
West Linn Adult Community Center



May / June 2014

**Friends Reaching
Out To Friends**

Friends of the West Linn Adult Community Center

Staff:

Tiffany Carlson
Recreation Coordinator
Veda Thomas, *Cook*

Board Members:

Scott Foster, *President*
Bill Barger, *Vice-President*
Irene Jones, *Secretary*
Margaret DeJardin, *Treasurer*
Marge Russell, *Mailings*
Rose Ek, *Volunteer Chair*
Barbara Handley, *Membership*

Committee Members:

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

Location WLACC:

1180 Rosemont Road

Mailing Address:

Care Of: City Hall
22500 Salamo Road,
Ste. 1100,
West Linn, OR 97068
Phone: 503-557-4704
Fax: 503-723-4251



Letter from Tiffany

Happy spring to all of you! It's exciting to see our garden here getting up and running again and having the chance to enjoy more of the outdoors as the weather begins to warm. I've lived in this area most of my life but am still pleasantly surprised with the beauty all around us during this season.

Matt and I took our annual trip to Nashville and participated with many other singer songwriters, including my sister, in a few different performances over spring break week. It's always a fun town to visit.

We had a great time exploring more of the town and the people, but there's nothing quite like coming home and getting to spend my weekdays with all of you! I continue to be amazed and encouraged with the heart and spirit of our community center. Once again, I'd like to give a big thank you to our many volunteers who do so much to create a great place for people to exercise, play various card games, sing, eat, dance, visit, shop and so much more.

We have a busy few months coming up with the Mother's Day Tea, Plant Sale, Alzheimer's Walk, upcoming trips and more. For more information on the Tea and Alzheimer's Walk, see page 5. The upcoming trips will also be listed on page 5. As always, signups will be on the front bulletin board and you can call us with any questions.

A few additional events coming up is a guest speaker from the U.S. Postal Inspection Service, talking about mail fraud and how to avoid becoming a victim of current schemes by con artists. She'll be here **May 19th at 1:00 PM** to talk about this important topic. We will also have another ice cream social sponsored by Avamere on **June 20th right after lunch**.

It looks like expansion efforts are moving in a positive direction! Thank you to all of the past and current people who have worked so hard to bring this about. It's an exciting time here and lots more to come!

We'd love to begin bringing you the newsletter via email, if you'd like.

To sign up, visit:

| <http://westlinnoregon.gov/parksrec/wlacc-email-newsletter>

See you at the ACC! - Tiffany

The WLACC reserves the right to edit, or shorten articles submitted to this newsletter for clarification or length.



President's Corner

Finally some news on the WLACC expansion! It looks as though our efforts to add onto the WLACC Building may be paying off in the near future. The City has asked the Board to allow them to use part of our funds for the preliminary work needed to begin the process of adding onto the building and expanding our parking lot. We do not have a definite timetable, but there is a chance the project could break ground later this year. We will keep you informed as it progresses.

You may notice a change in the Newsletter format. Linda Scott has handed over the responsibility of getting the Newsletter out to Mieke Wiegman and Irene Jones. Please join me in thanking Linda for the hard work and time that she has put into this. It is greatly appreciated Linda. Mieke and Irene can be seen at the Center several times each week putting their finishing touches on the Newsletter. We are still hoping to have the Newsletter available to send out via email in the future. This will allow easier delivery and reduce expenses. When you see Mieke and Irene please be sure to thank them. It truly is a significant amount of work.

Alzheimer's is something that most of us are familiar with . . . either personally or we know someone that it has touched. My wife plans and organizes a Walk each year that is sponsored by her employer, SpringRidge Court in Charbonneau. See page 5 of this newsletter for more detailed information. I will be participating again this year and hope to see many of you.

