

1180 ROSEMONT ROAD

Mailing address:

22500 Salamo Road #1100

WEST LINN OR 97068

PHONE 503 557 4704

FAX 503 723 4251

NON-PROFIT

US POSTAGE PAID

PERMIT #49

WEST LINN 97068

Current Resident or

West Linn Adult Community Center

**March / April
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

Cook: Veda Thomas

**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

In Memoriam

*Shirley DePretto &
Ed Miller*

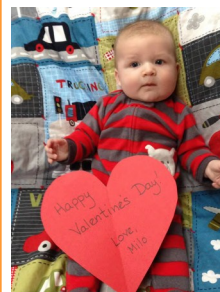
President's Corner

I hope that 2014 is off to a wonderful start for you. As I mentioned in a previous newsletter, I became a grandfather just a few short months ago. Little Milo is now almost 5 months old. My daughter Emily has returned to work part time and I have been designated the "Thursday Babysitter". It has only been a few weeks now and for just a few hours each Thursday morning, but it has been a great experience. I look forward to having him each week. He always has a smiling face and pleasant attitude. I really don't want to give him back each week.

As many of you know, I manage to keep a busy schedule. Along with my duties as Board of Directors President here I also am a full time Realtor and until recently, a barista at Starbucks (add Thursday Babysitter to the list also). Starbucks was a great company to work for. They offer full time employee healthcare benefits to those working only 20 hr/wk. It was great insurance with a small deductible and very reasonable premium. I highly encourage anyone looking for healthcare benefits to consider Starbucks. I needed to devote more time and energy to my Real Estate clients and say goodbye to Starbucks. It was a fun job that kept me on my toes.

I still encourage anyone with time on their hands to come into the Center and see what we are all about. There are many activities going on each week and opportunities to join in. As many of you know, we have been raising funds to expand the Center for some time now. You may also know that our efforts may bear fruit this year! There is talk that we may break ground on the expansion later this year if all goes as planned. This is very exciting and will open new opportunities for us. I will keep you posted as additional developments arise.

Milo and Scott



Letter From Tiffany

Spring is almost here and I think we're all ready for it! The start of 2014 has been good to us here at the ACC. The drama class is off to a great start, exercise classes are in full swing and there's always great conversation and fun at lunch times, our special interest groups and card games. It's also so encouraging to see so much musical interest with the Share Singers and the ukulele group.

We had a great time visiting the World Forestry Center in January and, as of this writing, just finished our local winery tour to Forest Edge in Oregon City and two new West Linn wineries, Ribera and Pete's Mountain Vineyards. When the weather is warmer, we'll do another wine tour in the Yamhill County area and spend a bit more time enjoying the beautiful views. ☺ I'm looking forward to our Portland Roasting Company/ Pacific Pie trip coming up on February 26th. Wine, coffee, pie...no wonder our exercise classes are well attended! ;-) It's all about balance and moderation, right?

Our trips in March/April will include the Aurora Colony Museum and Chocolate Hazelnut Factory, The Pendleton Woolen Mill and Two Rivers Heritage Museum tour in Washougal, The Abbey in Mt. Angel and a visit to Bauman's Farms and Al's Nursery in Woodburn.

We are always happy to welcome new members as well as volunteers for our front desk, gift shop and kitchen. Also, we're making headway on our building expansion! We have surveys at the front desk that we would so appreciate you filling out for our grant funding. If you haven't filled one out yet, please stop by in the next few weeks and fill out the brief survey.

Our lovely gift shop coordinator, Veronica Ferenz, would like to give a big thank you to those who have generously donated to the gift shop. If you have new greeting cards on hand for donation, we'd love to include these in the collection. New spring items arriving daily so stop by and say hello! ☺

Looking ahead to May, save the date for the annual Mother's Day Tea that will be held Tuesday, May 6th! The annual plant sale is also coming up on May 8th and 9th and will include beautiful hanging baskets, annuals, perennials, vegetable starts and fruit. All the proceeds from this event go to supporting the ACC operations. See you at the center!

