

# River Road Park & Recreation District

**SPRING** 2025



# Adult Fitness & Programs



# General Information

541-688-4052 • [www.rrpark.org](http://www.rrpark.org)  
[info@rrpark.org](mailto:info@rrpark.org)



## SPRING 2025 March 31- June 20

### Registration Dates

#### FITNESS/RECREATION CLASSES

Spring Re-enrollment 3/10 and 3/11  
 Spring New enrollment 3/13 and 3/14



Log In  
 Register  
 Pay

#### Business Office

1400 Lake Dr. Eugene, OR 97404 541-688-4052  
 M-F 8a-6p

#### Aquatic/Fitness Facility

1400 Lake Dr. Eugene, OR 97404 541-461-7777  
 M-F 5a-9p Sa 6a-3p

#### Gymnastics Facility

30043 Leghorn Rd., Eugene, OR 97402 541-688-8955  
 M-F 9a-12p and 1-6p Sa 8:30a-12:30p

#### Annex

1055 River Road, Eugene, OR 97404  
 Open when classes or events are taking place.

# Registration

## How do I register for classes?

### BY PHONE OR WALK IN

Business office hours are M-F, 8a-6p. After hours payments can be made at the aquatics reception desk. Please call the gym to sign up for gymnastics.

### ONLINE – WWW.RRPARK.ORG

You can register 24-hours a day, seven days a week. Just visit [rrpark.org](http://rrpark.org) to register using a credit card. **Note: Not all programs are eligible for online registration.**

### HOW DO I CREATE MY ONLINE ACCOUNT?

Go to [rrpark.org](http://rrpark.org) and click menu then the login/register/pay account button and choose the Log in/Create Account account link in the upper left hand corner. Complete the short form. List the primary account holder first, and then add any additional account members. Click "Save & Close."

## Registration Policies

Registration is accepted on a first-come, first-served basis. **You are not registered until fees are paid.** The District reserves the right to cancel classes when minimum enrollment has not been met. If a class is filled, your name will be put on a waiting list. Additional classes will be formed if instructors and rooms are available. We accept Visa, MasterCard, Discover, & American Express. To receive In District pricing, proof of residency is required. A current valid driver's license may be used for verification.

### REFUNDS AND CREDITS

No refunds will be issued after the second meeting of any class or activity. Refunds will be paid by original form of payment (except cash). Please allow one week to receive your refund. A \$5 processing fee will be deducted. Credits can be issued in lieu of refunds and can be applied to any class or activity. Classes cancelled due to inclement weather may be rescheduled only if space and time allow or will be refunded to your account.

#### Facility Closures

5/26 M Memorial Day  
 6/19 Th Juneteenth

## What is In District or Out of District?

**In District: (ID)** You pay property taxes to the Park District.

**Out of District: (OD)** You pay property taxes to the city or county.

If you are not sure whether you are 'in' or 'out', call us and we can check for you.



### Do you want a program mailed to you?

We want you to have access to all the fun programs, activities, and events that we provide, but we also don't want to bombard your mailbox. These smaller, specific guides are not distributed but can be picked up in the lobby or can be viewed online. Larger guides are mailed out. Those who are In District will automatically be mailed one so you don't need to do anything.

If you are Out of District and would like to receive a free copy in the future of our larger program guides, please follow the link or QR code to fill out a quick form so we know where to send it! <https://bit.ly/44tNKxt>. **You only need to do this one time.**

# Admission

### SILVER & FIT / RENEW ACTIVE / ACTIVE & FIT FOB

If your insurance company offers Silver & Fit, Renew Active or Active & Fit, you can take a variety of classes and enjoy the park amenities (listed below) at no additional cost to you. No need to register prior to attending. To get started, go to the main office with your insurance information to get a fob pass. Please check in and scan your fob each time as you enter the facility. One pre-registered fitness or water exercise class will receive a 75% discount off the OD class fee.

Fitness Center Lap Swim Water Jogging Sauna and Hot Tubs Pickleball  
 Body Shop Dance Fitness Individual Water Exercise Steppin' Out

### LAND FITNESS/AQUATICS FOB PASS/MEMBERSHIP

If you have a fob pass or membership, you can also enjoy a variety of classes (listed above) and the park amenities at no additional cost to you. See the chart below for details. Purchase your fob pass/membership at the main office or the pool reception desk. The pool is not always available during fitness center hours. Please refer to the pool schedule.

