress in zombie rags complete with spooky face paint and munch on scary snacks in the Children's Garden. Finish the day with a Zombie stomp to spooky music.

Ages 5-12	Staff	LUSCH	
Res \$60/Non-Res \$90			
14500	9a-4p	F	10/28

Holidays Around the World

Learn about the many holidays celebrated in winter around the world. Make crafts to give as gifts, bake cookies and learn about cultures different from our own.

Ages 5-12	Staff	LUSCH	
Res \$185 non-Res \$231			
14501	9a-2p	M-F	12/19-12/23

Sweet Treats and Barnyard Birthday Party

Enjoy your child's birthday while we take care of the party. Choose from a cooking or art theme. Party supplies and favors and homemade cupcakes are provided. Call 503-534-5284 to reserve.

Ages 3-14	Content	LUSCH	
First 10 guests			
Res \$225/Non-Res \$259			
Extra Guest - Up to 5			
Res \$10/Non-Res \$12			

Create Year Round Garden Color

Add color to your garden throughout the seasons with perennials and discover why Autumn is the best time to plant. Perennials' dependability and low maintenance make a flower garden easy.

Ages 18+	Whitman	LUSCH: Farmhouse Parlor	
Res \$15/Non-Res \$23			
14502	9:30-11a	Sa	9/10

Seed Exchange

Exchanging seeds is an excellent way to stock up for next season, trade your extras or find something new. Bring the very best of your seeds, plants and cuttings to freely give and exchange with new and old friends.

All Ages	Staff	LUSCH	
Free Drop in Program			
14496	1-3p	10/8	

Infused Oils and Vinegars

Use herbs from the Demonstration Garden to learn how to infuse oils and vinegars. Liven up your favorite dishes with these wonderful homemade products, or give as gifts to friends and family.

Ages 16+	Rukke	LUSCH	
Res \$30/Non-Res \$45			
14507	10a-12p	Sa	9/17

Herbal Gift Workshop

Learn how to infuse oils and make your own salt scrubs, lip balm, and massage oils using products from the garden. Take samples home for personal use or gift giving.

Ages 16+	Staff	LUSCH: Farmhouse Kitchen	
Res \$30/Non-Res \$45			
14504	10a-12p	Sa	12/3

Luscher Farm Winter CSA

Community Supported Agriculture (CSA) is a partnership between a farmer and local customers who invest in each other. It is an innovative and resourceful strategy to connect local farmers with local customers, develop a sense of community and connect urban citizens to our rural roots. Members pay a fee at the beginning of the growing season to meet the farm's operating expenses for the upcoming season. In return, they receive portions of the farm's produce throughout the growing season. Lake Oswego Parks & Recreation has teamed up with Laura Masterson, owner of 47th Avenue Farms to provide our citizens with an opportunity to reconnect with the land and receive healthy, sustainably-grown vegetables. The Winter CSA harvest starts in the beginning of November and continues through mid-April. Members come to Luscher Farm 2x a month on Th evenings to pick up their shares of produce. At each pick up you receive at least 8-10 different vegetables and herbs.

Pick up dates are: 11/3, 11/17, 12/1, 12/15, 1/5, 1/19, 2/2, 2/16, 3/2, 3/16, 3/30 and 4/13.

Age 16+	Masterson	LUSCH	
14506	5-7p	Th	
Whole Share Fee Res \$999/Non-Res \$1149			
14505	5-7p	Th	
Half Share Fee Res \$555/Non-Res \$638			
Ages 16+ Masterson			

Harvest Celebration

Join in the festivities and celebrate National Organic Harvest Month with our Farm Partners. You'll find the farm bursting with excitement with a petting zoo, live music, food vendors and local artisan vendors. It's a car free day at the farm, so please park at C3 Church, 17979 SW Stafford Road, and walk or take the free shuttle to the farm.

All Ages	Staff	LUSCH	
10a-3p	Sa	9/24	

Get Outdoors

As part of *Living Well in LO*, Parks & Recreation offers activities to encourage Environmental Wellness. Environmental Wellness is one of the Six Dimensions of Wellness and is defined as acknowledging the interdependence of one's wellness with that of the condition and livability of one's surroundings.

OUTDOOR RECREATION

PROVIDER SPOTLIGHT



ADVENTURES WITHOUT LIMITS

Adventures Without Limits (AWL) is mission-directed to empower people of all abilities through quality outdoor experiences. AWL can adapt equipment and provide additional staff support to accommodate people with disabilities. Transportation for these excursions is included; for more information please go to the website: www.awloutdoors.org

Pick-up at Palisades

*ALL trips listed with Adventures Without Limits are exclusive trips for Lake Oswego Parks and Recreation.

Latourel Falls Hike

A 2.4 mile loop that offers multiple views of the falls. With only 500' of elevation gain throughout the hike, hikers of all abilities will enjoy this hike. Cameras are encouraged.

Ages 9+	AWL	PAL	
Res \$69/Non-Res \$80			
14381	9a-5p	Su	9/11

Ape Caves

Ape Cave Lava Tubes are a popular attraction in the Mount St. Helens National Monument and the longest lava tube in the continental United States. Great for explorers of all abilities. Features such as the "Meatball" and "Railroad Tracks" offer wonder and education into the geological formation of the lava tubes.

Ages 9+	AWL	PAL	
Res \$69/Non-Res \$80			
14379	9a-5p	Su	9/25

Nehalem Bay Kayaking and Hiking Trip

*Overnight trip

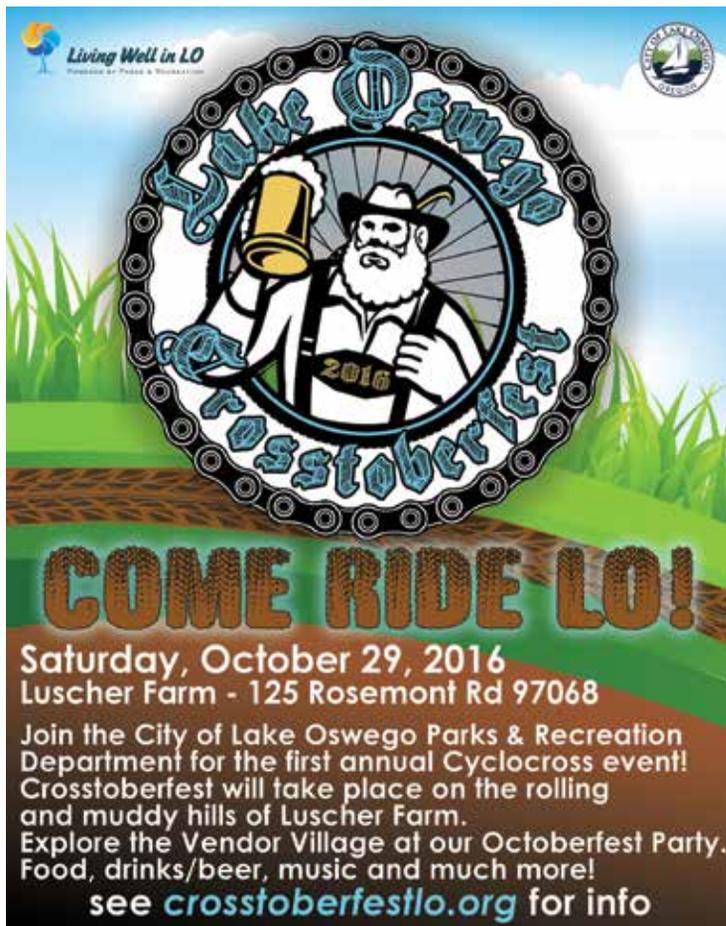
A shipwreck, Sea Lions and Native American culture, this trip has it all. For those wanting to paddle both calm and exciting conditions. Nehalem Bay allows beach activities, beautiful hikes, and history that never ends. Food, transportation, equipment and technical clothing provided. Break out the S'mores and campfire stories for this awesome beach adventure.

Ages 9+	AWL	PAL	
Res \$230/Non-Res \$265			
14380	9a-9a	Sa/Su	10/1-10/2

Circuit Gym Indoor Rock Climbing

Calling all climbers! New and experienced rock climbers looking for a way to improve their skills or find a great introduction to the sport. With trained professional instructors, safe equipment and the ability to climb routes of all difficulties; our indoor rock climbing trip is a great way to get some chalk under those fingernails.

Ages 9+	AWL	PAL	
Res \$69/Non-Res \$80			
14382	9a-5p	Su	11/6



ALDER CREEK KAYAK, CANOE & SUP IN LAKE OSWEGO



Kayak, Canoe, Raft & SUP | Portland, OR

Alder Creek provides instructional classes and rentals. Classes meet at Tryon Cove Park where you receive detailed instructions. All paddling gear provided.

For pricing, to register and for more information, please visit Alder Creek at www.aldercreek.com or call **503-285-0464**.

TCP 14110 Stampher Rd. Lake Oswego

SUP, KAYAK & CANOE RENTALS

Rentals available Sa-Su at Tryon Cove Park until 10/11

Single Kayaks or SUP Boards

1 hour rental	\$20
2 hour rental	\$25
½ day rental	\$35

Double Kayaks or Canoes

1 hour rental	\$25
2 hour rental	\$30
½ Day rental	\$40

Basic Skills SUP (Stand Up Paddleboard) *

This class establishes the foundation that all paddlers need. In the classroom, we discuss paddling safely, local destinations and equipment. On the water, we introduce the paddle strokes needed to efficiently move a kayak through water. Choose optional pricing depending on age.

Ages 10+ ALD TCP

Offered every Sunday 9/4-9/18 from 10a-1p

Basic Skills Kayak*

This class establishes the foundation that all paddlers need. Begin by discussing paddling safely, local destinations and equipment. In the water, we introduce the basic paddle strokes needed to move a kayak. Choose optional pricing depending on age.

Ages 10+ ALD TCP

Offered every Saturday 9/3-9/17 from 10a-2p

Elk Rock Tour

Have fun and explore part of The Willamette River Water Trail close to downtown Portland by kayak, canoe, or stand up paddle board on this guided tour! We meet at our instruction center at Tryon Cove in Lake Oswego. After some basic safety briefings and a few pointers on technique we launch from the beach and head up to Elk Rock Island just about a mile down river. We will paddle as a group learning about the area and picking up a few new skills along the way.

Ages 10+ ALD TCP

Offered every Sunday 9/4-9/18 from 10a-1p

NEW This fall!

Women of the Water Sessions

Alder Creek will be offering Women of the Water Sessions starting in September. Come enjoy Kayak & Stand Up Paddleboard sessions that excite, energize, and empower women to get out on the water. Whether for fun, fitness, or friendship, we will help you gain the skills you need. Our knowledgeable and personable coaches will help you learn the basics and give you helpful hints from a woman's perspective. Check out the options below.

SUP (Stand Up Paddle) Yoga for Women*

Begin on land before heading to the water for a tour around the cove. Once you feel at ease we work through a series of traditional poses engaging your core and testing your balance! No prior yoga and SUP experience required.

Ages 14+ ALD TCP

Classes held on Thursday morning for 3 hours each class
9a-12p 9/1 – 9/29

Fee \$45 (includes board rental)

Fee \$20 (with own board)

Elk Rock Paddle Tour for Women

Have fun and explore part of The Willamette River Water Trail close to downtown Portland by kayak, canoe, or stand up paddle board on this guided tour! We meet at our instruction center at Tryon Cove in Lake Oswego. After some basic safety briefings and a few pointers on technique we launch from the beach and head up to Elk Rock Island just about a mile down river. We will paddle SUPs and/or kayaks as a group learning about the area and picking up a few new skills along the way.

Ages 14+ ALD TCP

Classes held on Thursday morning for 3 hours each class
9-12p 9/1 – 9/29

Fee \$45 (includes board rental)

vSUP (Stand Up Paddle) Yoga*

Begin on land before heading to the water for a tour around the cove. Once you feel at ease we work through a series of traditional poses engaging your core and testing your balance! No prior yoga and SUP experience required.

