

1180 ROSEMONT ROAD

Mailing address:

22500 Salamo Road #1100

WEST LINN OR 97068

PHONE 503 557 4704

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NON-PROFIT

US POSTAGE PAID

PERMIT #49

WEST LINN 97068

Current Resident or

West Linn Adult Community Center

January / February
2014

*FRIENDS REACHING
OUT TO FRIENDS*



Friends of the West Linn Community Center

President - Scott Foster

Vice-President - Bill Barger

Secretary-Irene Jones

Treasurer-Margaret DeJardin

Directors:

Marge Russell - Mailings

Rose Ek - Volunteer Chair

Barbara Handley-Membership

Committees:

Historian - Rita Perry

Gift Shop - Veronica Ferenz

Consultant - Sally Olson

Newsletter - Linda Scott

Sunshine Chair - Bev Whiteley

Staff

Recreation Coordinator:

Tiffany Carlson

Our Center is located at
1180 Rosemont Road
but our mailing address is in care
of City Hall 22500 Salamo Road
#1100
West Linn, OR 97068

Hearing Aid Check
1st Monday of each month

9:00-12:00

At the Tanner Spring
Assisted Living Center

23000 Horizon Drive
West Linn

**Annual Membership Dues
Are Due in January**

President's Corner

Well, it's that time again...another year behind us and a New Year beginning. I hope 2013 brought you what you wanted and that 2014 is even better. I have many things to be thankful for and look forward to 2014. Centuries ago the making of New Year's resolutions began. I think the basic idea behind these resolutions is to reduce bad habits and replace them with good habits. Some of the more common New Year's Resolutions are listed below.

-Stop Smoking - Drink less Alcohol - Lose Weight - Spend less \$/Save More\$ - Get Fit/Workout - Learn More/Get more Education - Improve Your World/ Volunteer/Help Others/Recycle - Travel - Better Job - More Time with Family

Most people have good intentions when they make their resolutions, but only a small number of people succeed long term. Here are a few ideas that have been shown to increase your chances of success.

-Set Realistic Goals - Define those Goals and Develop a Plan - Set a Schedule with Smaller Goals along the way - Don't let a Setback get You Down - Enlist the help of Others to Keep You Accountable

Remember that not all Resolutions are meant to be kept and some are easier to keep than others. You might consider making a few resolutions just in fun that you won't keep anyway and then focus on the few that are important. The New Year is not the only time to make positive changes in your life.

I wish you all a fabulous 2014

*The Prez
Scott Foster*

*New Grandson
Milo*



Letter From Tiffany

There's a lot of exciting activities happening in 2014 at the ACC! I can't believe how fast 2013 went. The end of the year was full of Christmas tree decorating, holiday lunches, class parties and a special bus trip to Albertina Kerr. This was a popular trip that I was told to book on my very first day on the job back in July. Good thing we did! Albertina Kerr's lunch reservations were completely full and everyone had a great time. Maybe we'll schedule two bus trips next year. ;-)

We will now have regularly scheduled trips every last Wednesday of the month! We will be using a bus from the Pioneer Community Center that comes along with a friendly bus driver. Our first Wednesday trip will be on January 29th to the World Forestry Center. On February 26th, we'll be headed to the Portland Roasting Company to see how their coffee is made, along with tastings of their various flavors paired with food (think chocolate!). We will also be taking the Spirit Mountain Casino bus on January 14th and visiting some great local wineries on February 13th.

There's a new class starting for the new year; drama classes beginning in January with instructor, Pat Amore Hand. The many benefits to taking her class include enhancing expressive and creative skills in writing, thinking and, if you so choose, singing. It also builds confidence in public speaking and can be a lot of fun to recreate favorite literary characters. Pat has her M.S. in Theater Arts and a B.S. in music. We're happy to have her here!

We are now offering chair massage every Friday in January with massage therapist, Gisela Davisson. Massages are held in the health care room between 9-3. Sign up is available at the front bulletin board. The reviews have been great so far!

Come by and check out what's new in the gift shop. We have new, unique items for sale-- local hand crafted pewter bracelets that can be personalized with engraved names or designs, and also hand painted purses.