Age	Single Entry		10 Visit Pass		1 Mo. Membership		3 Mo. Membership	
	ID	OD	ID	OD	ID	OD	ID	OD
Under 3	Free	Free						
3-17	\$3	\$4	\$27	\$36	\$27	\$36	\$81	\$108
18-54	\$8	\$8	\$45	\$64	\$64	\$80	\$154	\$192
55+	\$6	\$6	\$38	\$48	\$48	\$60	\$115	\$144
Family	\$12	\$15	n/a	n/a	\$144	\$180	\$360	\$450
Shower	\$2	\$2						

### REGISTERED PROGRAMS/CLASSES

We also offer programs and classes that have specific fees. These fees will be listed in the description of the program/class. You need to register and pay for these prior to attending.

# Adult Fitness

## Holiday Closures

5/26 M Memorial Day  
6/19 Th Juneteenth

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Brian Breedlove | Brianb@rrpark.org

## Fitness Pass

Our Fitness Pass will allow you to participate in our Fitness Pass Classes listed in this section. The passes are good for all Spring term classes listed below. Spring term runs from March 31 through June 20. A current pass is required to attend classes.

Single entry drop-in: Adult \$8 Senior \$6  
10 visit pass Adult: \$45 ID/\$64 OD Senior: \$38 ID/\$48 OD  
1-month Adult: \$64 ID/\$80 OD Senior: \$48 ID/\$60 OD  
3-month Adult: \$154 ID/\$192 OD Senior: \$115 ID/\$144 OD

## Class Information

- Please contact Brian @ 541-688-4052, ext. 234 if you have any questions regarding fitness classes or if you are new to our facility.
- Silver & Fit/Renew Active/One Pass memberships allow a fitness pass and one discounted registered fitness class at 75% off the out of district price. Senior discounts do NOT apply when used with these memberships.
- Please bring your own mat and equipment to yoga classes.

## FITNESS PASS CLASSES

### Pickleball

This racket sport is like badminton, tennis, and racquetball. It is a simple paddle game played using a special perforated slow-moving ball over a tennis-type net on a badminton sized court. Check the lobby whiteboard for any schedule changes. Please scan in each time you come to play. You may also use the pool and fitness center with this pass. Silver & Fit/Active & Fit/Renew Active members welcome. \* SPECIAL 75+ PICKLEBALL SATURDAYS 12-2 IN THE MP ROOM\*

4/1-6/17	TuTh	1-4p	MP
4/5-6/21	Sa	9:30a-12p	MP
4/5-6/21	Sa	12-2p (75+ ONLY)	MP
10 visit pass/scan		Adult: \$64	Senior: \$48
Drop in \$8/ Senior \$6			



### Dance Fitness

For all fitness levels! Energize your work out with easy-to-follow dance and fitness moves. A mix of upbeat pop, Latin, R & B, and jazz music will make your workout fun! 1 to 2 lb. handheld weights (optional) can be used for several songs to enhance your workout. Instructor: Pamela Howells.

3/31-6/18 MWTh 5:30-6:30p (MW-MP, Th-Rm A/B)  
Drop in \$8/ Senior \$6

### Body Shop

Join a personal trainer for 45 minutes of unique and challenging group exercise routines. Build strength and endurance, improve flexibility and mobility. All exercises can be adapted to your current level of fitness. Instructor: Jeff Hardisty, ACSM-CPT.

4/1-6/17	TuTh	6:30-7:15a	MP
4/1-6/17	TuTh	5-5:45p	MP
Drop in \$8/ Senior \$6			

### Step'n Out

Designed to promote the benefits of walking and a healthy lifestyle. We will begin and end at the River Road Baptist Church, 1105 River Rd. Eugene, OR 97404. Wear sturdy, comfortable walking shoes. We will walk, rain or shine. No leader for this program. Just meet up with other fun walkers and be ready to walk. Leave at 9a sharp.

