

JULY / AUGUST 2015

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Friends Reaching Out  
to Friends

# West Linn Adult Community Center



# Friends of the West Linn Adult Community Center

## Letter from Tiffany



Picture taken 6/5/15  
Open House

I want to begin with a big THANK YOU for the incredible help and support from so many of you who made our June open house a success! Highlights included a display of the building expansion plans, delicious foods made by Samantha, wine served by our Friends group, entertainment by our performing groups and a wonderful representation of our various exercise groups, wood workers and painters.

It was also great to participate in National Senior Fitness Day in May. We had wonderful sponsors for the raffle prizes and a sponsored bus trip from Jason Hegstad, our HealthNet representative who comes faithfully to bring a birthday cake for our birthday brunch every month.

For a possible new addition to our bus trip offerings, we had Clem Ogilby, from Best Oregon Tours, give us an overview of options for overnight trips and some wonderful day trips as well. There are many great ideas and if you get an opportunity, please fill out our brief questionnaire at the front desk to contribute your interest and suggestions. You can learn more about this on page 7.

Looking ahead, you may notice many informative presentations scheduled. I hope you'll browse through the options and attend any and all that interest you. We are fortunate to have many local experts eager to share beneficial information to our senior community.

Here's to a wonderful summer! ~ Tiffany

## President's Corner



This will be my final entry in the President's Corner of the newsletter. The Annual Board meeting was held today and a new President was elected! Tom Brady and Warren Guest both were running for the position. Both candidates had numerous members pulling for them and Tom Brady came out on top. Congratulations to Tom and thank you to Warren for stepping up to run for the position. Also elected for a 2<sup>nd</sup> term were: Margaret DeJardin (Treasurer), Irene Jones (Secretary), and Bill Barger (Vice President). The other 3 members of the Board are: Janet McDonald (Newsletter Mailing), Dave Pitzer (Volunteer Coordinator), and Peggy Dickston (Membership). Please join me in supporting the 7 members of the Board and letting

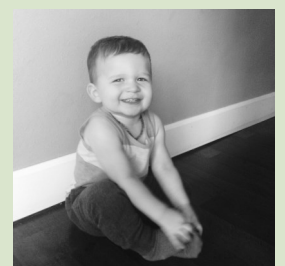
them know that you appreciate the time and effort they devote to making Our Community Center a better place. Thank you!

With the expansion of WLACC finally coming to fruition this year, a primary focus of the Friends Group is realized. Once this is completed, we can direct our efforts in other directions. Please take part in these efforts. Attend a board meeting or two and take an active role in what we are able to accomplish from this point forward. All members have an equal say in the direction they would like the Center to go. We have roughly 300 members at this point, yet we only see a small number of these members at the Center. Please stop in and see what you are missing!

My role as President has ended, but not as a member. I will be seen hanging around there and sitting in on a Board meeting or two. I hope to see some of you there. In my "free" time I will be helping clients buy and sell homes and babysitting my grandson. My daughter has another one on the way . . . so little Milo will have a sibling and I will be babysitting two!

Remember . . . we have our annual spaghetti dinner/car show fundraiser coming on August 7<sup>th</sup>.

Take care. ~ Scott.



Milo



## Schedule of Ongoing 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 Class** with Jacquelyn Rodger, Thursdays, from 3:00-3:50 pm. This will be similar to the current 8:00 am Core Class she teaches already but with new exercises added on. *\$45.00, drop in \$6.00.*

**Core Strength:** Tuesdays, Thursdays and/or Fridays. 8:00-8:30 am. Half hour of floor exercise and resistance weight training to build your core strength. Your choice twice or three times weekly for 8 weeks. *\$40.00 for 2 classes \$60.00 for 3 classes. \$4.00 drop in.*

**Kettlebell Fitness:** Wednesdays, 9:00-9:45 am. Increase your strength, flexibility and aerobic fitness. 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 pm. 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."* 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 or *\$7.00 drop in.*

**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.*

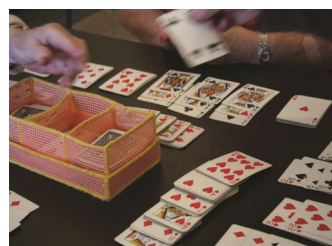


**Tai Chi:** Mondays, 8:30-9:30 am. Open floor, advanced self-led class. *Fee \$2.00 per month.*

**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



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

**Hand and Foot:** Mondays at 10:00-12:00 am. *NO CHARGE.*

**Pinocle:** 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 jiàng), 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)

### HEALTH

**Foot Clinic:** First Wednesday and Friday of the month from 9:00 am-2:30 pm. Call 503-557-4704 for an appointment. *FEE \$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)

### MUSIC, DRAMA & MORE

**Acting, Drama Class:** (The Antique Road Show Players). Mondays at 1:00 pm. Drama classes are tentatively planned to resume in **August**. Call the center at **503-557-4707** for updates or check the bulletin board. Classes explore improvisation, drama games, and scene readings with an emphasis on comedy. Designed for the 40+ age group, this class requires only life experience. Not sure? Try a drop-in class to see if you like it. All are welcome. Directed by Patricia Amore. *\$65 for 8 classes, plus one-time registration fee for new members \$25; drop-in \$10.00 per class.*

**Antique Roadshow Players (drama class)** offer our hearty thanks to the many cheerful souls who attended our performance June 13th at WLACC. We all laughed really hard. Look for us at other venues in the Portland area this summer. The audience filled two large barrels with canned food, which will be donated to the West Linn Food Pantry.