I'm anticipating a great year ahead here at the ACC and I hope you will come in often and be a part of our community. *Tiffany*



Please join us for a complimentary brunch at
noon on the first Wednesday of your
Birthday Month

January

Patricia Bekowies
Mariam Chitty
Cynthia Coburn
Betty Hoke
Kate Kaake
Bobbi Lpeyre
Joan Mackeson
Linda Narup
Leota Nielsen
Violet Quella
Nancy Rowinski
Jan Sickert
Anne Sturtevant
Karen Taylor
Mary Weissaar
Kristi Williams
Gloria Williamson
Sig Young
Susan Zipin
Dick Akins
Anthony Cook
Dave Pitzer

February

Patty Adams
Kathleen Atkins
Elsie Brigham
Frances Erickson
Wendy Griffith
Florence Guimary
Patricia Hagen
Alice Harvey
Jeannine Kthrein
Betty Keyes
Helen Loughrin
Wilma McNulty
Linda Miller
Joyce Olson
Marjorie Russell
Lorraine Smith
Jean Whitehead
Bill Barger
Glen Ek
Scott Foster
Bill Johnson
Tom Miller
Thomas Pohl
Robert Purpura
Gayle Shoemaker
George VanAgtmael
Bill Varitz
Michael Wendt

MENUS

**Wednesdays are Soup Café
except for the 1st Wednesday
birthday brunch!**

Mondays in January

6th - Spaghetti & Meatballs
13th - Cabbage Rolls
20th - **Closed**
27th - Tacos

Fridays in January

3rd - Roasted Chicken
10th - Stuffed Peppers
17th - Penna Pasta w/sausage, onions
& peppers
24th - Shepherd 's Cottage Pie
31st - Turkey Tetrazini

Mondays in February

3rd - Sloppy Joes
10th - BBQ Pulled Pork
17th - **Closed**
24th - Chicken Cacciatore

Fridays in February

7th - Sweet & Sour chicken w/rice
14th - Fried Chicken
21st - Ham Loaf
28th - Salmon

Meals are **\$4** donation. On Fridays
you can bring a side dish instead.

Menus subject to change

We are working toward our newsletter being sent electronically. We realize some of our members do not have computers. They will still receive the newsletter by mail. Last mailing we mailed in excess of 300 newsletters of 5 pages (printed on both sides). We are growing fast and adding new names.

The paper, expensive printing inks, cost of mailing, which will be raising soon, are things we have to consider. Plus the many hours volunteers spend putting them together.

There will be a notebook at the front desk to enter your name and email address. Please print your email address clearly as they can be difficult to interpret, one mistake and it doesn't get to you. If you aren't going to be at the center in the near future, call or send us a note

Our
Gift Shop

Adds daily new items for your shopping pleasure!
Open Mon-Fri
9 to 3



Veronica Ferenz
Veronica Ferenz

BUS TRIPS

for All lunch costs on your own

Jan 14 - Spirit Mountain

Jan 29 - The World Forestry Center

Feb 13 - Local Winery tour

Feb 26 - Portland Roasting Company

Please check front Bulletin Board for bus departure times, costs and additional Information. Trips are subject to change or cancel due to low participation and unforeseen events.

Safety Made Easy
(Simple things to think about)

Since it still gets dark quite early, it is important to remember to be visible when taking a walk during the evening or nighttime hours. How many of you wear dark clothing when you take a walk at night? Do you grab a flashlight or wear a reflective vest, or armband? Heavy rain and headlight glare reduce visibility for everyone. Make sure everyone can see you.

Did you remember to test the batteries in your smoke detectors? Smoke detectors can save lives, but only if they are in working condition.

Do you have an emergency contact list? The recent disasters should serve as a wake up call for the rest of us to update our emergency supply kits., Along with the kits, do you have a plan for contacting your loved ones? After a large scale disaster, a test message might get thru when a voice phone call may not. Do you have a pre-arranged meeting place? How about a contact person who lives outside of this area who you can text so that they can relay your information?

The Red Cross has put together a quick quiz that can be found on-line at
<http://www.redcross.org/lp/national-preparedness-month-2013-quiz>

The Red Cross has additional information that you can use to better prepare yourself at RedCross.org Check out the "Plan and Prepare" section.