Ongoing TuTh 8:45-10:30a Free



## FITNESS CLASS - REGISTERED

### Personal Fitness Training & Fitness Center Orientation

Looking for one-on-one personal training? River Road Park and Recreation District offer highly effective personal training utilizing our fully equipped fitness center and MP exercise room. Our ACSM, NASM, or ACE certified personal trainers are committed to helping you achieve your health fitness goals. Each workout, including warm-up and cool down, takes approximately 50-60 minutes to complete and focuses on controlled strength, balance, and movements that increase flexibility, mobility, and agility. To set up your initial session, contact the district office, 541-688-4052.

\$55 per session /\$150 3-Sessions /\$230 5- Sessions  
\*Does not qualify as Silver & Fit/Renew Active/ One Pass class or Senior/ID discounts.

### Latin Gold Dance Fusion

Latin Gold Dance Fusion is for all fitness levels. Come join the fun of this low impact, high energy class. Latin music is fused with Pop music. You will have so much fun; you won't realize that you are exercising! Instructor: Elaine West.

3/31-6/20 MWF 8:30-9:30a MP  
Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD

### Step It Up

This step-based class (can be done with or without the step) will improve your cardiovascular fitness, muscular endurance, and balance, by incorporating weights, bands and balls with moves that are fun and easy to follow. Work at your own pace. Wear supportive shoes. Instructor: Alaina McCullugh.

3/31-6/20 MWF 9:45-10:45a MP/Ball Court  
Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD

### Fit & Flex – Virtual availability

This class is designed to focus on and increase flexibility, joint stability, balance, strength, and cardiovascular endurance. Beginners welcome. Instructor: Jennifer Halse.

4/1-6/17 TuTh 11a-12p MP  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

### Fit & Balance - Virtual availability

This class workout can be done from a seated or standing position. The focus is on increasing strength and flexibility, improving bone-density, balance, and finding confidence in performing activities of daily living. This class improves quality of life and independent living for many mature adults. Instructor: Jennifer Halse.

3/31-6/18 MW 12:30-1:30p MP  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD



# Adult Fitness

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## Holiday Closures

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## TAI CHI / QIGONG / TAE KWON DO

### Tai Chi for Body & Mind

Basics of Tai Chi movement and its philosophy through practicing the 42 combined form (the competition form), warm up and cool down exercises including medical qigong. The traditional Japanese and Chinese method will be taught for your body and mind. All levels welcome. Instructor: Dennis Soper.

4/4-6/20 F 10:45a-12p Rm C  
Adult: \$84 ID/\$101 OD Senior: \$76 ID/\$94 OD

### Chen Style Tai Chi

Learn and practice Chen Style: Old Fram Route #1. Silk reeling qigong and Tai Chi pushing hands for partners. Warm up and cool down exercises including medical qigong. All levels welcome. Instructor: Dennis Soper.

4/4-6/20 F 12:15-1:30p Rm C  
Adult: \$84 ID/\$101 OD Senior: \$76 ID/\$94 OD

### 24-Form Yang Tai Chi

The 24-form Yang style is the most popular tai chi form in the world. It is an excellent beginner's form, easy to learn and a great introduction to basic tai chi principles. Along with warm-up, cool down, and medical qigong, practicing this form can improve balance, flexibility, cardiopulmonary health, and mental and emotional well-being. Instructor: Dennis Soper.

4/1-6/17 TuTh 6-7p Rm D  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

### East Meets West: Tai Chi for Balance - Virtual availability

Combines movement, balance, strength, and awareness! Class blends alignment and breath work with variations on core and upper body exercises. This exercise program combines movement activities from evidence-based exercises or therapies aimed at promoting mental and physical health. Instructor: Denise Thomas.

3/31-6/20 MWF 2-3p MP  
Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD



### Qigong and Internal Energy Work

This class will include movement sets and standing postures to help promote vitality and healing in your body. You will work on body alignments that allow chi to flow freely through meridians or energy channels. We will also practice internal work or Neigong, which focuses on more subtle internal movements and includes learning about and experiencing our own energy fields. This class meets twice a week and will allow more in-depth teaching and practice including Taoist methods of dissolving blockages inside and outside your body.

Instructor: Sarah McMullen.

4/1-6/17 TuTh 1:30-2:30p Annex  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

### Qigong for Self-Healing

This class combines gentle movement, controlled breathing, and meditation to promote balance, healing, and vitality. In this course, students will learn how to tap into their body's natural energy (chi) to enhance their physical, emotional, and mental well-being. The focus will be on self-healing techniques to alleviate stress, improve circulation, boost immune function, and restore harmony within the body.

