

JANUARY / FEBRUARY 2015

LOCATION WLACC:

1180 Rosemont Road, West Linn
Phone: 503-557-4704
Fax: 503-723-4251

MAILING ADDRESS:

Care of: City Hall
22500 Salamo Road, Suite 1100
West Linn, OR 97068

www.westlinnoregon.gov
www.facebook.com/westlinparksandrec



Friends Reaching Out
to Friends

West Linn Adult Community Center



Friends of the West Linn Adult Community Center

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Recreation Coordinator
Samantha Zizza, *Chef*

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Bill Barger, *Vice-President*
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Services

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Rita Perry, *Historian*
Veronica Ferenz, *Gift Shop*
Mieke Wiegman and
Irene Jones, *Editors*
Newsletter
Bev Whiteley, *Sunshine Chair*
Dick Hunt, *Memorial Bricks*

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Letter from Tiffany

Happy New Year! I hope you've all had an enjoyable and memorable holiday season with family and friends. At the time of this writing, we are still in the holiday rush with our Christmas dinner preparations, our own family gatherings, gift buying...so it's always interesting for me to write this for the new year when I'm not there yet. I'm looking forward to what 2015 will bring though. We are continuing our great classes and activities, wellness talks, and bus trips with new places to visit.

If you like antique automobiles and airplanes, we are headed to the Air and Auto Museum in Hood River in January! We're also going to the Portland Art Museum, The Mt. Angel Abbey and WurstFest and OMSI. I'm especially curious about the OMSI trip as there will be a display of mazes where we can all test directional skills and see who finds their way through first. You can find more information on page 5. Be sure also to check out our special wellness presentations we have listed on page 4.

As much as I have loved being in the kitchen for the last two months, I'm very excited that Samantha Zizza has joined us as our new chef. She comes to us with experience from culinary school and several years of restaurant management in California. I hope you'll come join us for lunch and welcome her if you haven't yet had the chance. As mentioned in the last newsletter, we've had some amazing volunteer cooks in the kitchen that have worked so hard to bring us fabulous meals. A huge thank you to Robin Bostard, Pat Styles and Irene Jones for taking the lead at various times. It was also great to have Lara Dewey with us as well.

On the subject of volunteers, I want to say thank you to some of our sponsors who donated for the volunteer appreciation dinner back in November. We had fabulous wine served from Pete's Mountain Vineyard, lovely Christmas pot holders made by Julyne Pang, and many other gifts and gift certificates from local businesses within our community including Helping Hands Home Care, HealthNet, Portland Roasting, Edible Arrangements, Linn City Pub, Bellagios Pizza, Ensemble Salon, Elements Massage and San Blas Mexican Restaurant. Thank you for your support!

Another memorable highlight from last fall was the drama performance. I was so very proud of the Antique Roadshow Players, ACC's very own drama team, as they put on an entertaining show for us on December 6th. There were also many toys donated to the KGW Toy Drive that evening for the event. ~Tiffany

President's Corner - That Time of Year Again



How was 2014 for you? A new year is about to begin and we all have an opportunity to make some changes that might make 2015 a better year as we reflect on last year. Many of us make resolutions for the New Year in an attempt to make positive changes in our lives. The list is endless, but most of us will focus on areas like health, relationships, and finances . . . just to name a few. I am sure most of us can come up with a few changes in our lives that will make a big difference. I know I can. My goal is to make 2015 a better year than 2014. It is great to have goals to improve your life and that of others around you, but how do you go about this? Start with reasonable goals and write them down. Take small steps toward your goals. You will have setbacks and revert to your "old" way of doing things, but you can remind yourself of your goals and get back on track at any time. I find that inspirational quotes and stories help me. Put at least one thing on your list this next year that will be a bit of a challenge to accomplish and that will bring you pride when you achieve it.

Here is a quote that I like:

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails Explore, Dream and Discover".

– **Mark Twain**

Change can be difficult. It can be frightening. It can also be fun and rewarding. I urge all of you to take the time to sit down and put a few changes on paper. Post that list on your refrigerator and take it seriously. Make 2015 a great year!

– Scott.