Here are some additional Emergency Prep Websites:

Local - TVFR.com

State - oregon.gov/OMDIOEM/

Submitted by Bill Barger

EUROPEAN RIVER CRUISE

Submitted by Boyd Brown

I started by flying to Amsterdam, Netherlands, flying on to Budapest Hungary, and boarding the River Empress ship for the beginning of the European River Cruise. As we were sailing it was as if we were traveling through time along three great rivers, uncovering the gems of European history, culture, scenery, and art.

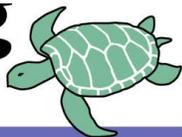
Our first visit was to Budapest which is referred to as “Queen of The Danube” because of its varied architecture and beautiful bridges. Buda on the western bank and Pest on the eastern bank of the Danube river were once two separate cities. They were officially joined in 1873. We then sailed the Danube towards Vienna, Austria where we saw glorious imperial palaces and a multicultural urban center. Music was everywhere. The names of Mozart, Hayden, Beethoven and Strauss are proudly portrayed. The Albertina is home to one of Europe’s greatest private collection of classical modern art with key works of French impressionism and German expressionism.

One of the loveliest stretches of land along the Danube was the Wachau Valley which is home to Austrian white wine. At the entrance to the valley was the grand Benedictine Abbey on a hill overlooking the little town of Melk. When you step into the Melk Abbey’s great library overlooking the Danube, you are entering a center of learning that influenced all of Europe. Our next visit was to Passau, Germany’s eastern-most port with charming cobblestone streets and graceful arcades has been called one of the seven most beautiful cities in the world., The Dom cathedral stands majestically on the highest and earliest part of the city. It was first built in the 8th century and later rebuilt in Baroque style in the 17th century. Regensburg was our next stop in Bavaria, one of the best preserved and historical cities in Germany with a romantic medieval feel. A walk across the Deggendorf Bridge with its Romanesque stone arches was a walk back in time., It was from Regensburg that Christianity was spread across much of central Europe during the 7th and 9th centuries.

On our way to Nuremberg we sailed along the European watershed and passed the highest locks along the Main-Danube canal. The Main-Danube Canal was started in 1962 and finished in 1992. The importance of this man made canal was that it connected the Rhine and Main rivers with the Danube river. This provided a continuous waterway passage from the North Sea to the Black Sea. This resulted in increased barge traffic and provided increased economy to all of the central European countries. Arriving in Nuremberg we visited “Documentation Centre”, which showcases the remains of the Nazi Party Rally Grounds. The city was 90% destroyed during World War II and the rebuilding after the was virtually a miracle. The rebuilding was immediate and without outside help. This was typical of the cities that were damaged by the war.

(Follow Boyd’s European River Cruise conclusion in the next Newsletter)

Living Right



Senior Placement

We find
the most
appropriate
living community
at NO cost
to the resident

503-780-7353

www.LivingRight.net

Do you have someone you would like to honor but not sure how? Perhaps a **brick in our memorial garden** would be just the thing. For \$35 or 3/\$100 you can get a brick imprinted how you wish and it will be placed in our memorial garden by the pond. The proceeds of your purchase go to our FAC fundraising efforts. If interested, the forms can be picked up at the front counter

WLACC Book Club

Join us on Jan. 8 at 1:00
to discuss
"Brain on Fire"
A Memoir By Susannah Cahalan

Feb. 12 at 1:00 to discuss
"When the Emperor was Divine"
By Julie Otsuka

Book Club meets on the second
Wednesday of the month at 1:00

The Share Singers

January/February 2014 Schedule

Jan 9 10:00-11:30 am Meet at WLACC
(prepare Winter)

Jan 16 10:30-11:30 am Visit Marquis Hope Village
(Bus departs WLACC at 9:45 am)

Jan 30 10:30-11:30 am Visit Tanner Spring
(Bus departs WLACC at 9:45 am)

Feb 6 10:15-11:15 am Visit Homewood Heights
(Bus departs WLACC at 9:45 am)

Feb 20 10:25-11:10 am Visit The Springs at Clackamas Woods
(Bus departs WLACC at 9:45 am)

For more information,
call Jim Nichols at 503-635-9434

Remember Canasta?