Through guided exercises, students will practice foundational Qigong forms that are specifically designed to cultivate energy flow, release blockages, and activate the body's natural healing abilities. The class will also incorporate mindfulness and breathwork to deepen the connection to oneself and enhance overall health. Instructor: Sarah McMullen.

4/3-6/12 Th 11a-12p Rm C  
Adult: \$63 ID/\$78 Senior: \$56 ID/\$70 OD

### Tae Kwon Do

AGES 7+. Tae Kwon Do is a traditional Korean martial art performed with empty hands, bare feet, and a strong spirit. Students, in the beginning class, will learn kicking and hand techniques for self-defense, while developing their physical fitness and self-confidence. The intermediate class offers advanced training in sparring skills, forms, and self-defense techniques for students wishing to advance in the belt ranking system. This is an excellent sport the whole family can enjoy.

Instructor: John B. Camp.

Ongoing WF 6-7:30p Youth/Adult Annex  
\$60/month

\*Does not qualify as Silver & Fit/Renew Active class.

## YOGA / PILATES / MEDITATION

### Yoga for Strength-Building - Virtual availability

A practice designed to target large and small muscle groups for increased strength and stamina. Warm-up and cool-down periods bookend a challenging flow with options to suit ability levels. Instructor: Bex Oransky.

4/1-6/17 TuTh 8-9a Annex  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

### Advanced Beginner Yoga- Virtual availability

A Hatha yoga class for those with some yoga experience. Focus on safely building your skills and body awareness through sequences designed to help support healthy aging, challenge your body, and mind, and have fun doing it! Modifications offered for all bodies. Instructor: Bex Oransky.

4/1-6/17 TuTh 9:15-10:30a Annex  
Adult: \$152 ID/\$186 OD Senior: \$138 ID/\$169 OD

### Fundamentals of Yoga - Virtual availability

Participants enjoy an energizing flow and build skills with vinyasa movement between poses with breathwork. Improve strength and mobility with variations to suit multiple levels. Expect intervals of intensity and rest, this class is intended for people with some prior experience with yoga postures. Instructor: Kate Cleary.

4/2-6/20 WF 10-11a Annex  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD



### Chair Yoga Fusion- Virtual availability

Chair Yoga Fusion is a great option for those who find it hard to get up and down from the floor. This gentle yet challenging whole-body program includes both seated and standing exercises with modifications appropriate for individual fitness levels. Yoga postures (asanas) and breathing techniques are incorporated to help calm the mind, reduce pain, strengthen, and tone the body as well as improve posture, mobility, flexibility, and balance. Optional tools such as light weights and exercise balls are used to enhance the exercise and make it fun!

Instructor: Jennifer Halse.

3/31-6/20 MWF 11a-12p MP  
Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD

### Yoga for Optimal Health - Virtual availability

Did you know that your body has its own intelligence? In this class you'll learn how to harness the experience of being in your body while building strength, flexibility and body awareness through yoga, somatic movement, and breath practices. Learn techniques to safely foster healthy movement and release tension. Unleash your curiosity and develop a relationship with your body that supports healthy aging, at any age. All fitness levels are welcome, though you must be able to get up and down from the floor easily. Instructor: Kate Cleary.

3/31-6/20 MWF 8:30-9:45a Annex  
Adult: \$217 ID/\$271 OD Senior: \$208 ID/\$245 OD

### Gentle Yoga for Seniors - Virtual only

A gentle form of Hatha Yoga that combines easy stretches with conscious breathing and focus within. Leave every class with a smile. Class is structured for all levels of ability. Instructor: Joan Dobbie.

3/31-6/20 MWF 8:30-9:45a Virtual  
Adult: \$217 ID/\$271 OD Senior: \$208 ID/\$245 OD



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### Yoga for Core Strength - Virtual availability

Begin with a short yoga flow sequence, which warms and tones the whole body. A series of standing and floor poses are designed to increase hip flexibility and strengthen the lower back and abdominal muscles. Pelvic floor strengtheners and strengthening the arms, shoulders and chest are emphasized.

Instructor: Kate Cleary.