Tiffany



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

March

Phyllis Barker
Marilyn Biancardi
Vera Bohrer
Gloria Camp
Linda Edwards
Lillian Gordon
Judy Hunter
Carol Johnson
Irene Jones
Anne Josey
Paula Kingsbury
Dolores Maloney
Barbara Miller
Patty Montgomery
Jane Moses
Christine Pohl
Karel Pollard
Regina Reimann
Elaine Schmidt
Nancy Schuh
Nadine Simonsen
Patricia Styles
Marjorie Tercek
Mary VanAgtmael
Wanda Vilter
Robin Way
Liz Welch
William Evans
John Ferez
Harry Mejdell
Joseph Pesek
Robert Richardson
Alfred Roth
Bob Schwarz
Ron Williamson
Al Zariwny

April

Ann Akins
Pauline Beatty
Patsy Bruggere
Jessie Champlain
Judy Church
Cindy Foster
Sharon Fratzke
Lillian Guy
Judy Hale
Willa Hostetler
Maria Johnson
Cheryl Krebs
Hazel Leitch
Artella Madson
Betsy Mays
Patti McCoy
Metta Namak
Mary Jo Olson
Rita Quinn
Lois Roby
Julia Simpson
Susan Triplett
Maria Van Hoon
Paul Brown
Raymond Fillion
Ron Flaherty
Thomas Fratzke
Alfred Gettel
Victor Meindl
Ed Miller
Burney Olson
Dennis Quinn
Paul Stangarone
Bob Steffen

MENUS

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

Mondays in March

3rd - Chili
10th - Seafood Combo
17th - Corn Beef & Cabbage
24th - Chicken w/Broccoli
31st - Quiche & Salad

Fridays in March

7th - Fish Fillets
14h - Baked Chicken Parmesan
21st - Beef Stroganoff
28th - Stuffed Shells

Mondays in April

7th - Spaghetti Casserole
14th - Cheesy zucchini/rice casserole
21st - Ham & Scalloped Potatoes
28th - Chicken Cordon Bleu

Fridays in April

4th - Lemon Chicken
11th - Lasagna & Cesar Salad
18th - (Easter) Ham & Turkey
25th - Swiss Steak

Meals are \$4 donation. On Fridays
you can bring a side dish instead with
a \$2 donation.

**Easter Dinner is \$6, with \$2 going
toward the Center.**

Menus subject to change

If you haven't done so yet -
Please pay your membership dues
\$10/person, \$15/couple

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**

- Mar 13th - Aurora Colony Historical society & Chocolate Hazelnut Factory tour - Bus leaves by 9:45
- Mar 26th - Pendleton Woolen Mills Store tour & Two Rivers Heritage museum - Bus leaves by 10:00
- Apr 17th - Bauman Farms & Al's Garden Center
Bus leaves by 11:30
- Apr 23rd - The Mt. Angel Abbey Bus leaves by 9:30

Please check front Bulletin Board for
Further information

Safety Made Easy
(Simple things to think about)

Normally I try to inject a little humor into my articles. But, unfortunately not this time. I have a more serious topic this month. It's about paying attention to your surroundings. Or more to the point, what could happen if you don't pay attention. Allowing yourself to become distracted can have lasting consequences.

I was a witness to a couple of events this past week where split second lapse of concentration lead to very bad situations. One event left the people scared but unhurt. The other was not so lucky. It involved a motorcycle rider who was enjoying his ride on a sunny afternoon. Probably not a care in the world as he traveled thru the desert. But then all of a sudden he sees a vehicle right in front of him,. It is stopped in the road waiting to make a left hand turn. The rider slams on his brakes and lays the bike down...but it's too late. He skids into the back of the vehicle. The bike and rider hit hard. The bike lands 10 feet away in a ditch and the rider ends up an additional 15 feet away with a major cut to his forehead, serious road rash, and a dislocated shoulder. He was wearing a helmet and heavy duty leathers that undoubtedly saved his life.

It's that momentary lapse in concentration that can get us into so much trouble. Nowadays we see people talking on their cell phones while driving, or even worse texting while driving. **PLEASE DON'T DO THAT!** Purchase a hands free device instead of fumbling with your cell phone. But a lack of concentration is not limited to driving. How about when you are preparing a meal and you drop a sharp knife? Or when you are stacking boxes up high (or reaching for that top box) and you get distracted?

