

September / October 2015

Location Address:

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

Mailing Address:

c/o City Hall
22500 Salamo Road • Ste. 1100
West Linn • OR 97068

www.westlinnoregon.gov
www.facebook.com/Friends.of.the.WLACC



Friends Reaching Out
to Friends

FRIENDS

of the West Linn Adult Community Center



Friends of the West Linn Adult Community Center

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Recreation Coordinator
Samantha Zizza, *Chef*

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Bill Barger, *Vice-President*
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Veronica Ferenz, *Gift Shop*
Mieke Wiegman and
Irene Jones, *Editors*
Newsletter
Bev Whiteley, *Sunshine*
Chair
Dick Hunt, *Memorial Bricks*

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

Letter from Tiffany



*Picture taken 8/7/15
Spaghetti Dinner*

It looks very promising that we will have construction for the expansion beginning in September! It will be exciting to see the progress as we go through the fall months. As of this writing, we don't know how this will directly impact our regular day to day activities but we can cross that bridge when we get there. It will certainly be a lesson in flexibility, which as a yoga instructor, I can appreciate.

As a food enthusiast and since our lunches at the ACC are always a highlight here, I thought it would be fun to include Samantha, our chef, in this article and have her talk a bit about the upcoming food that will be in season. She has also included a recipe and it will be listed on page 6.

From Chef Samantha — Apple season is about to swing into full gear here in the Northwest and with over 7,000 different varieties of apples worldwide. With many of these apples being available in orchards and farms nearby it would be difficult to eat enough fresh apples every day to really take full advantage of the bounty. A great way to get even more apples into your diet during the season is by cooking and adding them to meals that you are probably already used to preparing. In the recipe that I want to share with you all, the apples get caramelized in olive oil and butter and served with pork chops and onions. This is a great recipe to let apples walk the line between sweet and savory. The best apples for caramelizing on the stove top are actually the same varieties that are best to use when baking. We want them to hold their shape under the heat and not turn to applesauce. A fun trick to making a dish with apples even more interesting is to use several different varieties, some are sweeter or more tart and mixing them makes for a more complex tasting dish. Some great cooking and baking apples that are easy to find in our area are: Braeburn, Gala, Honeycrisp, Jonagold, and the classic baking apple, Granny Smith.

We look forward to seeing you at the ACC! Check out the upcoming bus trips, cooking class details and Medicare presentation options that are coming your way!

Al the best ~ Tiffany

President's Corner



Like most folks, I love a good bargain. That's why I joined the Friends of the West Linn Adult Community Center.

Here's the deal. The ten dollar annual membership comes down to 83 cents a month. So what do I get for 83 cents? I get the pleasure of seeing people have a nutritious and chef prepared lunch for \$4. I get to hear people singing, playing music, strumming banjos (also qualifies as music), doing yoga, exercising, listening to speakers, volunteering, and looking out for each other. I get to meet veterans, retired teachers, administrators, mechanics and people from all walks of life including stay at home moms who are finally out ripping it up. I get to see a splendid, successful gift store totally volunteer run and soon to be expanded.

I get to meet the visionaries who started the center on their own with no money and little if any external support, but who forged ahead with determination and volumes of commitment. Like Apollo astronauts, they just toughed it out until splash down.

I get to participate in the Center expansion and the Friends significant \$80,000 contribution to it. I get to contribute to the community as a whole as the building is also available for other uses. Kids, families, and organizations benefit from what the Friends have done and are doing with the expansion.

It's true, you don't have to be a member to experience all of this. But as a member, I get to take pride in the groups accomplishments. I get to feel a sense of ownership and plan for the future. Soon it will be time to renew membership for 2016. Let's get it done. Let's also encourage others to join, plunk down their 83 cents, and be a part of the future. ~ Tom

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.*

Cooking Class: Thursday September 24th, homemade pizzas, heirloom tomato and fruit salad and **Thursday October 15th**, homemade gnocchi with brown butter and sage, fig salad with chevre and toasted pecans. Classes begin at 11:15 am and require sign up and payment at the front desk. **\$15.00** includes cooking instructional, recipes to take home and lunch! 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.