Ages 14+ ALD TCP

Classes held on Tu/Sa for 2 hours each class

Tu 6-8p 9/6-9/13

Sa 9-11a 9/3-9/17

Fee \$45 (includes board rental)

Fee \$20 (with own board)

*after Sept classes are weather dependent. Please call 503-285-0464 for availability

HIKES & RAMBLES

Welcome to our Hiking Program Our group of volunteers has been planning and leading hikes for more than 30 years. Our goals are enjoyment of the outdoors, healthy activity and social interaction with like-minded friends. We are not intent on setting speed or distance records, but aim to promote appreciation and knowledge of the environment in the beautiful Pacific Northwest. Our outings are Tu and Th (see schedule), most within two hours' drive of Lake Oswego.

HIKES

Designed for hikers of intermediate ability. Hiking distances are usually between 6-10 miles, with elevation gains of 800-2000 ft.

RAMBLES

Typically shorter, 3-6 miles, less rugged and more leisurely paced – perfect for beginners.

MEETING PLACE

Lake Oswego Parks & Recreation at Palisades, 1500 Greentree Rd. No preregistration required.

DEPARTURE TIMES

Listed in the schedule. Please arrive at least 15 minutes before departure time to sign liability release and hike roster, arrange carpools and get driving instructions. We leave promptly at the stated times.

WHAT TO WEAR

Clothes suitable for weather conditions. Breathable, moisture-wicking layers are ideal. Sturdy, lug-soled, waterproof walking shoes or boots are recommended.

WHAT TO BRING

Daypack containing lunch and trail snacks, sufficient water, sun protection, personal first aid kit, extra jacket or vest, rain gear or umbrella, extra shoes and plastic bag for muddy items (your driver will thank you). Hiking poles are often helpful but optional.

CARPPOOLING AND FEES

Carpools are arranged among participants. Riders pay a mileage donation to the driver, and share any bridge tolls or parking fees. See **LOHIKES.com** for carpool donations specific to each hike. All mileages listed are roundtrip. A Parks & Rec fee of \$1 is payable before departure.



CONDITIONS AND SAFETY

Hikes and Rambles are not cancelled due to rain, but are cancelled if Lake Oswego Schools are closed or delayed due to weather. Location may be changed for hiking or driving safety. Leaders may refuse to take anyone judged not properly equipped or prepared. Participants accept responsibility for their personal safety. No pets permitted.

For up-to-date, detailed information, please visit
WWW.LOHIKES.COM

End of Season Potluck

Tuesday, November 15
Palisades 1500 Greentree Rd.
8:45-9a Drop off dish
9:15a 3-4 mile walk with minimal elevation
11-11:30a Appetizers and beverages
12p Potluck begins
Guest Speaker: Scott Burns PhD



For further details on any hike, visit LOHIKES.com or inquire at the LO Parks & Recreation Office.

DATE	DEPART	DRIVE	AREA	(H)IKE/(R)AMBLE	MILES	ELEV GAIN	FEATURES
9/1	8:00	152	Mt Hood - West	H-Owl Point/Red Hill add-on	5	600'	Mountain Scenery, Vistas
9/1	8:30	130	Mt Hood - West	R-Timberline Lodge W Trails	3	300'	Alpine Zone, PCT Hikers
9/6	8:00	130	SW Washington	H-Bunker Hill	6.1	1310'	Wooded Knob, Views
9/6	8:30	120	Mt Hood - West	R-Mirror Lake	3.2	700'	Lake, Mt Hood Views
9/8	7:30	190	Mt Hood - West	H-Lost Lake and Butte	7	1400'	Mt Hood Views, Lake
9/8	8:30	100	Mt Hood - West	R-Still Creek	3.2	700'	Deep woods, Creek
9/13	8:00	212	SW Washington	H-Sleeping Beauty	3.2-6	1410'	View of Mt Adams
9/13	8:30	25	PDX / Valley	R-Charbonneau & Countryside	4	100'	Planned Neighborhood, River
9/15	8:00	160	SW Washington	H-June Lk./ East on Loowit	7	1600'	Lava Fields, Mt Views
9/15	8:30	27	PDX / Valley	R-Pittock mansion	4	400'	Landscaped Mansion
9/20	7:30	212	Mt Hood - East	H-Cloud Cap to Gnarl Ridge	8.4	2420'	Alpine, Glacier Views
9/20	8:30	204	Mt Hood - East	R-Tamanawas Falls Loop	4.5	900'	Waterfall, Fall Colors
9/22	7:30	186	SW Washington	H-Julia Butler Hansen Wildlife Refuge	7	Flat	River, Birds, Ships
9/22	8:30	110	Mt Hood - West	R-Enid Lake, Little Zig Zag Falls	4	600'	Waterfalls, Huckleberries
9/27	8:00	142	Clackamas Ft. Hills	H-Bull of the Woods: Dickey's Lookout	8.4	820'	Fire Lookout, Mt Views
9/27	8:30	90	SW Washington	R-Upper Cape Horn	3.8	870'	Columbia River Views
9/29	8:00	140	Mt Hood - East	H-Bonney Butte via Bennett Pass	7	1000'	Hawk Watch Site
9/29	8:30	100	Coast/Coast Mts	R-Wilson River Trail	7	minimal	Waterfalls, Forest Center
10/4	8:00	160	SW Washington	H-Butte Camp	9	1500'	Slope of Mt St Helens
10/4	8:30	130	Santiam Ft. Hills	R-Shellburg Falls Loop	4	700'	Walk-behind Waterfall
10/6	8:00	120	Clackamas FtHills	H-Fish Creek Mountain	8	2400'	Former Fire Lookout, Lake
10/6	8:30	20	PDX / Valley	R-Sellwood to Tilikum	6	flat	Portland Bridges
10/11	8:00	163	SW Washington	H-Thomas Lake to Blue Lake	6.8	900'	Lakes, Huckleberries
10/11	8:30	160	SW Washington	R-Indian Heaven - Rock Lake	4.5	500'	Lakes, Huckleberries
10/13	8:00	130	Mt Hood - East	H-Palmateer Point	6	800'	Fall Colors, PCT Hikers
10/13	8:30	65	PDX / Valley	R-Sandy River Delta	4.4	flat, 40'	Lewis & Clark Camp
10/18	8:00	117	Clackamas Ft. Hills	H-Mt. Mitchell	5	830'	Wide-ranging Views
10/18	8:30	80	Clackamas Ft. Hills	R-Eagle Creek - Estacada	6.7	900'	Creekside Wilderness
10/20	8:00	180	Columbia Gorge	H-Horse Thief Butte	4.5-5	flat	Rock Formations
10/20	8:30	56	PDX / Valley	R-Wapato Access Greenway SP	3	50'	Lake, Oak Savanna
10/25	8:00	114	SW Washington	H-PCT to Bonneville Hot Springs.	6.2	720'	Fall Colors, Lakes
10/25	8:30	14	PDX / Valley	R-Oregon City Loop	4	200'	History, River, Falls
10/27	8:00	40	PDX / Valley	H-Champoeg State Park	5	100'	State Park, History Exhibits
10/27	8:30	80	PDX / Valley	R-Salem Riverfront or Wallace Pk Loop	4.28	flat	Willamette Rv Bridges
11/1	9:00	34	PDX / Valley	HR-Upper Maple Trail Loop	4.5	476'	Old Growth Forest
11/3	9:00	68	SW Washington	HR-Lacamas Park	4-5	100'-300'	Lake, Waterfalls
11/8	9:00	40	PDX / Valley	HR-Newton Road - Forest Park	4.5	1100'	Deep woods, Creeks
11/10	9:00	14	PDX / Valley	HR-Explore Old West Linn	3.54	400'	History, Riverfront Park

ROWING



ROWING PROGRAMS offered through Lake Oswego Community Rowing (LOCR)



CHARLIE S. BROWN WATER SPORTS CENTER FOR ROWING

(On the Willamette River at Oswego Pointe Dr, near Roehr Park)
350 Oswego Pointe Drive, Lake Oswego
503-765-6102

Spring, summer and fall season rowing programs are held at the Charlie S. Brown Water Sports Center for Rowing. Indoor training sessions during the winter months are held at Palisades Elementary, 1500 Greentree Road.

REGISTRATION FOR ROWING

Register Online for Listed Classes

www.LOparks.org

or call Parks & Recreation 503-675-2549

Information about all programs offered by LOCR is available on the website at www.lorowing.com

REFUND AND CANCELLATION POLICY

Please see page 46 in this catalog.

INCLEMENT WEATHER

LOCR reserves the right to cancel classes due to poor weather or water conditions.

REGISTRATION REQUIREMENTS

Lake Oswego Community Rowing has teamed up with Parks & Recreation to provide easy access to information and registration for all rowing activities.

Enrollment in any rowing program is dependent on the following requirements:

- ✓ Current and signed Float Test form
- ✓ Lake Oswego Community Rowing forms
- ✓ Completed USRowing waiver

ROWING WITH LOCR

In partnership with the City of Lake Oswego Parks & Recreation Department, Lake Oswego Community Rowing (LOCR) offers programs for both new and experienced rowers. Rowing choices include Learn to Row classes, Youth Rowing (ages 13-18) and Adult/Masters rowing (18+). The season runs from mid-February through mid-November, weather permitting, and participants learn proper rowing technique, boat handling and water safety. Winter indoor land training is available to anyone, regardless of rowing experience, and includes ergometer (rowing machine) workouts and strength building.

Lake Oswego Community Rowing is a non-profit, volunteer driven organization. Guided by the Executive Director and coaching staff, the experienced and highly trained staff at LOCR provides all coaching and instructional training. LOCR also offers private lessons year-round; please email info@lorowing.com for details.

YOUTH ROWING PROGRAM

LOCR is open to student athletes, ages 13-18 (8th-12th grade), regardless of experience. Practice is daily after school, M-F, 3:45-6:15p, and Sa mornings 7:30-10a. LOCR offers a fall racing season, winter training season, spring racing season, plus options to row during the summer months. Rowers new to the sport are considered novice and after their first year advance to varsity. Through a partnership with the local high schools, varsity athletes have an opportunity to “letter” just as they would in a sport offered through their school.

Rookie Week

A trial week for all new rowers who are interested in joining the youth novice team for the fall competitive season. Join us for the final week of summer, August 22-26, 9-11a. Those interested in continuing have the opportunity to join the novice team for the fall season, which begins the following week, Tu, August 30, and will have the \$50 credited toward fall season fees. Space is limited; sign up today. Eligibility: All youth who have never rowed prior to August 2016, ages 13-18, and entering 8th-12th grade in fall 2016.

Ages 13-18	LOCR Coaches	WSC	
Fee \$50			
13429	9-11a	M-F	8/22-8/26

Required forms are available on-line at www.lorowing.com or through Lake Oswego Parks & Recreation - 1500 Greentree Road.

Youth Team Fall Season

Lake Oswego Community Rowing is looking for athletes interested in rowing with a nationally competitive and varsity sport youth team. Enjoy a fall rowing season filled with training and racing in the Northwest. We offer high energy and camaraderie with fellow athletes from around the area. No practice held on federal holidays, but practice is held on no-school days. First day of practice begins Tu, August 30.

Ages 13-18	LOCR Coaches	WSC	
Fee \$475			
14395	3:45-6:15p	M-F	8/30 – 11/4
	7:30-10a	Sa	9/3 – 11/5

Youth Team Indoor Training Winter Season

During the winter season, LOCR offers indoor winter training after school for both new and experienced athletes looking to participate in team rowing during the spring. All practices are held in the Palisades Elementary School. No practice held on federal holidays. No practice over school winter break.

Ages 13-18	LOCR Coaches	PAL	
Fee \$365			
14398	3:45-6:15p	M-F	11/14 – 2/10

ADULT ROWING

LOCR offers rowing programs for adults (18+) with prior rowing experience and those wanting to learn. We welcome experienced rowers from other rowing programs or anyone who has completed the Learn to Row program with us.

Adult Learn to Row Class - Level 1

LOCR offers rowing classes for adults during Spring, Summer and Fall, for those who have little or no prior rowing experience. We teach the basics of rowing terminology, boat handling and safety. Proper rowing technique is taught on rowing machines and then progresses to the water. Successful completion of any of our Learn to Row classes allows participants to join the LOCR Masters Program (coach clearance required). All classes are 4 weeks, 2x per week. Class size is limited; sign up today.

