

MAY / JUNE 2015

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

MAILING ADDRESS:
Care of: City Hall
22500 Salamo Road, Suite 1100
West Linn, OR 97068
www.westlinnoregon.gov
[www.facebook.com/westlinparksand rec.](https://www.facebook.com/westlinparksandrec)



Friends Reaching Out
to Friends

West Linn Adult Community Center





Picture taken 4/9/15
Annual Tulip Fest.

Letter from Tiffany

This has been such an incredible spring season so far! The weather has been beautiful and there is much to look forward to. Our expansion plans are moving forward and we may be breaking ground by late summer! In the meantime, we have plenty to keep us busy between some special events coming up, new cooking classes, regular bus trips and our usual ongoing activities. In addition to the annual plant sale and the much loved Mother's Day Tea, we're also celebrating National Senior Fitness Day and holding an Open House!

Staying active is important for the health of our body and mind and I was encouraged to learn that there is even such a thing as National Senior Fitness Day. **May 27th** is the actual day but since we have so much happening on Wednesdays, we are planning to extend it to the full week. We're closed for Memorial Day, but beginning Tuesday, **May 26th**, to Friday, **May 29th**, all exercise class participants will be entered into a raffle drawing for prizes. The drawing will take place on Friday at lunch. You don't have to be present to win but I would encourage you to be because the meals are delicious and you'll probably need to refuel with nourishing food after all that exercise. Also, for those who may be curious to try a new fitness class during this week, all classes will be complimentary for first time attendees. This includes Strength and Balance, Core Strength, Line Dancing, Nia and Yoga. On the 27th, we will also observe National Senior Fitness Day by taking a bus trip to the Elsie Stuhr Senior Center where they hold a fun and engaging fitness class that showcases all the variety of ways to stay fit and healthy. In light of our future expansion, I'd love if some of you could attend this with me and we can see what more we'd like to offer at the ACC. Even if you don't want to participate in the exercise, the Elsie Stuhr Center has much to offer and it's a great chance to see what's going on elsewhere.

I also want to highlight our open house coming up on June 5th! Our performing groups will be singing, strumming and acting for you as wood carving, card playing and exercise classes are displayed. We'll also have some wonderful finger foods made by Chef Samantha during the event. This is a great time to ask questions, learn and see all that we have currently happening here. I hope you'll join us!

All details for these and other events, Samantha's great cooking classes and upcoming bus trips, are mentioned inside.

I look forward to seeing you at the ACC ~ Tiffany



President's Corner—April Showers Bring May Flowers

One interpretation of this age old saying is that unpleasant situations can bring beautiful outcomes. I like that way of looking at life. I have always been quite optimistic . . . a glass is half full kind of guy. With Spring comes a time for new beginnings and an opportunity to make some changes, try new things, and maybe tackle those things that you have been putting off. I have heard optimism breeds success and I fully believe this. I think your attitude makes all the difference, and whether you believe you can or you believe you can't . . . you are probably right. So make this the year that you finally get those things done that you have been putting off.

I thrive on change. I like learning new things and taking on new challenges. A few things I do not change: my wife and living in West Linn. I have been fortunate to have had opportunities that have resulted in several careers. I spent most of my school years in the Portland area and headed off to U of O in Eugene for college. I was convinced I wanted to be a doctor and worked hard to get accepted to medical school at OHSU in Portland. After 3 years of medical school I decided this was not the right fit for me and went back to school in mechanical engineering. I worked in that field for a few years before having my own engineering/manufacturing company for 17 years. That was sold to allow time to be the at home dad with my 2 daughters before they headed off to college. I ran a small company of 60 employees and then built some homes and developed property here in West Linn. This led to my career of choice that I have now: Real Estate Broker. I am thrilled to negotiate on behalf of my clients whether they are buying or selling.

A few years back I added volunteering to my list of activities and this brought me to WLACC, which eventually led to my position on the Friend's of WLACC Board. I have enjoyed it, but my other responsibilities have not allowed me to put in more time. I have my new grandson that I babysit each week and aging parents that need more attention. When you add in a home with a 2 acre yard to take care of and a Real Estate practice that is finally beginning to thrive, I am forced to live on less sleep. Due to my other responsibilities I will not be seeking a 2nd term as President of the Friend's Board. I need to focus on the other areas right now. You can always contact me regarding any Real Estate needs or just call to say hi. I will be stopping into the Center occasionally to check on all of you and to see the expansion that is slated for this year! The election of new Board members will be in mid June.