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

**The Rosemont Rhythm Band:** Wednesdays at 1:00-3:00 pm. Join us and have lots of fun. All instruments are welcome. For any questions call Mark Thomas at 503-723-6088. *FREE.*

## Schedule of Ongoing Events (Continued)

### MUSIC, DRAMA & MORE (Continued)

**Share Singers:** The Share Singers group was organized in 2010 as a regular activity of the West Linn Adult Community Center. The group currently has over 20 members. They volunteer to visit nearby senior living communities to share a sing-along and conversations with the residents. Their motto: *"share a smile, share a story, share a song."* **NO CHARGE**

### July / August Schedule

Meetings are held some Thursdays

Jul 16 9:45 am Depart WLACC to visit  
**Marquis Hope Village**

Jul 23 9:45 am Depart WLACC to visit  
**Brookdale River Valley**



Aug 7 (Fri) 6:00 pm Meet at WLACC for sing-along  
after **fundraising dinner**

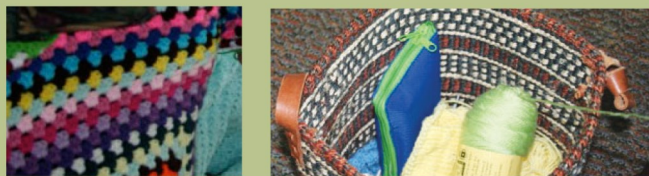
Aug 27 9:45 am Depart WLACC to visit  
**Homewood Heights**

**Cooking Class: Thursday July 16th and August 20th.** 11:15-1:00, includes eating time. (Held every third Thursday of the month.) **Simple, Elegant and Nutritious Meals for 1 or 2 people.** When cooking for one or two people, we tend to either cook the same thing every day or worse, not cook at all, and depend on processed convenience foods. Learn to make a versatile, nourishing meal that is easy to prepare for one to two people (or more) with chef, **Samantha Zizza**. She will share tips on how to add variety and nutrition to your plate that is simple to make and budget friendly. Enjoy a delicious meal as you learn how to make great food and participate in the fun together. For menu details please see the bulletin board. *Cost \$15.00, payment at sign-up time, form available at the front desk.*

**Facials.** Available every 1st Tuesday of the month. Sign up sheet at front desk. \$25.00,.

### SPECIAL INTEREST CLASSES (No Charge).

#### Knitting and Crocheting



Thursdays from 10:00-12:00 noon. *No Charge*

### Book Club

**No meeting July and August.**

**Join us again September 9th, to discuss the book "All the light we cannot see", by Anthony Doerr.**

**Painting:** Open studio Fridays from 10:00-12:00



Please come and join us and learn from each other.

### FREE Classes for:

**Senior Law Projects.** Half hour consultation every 2nd Monday of the month, and **Computer Instructions** on Fridays. Call the Center at 503-557-4704 for an appointment.

**Garden Appreciation Group:** Wednesdays, 11:00-12:00 noon. A weekly gathering to explore the plants, science, crafts and art of gardening — film, video, discussions.

**Travel Talk: No classes.** Bonnie Metcalfe is travelling.

**Wood Carving:** Mondays at 9:00-12:00 noon. *No Charge.*



*This Kestrel was carved by Myron Carpenter*

**Writing:** "Honoring Our Memories", Tuesdays at 10:00-12:00 noon. Topics vary. It may be fiction or based on your own personal life experience. Writing about the past can be especially important for your future generation.



## Save The Date

### Join us for various presentations from local experts on health and senior living.

Please RSVP at the front desk as this would be helpful for our presenters. Thank you.

**Transcendental Meditation: discussion by Ed Monk, M.S.Ed. Certified TM Teacher on Monday, July 6<sup>th</sup> at 1:00 pm.** If you are interested in longer and improved quality of life, more energy, mental clarity, improved memory and peace of mind, we hope you will join us for a free introductory talk on the Transcendental Meditation technique at the WL Senior Center on July 6<sup>th</sup>. at 1:00 p.m. It's a simple, natural technique practiced 20 minutes twice each day while sitting comfortably with the eyes closed. The TM technique is easy to learn and enjoyable to practice, and is not a religion, philosophy, or lifestyle. For more information go to [tm.org](http://tm.org) and you can also contact West Linn senior: Ed Monk at 503-740-5881 or at [emonk@tm.org](mailto:emonk@tm.org).

**Energy Healing for Animals with Heart to Heart Healing: with Liz Burney on Thursday, July 16<sup>th</sup> at 1:00 pm.** For those of you who have or live with animals, you know how important the health and well-being of your furry (or not so furry) buddy is. Because every living thing has energy fields, energy healing works whether you have honey bees, chickens, a turtle, a hamster, cat, dog or a horse.

**Presentations on topics related to Healthy Aging: with Mary Beth Rosenstiel, RN, DNP from Lionheart Healthcare: July 23<sup>rd</sup>, and every 4<sup>th</sup> Thursday of the month at 1:00 pm.** She will also stay after each presentation to talk with individuals (for 15-20 minutes each) who may have questions or concerns related to a health condition or accessing healthcare needs. Please RSVP at the front desk.