Consider joining an enthusiastic group of Hand & Foot players on Monday mornings at 10:00. Hand & Foot is a take off of Canasta and was introduced at the Adult Center by Joyce & Merle Brown some years ago. Canasta is an easy, fun game to learn and new members are very welcome.

Join the fun!

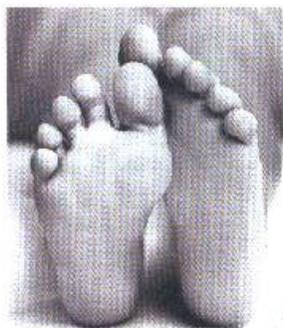
2 Massage Programs

Chair Massage (new service)
Offered every Friday in January 9:30 am -2:30 pm at the center with LMT Gisela Davisson. \$15 for 15 minutes or \$25 for 30

Massage Therapy
Sarah and Tiffany, both Sachi Wellness Center masseuses, are offering members a 45 minute massage for a reduced fee of \$40. Sarah will be available the 1st Thursday of each month and Tiffany the 3rd Wednesday of each month.

Held at the Sachi Wellness Center 2008 Willamette Falls Drive, Suite A West Linn.

To schedule your appointment, call the Adult Center at 503-557-4704

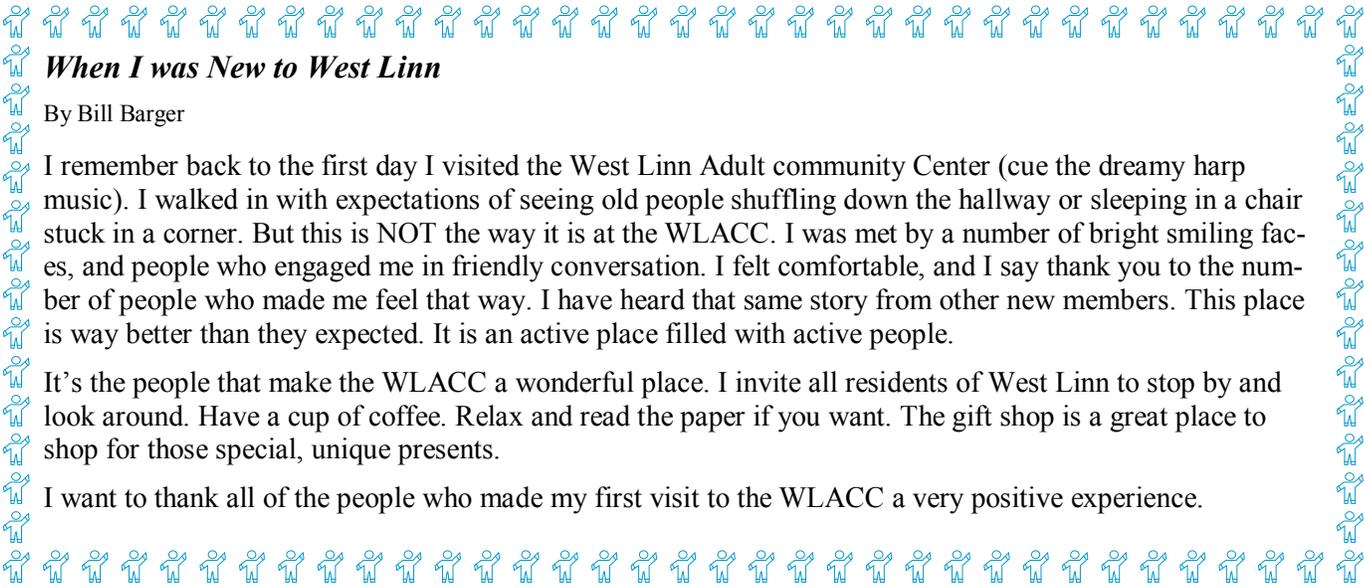


Foot Care Nurse
Professional Affordable Service
Kathy Najdek RN BSN

PO Box 23933
Tigard Oregon, 97281
971-400-1828

Service in your residence.