Scott Foster — 503-860-9318
scott@homes503.com

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.*

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

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

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

Mah Jongg: Fridays at 1:00 pm. Are you interested in playing or learning how to play Mah Jongg? While the origin of mahjongg (má 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)

Medical Equipment Loan Center: Call the Center for items available. (503-557-4704)

MUSIC, DRAMA & MORE

Acting, Drama Class: (The Antique Road Show Players: Mondays at 1:00 pm. **May 4 – June 29** session (no class Memorial Day, May 25th), Need laughs? Find them here. The 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.*

West Linn Uke Jam: Tuesdays at 2:00 pm. *FREE.* Watch them play at the Open House. See page 7 for more details.



The Rosemont Rhythm Band:

Wednesdays at 1:00-3:00 pm. Come and join and have lots of fun. All instruments are welcome. For any questions call Mark Thomas at 503-723-6088. *FREE.* Watch them play at the Open House. See page 7 for more details.


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**

May / June Schedule

Meetings are held some Thursdays

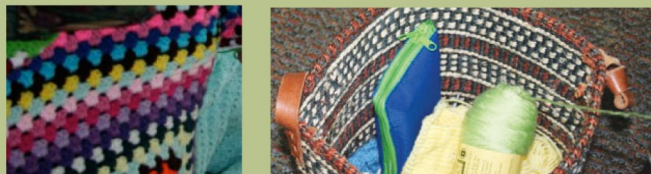
- May 7 9:45 am Depart WLACC to visit
The Springs at Clackamas Woods
 - May 28 9:45 am Depart WLACC to visit
SpringRidge Court
- 
- June 4 10:00 am Meet at WLACC to
prepare for **Summer** visits
 - June 18 9:45 am Depart WLACC to visit
Hearthstone at Murrayhill
 - June 25 10:00 am Depart WLACC to visit
Tanner Spring

Cooking Class: Thursday May 21st and June 18th. (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*

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.

Book Club

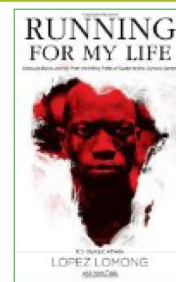
Meets second Wednesday of the month at 1:00 pm

Join Us Wednesday, May 13th at 1:00 pm to discuss the book

“Running For My Life”

by Lopez Lomong

One lost boy's journey from the killing fields of Sudan to the Olympic Games.



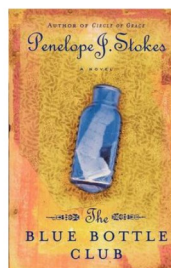
&

Join Us Wednesday, June 10th at 1:00 pm to discuss the book

“Blue Bottle Club”

by Penelope J. Stokes

Four friends gathered in a cold, dusty attic on Christmas day to make a solemn pact. “Our dreams for the future,” they whispered, placing tiny pieces of paper into a shimmering blue bottle.



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.

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



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.

High Blood Pressure: Thurs, May 7th at 1 pm with Lynn Pettitt, RPh, MPH. High blood pressure is a major risk factor for heart disease and stroke. One in four Oregonians is affected by high blood pressure. What do the latest guidelines recommend? Learn what you can do to prevent or manage high blood pressure and improve your health.

Driver Safety: Wed, May 13th at 1 pm with West Linn's Lieutenant, Mike Stradley. High blood pressure is a major risk factor for heart disease and stroke and affects one in four Oregonians. What do the latest guidelines recommend? Learn what you can do to prevent or manage high blood pressure and improve your health.

Stress Relief with Heart to Heart Healing: Thurs, May 21st at 1 pm with Liz Burney. Liz will be bringing back her popular presentation on stress relief.

YogaBrain with Heart to Heart Healing: Thurs, June 11th at 1 pm with Liz Burney. Due to its high popularity, Liz is offering this informative talk again. Superbrain Yoga^(R) is a simple and effective technique to energize and recharge the brain.

