

LOCATION WLACC:
1180 Rosemont Road, West Linn

MAILING ADDRESS:
Care of: City Hall
22500 Salamo Road, Suite 1100
West Linn, OR 97068

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Friends Reaching Out
to Friends



West Linn Adult Community Center

MARCH / APRIL 2015

Friends of the West Linn Adult Community Center

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Tiffany Carlson
Recreation Coordinator
Samantha Zizza, Chef

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Bill Barger, *Vice-President*
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Irene Jones, *Secretary /*
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Peggy Dickston, *Membership-*
Janet McDonald, *Mailings*
Dave Pitzer, *Volunteer*
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Rita Perry, *Historian*
Veronica Ferenz, *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

Letter from Tiffany



*Picture taken 2/13 at the
Wurstfest at Mt. Angel*

Hi Folks,

I feel like its summer time as I'm writing this. The weather the last few days has been amazing and I'm hoping we have a lot more of it as we get into the spring months.

2015 is off to a great start at the Adult Community Center. Many favorite activities are humming along and new ones are being added as space and time allows. We're adding a cooking class every third Thursday of the month, where Samantha will be sharing ideas on how to cook a delicious meal in relatively short time for one or two people--without sacrificing health and great taste. Of course we'll enjoy the end product of our learning with a lunch together. For those who may enjoy appetizers and "happy hour" time, we've put together a cooking class that will be held the first Friday of the month also. You can find the details to these classes on page 4 & 5. Did you know that there is a National Senior Fitness Day? It's

on **May 27th** and I'd love to see us participate here at the ACC. I'll talk more about this in the next newsletter but for now, put the date on your calendar and plan to come for raffle giveaways, special exercise classes and possible special talks and presentations. I may not be able to get this all in on the actual day so we may spread it out into that week.

Another event I'm really looking forward to is our Open House! It's scheduled for **Friday, June 5th**, and I'm hoping each of our various (and talented!) groups will participate. Let's show the community what we do here and how great you all are! ;-)

Be watching for information on these events as I get them out. If you have ideas or questions on the senior fitness day or open house, please let me know. I'm still planning the details and I always welcome your feedback and collaboration.

Last April, we took a bus trip to the Tulipfest and the rain was so heavy, everyone stayed in the bus, took a few pictures and hurried on to the next stop. Not to let the weather get the best of us, we're going to try it again! We'll also be making a stop to Bauman Farms and Al's Garden Center. Let's hope for some sun this time! We have other great trips scheduled for the next two months and you can see the details on page 5. Again, I welcome trip ideas so if there's a place you'd love to go, let me know. I look forward to seeing you around the ACC! — Tiffany

President's Corner - The Greatest Wealth is Health



I have been fortunate to be relatively healthy most of my life. For the most part I have taken my good health for granted. As I get closer to 60 and my parents near the 80 mark, I recognize the importance of good health. I have seen the results of not being blessed with good health and the results of an unhealthy lifestyle. What choices can we make to maintain or improve our health? It really is quite simple and most people know this already: diet and exercise. But if it is so simple, why do most people struggle with this? Another simple answer . . . Willpower.

Here is a list showing what the experts say you can do to be healthier and live longer:

- Do not over eat – leave the table slightly hungry
- Turn off the TV – watch less
- Stay out of the sun – wear sunscreen
- Reach out to friends – avoid loneliness
- Alcohol in moderation – a little is actually beneficial
- Eat more fruits and vegetables

After looking over the list, maybe it's not so simple? Cindy and I started to work on a healthier lifestyle last year. We began with daily walks and a healthier diet. I lost 20+ pounds and began to feel much healthier. The pain in my hips went away. I had more energy. Everything was going great until . . . **lack of willpower** kicked in again. It made no sense to me to have a margarita without a nacho, or pasta without garlic bread and wine. And don't even get me started on desserts. It is an ongoing battle and I am starting again this week. I have no delusions that I will be able to live the healthy lifestyle forever, but I am working on it. . — Scott.