Be sure to stop by WLACC and see what is new there. - 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. Half hour of floor exercise and resistance weight training to build your core strength. Your choice twice weekly for 8 weeks. *\$40.00.*

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 Fitness: Tuesdays and Thursdays, 11:15-12:00 noon. Feeling stiff and stuck? Tired of feeling aches and pains? Or just plain tired? Go the NIA way and give NIA a try. It conditions the body and mind through music and movement. NIA is a non-impact physical conditioning program. It's different and stepping into NIA is an invitation to experience pleasure and joy. Juice your joints and open your hearts, it's all about feeling better, stronger and more alive. Come and join this unique class and travel the unique path to healing and feeling rejuvenated. Twice a week for 8 weeks. *\$60.00.*

Strength and Balance: Tuesdays, Thursdays and/or Fridays, 8:30-9:30 am. Improve your strength and balance to conquer every day activities. Your choice of twice weekly for 8 weeks, *\$60.00.* Or your choice of three times weekly for 8 weeks, *\$105.00.*

Tai Chi: Mondays, 8:30-9:30 am. Open floor, self led class using the Taoist method. *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.*

Interested in a slower, more leisurely walk? Call Maryann Mehlhoff at 503-635-2559 for information.

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 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.*

Attention – Attention – Attention

Mah Jongg: 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. The game was first sold in the U.S. in the 1920s and has become popular in the last decade. There are variations in game play from country to country. Many mahjong sets contain 136 or 144 tiles. There are 16 rounds in a game with a winner after each round. Learn how to play one common version (based on 136 tiles). Similar to poker, the goal in mahjong is to get the highest combination of tiles which are called sets. Players must learn what the sets are before playing mahjong. For more information, please call the front desk and let us know if you would be interested. (503-557-4704)

An advertisement for Specialty Comfort Care. At the top, the company name "Specialty Comfort Care" is written in a blue, cursive font with a blue wave graphic underneath. Below the logo, the text "Companion • Homemaker • Caregiver • Nursing" is displayed in a bold, black font, followed by the slogan "Within the comfort of your own home." in a smaller, italicized font. At the bottom, the contact information "Call us today at 503.747.3021 or visit us at www.specialtycomfortcare.com" is provided in a bold, black font. The background of the advertisement is a light blue sky over a beach with waves.

Schedule of Events (Continued)

ARTS AND CRAFTS



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

Painting – Open Studio: Fridays at 10:00 am. Please come and join our open studio and learn from each other and develop as artists. *NO CHARGE*

Wood Carving: Mondays at 9:00-12.00 noon. *NO CHARGE.*

Writing: “Honoring Our Memories”, Tuesdays at 10:00 -12:00 noon. Participants bring something to read out aloud. Topics vary, it could be fiction, based on one’s real life about things happening. Stories can be supportive, informative, or shared. Writing about the past can be especially important for your future generation. *NO CHARGE.*

MUSIC, DRAMA . . .

Drama (New): The Antique Roadshow Players. Under the direction of Patricia Hand. Thursdays from 1:00-2:30 pm. 8 Weeks, \$100.00. See page 5 for upcoming event.

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. The Share Singers volunteer to visit nearby senior living communities (mostly assisted living or memory care facilities) to share sing-alongs and conversations with the residents. Their motto is, “*share a smile, share a story, share a song.*”

Members of the Share Singers make an average of two visits each month on Thursday mornings. A typical visit lasts between 45 and 60 minutes. Most songs in the sing-along are between 50 and 100 years old and usually familiar to seniors. New members are welcome to join the Share Singers at any time. Qualifications are the ability to sing and the desire to interact with seniors. For more information please call the West Linn Adult Community Center at 503-557-4704. For a current schedule see page 5.

Ukulele Fun: Tuesdays at 2:00 pm. *NO CHARGE.*

. . . And MORE

Book Club: Second Wednesday of the month at 2:00 pm. *See our ad on page 5.*

Gardening Club: Wednesdays at 11:00 am..

HEALTH

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

Massage: First Thursday, and third Wednesday of the month in the afternoon. For WLACC members only at SACHI Wellness Center. Call the center for an appointment. (503-557-4704). \$ 40.00.

Acupuncture: First Thursday and third Thursday of the month in the afternoon. For WLACC members only at SACHI Wellness Center. Call the center for an appointment. (503-557-4704). \$ 40.00.