A few months back I mentioned distracted walking. We all need to pay attention to that crack in the sidewalk, the dip in the ground, or stepping on a rock that could twist our ankle. Be aware of your surroundings. Take time to be safe out there

Submitted by Bill Barger

EUROPEAN RIVER CRUISE (*Conclusion*)

Submitted by Boyd Brown

After leaving the Main-Danube Canal we entered the Main river arriving at Bamberg. This city with 1000 years of history united in an Old Town that features a unique Gothic castle that was built on an artificial island in the middle of the river dating back to the 14th century. Continuing on the Main river we came to Wurzburg, which because of its geographical location this pleasant city is the center of Germany in the heart of Europe,. We stood beneath the Wurzburg Residenz's soaring ceiling fresco and understood that even centuries ago, art knew no boundaries.

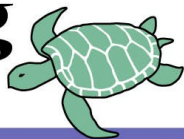
Sailing the Main river is a relaxing lazy experience. It is the narrowest of the three rivers and it's almost as if you can reach out and touch the river's banks. Along the riverbank are picturesque fishermen's houses. The tiny town of Wertheim has a charming medieval feel with half timbered houses, richly adorned inscriptions and wood carvings. From there we went to the entirely different city of Heidelberg. A university town with about 28,000 enrollment studying education and music. Heidelberg Castle built during medieval times (now in ruins) sits high on the hillside providing a breathtaking view of the Neckar river and the city below. Heidelberg was not damaged during World War II, after the war ended, the US Army made Heidelberg its European Headquarters.

As we began sailing the Rhine river we arrived at Rudesheim, the most famous wine town in the world. This romantic medieval place is the center of the Rhine wine industry. As you sail along the Rhine you see miles of terraced vineyards on the hillsides. As we walked the town we saw medieval Gothic and Renaissance timber framed and gabled houses. Sometimes called "the happiest street in the world", the Drosselgasse is a narrow (only 6 feet wide) and 360 feet long. The name of this crowded walkway, lined with shops, cafes and many wine taverns, translates, perhaps aptly as "strangle lane".

We sailed into Amsterdam, Netherlands where the river cruise concluded. Amsterdam is a fun, lively city which takes only about an hour to walk across, and that includes dodging bicycles. (There are 750,000 inhabitants and 800,000 bicycles). Instead of skyscrapers, you will see gabled houses, brick buildings, and elaborately decorated facades. As you walk around the city you will notice leaning buildings that are joined and built on 45 foot wooden pilings. 160 canals crisscross the city, 2100 bridges span these canals, and some 2000 houseboats float along the Canals.

Sailing the Danube, Main, and Rhine rivers, discovering the heart of Europe, charming waterside villages and exciting cultural centers will be forever memories.

**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 March 12 at 1:00

to discuss

“Don’t Sing at the Table”
A Memoir By Adriana Trigiani

~~

April 9 at 1:00 to discuss

“The Burgess Boys”
By Elisabeth Strout

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

The Share Singers
March / April 2014 Schedule

Mar 6 10:15-11:15 am Visit The Springs at Carman Oaks
(Bus departs WLACC at 9:45 am)

Mar 20 10:00-11:30 am Meet at **WLACC**
(Prepare Spring)

Apr 10 10:25-11:25 am Visit Hearthstone at Murray Hill
(Bus departs WLACC at 9:45 am)

Apr 24 10:25-11:25 am Visit Homewood Heights
(Bus departs WLACC at 9:45 am)

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

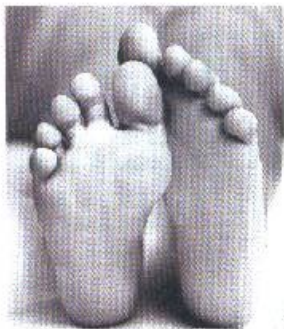
WANTED

- Someone to take over editing of this Newsletter.
- Some computer experience is necessary.
- I will train you on Microsoft Publisher - easy to learn and fun to do.
- Please leave your name at the front desk - or email me at lscott47@peoplepc.com

Attention Mah Jongg Players

Are you interested in playing and learning to play Mah Jongg?

Please call the front desk and let us know! We'd like to get this started if there is enough interest.



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

Annual Plant Sale
Thursday May 8 & Friday May 9
10 am - 3 pm

Support the West Linn Adult Community Center by stopping by the Plant Sale.

There will be beautiful hanging baskets, annuals, perennials, vegetable starts and fruit. Perfect time to think about those Mother's Day Gifts!

All proceeds from the event go towards the operation of the Adult Community Center.

The Nia Way

Feeling stiff and stuck?
Tired of feeling aches and pains?
Or just plain tired?
Why not give Nia a try?