**A special Jamaican presentation: with Arsinio Walker on Wednesday, July 29<sup>th</sup> at 12:30 pm.** You may have seen Arsinio, our summer volunteer, around the ACC working on flyers and other projects over the last few weeks. He is a college student in his senior year studying Communications at Corban University in Salem. Originally from Jamaica, he is going to share with us information about his home, after we share a Jamaican themed lunch together.

**Estate Planning Workshop: with Mr. Schneider on Thursday, July 30<sup>th</sup> from 1:00-2:30 pm.** Many people do not realize that more is needed than just a simple will. In this program, the audience will receive practical advice on how to safeguard their assets and health care wishes during and after their lifetime. They will also acquire up to date knowledge about wills, living trusts, health care documents, issues regarding guardianship, conservatorship, and power of attorney. This program also gives information on how to avoid probate. Mr. Schneider is a co-author of the book, "A Will is Not Enough in Oregon". A comprehensive resource guide for residents of Oregon and Washington. This guide is used to maximize the control and protection of your personal assets through effective estate planning.

**Living Off the Grid - My Cultural Exchange in the Amazon: by Dan Fullerton on Thursday August 6<sup>th</sup> at 1:00 pm.** Dan will relay his experiences from his time in the Peace Corps. In this reflective memoir, he shares of his quest to give back and the journey that resulted from taking the road less traveled in a little known corner of the world.

**Workshop presented by the Alzheimer's Association: Thursday, August 20<sup>th</sup> at 1:00 pm.** If you or someone you know is experiencing memory loss or behavioral changes, it is time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease. Look for the flyer on the bulletin board. **To sign up, call: 1-800-272-3900.**

## Upcoming Bus Trips

Sign-up list is at the front desk. Participants have to pay the fee before their name will be put on the list. Payment is required at time of sign up. Refunds are allowed up to 48 hours before departure time. Fees include bus ride, unless otherwise stated. **All** lunch fees are at your own expense.

**Wednesday, July 22<sup>nd</sup>** – Marquam Hill Ranch. Alpaca Farm and more.

**Thursday, August 13<sup>th</sup>** – Wine Tasting.

**Wednesday, August 26<sup>th</sup>** – Cedar Creek Grist Mill.

For departure times and costs, please see the bulletin board. Don't forget to sign up.



## Lakewood Theatre: Unnecessary Farce

**July 10 – August 16.** A Portland area premiere that will leave you howling with laughter. *By Paul Slade Smith, and directed by Michael Snider.* "Two cops. Three crooks. Eight doors. Go." It's the perfect setup for a laugh-filled evening at the theatre. In a cheap motel room, an embezzling mayor is supposed to meet with his female account-

ant, while in the room next door, two undercover cops wait to catch the meeting on videotape. But there's some confusion as to who's in which room, who's being videotaped, who's taken the money, who's hired a hit man, and why the accountant can't seem to keep her clothes on. Sign-up list available at the front desk.

## Save The Date (Continued)

**Friday, July 3<sup>rd</sup>:** Milwaukie **Trolley Trail** Walk. Meet at 8:30 am in the Kellogg Creek parking lot on SE McLoughlin Blvd. in Milwaukie. Walk the **Trolley Trail** along the new **Milwaukie Light Rail** line. Estimated distance about 3 miles with no significant hills. *For directions:* Take I-250 to 99W (McLoughlin). North on 99W to Milwaukie. Just after passing under the new Light Rail overpass, the parking lot will be on the left, just as you enter Milwaukie next to the Sewage plant.

**Friday August 7th:** Annual Spaghetti Dinner/Car Show fundraiser. See bulletin board for more information.

**The City of West Linn Parks and Recreation presents:**  
**Saturday, July 11<sup>th</sup>** starting around 5:00, **West Linn Street Dance** at the Historic Willamette Falls Drive and 13<sup>th</sup> Street.

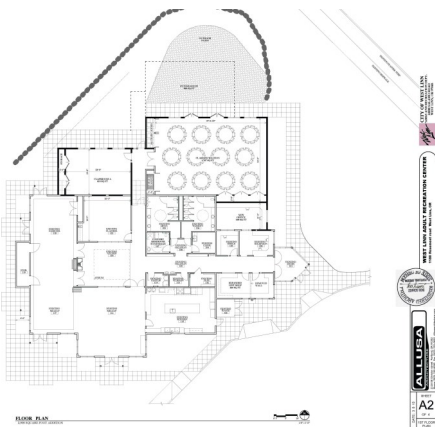
**July 17<sup>th</sup> through 19<sup>th</sup>, Old Time Fair.** For times and events please check the West Linn Tidings, or visit [www.westlinnregion.gov/parsrecreation](http://www.westlinnregion.gov/parsrecreation).

## News Flash

### City approves \$320,000 allocation for senior center expansion

*(So read the headline in the West Linn Tidings newspaper recently.)*

*Project would add 2,900 square feet in classrooms and storage space*



**By PATRICK MALEE**  
The Tidings

A push to expand the West Linn Adult Community Center took a significant step forward Monday, as the City Council voted unanimously to approve an allocation of \$320,000 toward the project.