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.*

Music & Movement: Tuesday's and Thursday's: 11:15 am-Noon. This is a movement class with no judgment or requirements, only the invitation to move to the music and learn a few basic steps and gestures. As a student, you will receive many benefits including increased mobility, stability, flexibility, strength and agility. Important if you want to move through life with more vitality and sense of safety. Please come move and be moved with us. Session one: 9/15 thru 10/29, 14 classes = \$70 prepaid. Session two: 11/3 thru 12/22, 14 classes = \$70 prepaid. (no class on 11/26.) Couples: \$120 per prepaid session. Drop-ins welcomed at \$7/class.

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.*

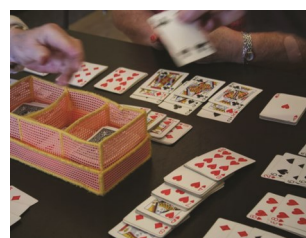


Tai Chi: Mondays, 8:30-9:30 am. Open floor, advanced self-led class. *Fee \$2.00 per month.*

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

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)

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.*

DRAMA AND MUSIC

Acting, Drama Class: (The Antique Road Show Players). Mondays at 1:00 pm. Call the center at **503-557-4707** for dates or check the bulletin board. Directed by Patricia Amore. *\$65 for 8 classes, plus one-time registration fee for new members \$25; drop-in \$10.00 per class.*

Schedule of Ongoing Events (Continued)

MUSIC AND DRAMA (Continued)

West Linn Uke Jam: Tuesdays at 2:00 pm. Visitors are encouraged and all levels are welcome. If you'd like to bring music to share with the group, please bring about 30 copies and deposit them on the front table so folks can pick them up as they arrive. Instruments other than ukuleles are also welcome. **FREE.**

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

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**

Travel Talk: No classes. Bonnie Metcalfe is travelling.

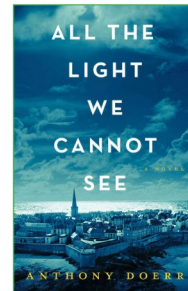
Book Club

Meets second Wednesday of the month at 1:00 pm

Join Us Wednesday, September 9th
at 1:00 pm to discuss the book

"All the light we cannot see"
by Anthony Doerr

A beautiful, stunningly ambitious *New York Times* bestseller about a blind French girl and a German boy whose paths collide in occupied France in WW2.

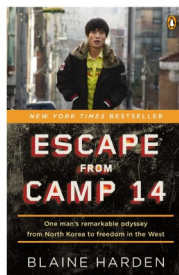


&

Join Us Wednesday, October 14th
at 1:00 pm to discuss the book


"Escape from Camp 14"

Journalist Blaine Harden chronicles the life of the only camp-born man known to escape a North Korean camp. *Escape from Camp 14* tells the true story of a North Korean prison camp survivor. *One Man's Remarkable Odyssey From North Korea to Freedom in the West.*



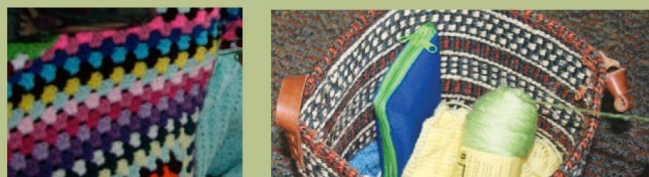
September/October Schedule

Meetings are held some Thursdays

Sept. 10	10:00 am	Meet at WLACC to prepare for Fall visits
Sept. 24	10:00 am	Depart WLACC to visit Tanner Spring
		
Oct. 1	9:45 am	Depart WLACC to visit Marquis Tualatin
Oct. 15	9:45 am	Depart WLACC to visit SpringRidge Court
Oct. 22	9:45 am	Depart WLACC to visit The Springs at Clackamas Woods

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.

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.

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.**



This Kestrel was carved by Myron Carpenter

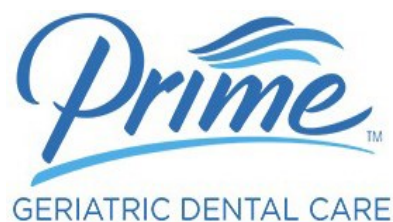
Save The Date

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.