Ages 18+	LOCR Coaches	WSC	
Fee \$150			
14399	5:45-7:15a	Tu/Th	9/6-9/29
14400	9-10:30a	Tu/Th	9/6-9/29
14401	9-10:30a	Tu/Th	10/4-10/27



Adult Learn to Row Class - Level 2

Continue to hone your skills in our Level 2 classes. Specifically designed for graduates of Level 1 or anyone with previous but limited rowing experience, you'll further your understanding of the rowing stroke with opportunities to row in bigger boats such as doubles and quads. Successful completion of any of our Learn to Row classes allows participants to join the LOCR Masters Program (coach clearance required). All classes are 4 weeks, 2x per week. Class size is limited; sign up today.

Ages 18+	LOCR Coaches	WSC	
Fee \$165			
14402	5:45-7:15a	Tu/Th	9/6-9/29
14403	9-10:30a	Tu/Th	9/6-9/29
14404	9-10:30a	Tu/Th	10/4-10/27

Adult Indoor Rowing & Fitness Class

Come train with the coaches of LOCR and stay in shape over the holidays! Whether you are interested in rowing with us in the spring or just want a great work out over the winter months, this class is open to anyone wanting to work hard and get fit. All training is on our state-of-the-art Concept 2 rowing machines and overseen by coaches who understand proper form and technique. New and experienced athletes are welcome. No class held on federal holidays.

Ages 18+	LOCR Coaches	PAL	
Fee \$165			
14478	5:45-7:15a	M/W/F	11/21-12/16
14479	9-10:30a	M/W/F	11/21-12/16

Masters Program

Experienced adult rowers interested in fitness, improving technique, or competing in regattas can join the LOCR Masters Rowing Program. Masters practice and train under the supervision and direction of our coaches, and the group includes post collegiate rowers, individuals who have completed Learn to Row classes and rowers who were introduced to rowing at another club. Whether you are an experienced rower or relatively new, our coaching staff can hone your skills and bring your rowing to a new level.

Adults (Ages 18+) join the Masters Program by purchasing either an annual or 3 month (seasonal/quarterly) membership which provides access to any of the designated Masters rowing times as posted at www.lorowing.com. Memberships are purchased at www.loparks.org. Click on the Memberships tab, and then choose LOCR Masters 3 Month or Annual Membership; or call 503-675-2549.

Ages 18+	LOCR Coaches	WSC
3 Month Membership		\$275
One Year Membership		\$975

Unveil Your Art!

Sculpture Celebration
Millennium Plaza Park
August 21, 2016

See Art! Take the Tour!
Schedule a guided docent-lead walking tour of the Gallery Without Walls. 503.675.3738



Arts Council
OF LAKE OSWEGO

artscouncillo.org
503.675.3738
520 1st St.
PO Box 369
Lake Oswego

DO NOT OPEN
Unveil Your Art!
August 21, 2016
Millennium Plaza
Meet the Artists!

LAKE OSWEGO is a

H.E.A.L. CITY

LO commits to support Parks & Recreation programs, access to healthy foods and prioritize policies that promote active & healthy living





HEALTHY EATING
ACTIVE LIVING
LAKE OSWEGO

Look for the HEAL logo at local restaurants for healthy food options
more info at livingwellinlo.org

Lake Oswego Parks & Recreation

Palisades Spooktacular

Indoor Trick-or-Treating

Lake Oswego Parks & Recreation invites kids and parents to Palisades to participate in trick-or-treating. Wear a costume and come by all the offices to show it off, and get a treat! Safe, free, indoor and FUN!!!

ages 0-12

Monday October 31

10:30am Preschool Flashlight Candy Hunt
2:30-4:30pm Indoor Trick-or-Treat




#LOsunset Instagram Contest

We all know that LO has some of the best sunsets! Taking a minute to appreciate and enjoy that moment at any LO park or outdoor location is just one way to increase your spiritual wellness and overall health. Tag your favorite sunset and spiritual moment with #LOsunset for a chance to be featured and entered to win discounts to LOPR classes or LOPR swag!

One photo per week will be selected at random and shared. Prizes include a \$20 credit for any LOPR class and/or a LOPR Living Well in LO blanket. Winners will be notified via direct message on Instagram. All winners must be able to pick up their prize at the LOPR office at the Palisades.

Parkies

PARK + SELFIE If you enjoy LO parks as much as we do, and love taking selfies then join us in our PARKIES movement!

Parkies are any selfies you take while Living Well in LO with one of our beautiful LO parks as the backdrop. Share a selfie of you enjoying one of the amazing LO Parks and tag the photo with #parkies. We'll be sharing some of our favorite #parkies and giving out some great prizes! Make sure to follow us on Instagram, Twitter and Facebook as we announce more details!

It's not just a selfie, it's a Parkie!

Teen Scene

LO TEEN LOUNGE OPEN HOUSE CELEBRATING DOUBLE DIGITS!

The LO Teen Lounge at PAL

Coming in to its 10th year, the LO Teen Lounge is 10 years old and offers a wide range of activities for all teens, including classes, clubs, volunteer opportunities, field trips and more! The Lounge is hosting an open house to celebrate, come down and see our new additions! A pool table, ping pong, air hockey, big screen TV, skeeball, 3 TVs and video games are here for you and your friends to enjoy! All teens grades 6-12 are welcome.

Participants are responsible for signing in and out of the Lounge. Two Lounge staff members are present at all times to assist and supervise participants. Movies, video games and television at The Lounge are rated "teen" (PG-13, Teen, TV-14). TV-14 rated television shows are only allowed from 5-7p. Please be advised before registering your child.

Open House: August 30-September 30

M-F 3-7p Junior High and High School students welcome

*We will be open at 2p for Early Release Thursdays (Please see ASAP Membership for details on our after-school program).

*Please note that after September 30, students will be required to register for ASAP and fill out an ASAP permission slip form if they wish to attend from 3-5p.

LO Teen Lounge: Celebrating 10 Years!

Friday, September 9 3-7p

Join us as we celebrate our 10 year Anniversary! Enjoy games, music, inflatables and a great party!

Winter Break Hours

The Teen Lounge will be closed for Winter Break December 21-January 1.



Follow us on Instagram! Get the latest happenings of the Teen Lounge and its programs! @LOTeenLounge



Follow the Teen Lounge on Twitter! Get updates on job and volunteer opportunities, YAC events and words of wisdom from our participants and staff. @LOTeenLounge



Become a fan of the Teen Lounge on Facebook! Simply type "McKenzie Lounge for Teens" into your search browser and click the "LIKE" button! Get updates on events, daily happenings and the latest photos!



ASAP MEMBERSHIP

Membership is required to attend the After School Activities Program (ASAP) from 3-7p, M – F at the Teen Lounge, Palisades, 1500 Greentree Rd. The ASAP Drop-In is a program for grades 6-12 from 3-7p on school days. ASAP is also open on early release Thursdays (2p) and noon dismissals. Students get a light snack and can participate in activities including classes, clubs, games, crafts, homework help, competitions and much more!

Transportation is provided from Lake Oswego Junior High via the Parks & Recreation mini-bus. Lakeridge Junior High students can ride school bus #11 to the entrance of Palisades.

ASAP ANNUAL MEMBERSHIP FEE

ASAP Membership allows each student access to all the amenities of the Teen Lounge including all classes and clubs, events and homework help. Registration is for the entire school year!

Ages 11-17	Staff	PAL	
Res \$75	Non-Res \$94		
Membership	3-7p	M-F	10/1-6/1

***Register before October 1 and receive \$10 off!**

ASAP DAILY DROP-IN FEE

Not sure about attending the whole school year? That's ok! Students can pay a small daily fee to attend the ASAP program and still enjoy all the Lounge has to offer without registering for the school year.

Res \$2	Non-Res \$3		
*Fee due at each day of attendance			
3-7p	M-F		10/1-6/1

FALL ASAP TEEN CLASSES!

Open to ages 11-17

These teen classes are free to attend with the annual ASAP membership!

Teen Drumming Circle with RMC Music

Monday, 4-5p; beginning October 3

Learn about different drumming patterns and different beats by using hand drums and rhythm instruments.

Teen Art Explorations

Tuesday, 4-5p; beginning October 4

Come learn about various artists and explore different art techniques and a variety of media. Each week will showcase a specific artist.

Yoga

Wednesday, 4-5p; beginning October 5

Learn basic yoga poses and get a good work out. Wear comfy clothes.

Teen Hip Hop II

Thursday, 4-5p; beginning September 22

An intermediate/advance hip-hop class with instructor Laura Mabe.



ASAP TEEN CLUBS

Open to ages 11-17

These teen clubs are free to attend with the annual ASAP membership and run by our awesome Teen Lounge staff.

Spikeball Club

Monday, 3:30-4:30p; beginning October 3

It's like volleyball and 4-square morphed together and made a trampoline. Trust us.

Kickball Club

Tuesday, 3:30-4:30p; beginning October 4

Come kick a ball...with your foot...in a field.

Cooking Club

Wednesday, 3:30-4:30p; beginning October 5

Make stuff...then eat it!

Craft Club

Thursday, 3:30-5p; beginning October 6

Make fun stuff with a super crafty instructor.

Tutoring & Homework Help

The Teen Lounge offers free drop-in homework help for Junior and High School students. There is no registration required, first come-first serve basis.

Monday-Thurs; 5-7p

Friday Night Field Trips

The Teen Lounge offers a full night of fun! Meet at the McKenzie Lounge at Palisades, then head out for an evening of fun at the movie theater, laser tag and more. Dinner is provided. Space is limited, so register early. If you would like to receive monthly newsletters and field trip reminders, please email teenprograms@lakeoswego.city.

Laser Tag

Join the Lounge for a free-for-all laser war at the two-level Ultrazone Arena. Participants may also bring extra money for video games or additional food.

Ages 11-17	Staff	PAL	
Res \$34	Non-Res \$51		
14465	5-9p	F	10/21

Movie Field Trip: Fantastic Beasts & Where To Find Them

It's not Harry Potter...but it's the next best thing! This movie is rated PG-13 and may not be suitable for 11-12 year olds, please be advised before registering your child.

Ages 11-17	Staff	PAL	
Res \$22	Non-Res \$33		
14466	5-9p	F	11/18

FRIDAY NIGHT EVENTS AT LO TEEN LOUNGE

Friday Night Events are free and open to all teens, registration is not required. Tenn Lounge at PAL

Harry Potter Trivia Night

Friday, September 16 5-7p

Open to ages 11-17

Come test your Harry Potter knowledge! Prizes to the winning team.

Human Hungry Hungry Hippos

Friday, September 30 5-7p

Open to ages 11-17

Don't act like you're not impressed. Scooters, baskets, balls and determination.

Pumpkin Carving Contest

Friday, October 14 5-7p

Open to ages 11-17

We provide the supplies, and a prize to the winning pumpkin.

Scary Movie Night

Friday, October 28 5-7p

Open to ages 11-17

A scary PG-13 movie, s'mores and popcorn.



Cuatro de Noviembre

Friday, November 4 5-7p

Open to ages 11-17

It's fiesta time somewhere! Come join us for a party!

H.O.R.S.E. Tourney

Friday, December 2 5-7p

Open to ages 11-17

Compete with staff and win prizes.

Giant Spoons Tourney

Friday, December 16 5-7p

Open to ages 11-17

Take off those rings and let's do this.

RENT THE LOUNGE

The LO Teen Lounge is available for private parties and special events. Rental packages include staff on hand to help set up and clean up, plus use of all teen lounge perks! If you would like to have a party at the lounge, please contact Cydney Fletcher at teenprograms@lakeoswego.city to discuss party packages and available hours. Rental brochures can be downloaded at www.LOteenscene.org



SPORTS HIGHLIGHTS

CONTACT INFORMATION:

Adult & Teen Team Sports: 503-675-3901
 Twitter: @LOCitySports for league and event information, registration, facility closures, game cancellations, etc.
 League Info: lakeoswegosports.com

Thursday One-Mile Cross Country Runs



For Grades 3-8
 In partnership with the cross country teams of Lakeridge H.S. and Lake Oswego H.S.

Meet the coaches and run with the team members!
FREE!

Pre-register at lakeoswegosports.com
 Or arrive by 4:15p to Register
 Run Starts at 4:30p

September 8 (LOHS XC Team)
 Uplands Elementary
 2055 Wembley Park Road

September 15 (LHS XC Team)
 New Trail Site
 or Pilkington Park
 19043 Pilkington Road

September 22 (LOHS XC Team)
 Uplands Elementary
 2055 Wembley Park Road

Preschool Sports Classes for ages 2-6 see page 5

Fencing classes and camps see pages 7 and 8.