The vote authorized the city to update its Systems Development Charge (SDC) project list, deducting the \$320,000 from a "Future Regional Parks" project and adding it to the Adult Community Center Expansion. The project is estimated to cost a total of \$830,000.

"We're projecting a total budget of \$830,000, and none of that is any West Linn tax dollars yet, other than our staff time," Parks and Recreation Director Ken Worcester said. "(The project) has been funded through grants, the sale of a home we bought for a dollar in Willamette a few years back, an \$80,000 contribution from the Friends of the Adult Community Center and the (\$320,000) SDCs."

The plan, according to Worcester, is to add an estimated 2,900 square feet of space to the 6,200 square foot community center, the majority of which being earmarked for classrooms and storage. The project would also add more than 20 new parking spaces to the facility.

The community center will remain open during the construction period, Worcester said, "so there will be very little interruption." The city's goal is to have the additions completed by December 2015.

The Adult Community Center first opened back in December 2002. When a conditional use permit was approved for the community center in 2001, a projected expansion was listed at 1,133 square feet. The increase to 2,900, as the city wrote in its development application, is due to "the growth of the popularity of the activities at the Adult Community Center and the growing population of older adults in our community."

"My mother and mother-in-law frequently go to classes there," City Councilor Jenni Tan said. "Anytime I go, it's just a hub of activity there ... I'm so glad we're moving forward with this expansion."

To learn more about the project, visit [westlinnregion.gov/planning/1180-rosemont-road-class-ii-design-review-addition-adult-community-center](http://westlinnregion.gov/planning/1180-rosemont-road-class-ii-design-review-addition-adult-community-center).

*Editors' note:* This article was - in gratitude - reproduced with permission from Mr. Patrick Malee from The Tidings.



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*To display your art, please leave a message for Marie at the front desk.*





## Meet Clem Ogilby / Best Oregon Tours

*Principal/Owner*

After decades in the historic preservation field as a restoration contractor and preservation advocate, Clem is living his dream in a year round career in what he loves most: gathering travelers from around the planet, to experience together the many wonders of Oregon. The company's philosophy is dedicated to providing the highest quality touring experience available. To quote: "We believe that the culture and beauty of the great state of Oregon deserve to be shared and respected."

**Editor:** When did you start Best Oregon Tours and why?

**Clem:** Having traveled extensively around the world, the Great State of Oregon is like no other place. Providing visitors and locals alike with a deeper appreciation of its many wonders is what we are all about.

**Editor:** I understand that you are very conscious of the environment, but how do you make sure, us human beings, while out on a tour, do not contribute to its demise?

**Clem:** By using comfortable touring vans and buses, **Best Oregon Tours** is actually promoting ridesharing, a concept that is not new but grossly underutilized in our region. We consistently *walk the talk* of environmental and cultural stewardship with Board Membership at important heritage sites such as Vista House at Crown Point in the Columbia River Gorge.

**Editor:** As you know, most of us are over a certain age, and our short bus trips have been quite inexpensive, but popular. What can you offer more, to get our members to commit to one of your tours, which would be at a little bit higher price?

**Clem:** Our expert, professional guides are college educated, many with advanced degrees in tour management, historic preservation and sustainability. We also happen to love what we do and this radiates on every tour.

**Editor:** Personally, I think it's a great idea to have somebody drive me and my visiting family or friends, around beautiful Oregon, because that way I get to enjoy it too. Yet how do you advertise it and sell it to people who visit our West Linn Adult Community Center?

**Clem:** We invite people to visit our website at [www.bestoregontours.com](http://www.bestoregontours.com), Yelp or Facebook to assess for themselves what previous clients have to say about their experiences with us.

**Editor:** Overnight trips: Can you please explain in detail how they work, where the trip would take us, and what it includes.

**Clem:** Overnight trips will be coordinated with the WLACC Recreation Coordinator, Tiffany Carlson. We are currently evaluating trips to such exciting destinations as Leavenworth, Astoria and Ashland.

**Editor:** Do you have a minimum or a maximum number of participants per trip? Does it affect the price when less than an "X" number of people?

**Clem:** Our touring van outings require as few as 8 passengers, whereas the larger vehicles will require 20 or even 40 in the case of a chartering a full sized motorcoach. We will do our very best to accommodate each tour request with the most appropriate and cost effective vehicle to deliver excellence and a solid value.

**Editor:** As you know, some of our members are in fact 'seniors', although it's a word they have quite eliminated from their vocabulary. Still, on daily or overnight trips, how would you deal with emergencies if they arose?

**Clem:** Having been a Group Leader with Road Scholar for multiple seasons, touring with our "Honored Citizens" can require patience and understanding, an area where **Best Oregon Tours** excels.

**Editor:** Clem, it has been a pleasure talking with you, and to find out a little more about "Best Oregon Tours" and that's why I would like our members to participate in a small survey, which will be at the bottom of this page. The form would simply state: to the Friends of the WLACC, would you be interested in learning more about these trips?

**Clem:** It has been a pleasure chatting with you. Please do not hesitate to contact us. We look forward to being of service to the members.

Name: ..... Date: .....

Day trip only: **(Please circle one: )**    **YES**    **NO**    Overnight trip:    **YES**    **NO**

For day trips, lunch included:    **YES**    **NO**    Maybe    **YES**    **NO**

For overnight trips: Lunch, dinner and breakfast the next morning:    **YES**    **NO**

Do you need more information? If so, please write down your telephone number and/or email address.