Living Right 
Senior Placement

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

503-780-7353
www.LivingRight.net



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

Save The Date

Mothers Day Tea: Tuesday, May 6 at 12:00 noon.



A delightful annual event celebrating mothers and other wonderful women that bring joy to our lives. At the Tea Party, gentlemen in tuxes will be serving tea and refreshments, it doesn't get more elegant than that! We will hold a hat contest, with prizes, so guests are encouraged to play "dress up" and wear the prizewinning hat. There will also be an

Accessories Fashion Show highlighting the latest trends for spring and summer. Advanced tickets available at the center for \$14.00 per person. At the door on day of event, tickets will be \$17.00. Hurry, tickets are limited.

Annual Plant Sale: Thursday and Friday, May 8th and 9th from 10:00 am-3:00 pm.

Location at the Adult Community Center. A perfect time to think about Mothers Day gifts. Come and see beautiful hanging baskets, vegetables and fruit start trays. All proceeds will benefit the WLACC.



Fourth Annual Walk to End Alzheimer's: Sunday, May 18th at 11:00 am. The 3-mile walk begins at SpringRidge Court, 32200 SW French Prairie Road, Wilsonville, and winds through Charbonneau and ends back where you started with the benefit of a delicious BBQ hosted by SpringRidge Court. Registration forms are at the WLACC front desk. For more information, please contact Cindy Foster at 503-694-0327 or cfoster@srg-llc.com. *Registration Fee \$5.00 benefitting the Alzheimer's Association.*

Lakewood Theatre: Wednesday, May 2 - June 8.

Showboat! This tale of life on the Mississippi from the 1880s to the 1920s is both a love story and a powerful reminder of the bitter legacy of racism. Come aboard for a sweeping journey and epic score featuring the lives and loves of show people. Check the Bulletin Board for more information.

INVITATION: On May 29 at 1:00 pm the New Senior Thespians of West Linn (The Antique Roadshow Players) will be performing a comedy with skits, improv, entertainment and refreshments. The troupe has been together for only 3 months. But now, they would like to express their talents among friendly family and friends. Please join them for their first performance here at the West Linn Adult Community Center. Refreshments will be served at no charge. Please bring your enthusiasm!

Meditation for Health and Happiness: Tuesday, June 10th and July 15th, 7:00-8:30 pm. All ages. Actively develop a healthy mind and body and reduce stress with comfortable meditation postures. *Fee for West Linn residents \$36.00. Non-resident \$41.00.*

The WLACC Book Club. Meetings are the second Wednesday of the month.

WLACC Book Club

Join us

May 14 at 1:00 pm
to discuss

"A Walk in the Woods" by Bill Bryson
and

June 11 at 1:00 pm
"The Book Thief" by Markus Zusak

The Share Singers. Meetings are held some Thursdays.

The Share Singers

May / June Schedule

May 8	10:15-11:15	Visit Homewood Heights (Depart WLACC at 9:45)
May 15	10:30-11:30	Visit Marquis Hope Village (Depart WLACC at 9:45)
May 29	10:15-11:15	Visit The Springs at Carman Oaks (Depart WLACC at 9:45)
June 12	10:00-11:30	Meet at WLACC (Prepare Summer)
June 26	10:25-11:25	Visit Hearthstone at Murrayhill (Depart WLACC at 9:45)

UPCOMING BUS TRIPS

May 15th: A tour of Bob's Red Mill and lunch at the restaurant there.

May 28th: The Japanese Gardens and lunch at Kale, a Japanese restaurant.

June 7th: Watching the Grand Floral Parade in the Coliseum.

June 12th: A look at some of Albany's historic sites.

June 25th: A tour of Ft. Vancouver.

Lunch costs are your own.

Do you need some help around your home or garden? Do you know someone who needs help or would like a friendly visit? Saturday, June 7th from 10:00 am to 4:00 pm, parishioners from **Our Lady of the Lake Catholic Church** are planning to help meet those needs!!

Please Contact Tiffany (503-557-4704) at the WLACC, **before May 15th**, with the names of folks who would benefit from this service.