Milo Update: He is 16 months old and cruising around on 2 feet. I watch him on Wednesdays and we are having the time of our lives.

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.*

NEW! Core Class with Jacquelyn Rodger, Thursdays, starting March 5th –April 30th, 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.*

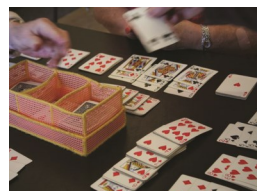


Tai Chi: Mondays, 8:30-9:30 am. Open floor, advanced self-led class. *Fee \$2.00 per month.*

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.*

Kiatsu: March 25 at 1:00 pm. A **FREE** introductory class where you can learn what Kiatsu is and how it benefits you. Instructor Karen Lewis will be teaching the following Wednesdays in April at 1:00 pm for *\$40.00.*

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: **March 2 – April 27** session (no class Easter Monday, April 6), 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 per class.*

West Linn Uke Jam: Tuesdays at 2:00 pm. *NO CHARGE.*

NEW! The WLACC Band: Wednesdays at 1:00 pm. They are off to a good start and are having lots of fun. Come and join. All instruments are welcome. For any questions call Mark Thomas at 503-723-5088. **FREE.**

Schedule of Ongoing Events (Continued)

MUSIC, DRAMA & MORE (Continued)

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

March / April Schedule

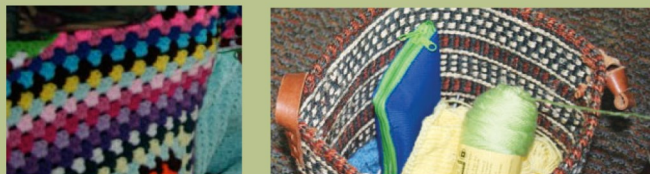
Meetings are held some Thursdays

- | | | |
|---|----------|--|
| Mar. 5 | 9:45 am | Depart WLACC to visit
Brookdale River Valley |
| Mar. 19 | 10:00 am | Meet at WLACC to
prepare for Spring visits |
| Mar. 26 | 9:45 am | Depart WLACC to visit
Marquis Hope Village |
|  | | |
| Apr. 16 | 9:45 am | Depart WLACC to visit
The Springs at Carman Oaks |
| Apr. 23 | TBA | Depart WLACC to visit
A new venue |

NEW for the first time! Cooking Class: **Thursday March 19th**, (Possibly 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. For the price of a nice lunch out, you will enjoy a delicious meal as you learn how to make great food and participate in the fun together. For details on our first menu, please see the bulletin board. *Cost \$15.00, payment at sign-up time on form available at the front desk.*

SPECIAL INTEREST CLASSES (No Charge)

Knitting and Crocheting



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

Gardening Group: Wednesdays, 11:00-12:00 noon. Join this group and learn tips needed for that lovely garden you want.

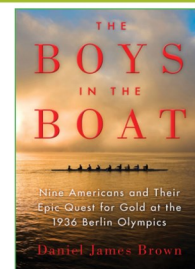
Book Club

Meets second Wednesday of the month at 1:00 pm

Join Us Wednesday, March 11th at 1:00 pm to discuss the book

"The Boys in the Boat" by Daniel James Brown

Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics. An 8-oared crew represented the United States in the 1936 Olympics in Berlin, and narrowly beat out Italy and Germany to win the Gold Medal.

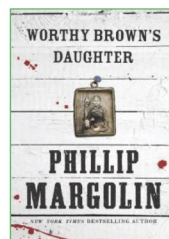


&

Join Us Wednesday, April 8th at 1:00 pm to discuss the book

"Worthy Brown's Daughter" by Phillip Margolin

A compelling historical drama, set in nineteenth-century Oregon, that combines a heartbreaking story of slavery and murder with classic Margolin plot twists.



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.