Tel. # ..... Email address: .....

Any comments:.....

## Did You Know About . . .

### THE BEST KEPT SHOPPING SECRET IN WEST LINN

**Summer is here!**



*Get out your sun hat... Fire-up the barbeque...  
Enjoy the many gifts available at our wonderful  
gift shop.*

Open Monday-Friday from 9:00 am-3:00 pm.  
Cash and Checks only! Gift certificates available!

New wonderful donations continue to pour in to help our fundraising 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. (503-557-4704).

*Editors Note:* The Gift Shop is looking for a **Friday afternoon volunteer**, from 12:00 noon-3:00 pm. Also desperately needed **Department Store/Designer Shopping** bags in excellent condition. (No grocery bags please).

## The **OPEN HOUSE**

Held on Friday, June 5th was very well attended and a huge success. For a photo collage of the event, check out the on-line Newsletter. Not signed up yet? Go to page 9 for easy instructions.

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### YOU CAN HELP THE FRIENDS OF THE ADULT COMMUNITY

You can help friends of the Adult Community Center earn donations just by shopping with your Fred Meyer Rewards Card! Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to (non-profit) at [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards). You can search for us by using our non-profit number 87643. If you do not have a computer, follow these easy steps:  
1) Call 1-866-518-2686, between 8 am and 9 pm, Pacific Time Monday-Friday. Press 3 and give the operator your information and our non-profit number 87643.  
2) Every time you shop and use your Rewards Card, you are helping earn a donation. You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.

Award Cards are available at the Customer Service desk of any Fred Meyer store. And now you can win a free lunch at the center by depositing the bottom part of your Fred Meyer receipt in the jar on the front counter, which should show the text *Thank you for participating in the Fred Meyer Community Rewards Program*. Make sure your name and telephone number is listed on the receipt. **Jay Ray** is the July winner for a free lunch.

## Antique Roadshow Players in Midsummer Follies

Antique Roadshow Players take a bow at the end of the June 13th performance of Midsummer Follies.



*L to R Director Patricia Amore Hand, Warren Guest, Jack Heiter, Alice Johansson, Pat Styles, Joan Hallinan, Carol Shiveley.*



# Dog Savvy...Let's Be Safer As We Age — Dogs and Home Care

by Dianne Gorveatt



At any time we may need or be called upon to give home care. All of us are familiar with and somewhat prepared for the routine care required for minor injury or illness. But we tend to neglect the larger challenges such as surgery and degenerative illnesses. Even those who have some idea of what home care involves, may not have given thought to the family dog. While all pets are affected by changes in routine, dogs as social animals are even more likely to be unnerved due to changes in pack structure.

If you have a dog, here are three things you can do: First, prepare a list of instructions detailing every aspect of your dog's care. Food. Routines for exercise, sleeping and elimination. Command words. Health issues. Identify your dog's veterinarian and other service providers. Then, unless your dog is OK with being

boarded, find people willing to foster your dog in an emergency.

Do a practice run to make sure your dog agrees with your choices! And finally, have a doggie 'go' bag ready with supplies for at least three days and don't forget toys!

Then, prepare yourself. Dogs under stress may act out. Some dogs will recognize their loved ones no matter how long they've been apart or how great the changes, but be cautious. If a dog growls, don't force it. Let her figure out what's going on and adapt. If you are the one giving care and there is a dog in the home, watch for red flags (See WLACC newsletter May/June 2015). A dog may think you are trying to hurt rather than help. It may be necessary to remove the dog from the home, at least temporarily.

There are other considerations when dogs are a part of the dynamic. Dogs don't always know what's good for them. Gifts such as plants, chocolates, grapes and raisins can be fatal to dogs. A few may be attracted to medical waste; dogs have been known to swallow IV bags and discarded dressings. While it's rare, a human's impaired function can trigger ancient pathways to the inner wolf, an efficient predator. Always err on the side of caution. On the other hand, some dogs are natural caregivers and may want to help out. It is possible to turn the family dog into an assistance dog with the help of a licensed dog trainer.

Dogs are not meat machines. When families are under stress, they are as well. Advance planning can keep the stress from shading over into trauma for the dogs and for the humans in need of or called upon to give home care.

*Author's disclaimer:* Always check with your veterinarian or a licensed dog trainer before making changes to your dog's care. While I am not a dog trainer, I do know about home care. I certified as a home health aid to earn money in college.

*Editors Note:* Articles published in this newsletter are not necessarily our views, nor the views of the Friends of the WLACC. The articles are meant to be informative or entertaining.

**Important Notice:** With the on-line version, you will receive more detailed information plus a photo collage of past events.

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

◆ Go to [westlinoregon.gov](http://westlinoregon.gov) and click on Departments, Parks and Recreation, [Adult Community Center Newsletter](#).