Did You Know About. . .

The best kept shopping secret in West Linn? The WLACC Gift Shop!



New items are added daily for your shopping pleasure. Gift Certificates available. Open Monday - Friday from 9:00 am - 3:00 pm.

Newly arrived donations:

- A nearly 180 items' collection of "Lucy and Me" porcelain figurines. We **know** there are collectors out there! For those of you not familiar with "Lucy and Me" porcelain figurines, a brief description is: *adorable, cute, sweet, beautifully detailed little bears depicting and celebrating holidays, sports, travel and the simple joys of everyday life.*
- Bunnies and more bunnies. A large collection of small, large, cute and beautiful bunnies. Great prices, come and check it out.

New wonderful other 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 at 503-557-4704.

Cooking with Chef Surja Tjahajua.

Classes held regularly here in our own kitchen. Please check front bulletin for more information or visit www.westlinnoregon.gov.

The chance to display your art at the center.

Please call 503-557-4704 and leave a message for Marie.

The opportunity to get involved. Volunteers needed.

Drivers with current C.D.L. to drive an 8 passenger bus for the Senior Adult Programs at the West Linn Adult Community Center.

Kitchen volunteers, especially Wednesdays. Call the center at 503-723-4251 for more information.

The Center has some medical equipment available on loan. Need a cane, or a walker, the Center may be able to help you out.

FREE Classes for:

Senior Law Projects

Half hour consultation every 2nd Monday of the month.

and

Computer Instructions

Help is available when you need it.

**Call the Center at 503-557-4707
for an appointment**

Is there someone special you would like to honor who has passed away? Perhaps a brick in our memorial garden would be just the thing. For \$35.00 per brick, or 3 bricks for \$100.00, you can have them imprinted with their name. The bricks will be placed in our memorial garden by the pond. The proceeds of your purchase go to our FACC fundraising efforts. Forms can be picked up at the front counter.



Christmas in Africa

by Marge Russell

After 28 hours of flying and layovers, we arrived in Johannesburg, South Africa for our long-planned “Ultimate Africa” adventure. Luckily, we were a day ahead of our safari group, giving us a head start on adjusting to a 10 hour time difference and jet lag. We met up with our group of 13 in Johannesburg, took a short flight to Victoria Falls (Zimbabwe) and finally had the chance to meet our wonderful Tour Leader, James, for a 3-week adventure.

We visited four National Game Parks in Botswana, Zimbabwe,

and Zambia, staying 3 days in each one. Our first lodge was located on the edge of a deep ravine, which provided us with many interesting night noises – baboons screeching, birds with their (very) early morning calls – a good introduction to Africa. Our “tents” were built on high platforms, which helped my snake phobia, and beds were surrounded by mosquito netting to help ward off the little pests flying all around. We had a full bathroom, lights and hot water supplied by solar panels. The tents were designed to comfortably sleep two people and are distanced from one another for privacy.

We traveled on twice-daily game drives in Land Rovers with a roof, no windows and 3 rows of stair-stepped seats so everyone has maximum viewing opportunities, plus the front seat for driver and guide. The vehicles were 4WD and equipped for driving through water (WHICH WE DID....several times!) It was often quite bouncy, as we drove over bumps and holes, even mowing down small trees when the occasion arose. The lush trees and brush, a result of this being the rainy season, made it difficult to spot animals, but the eagle eyes of our guides and drivers managed to find herds of elephants, graceful giraffes, zebras, the homely wildebeest, fierce looking cape buffalo, frisky groups of impala (small antelope), many larger antelope, the “so ugly they are cute warhog”, and everyone’s favorite – lions! We were lucky enough to see a lot of babies, which was a special treat. Africa also has many colorful birds of all sizes. When they fly away it looks like a colorful streak through the sky, and difficult to capture on film.

The aim of all safari camp personnel is to show you, the tourist, a fantastic time. They stop at sightings, making sure everyone has a good view and camera shot. One of our drivers early on had asked if we were “happy, happy” (ready to move on). From that point on, our motto and constant refrain was “Happy, Happy.”