Adult Drop-In Sports

Designed for the fun and fitness of Lake Oswego residents. Bring I.D. for L.O. Resident Rate. Offered at local elementary schools. Non-Residents may play if availability exists. Residents \$2 per session; Non-Residents \$4 per session.

Ages 35+ Basketball

Begins early October
 8-10p Tu/Th **FHE**

Ages 18+ Volleyball

Begins late September
 8-10p Tu/Th **LGE**

Ages 18+ Table Tennis

Begins 1st Thursday in October
 7-9pm Th*
 *Offered 1st & 3rd Thursday of each month

Ages 18+ Pickleball

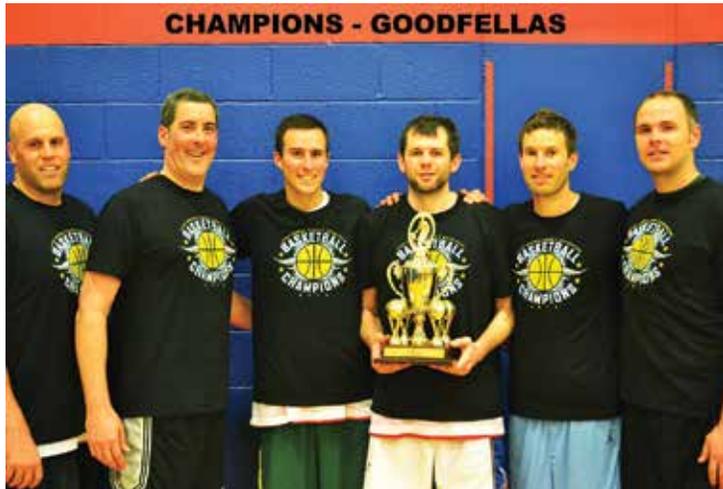
Begins indoors mid-October

1:15-3p	Su	PAL	
Levels: Novice-3.0			
3-4:45p	Su	PAL	
Levels: 3.5-5.0			
5:45-8:45p	F*	PAL	
All Levels			
*Offered 3 rd Friday of each month (10/21, 11/18, 12/16)			
12-3p	M	PAL	All Levels
9a-12p	W	PAL	All Levels
9a-12p	Th	PAL	All Levels

For specific dates of drop-in programs visit lakeoswegosports.com and click on the 'Open Gym'



City League Adult Basketball



2016 Champions
Goodfellas



2016 2nd Place
Nicoli's Grill & Bar

For players ages 18+

Team registration format, individuals are not placed on teams. Register at loparks.org. Managers must create team first before players can register

Per Player Fee: Res/Employed in LO \$61; Non-Res \$76 (players need to know manager and team name)
Includes 8 regular season games + double elimination tournament

Games: Played weeknights, M-Th, mid-January through mid-April

League Divisions: Open Division (ages 18+)

Registration Opens: Tu, November 15

Registration Deadline (minimum 8 players): Tu, December 13, 4:30p

Preschool sports classes for ages 2-6: Page 5
For Tennis classes see pages 37-41.

High School City League Basketball



Team registration format, individuals are not placed on teams. Register at loparks.org. Managers must create team first before players can register. Players need to know manager, division and team names to register.

League Divisions:

City League High School Basketball Girls 9-12

City League High School Basketball Boys 9/10

City League High School Basketball Boys Jr./Sr.

Registration Fee: \$57 per player fee, pay when you register (includes team T-shirts). LO residents only.

Season: November 28 – Feb. 25 Includes 8 regular season games + tournament

Games: Play week nights, Sa/Su

Registration Opens: Wednesday, October 12

Deadline (minimum 8 players): W, November 2, 4:30p

Interested in putting a team together?

Contact Jean at 503-675-3901

New teams and managers are required to attend the:

NEW TEAM/MANAGER ORIENTATION MEETING

Sa, November 19 at LOJH, Time TBA

GET CREATIVE

YOUTH

Rec Zone Drop-In Program

The Lake Oswego Parks & Recreation Rec Zone activity program is a drop-in program that creates a safe place for youth to have fun and offers a wide range of supervised activities for grades K-5. Social, physical, and creative interests are planned for Tuesday and Thursday afternoons during the school year. Transportation is provided via school buses to Palisades.

Hours of operation:

Tuesdays & Thursdays 3:30-6p

Early Release Thursdays 1:30-6p

Rec Zone Annual Membership Fee

Rec Zone Membership allows each student access to Rec Zone October 4-May 25. Rec Zone will be closed for Winter/Spring Break as well as no-school days. **No Class 10/27, 11/22, 11/24, 12/20, 12/22, 12/27, 12/29, 3/28, 3/30, 4/6**

Ages 6-10	Staff	PAL	
Res \$40	Non-Res \$60		
14464	3:30-6p	Tu/Th	10/4-5/25



Art Lab

Come explore different types of art techniques and media like drawing, painting, printmaking, and more while learning about various artists. Be inspired to explore your own interpretation of the ideas presented using an array of materials.

Ages 7-12	Thomas	PAL	
Res \$65/Non-Res \$82			
14384	10a-12p	Sa	10/1-10/22

Rock Painting

Discover different rock painting techniques. From aboriginal designs to the abstract, this is a great class for those looking to make small pieces of art that make a big impression!

Ages 7-12	Thomas	PAL	
Res \$23/Non-Res \$35			
14385	10a-12p	Sa	11/5

Paper Quilling

Paper quilling or **paper filigree**, is an art form that involves rolling and gluing thin strips of paper into various shapes and arranging them to form designs.

Ages 7-12	Thomas	PAL	
Res \$38/Non-Res \$57			
14386	10a-12p	Sa	11/12

Chihuly-Inspired Sculptures

Born and raised in the Pacific Northwest, Dale Chihuly, is a world-renowned, glass artist. In this workshop, participants will create sculptures using plastic that emulate Chihuly's celebrated art.

Ages 7-12	Thomas	PAL	
Res \$31/Non-Res \$47			
14387	10a-12p	Sa	12/3

Origami Workshop

Use this unique Japanese art form to create your own gifts, ornaments and more! Origami uses critical thinking and can enhance creativity and mindfulness.

Ages 7-12	Thomas	PAL	
Res \$23/Non-Res \$35			
14388	10a-12p	Sa	12/10

Teen Art Explorations

Come learn about various artists and explore different art techniques and a variety of media. Each week will showcase a specific artist. **Registered Teen Lounge participants may attend this class for free! No Class 11/22.**

Ages 11-17	Thomas	PAL	
Res \$43/Non-Res \$65			
14389	4-5p	Tu	10/4-11/1
14390	4-5p	Tu	11/8-12/13

Beginning to Rock

Get a chance to explore the drums, bass, guitar, keyboard and vocals, and learn the fundamentals of music, such as pitch, melody, harmony, and rhythm. **No Class 11/21.**

Ages 5-7	RMC	PAL	
Res \$101/Non-Res \$117			
14391	4:15-5:15p	M	9/12-10/17
14392	4:15-5:15p	M	10/24-12/5

Intro to Guitar I

This fun course is designed to teach students of all ages the basic fundamentals and techniques needed to play guitar of any musical style. **No Class 11/21.**

Ages 7-12	RMC Studios	PAL	
Res \$101/Non-Res \$117			
14393	5:30-6:30p	M	9/12-10/17
14394	5:30-6:30p	M	10/24-12/5

Teen Drum Circle

Learn about different drumming patterns and different beats by using hand drums and rhythm instruments. Come let loose, relieve some stress and get ready to find your rhythm!

Registered Teen Lounge participants may attend this class for free! No Class 11/21.

Ages 11-17	RMC Studios	PAL	
			Res \$75/Non Res \$94
14396	4-5p	M	10/3-10/31
14397	4-5p	M	11/7-12/12

Introduction Group Piano

A group piano lesson that includes beginning rhythm, improv, ear training and note reading, all taught in a fun group format.

No Class 11/22.

Ages 5-7	RMC	PAL	
			Res \$72/Non-Res \$90
14405	5:15-6p	Tu	9/13-10/18
14406	5:15-6p	Tu	10/25-12/6



Beginning Piano

Learn the basic skills of piano on a keyboard. Group lessons introduce students to the basics of music theory. Learn to play songs, read music and rhythmic expression. Students need to have taken Intro Group piano or have taken prior piano lessons. **No Class 11/22.**

Ages 7-10	RMC	PAL	
			Res \$72/Non-Res \$90
14407	6:15-7p	Tu	9/13-10/18
14408	6:15-7p	Tu	10/25-12/6

Intermediate Piano

A group piano lesson experience that includes intermediate rhythm, improv, ear training and note reading taught in a fun and positive group format. Beginning piano or private piano lessons required. **No Class 11/22.**

Ages 8-12	RMC	PAL	
			Res \$72/Non-Res \$90
14409	7:15-8p	Tu	9/13-10/18
14410	7:15-8p	Tu	10/25-12/6

RMC Studios Private Lessons

RMC Studios is now proud to offer individual weekly music lessons! Private instruction for beginners, intermediate, or expert levels. Registrations are taken on a first come, first serve basis. Lessons are 30 minutes in length and include one-on-one instruction from an experienced instructor. Please register online for your desired lesson and an RMC representative will contact you to confirm time slot. A home practice instrument is recommended.

Monday: Guitar Lessons

Work on rhythm, guitar basics, reading music, and learning popular songs. **No Class 11/21.**

Ages 5-17	RMC	PAL	
			Res \$216/Non-Res \$249
14413	3:30-6:30p	M	9/12-10/17
14414	3:30-6:30p	M	10/24-12/5

Wednesday: Drum Lessons

Work on rhythm, drum beats, reading music, and learning popular songs on a drum set or hand drums.

No Class 11/23.

Ages 5-17	RMC	PAL	
			Res \$216/Non-Res \$249
14411	3:30-6:30p	W	9/14-10/19
14412	3:30-6:30p	W	10/26-12/7

Thursday: Voice Lessons

Work on rhythm, vocal techniques, reading music, and learning popular songs. **No Class 11/24.**

Ages 5-17	RMC	PAL	
			Res \$216/Non-Res \$249
14415	3:30-6:30p	Th	9/15-10/20
14416	3:30-6:30p	Th	10/27-12/8

ADULT MUSIC

Intro to Guitar

Impress your family and friends with a melodic strum or a popular rock tune. This fun course is designed to teach the basic fundamentals and techniques needed to play guitar in any musical style. **No Class 11/23.**

Ages 18+	RMC Studio	ACC		
			Res \$66/Non-Res \$83	
14177	4-5p	W	9/14-10/26	
14178	4-5p	W	11/2-12/14	

Choral Group

Whether you have not sung in years or you have been singing your entire life, come use your voice and be heard! Learn the basics of proper vocal techniques, warm ups, and vocal health. This class provides physical and mental benefits and the chance to meet other music lovers. **No Class 11/23.**

Ages 18+	RMC Studio	ACC		
			Res \$36/Non-Res \$54	
14172	5-6p	W	9/14-10/26	
14173	5-6p	W	11/2-12/14	



Drumming Circle

Get ready to find your rhythm! Learn about different drumming patterns and different beats by using a variety of hand drums and drum sets. **No Class 11/23.**

Ages 18+	RMC Studio	ACC		
			Res \$66/Non-Res \$83	
14174	6-7p	W	9/14-10/26	
14175	6-7p	W	11/2-12/14	

Stay within the Wines!

Color and relax with a glass of wine! We provide coloring pens, coloring sheet and 1 glass of wine per person. You bring the friends and the FUN! Students may purchase additional glass of wine at \$4. Snacks provided.

Ages 21+	Blum	ACC		
			Res \$18/Non-Res \$27	
14192	6:30-8p	Th	9/8	
14191	6:30-8p	Th	12/1	

ADULT ARTS & CRAFTS ACC CLASSES

Arts & Crafts Lab

Explore different artists, techniques or crafts in this workshop held the first W of every month. Use colored pencils, pens, watercolors, acrylics and variety of materials to try out your artistic talent. All materials provided.

