

## Oregon Community Programs List 2009

This is a current listing of Arthritis Foundation exercise, and self-help programs throughout Oregon. Each program has a telephone number for you to call for specific information. Please note that while the Pacific Northwest Chapter does its best to keep this list up-to-date, this information is subject to frequent change. If you have difficulty reaching a contact person, or would like information on other programs and services, please call the **Pacific Northwest Chapter Arthritis Answers Line at 1-800-542-0295.**

### **PROGRAM DESCRIPTIONS:**

#### **Arthritis Foundation Aquatic Program:**

**A warm water exercise program** (83°-90°F) designed for people with arthritis. Water exercise is good for people with arthritis because it can help relieve the strain on muscles and joints. Classes are led by instructors certified by the Arthritis Foundation. Any adult (age 18+) can join and it is not necessary to know how to swim.

#### **Arthritis Foundation Exercise Program:**

**A land-based exercise program** (formerly known as P.A.C.E.) designed specifically for people with arthritis. Classes include gentle activities to help increase joint flexibility and range of motion and also help to maintain muscle strength and increase overall stamina. Classes are led by instructors certified by the Arthritis Foundation. Any adult (age 18+) can join.

#### **Tai Chi from the Arthritis Foundation:**

**A program based on the Australian Tai Chi for Arthritis program**, which was designed to improve the quality of life for people with arthritis. The program utilizes Sun style *Tai Chi*; one of the four major recognized styles of *Tai Chi*. This style is particularly effective for people with arthritis because it includes agile steps and exercises that may improve mobility, breathing and relaxation. In addition, the movements have higher stances, which make it easier and more comfortable to learn.

**Pacific Northwest Chapter  
Arthritis Answers Line  
1-800-542-0295  
[www.arthritis.org](http://www.arthritis.org)**

**The mission of the Arthritis Foundation  
is to improve lives through leadership  
in the prevention, control, and cure of  
arthritis and related diseases.**

## For Your Information:

### Please note:

People with multiple or severe joint problems, or who have had joint surgery, are encouraged to check with their doctor and health care team about the need for special precautions before beginning a program of physical activity.

### How to sign-up:

Please call the facilities listed for the program(s) that you are interested in, for specific information including facility-specific schedules, possible fees and registration information.

### What to do if there is not a Community Program offered in your city:

First, call the **Arthritis Answers Line** at **1-800-542-0295**. Or check online at [www.arthritis.org](http://www.arthritis.org). New courses become available periodically and you can make sure you have the most up-to-date information.

If the **Arthritis Answers Line** is unable to direct you to a course in your area, please let us know about the unmet need in your community. We will work with you to identify a facility in your area that would like to partner with the Arthritis Foundation to offer these programs.

### Did you know?

The Arthritis Foundation offers Exercise Program and Aquatic Program videos and DVDs for purchase as well as more than two dozen other books, videos and workbooks. Please call the **Oregon Branch** at (888) 845-5695 for ordering information.

## AF Aquatic Programs

### Albany

**Mid-Willamette/Albany YMCA**  
3311 Pacific Blvd SW  
Albany, OR 97321  
**Phone:** 541-926-4488

### Astoria

**Astoria Aquatic Center**  
1997 Marine Dr.  
Astoria, OR 97103  
**Phone:** 503-325-7027

### Bend

**Athletic Club of Bend**  
61615 Athletic Club Drive  
Bend, OR 97702  
**Phone:** 541-385-3062

**Juniper Swim & Fitness Center**  
800 NE 6th Street  
Bend, OR 97701  
**Phone:** 541-389-7665

### Eugene

**Echo Hollow Pool**  
1655 Echo Hollow Rd  
Eugene, OR 97402  
**Phone:** 541-682-5525

**Eugene Family YMCA**  
2055 Patterson St.  
Eugene, OR 97405  
**Phone:** 541-686-9622

**River Road Park & Rec District**  
1400 Lake Dr.  
Eugene, OR 97404  
**Phone:** 541-688-4052

**Sheldon Pool**  
2443 Willakenzie Rd  
Eugene, OR 97401  
**Phone:** 541-682-5314

### Gresham

**Mt. Hood Community College Aquatic Center**  
26000 SE Stark Street  
Gresham, OR 97030  
**Phone:** 503-491-7243

## AF Aquatic Programs (cont.)

## **Hillsboro**

### **Shute Park Aquatic & Rec Center**

953 SE Maple  
Hillsboro, OR 97123  
**Phone:** 503-681-6127

## **Hood River**

### **Hood River Sports Club**

1330 Brookside Dr.  
Hood River, OR 97031  
**Phone:** 541-386-3230

## **Lincoln City**

### **Lincoln City Community Center Pool**

2150 NE Oar Place  
Lincoln City, OR 97367  
**Phone:** 541-994-2131

## **Madras**

### **Madras Aquatic Center**

1195 SE Kemper Way  
Madras, OR 97741  
**Phone:** 541-475-4253

## **Oregon City**

### **Oregon City Swimming Pool**

1211 Jackson St.  
Oregon City, OR 97045  
**Phone:** 503-657-8273

## **Portland**

### **Northeast Community Center**

1630 NE 38<sup>th</sup> Ave  
Portland, OR 97232  
**Phone:** 503-284-3377  
*Call for accessibility information—some stairs.*