The food at each camp was delicious. We had wonderful homemade breads and out of this world soups, fresh veggies and lots of potatoes and polenta. Christmas night we even had an “American” dinner of ham and turkey. I felt each camp truly worked hard to be the best one.

It seemed like we were always tired, and we had good reason to be – this was not a sedentary vacation! Wake up time was 5:30 am, breakfast at 6, first game drive at 6:30. We were out about 4 hours, then back for lunch and possibly a little rest. During this “rest” time they often spoke to us about life in their villages, the economy, leaders and government. They are a very proud and friendly people and we were happy to learn about their lives. After rest and lectures, we went back out on our second daily 4-hour game drive, arriving home in time for dinner.

Generally, after dinner, we were ready for bed and were escorted to our rooms by our guides. Accommodations are in wide-open places, with no fences to stop animals from wandering right into camp, so they didn’t want us to be attacked OR eaten!! We had small air horns in our room, to be blown if we had any problems (animals, snakes, illness??) and they promised they would come running. Luckily, we never had to test that out!

NOTE: Don't miss the second installment in the next newsletter. You'll want to find out how 13 Americans survived being stuck in the mud surrounded by lions!

Celebrating

PLEASE JOIN US FOR A COMPLIMENTARY BRUNCH AT NOON ON
THE FIRST WEDNESDAY OF YOUR
BIRTHDAY MONTH.

MAY

Beth Adams
Dianne Arneson
Jerry Addington
Marylou Ball
Susan Bezayiff
Linda Boyington
Bob Davis
Patricia Gettel
Luella Hunt
Judy Hutchinson
Eleanora Larson
Diana Mann
Una McLaughlin
Juergen Mueller
Maxine Pierce
Sue Purpura
Judy Rice
Anne Richardson
Marlene Rickett
Karen Rogstad
David Rood
Theodore Sittser
Clyde Tanita
Veda Thomas
Doug Willison
Geraldine Work

JUNE

Molly Brock
Margaret DeJardin
Claudia Guest
Alan Hand
Patricia Harkleroad
Dave Johnson
Margo Lind
Honoree Lee Neudeck
Rita J. Perry
Pirooz Piroozmandi
Suzanne Pitzer
Chris Ponti
Ana Rawson
Carol Shively
Neon Evers-Rowinski

New Members

Tom and Sherry Averett
Cynthia Gibson
Mick and Geri Hill
Bonnie Metcalfe
Michael and Nancy Parker
Sheri and Kirk Steinseifer
Mieke Wiegman and
Mike Cooper

Please pay your dues at the beginning of the year.
If you haven't done so already, there's still time.

For individual patrons \$ 10.00.

For couples \$ 15.00.

Membership will support the

Friends of the West Linn Adult Community Center!