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<b>Staff:</b> Tiffany Carlson <i>Recreation Coordinator</i> Samantha Zizza, <i>Chef</i>	<b>Board Members:</b> <b>Tom Brady, President</b> Bill Barger, <i>Vice-President</i> Margaret Dejardin, <i>Treasurer</i> Irene Jones, <i>Secretary /</i> <i>Editor Newsletter</i> Peggy Dickston, <i>Membership</i> Janet McDonald, <i>Mailings</i> Dave Pitzer, <i>Volunteer</i> <i>Services</i>	<b>Committee Members:</b> Rita Perry, <i>Historian</i> Veronica Ferez, <i>Gift Shop</i> Mieke Wiegman and Irene Jones, <i>Editors</i> <i>Newsletter</i> Bev Whiteley, <i>Sunshine</i> <i>Chair</i> Dick Hunt, <i>Memorial Bricks</i>	<b>Location WLACC:</b> 1180 Rosemont Road West Linn, OR 97068 Phone: 503-557-4704 Fax: 503-723-4251  <b>Mailing Address:</b> Care of City Hall 22500- Salamo Road, Ste. 1100 West Linn, OR 97068
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# Celebrating

## July B-Days

George Adams  
Tana Barger  
Lorene Bay  
Boyd Brown  
Sandra Crawford  
Doug Dickston  
Rose Ek  
Veronica Ferenz  
Warren Guest  
Lloyd Haatia  
Mary Hulett  
Dick Hunt  
Alice Johansson  
Peter Kalenik  
Ellen Kletzok  
Jamie Mays  
Dorothy Mejdell  
Anna Nencescue  
Jim Nichols  
Patricia O'Neill  
Anthony Perry  
Jeani Preble  
Jay Rice  
Sandy Rust  
Loretta Schwarz  
Mark Thomas  
Ronda Thomas

## August B-Days

Andy Anderson  
Barbara Buchholz  
Nancy Buckman  
Joyce Caraher  
Claire Cohen  
John Engler  
Mary Garvik  
Sylvia Gercke  
Cynthia Gibson  
Henrietta Hodges  
Jack Holman  
Carolyn Martin  
Marlene McCarty  
Maryann Mehlhoff  
Lowell Neudeck  
Aldean Rasmussen  
Ana Mercedes Robayo  
Sandy Rood  
Lee Sweet  
Francis Wiegand

## MENUS

### ***Mondays in July***

6<sup>th</sup> – Garlic Mustard-Glazed Chicken  
13<sup>th</sup> – Beef Kabobs  
20<sup>th</sup> – Falafel  
27<sup>th</sup> – Thai Curry with Chicken

### ***Wednesdays in July***

**1st – Complimentary Brunch  
for those celebrating a Birthday**

1st, 8th, 15th, 22nd  
29th – Jamaican themed lunch

### ***Fridays in July***

3<sup>rd</sup> – CLOSED  
10<sup>th</sup> – Farro Risotto with Mushrooms & Sausage  
17<sup>th</sup> – Coconut Chicken Casserole  
24<sup>th</sup> – Taco Bar  
31<sup>st</sup> – Chicken Pot Pie

### ***Mondays in August***

3<sup>rd</sup> – Pizza  
10<sup>th</sup> – Baked Penne with Bacon & Tomatoes  
17<sup>th</sup> – Balsamic Marinated Flank Steak  
24<sup>th</sup> – Farro Risotto with Tomatoes & Port Tenderloin  
31<sup>st</sup> – Shrimp Tacos

### ***Wednesdays in August***

**1<sup>st</sup>– Complimentary Brunch  
for those celebrating a Birthday**  
5th, 12th, 19th, 26th – Soup and Sandwiches

### ***Fridays in August***

7<sup>th</sup> – Potluck Chicken  
14<sup>th</sup> – Lasagna  
21<sup>st</sup> – Teriyaki Chicken Skewers  
28<sup>th</sup> – Tandori Chicken

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.

## Welcome New Members

Shelley Buckingham — Bertha Casas — Janeen Kemp  
Peggy Meyers — Prakash and Subhaora Patel  
Jean Root — Beverly Spurgeon — Kim Stuart — Mary Wiedl

### **In Memoriam**

Sally Ann Black passed away recently. Our thoughts and prayers are with her husband Hugh Black and their family.



**Closed for July 4th on Friday, July 3rd.**



FLASH BACK... FLASH BACK... FLASH BACK...



Annual Mother's Day Tea Party.



Photo's courtesy of:  
Gina Olson — May, 2015  
503-701-5560 / e-mail mgolson5@comcast.net.



and MORE~...



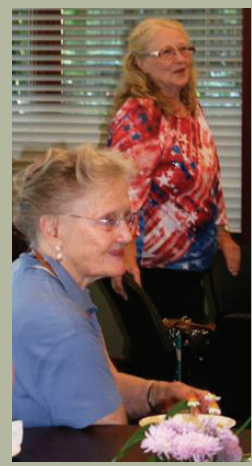
and MORE~...