How is Nia different from other group movement classes?
Perhaps it is how we gently ease into movement with awareness and awe to soulful music awakening our very beingness - down to our bones, uplifting our spirits. Perhaps it is because anyone can do it, each in our own body's way...no rules, no judgment, no mirrors!
Stepping into Nia is an invitation to self healing and discovery - an invitation to experience pleasure and joy - to juice our joints and open our hearts. It's about feeling better, stronger, more alive...

We offer this class here at WL Adult community Center on
Tuesday/Thursday at 11:15 am to noon

Come join us on this unique path to healing and rejuvenation
- the Nia Way...

Need help on your taxes?

An AARP tax specialist will be at the center every Tuesday until April 15th

Call the Center to make an appointment.

Can you guess which of the following are true and which are false?

1. Apples, not caffeine, are more efficient at waking you up in the morning.
2. Alfred Hitchcock did not have a belly button.
3. When you sneeze, all bodily functions stop, even your heart!
4. Only 7% of the population are lefties.
5. Babies are born without kneecaps. They don't appear until they are 2-6 years old.
6. The average person over 50 will have spent 5 years waiting in lines.
7. The toothbrush was invented in 1498..

They are all **TRUE**

Lakewood Theatre

Wednesday, March 5, 2014

Dress Rehearsal at 7:30

368 S. State Street in Lake Oswego

Crimes of the Heart

A comedy and compassionate look at good country folk whose lives have gone wrong.

We want to welcome our newest members

Who joined in January / February

Bob Steffen

Ken & Suann Orr

Barbara Fetzer

John Nielson

Jim & Carol Shireley

Frances Wiegand

John & Atsuko Black

John & Pepi Nieva Brown

Maryann Mehlhoff

Dianne Arneson

Linda Edwards

Ghodsi Roshanai & Pirooz Piroozmands

Dave Johnson

Theodore & Gail Sittser

March/April Schedule of Events

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 - Tues, Wed, and
Friday 12:30—3:00 pm
Texas Hold 'em - Friday
12:45 - 2:45 \$5 buy-in.

CRAFTS

WOOD CARVING -
Monday 9 am
Open Studio PAINTING
Friday 10 am
KNITTING & CROCHET-
Thursday at 10 am
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 Memo-
ries" - Tuesday 10:00 am. No charge
DRAMA (new!)—Thursdays 1-
2:30 PM. \$100 for 8 weeks
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 Thursday/ 3rd Wednesday
afternoon \$40

ACUPUNCTURE
1st & 3rd Thursday
afternoon \$40

Easter Dinner
Friday April 18
Noon
\$6 for dinner
\$4 with your
Potluck Dish

Membership Dues

**Please pay your dues to
remain on the Newsletter
mailing list.**

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 11:15-12:00 PM
Conditions the body and mind through mu-
sic and movement. \$60 2x/wk for 8 wks

KETTLEBELL FITNESS-
Wednesdays, 9-9:45 AM. Increase
strength, flexibility and aerobic fitness.
Please call city hall parks and rec for reg-
istration information. (503) 557-4700