Schedule of Events

EXERCISE CLASSES

Aerobics: Mondays and Fridays, 10:00 am. Exercise with a videotape. *NO CHARGE.*

Chair Aerobics: Wednesdays, 10:00 am. Exercise with a videotape. *NO CHARGE.*

Core Strength: Tuesdays, Thursdays and/or Fridays. 8:00-8:30 am. Your choice twice or three times weekly for 8 weeks. *\$40.00 for 2 classes \$60.00 for 3 classes.*

Kettlebell Fitness: Wednesdays, 9:00-9:45 am. Please call City Hall Parks and Recreation for registration information at 503-557-4700. *\$7.00 per class.*

Line Dancing: Wednesdays, 11:00-12:00 noon. 8 Weeks, *\$40.00 or \$5.00 drop in.*

Nia "Music & Movement": Tuesdays and Thursdays, 11:15-12:00. Nia is an invitation to self healing, discovery, joy, and community. As my students say: "It is a gift of aliveness and pleasure to move and be moved by the soulful music of Nia." We find freedom and form within the movements - taken from the healing arts, martial arts and dance arts. It's about enhancing sensation and awareness - *in your own body's way.* You will become stronger, more mobile, agile, stable and flexible with each class. And it's "fun!" Six week sessions are \$60 for 12 classes, Couples are \$100 for 12 classes, drop ins: *\$7.00*
The New session will begin on Thursday, January 22.

Strength and Balance: Tuesdays, Thursdays and/or Fridays, 8:30-9:30 am. Your choice of twice weekly for 8 weeks, *\$70.00.* Or your choice of three times weekly for 8 weeks, *\$108.00.*



Tai Chi: Mondays, 8:30-9:30 am. Open floor, advanced self-led class. *Fee \$2.00 per month.*

Walking Group: Mondays, Wednesdays and Fridays. Meeting point at the Center at 8:30 am. Walk the neighborhood for about 3 miles with friends. About 1 hour. *NO CHARGE.*

Yoga: Tuesdays and Thursdays, 10:00-11:00 am. This Gentle Yoga class is a comprehensive class covering balance, strength and stretching. 16 Sessions for 8 weeks. *\$60.00, or \$6.50 drop in per class.*

GAMES

Hand and Foot: Mondays at 10:00-12:00 am.

Bridge: Mondays at 12:30-3:00 pm, and Thursdays at 10:30 am-3:00 pm. *NO CHARGE.*

Pinochle: Tuesdays, Wednesdays and Fridays, 12:30-3:00 pm. *NO CHARGE.*

Texas Hold 'em: Fridays, 12:45 pm. *\$5.00 buy-in.*

Whist: Fridays at 10:00 am. *NO CHARGE.*

Mah Jongg: Fridays at 1:00 pm. Are you interested in playing or learning how to play Mah Jongg? While the origin of mahjongg (má jiǎng), called mah-jongg in the U.S., is unknown, the fast-paced four-player game is popular throughout Asia. Please call the front desk and let us know if you would be interested. (503-557-4704)

ARTS AND CRAFTS

Knitting and Crocheting: Thursdays, 10:00-12:00 noon. *NO CHARGE.*

Painting: Open studio Fridays from 10:00-12:00 am. *NO CHARGE.*

Wood Carving: Mondays from 9:00-12:00 am. *NO CHARGE*

Writing: "Honoring Our Memories", Tuesdays at 10:00-12:00 noon. *NO CHARGE.*

MUSIC, DRAMA . . .

Acting Class: (Drama Class) starts on a **NEW Day!** Mondays from 1:00-2:30 pm. Class is led by Pat Amore Hand. (*Price to be determined.*)

Share Singers: For more information please call the West Linn Adult Community Center at 503-557-4704 and for a current schedule see page 5.

West Linn Uke Jam: Tuesdays at 2:00 pm. *Free.*

Hey out there! Do you (did you) play an instrument – saxophone, trumpet, guitar, uke, keyboard, drums, . . . anything? **Warren** and **Mark** are looking for you latent music lovers to come join a WLACC band. They will get together at the WLACC for an hour on Thursdays at 1:00 starting January 8, 2015. Any questions, call Mark at 503 723-6088.