Energy Healing for Animals: Thurs, July 16th at 1 pm with Liz Burney. 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 honeybees, chickens, a turtle, a hamster, cat, dog or a horse.

Healthy Aging Every 4th Thursday of the month at 1 pm with Mary Beth Rosenstiel, RN, DNP from Lionheart Healthcare. She will be giving a presentation on a topic related to healthy aging. Also, she will stay after each presentation to talk with individuals, for about 15-20 minutes each, who may have questions or concerns related to a health condition or accessing healthcare needs.

National Senior Fitness Day, Wednesday, May 27th. Did you know we have a National Senior Fitness Day? Here at the ACC, we're going to celebrate the day with raffle drawings for prizes for those that participate in exercise classes here during that week. There will also be a fitness orientated bus trip on the 27th. Please stop in to the front desk for further details as the date approaches!

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. 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.

Thursday, May 14th - Roger Yost Gallery and Reed Opera House. Leave by 9:30 am, return around 3 pm. \$10.00.

Wednesday, May 27th - Elsie Stuhr Senior Fitness Day and lunch at the Club Sport Café. Leave by 11:00 am, return before 5:00 pm. \$10.00.

Tuesday, June 9th - Crystal Springs Rhododendron Garden and Leach Botanical Garden. Leave by 9:30 am, return around 3:00 pm. \$13.00.

Wednesday, June 24th - Zoo and Rose Garden, leave by 9:15 am, return around 300 pm. \$20 or \$23 (includes admission to the Zoo). Exact price TBD.

Happy Hour Cooking Class

May 1st, and June 12th at 4.30– 6:30 (includes eating time). Celebrate the end of the week with our Friday cooking class! We all love to gather with friends for happy hour appetizers. With chef, Samantha Zizza, let's toast the day together as we learn to make easy, yet healthy and delicious, happy hour foods! You can bring your own beer or wine if you choose and we will provide a non-alcoholic, sparkling drink to pair well with the food. Location West Linn Adult Community Center. *Cost: \$20.00. See flyer on the Bulletin Board.*

Neighbors Helping Neighbors: Saturday May 2nd. See ad on page 6 for details.



**Lakewood Theatre:
May 1-June 14.**

MAME — *Directed by John Oules.
Music and Lyrics by Jerry Herman.*
At the height of the 1920s, Auntie Mame becomes the guardian of Patrick, her young nephew. Her life turns up-side-down, but she still lives life to the fullest. Sign-up list available at the front desk.



**Annual Mother's Day
Tea at the Center.
Monday, May 4th at**

12:00. Handsome gentlemen in tuxes will serve delicious tea. There will be a fun fashion show and a hat contest, so wear your favorite one, as you may win a prize. Yummy goodies to please your palate. Advanced tickets available. Call the center for information and easy payment. \$14.00.

Save The Date (Continued)



**Annual Plant sale,
Thursday and Friday,
May 7-8th**, from 10:00 am
-3:00 pm. Visit the Center for
your special plants or herbs
for Mother's Day!

Monday, May 11th, a special treat after lunch.

Ice Cream Sundaes courtesy of ...
TANNER SPRING
ASSISTED LIVING & MEMORY CARE

Presented by Susan Danielski, *Community Relations
Coordinator*, Tanner Spring Assisted Living & Memory Care.
23000 Horizon Drive, West Linn, OR 97068.
Tel: 503-655-4373

Antique Roadshow Players Drama Group

**Saturday June
13th** at 6:00 pm.
Performance will
last about 50-55
minutes. We are
looking forward to
seeing you and
thank you for your
continuing support.
Featured will be old
skits from the Carol
Burnett show.



Walk to Remember

(Sponsored by SpringRidge at Charbonneau)
Sunday, May 17th. Charbonneau's 5th Annual



Walk Benefitting the Alzheimer's Association. This 3-mile walk begins at SpringRidge Court at 11:00 am and winds through our beautiful community, ending up where we started. A delicious FREE BBQ lunch will be hosted by SpringRidge Court and is available for all participants. Family, Friends, caregivers and concerned community members are welcome to participate. Registration forms are available at Charbonneau Country Club, SpringRidge Court and SpringRidge, and at the front desk here at the WLACC. Fee is \$5.00 and will be donated to the Alzheimer's Association.