4/1-6/17 TuTh 5:30-6:45p Annex  
Adult: \$152 ID/\$186 OD Senior: \$138 ID/\$169 OD

### Vinyasa Yoga – Virtual availability

Vinyasa is a type of yoga that links movement and breath to attain balance in the mind and body. From the Sanskrit “to place in a special way,” vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow.

Instructor: Bailey Thompson.

3/31-6/18 MW 4:15-5:15p Annex  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD  
4/28-6/16 (8 wks) M 5:30-6:30p Annex  
\*4/28, 5/12, 6/9 will take place in room E  
Adult: \$45 ID/\$56 OD Senior: \$40 ID/\$50 OD

### Body Sculpt & Stretch – Virtual availability

Put a smile on your face and stay healthy, young and agile while you sculpt, strengthen, and lengthen your body. This exercise program includes functional movement, strength training, Yoga, and Pilates-based exercises designed to help balance imbalances in your body. Standing, seated and floor-based sequences help you perform the exercises effectively with confidence, building strength and mobility in your muscles, bones and joints. Stretching is incorporated throughout class to keep you flexible, supple and feeling great! The equipment provided includes a chair, dumbbells, a small ball, and exercise bands.

Instructor: Jennifer Halse.

4/4-6/20 F 12:30-1:30p MP  
Adult: \$68 ID/\$85 OD Senior: \$61 ID/\$78 OD



### Pilates for Mature Adults - Virtual availability

Would you like to improve core strength, posture, balance, flexibility, spinal and joint mobility? Pilates is a low-impact, whole-body exercise program that targets the connections of your core, spine, and pelvic floor to improve your posture and sculpt lean muscles without taxing the joints. This mind-body exercise program is performed both standing and on a mat. Learn to connect your breath with a series of controlled movements that flow into one another with precision. Light weights and soft balls are used to aid in body awareness, sculpt and tone the body. Stretching is incorporated throughout class. Leave class feeling tall, strong, relaxed, balanced, and energized. Appropriate for most fitness levels. Participants must be able to get up & down from the floor. Instructor: Jennifer Halse.

3/31-6/18 MW 9:30-10:30a Rm C  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD  
4/4-6/20 F 9:30-10:30a Rm C  
Adult: \$68 ID/\$85 OD Senior: \$61 ID/\$78 OD

### Pilates-Yoga Fusion – Virtual availability

This Mind-Body class infuses elements of both Pilates and Yoga to give you a balanced whole-body workout connecting movements with the core, pelvic floor, and spine to build strength and mobility. Improve your posture, balance, joint stability, stamina, and spinal mobility while toning, stretching, and elongating your muscles. End class with gentle stretching and meditation/savasana. Leave class feeling energized, centered, and focused for the rest of your day. Appropriate for most fitness levels. Participants must be able to get up and down from the floor.

Instructor: Jennifer Halse.

4/1-6/17 TuTh 9:30-10:30a MP  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

### Anytime Anywhere Meditation

In 5 sessions, this course offers a practical introduction to meditation techniques designed to help participants cultivate mindfulness and resilience in their daily lives. This program provides accessible meditation practices that can be integrated into any lifestyle, regardless of prior experience or cultural background. Over five sessions, participants will learn how to navigate stress and anxiety through simple yet effective techniques that promote awareness, compassion, and inner peace.

Instructor Andrea Loreto.

4/21, 4/28, 5/5, 5/12, 5/19 Tu 6-7:30p Rm C  
\$95 Drop-in \$25



## FINE ARTS

### Chinese Inkbrush Painting - Beginner

Learn the basics of Chinese inkbrush painting and about the types of brushes, paper, and ink to use. Classes will focus on the “Four Gentlemen” – bamboo, orchid, chrysanthemum, and plum flower – as well as Chinese landscapes. Students work at their own pace. Bring your own equipment or buy inexpensive items from the instructor (\$65 for complete supplies: sumi ink, brush, shuen paper and mat). Instructor: Teresa Logan Hsu.

4/2-6/18 W 2:15-4:15p Rm C  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

### Chinese Inkbrush Painting – Intermediate

Prior experience with Chinese inkbrush painting is required. Each student will gradually create a complex painting. Students should bring their own materials. Instructor Teresa Logan Hsu.