. . . And MORE

Book Club: Second Wednesday of the month at 1:00 pm. *See page 5 for more details.*

Schedule of Events (Continued)

... And MORE (Continued)

BUDGET Travel Club. Monday, January 26th and Monday, February 23rd at 12:30 pm.

Gardening Group: Wednesdays at 11:00-12:00 am.

HEALTH

Foot Clinic: First Wednesday of the month. Please call for an appointment. (503-557-4704). \$ 25.00..

Acupuncture: First and third Thursday of the month, appointments are available at SACHI Wellness Center, for WLACC Members only. Call the front desk for an appointment. (503-557-4704)

Taxes by AARP volunteers will be held here beginning the first **Tuesday in February through April.** Call the front desk for an appointment 503-557-4704.

FREE Classes for:

Senior Law Projects

Half hour consultation every 2nd Monday of the month, *plus*

Computer Instructions

On Fridays. Help is available when you need it.

Call the Center at 503-557-4704 for an appointment



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Save The Date

JOIN US FOR VARIOUS PRESENTATIONS ON HEALTH AND SENIOR LIVING. Please RSVP for all presentations at the front desk, as this would be helpful for the presenter. Thank you!

Super Brain Yoga: A presentation by Heart to Heart Healing's Liza Burney

Thursday, January 8th at 1:00 PM. Super Brain yoga is a simple, fast, and effective technique used to fuel and sustain the healthy brain which we all need to enjoy a life spanning from infancy into the golden years. The benefits of Super Brain Yoga touches on the lives of many, both personally and professionally. Physicians, nurses and other health professionals use Super Brain Yoga to improve health while educators and therapists use it as an intervention to support student success. Whether young or old, all stages and ages can use Super Brain Yoga as a simple and effective technique to enhance well being.

Senior Fitness Standards: A presentation brought to you by Dr. Vermillion

Wednesday, January 14th at 1:00 PM. Helping to delay physical frailty and improving functional mobility as we age can make an enormous impact in quality of life. Dr. Vermillion, from Revive Injury and Wellness in West Linn, will be speaking on this important topic that you'll not want to miss.

Managing chronic pain, with Dr. Farley M.D.

February 5th, Thursday at 2:00 PM. Many current methods of dealing with pain are with high-end medications—many of which have significant side effects and involve injections, surgery etc. Dr. Farley will be speaking about a highly effective, non-invasive technology that is helping many seniors reduce their pain by 50-100%.

How to find elder care resources that meet your needs, brought to you by LionHeart Healthcare.

February 11th, Wednesday at 1:00 PM. Their RN will clearly explain what elder care and chronic disease resources are available in the community, how to determine which resources might be beneficial and how to choose the right care provider to meet your needs.

Save The Date (Continued)

Upcoming Bus Trips

Please note that our sign-up list is now at the front desk and all participants have to pay the fee BEFORE their name will be put on the attendance list. Refunds are allowed up to 48 hours before trip departure time. Fees are as stated, which includes the bus ride, unless otherwise listed.

Thursday, January 15th, Western Antique Air and Auto Museum and lunch in Hood River.

\$22 includes bus fare and museum admission. *Lunch cost is on your own.*

Wednesday, January 28th, Brunch at The Portland Art Museum and Salt and Straw Ice Cream.

\$22 includes bus fare and museum admission. *Brunch and ice cream cost is on your own.*

Friday, February 13th, Guided tour of the Mt. Angel Abbey and Wurstfest.

\$10 includes bus fare. *Lunch and possible Wurstfest admission is on your own.*

Wednesday, February 25th, OMSI and lunch.

\$20 includes bus fare. *OMSI admission and lunch cost on your own.*

See Bulletin Board for Departure Times.



Lakewood Theatre January 9—February 15.