Volunteers are needed, so here's your opportunity to help out. Please contact Kim Hosford in the CCC office at 503-694-2300 / kim@CharbonneauCountryClub.com, or Lindsay Brady from SpringRidge at 503-694-2800 / lbrady@srg-llc.com.

Neighbors Helping Neighbors

Saturday, May 2, from 9:00 am to 12:00 noon

**Do you, or someone you know need
some extra help with their yard?**

Dedicated volunteers from all around the West Linn Community come together on **Saturday, May 2nd**, to help fellow neighbors, who are unable to care for their yard.

- Those over 70 years of age
- People with limited mobility
- Military spouses with partners overseas
- Neighbors with other critical physical or financial needs.

Homes are prioritized based on needs and the number of volunteers who signed-up.

To recommend or request assistance, please email: WestLinnHNN@live.com or call:
Lori Hall, *Citizen Engagement Coordinator* at **503-723-2525**

OPEN HOUSE

Friday,
June 5th,
from
4:30-
6:30 pm

*Join us for an early evening of entertainment
as we showcase all the ACC has to offer!*



At 4:30 Rosemont Rhythm Band

From left to right: Pat Styles, Mark Thomas, Linda Miller, Henry Herwig (Hank), Kate Kaake, Liz Welch, Warren Guest.



At 5:30—West Linn Uke Jam



At 5:00 - Share Singers



At 6:00 - Antique Roadshow Players

Antique Roadshow Players include: (no particular order) Pat Amore Hand – Director; Jack Heiter; Carol Shively; Alice Johansson; Pat Styles; Warren Guest; Joan Hallinan; Rita Kilstrom.

Amidst the performances will be delightful finger foods by Samantha and many displays highlighting our various activities--exercise classes, card games and special interest groups!

Did You Know About . . .

THE BEST KEPT SHOPPING SECRET IN WEST LINN

**Summer is just
around the corner.**



*Buy your sun hat...
Dress up with colorful
scarves and jewelry ...
All available right here,
and so much more ...*

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

Our Gift Shop has continued to grow and improve under the direction of Veronica Ferenz. Although she would be the first to minimize her contributions, she is the one solely responsible for purchasing so much of the inventory and so tastefully displaying it for sale. She is also the one who has signed up a wonderful group of consignors who have introduced so many unique items to our center. She brought in her husband John, who has described his job as doing all the stuff Veronica prefers not to do, namely keeping track of the inventory and the money earned.

Most importantly for our center, Veronica and John are especially proud of the group of dedicated volunteers she has recruited (and sometimes shanghaied), who operate the gift shop throughout the week. Without their time, effort, dedication and, of course, their own purchases (this could be a very expensive volunteer opportunity), the Gift Shop would not be "The Best-Kept Secret in West Linn" that it is today.

Therefore, Veronica and John would like to thank all volunteers, who help make our center such a success, as well as all the members who have donated so many beautiful items throughout the year (tax forms are available for all donations made). Thank you for making our center such a vibrant and welcoming place for our community.

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 at 503-557-4704. (No Debit or Credit cards.)

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



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. 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.

And last month's winner is, **Ellen Kletzok**, she won a free lunch. Next drawing will be May and June 1st.

Specialty Comfort Care

Companion • Homemaker • Caregiver • Nursing
"Within the comfort of your own home."

Call us today at 503.747.3021
or visit us at
www.specialtycomfortcare.com



Foot Care Nurse
Professional Affordable Service
Kathy Najdek RN BSN

971-400-1828

Service in your residence.
Call for an appointment

A Story by Dianne Gorveatt, Dog Avoidance Specialist (Part 2)

Let's be safer as we age by becoming dog savvy. Personality Types: Dominant and Submissive



If dominant dogs are the equivalent in human terms to the personality type of extravert, submissive dogs are the introverts. I don't have any stories about submissive dogs, although I am sure that I have met them, they don't draw attention to themselves. These two dogs waiting outside a grocery store may have been submissive types. They didn't stare, lunge, or bark at anyone who went by. Although it looks as though their heads were tied together, they had plenty of room but preferred standing cheek to cheek and rubbing noses. Submissive dogs are rarely aggressive, are sensitive and need lots of love. Like any dog, they still need training. but can be emotionally traumatized if corrections are too harsh. Submissive dogs, unless fearful, do not generally bite or injure people by jumping up on them.