4/2-6/18 W 11a-2p Rm C  
Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD

## APPLIED ARTS

### Mosaics

In mosaics, design pictures on everything from flowerpots to designer steppingstones. Choosing a base, selecting the kind of pieces you want to use, type of adhesive, breaking or cutting, arranging your pieces then grouting and sealing. In this class we will be working on some “Garden Art” projects. Some supplies are covered in class fee. This is a student-led activity.

4/1-6/17 Tu 12-2:30p Kitchen  
Adult: \$56 ID/\$70 OD Senior: \$51 ID/\$63 OD  
4/3-6/12 Th 12-2:30p Kitchen  
Adult: \$52 ID/\$64 OD Senior: \$47 ID/\$58 OD

### Knitting and Crocheting Group

Knitting and Crocheting Group is a social group that meets weekly. There is no instruction in this group, therefore knitting and/or crocheting experience is required.

4/21-6/16 M 12:30-2:30 Rm C \$5

## DANCE

### Line Dancing

This beginning line dance class is great exercise for your brain, easy on your joints, and can improve your balance. You’ll learn the basic line dance steps and we’ll dance together to a variety of music. Wear loose, cool clothing, and shoes that will slide on the floor. Bring a friend and join the fun! Instructor: Kate Cleary.

4/1-6/17 Tu 4-5p Annex  
Adult: \$68 ID/\$85 OD Senior: \$61 ID/\$78 OD  
Drop in \$8/ Senior \$6

### Belly Dance - Skills and Drills

This is an all level Tribal/Tribal Fusion class. Learn basic Tribal and Tribal Fusion movements inspired by Middle Eastern, North African, East Indian and Flamenco cultures. Instructor: Candice Morgan.

4/3-6/12 Th 6-7p Rm C  
Adult: \$68 ID/\$85 OD Senior: \$61 ID/\$78 OD  
Drop in \$8/ Senior \$6

### Argentine Tango

Intro to Tango right from the beginning! Emphasis on posture and connection to make your transitions smooth. Learn the fundamental patterns needed to step into more elaborate movements.

Tango Level II (Close Embrace Series) is for students who know the fundamentals and wish to keep improving. New combinations of steps will be introduced. These classes focus on Tango as the social dance seen in Buenos Aires, Argentina. Try it and transform your life.

Held at River Road Annex, 1055 River Road. Instructor: Marisela Rizik. To register, email Marisela at Mrizik@aol.com or visit www.mariselarizik.com.

4/6-6/22 Su 3-4p Beginning - Fundamentals  
Su 4-5p Level II  
Su 5-7p Tango social fun time  
\$55 a month  
\$10 additional each Sunday for social time  
\$15 per class drop-in



# Adult Programs

## GENERAL INTEREST

### Urban Homesteading

4/2-6/18 W 7-9 Kitchen  
\$24 ID/ \$30 OD Instructor: Kevin Prier

*Self-Care/Gift Series: Take care of yourself with luxurious home-made soaps, herbal skin creams, and a bite or two of candied ginger. They also make great gifts!*

### 4/2 - Balms and Salves

Learn to make a variety of skin creams, lip balms, herbal salves and tinctures for gifts or a treat for yourself. Take home some lip balm and herbal skin cream.

### 4/9 - Soap Making

Learn the basics of making bar soap from scratch. We will discuss the chemistry of saponification, properties of different base oils and local sources, and fragrance oils and other additives while we make a batch of soap. You will also learn how to make liquid soap and two forms of laundry soap. Take home a share of the soap we produce.

### 4/16 - Ginger Treats

Ginger can be used for a number of sweet or savory treats. Come cook up a batch of candied ginger, ginger syrup, ginger sugar, and pickled ginger for sushi. These all make great gifts and you can take home a share of what we make.

### 4/23 - Aromatherapy and Essential Oils

Essential oils can have strong medicinal qualities. Learn how to use them effectively and safely in spray mists, skin creams, massage oil, and even mosquito repellent lotions or sprays. This class is based on peer-reviewed scientific evidence.

*Garden Series: Time to get the garden into high gear for the season. Optimize your gardening techniques, learn how to identify the beneficial insects in your garden for an organic, natural pest control, and plant some perennial vegetables that will keep producing for years.*

### 4/30 - Organic Gardening

Learn organic gardening techniques for container gardening to full-sized family gardening. Gardening basics and more advanced techniques will include starts vs. direct sowing, co-planting, beneficial insects and how to attract them, composting, soil amendments, maximizing limited space, saving seed, and winter gardening.