Open House







Photo's courtesy of Doug Dickston and Mieke Wiegman



# July 2015 West Linn Adult Community Center 503-557-4704

		<p><b>1 WEDNESDAY</b>              8:30- Walking Group              9:00- Kettle bell fitness              9:00-Foot care by appt.              10:00- Aerobics              11:00 Garden Appreciation Group              11:00- Line dancing              12:00- <i>Breakfast Brunch</i>              12:30- Pinochle              1:00-Rosemont Rhythm Band</p>	<p><b>2 THURSDAY</b>              Computer Instruction by app't.              8:00- Core Strength              8:30- Strength &amp; Balance              10:00-Yoga              10:00- Knitting &amp; crocheting              10:30- Bridge</p>	<p><b>3 FRIDAY</b>              Closed for the 4<sup>th</sup> of July Holiday    <b>Happy 4<sup>th</sup> of July!</b>  </p>
<p><b>6 MONDAY</b>              8:30- Tai Chi              8:30- Walking Group              9:00- Wood Carving              10:00- Aerobics              10:00- Hand and Foot              12:00- <i>Garlic Mustard Glazed Chicken</i>              12:30- Bridge              1:00-Drama  <b>1:00-Transcendental Meditation presentation</b></p>	<p><b>7 TUESDAY</b>              Computer Instruction by app't.              8:00- Core Strength              8:30- Strength &amp; 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><b>8 WEDNESDAY</b>              8:30- Walking Group              9:00- Kettle bell fitness              10:00- Aerobics              11:00 Garden Appreciation Group              11:00- Line dancing              12:00- <i>Soup Cafe</i>              12:30- Pinochle              1:00-Rosemont Rhythm Band              1:00-Book Club</p>	<p><b>9 THURSDAY</b>              Computer Instruction by app't.              8:30- Core Strength              8:30- Strength &amp; Balance              10:00-Yoga              10:00- Knitting &amp; crocheting              10:30- Bridge</p>	<p><b>10 FRIDAY</b>              Computer Instruction by app't.              8:00- Core Strength              8:30- Strength &amp; Balance              8:30- Walking Group              10:00- Open Painting              10:00- Aerobics              10:00- Whist              12:00 -Potluck- <i>Farro Risotto W Mushrooms and Sausage</i>              12:30- Pinochle              12:45- Texas Hold 'Em              1:00- Mah Jongg</p>
<p><b>13 MONDAY</b>              8:30- Tai Chi              8:30- Walking Group              9:00- Wood Carving              9:00-Attorney available by appt.              10:00- Aerobics              10:00- Hand and Foot              12:00- Lunch- <i>Beef Kabobs</i>              12:30- Bridge              1:00-Drama</p>	<p><b>14 TUESDAY</b>              Computer Instruction by app't.              8:00- Core Strength              8:30- Strength &amp; 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><b>15 WEDNESDAY</b>              8:30- Walking Group              9:00- Kettle bell fitness              10:00- Aerobics              11:00- Garden Appreciation Group              11:00- Line dancing              12:00- <i>Soup Cafe</i>              12:30- Pinochle              1:00-Rosemont Rhythm Band</p>	<p><b>16 THURSDAY</b>              Computer Instruction by app't.              8:00- Core Strength              8:30- Strength &amp; Balance              9:45-Share Singers to Marquis Hope Village              10:00- Yoga              10:00- Knitting &amp; crocheting              10:30- Bridge  <b>11:15-Cooking class with lunch (sign up required)</b>  <b>1:00-Energy Healing for Animals</b>-presentation by Heart to Heart Healing</p>	<p><b>17 FRIDAY</b>              Computer Instruction by app't.              8:00- Core Strength              8:30- Strength &amp; Balance              8:30- Walking Group              10:00- Open Painting              10:00- Aerobics              10:00- Whist              12:00- Potluck- <i>Coconut Chicken Casserole</i>              12:30- Pinochle              12:45- Texas Hold 'Em              1:00- Mah Jongg</p>
<p><b>20 MONDAY</b>              8:30- Tai Chi              8:30- Walking Group              9:00- Wood Carving              10:00- Aerobics              10:00- Hand and Foot              12:00- Lunch-<i>Falafel</i>              12:30- Bridge              1:00- Drama</p>	<p><b>21 TUESDAY</b>              Computer Instruction by app't.              8:00-Core Strength              8:30-Strength &amp; 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><b>22 WEDNESDAY</b>              8:30- Walking Group              9:00- Kettle bell fitness  <b>9:30-Mollala Farm Loop- Alpaca farm and more</b>              10:00- Aerobics              11:00- Garden Appreciation Group              11:00- Line dancing              12:00- <i>Soup Cafe</i>              12:30- Pinochle              1:00-Rosemont Rhythm Band</p>	<p><b>23 THURSDAY</b>              Computer Instruction by app't.              8:00- Core Strength              8:30- Strength &amp; Balance              10:00-Share Singers to Brookdale River Valley              10:00- Yoga              10:00- Knitting &amp; crocheting              10:30- Bridge  <b>1:00-LionHeart Healthcare talk</b></p>	<p><b>24 FRIDAY</b>              Computer Instruction by app't.              8:00- Core Strength              8:30- Strength &amp; Balance              8:30- Walking Group              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><b>27 MONDAY</b>              8:30- Tai Chi              8:30- Walking Group              9:00- Wood Carving              10:00- Aerobics              10:00- Hand and Foot              12:00- Lunch-<i>Thai Curry with Chicken</i>              12:30- Bridge              1:00- Drama</p>	<p><b>28 TUESDAY</b>              Computer Instruction by app't.              8:00-Core Strength              8:30-Strength &amp; 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><b>29 WEDNESDAY</b>              8:30- Walking Group              9:00- Kettle bell fitness              10:00- Aerobics              11:00- Garden Appreciation Group              11:00- Line dancing              12:00- <i>Jamaican themed lunch</i>              12:30- Pinochle  <b>12:30-Presentation on Jamaica</b>              1:00-Rosemont Rhythm Band</p>	<p><b>30 THURSDAY</b>              Computer Instruction by app't.              8:00- Core Strength              8:30- Strength &amp; Balance              10:00-Share Singers to Tanner Springs              10:00- Yoga              10:00- Knitting &amp; crocheting              10:30- Bridge  <b>1:00-Estate Planning Workshop</b></p>	<p><b>31 FRIDAY</b>              Computer Instruction by app't.              8:00- Core Strength              8:30- Strength &amp; Balance              8:30- Walking Group              10:00- Open Painting              10:00- Aerobics              10:00- Whist              12:00- Potluck- <i>Chicken Pot Pie</i>              12:30- Pinochle              12:45- Texas Hold 'Em              1:00- Mah Jongg</p>