Cesar Millan, dog behavior specialist, warns people not to confuse fearful dogs with those having a submissive personality. Dogs who are poorly socialized or

have been abused or traumatized can become fearful regardless of their personality type. Fearful dogs will bite. A man brought his fearful dog to Cesar Millan but balked when Millan recommended structured training. Millan warned that the dog could turn aggressive. Fearful dogs need to feel safe as well as loved. Structured training helps them to see their humans as confident protectors.

So what does all of this mean for those of us who do not live with dogs but may still have to deal with them? We need to learn to read the warning signs; here are the most important:

Dominant Dog: Frank, bold staring eyes. Body rigid. Tail held upright. Ears erect or forward. Lips tight and drawn back to show teeth. Growling. Stalking. Resource guarding — especially avoid dominant dogs on sofas — they don't like to share!

Fearful Dog: Tail between the legs. Trembling. Smacking or licking their lips. Yawning. Their ears are back. A fearful dog may lift one paw. If you feel drawn to comfort a fearful dog by hugging it, my advise is not to do so. Dogs roughly fall into dominant or submissive roles across breed lines. But we are more likely to meet dominant dogs because they tend to appear proud and confident and people often want their dog's appearance to express those qualities. Both have their place. Dominant dogs don't do well as indoor companions, and submissive dogs don't pass muster in police K9 units! I'll describe more red-flag behaviors and pass along other tips to help you to avoid unwanted and possibly injurious contact with dogs. Let's be safer as we age by becoming dog savvy!

Note: I am a 'reader' in dogs and an experienced dog avoider. If you plan to use any of the techniques described in these articles, consult first with a certified dog trainer or behavior specialist.

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 and click on Departments, Parks and Recreation, [Adult Community Center Newsletter](#).

- ◆ Click on "[Subscribe to our mailing list](#)",
- ◆ Click on [subscribe](#).
- ◆ Type in YOUR email address, first name and last name.
- ◆ Soon you will receive confirmation via email indicating that you are now subscribed.

Staff:

Tiffany Carlson
Recreation Coordinator
Samantha Zizza, *Chef*

Board Members:

Scott Foster, *President*
Bill Barger, *Vice-President*
Margaret Dejardin, *Treasurer*
Irene Jones, *Secretary /*
Editor Newsletter
Peggy Dickston, *Member-*
ship
Janet McDonald, *Mailings*
Dave Pitzer, *Volunteer*
Services

Committee Members:

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

Location WLACC:

1180 Rosemont Road
West Linn, OR 97068
Phone: 503-557-4704
Fax: 503-723-4251

Mailing Address:

Care of City Hall
22500- Salamo Road,
Ste. 1100
West Linn, OR 97068

Celebrating

May B-Days

Beth Adams
Marylou Ball
Susan Bezayiff
Jessie Champlain
Nancy Farkas
Marlene Fellman
Luella Hunt
Judy Hutchinson
Debra Jenkins
Eleanora Larson
Una McLaughlin
Jueegen Mueller
Carolyn Phelps
Sue Purpura
Judy Rice
Marlene Rickett
Suzie Robins
David Rood
Karen Rogstad
Theodore Sittser
John Snively
Clyde Tanita
Doug Willison
Geraldine Work

June B-Days

Leo Conkle
Margaret DeJardin
Neon Evers-Rowinski
Claudia Guest
Alan Hand
Patricia Harkleroad
Dave Johnson
Honore Lee Neudeck
Brenda Perry
Rita J Perry
Suzanne Pitzer
Ana Rawson
May Yee Tan
Jack Wright

MENUS

Mondays in May

4th – Mother’s Day Tea
11th – Lemon Pasta with Chicken & Ice Cream Social, (Ice Cream is courtesy of Tanner Spring. See page 6).
18th – Shrimp and Grits
25th – CLOSED