Ages 18+	Thomas	ACC		
			Res \$32/Non-Res \$48	
14189	6-8p	W	9/7	
14190	6-8p	W	10/5	
14291	6-8p	W	11/2	
14292	6-8p	W	12/7	

Rock Painting

From aboriginal designs to the abstract, this is a great class for those looking to make small pieces of art to display around their home, potted plants or gardens.

Ages 18+	Thomas	ACC		
			Res \$27/Non-Res \$41	
14184	9:30-11:30a	W	9/7	

Paper Quilling

The art of paper quilling has been around for hundreds of years! In this class you'll learn how to coil and shape narrow strips of paper into beautiful and decorative works of art. All materials provided.

Ages 18+	Thomas	ACC		
			Res \$27/Non-Res \$41	
14183	9:30-11:30a	W	10/5	

Origami Workshop

Learn this unique Japanese art form to create your own gifts, ornaments and more! Origami uses critical thinking and can enhance problem solving skills, creativity and patience. Let's get folding!

Ages 18+	Thomas	ACC		
			Res \$22/Non-Res \$33	
14195	9:30-11:30a	W	11/2	

Holiday Card Workshop

It's the season to let far-off friends and family know you're thinking of them! Create unique, personalized holiday greetings using a variety of decorative paper, paint and other materials.

Ages 18+ **Thomas** **ACC**
 Res \$24/Non-Res \$36
14196 9:30-11:30a W 12/21

Bob Ross Oil Painting

This easy step-by-step class takes beginners and seasoned painters from a blank canvas to a finished masterpiece in one class. All supplies provided. Visit loparks.org to view paintings.

Ages 12+ **Stubb** **ACC**
 Res \$48/Non-Res \$72

Silver Falls in Winter
14288 1-4:30p Tu 9/27

A Pretty Autumn Day
14289 1-4:30p Tu 10/25

Amaryllis
14293 1-4:30p Tu 11/29

Winter Lighthouse
14290 1-4:30p Tu 12/27

Ages 12+ **Stubb** **PAL**
 Res \$48/Non-Res \$72

Snowy Birch
14166 10a-2p Th 9/1

Seascape Fantasy
14167 5:30-9p M 9/26

Evening Campfire
14168 10a-2p Th 10/6

Mt. Hood
14169 5:30-9p M 10/24

Snowy Egret
14170 10a-2p Th 11/3

Winter Approaches
14171 5:30-9p M 11/28

Amaryllis
14286 10a-2p Th 12/1

Mts of Grace
14287 5:30-9p Th 12/15

Memoir Writing

Everyone can be a writer, you just need a story. Learn how to tell your story in this fun and thought-provoking class.

Ages 18+ **Talney** **ACC**
 Res \$20/Non-Res \$30
14179 10a-12p M 9/12-10/24
14284 10a-12p M 10/31-12/12

Roses Glassworks Art School

No experience necessary! All tools and materials provided. Additional materials fees may apply. Visit www.rosesglassworks.com for more information.

Ages 14+ **McDougal** **ROSE**

Fused Holiday Jewelry

Create your own beautiful fused glass jewelry. Play with various colors and shapes of glass including the popular Dichroic glass. Fun for all ages!

Res \$50/Non-Res \$75
14176 10a-12p Sa 12/3

Etched Glass Ornaments

Create treasures to last a lifetime! Decorate your Christmas tree with these beautiful etched glass ornaments or attach to a package as an extra special gift.

Res \$45/Non-Res \$68
14355 2-4p Sa 11/5

Fused Glass Stars and Snowflakes

Create beautiful holiday stars and snowflakes to hang on your tree. This class is open to teens and adults – make it a family outing!

Res \$75/Non-Res \$94
14281 10a-12p Sa 12/10

Knitting with Kat for Beginners

Learn the stitches to make your own cozy accessories in this beginner level course. All materials provided for new students.

No class 11/11 and 11/25.

Ages 18+ **Riley** **ACC**
 Res \$13/Non-Res \$20
14282 10-11:30a F 9/16-10/21
14283 10-11:30a F 10/28-12/16

Exploring Watercolor

Class explores watercolor painting, history, materials, techniques and practices. To keep costs low instructor will review paints and brushes with students prior to class start date and have available for purchase. Suggested material list will be provided during registration of class online.

No class 11/11 & 11/25

Ages 18+ **Luneke** **ACC**
 Res \$45/Non-Res \$68
14525 1-3p F 9/16-10/21
14526 1-3p F 10/28-12/16

Intermediate Watercolors

Instructor Rudy Stevens teaches you how to use photos, light and dark, shapes, layout, color, emotion, composition and value in watercolor art.

Ages 18+ **Stevens** **PAL**
 Res \$120/Non-Res \$138
14285 9:30a-12:30p W 9/14-11/16

Get Interested

As part of *Living Well in LO*, Parks & Recreation offers activities to encourage Intellectual Wellness. Intellectual Wellness is one of the Six Dimensions of Wellness and is defined as meeting life's challenges successfully through one's ability to think coherently and logically, as well as having the ability to solve problems. Learning something new is a great way to challenge and exercise your intellect.

KIDS AND TEEN

Interactive French For Beginners

Focus on conversation techniques through role-play, dialogue, music and food.

Ages 7-9	Slagle	PAL	
Res \$63/Non-Res \$79			
14417	4:15-5p	Tu	9/13-10/11
14418	4:15-5p	Tu	10/18-11/15

Babysitter Training

Topics include accident prevention, handling emergencies, first aid and child development, positive supervision and the rights and responsibilities of a "good" babysitter.

Ages 10-15	ARC	PAL	
Res \$93/Non-Res \$117			
14419	9a-3:45p	F	10/21
14420	9a-3:45p	W	11/23
14421	9a-3:45p	M	12/19

Wilderness First Aid

This two-day course provides one day of indoor education and one day of outdoor training. Learn first aid principles and skills to respond to emergencies and give care in areas that don't have immediate emergency medical services. Training includes wilderness, remote environments and urban disasters, such as earthquakes and hurricanes.

Ages 14+	ARC	PAL/GRP	
Res \$132/Non-Res \$152			
14422	8:30a-4:30p	Th-F	10/27-10/28

Babysitter Bootcamp

This two-day experience includes "Babysitter Training" on day one and pediatric CPR, First Aid and AED training on day two. Help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. Students receive certification upon completion of 2-day course.

Ages 10-15	ARC	PAL	
Res \$132/Non-Res \$152			
14423	8:30a-4:30p	M-Tu	11/21-11/22

Adult CPR, First Aid and AED Training

Get certified in CPR. Learn to recognize and respond appropriately to cardiac, breathing and first aid emergencies or give immediate care to a suddenly injured or ill person. Students receive certification upon completion of class.

Ages 10+	ARC	PAL	
Res \$98/Non-Res \$122			
14424	9a-2:15p	Sa	9/24
14425	9a-2:15p	Sa	10/22
14426	9a-2:15p	Sa	11/19
14427	9a-2:15p	Sa	12/10

ADULTS

Spanish

Whether you are planning a trip, need to learn for work, or just want to learn a beautiful language, these fun and laughter-filled classes provide you with 10 weeks of knowledge.

Ages 16+	Cohan	PAL	
Res \$65/Non-Res \$82			

Beginning I Spanish

Introduction to the alphabet and pronunciation with an emphasis on rules and separation of words into different syllables. **No Class 11/11, 11/25.**

14188	9-10:15a	F	9/30-12/16
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Advanced I Spanish

A review of past tense, indirect, direct object and pronouns, subjunctive with an emphasis on reading for comprehension and conversation. **No Class 11/24.**

14187	9-10:15a	Th	9/29-12/8
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Social Security Planning Workshop for Couples

The Social Security decisions spouses make when they are in their 60s will determine the amount of total income they will receive over their lifetime – including the lifetime of the spouse who lives the longest. This workshop will cover some little-known rules that can help married couples get more out of the Social Security system.

Ages 55+	Alfonso	ACC	
Res \$15/Non-Res \$25			
14186	6-8p	M	9/19

Social Security Planning Workshop for Boomers

Learn how to maximize your income from Social Security. The decisions baby boomers make now can have a tremendous impact on the total amount of benefits they stand to receive over their lifetime.

Ages 55+	Alfonso	ACC	
Res \$15/Non-Res \$25			
14185	6-8p	M	11/14

GOLF COURSE



The Lake Oswego Public Golf Course, founded in 1967, provides 18 beautifully maintained, challenging Par-3 holes ranging from 75-179 yards. Its gentle, rolling terrain and pristine scenery provide a wonderful backdrop to a memorable day for the whole family.

DIRECTIONS

The Course is located 2.5 miles north of I-205 on Stafford Road adjacent to Lakeridge High School and Hazelia Field just past the lighted intersection at Overlook Dr. If coming from downtown Lake Oswego follow St./Hwy 43 south and turn right on McVey Ave. Follow 1.2 miles and turn right just past Pioneer Cemetery.

FACILITY HOURS (INCLUDING PRACTICE RANGE)

September	7a-8p
October	7:30a-7:30p
November-February	9a-6p

(hours may vary depending on weather conditions)
Last tee time 1-1/2 hours before dusk. Last range basket sold 1/2 hour before posted closing time.

Practice range closed Tuesday mornings before 9a to allow for mowing. Wet conditions necessitate manual range ball collection periodically requiring temporary closures of 1-2 hours.

Fees	M-Th	F/Sa/Su/
	Weekday	Holiday
9 Holes	\$15.00	\$17.50
18 Holes	\$24.50	\$27.50

Jr./Honored Citizen \$12.00/9 holes (M-F)
Jr./Honored Citizen \$19.00/18 holes (M-F)
*A Junior/Senior Frequent Play Card is available to individuals age 17 and under or age 60 and older for \$140. The card is good for 15 nine-hole rounds M –F only, excluding holidays and is valid for one year from the date of purchase. (Available \$5 discount via our website)

**An Adult Frequent Play Card is available for \$190. The card is good for 15 nine-hole rounds and is valid seven days per week and expires one year from the date of purchase. (Available \$5 discount via our website)

Twilight Rates Check our website or call for applicable rates and time of day. Special daily offers available on our website.

Adult/Junior Twilight Fee Junior golfers play for free when accompanied by an adult paying a green fee after 7p throughout the summer, and after 5p following Labor Day. One junior per paid adult.

Winter Fees (November-February)

	M-F	Sa/Su/Holidays
9 holes	\$10	\$13
Jr./Honored Citizen	\$8	\$10
18 holes	\$17	\$20
Jr./Honored Citizen	\$13	\$16

FOOT GOLF

Join the fun of America’s fastest growing sport, Foot Golf! The game is played by kicking a regulation size 5 soccer ball, counting each kick as a stroke, until it is holed. The 23” diameter holes are cut away from the golfing greens and are proportional in size to a soccer ball as a conventional golf hole is to a golf ball. Foot golf tee times are available at Lake Oswego Public Golf Course every Th 3p to close and the first weekend of each month F-Su, open to close. Call to make your reservation at 503-636-8228. Wet conditions may preclude play of Foot Golf.

Rates	9 holes	18 holes
Adults (18-59yrs)	\$9	\$15
Junior/Senior	\$7	\$10



PRACTICE RANGE

The range has 18 anti-shock artificial turf mats; 13 mats are covered, and one space is available for physically challenged golfers. New balls, mats, and other amenities have recently been added and we now offer an additional practice chipping and sand area. Heaters available to keep you warm on those chilly winter days.

Fees

20 balls	Warm-up	\$3.00
45 balls	Small Bucket	\$6.00
90 balls	Medium Bucket	\$9.00
135 balls	Large Bucket	\$12.00

*10 bucket range cards available anytime. Save up to \$3 per bucket!

LESSONS AND INSTRUCTION

Private and semi-private lessons are available every day by reservation. Our award-winning instructors have extensive teaching experience and help you set and accomplish reasonable, measurable goals. Visit our website for specific information on our instructors.