Call for an appointment



When I was New to West Linn

By Bill Barger

I remember back to the first day I visited the West Linn Adult community Center (cue the dreamy harp music). I walked in with expectations of seeing old people shuffling down the hallway or sleeping in a chair stuck in a corner. But this is NOT the way it is at the WLACC. I was met by a number of bright smiling faces, and people who engaged me in friendly conversation. I felt comfortable, and I say thank you to the number of people who made me feel that way. I have heard that same story from other new members. This place is way better than they expected. It is an active place filled with active people.

It's the people that make the WLACC a wonderful place. I invite all residents of West Linn to stop by and look around. Have a cup of coffee. Relax and read the paper if you want. The gift shop is a great place to shop for those special, unique presents.

I want to thank all of the people who made my first visit to the WLACC a very positive experience.

New Drama Class

Wed. & Thur. 1-2:30 pm at the WL Adult Community Center (\$100 for 8 classes)

Enhance your expressive and creative skills - writing, and thinking. Build confidence in public speaking and improve your listening and memory skills. Re-Create your favorite literary characters in Fun, Safe and Relaxed Environment. Pat Amore Hand will be your instructor. She holds a M.S. in Theater Arts and a B.S. in Music

Lakewood Theatre

Wednesday, January 8, 2014

Dress Rehearsal at 7:30

368 S. State Street in Lake Oswego

The Mousetrap

A mystery by Agatha Christie

Eight strangers stranded by a snowstorm, trapped in a guest house. A murderer is among them, but who?

We want to welcome our newest members Who joined in November and December

Liz Welch

Jack and Sig Young

Linda Boyington

Alan and Patricia Hand

Dale Hawkins

Carl and Marjorie Tereck

Victor and Adeline Meindle

Judy Hunter

George and Mary VanAgtsmael

Lynn DePretto

Jean Hallinan

Lowell & Honore (Nora) Neudeck

HEALTH

Foot Clinic - 1st Wednesday
\$25. Call for appointment.

GAMES

Hand and Foot - Monday
10 am

Bridge - Monday 12:30 am,
Thursday 10:30 am

Whist - Friday 10 am

Pinochle - Wednesday and
Friday 12:30—3:00 pm and
LESSONS on Tuesdays, 1-3:00 pm

Texas Hold 'em - Friday

CRAFTS

WOOD CARVING -

Monday at 9 am

Open Studio PAINTING

- Friday at 10 am

KNITTING & CROCHET-

Thursday at 10 am

SPECIAL INTEREST

GARDENING CLUB -

Wednesday 11 am

BOOK CLUB - 2nd Wednesday

1:00 pm

SHARE SINGERS - Some

Thursdays - call for schedule

LINE DANCING - Wednesday

11:00 to noon. \$40 for 8 weeks

UKULELE FUN - Tues 2:00 pm.

No charge

WRITING - "Honoring Our
Memories" - Tuesday 10:00 am. No
charge

Senior Law Project- Free 1/2
hour consultation 2nd Monday of each
month. Call for appointment.

SPECIAL ACTIVITIES

OFF-SITE HEALTH OPPORTUNITIES

*For WLACC members only
at SACHI Wellness Center.*

*Call WLACC for
appointment.*

MASSAGE
1st Thursdays/3rd Wednesdays
afternoon \$40

ACUPUNCTURE
1st & 3rd Thursday
afternoon \$40

Center is Closed -

**Monday Jan. 20
For Martin Luther King
Day**

**&
Monday, Feb. 17
For Presidents' Day**

Membership Annual Dues

Due in January

Individual dues are Still \$10.00

Couple dues are Still \$15.00

A great deal! Support the
Friends of the Adult
Community Center!

EXERCISE CLASSES

WALKING GROUP - Monday,
Wednesday, Friday - Walk neighborhoods
around the center for about 3 miles—1
hour. 8:30 am No Charge

AEROBICS - Monday, Friday 10 am
Exercise with a Video Tape. No charge.

Chair Aerobics - Wednesday 10 am
Exercise with a Video Tape. No charge.

TAI CHI - Monday 8:30 am. Open
floor self led class using Taoist method
\$2.00 per month.