Wednesdays in May

6th – Complimentary Brunch for those celebrating a Birthday
13th, 20th, 27th – Soup and Sandwiches

Fridays in May

1st – Steak Fajitas
8th – Chicken Curry over Rice
15th – Spice Rubbed Pork Tenderloin
22nd – Sausage and Peppers Pasta
29th – Chicken Stir Fry

Mondays in June

1st—Baked Fish Tacos
8th – Macaroni and Cheese with Chicken & Veggies
15th – Assorted Prepared Salads
22nd – Assorted Handmade Pizza
29th – Baked Pasta with Tuna

Wednesdays in June

1st– Complimentary Brunch for those celebrating a Birthday
3rd, 10th, 17th, 24th – Soup and Sandwiches

Fridays in June

5th – Pulled Pork
12th – Meatballs with Mashed Potatoes
19th – Coconut Lime Chicken over Rice
26th – Chicken Enchiladas

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

Jennifer Brown, Robin Bradley, Lorra Colette, Beth Gerber, Charlene Imholt, Max and Gladys Lein, Carolyn Martin, Connie Martin, Robert and Barbara Montgomery, Anna Nencesue

Closed Memorial Day, Monday, 25th of May.

In Memoriam



Lillian Guy passed away recently. Her presence at the Center will be greatly missed.

D. E. Johnson died March 30, 2015 in Wilsonville

Friends and family will miss her humor, spunk and pinochle expertise.

THE ANTIQUE ROADSHOW PLAYERS IN REHEARSAL



Plotting . . . what?



Could they be poisonous?



No, I don't want to die



Oh my goodness, I think we did it . . .



It had to be done !?!?

For the real performance, come and see us on June 5th, and June 13th.

See page 7 and 6 for more details.

Photos courtesy Devin Hand

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



Annual
Mother's Day
Tea Party.



Annual
Plant
Sale



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

	<p>Wednesday, May 27th is</p> 			<p>1 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>Steak Fajitas</i> 12:30- Pinochle 12:45- Texas Hold ‘Em 1:00- Mah Jongg</p>
<p>4 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 12:00- Mother’s Day Tea 12:30- Bridge 1:00-Drama</p>	<p>5 TUESDAY Computer Instruction by app’t. 8:00- Core Strength 8:30- Strength & Balance 9:00-Facials by appt. 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>6 WEDNESDAY 8:30- Walking Group 9:00- Kettle bell fitness 9:00-Footcare 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-Book Club</p>	<p>7 THURSDAY Computer Instruction by app’t. 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Clackamas Woods 10:00- Knitting & crocheting 10:30- Bridge 11:15-Nia-Music & Movement 1:00-High Blood Pressure presentation 3:00-Core Strength</p>	<p>8 FRIDAY Computer Instruction by app’t. 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:00-Footcare by appt. 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00 -Potluck- <i>Chicken Curry over Rice</i> 12:30- Pinochle 12:45- Texas Hold ‘Em 1:00- Mah Jongg</p>
<p>11 MONDAY 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>Lemon Pasta with Chicken</i> *Ice cream served by Tanner Springs 12:30- Bridge 1:00-Drama</p>	<p>12 TUESDAY Computer Instruction by app’t. 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>13 WEDNESDAY 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-Book Club 1:00-Driver Safety presentation by Lieutenant Mike Stradley</p>	<p>14 THURSDAY Computer Instruction by app’t. 8:00- Core Strength 8:30- Strength & Balance 9:30-Bus trip (Roger Yost Gallery and Reed Opera House-Salem) 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15-Nia-Music & Movement</p>	<p>15 FRIDAY Computer Instruction by app’t. 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>Spiced Rubbed Pork Tenderloin</i> 12:30- Pinochle 12:45- Texas Hold ‘Em 1:00- Mah Jongg</p>
<p>18 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>Shrimp and Grits</i> 12:30- Bridge 1:00- Drama</p>	<p>19 TUESDAY Computer Instruction by app’t. 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>20 WEDNESDAY 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 12:30-Board Meeting</p>	<p>21 THURSDAY Computer Instruction by app’t. 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers TBA 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15-Nia-Music & Movement 11:15-Cooking class with lunch (sign up required) 1:00-Stress Relief presentation 3:00-Core Strength</p>	<p>22 FRIDAY Computer Instruction by app’t. 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 Peppers Pasta</i> 12:30- Pinochle 12:45- Texas Hold ‘Em 1:00- Mah Jongg</p>
<p>25 MONDAY We will be closed for  memorial DAY</p>	<p>26 TUESDAY Computer Instruction by app’t. 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 Exercise classes free for first time attenders!</p>	<p>27 WEDNESDAY 8:30- Walking Group 9:00- Kettle bell fitness 10:00- Aerobics 11:00- Garden Appreciation Group 11:00-Bus trip to Elsie Stuhr Center for Senior Fitness Day 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle Exercise classes free for first time attenders!</p>	<p>28 THURSDAY Computer Instruction by app’t. 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to SpringRidge Court 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15-Nia-Music & Movement 1:00- Health talk with LionHeart Healthcare Exercise classes free for first time attenders!</p>	<p>29 FRIDAY Computer Instruction by app’t. 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>Chicken Stir-fry</i> 12:30- Pinochle 12:45- Texas Hold ‘Em 1:00- Mah Jongg Exercise classes free for first time attenders!</p>