PROFESSIONAL TEACHING STAFF

Tom Mueller, PGA Professional and Course Manager

Gary Huffmaster, Golf Professional

Meurig Morgan, Golf Professional

www.dragongolfinstruction.com

Brynn Hurdus, Ladies Golf Professional

ORGANIZED GOLF GROUPS

Monday "Good Guys" Men's Club, 18 holes

March-October, Monday, Open-10a tee times

Ladies Club, 18 holes

March-October, Wednesday, Open-10a tee times

Ladies Scoring Optional FUN golf

April-September, Thursday, 9:30-10:10a tee times

Ladies Golf for Kicks, 9 holes

April-September, Saturday, 8:30-9:40a tee times

JUNIOR PROGRAM

Juniors (ages 6-17) welcome anytime during normal hours of operation. Children under 8 must be accompanied by an experienced adult. Our goal is to help juniors in meeting others and playing golf in a fun, safe and courteous environment. We offer three levels of junior golf education to meet the needs of all age groups and ability levels. Necessary equipment provided if needed.

Kool Kidz Clinics (New Recruits)

This fun-filled beginner clinic gets new recruits up to speed on the basics and enjoying this great game in no time!

Please arrive 10 minutes early. No make-ups. Only registered students may attend. Min. 3/max. 8 per clinic.

Res \$45/Non-Res \$68

Ages 6-9	Morgan	GC	
14467	9-10:30a	Sa	9/17-9/24
Ages 10+	Morgan	GC	
14468	12-1:30p	Su	9/18-9/25

Kool Kidz Clinics (Birdie Hunters)

So you know the basics but want to raise your game to the next level. Come join the birdie hunters and let's chase down those rare birds! Please arrive 10 minutes early. No make-ups. Registered students only.. Min. 3/Max. 8 per class.

Res \$45/Non-Res \$68

Ages 6-9	Morgan	GC	
14469	9-10:30a	Sa	10/1-10/8
Ages 10+	Morgan	GC	
14470	12-1:30p	Su	10/2-10/9



Kool Kidz Clinics (Low Score Joes)

This awesome clinic helps budding players learn the art of scoring while fine-tuning their swing, especially for tournament play. Specific student driven topics will also be covered.

Res. \$45/Non-Res. \$68

Ages 6-9	Huffmaster	GC	
14471	9-10:30a	Sa	10/15-10/22
Ages 10+	Morgan	GC	
14472	12-1:30p	Su	10/16-10/23

High School Golf Prep Course

Course strictly for 8th graders or freshmen seeking to qualify for high school golf teams. Emphasis on consistency, putting, short game, rules, scoring strategy. Students learn to "shape" shots and recover from trouble. 7th graders and younger must obtain permission from instructor to register. Limit 8 students.

Res \$88/Non-Res \$105

Ages 12-15	Huffmaster	GC	
14473	4-6p	F	9/9-9/30

After School Program

This program gives kids an opportunity to practice, play, and even study after school. One fee entitles registrants to hit a small range bucket and play 9 holes any school day afternoon through October. Tee times are available from 3:30-4:30p on a first come basis. Instruction will be provided on Tuesdays from 3:30-4p Players will not be supervised so good behavior is essential.

Res \$159/Non-Res \$180

Ages 8-17	Mueller	GC	
14474	3:30-4:30p	M-F	9/6-10/28

Private Lessons for Juniors

We offer a variety of packages at discounted rates for kids 6-17yrs. Visit our website for instructor rates, bios, and availability.

27th Annual Mayor's Championship & Hole-In-One Shootout

Sa, September 10th 8:30a Shotgun Start
19-Hole (yes, 19-hole) Mixed Scramble Format
Low Gross and Low Net - Entry Fee: \$49/person

ADULT GOLF CLINICS

We offer adult clinics for groups up to 10 students. Whether you're brand new to the game or an intermediate player we have group instruction that suits your needs.

Beginners Guide to Golf

A two-hour clinic on the fundamentals of the golf swing, chipping and putting.

Res \$38/Non-Res \$57

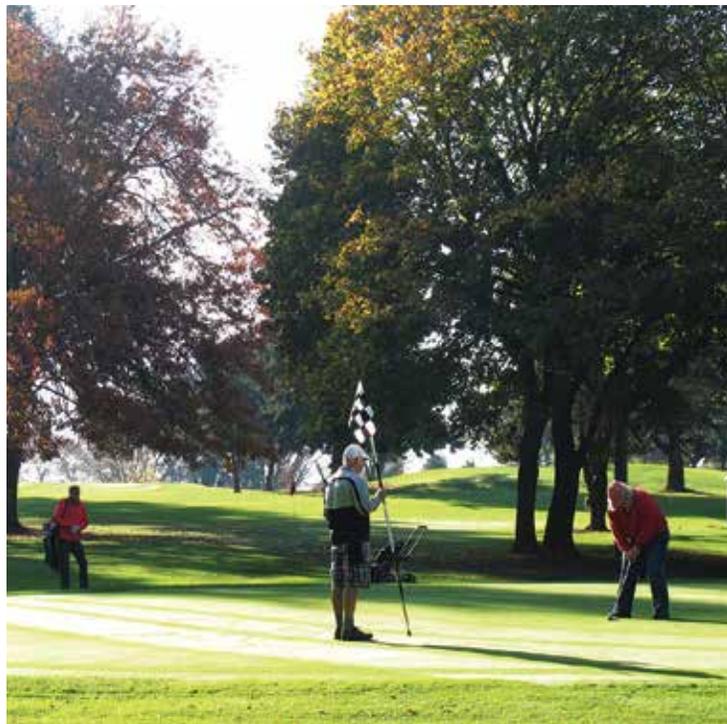
Ages 18+	Morgan	GC	
14475	5-7p	Tu	9/13

It's All About Short Game

This two-hour clinic covers the scoring part of golf. If you're tired of throwing shots away from 50 yards, this clinic is for you. Chipping, pitching, lobbing, and putting to lower your score.

Res \$38/Non-Res \$57

Ages 18+	Morgan	GC	
14476	5-7p	Tu	9/20



Looking for great holiday gift idea for the golfer on your list? We have much to choose from for golfers of all levels. Gift certificates are available which can be used for green fees, lessons, merchandise, and range.

MEURIG MORGAN (My-Rig) Certified Teaching Professional



His teaching career has spanned over 10 years at multiple facilities in the US and Europe. Over the past 10 years, Meurig has taught over 8,000 lessons and has worked with all levels of golfers including complete beginners to budding professional golfers looking to improve their game. He uses state-of-the-art JC Video System

that incorporates high speed video cameras and feedback to accurately diagnose swing flaws.

Available for lessons Friday through Tuesday, by appointment, or on his website: www.dragongolfinstruction.com

Drop-In Lessons with Meurig

Join in for a few minutes of one on one instruction with award winning instructor Meurig (pronounced my-rig) Morgan. Meurig will address your swing issues upon request including video analysis.

Fee \$10 (payable at the Golf Course when you arrive)

Ages 15+	Morgan	GC	
Su	2-3p		9/11-11/20

Ladies Only Golf Clinic (Mom's Club)

Comprehensive coverage of all subjects golf 2x weekly over 4 weeks. Each week our pros introduce and demonstrate a single aspect of the swing or short game and then help you do it yourself. Fee includes a card valid for five 9-hole rounds of golf. Beginners or intermediate players welcome.

Res \$100/Non-Res \$125

Ages 18+	Hurdus/Mueller	GC	
14477	10-11a	Tu/Th	9/6-9/29

Private Lessons for Adults (20% discount after November 1st!)

Private lessons offered for individuals or groups up to four. Individual lessons are ¾ hour. Semi-private lessons are 50 minutes to one hour depending on group size. Try a one-hour on-course lesson with up to 4 people for \$100 (evening only). Visit www.lakeoswegogolf.org for instructor rates and availability.

TENNIS



All Court Times:

\$20 per hour

Be a good neighbor! Please drive slowly and obey stop signs as you drive through our neighborhood.

COURT RESERVATIONS

Reservations may be made up to one week in advance by calling the Tennis Center at 503-635-5550 during office hours.

Office Hours, September 1-May 31

Monday-Friday	9a-8p
Saturday	9a-4p
Sunday	11a-4p

ACCESS TO THE TENNIS CENTER

The use of a card key allows access to your pre-reserved court at the Tennis Center when the office is closed. A card may be purchased at the Tennis Center when making a court reservation. Card keys are effective for one year. The cost is \$10 per year, or \$30 for four years.

SEASONAL RESERVATIONS

Guaranteed court time may be purchased in advance, at our normal hourly rate, for a particular day and time each week for a 4-1/2 month period (Fall/Winter, and renewable in Winter/Spring). For more information about seasonal reservations, call the Tennis Center at 503-635-5550. The seasonal lottery draw is held at the end of July.

Fall/Winter - September 1-January 18

Winter/Spring - January 19-May 31

TENNIS CENTER STAFF

Lisa West, Tennis Center Coordinator

Gerri Allen, PTR MAP 5 Professional

Sam Dibbins, USPTA Elite Professional

Amy Leahy, USPTA Elite Professional

Ellen MacPherson, USPTA Elite Professional

Kevin Hughes, PTR Professional

Brian Hughes, PTR Instructor

Paul Hesser, Instructor

John Auer, Instructor

To contact professionals regarding private instruction, call the Tennis Center at 503-635-5550. Private lessons taught by individuals other than City tennis employees are prohibited.

ABILITY LEVELS

Beginner

You have no (or limited) tennis experience.

Advanced Beginner

You have had some lessons, but need on-court experience to improve fundamentals and develop consistency.

Intermediate:

You have more dependable strokes, but are still working to keep the ball in play with others of the same ability level.

ADULT TENNIS ACTIVITIES

Many opportunities are provided for competitive and non-competitive play in weekly ladders, and on City League and USTA tennis teams. Contact the Tennis Center at 503-635-5550 for more information.

NEED A PARTNER?

Add your name to our "looking for a partner" list in the lobby.

ABOUT OUR FEES

The Tennis Center is a self-sustaining enterprise not funded by tax dollars. Lake Oswego residents receive priority for class placement at the beginning of each season.

CONNECT WITH US

To learn more about the Tennis Center, visit our website at lakeoswegotennis.com. You can stay informed about what's happening by subscribing to our newsletter and like us on Facebook.

JUNIOR LESSONS

ACTIVITY #	AGE	LEVEL	DATES	DAY(S)	TIME	CT	INSTR	RES/ NON-RES	NOTES
14162	3	Little Tennis	9/13-10/18	Tu	9:30-10a	*	Kevin	\$35/\$53	at Palisades Gym
14163	3	Little Tennis	10/25-12/6	Tu	10:15-10:45a	*	Kevin	\$35/\$53	at Palisades Gym, No Class 11/15
14165	4	Little Tennis	9/13-10/18	Tu	9:30-10a	*	Kevin	\$35/\$53	at Palisades Gym
14164	4	Little Tennis	10/25-12/6	Tu	10:15-10:45a	*	Kevin	\$35/\$53	at Palisades Gym, No Class 11/15
14056	5-6	Jr. Aces	9/17-10/22	Sa	9-9:45a	4	Brian	\$65/\$82	
14057	5-6	Jr. Aces	9/17-10/22	Sa	1-1:45p	4	Brian	\$65/\$82	
14107	5-6	Jr. Aces	10/29-12/10	Sa	9-9:45a	4	Brian	\$65/\$82	No Class 11/26
14108	5-6	Jr. Aces	10/29-12/10	Sa	1-1:45p	4	Brian	\$65/\$82	No Class 11/26
14063	7-9	Beg	9/12-10/5	M/W	5-6p	4	Kevin	\$110/\$127	
14064	7-9	Beg	10/10-11/2	M/W	5-6p	4	Kevin	\$110/\$127	
14065	7-9	Beg	11/7-11/30	M/W	5-6p	4	Kevin	\$110/\$127	
14066	7-9	Beg	9/17-10/22	Sa	9-10a	3	Paul	\$85/\$107	
14067	7-9	Beg	9/17-10/22	Sa	12-1p	4	Brian	\$85/\$107	
14111	7-9	Beg	10/29-12/10	Sa	9-10a	3	Paul	\$85/\$107	No Class 11/26
14112	7-9	Beg	10/29-12/10	Sa	12-1p	4	Brian	\$85/\$107	No Class 11/26
14058	7-9	Adv Beg	9/13-10/6	Tu/Th	4:30-5:30p	4	Kevin	\$110/\$127	
14059	7-9	Adv Beg	10/11-11/3	Tu/Th	4:30-5:30p	4	Kevin	\$110/\$127	
14060	7-9	Adv Beg	11/8-12/1	Tu/Th	4:30-5:30p	4	Kevin	\$96/\$120	No Class 11/24
14061	7-9	Adv Beg	9/17-10/22	Sa	10-11a	3	Kevin	\$85/\$107	
14062	7-9	Adv Beg	9/17-10/22	Sa	11a-12p	4	Brian	\$85/\$107	
14109	7-9	Adv Beg	10/29-12/10	Sa	10-11a	3	Kevin	\$85/\$107	No Class 11/26
14110	7-9	Adv Beg	10/29-12/10	Sa	11a-12p	4	Brian	\$85/\$107	No Class 11/26
14068	7-9	Int	9/17-10/22	Sa	12-1p	3	Kevin	\$85/\$107	
14113	7-9	Int	10/29-12/10	Sa	12-1p	3	Kevin	\$85/\$107	No Class 11/26
14040	10-12	Beg	9/12-10/5	M/W	6-7p	4	Kevin	\$110/\$127	
14041	10-12	Beg	10/10-11/2	M/W	6-7p	4	Kevin	\$110/\$127	
14042	10-12	Beg	11/7-11/30	M/W	6-7p	4	Kevin	\$110/\$127	
14039	10-12	Beg	9/17-10/22	Sa	10-11a	4	Brian	\$85/\$107	