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

<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>Cincinnati Chili</i> 12:30- Bridge</p>	<p>4 TUESDAY Computer Instruction By appointment AARP tax prep by appt. 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- Ukulele Activity</p>	<p>5 WEDNESDAY 8:30- Walking Group 9:00-Foot care by appt. 9:00- Kettlebell fitness 10:00- Aerobics 11:00 Gardening Group 11:00- Line dancing 12:00- <i>Birthday Brunch</i> 12:30- Pinochle</p>	<p>6 THURSDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to The Springs at Carman Oaks (start time 10:15) 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15- Nia-music and movement 1:00-Drama class</p>	<p>7 FRIDAY Computer Instruction 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>Fish Fillets</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>Chicken and Broccoli bake</i> 12:30- Bridge</p>	<p>11 TUESDAY Computer Instruction By Appt AARP tax prep by appt. 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- Ukulele Activity</p>	<p>12 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell 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</p>	<p>13 THURSDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 9:45-Bus trip to Aurora Colony Museum and Choc. Hazelnut factory 10:00-Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15- Nia-music and movement 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- Open Painting 10:00- Aerobics 10:00- Whist 12:00 -Potluck- <i>Baked Chicken Parmesan</i> 12:30- Pinochle 12:45- Texas Hold 'Em</p>
<p>17 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>Corned Beef and Cabbage</i> 12:30- Bridge</p>  <p>Happy St.Patrick's Day !</p>	<p>18 TUESDAY Computer Instruction By Appointment AARP tax prep by appt. 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- Ukulele Activity</p>	<p>19 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell 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</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 meet at ACC 10:30- Bridge 11:15- Nia-music and movement 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- Open Painting 10:00- Aerobics 10:00- Whist 12:00- Potluck-<i>Beef Stroganoff</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>Fried Chicken</i> 12:30- Bridge</p>	<p>25 TUESDAY Computer Instruction By Appointment AARP tax prep by appt. 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-music and movement 12:30- Pinochle 2:00- Ukulele Activity</p>	<p>26 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell fitness 10:00-Bus trip to Pendleton Woolen Mills and Two Rivers Heritage Museum 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle</p>	<p>27 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 and movement 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- Aerobics 10:00- Open Painting 10:00- Whist 12:00-Potluck-<i>Stuffed Shells</i> 12:30- Pinochle 12:45- Texas Hold 'Em</p>
<p>31 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>Quiche and Salad</i> 12:30- Bridge</p>				

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

<p>31 MONDAY (March) 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch-<i>Quiche and Salad</i> 12:30- Bridge</p>	<p>1 TUESDAY Computer Instruction By appointment AARP tax prep by appt. 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- Ukulele Activity</p>	<p>2 WEDNESDAY 8:30- Walking Group 9:00-Foot care by appt. 9:00- Kettlebell fitness 10:00- Aerobics 11:00 Gardening Group 11:00- Line dancing 12:00- <i>BirthDay Brunch</i> 12:30- Pinochle</p>	<p>3 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 and movement 1:00-Drama class</p>	<p>4 FRIDAY Computer Instruction 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>Lemon Chicken</i> 12:30- Pinochle 12:45- Texas Hold 'Em</p>
<p>7 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 Casserole</i> 12:30- Bridge</p>	<p>8 TUESDAY Computer Instruction By Appointment AARP tax prep by appt. 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- Ukulele Activity</p>	<p>9 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell 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</p>	<p>10 THURSDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Hearthstone at Murrayhill (beginning at 10:25) 10:00-Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15- Nia-music and movement 1:00- Drama class</p>	<p>11 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>Lasagna and Caesar salad</i> 12:30- Pinochle 12:45- Texas Hold 'Em</p>
<p>14 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>Cheesy Zucchini Rice Casserole</i> 12:30- Bridge</p>	<p>15 TUESDAY Computer Instruction By Appointment AARP tax prep by appt. 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- Ukulele Activity</p>	<p>16 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell 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</p>	<p>17 THURSDAY Computer Instruction by Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Knitting & crocheting 10:00-Share Singers meet at ACC 10:30- Bridge 11:15- Nia-music and movement 11:30-Bus trip to Bauman's Farms and Al's Nursery 1:00- Drama class</p>	<p>18 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- Easter Dinner- <i>Ham and Turkey</i> 12:30- Pinochle 12:45- Texas Hold 'Em</p>
<p>21 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>Ham and Scaloped Potatoes</i> 12:30- Bridge</p>	<p>22 TUESDAY Computer Instruction By Appointment 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-music and movement 12:30- Pinochle 2:00- Ukulele Activity</p>	<p>23 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell fitness 9:30-Bus trip to the Mt. Angel Abbey 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle</p>	<p>24 THURSDAY Computer Instruction by Appointment 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to SpringRidge Court (beginning at 10:30) 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15- Nia-music and movement 1:00- Drama class</p>	<p>25 FRIDAY -Computer Instruction By Appointment 8:00- Core Strngth 8:30- Strength & Balance 8:30- Walking Group 10:00- Aerobics 10:00- Open Painting 10:00- Whist 12:00-Potluck-<i>Swiss Steak</i> 12:30- Pinochle 12:45- Texas Hold 'Em</p>
<p>28 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 Cordon Bleu</i> 12:30- Bridge</p>	<p>29 TUESDAY Computer Instruction By Appointment 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-music and movement 12:30- Pinochle 2:00- Ukulele Activity</p>	<p>30 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell fitness 9:30-Bus trip to ... 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle</p>	