Thursday, September 10th from 1:00 pm. Presented by Amber Garrett. Come and learn more about United Healthcare, Medicare Advantage plans. All meetings are casual and informational. I'm also happy to meet with you one-on-one. Contact me at **503-8609-8091, TTY 711.**



Thursday, October 8th at 1:00 pm. As we get older, our dental and medical needs change. Come join us for a presentation on oral health where we'll be discussing major topics that pertain to your mouth. Presented by Prime Geriatric Dental Care - specializing in dentistry for those 55+. Presenter will be John Oki, DMD. He has been working in geriatric dentistry for 20+ years and is one of our three doctors. We plan touching on basic oral hygiene, the importance of regular exams, oral cancer, connection between oral health & systemic health, diabetes, dry mouth and denture care.

Thursday, October 15th from 1:00-2:30 pm. SHIBA Medicare presentation.

The SHIBA program uses trained community volunteers to help older adults and persons with disabilities understand their health insurance benefits. Volunteers work one-on-one with those currently enrolled in Medicare and those who will soon be eligible for Medicare, to increase beneficiaries' knowledge about benefits selection, billing issues, and appeals. Volunteers also provide assistance to beneficiaries during the Medicare open enrollment process. **SHIBA Helpline in Clackamas: 503-655-8269 - State SHIBA hotline: 1-800-722-4134.**

Thursday, October 22nd from 1:00-2:00 pm. HealthNet of Oregon will hold this HealthNet sales seminar for 2016.

Lakewood Theatre: Anything Goes.

Sept. 11–Oct. 18.



Music and lyrics by Cole Porter. Directed by Joe Theissen. This age-old tale of Boy-Meets-Girl is an amusing story wrapped around one of Cole Porter's magical scores. Aboard the ocean liner S.S. American, nightclub singer/evangelist Reno Sweeney is en route from New York to England. Her pal Billy Crocker has stowed away to be near his love, Hope Harcourt, but the problem is Hope is engaged to the

wealthy Lord Evelyn Oakleigh. Terrific Cole Porter songs include "It's De-Lovely," "Friendship," "I Get a Kick Out Of You," "All Through The Night," "Anything Goes," "You're The Top and Blow". Sign-up list available at the front desk.

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Membership for 2016

It's never too soon to pay your dues.

For individual patrons \$ 10.00. For couples \$ 15.00.

Membership will support the

Friends of the West Linn Adult Community Center!

Save The Date (Continued)

Upcoming Bus Trips

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

Thursday, September 17th – Mt. Angel Oktoberfest. \$10.00. Leave the ACC at 9:00 am and return around 3:30 pm.

Wednesday, September 23rd – Cannon Beach. \$12.00. Leave the ACC at 8:30 am and return around 4:30 pm.

Wednesday, October 28th – Portland Spirit lunch cruise. \$50.00. (Includes everything: bus trip, lunch and cruise). Leave the ACC at 10:30 am and return around 3:00 pm. The trip begins in Portland and travels up the Willamette River toward Oregon City and back to Portland.

Chef Samantha's recommendation

Pork Chops with Caramelized Apples Makes 6 servings

6 bone-in pork chops, about 1 inch thick
Kosher salt and fresh ground black pepper
1 tablespoon extra-virgin olive oil
2 tablespoons unsalted butter
1 large white onion, thinly sliced
3 apples cored and sliced. To peel or not to peel optional
1 cup apple cider, the fresher the better

Trim the chops of excess fat. Sprinkle generously with salt and pepper on both sides. Heat a large sauté pan over high heat, add the olive oil. Lay in the pork chops and don't move them for 4-5 minutes, to allow a good sear to form. Turn and brown well on the second side for another 4-5 minutes. Transfer the chops to a plate and set aside. Swirl the butter into the pan. Add the onion and apples. Sauté until the onion slices are lightly caramelized and the apples have begun to soften, about 8 minutes. Stir in apple cider. Return chops to the pan along with any juices that have accumulated on the plate.

Cook until the pork is tender, about 15 more minutes, depending on the size of the chops, turning half-way through and covering the chops with the apple mixture. If the apple mixture needs a little more thickening, transfer chops to the plate again and simmer the mixture on high for a few minutes to reduce. Serve the chops over roasted potatoes, cous cous, brown rice or farro with a large spoonful of the apple-onion mixture over the top. - **Bon Appetite!**

From the Desk of



As you all know, the city approved \$320,000 for an expansion to the West Linn Adult Community Center. The plan is to add an estimated 2,900 sq. ft. to the existing 6,200 sq. ft. Some will be for classrooms, storage, and an additional 20 more new parking spaces. The center will remain open during this process, possibly starting as soon as September. (Exact date at time of printing, not known).