# August 2015 West Linn Adult Community Center 503-557-4704

<p><b>3 MONDAY</b> 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- <i>Pizza</i> 12:30- Bridge 1:00-Drama</p>	<p><b>4 TUESDAY</b> Computer Instruction by app't. 8:00- Core Strength 8:30- Strength &amp; 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><b>5 WEDNESDAY</b> 8:30- Walking Group 9:00- Kettle bell fitness 9:00-Foot care by appt. 10:00- Aerobics 11:00 Garden Appreciation Group 11:00- Line dancing 12:00- <i>Breakfast Brunch</i> 12:30- Pinochle 1:00-Rosemont Rhythm Band</p>	<p><b>6 THURSDAY</b> Computer Instruction by app't. 8:00- Core Strength 8:30- Strength &amp; Balance 10:00-Yoga 10:00- Knitting &amp; crocheting 10:30- Bridge <b>1:00-Living Off the Grid- presentation by Dan Fullerton</b></p>	<p><b>7 FRIDAY</b> Computer Instruction by app't. 8:00- Core Strength 8:30- Strength &amp; 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>Fried Chicken</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg <b>3:00-Spaghetti Dinner Fundraiser &amp; Classic Car Show</b></p>
<p><b>10 MONDAY</b> 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- <i>Baked Penne with Bacon and Tomatoes</i> 12:30- Bridge 1:00-Drama <b>1:00-Transcendental Meditation presentation</b></p>	<p><b>11 TUESDAY</b> Computer Instruction by app't. 8:00- Core Strength 8:30- Strength &amp; 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><b>12 WEDNESDAY</b> 8:30- Walking Group 9:00- Kettle bell fitness 10:00- Aerobics 11:00 Garden Appreciation Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 1:00-Rosemont Rhythm Band 1:00-Book Club</p>	<p><b>13 THURSDAY</b> Computer Instruction by app't. 8:00- Core Strength 8:30- Strength &amp; Balance <b>9:30-Wine Tasting bus trip</b> 10:00- Knitting &amp; crocheting 10:30- Bridge</p>	<p><b>14 FRIDAY</b> Computer Instruction by app't. 8:00- Core Strength 8:30- Strength &amp; Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00 -Potluck- <i>Lasagna</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p><b>17 MONDAY</b> 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 9:00-Attorney available by appt. 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch- <i>Balsamic Marinated Flank Steak</i> 12:30- Bridge 1:00-Drama</p>	<p><b>18 TUESDAY</b> Computer Instruction by app't. 8:00- Core Strength 8:30- Strength &amp; 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><b>19 WEDNESDAY</b> 8:30- Walking Group 9:00- Kettle bell fitness 10:00- Aerobics 11:00- Garden Appreciation Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30-<b>Board Meeting</b> 1:00-Rosemont Rhythm Band</p>	<p><b>20 THURSDAY</b> Computer Instruction by app't. 8:00- Core Strength 8:30- Strength &amp; Balance 10:00- Yoga 10:00- Knitting &amp; crocheting 10:30- Bridge <b>11:15-Cooking class with lunch (sign up required)</b> <b>1:00-Alzheimer's prevention talk</b></p>	<p><b>21 FRIDAY</b> Computer Instruction by app't. 8:00- Core Strength 8:30- Strength &amp; Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00- Potluck- <i>Teriyaki Chicken Skewers</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p><b>24 MONDAY</b> 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch-<i>Farro Risotto with Tomatoes and Pork Tenderloin</i> 12:30- Bridge 1:00- Drama</p>	<p><b>25 TUESDAY</b> Computer Instruction by app't. 8:00-Core Strength 8:30-Strength &amp; 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><b>26 WEDNESDAY</b> 8:30- Walking Group 9:00- Kettle bell fitness <b>9:30-Cedar Creek Grist Mill bus trip</b> 10:00- Aerobics 11:00- Garden Appreciation Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 1:00-Rosemont Rhythm Band</p>	<p><b>27 THURSDAY</b> Computer Instruction by app't. 8:00- Core Strength 8:30- Strength &amp; Balance 10:00-Share Singers to Homewood Heights 10:00- Yoga 10:00- Knitting &amp; crocheting 10:30- Bridge <b>1:00-LionHeart Healthcare talk</b></p>	<p><b>28 FRIDAY</b> Computer Instruction by app't. 8:00- Core Strength 8:30- Strength &amp; Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00- Potluck- <i>Tandoori Chicken</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p><b>31 MONDAY</b> 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch-<i>Shrimp Tacos</i> 12:30- Bridge 1:00- Drama</p>				