The Seven Wonders of Ballyknock. It's 1955 and few have visited Ballyknock since WWII. When a mysterious, young American woman appears looking for a room, the barman sets out to show her the seven wonders of Ballyknock. *A sign up list is available at the front desk and is limited to the first 12 people.*

The Share Singers

January / February 2015 Schedule

Meetings are held some Thursdays

Jan. 8	10:00 am	Meet at WLACC to prepare for Winter visits
Jan. 15	9:45 am	Depart WLACC to visit SpringRidge Court
Jan. 29	9:45 am	Depart WLACC to visit Hearthstone at Murrayhill
Feb. 5	9:45 am	Depart WLACC to visit Homewood Heights
Feb. 26	10:00 am	Depart WLACC to visit Tanner Spring



The WLACC Book Club

Join Us Wed, January 14th at 1:00 pm to discuss the book

"Hidden White House"

by Robert Klara

Harry Truman and the Reconstruction of America's Most Famous Residence -



And Join Us Wed, February 11th at 1:00 pm to discuss the book

"Language of Flowers"

by Vanessa Diffenbaugh

A vivid portrait of an unforgettable woman whose gift for flowers helps her change the lives of others even as she struggles to overcome her own troubled past.



Did You Know About . . .

THE BEST KEPT SHOPPING SECRET IN WEST LINN

Brrrr It's Cold Out There!

Stay warm with beautiful scarves and wraps. Wool, cashmere, or lushious silk, it's all available at the WLACC Gift shop. Come and visit and stay WARM!



Open Monday-Friday from 9:00 am-3:00 pm. Gift certificates available.

Some gifts are made by artisans locally and from abroad.

New wonderful donations continue to pour in to help our fund-raising efforts, and if you would like to donate clean items in perfect condition that you think others would like to purchase, please contact Veronica at the WLACC Gift Shop at 503-557-4704.

ART EXHIBIT at the **Wilsonville Public Library** through the month of February. Drawings and paintings by **John Bezaiff**. (*John attends the Wood Carving class.*)

FOR A CHANCE to display your art at the center. Call 503-557-4704 and leave a message for Marie.

Friends of the West Linn Adult Community Center

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Friends Reaching Out To Friends

Membership Registration for the year **2015**



Please make checks payable to FACC.

\$ _____ Individual membership annual dues \$ 10.00

\$ _____ Couple membership dues \$ 15.00

\$ _____ Additional donation (tax deductible).

*Return completed form to front desk with check, or mail to **mailing** address as shown.*

Please complete personal information below.

New Member Renewal Member Since: _____

Last Name: _____ First _____ Birth Month: _____

Last Name: _____ First _____ Birth Month: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____

Email Address: _____

For Office Use Only:

Paid Cash: _____ Check #: _____ Date Paid: _____

Received by: _____

Entered by: _____ ID # _____

Comments: _____

A Story by Jeanette Greiling,

Jeanette attends the "Honoring Our Memories Group".

I have a secret circle of friends that I tell no one about. I know I spend too much time with them, and I'm not even sure I can trust most of them, in fact any of them. Today I'll reveal their identities and remove this aura of secrecy from my life.

First, meet the cowboy Rhett. He dresses well in the expected denims and is characteristically quiet as cowboys tend to be. The one little habit that annoys me is that he never takes his hat off and sometimes even pulls it down over his face to catch a few winks.

Elayne is part of the group. I'll call her vain Elayne because she cares more about how she looks than she does about her friends. She's a glamour girl and primps and preens whenever she thinks no one is looking. She's good looking, but not that good looking.

Hedda is an old maid and very rigid in her views. Her clothes are plain and old-fashioned and she thinks she knows everything. Nothing pleases her more than proving someone else wrong.

The all-American guy in the group is Jack. Jack is pretty easy to get along with most of the time, but he can be a little sneaky. I suspect he and Chloe spend some intimate time together, but I have nothing to prove that. Chloe is a young lady, conservative and a little plain.

There are three others who meet with us frequently, but I'm too embarrassed to tell you I spend time with them. You see, they aren't even human. They are a dinosaur, an ET, and a bear.

The computer screen is our hangout, and it is there that we play games. Our meetings are held at a place called "Hoyle Puzzle and Board Games". Our only social activity is playing the games. We play a variety, but not all that are available.

My favorite is backgammon, but we also play a game called yacht, one called zilch, and a scrabble-like game which requires more skill than the others.

I tell you about these friends and these games even though it makes me look like a fool. You see, I have no control at all in whether I win or lose. The master, the one we call Hoyle calls the shots. Even when I think I am winning, the master will step in and give the advantage to one of the others. It's not at all fair, and I don't know why I spend any time at all with them. A part of the time, I do win, but I'm smart enough to know that even my win is controlled by Hoyle.