### **Mittleman Jewish Community Center**

6651 SW Capitol Hwy.  
Portland, OR 97219  
**Phone:** 503-244-0111

### **OHSU March Wellness Center**

3303 SW Bond Ave.  
Portland, OR 97239  
**Phone:** 503-418-6272

### **Providence Therapy Center - Aquatics**

5050 NE Hoyt St.  
Portland, OR 97213  
**Phone:** 503-215-6301

### **Providence Therapy Pool @ Easter Seals**

5757 SW Macadam Ave.  
Portland, OR 97239  
**Phone:** 503-223-6840

## **Salem**

### **Courthouse Athletic Club**

300 Glen Creek Rd. NW  
Salem, OR 97304  
**Phone:** 503-588-3375, ext. 3

## **Seaside**

### **Sunset Empire Parks & Rec.**

1140 E Broadway  
Seaside, OR 97138  
**Phone:** 503-738-3311

## **Sherwood**

### **Sherwood Regional Family YMCA**

23000 SW Pacific Hwy  
Sherwood, OR 97140  
**Phone:** 503-625-9622

## **Stayton**

### **Stayton Family Memorial Pool**

400 W. Virginia Street  
Stayton, OR 97383  
**Phone:** 503-767-7665

## **The Dalles**

### **The Dalles Fitness and Court Club**

731 Pomona St.  
The Dalles, OR 97058  
**Phone:** 541-298-8508

## **Tillamook**

### **Tillamook YMCA**

610 Stillwell Ave.  
Tillamook, OR 97141  
**Phone:** 503-842-9622

## **AF Aquatic Programs (cont.)**

## **Vancouver, WA**

### **Cascade Park Care Center**

801 SE Park Crest Ave  
Vancouver, WA 98683  
**Phone:** 360-260-2200

### **Hough Community Swimming Pool**

1801 Esther St.  
Vancouver, WA 98660  
**Phone:** 360-696-8245

## **Woodburn**

### **Woodburn Memorial Aquatic Center**

190 Oak St.  
Woodburn, OR 97071  
**Phone:** 503-981-7946

## **Bend Senior Center**

1600 SE Reed Market Rd  
Bend, OR 97701  
**Phone:** 541-388-1133

## **Eugene**

### **River Road Park & Rec District**

1400 Lake Dr.  
Eugene, OR 97404  
**Phone:** 541-461-7777

## **Hood River**

### **Hood River Adult Center**

2010 Sterling Place  
Hood River, OR 97031  
**Phone:** 541-386-2060

## **Junction City**

### **Viking Sal Senior Center**

245 W 5th Street  
Junction City, OR 97448  
**Phone:** 541-998-1556

## **Portland**

### **Belmont Center**

Loaves & Fishes  
4610 SE Belmont St.  
Portland, OR 97215  
**Phone:** 503-953-8202

### **Elm Court Center**

Loaves & Fishes  
1032 SW Main St.  
Portland, OR 97205  
**Phone:** 503-953-8204

### **Friendly House**

Loaves & Fishes  
1737 NW 26<sup>th</sup> Ave.  
Portland, OR 97210  
**Phone:** 503-228-4391

### **Hollywood Senior Center**

1820 NE 40th Ave.  
Portland, OR 97212  
**Phone:** 503-288-8303

### **Mt. Scott Community Center**

5530 SE 72<sup>nd</sup> Ave.  
Portland, OR 97206

## **AF Exercise Programs**

## **Bend**

Modified 10/23/2009

**Phone:** 503-823-3183

### **Seaside**

#### **Sunset Empire Parks & Rec.**

1140 E Broadway  
Seaside, OR 97138

**Phone:** 503-738-3311

### **Salem**

#### **Salem Senior Center**

1055 Erixon St. NE  
Salem, OR 97303

**Phone:** 503-588-6303

### **Welches**

#### **Hoodland Senior Center**

25400 East Salmon River Rd.  
Welches, OR 97067

**Phone:** 503-622-3331

### **AF Tai Chi Programs**

### **Bend**

#### **Active Life Fitness Corp.**

Contact Jenny Sheldon  
Bend, OR

**Phone:** 541-389-7536

#### **Terpsichorean Dance Studio**

1601 Newport Ave.  
Bend, OR 97701

**Phone:** 541-389-5351

### **Eugene**

#### **Tai Chi for Health**

Contact Suman Barkhas  
Eugene, OR

**Phone:** 541-515-0462

### **Gresham**

#### **Gresham Senior Center**

600 NE 8<sup>th</sup> St.  
Gresham, OR 97030

**Phone:** 503-988-4870

### **Hood River**

#### **Down Manor**

1950 Sterling Place  
Hood River, OR 97031

**Phone:** 541-386-5115

#### **Hood River Adult Center**

2010 Sterling Place  
Hood River, OR 97031

**Phone:** 541-386-2060

### **Portland**

#### **OASIS Education Center**

Macy's – 4<sup>th</sup> Floor  
621 SW 5<sup>th</sup>

Portland, OR 97204

**Phone:** 503-241-3059

#### **SW Community Center**

6820 SW 45<sup>th</sup> Ave.  
Portland, OR 97219

**Phone:** 503-823-2840

### **Redmond**

#### **Redmond Senior Center**

325 NW Dogwood St.  
Redmond, OR 97756

**Phone:** 541-548-6325

### **Salem**

#### **Salem Senior Center**

1055 Erixon St. NE  
Salem, OR 97303

**Phone:** 503-588-6303

### **Stayton**

#### **Stayton Family Memorial Pool**

400 W. Virginia Street  
Stayton, OR 97383

**Phone:** 503-767-7665