The extra space will benefit the growth of the center, as well as the growing population of our baby boomers here in West Linn. Could there be some disruption? Sure, some classes may have to be cancelled, or we could be eating some dust. On behalf of the Friends and the City, we apologize for that, but it will all be **so worth it**. To learn more about the project, visit westlinoregon.gov/planning/1180-rosemont-road-class-ii-design-review-addition-adult-community-center.

Do you have a voice? Or an opinion. A complaint? Do you want to see some specific, or different topics addressed? Or would you like to make a statement in the next upcoming newsletter? Please email your comments to miekew@comcast.net, or write it down on a piece of paper and put it in the folder at the front desk marked Mieke/Irene Newsletter.

We would love to hear from you!

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

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Did You Know About . . .

THE BEST KEPT SHOPPING SECRET IN WEST LINN

Bye bye Summer - Hello Fall



*Fall fashion color trends for this year:
Sage Green, Marsala Wine, Warm Rust,
Pale Rose, and a strong Blue-Gray.*

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

New products in the gift shop include: beautiful oh-so-soft leather wallets for men as well as a selection of lovely and practical wallets for women. Manicure sets for both women and men. Glitzy luggage tags, a large selection of watches and purses, plus fun **Halloween** items.

Editors Note: Gift Shop substitute volunteers are needed. To put your name on the list, please leave a note for Veronica at the front desk. *Wanted:* Department Store/Designer bags, especially small ones. Also now is the time to donate holiday items, blue and white porcelain items, always a favorite, and anything else you may have. (Items must be in perfect condition!)

ALPACAS AT MARQUAM HILL RANCH

What a fun trip! Our bus trips are just getting better and bet-



ter! The weather was nice and cool, there were six guys on the trip and, I got to hold an Alpaca that was only a week old!

A note about Alpacas: The rare Alpaca is a charming and valuable member of the Camelid Family. Alpacas are prized for their luxurious and costly fiber which is harvested by shearing once a year. An Alpaca sweater or blanket is a cherished possession, frequently handed down from one generation to

the next. The gestation period is 11 months. A baby is called a "Cria". Alpacas are a herd animal and are native

to the Andes Mountains of South America. They are very gentle, clean animals and make wonderful pets!

This Alpaca Farm is clean and the animals are very well taken care of. The on site gift shop showed a display of the many various awards and ribbons they have won at various Alpaca shows.

Thanks to Tiffany we also got to make some soap with Alpaca fur to take home! A very "fun" day and it only cost \$10 plus my lunch at the local Clarkes General Store and Eatery!

By Dave Pitzer, *Volunteer Services*



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 the winner for July is: Judy Rise.

Dog Savvy... Let's Be Safer As We Age

What to Call the Dog --- by Dianne Gorveatt



*This dog guards goats for hire; as a 'dog' his owner keeps the money the dog earns; as a person, it could be held in trust for him.
Note: Do not try to make contact with or distract a guardian dog or working dogs in general.*

This is not an essay about what to name your dog, rather to explore how people refer to dogs in light of their changing role in society. What changing role, you may ask? While some people still just see dogs as missile retrieval devices, a growing number of people see them as family members. If you have ever shared your life with a dog, it may seem obvious to you that animals can function as family members, but the new drive is to extend the metaphor and grant dogs and some other animals, *personhood*, as full members of society.

The legalities of this change are far off in the future, but the change has already impacted me as a speaker of the English language. When I was growing up, dogs, other animals and even small human children were generally referred to as '*it*.' Today, you rarely hear '*it*' used for human children; it's dehumanizing and objectifying. As dogs become more akin to human family members, using '*it*' to refer to dogs is becoming offensive. Since the pronoun issue can be quite complex, people are using descriptive nouns instead, although that also can be confusing. An example might help. A

woman took her nearly full size Labrador puppy to a crowded beach. Off leash, he pounced on everything; this was taken in good humor by those whose belongings the dog scattered. One human female even said, "Oh, what a sweet boy! My son is just like him. He has to explore and greet everyone!" I couldn't tell if the speaker had a son and was comparing him to the dog or if she had a dog that she thought of as her son.

