

Events at West Linn Adult Community Center

2ND ANNUAL

DADDY DAUGHTER DANCE

Saturday, June 14th, 2008
6-9 PM

Enjoy Light Snacks, Dessert and Beverages
Music entertainment & Keepsake photos

\$35.00 ticket package for Daddy and up to two daughters, \$5.00 for each additional daughter. Package includes: refreshments, 5 X 7 keepsake photo, souvenir, and entertainment.

To register please call
West Linn Parks and Recreation 503-557-4700
or go online to
www.westlinnparksandrec.com
Class # 3000.301

WEST LINN
ADULT COMMUNITY CENTER
1180 ROSEMONT ROAD
WEST LINN, OREGON

**Celebrate Arbor Week
by coming to the annual Plant Sale
at the Adult Community Center
open both days from 10 am-3 pm.**



Get advice from Parks Department staff and members of the Adult Center Garden Club on replacing all invasive species trees and plants with native and water efficient trees and plants. You may even purchase your vegetable starts and perennials (as available). Proceeds benefit programs at the Adult Community Center.

**Plant Sale Thursday and Friday
April 10th and 11th**

Mothers Day Tea



*Advance tickets available
for this delightful annual event
celebrating mothers and other wonderful women
who bring joy to our lives.*

*Monday, May 12th
at 11:30 am*

Red Cross Blood Mobile

**April 18, 2008
10:00-3:00 pm**

To schedule a
blood donation appointment
Please call
1.800.GIVE.LIFE (800-448-3543)

West Linn Adult Community Center



The West Linn Adult Community Center is open to any adult 50 years and better in the West Linn and surrounding area. The Center affords assistance to eligible adults in maintaining an independent lifestyle through City staff, service agencies and volunteer staff. The Center also provides social, recreational, health and educational services and programs.

Open Monday - Friday, 8:00 am - 3:00 pm

Closed all legal Holidays
and when Schools are closed due to weather

Scheduled Closures This Session:

Monday, May 26
Friday, July 4

The Adult Community Center
is located at

1180 Rosemont Road
(west of Salamo, just past
Rosemont Ridge Middle School)
503-557-4704

Meals At The Center

Meals are served at noon Mondays, Wednesdays, and Fridays
Attendees are asked for a meal donation of \$3.00.

The main dish for the potluck, holiday celebrations, and BBQ's are provided by the Center, so you are invited to contribute a side dish or dessert on Fridays in lieu of donation, if you wish.

Services

In cooperation with the Oregon City Pioneer Center, the citizens of West Linn are able to receive social services support. Some of the services available are:

Meals on Wheels

Volunteers deliver meals four days a week, Tuesday through Friday, around noon. Arrangements can be made for frozen meals for weekends and Mondays. Special meals are provided for diabetics and those needing low cholesterol and low sodium meals. Basic eligibility requirements are that a person be age 60 or older, homebound or unable to get to a meal site; or disabled of any age referred by Medicaid. The price to seniors is on a donation basis. Call 503-657-8287.

Transportation

A lift-equipped bus is available to pick up West Linn residents. Call in as late as 9:00 am of the day you wish to get a ride or a week early. Pick-ups begin around 9:30 am Let them know if you require the lift. A suggested minimum donation per round trip ride of \$1.00 is appreciated. Call 503-657-8287.

Transportation Reaching People (TRP) -

A program managed by the Clackamas County Social Services. It provides transportation for elderly, disabled, or rural Clackamas County residents for medical appointments, shopping, and personal errands. A 4 working day notice is required. Donations are appreciated for TRP's continued operation. Volunteers in their personal cars provide this service. Call 503-655-8208 to register and schedule your ride.

Health and Wellness Programs

Foot Clinic

Provided by a visiting nurse \$25 fee. Clinics are held the 4th Thursday of every month. Call to schedule appointment at the Adult Community Center.

Blood Pressure Checks

Complimentary checks are done once a month by a visiting nurse. Come the 3rd Wednesday, 11:00 am -Noon No appointment needed.

Home Medical Equipment

Medical equipment is available for loan at no cost, includes: walkers, wheelchairs, and bath transfer benches. Donations of medical equipment, especially quad canes are greatly appreciated. Call the Center at 503-557-4704 to request an item.

Acupuncture Treatment

Chihiro Aber, Lac., MSOM provides healing services to members of the West Linn Adult Community Center the 1st and 3rd Thursday each month at the Sachi Wellness Center, 2008 Willamette Falls Drive, Suite A. Services are provided at a reduced fee of \$35/hr for members. To schedule your appointment call the Adult Center at 503-557-4704.

West Linn Adult Community Center

Line Dancing

Ready to try something new? The Boot Scoot, Electric Slide or the Alibi Waltz!! Country Western Line dancing, so much fun, it doesn't even seem like you're exercising. Beginners welcome - No partner necessary - No experience required.