For Your Electronic ON-LINE VERSION, follow these easy steps:

- Go to westlinoregon.gov and click on Departments, Parks and Recreation, [Adult Community Center Newsletter](#).
- Click on "[Subscribe to our mailing list](#)",
- Type in YOUR email address, first name and last name.
- Click on [subscribe](#).

Soon you will receive confirmation via email indicating that you are now subscribed.

With the on-line version, you will receive extra pages with more information and photo's of current and past events. Some printed copies will be available for those who are unable to download the on-line version.

Dear Friends of the WLACC,

- Do you have a story to tell and one you would like to share with other friends?
- Do you have a favorite poem, or did you write a poem you would like to share?
- Do you have something special you would want to see mentioned in the newsletter?
- Do you have an opinion about the Center you would like to be known?
- Did you attend an event and took some pictures to share?

Here is your opportunity to have your work, wishes and ideas known. Please email miekew@comcast.net and we will try to get it published in the next upcoming WLACC Newsletter.

If you do not want to send an email, you can supply a hard copy and put that in the folder at the front desk marked: Irene and Mieke's Newsletter. We would love to hear from you.

– Mieke Wiegman, and Irene Jones, editors

IN MEMORIAM

Emma "Molly" Connor
passed away October 25th, 2014

Celebrating

JANUARY B-DAYS

Dick Akins
Miriam Chitty
Anthony Cook
Patricia Dougherty
Nancy Evers-Rowinski
Betty Hoke
Kate Kaake
Joan Mackeson
Leota Neilsen
Violet Quella
Betty Reynolds
Ruth Tilley-Snively
Judy Spencer
Anne Sturtevant
Karen Taylor
Carol Wade
Gloria Williamson
Sig Young
Susan Zipin

FEBRUARY B-DAYS

Patty Adams
Kathleen Atkins
William Barger
Elsie Brigham
Monica & Steve Cox
Glen Ek
Frances Erickson
Cindy Foster
Dianne Gorveatt
Wendy Griffith
Florence Guimary
Alice Harvey
Bill Johnson
Jeannine Kathrein
Betty Keyes
Wilma McNulty
Linda & Tom Miller
Joyce Olson
Suann Orr
Robert Purpura
Marjorie Russell
Jim Shively
Lorraine Smith
George VanAgtsmael
Michael Wendt
Jean Whitehead

WELCOME NEW MEMBERS

Donna Baker — Ann Beasley
Lenora BJORQUIST — Hugh Black
Ron Forsyth
Herb and Sylvia Gercke
Nancy Holden — Michael Holligan
Marilyn and Jack Holman
William Kaiss — Donald Reid
Sandy Rust — Peter Ryden
Mac Sarram

MENUS

Mondays in January

5th – Macaroni and Cheese
12th – Stir Fry with Brown Rice
19th – Veggie Lasagna
26th – Prepared Salads

Wednesdays in January

7th – Complimentary Brunch
for those celebrating a Birthday
14th, 21st, 28th – Soup and Sandwiches

Fridays in January

9th – Taco Bar
16th – Beef Stew
23rd – Bangers and Mash Bar
30th – Coq au Vin

Mondays in February

2nd – Polenta Bar
9th – Lemon Cream Pasta with Shrimp
16th – Beef Stroganoff
23rd – Stuffed Peppers

Wednesdays in February

4th – Complimentary Brunch
for those celebrating a Birthday
11th, 18th, 25th – Soup and Sandwiches

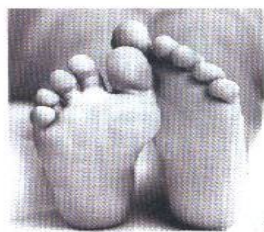
Fridays in February

6th – Biscuit Chicken Pot Pie
13th – Chicken Enchiladas
20th – Butternut Squash Baked Ziti
27th – Pizza

Lunches are \$ 4.00. Potluck on Fridays,
and if you bring a large enough side dish,
YOUR lunch is FREE.

Lunches start at 12:00 noontime.

(Menus are subject to change, but only
for the better).



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Kathy Najdek RN BSN

971-400-1828



Service in your residence.

