



# SECOND *WIND*

a unit of

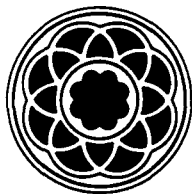
**FAMILY AND CHILDREN'S CENTER**

**SCHEDULE OF CLASSES - SPRING 1987**

**March 30 - May 22**

**at Parkland School, 121st and Pacific Avenue**

**SECOND WIND** is a health promotion school for adults over 50  
that is also open to persons of all ages - as space allows.



**PACIFIC LUTHERAN UNIVERSITY**

Tacoma, Washington 98447

CLASSES START 3/30/87

MONDAY

PARKLAND HISTORY 9:15-10:15 am

History of Parkland from the early Hudson's Bay occupation of the area to the future plans for the community. Special emphasis on Parkland School. Class discussion will be encouraged.

Instructor: Marge Larson Rm. 27

EASY AEROBICS 9:30-10:30 am

Improve muscle tone, flexibility and cardiovascular fitness. If under medical supervision, consult your doctor. Fee \$6

Instructor: Kirsten Grudt G-12

AIKIDO 10:30-11:30 am

Japanese "gentle" martial arts. Learn self-defense techniques by using inner energy flow. Develop mind/body harmony, balance, confidence. Limit 14.

Instructor: Fujiko Gardner Rm. 27

HERBS, THEIR USES (continued)  
12:00-1:00 pm

Use in the kitchen for more variety in eating. Herbal remedies for minor body pain and respiratory relief. Bring your lunch.

Instructor: Fran Culter Rm. 27

AQUA-RHYTHMICS and SWIMMING 2:00-3:00 pm

A fun way, whether you swim or not, to exercise the body. Water movement promotes cardiovascular endurance, flexibility, muscle tone. Fee \$6, Mon/Wed

Instructors: Lisa DeBell PLU Pool  
Jerry Morgan

TUESDAY

INTERNATIONAL FOLK DANCING 9:00-10:00 am

No partners, no experience needed. It's fun and very therapeutic.

Instructor: Bertl Werny Gym

PHOTOGRAPHY 9:45-11:45 am

The basics of photography. A 35 mm camera is desirable, but not necessary. Flyers more widely describing the course are available at East Campus.

Instructor: Jim Stephens Rm. 27

SECOND WIND PLAYERS 10:30-12:00 nn

A performing company, will hold classes/rehearsals Tuesdays. There will be a brown bag luncheon performance on Tuesday, May 19. No acting experience needed.

Director: Susan Perkins G-12

KNITTING 1:15-2:15 pm

Learn the art of "knit and purl." You will begin with a simple pattern. Advanced instruction included in the class as well.

Instructor: Zena Herrera Rm. 27

GOLF 1:00-2:00 pm  
2:00-3:00 pm

Instruction on the driving range, putting green, sand traps. The last class will be on the golf course.

Instructor: Terry Shields Brookdale

AQUA-RHYTHMICS 2:00-3:00 pm

Tues/Thurs. Same as Mon/Wed. Fee \$6

WEDNESDAY

AEROBICS 9:30-10:30 am

Same as Monday G-12

MICROCOMPUTING 10:00-11:30 am

Appleworks is an integrated software package which includes a word processor, spread sheet and database. It is easy to learn and use because most commands apply to all three applications. Theory and use will be emphasized. Limit - 8

Instructor: Dean Bryant/Library basement

AMERICAN INDIAN ARTS 10:00-11:00 am

NW coast; SW - Navaho, Pueblo; Plains - Sioux, Kiowa; NE - Iriquois; SE - Seminole, etc., etc.; past and present.

Instructor: Margaret Irwin Rm. 27

THURSDAY

TRANSITIONS

9:00-10:00 am

Will look at the beginnings and endings of major involvements in our lives. How we view the major changes that impact on us determines how we grow and change. We will see how we can profit from our beginnings and endings.

Instructor: Jim Hills G-12

BRIDGE FOR BEGINNERS

9:30-10:30 am

Learning fundamental principles of Contract bridge and the simple rules of bidding.

Instructor: Terry Shields Rm. 27

ARCHAEOLOGY for ARMCHAIR ADVENTURERS

10:30-11:30 am

How archaeologists explore the mysterious past, and how you may take part. Instructor holds degree in anthropology and education. A detailed course outline is available at the Second Wind desk.

Instructor: Jim Stephens G-12

AQUA-RHYTHMICS & SWIMMING

Same as Tuesday!

FRIDAY

AEROBICS

Same as Wednesday! Gym

NATURE WALK

10:30-12:30 pm

Guided nature walks to parks and woods to observe and learn about wild flowers and birds. The walks may be up to two miles long. Wear good shoes for walking.

Instructors: Ruth Abelson Rm. 27  
Burt Ostenson

"Seniors Against Crime" will be doing presentations of personal safety, home security and consumer fraud during a brown bag noon hour on April 8 and April 15 (Wednesdays) in Rm. 27



**Lucan** is an adult male Arctic Wolf (Alpha). He and his mate, Clementine, were sheltered in a small private zoo. In the owner's will he decreed that on his demise the wolves would go to Wolf Haven. He had a great respect for Wolf Haven and felt that was the only place which could care properly for them.



**Rogue** is an adult male Timber Wolf (Alpha). He was found by the Humane Society roaming around downtown Portland, Oregon at the age of one and a half. He was then transferred to Cougar Mountain (a big-cat sanctuary) where he met his mate Pretty Girl.

Since he was raised with big-cats he didn't learn to howl, *but roared instead!* When Cougar Mountain closed he and his mate were shipped to Wolf Haven. He now howls like the wolf he really is and is very well adjusted to the life of a canine star on the tours.

NOTE:

Be sure to sign-up for a trip to Wolf Haven during the summer.

Also be sure to re-sign for the trip to the Llama farm in May.

Office hours are 9:00 - 12:00, Monday through Thursday.

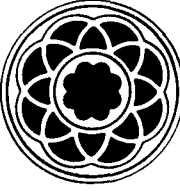
Coordinator - Virginia Rawson  
535-7389



ADDRESS CORRECTION  
REQUESTED

Tacoma, Washington 98447

SECOND WIND  
PACIFIC  
LUTHERAN  
UNIVERSITY



# SECOND WIND



PACIFIC LUTHERAN UNIVERSITY

Transit Center across the street from our door, 121st and Pacific.  
From north or south, take Parkland - Spanaway 45 or 45A: arrive 8:15, 9:15, 10:15, 11:15, 12:15, 1:15, 2:15 daily.

From Puyallup, take buses 404 or 404A. Arrive at center 8:45, 9:15, 10:15, 11:15, 12:15, 1:15, 2:15 daily.

██████████ PLU EAST CAMPUS ██████████

Phone: Virginia Rawson, Coordinator  
535-7389

Vern Hanson, Director  
535-7734