JUNIOR LESSONS CON'T

ACTIVITY #	AGE	LEVEL	DATES	DAY(S)	TIME	CT	INSTR	RES/ NON-RES	NOTES
14100	10-12	Beg	10/29-12/10	Sa	10-11a	4	Brian	\$85/\$107	No Class 11/26
14045	10-12	Adv Beg	9/13-10/6	Tu/Th	5:30-6:30p	4	Kevin	\$110/\$127	
14043	10-12	Adv Beg	10/11-11/3	Tu/Th	5:30-6:30p	4	Kevin	\$110/\$127	
14044	10-12	Adv Beg	11/8-12/1	Tu/Th	5:30-6:30p	4	Kevin	\$96/\$120	No Class 11/24
14055	10-12	Adv Beg	9/17-10/22	Sa	1-2p	3	Kevin	\$85/\$107	
14046	10-12	Adv Beg	9/17-10/22	Sa	2-3p	3	Kevin	\$85/\$107	
14106	10-12	Adv Beg	10/29-12/10	Sa	1-2p	3	Kevin	\$85/\$107	No Class 11/26
14101	10-12	Adv Beg	10/29-12/10	Sa	2-3p	3	Kevin	\$85/\$107	No Class 11/26
14047	10-12	Int	9/17-10/22	Sa	2-3p	4	Brian	\$85/\$107	
14102	10-12	Int	10/29-12/10	Sa	2-3p	4	Brian	\$85/\$107	No Class 11/26
14048	13-18	Beg/Adv Beg	9/12-10/5	M/W	4-5p	4	Kevin	\$110/\$127	
14049	13-18	Beg/Adv Beg	10/10-11/2	M/W	4-5p	4	Kevin	\$110/\$127	
14050	13-18	Beg/Adv Beg	11/7-11/30	M/W	4-5p	4	Kevin	\$110/\$127	
14052	13-18	Adv Beg/Int	9/13-10/6	Tu/Th	3:30-4:30p	4	Kevin	\$110/\$127	
14051	13-18	Adv Beg/Int	10/11-11/3	Tu/Th	3:30-4:30p	4	Kevin	\$110/\$127	
14053	13-18	Adv Beg/Int	11/8-12/1	Tu/Th	3:30-4:30p	4	Kevin	\$96/\$120	No Class 11/24
14054	13-18	Adv Beg/Int	9/17-10/22	Sa	11a-12p	3	Kevin	\$85/\$107	
14103	13-18	Adv Beg/Int	10/29-12/10	Sa	11a-12p	3	Kevin	\$85/\$107	No Class 11/26

Junior Competitive Program

Accelerated tennis skills, strategy, mental training techniques and physical development for committed players ages 7-18. This level supplements the advanced student's knowledge and provides preparation and support for competitive tennis. This is a comprehensive program. Professional pre-approval required. Contact the Tennis Center at 503-635-5550 for more information. Res \$325/Non-Res \$374

Special Olympics Training

This fall, the Tennis Center begins its 13th year of teaching tennis fundamentals to Special Olympians. Instructors provide a positive and fun learning experience with lots of success and high fives! Sign up only through Special Olympics Clackamas County. **NOTE:** According to Special Olympics policies, athletes must have a current Special Olympics medical form that will last through the fall tennis season.

Ages 12+ Staff ITC
4-4:50p Sa 9/24-11/12



ADULT LESSONS

ACTIVITY #	LEVEL	DATES	DAY(S)	TIME	CT	INSTR	RES/NON-RES	NOTES
14114	Beginner	9/15-12/1	Th	9-10:30a	4	Ellen	\$169/\$195	No Class 11/24
14036	Stroke Production	9/12-10/5	M/W	9-10a	4	Amy	\$110/\$127	Beg/Adv Beg
14037	Stroke Production	10/10-11/2	M/W	9-10a	4	Amy	\$110/\$127	Beg/Adv Beg
14038	Stroke Production	11/7-11/30	M/W	9-10a	4	Amy	\$110/\$127	Beg/Adv Beg
14018	Adv Beginner	9/12-10/5	M/W	10-11a	4	Amy	\$110/\$127	
14019	Adv Beginner	10/10-11/2	M/W	10-11a	4	Amy	\$110/\$127	
14017	Adv Beginner	11/7-11/30	M/W	10-11a	4	Amy	\$110/\$127	
14032	Intermediate	9/12-10/5	M/W	11a-12p	4	Amy	\$110/\$127	
14031	Intermediate	10/10-11/2	M/W	11a-12p	4	Amy	\$110/\$127	
14030	Intermediate	11/7-11/30	M/W	11a-12p	4	Amy	\$110/\$127	
14094	Drill & Play 2.5-3.0 Doubles	9/13-11/29	Tu	6:30-8p	3	Sam	\$185/\$213	
14093	Drill & Play 2.5-3.0 Doubles	9/15-12/1	Th	6:30-8p	3	Sam	\$169/\$195	No Class 11/24
14028	Drill & Play 3.0-3.5 Singles	9/12-11/28	M	10:30a-12p	3	Ellen	\$185/\$213	
14023	Drill & Play 3.0 Doubles	9/15-12/1	Th	10:30a-12p	4	Ellen	\$169/\$195	No Class 11/24
14026	Drill & Play 3.0-3.5 Doubles	9/13-11/29	Tu	9-10:30a	4	Ellen	\$185/\$213	
14025	Drill & Play 3.0-3.5 Doubles	9/13-11/29	Tu	10:30a-12p	4	Ellen	\$185/\$213	
14027	Drill & Play 3.0-3.5 Doubles	9/14-11/30	W	12-1:30p	4	Amy	\$185/\$213	
14029	Drill & Play 3.0-3.5 Doubles	9/12-11/28	M	12-1:30p	4	Paul	\$185/\$213	
14096	Drill & Play 3.5-4.0 Doubles	9/13-11/29	Tu	8-9:30p	3	Sam	\$185/\$213	
14095	Drill & Play 3.5-4.0 Doubles	9/15-12/1	Th	8-9:30p	3	Sam	\$169/\$195	No Class 11/24

Lights, Camera, TENNIS!

The Tennis Center finished a lighting project converting from fluorescent fixtures and bulbs to LED. The LED, or light-emitting diode, is essentially a miniature light source incased in a plastic lens. LED lighting is ultra-compact and dramatically more efficient than traditional incandescent bulbs – up to 85% more efficient – and over 10% more efficient than compact fluorescent bulbs (CFL's). This will provide light levels approximately 3 times higher than the fluorescent system, and projected energy savings of more than \$450,000 over 10 years at the Tennis Center.



CITY OF LAKE OSWEGO PRESENTS

2016 Holiday Concert

A PITCH PERFECT EVENING
OF A CAPPELLA MUSIC

O

UNIVERSITY OF
OREGON

On the Rocks



OSU

Oregon State
UNIVERSITY

Outspoken



SATURDAY, DECEMBER 10

**LAKERIDGE
HIGH SCHOOL**

6:30 PM

TICKETS

L0holidayconcert.eventbrite.com

\$23 \$16

**ADULT CHILD
RESERVED SEATING**

Join us for an evening of a cappella music from Oregon's beloved universities. These all-male student groups will dazzle you with their electrifying performances.



www.ci.oswego.or.us/parksrec
503-675-2549



HARVEST CELEBRATION

Luscher Farm
Saturday, September 24
10a - 3p

Celebrate National Organic Harvest Month with our farm partners! The farm will be bursting with excitement with a petting zoo, live music, food vendors and local artisan vendors. It's a car-free day at the farm, so please park at C3 Church, 17979 SW Stafford Road and walk or take the free shuttle to the farm.

LAKE OSWEGO FARMERS' MARKET

Millennium Plaza Park
Continues through October 8
8:30a - 1:30p

Discover the region's finest agricultural products at the Lake Oswego Farmers' Market. An average of 80 vendors each week offer a wide variety of produce, meats, nuts, cheeses, artisan breads, jams, baked goods, flowers and more! There's also weekly entertainment and a Kids' Corner.

Farmers' Market Entertainment Schedule

10:30a - 12:30p

August 6	Brothers of the Baladi
August 13	Sally Harmon & Frank Gruner
August 20	Woodlander
August 27	Sky in the Road
September 3	Shira with Dick Saunders & Friends
September 10	Larry Wilder & The Stumptown Stars
September 17	Fadin' by Nine
September 24	Flamenco Ensemble
October 1	Lake Oswego School District Presents
October 8	Gospel Hooligans



HONOR THEIR SERVICE A VETERANS DAY TRIBUTE

The Stafford Retirement Home
1200 Overlook Drive
Friday November 11
2p

The City of Lake Oswego is a proud sponsor of the Veterans Day Tribute hosted by the Stafford. The celebration honors those who have served our country and to renew our appreciation for their sacrifice and that of their families.



6TH ANNUAL LAKE OSWEGO REUNION FARMERS' MARKET

Millennium Plaza Park
Saturday, November 19
10a - 2p

Fresh from local farms to your Thanksgiving table! Favorite Farmers' Market vendors' return to Lake Oswego to share the bounty of their fall harvest. Enjoy shopping on a crisp fall afternoon amid the scent of pumpkins and sweet potatoes. The entire family can appreciate the live music, local artisans and horse drawn wagon rides too! Plan you weekend around the exciting event.



HORSE DRAWN WAGON RIDES

Millennium Plaza Park
Saturday, November 19
10a – 2p

Slow down and savor the sights and sounds of the harvest season with a memorable ride through downtown Lake Oswego. **Reserved Seating:** \$5 adult, \$3 youth
First come, first serve: \$3 for adults, \$2 youth
 For reserved seating, please contact Kathy at 503.675.3983 or kschilling@ci.oswego.or.us
 Wagon rides are scheduled on the half hour.

51ST ANNUAL CHRISTMAS TREE LIGHTING

Millennium Plaza Park
Friday, November 25
5:30p

The City of Lake Oswego and the Lake Oswego Chamber of Commerce invite you to ring in the holiday season with the Tree Lighting. Gather at the corner of 5th Street & A Avenue to count down the lighting of the Bigelow Plaza Tree, and then parade to Millennium Plaza Park to enjoy the lighting of the Millennium Tree. This festive celebration also includes performances from both high school choirs and Millennium Concert Band. The evening is completed by the Fire Department's delivery of a special guest from the North Pole.



TINSELTOWN TROLLEY

The Willamette Shore Trolley, 311 N State Street
Saturday and Sunday, December 3 & 4

Reservations Required: Rides last approximately 45 minutes.

14544	1p	Sa	12/3
14545	2:15p	Sa	12/3
14546	3:30p	Sa	12/3
14547	4:45p	Sa	12/3
14548	1p	Su	12/4
14549	2:15p	Su	12/4
14550	3:30p	Su	12/4
14551	4:45p	Su	12/4

Discover the magic of the holiday season with a yuletide ride on the historic Willamette Shore Trolley. Children delight in a merry experience aboard the decorated trolley that includes holiday lights, story time, sweet treats, carols, and more! As the trolley makes its way back to the station, guests are treated to a visit from a very special guest from the North Pole. Create a new family tradition with the Tinseltown Trolley.