Call for an appointment



The West Linn Adult Community Center will be closed:
Martin Luther King, Jr. Day — January 19th,
President's Day — February 16th

The WLACC Newsletter editors reserve the right to edit, or shorten articles submitted for clarification or length.

January 2014 West Linn Adult Community Center 503-557-4704

			<p>1 THURSDAY</p> <p>Closed for the New Year's holiday</p> <p>Happy New Year!</p>	<p>2 FRIDAY</p> <p>Closed for the New Year's holiday</p>
<p>5 MONDAY</p> <p>8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch-<i>Macaroni and Cheese</i> 12:30- Bridge 1:00-Drama</p>	<p>6 TUESDAY</p> <p>Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>7 WEDNESDAY</p> <p>8:30- Walking Group 9:00- Foot Care by appt. 9:00- Kettle bell fitness 10:00- Aerobics 11:00 Gardening Group 11:00- Line dancing 12:00- <i>Birthday Brunch</i> 12:30- Pinochle 1:00-Book Club</p>	<p>8 THURSDAY</p> <p>Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00-Share Singers meet at ACC 10:00- Knitting & crocheting 10:30- Bridge 1:00-Improving brain function through yoga-presentation by Liz Burney</p>	<p>9 FRIDAY</p> <p>Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:00-Foot Care by appt. 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00 -Potluck- <i>Taco Bar</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>12 MONDAY</p> <p>8:30- Tai Chi 8:30- Walking Group 9:00-Attorney by appt. 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch- <i>Stir Fry w brown rice</i> 12:30- Bridge 1:00- Drama</p>	<p>13 TUESDAY</p> <p>Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>14 WEDNESDAY</p> <p>8:30- Walking Group 9:00- Kettle bell fitness 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 1:00-Senior Fitness Standards presentation by Dr. Vermillion</p>	<p>15 THURSDAY</p> <p>Computer Instruction by Appointment 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers depart for SpringRidge Court 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge</p>	<p>16 FRIDAY</p> <p>Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00- Potluck- <i>Beef Stew</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>19 MONDAY</p> <p>Closed for Martin Luther King, Jr. Day</p>  <p>Martin Luther King Day</p>	<p>20 TUESDAY</p> <p>Computer Instruction by appointment 8:00-Core Strength 8:30-Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>21 WEDNESDAY</p> <p>8:30- Walking Group 9:00- Kettle bell fitness 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-Dramatic Writing & Improvisation</p>	<p>22 THURSDAY</p> <p>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-music and movement</p>	<p>23 FRIDAY</p> <p>Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00- Potluck- <i>Bangers and Mash bar</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>26 MONDAY</p> <p>8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch-<i>Prepared Salads</i> 12:30- Bridge 12:30-Budget Travel Club 1:00- Drama</p>	<p>27 TUESDAY</p> <p>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-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>28 WEDNESDAY</p> <p>8:30- Walking Group 9:00- Kettle bell fitness 9:30-Bus trip to the Portland Art Museum 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 1:00-Dramatic Writing & Improvisation</p>	<p>29 THURSDAY</p> <p>Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers depart for Hearthstone at Murrayhill 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15-Nia-music and movement</p>	<p>30 FRIDAY</p> <p>Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00- Potluck- <i>Coq au Vin (Chicken Stew)</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>