Wednesdays 11am
\$40.00/8 weeks or \$6.00/drop-in

Arthritis Foundation Exercise Program

With Exercise Physiologist,
Marilyn Frankel, M.A.

Improve range of motion and build joint strength in a small group setting with the reassurance that comes through personal consultation and monitored progress. This mostly seated program is designed to benefit those with constricted mobility due to arthritis, osteoporosis or other joint limitations.

Mondays & Wednesdays 1:00 pm
\$50.00/8 weeks

Strength & Balance

Improve your strength and balance to conquer those every day activities. Will utilize small hand weights, chairs and floor exercises. This always-popular exercise class is taught by Marilyn Frankel, Exercise Physiologist and Personal Fitness Consultant.

Tuesdays & Thursdays 8:30 am
\$48.00/8 weeks

Core Strength

Instructor Marilyn Frankel leads this 1/2 hour floor exercise and resistance weight-training program to build your core strength.

Tuesdays & Thursdays 8:00 am
\$30.00/8 weeks
New session begins 1/29/08



Let's Talk Gardening

Join our garden group and you will learn all the tips that are needed to have that lovely garden you have only dreamt about. We are very proud to have a Master Gardener member who can help with almost any gardening problem or question you may have.

Wednesdays 11:00 am - 12:00 pm

ACC Chorus

No fee, no need to read music, perform at four concerts per year singing all your favorite songs! All you need to get started is a 3-ring binder.

Thursdays 10:00 - 11:00 am

Woodworking

We range from novice to expert carvers. Join us!

Mondays 9:00 am

Walk This Way, Please

We have a very friendly group of morning walkers, and they would love to have you join them. Walkers are at all levels, so you won't be left behind. Join them at the Adult Community Center in fair weather and if rain is falling they take advantage of the cover at the Oregon City Shopping Center.

Every M, W and F
at 9:00 am

Aerobics Class

Group morning video exercise class. What a great way to start your day!

Every M, W and F
10:00 - 11:30 am

Basic Computer Classes & Instruction

The computers are available for individuals to use or schedule one on one computer instruction. Instruction offered by appointment.

Yoga

This is a great class for your balance, strength and flexibility. Class currently ongoing.

Tuesdays & Thursdays 10:00 am
NEW PRICE
\$50.00/8 weeks or \$5.00/drop-in

Pilates & Yoga

This class integrates the best of Pilates & Yoga into a stimulating yet relaxing workout- creating a strong core, a flexible body and a relaxed mind. Intermediate level course.

Tuesdays & Thursdays 11:15 am
\$65/ 8 weeks or \$6.00/drop-in

Tai Chi

A calming form of exercise that is believed to be effective for a wide range of health problems including: headaches, high blood pressure, arthritis, back pain and others. It helps to restore natural circulation and relieves tension in muscles. Taught by Members of the Taoist Chi Society.

Mondays 8:30-9:30 am
\$7 per month
(\$2 for society members)



Curtain Call

Are you a theatre buff? Do you enjoy stage productions? If so, call for upcoming shows and car-pooling opportunities.

Book Club

A club for holding lively well balanced book discussions. Club will meet the 1st Wednesday of every month, in the classroom at 1:00 pm.

West Linn Adult Community Center

Adult Community Center Ongoing Activities Schedule

See previous page for descriptions

HEALTH

- Blood Pressure Check (no charge) 3rd Wednesday beginning at 11:00 am
- Foot Clinic - \$25 charge 4th Thursday by appointment
- Medical Equipment Loan Program..... Call for details

EXERCISE

- Walking Group (no charge)..... M, W, & F 9:00 am
- Aerobics (no charge)..... M, W, & F 10:00 am
- Line Dancing Wednesday 11:00 am
- Tai Chi Taoist Style Monday 8:30 am
- Core Strength..... Tu & Th 8:00 am
- Strength & Balance..... Tu & Th 8:30 am
- Yoga Tu & Th 10:00 am
- Intermediate Yoga/Pilates Tu & Th 11:15am
- Seated Exercise M & W 1:00 pm

GAMES (no charge)

- Hand & Foot Monday 10:00 am
- Bridge..... Monday Noon & Thursday 11:30 am
- Pinochle..... Wednesday, Noon & Friday 1:00 pm
- Poker - Texas Hold'em 1st & 3rd Friday, 1:00 pm - \$5 Buy In

SPECIAL INTEREST (no charge)

- Woodcarving Monday 9:00 am
- Chorus Thursday 10:00 am
- Gardening Round Table Wednesday 11:00 am
- Oil Painting Friday 10:00 am

ADULT LEARNING

- Computer Instruction Call for Schedule
- Intermediate Bridge Tuesday 1:00 pm

**You are encouraged to suggest new activities
to the Center Coordinator at 503-557-4704. We'll see what we can do!!**