YOGA - Tuesday & Thursday 10-11 am.
Gentle Yoga is a comprehensive and gentle
class covering balance, strength and
stretching. \$60 for 8 weeks (16 sessions)

CORE STRENGTH - Tuesday,
Thursday or Friday. 8 to 8:30am. 1/2 hour
floor exercise & resistance weight training
to build your core strength. Your choice of
2 days for \$40. *(8 weeks)

STRENGTH & BALANCE -

Tuesday, Thursday or Friday. 8:30 am to
9:30 am. Improve your strength & balance
to conquer those every day
activities. Your choice of 2 days for \$60. *
(8 weeks)

**3rd day Core Strength and/or Strength and
Balance for an additional \$45*

NIA- Tuesday & Thursday 11:15 am-
12:00 pm. Conditions the body and mind
through music and movement. \$120 2x/wk

KETTLE BELL- Wednesdays 9am-
9:45 am

Increase strength, flexibility and aerobic
fitness. Please call the ACC for registration
information with this class.

		<p>1 WEDNESDAY We are closed New Year's Day Happy New Year!</p>	<p>2 THURSDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge</p>	<p>3 FRIDAY -Computer Instruction By Appointment -Chair massage available by appointment 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00-Aerobics 10:00- Open painting 10:00- Whist 12:00 -Potluck- <i>Roasted Chicken</i> 12:30- Pinochle 12:45- Texas Hold 'Em</p>
<p>6 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00-Attorney available by appt. 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch- <i>Spaghetti and Meatballs</i> 12:30- Bridge</p>	<p>7 TUESDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00-Honoring Our Memories Writing Class 11:15- Nia 1:00- Pinochle 2:00- Ukulele Activity</p>	<p>8 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell class 10:00- Aerobics 11:00 Gardening Group 11:00- Line dancing 12:00- <i>Birthday Brunch</i> 12:30- Pinochle 1:00- Book Club 1:00- Drama class</p>	<p>9 THURSDAY Foot Clinic by Appt. Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Knitting & crocheting 10:00-Share Singers 10:30- Bridge 11:15- Nia 1:00- Drama class</p>	<p>10 FRIDAY Computer Instruction By Appointment -Chair massage available by appointment 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Oil Painting 10:00- Aerobics 10:00- Whist 12:00 -Potluck- <i>Stuffed Peppers</i> 12:30- Pinochle 12:45- Texas Hold 'Em</p>
<p>13 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch-<i>Cabbage Rolls</i> 12:30- Bridge 1:00- Exercise for All</p>	<p>14 TUESDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance *8:15-Bus trip to Spirit Mountain Casino (leaving from End of the Oregon Trail Interpretive Center-OC) 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15- Nia 1:00- Pinochle 2:00- Ukulele Activity</p>	<p>15 WEDNESDAY 8:30- Walking Group 9:00-Foot care by appt. 9:00- Kettlebell class 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 12:30- Board Meeting 1:00- Drama class</p>	<p>16 THURSDAY Computer Instruction by Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Knitting & crocheting 10:00-Share Singers at Marquis Hope Village (bus departs ACC at 9:45) 10:30- Bridge 11:15- Nia 1:00- Drama class</p>	<p>17 FRIDAY -Computer Instruction By Appointment -Chair massage available by appointment 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Oil Painting 10:00- Whist 12:00- Potluck-<i>Penne Pasta w/ sausage, onions and peppers</i> 12:30- Pinochle 12:45- Texas Hold 'Em</p>
<p>20 MONDAY Closed in honor of Martin Luther King, Jr. Day</p> 	<p>21 TUESDAY Computer Instruction By Appointment 10:00- Yoga 10:00- Honoring Our Memories Writing Class 1:00- Pinochle 2:00- Ukulele Activity</p>	<p>22 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell class 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 1:00- Drama class</p>	<p>23 THURSDAY Computer Instruction by Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15- Nia 1:00- Drama class</p>	<p>24 FRIDAY -Computer Instruction By Appointment -Chair massage available by appointment 8:00- Core Strngth 8:30- Strength & Balance 8:30- Walking Group 10:00- Oil Painting 10:00- Whist 12:00-Potluck-<i>Shepherd's Pie</i> 12:30- Pinochle 12:45- Texas Hold 'Em</p>
<p>27 MONDAY 8:30- Tai Chi 8:30- Walking Group 8:30- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch-<i>Tacos</i> 12:30- Bridges</p>	<p>28 TUESDAY Computer Instruction By Appointment 10:00- Yoga 10:00- Honoring Our Memories Writing Class 1:00- Pinochle 2:00- Ukulele Activity</p>	<p>29 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell class 9:30-Bus trip to the World Forestry Center 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 1:00- Drama class</p>	<p>30 THURSDAY Computer Instruction by Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15- Nia 1:00- Drama class</p>	<p>31 FRIDAY Computer Instruction By Appointment -Chair massage available by appointment 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Oil Painting 10:00- Whist 12:00-Potluck- <i>Turkey Tetrazzini</i> 12:30- Pinochle 12:45- Texas Hold 'Em</p>