To purchase a ticket, visit www.loparks.org or call 503-675-2549. \$16 for children (12 and under), \$20 for adults. All aboard!

CHRISTMAS SHIPS PARADE

Foothills Park
Saturday, December 17
Approximately 6pm

2016 marks the 62nd year of the magical Christmas Parade! This holiday tradition began in 1954 with a lone sailboat from the Portland Yacht Club. This year, up to 60 boats are expected to make up the two fleets which make their way to Lake Oswego. They depart from River Place Marina and continue as far as George Rogers Park. Make plans to enjoy the sparkle of the colorful flotillas from the shores of the Willamette at beautiful Foothills Park. For more information, visit <http://www.christmasships.org>

Lake Oswego Adult Community Center



505 G Avenue
Lake Oswego, OR

The LOACC is a community focal point that celebrates aging through creative, inspiring and exciting opportunities that promote independence, as well as physical and emotional wellness.

Office Hours	M-F	8a-4:30p
Building hours	M-F	Call 503-635-3758

The ACC will be closed on the following dates: 9/5, 11/11, 11/24 & 11/25, 12/26

ACC FITNESS CENTER

The ACC Fitness Room has four pieces of user-friendly exercise equipment available to VIP Partners (after orientation). Orientation is provided on-site. Requirements: VIP Partner status, completed orientation and Liability Waiver form. M-F, hours vary, contact ACC for more information.

LUNCH AT THE ACC

The ACC provides a delicious and nutritionally balanced restaurant style lunch, served in our dining room on M, W and F at 12p. Guests are welcome and reservations encouraged. Transportation available. Please call 503-635-3758 or visit www.loacc.info for menus.

MEALS-ON-WHEELS

Service Available 11a-1p M/W/F

Special Luncheons at the ACC

10/31	Halloween
11/9	Veteran's Day
11/23	Thanksgiving
12/21	Christmas
12/30	New Year's



NEW PERK FOR VIPS!

If you are not already a Very Important Partner (VIP) of the Lake Oswego Adult Community Center, here is another reason to become one! If you donate at the Bronze Level (that's just \$50 a year), you will be eligible for \$5 off your first massage at the Center with our Licensed Massage Therapist, Cindy Gellinger. Cindy has been getting rave reviews since she started here earlier this year, so make sure you get on her schedule.

Your donation to the Center is vitally important to help the community and so appreciated. It supports the only Meals-On-Wheels site in Lake Oswego, plus award-winning programs, evidence based caregiver series, support groups, free medical equipment loans, family consultations, and much more.

Call 503-635-3758 today to pledge your support for the Center and get the massage you so deserve! Be sure to mention you are a VIP when scheduling your appointment.

Ann Adrian, Center Manager

Stress-Busting Program for Family Caregivers

This nine-week program has been shown to improve the quality of life of family caregivers who are caring for a loved one with a diagnosis of Alzheimer's disease or related dementia, by helping them manage stress and cope better with their lives. Each group is limited to 8 participants. Family members should not enroll in the same session. **Pre-Registration Required. Attendance at first class is mandatory.**

13962	1-2:30p	W	9/14-11/9
Free			



Memories In The Making

For those with memory loss, the world has grown confusing, overwhelming, and maybe even a little frightening. Alzheimer's Association Memories in the Making® is an art program for individuals with Alzheimer's disease or related dementias that brings comfort and joy through the process of creating watercolors. This program is grant funded, no cost to participants. Pre-registration is required.

14016	10:30-11:30a	Tu	9/20-11/1
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The ACC offers a variety of classes, programs, activities and trips. Check the Living 50+ newsletter for more information or visit us on the web at www.loacc.info. Call 503-635-3758 for more information and registration.

COMPUTER & TECHNOLOGY CLASSES

Taught by our experienced volunteer instructors. See the latest Living 50+ newsletter for class offerings. Don't see what you're looking for? Contact the ACC for a 1-on-1 Tutoring session.

Learning & Technology Group

Listen to guest speakers or ask questions in an interesting and knowledgeable setting.

9:30-11a M Ongoing Free

Supervised Lab

Computer support, free to the public.

1-2:30p W Ongoing Free

Health & Wellness Chats

Monthly health and wellness programs of interest to the 50+ population are offered on the fourth Wednesday of each month. Registration Required.

Hearing Loss Today: National Center for Rehabilitative Auditory Research

Tina Penman, Au.D.VA of the National Center for Rehabilitative Auditory Research will discuss a wide range of topics related to hearing loss. She will give an overview of NCRAR and the services they provide and she will discuss hearing loss and the impact it may have on your life. You will learn what an Audiologist can do for you and the process they go through to make their diagnosis.

13251 10a-11:30a W 9/28

Don't Worry, Be Happy: The road to less stress and more happiness!

Join Olivia Rossi, RN, MSN, Clinical Exercise Specialist and Certified Personal Trainer as she explores the effects of chronic stress on your heart and brain. With Olivia's fun, understandable approach, you will learn techniques that can decrease the effects of stress. These techniques will leave you with a lighter heart, both literally and figuratively!

13252 10-11:30a W 10/26

HUMAN SERVICES

The Adult Community Center offers a range of services related to aging issues, such as individual and family consultations, home visits, information and referral, welfare checks during severe weather/disasters, transport to medical appointments and fixed-schedule transportation to and from the Center. Many programs offer opportunities for civic engagement.

Making Connections: Support Groups at the ACC

A support group is simply a gathering of people who share a common interest or concern. Groups are open to everyone, there is no fee, or registration required. The groups offer a safe place to share, learn, and connect.

New Beginnings/Widowed Group

1st W 10-11:30a

Caregiver Support

3rd Tu 1:30-3:30p

Grandparents Raising Grandchildren

Coffee Hour

3rd W 10-11:30a

Family Caregiver Discussion*

4th W 7-8:30p

*Group meets at Palisades, 1500 Greentree Road

LEGAL CONSULTATION

A volunteer attorney provides a free 30-minute free consultation. By appointment only.

9-11:30a 2nd F of each month

AARP SAFE DRIVING PROGRAM

This six-hour refresher driving course is designed to refine existing skills and develop safe, defensive driving techniques for drivers 50 and older. AARP members \$15/All others \$20 payable to AARP on first day of program.

13998 1:30-4:30p Tu/Th 9/13 & 9/15
13999 1:30-4:30p Tu/Th 11/8 & 11/10

Writing/Sharing Our Life Story for Women

As we move through our lives, we carry with us the stories of our journey. Join us for a 7 week conversation about the times of your life. Questions will be provided to guide your reminiscences of the various stages in your life. Share with others the events that helped shape you and explore the legacy of wisdom that you would like to pass along. Those who are interested in leaving their life stories for family and friends will have the option of having their memories bound in book form. This program is offered by VIEWS (Volunteers Involved for the Emotional Well-being of Seniors) Space is limited to 8 participants. Registration is required.

14523 10-11:30 Tu 9/20-11/1

HOW TO REGISTER

Online:

Most classes are available for online registration at www.loparks.org. There is a processing fee for all online registrations.

Phone:

Call **503-675-2549**. Payment by Visa or MasterCard is required for online and phone registrations.

In Person:

Register at the Palisades, Tennis Center, Golf Course, or Adult Community Center

Current Term Registration

Registration for Fall classes begins at 10a August 8 for residents and August 15th for all others.

Cancellations

Classes held at the Palisades follow the Lake Oswego School District closures for legal holidays, inclement weather, or other unforeseen emergencies. Call Parks & Recreation regarding cancellations at other class locations. Early registration is encouraged as classes may be canceled five working days prior to the start date due to low enrollment.

Refunds

The Parks & Recreation office must be notified at least five working days prior to the first class that you wish to cancel a class. A \$5 processing fee is charged for each refunded class. In lieu of a refund, you may request a voucher toward a future class, and the \$5 fee is waived. All vouchers are nonrefundable once issued and must be used prior to the end of the following fiscal year (June 30).

Residency

The fee for non-residents may be up to 1.5 times the resident rate. A resident is:

- An individual who rents or owns property inside the incorporated city limits of Lake Oswego
- An individual who lives within the LO School District boundaries
- **EXCEPTION:** Sports Leagues will additionally consider individuals employed within the incorporated city limits of Lake Oswego or within Lake Oswego School District boundaries as residents.

Scholarships

Please Contact Dina Balogh at 503-534-5420 for more information.

Special Accommodations

If you have a disability or need an accommodation, please call 503-675-2549 to register.

Liability, Photography & Medical Release Information

Payment of fees and participation in Parks & Recreation programs shall constitute participants' acknowledgement of the nature of the activity and release the City of Lake Oswego from liability for any and all claims for personal injuries. Participants, and/or parents/guardians of registered minors, authorize employees of the City to seek medical treatment in the event of an accident or emergency. Photos taken during programs may be used for promotional purposes.

Inclement Weather

Parks & Recreation programs follow Lake Oswego School District schedules.

Please call the weather hotline 503-699-7460 or visit www.lakeoswego.city/parksrec for current information.

Location Key

ABDA	Academy of Ballet & Dance Arts	311 B Ave., Suite Z
ACC	Adult Community Center	505 G Avenue
CBP	Cooks Butte Park	18600 SW Shipley Dr.
EWP	East Waluga Park	15505 Quarry Rd.
FHE	Forest Hills Elementary	1133 Andrews Rd.
FHP	Foothills Park	199 Foothills Dr.
GC	Public Golf Course	17525 Stafford Rd.
GRP	George Rogers Park	611 S. State St.
HLFL	Hazelia Field at Luscher Farm	17800 Stafford Rd.
ITC	Indoor Tennis Center	2900 Diane Dr.
JANT	Alder Creek Kayak Jantzen Beach	200 NE Tomahawk Is. Dr. PDX
LGE	Lake Grove Elementary	15777 SW Boones Ferry Rd.
LKWD	Lakewood Center for the Arts	368 S. State Street
LUSCH	Luscher Farm	125 Rosemont Rd.
MILL	Millennium Plaza Park	200 First St.
NCAP	Alder Creek Kayak Milwaukie	7300 SE Harmony Rd.
PAL	Palisades	1500 Greentree Rd.
PLAY	Play Boutique	464 First St.
RIDG	Division St. and Lake River,	Ridgefield, WA
ROSE	Rose's Glassworks	10105 SW Hall Blvd., PDX
Springs	Springs at Carman Oaks	3800 Carman DR.
TCP	Tryon Cove Park	14110 Stampher Rd.
TBA	To Be Announced	
WSC	Water Sports Center	350 Oswego Pointe Dr.
LOJH	Lake Oswego Junior High	2500 Country Club Rd

Under the Stars

a **Starcycle Fundraiser**
stationary bike ride to benefit
LO Parks & Rec Scholarship fund

Living Well in LO | CITY OF LAKE OSWEGO | STARCICLE

September 24, 2016
6pm public welcome 7pm ride starts
DJ | Vendor Booths | Raffle

Minimum donation of \$35
register today at starcycleride.com

Special thanks to our
generous sponsors!

COMCAST | 365 BY WHOLE FOODS MARKET

Northwestern Mutual | State Farm Dave Milloy | Cavalia

*Introducing a new partnership between the
Lake Oswego Farmers' Market and Whole Foods Market!*

The Federal Government provides low income households with electronic benefits that they can use like cash at most grocery stores and farmers' markets. In the state of Oregon, these funds are administered through Oregon Trail cards. The Lake Oswego Farmers' Market accepts Oregon Trail cards. Card holders may go to the Merchant Services booth (located next to the restrooms at Millennium Plaza Park) and purchase \$1 EBT denomination tokens, which may be used in lieu of cash to purchase goods at the market.

Through a partnership with Whole Foods Market, Oregon Trail participants will be offered a weekly match of up to \$10 per purchase. Dollars not spent at the Market may be used at the new 365 by Whole Foods Market store, which is located at 11 S State Street in downtown Lake Oswego.

365 BY WHOLE FOODS MARKET | lake oswego farmers' market



Lake Oswego Parks & Recreation
PO Box 369
Lake Oswego, Oregon 97034-0369

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Lake Oswego Tennis Center



Contact us at:
lakeoswegotennis.com
503-635-5550

Register at:
LOparks.org