MENUS

**Wednesdays are soup/salad days
except for the 1st Wednesday for
birthday brunch!**

Mondays in May

5th – Mexican Food for Cinco de Mayo

12th – Pizza and Salad

19th – Salad Buffet

24th – Chicken w/Broccoli

26th – Closed

Fridays in May

2nd– Fried Chicken

9th – Spinach Mushroom Fuscilli Alfredo

16th – Hamburgers

23rd – Hungarian Goulash

30th – Chicken Piccata

Mondays in June

2nd– Submarine Sandwiches

9th – Pasta Primavera

16th – Pizza and Salad

23rd – Chicken and Cheese Enchiladas

30th – Salad Buffet

Fridays in June

6th – Kielbasa and New Potatoes


13th – Fish and Chips

20th – Sausage & Shrimp Linguini

27th – Beef & Broccoli

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

Menus subject to change

			<p>1 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>2 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>Fried Chicken</i> 12:30- Pinochle 12:45- Texas Hold ‘Em 1:00- Mah Jongg</p>
<p>5 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>Mexican Food for Cinco de Mayo</i> 12:30- Bridge</p>	<p>6 TUESDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00-Honoring Our Memories Writing Class 11:15- Nia-music and movement 12:00 – Mother’s Day Tea 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>7 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>Soup Cafe</i> 12:30- Pinochle 1:00- Book Club</p>	<p>8 THURSDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 9:45- Share Singers leave for Homewood Heights 10:00 Plant Sale 10:00-Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15- Nia-music and movement 1:00- Drama class</p>	<p>9 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- Plant Sale 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 1:00- Mah Jongg</p>
<p>12 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>Cheesy Zucchini Rice Casserole</i> 12:30- Bridge</p>	<p>13 TUESDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15- Nia-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>14 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>15 THURSDAY Computer Instruction by Appointment 8:00- Core Strength 8:30- Strength & Balance 9:45- Share Singers leave for Marquis Hope Village 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:00-Bus trip to Bob’s Red Mill 11:15- Nia-music and movement 1:00- Drama class</p>	<p>16 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>Spinach Mushroom Fusilli Alfredo</i> 12:30- Pinochle 12:45- Texas Hold ‘Em 1:00- Mah Jongg</p>
<p>19 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>Salad Buffet</i> 12:30- Bridge 1:00 – Mail Fraud talk from US Postal Inspection Service</p>	<p>20 TUESDAY Computer Instruction By Appointment 10:00- Honoring Our Memories Writing Class 11:15-Nia-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>21 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>22 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>23 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>Hungarian Goulash</i> 12:30- Pinochle 12:45- Texas Hold ‘Em 1:00- Mah Jongg</p>
<p>26 MONDAY</p> <p>Closed in honor of Memorial Day</p> 	<p>27 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- West Linn Uke Jam</p>	<p>28 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell fitness 9:30-Bus trip to the Japanese Gardens 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle</p>	<p>29 THURSDAY Computer Instruction by Appointment 8:00- Core Strength 8:30- Strength & Balance 9:45- Share Singers leave for the Springs at Carman Oaks 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15- Nia-music and movement 1:00- Drama performance (free refreshments)</p>	<p>30 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>Chicken Piccata</i> 12:30- Pinochle 12:45- Texas Hold ‘Em</p>

<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>Sub Sandwiches</i> 12:30- Bridge</p>	<p>3 TUESDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00-Honoring Our Memories Writing Class 11:15- Nia-music and 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- Kettlebell fitness 10:00- Aerobics 11:00 Gardening Group 11:00- Line dancing 12:00- <i>Birthday Brunch</i> 12:30- Pinochle</p>	<p>5 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>6 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>Kielbasa and New Potatoes</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-Attorney available by appt. 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch- <i>Pasta Primavera</i> 12:30- Bridge</p>	<p>10 TUESDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00-Honoring Our Memories Writing Class 11:15- Nia-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>11 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>12 THURSDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 9:15-Bus trip to Albany Historic area 10:00-Yoga 10:00- Knitting & crocheting 10:00 – Share Singers 10:30- Bridge 11:15- Nia-music and movement 1:00- Drama class</p>	<p>13 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>Fish and Chips</i> 12:30- Pinochle 12:45- Texas Hold ‘Em 1:00- Mah Jongg</p>
<p>16 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>Pizza and Salad</i> 12:30- Bridge</p>	<p>17 TUESDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15- Nia-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>18 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>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 and movement 1:00- Drama class</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>Sausage and Shrimp Linguini</i> Ice cream social 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>Chicken and Cheese Enchiladas</i> 12:30- Bridge</p>	<p>24 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- West Linn Uke Jam</p>	<p>25 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell fitness 9:30-Bus trip to Ft. Vancouver 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle</p>	<p>26 THURSDAY Computer Instruction by Appointment 8:00- Core Strength 8:30- Strength & Balance 9:45 – Share Singers leave for Hearthstone at Murrayhill 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15- Nia-music and movement 1:00- Drama class</p>	<p>27 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>Beef Broccoli</i> 12:30- Pinochle 12:45- Texas Hold ‘Em 1:00- Mah Jongg</p>
<p>30 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>Salad Buffet</i> 12:30- Bridge</p>		