### 5/7 - Herb Gardens

Almost everyone has room for a small herb garden. Learn which herbs grow well in pots, how to keep your herbs happy and productive, and how to store them dried or frozen. We will also discuss many non-culinary uses for herbs.

### 5/14 - Beneficial Insects in the Garden

There is a whole host of insects out there to help your garden grow and produce. Learn about predatory flies, beetles, assassin bugs, and many other predators and pollinators and how to attract them and get them working for you. You'll be surprised at how many there really are.

### 5/17 (Saturday, outside at instructor's property) - Edible Landscaping and Foraging

Don't just pull those weeds – eat them! Find out what native “weeds” are edible and how to prepare them. You'll be surprised at how much food you've been pulling up and throwing in the yard waste. Learn about common wild foraging plants – berries, flowers, greens, roots, and common mushrooms – and their habits

*Kitchen Series: With just an hour or two in the kitchen you can fill a set of drying racks, can a batch of jam, make a full set of condiments, or even your own soothing skin cream for yourself or a gift.*

### 5/21 - Preserving Fruits and Vegetables: Canning, freezing, drying

There is a lot of information out there that makes home preserving sound complicated and potentially dangerous. With a few simple precautions, it is neither of those. Learn the basics and benefits of home preserving and start eating cheaper, fresher, healthier, and more locally. We will discuss in detail proper canning techniques, including what you can and can't process in a steam canner, blanching and freezing techniques, and drying herbs, fruits, and vegetables. We will also talk about which methods are best for a variety of foods and why.

### 5/27 - Eating Well on a Tight Budget - Intro to Urban Homesteading (FREE)

Eating with the seasons can be a challenge, but is healthy and satisfying, and can also save you a lot of money. Learn local sources of in-season produce, how to track and plan seasonally, and how to incorporate your own preserved foods.

### Holiday Closures

5/26 M Memorial Day  
6/19 Th Juneteenth

### 6/4 - Making Jam

Put summer in a jar by making your own fruit jam. Home-made can be much lower sugar than commercial, and the potential varieties are endless. We'll make and can a batch in class from fresh local fruit and you can take a jar home for yourself.

### 6/11 - Homemade Condiments

Make your next picnic amazing with your own home-made condiments. Learn how to make mayonnaise, mustard, ketchup, and relish, and how to tailor each recipe to make your own signature versions. Bring three small containers to take home a share of what we make in class.

### 6/18 - Balms and Salves

Learn to make a variety of skin creams, lip balms, herbal salves and tinctures for gifts or a treat for yourself. Take home some lip balm and herbal skin cream.

### Voice Overs...Now Is Your Time!

In what could be the most enlightening webinar you've ever taken, our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for. In addition to online instruction, you will be given the opportunity to book a 1-on-1 script read and voice evaluation via telephone with your instructor for the following day. This class will be presented via Zoom, you will receive a link the 24 hours prior to the class.

4/9 W 6-8p Zoom \$45



## LANGUAGE

### Italian 1

Italian 1 is for those with no previous knowledge of the language. Students acquire basic speaking, reading, and writing skills while learning about Italian culture. Instructor: Sied Imani.

4/2-6/18 W 4-6p Rm E  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

### Italian 2

Emphasis on vocabulary and grammar. Guided dialog will help improve pronunciation and increase comprehension. Italian 1 or instructor approval required. Instructor: Sied Imani.

3/31-6/16 M 3-5p Rm C  
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

### Spanish 1

In Spanish 1, students will dive into learning Spanish vocabulary as spoken in Latin American countries and will learn how to use their newfound words in reading and writing. They will also learn about Spanish culture and history. Instructor: Sied Imani.

4/4-6/20 F 2:30-5p Annex  
Adult: \$152 ID/\$186 OD Senior: \$138 ID/\$169 OD

### Spanish 2

Spanish 2 continues engaging students in a functional approach to learning the Spanish language. Students they will develop the practical tools needed to increase their fluency in the Spanish language. Spanish 1 or instructor approval required. Instructor: Sied Imani.

4/4-6/20 F 12-2:30p Annex  
Adult: \$152 ID/\$186 OD Senior: \$138 ID/\$169 OD

### Spanish Club

Practice listening, speaking, and reading using audio visual materials in an informal setting. Basic knowledge of Spanish is needed. Club Coordinator: Bonnie Rutledge.