Species-specific language is also waning. Some writers now call puppies 'infant dogs;' father dogs are no longer 'sires,' etc. It's not just conversation that's being impacted; in some cities, dogs are officially 'wards' and the people responsible for them are 'guardians.' The change is way beyond what I can cover in this essay, so I will refer you to, "**Citizen Canine, Our Evolving Relationship with Cats and Dogs,**" by **David Grimm**. Research into the canine psyche is driving the change. Turns out dogs are smart, understand hundreds of words, and respond to non-verbal signals at a high level; they are so close to us that they are better research subjects than are primates when it comes to studying human psychological disorders. Poor dogs, I wonder if they really *want* to become more human! Maybe we should ask...

Author's disclaimer: The author assumes no responsibility for any injury, which may occur as a result of using the information presented in this essay.

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.

Friends of the West Linn Adult Community Center is NOIW on Facebook. To



connect, sign-up today and join us for the latest photo's, topics and more information.

www.facebook.com/Friends.of.the.WLACC

Don't forget to renew your membership for 2016. Get a head start, and fill out the form on page 9, or the form available at the front desk.

A Big Thank You To All Of You Who Made Our Fundraiser Such A Success!



Photo's: Courtesy Mieke Wiegman; Doug Kington; Dave Pitzer

The West Linn Adult Community Center's August fundraiser was a huge success due to the generosity of many volunteers, who worked so very hard. As well as community businesses and members who donated time and so many raffle items to help us raise money this year.

Many thanks are also in order starting with the community members who brought and displayed their antique cars on the WLACC's lawn. Also, thanks to our own WLACC musical people and groups, who supplied great entertainment, before and after the dinner. Please check out our on-line Newspaper version for lots more pictures.

A note to our members, please show your **and** our appreciation for these generous businesses by patronizing them when you can. Thank you all for all your hard work and what you do!

THANK YOU! Volunteers and Sponsors

Classic Car Show: From our community, Rose Ek, who again this year organized, some beautiful looking cars to be on display.

Preparing the tables: Many helping hands were available.

In the kitchen: Julyanne Pang, Pat Styles; Wanda Vilter, Barbara Buchholz; Peggy Dickston; Janet McDonald.

Serving Wine: Peggy Dickston; Scott Foster.

Raffle Tickets: Leo and Maria Conkle; Bill Barger.

Cleaning-up crew: Tom Brady, and many more helping hands.

Cashier Table: Margaret DeJardin and Fran Wiegand

Music: Pre-dinner we had *The Rosemont Rhythmn Band* and after dinner for our sing-a-long the *Share Singers* and the *West Linn Uke Jam* band got everyone to join in.

A Special THANK YOU to our generous Donors

Portland Opera; Bank of Oswego; Lake Oswego Chamber of Commerce; Vista Capital Partners; Blue Moon Coffee.

Safeway – Lake Oswego; West Linn

Fred Meyers – Oregon City; Tualatin; Clackamas

Market of Choice – West Linn

Lamb's – Lake Oswego

Haggins – West Linn

New Seasons – Tualatin

Nordstroms – Clackamas

Macys – Clackamas

Starbucks – Hwy 43; by

Market of Choice

Pine Needle – Lake Oswego

Zeppos – Lake Oswego

Saint Honore – Lake Oswego

Lakewood Theatre – Lake Oswego

Hairport – West Linn

Liquor – Hwy 43, West Linn

Linn City Pub – West Linn

Walmart – West Linn

Elements – West Linn

Edible Arrangements – West Linn

Wishing Well Floral – West Linn

Blush Salon – West Linn

Sharis – West Linn

Dragon Fly – West Linn

Pete's Mountain – West Linn

Gigi Salon & Spa – West Linn

La Sen – West Linn

Summit Health – West Linn

San Blas – West Linn

Rita Perry – West Linn

Jean – Nike shoes, West Linn

Tom Brady – Wine Lake

Oswego

Peggy Dickston – Wine

Sarah Carder – Wentz Wine,

Celebrating

September B-Days

Sirima Chuladul
Lorra Colette
Maria Conkle
Karen Faw
Douglas Fellman
Duane Funk
Mary Hill
Jack Hoke
Nancy Holden
Joyce Johnson
Norma Juhr
Jay McCoy
Ingrid Mueller
Celeste Rose
Kathleen Smith
Beverly Spurgeon
Gloria Stangarone
Marlene Youso

