

Oregon Community Programs List 2008

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°-88°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**

**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. 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 a P.A.C.E. video for purchase as well as more than two dozen other books, videos and workbooks. Please call the **Arthritis Answers Line**, 1-800-542-0295 for ordering information.

Albany

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

Beaverton

Harman Swim Center
7300 SW Scholls Ferry Rd.
Beaverton, OR 97008
Phone: 503-629-6314
AF Aquatic Program

Bend

Active Life Fitness Corp.
Contact Jenny Sheldon
Bend, OR
Phone: 541-389-7536
Tai Chi from the Arthritis Foundation

Bend Senior Center
1600 SE Reed Market Rd
Bend, OR 97701
Phone: 541-389-7665
AF Exercise Program

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

Terpsichorean Dance Studio
1601 Newport Ave.
Bend, OR 97701
Phone: 541-389-5351
Tai Chi from the Arthritis Foundation

Eugene

Echo Hollow Pool
1655 Echo Hollow Rd
Eugene, OR 97402
Phone: 541-682-6327
AF Aquatic Program

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

AF Aquatic Program

River Road Park & Rec District

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

AF Aquatic Program; AF Exercise Program

Sheldon Pool

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

AF Aquatic Program

Tai Chi for Health

Contact Suman Barkhas
Eugene, OR
Phone: 541-515-0462

Tai Chi from the Arthritis Foundation

Gresham

Gresham Senior Center

600 NE 8th St.
Gresham, OR 97030
Phone: 503-988-4870

Tai Chi from the Arthritis Foundation

Mt. Hood Aquatic Center

26000 SE Stark Street
Gresham, OR 97030
Phone: 503-491-7246

AF Aquatic Program

Hillsboro

Shute Park Aquatic & Rec Center

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

AF Aquatic Program

Hood River

Down Manor

1950 Sterling Place
Hood River, OR 97031
Phone: 541-386-5115

Tai Chi from the Arthritis Foundation

Hood River Adult Center

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

AF Exercise Program; Tai Chi from the Arthritis Foundation

Hood River Sports Club

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

AF Aquatic Program

Junction City

Viking Sal Senior Center

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

AF Exercise Program

Lincoln City

Samaritan North Lincoln Hospital

3043 NE 28th St.
Lincoln City, OR 97367
Phone: 541-996-7160

AF Aquatic Program

Medford

Providence Medford Medical Center

1111 Crater Lake Ave
Medford, OR 97501
Phone: 541-732-5685

AF Aquatic Program

Oregon City

Oregon City Swimming Pool

1211 Jackson St.
Oregon City, OR 97045
Phone: 503-496-1572

AF Aquatic Program

Portland

Hollywood Senior Center

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

AF Exercise Program

Northeast Community Center

1630 NE 38th Ave
Portland, OR 97232
Phone: 503-284-3377

Call for accessibility information – this site has some stairs.

AF Aquatic Program

Providence Therapy Center - Aquatics

5050 NE Hoyt St.
Portland, OR 97213
Phone: 503-215-6301
AF Aquatic Program

**Providence Therapy Pool @
Easter Seals**

5757 SW Macadam St.
Portland, OR 97239
Phone: 503-223-6840
AF Aquatic Program

Redmond

Redmond Senior Center

325 NW Dogwood St.
Redmond, OR 97756
Phone: 541-548-6325
Tai Chi from the Arthritis Foundation

Salem

Courthouse Athletic Club

2975 River Road S
Salem, OR 97302
Phone: 503-588-3375, ext. 2
AF Aquatic Program

Salem Senior Center

1055 Erixon St. NE
Salem, OR 97303
Phone: 503-588-6303
AF Exercise Program
Tai Chi from the Arthritis Foundation

Seaside

Sunset Empire Parks & Rec.

1140 E Broadway
Seaside, OR 97138
Phone: 503-738-3311
AF Aquatic Program

Sherwood

Sherwood Regional Family YMCA

23000 SW Pacific Hwy
Sherwood, OR 97140
Phone: 503-625-9622
AF Aquatic Program

Stayton

Stayton Family Memorial Pool

400 W. Virginia Street
Stayton, OR 97383
Phone: 503-767-7665
AF Aquatic Program;
Tai Chi From the Arthritis Foundation

The Dalles

The Dalles Fitness and Court Club

731 Pomona St.
The Dalles, OR 97058
Phone: 503-298-8508
AF Aquatic Program

Tillamook

Tillamook YMCA

610 Stillwell Ave.
Tillamook, OR 97141
Phone: 503-842-9622
AF Aquatic Program

Vancouver, WA

Cascade Park Care Center

801 SE Park Crest Ave
Vancouver, WA 98683
Phone: 360-260-2200
AF Aquatic Program;
Tai Chi from the Arthritis Foundation

Hough Community Swimming Pool

1801 Esther St.
Vancouver, WA 98660
Phone: 360-696-8245
AF Aquatic Program

Touchmark Health and Fitness Club

2927 SE Village Loop
Vancouver, WA 98683
Phone: 360-433-6400
AF Aquatic Program;
Tai Chi from the Arthritis Foundation
Residents of Touchmark only.

Woodburn

Woodburn Memorial Aquatic Center

190 Oak St.
Woodburn, OR 97071
Phone: 503-981-7946
AF Aquatic Program