February 2015 West Linn Adult Community Center 503-557-4704

<p>2 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>Polenta Bar</i> 12:30- Bridge 1:00-Drama</p>	<p>3 TUESDAY Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 9-3-AARP Taxes 10:00- Yoga 10:00-Honoring Our Memories Writing Class 11:15-Nia-Music & Movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>4 WEDNESDAY 8:30- Walking Group 9:00- Foot care by appt. 9:00- Kettle bell fitness 10:00- Aerobics 11:00 Gardening Group 11:00- Line dancing 12:00- <i>Birthday Brunch</i> 12:30- Pinochle 1:00-Dramatic Writing & Improvisation</p>	<p>5 THURSDAY Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Homewood Heights 10:00-Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15-Nia-Music & Movement 2:00-Chronic Pain presentation with Dr. Farley</p>	<p>6 FRIDAY Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:00-Foot care by appt. 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00 -Potluck- <i>Biscuit Chicken Pot Pie</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>9 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>Lemon Cream Pasta w Shrimp</i> 12:30- Bridge 1:00-Drama</p>	<p>10 TUESDAY Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 9-3-AARP Taxes 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15- Nia-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>11 WEDNESDAY 8:30- Walking Group 9:00- Kettle bell fitness 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-Elder Care Resources presentation by LionHeart Healthcare 1:00-Dramatic Writing & Improvisation</p>	<p>12 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-Music & Movement</p>	<p>13 FRIDAY Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:00-Bus trip to Mt Angel Abbey and Wurstfest 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00 -Potluck- <i>Chicken Enchiladas</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>16 MONDAY Closed for President's Day </p>	<p>17 TUESDAY Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 9-3-AARP Taxes 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15- Nia-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>18 WEDNESDAY 8:30- Walking Group 9:00- Kettle bell fitness 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-Dramatic Writing & Improvisation</p>	<p>19 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-Music & Movement</p>	<p>20 FRIDAY Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00- Potluck- <i>Butternut Squash Baked Ziti</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>23 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>Stuffed Peppers</i> 12:30- Bridge 12:30-Budget Travel Club 1:00- Drama</p>	<p>24 TUESDAY Computer Instruction by appointment 8:00-Core Strength 8:30-Strength & Balance 9-3-AARP Taxes 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>25 WEDNESDAY 8:30- Walking Group 9:00- Kettle bell fitness 9:15-Bus trip to OMSI 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 1:00-Dramatic Writing & Improvisation</p>	<p>26 THURSDAY Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Tanner Springs 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15-Nia-Music & Movement</p>	<p>27 FRIDAY Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00- Potluck- <i>Pizza</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
			<p>Spring is on its way!! ☺</p>	

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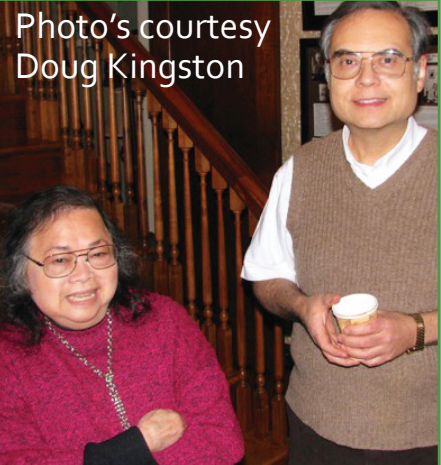
Halloween,
October 31st,
2014



Photo's courtesy
Doug Kingston

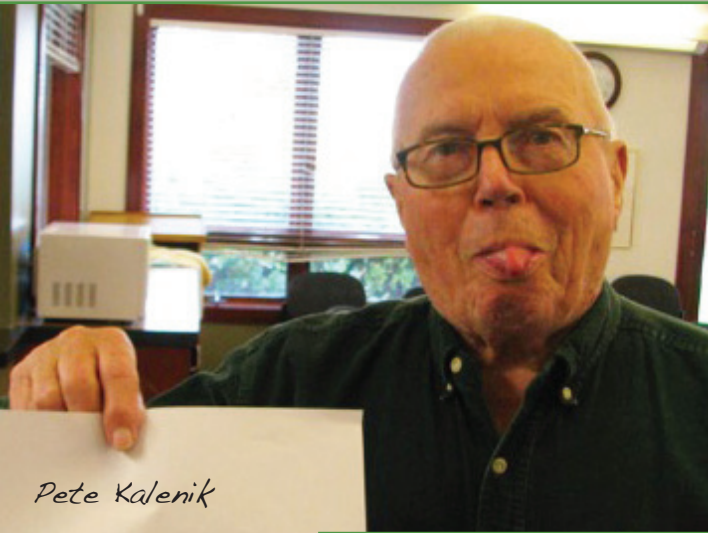
VOLUNTEER DINNER PARTY

November 13th, --- 2014



Photo's courtesy Doug Kingston

ASK ME!



Pete Kalenik

ASK ME!



Marge Russell

ASK ME!



Mary Hill

ASK ME!



Marie Horvath

ASK ME!



Dick Hunt

ASK ME!



Celeste Rose

ASK ME!

... about

“No need to be nervous talking to seniors”.