4/3-6/12 Th 10a-12p Rm E \$5

# Adult Programs

541-688-4052 • [www.rrpark.org](http://www.rrpark.org)

Katrina Setzer | [Katrinas@rrpark.org](mailto:Katrinas@rrpark.org)

## MEET THE AUTHOR

### Awakening Sleeping Native Languages through Stories

Language and culture are fundamentally intertwined. Indeed, from a linguist's perspective, language is culture. There is perhaps no better example of this than through the stories we tell. In this talk, Dr. Jordan Douglas-Tavani tells a tale about how stories have been critical to reawakening Native American languages long after they had gone dormant following the dawn of the colonial era. Come tonight and enjoy! Beverages and snacks will be available.

6/7 Sa 6:30-8p  
\$10 in advance or \$15 at the door if space allows.

## SPECIAL EVENTS

### King's Luau with David Lomond

Come enjoy a tasty and fun Hawaiian luau at the park. We will have incredible food; slow-cooked pork, rice, macaroni salad, fresh fruit, etc. Elvis will also be in the house! He is going to shake, rattle, and roll! This is going to be a fun one; wear your Hawaiian shirt/hat and get ready to party. Your cost includes: luau dinner and entertainment.

4/25 F 6:30-8:30p \$25 MP

### Celebrate Spring High Tea

Today is about getting into the spring spirit. We begin with an afternoon tea where you will enjoy an assortment of teas, finger sandwiches, treats and fresh fruit. A local trio will play and entertain us. Your cost includes: a spring afternoon tea and songs that will have you humming and tapping your foot. Held at River Road Park. \$15 in advance. \$20 at the door if space is available.

5/18 Su 2-4  
\$15 in advance or \$20 the day of if space allows.

**HUMMING BEE NURSERY**  **RIVER ROAD PARK & RECREATION DISTRICT**

**ORGANIC PLANT SALE & FUNDRAISER**  
Friday, May 9 from 9a-3p

Organic plant start sale is here! Swing by Emerald Park (shelter 1) and get your starts. Time to prepare for a great gardening season.

Choose from a wide variety of organic plant starts for your garden, including heirloom and open-pollinated veggies, herbs, and flowers. Select perennials, medicinal herbs, and pollinator friendly plants also available. See [www.hummingbeenursery.com](http://www.hummingbeenursery.com) for more information.

Ten percent of proceeds go toward Park District programs.

**INCREDIBLE PRICES!**  
3 inch pots \$4 or three for \$10 other 6 packs for \$5  
Cash, check or card (10% goes to the park)

**LOTS OF OPTIONS!**

- heirloom, cherry, slicer, & paste tomatoes
- sweet and hot peppers
- eggplant
- cucumbers
- zucchini and summer squash
- winter squash
- lettuce
- onions
- basil
- sunflowers
- annual flowers
- medicinal herbs
- native plants
- and more!





**Travel with River Road Park!**

## EXTENDED TRAVEL

## DAY TRIPS

### London & Paris September 9-18, 2025

Call Kat to see about space.  
541-688-4052

### Branson Christmas Extravaganza Dec. 10-16, 2025

Presentation- 4/17 Th 1-2p

### Kingdoms of Southeast Asia

#### Jan. 30-Feb.18, 2026

Presentation- 4/17 Th 2:15-3:15p

Presentation- 6/5 Th 1-2p

**You can sign up for spring trips now. Summer registration will take place June. Trip details will be in the summer program.**

- 4/3 Grub Club ~ Mandy's
- 4/18 Dinner & Theater~Mary Poppins
- 4/22 Wildlife Safari
- 4/27 Dinner & Theater~ Grease
- 5/14 Wine Down Wednesday
- 6/6 Dinner & Theater- Neverland
- 6/29 Dinner & Theater~ Waitress

**Summer is coming soon...**

- Chocolate Workshop
- Thyme Garden ~ Flower Baskets & Lunch
- Sheldon McMurphey House Tour & Lunch
- Timberline Lodge
- Electric Bike 101 & Ride Combo
- Weaving Workshop
- Rafting the McKenzie
- Albany NW Art & Air Festival ~ Night Glo
- Whale Watching...