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

<p>1 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>Baked Fish Tacos</i> 12:30- Bridge 1:00-Drama</p>	<p>2 TUESDAY Computer Instruction by app't. 8:00- Core Strength 8:30- Strength & Balance 9:00-Facials by appt. 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>3 WEDNESDAY 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>4 THURSDAY Computer Instruction by app't. 8:00- Core Strength 8:30- Strength & Balance 10:00-Share Singers 10:00- Knitting & crocheting 10:30- Bridge 11:15-Nia-Music & Movement 3:00-Core Strength</p> <p>Open House is tomorrow! 4:30-6:30 PM</p>	<p>5 FRIDAY Computer Instruction by app't. 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>Pulled Pork</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg 4:30-6:30-Open House</p>
<p>8 MONDAY 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- <i>Macaroni and Cheese w/Chicken and Vegetables</i> 12:30- Bridge 1:00-Drama</p>	<p>9 TUESDAY Computer Instruction by app't. 8:00- Core Strength 8:30- Strength & Balance 9:30-Bus trip to Crystal Springs Rhododendron and Leach Botanical Gardens 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>10 WEDNESDAY 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>11 THURSDAY Computer Instruction by app't. 8:00- Core Strength 8:30- Strength & Balance 10:00- Knitting & crocheting 10:30- Bridge 11:15-Nia-Music & Movement 1:00-YogaBrain presentation 3:00-Core Strength</p>	<p>12 FRIDAY Computer Instruction by app't. 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>Meatballs w/ Mashed Potatoes</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg 4:30-Happy Hour cooking class (registration required)</p>
<p>15 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>Assorted prepared salads</i> 12:30- Bridge 1:00-Drama</p>	<p>16 TUESDAY Computer Instruction by app't. 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>17 WEDNESDAY 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 12:30-Board Meeting 1:00-Rosemont Rhythm Band</p>	<p>18 THURSDAY Computer Instruction by app't. 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Hearthstone at Murrayhill 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15-Nia-Music & Movement 11:15-Cooking class with lunch (sign up required)</p>	<p>19 FRIDAY Computer Instruction by app't. 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>Coconut Lime Chicken over Rice</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>22 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>Assorted Handmade Pizza</i> 12:30- Bridge 1:00- Drama</p>	<p>23 TUESDAY Computer Instruction by app't. 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>24 WEDNESDAY 8:30- Walking Group 9:00- Kettle bell fitness 9:15-Bus trip to the Zoo and Rose Garden 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>25 THURSDAY Computer Instruction by app't. 8:00- Core Strength 8:30- Strength & Balance 10:00-Share Singers to Tanner Springs 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15-Nia-Music & Movement 1:00-LionHeart Healthcare talk 3:00-Core Strength</p>	<p>26 FRIDAY Computer Instruction by app't. 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>Chicken Enchiladas</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>29 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>Baked Pasta w/ Tuna</i> 12:30- Bridge 1:00- Drama</p>	<p>30 TUESDAY Computer Instruction by app't. 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>			