October B-Days

Karen Anderson
Linda Becker
John Bezayiff
Barbara Brady
Linda Brown
Shelley Buckingham
Jan Engler
Beth Gerber
Barbara Handley
Virginia Hitchrick
Bob Hoover
George Jankowski
Ted Krebs
Grace Lin
Jo Magner
Margaret Matthies
Adeline Meindl
Dean McDonald
Barbara Montgomery
Linda Scott
Lovan Watson
Norma Weddle

MENUS

Mondays in September

7th – Closed
14th – Stuffed Bell Peppers
21st – Baked Penne with Bacon and Tomatoes
28th – Pulled Pork with Mashed Potatoes

Wednesdays in September

2nd – **Complimentary Brunch
for those celebrating a Birthday**
9th, 16th, 23rd, 30th
Soup and Sandwiches

Fridays in September

4th – Indian Chicken Curry over Rice
11th – Meatballs with Mashed Potatoes
18th – Chicken Enchiladas
25th – Bangers and Mash

Mondays in October

5th – Pasta with roasted squash
12th – Lemon Pasta with Chicken
19th – Salmon with Mango Salsa
26th – Sausages with Kale and Tomatoes

Wednesdays in October

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

Fridays in October

2nd – Assorted Quesadillas
9th – Coconut Lime Chicken over Rice
16th – Chicken and Pesto Pasta
23rd – Herb-Crusted Flank Steak
30th – Shepherd's Pie

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

Ann Calvert—Ida Hard—Jack Heiter

Evelyn Henry—Mary Kronsteiner

Mary McAloo—Marcia McClocklin

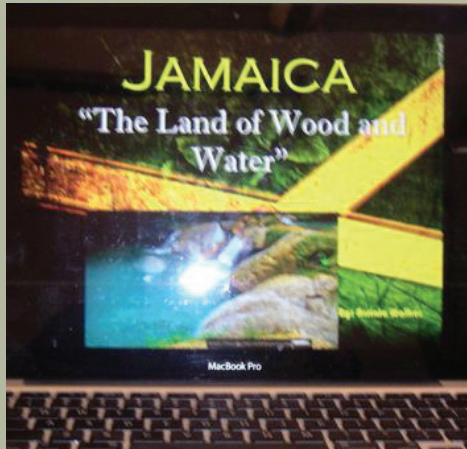
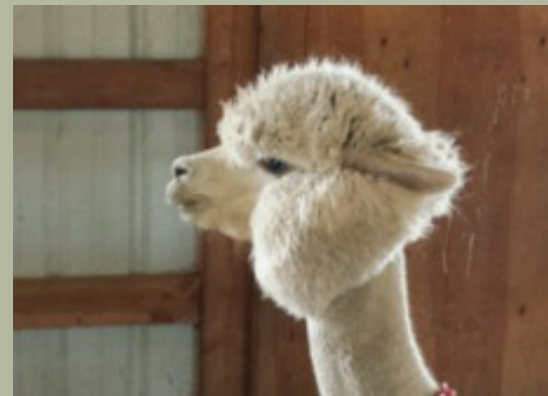
Linda Neace—Judith Peabody

Kim Stewart

Closed for Labor Day, Monday, September 7th.

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

July 22nd. A visit to the Marquam Hill Ranch, and the Alpaca Farm.



July 29th. A special presentation by Arsinio Walker, our summer volunteer who shared some stories and history about his home country Jamaica. A special themed lunch preceded his presentation and both were enjoyed by many people. He showed pictures, and talked - amongst many other things - about their history, religion, and music.

August 7th. Annual Spaghetti Fundraiser from the Friends of the West Linn Adult Community Center. Starting and feasting on the many beautiful Antique Cars on show, while . . .





Our youngest participant, also having a great time.



... listening to some great music from members of the Rosemont Rhythm Band. Share Singers; The West Linn Uke Jam.



And last, but not least, the Annual Fundraiser Spaghetti Dinner. Only made possible by the many, many hard working friends. All the prep before the cooking, the setting of the tables, and how nice they looked. All of the donations for the raffle, beautiful items, but which had to be put together and marked. A BIG thank you to all of our donors. The music before and after. The sing-along, it all made for a wonderful finish to a great, and hopefully, profitable day.