West Linn Adult Community Center 503-557-4704 February 2013

<p>3 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch-<i>Sloppy Joes</i> 12:30- Bridge</p>	<p>4 TUESDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00-Honoring Our Memories Writing Class 11:15- Nia 1:00- Pinochle 2:00- Ukulele Activity</p>	<p>5 WEDNESDAY 8:30- Walking Group 9:00-Foot care available by appt. 9:00- Kettlebell class 10:00- Aerobics 11:00 Gardening Group 11:00- Line dancing 12:00- <i>Birthday Brunch</i> 12:30- Pinochle 1:00- Book Club 1:00- Drama class</p>	<p>6 THURSDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Knitting & crocheting 10:00-Share Singers to Homewood Heights (bus departs ACC at 9:45) 10:30- Bridge 11:15- Nia 1:00-Drama class</p>	<p>7 FRIDAY -Computer Instruction By Appointment -Chair massage available by appointment 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00-Aerobics 10:00- Open painting 10:00- Whist 12:00 -Potluck- <i>Sweet & Sour Chicken w Rice</i> 12:30- Pinochle 12:45- Texas Hold 'Em</p>
<p>10 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00-Attorney available by appt. 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch-<i>BBQ Pulled Pork</i> 12:30- Bridge</p>	<p>11 TUESDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00-Honoring Our Memories Writing Class 11:15- Nia 1:00- Pinochle 2:00- Ukulele Activity</p>	<p>12 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell class 10:00- Aerobics 11:00 Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 1:00- Book Club 1:00- Drama class</p>	<p>13 THURSDAY Foot Clinic by Appt. Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15- Nia 11:15-Bus trip-our best local wineries 1:00- Drama class</p>	<p>14 FRIDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Oil Painting 10:00- Aerobics 10:00- Whist 12:00 -Potluck- <i>Fried Chicken</i> 12:30- Pinochle 12:45- Texas Hold 'Em</p>
<p>17 MONDAY Closed in honor of President's Day </p>	<p>18 TUESDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15- Nia 1:00- Pinochle 2:00- Ukulele Activity</p>	<p>19 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell class 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 12:30- Board Meeting 1:00- Drama class</p>	<p>20 THURSDAY Computer Instruction by Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Knitting & crocheting 10:00-Share Singers at Marquis Hope Village (bus departs ACC at 9:45) 10:30- Bridge 11:15- Nia 1:00- Drama class</p>	<p>21 FRIDAY -Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Oil Painting 10:00- Whist 12:00- Potluck-<i>Ham Loaf</i> 12:30- Pinochle 12:45- Texas Hold 'Em</p>
<p>24 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch-<i>Chicken Cacciatore</i> 12:30- Bridge</p>	<p>25 TUESDAY Computer Instruction By Appointment 10:00- Yoga 10:00- Honoring Our Memories Writing Class 1:00- Pinochle 2:00- Ukulele Activity</p>	<p>26 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell class 9:30-Bus trip to Portland Roasting Company-tour and coffee tastings 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 1:00- Drama class</p>	<p>27 THURSDAY Computer Instruction by Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Knitting & crocheting 10:00-Share Singers to The Springs at Clackamas Woods (bus departs at 9:45) 10:30- Bridge 11:15- Nia 1:00- Drama class</p>	<p>28 FRIDAY -Computer Instruction By Appointment 8:00- Core Strngth 8:30- Strength & Balance 8:30- Walking Group 10:00- Oil Painting 10:00- Whist 12:00-Potluck-<i>Salmon</i> 12:30- Pinochle 12:45- Texas Hold 'Em</p>
				