All of you Friends and Volunteers, YOU did a remarkable job! THANK YOU!



And now for some more great pictures.





And the winning table is . . .






Photo's courtesy of
Doug Dickston and Mieke Wiegman



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

	<p>1 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- Music and movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>2 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> class 12:30- Pinochle</p>	<p>3 THURSDAY Computer Instruction by app't. 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00- Knitting & crocheting 10:30- Bridge</p>	<p>4 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>Indian Chicken Curry over Rice</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>7 MONDAY Closed for Labor Day</p> 	<p>8 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- Music and movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>9 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</p>	<p>10 THURSDAY Computer Instruction by app't. 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00-Share Singers 10:00- Knitting & crocheting 10:30- Bridge 1:00-United Healthcare Medicare presentation</p>	<p>11 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 10:30- Whist 12:00 -Potluck- <i>Meatballs with Mashed Potatoes</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>14 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>Stuffed Bell Peppers</i> 12:30- Bridge 1:00-Drama</p>	<p>15 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- Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>16 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>BBQ</i> 12:30- Pinochle 12:30-Board Meeting 1:00-Rosemont Rhythm Band</p>	<p>17 THURSDAY Computer Instruction by app't. 8:00- Core Strength 8:30- Strength & Balance 10:00- Knitting & crocheting 10:15-Bus trip to Mt. Angel Oktoberfest 10:30- Bridge 11:15- Music and Movement class</p>	<p>18 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>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>Baked Penne with Bacon and Tomatoes</i> 12:30- Bridge 1:00- Drama</p>	<p>22 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-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>23 WEDNESDAY 8:30- Walking Group 8:30-Bus trip to Cannon Beach 9:00- Kettle bell fitness 10:00- Aerobics 11:00- Garden Appreciation Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 1:00-Rosemont Rhythm Band</p>	<p>24 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- Music and Movement class 11:15-Cooking class with lunch (sign up required)</p>	<p>25 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>Bangers and Mash</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</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>Pulled Pork with Mashed Potatoes</i> 12:30- Bridge 1:00- Drama</p>	<p>29 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-Music and movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>30 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</p>		

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

			<p>1 THURSDAY Computer Instruction by app't. 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Marquis Tualatin 10:00-Yoga 10:00- Knitting & crocheting 10:30- Bridge</p>	<p>2 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>Assorted Quesadillas</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>Pasta w/ Roasted Squash</i> 12:30- Bridge 1:00-Drama</p>	<p>6 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- Music and Movement class 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- Kettle bell fitness 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>8 THURSDAY Computer Instruction by app't. 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15- Music and Movement class 1:00-Geriatric Dental Care presentation</p>	<p>9 FRIDAY Computer Instruction by appt. 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>Coconut Lime Chicken over Rice</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- Wood Carving 9:00-Attorney available by appt. 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch- <i>Lemon Pasta w/ Chicken</i> 12:30- Bridge 1:00-Drama</p>	<p>13 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- Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>14 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>15 THURSDAY Computer Instruction by app't. 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Spring Ridge Court 10:00- Knitting & crocheting 10:30- Bridge 11:15- Music and Movement class 11:15-Cooking class with lunch (sign up required) 1:00-SHIBA Medicare presentation</p>	<p>16 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 and Pesto Pasta</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>Salmon with Mango Salsa</i> 12:30- Bridge 1:00- Drama</p>	<p>20 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-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>21 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>22 THURSDAY Computer Instruction by app't. 8:00- Core Strength 8:30- Strength & Balance 10:00-Share Singers to The Springs at Clackamas Woods 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15- Music and Movement class 1:00-HealthNet Medicare Presentation</p>	<p>23 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>Herb-crusted Flank Steak</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>26 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>Sausages w/ Kale and Tomatoes</i> 12:30- Bridge 1:00- Drama</p>	<p>27 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-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>28 WEDNESDAY 8:30- Walking Group 9:00- Kettle bell fitness 10:00- Aerobics 10:30-Bus trip-lunch cruise on the Portland Spirit 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>29 THURSDAY Computer Instruction by app't. 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15- Music and Movement class</p>	<p>30 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>Shepherd's Pie</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>