Travel Talk: Every last Monday of the month at 12:30 pm. Share great ideas on traveling on a budget. Bonnie Metcalfe will be sharing her expertise and experiences.

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 A PRESENTATION ON PHYSICAL HEALING. Please RSVP at the front desk, as this would be helpful for the presenter. Thank you!

Thurs, March 26th: With Liz Burney at 1:00-3:00 pm. Curious about energy healing? Learn to use the energy that naturally flows from your hands to heal minor injuries such as muscle sprains, insect bites, minor cuts, bruises, and headaches. Learn daily routines to increase overall health, ease aches and pains, and more. No special skills required!

Mary Beth from LionHeart Healthcare is coming back on **March 19th** at 1:00 pm to follow up on her talk, "Finding Elder Care Resources that meet your needs" for a Q and A session. She will also make herself available for any other healthcare questions that may arise.

Upcoming Bus Trips

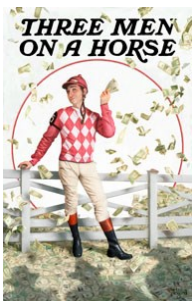
Please note that our sign-up list is now at the front desk and all participants have to pay the fee **BEFORE** their name will be put on the attendance list. Refunds are allowed up to 48 hours before trip departure time. Fees are as stated, which includes the bus ride, unless otherwise listed. **ALL lunches are at your own expense.**

Thursday, March 12th. Bus leaves at 10 AM. Tour of the Police Patrol Equestrian Facility and lunch at Claim Jumper. \$10.

Wednesday, March 25th. Bus leave time TBA. For the outdoor enthusiasts. A visit to the Tualatin Wildlife refuge, lunch at Famous Dave's and shopping/"sight seeing" at Cabelas! \$10.

Thursday, April 9th. Bus leaves at 9:30 AM. \$10. Annual Tulip fest, a visit to Bauman's farms and Al's Garden. Lunch location TBA

Wednesday, April 22nd. Bus leaves at 10:15 AM. Brunch at the iconic Cadillac Café and Kidd's Toy Museum (where every toy tells a story). \$10.



Lakewood Theatre: March 6-April 12. **THREE MEN ON A HORSE**

*By John Cecil Holm and George Abbott
Directed by Michael Griggs*

Erwin Trowbridge chafes at suburban life and his rather uninspiring job of writing greeting card slogans. He falls in with three men and a girl whose pro-

profession is betting on horses. Now Erwin's hobby is figuring out the race winners and he becomes fabulously rich, on paper. There's just one catch... he'll lose his powers if he personally bets on a horse. Sign-up list available at the front desk.

Neighbors Helping Neighbors: Saturday May 2nd. See ad on page 7 for details.

Happy Hour Cooking Class

Friday March 6th, 4.30– 6:30 (including eating time). Celebrate the end of the week for a First 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.** For more information and how to sign-up, see flyer on the Bulletin Board.

The city of West Linn is holding a community meeting regarding its Transportation System Plan update on **March 10, 6-8 p.m.**, at City Hall, 22500 Salamo Road. The purpose of the meeting is to introduce the community to the project purpose, process and intended outcomes as well as to receive comments on the identified transportation needs. For more information see our On-Line Newsletter, or visit: <http://westlinnoregon.gov/planning/transportation-system-plan-update>.

Spring Hat Extravaganza at the Gift Shop on the first day of **spring, Friday, March 20th.** All hats will be for sale.



Mother's Day Tea at the Center.
Monday, May 4th at 12:00 pm.
Advanced tickets available beginning in April for \$14.00.

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!



Antique Roadshow Players – Thanks You



Wow! We felt honored by your presence at our **Cup of Holiday Laughs** performance December 6, 2014. We relished your laughter as we gathered more than 50 toys for the KGW Great Toy Drive.

On June 13th, (tentative date) we will be looking for your support again for our late spring performance, which will feature old skits from the Carol Burnett show. We look forward to seeing you then.

Did You Know About . . .

THE BEST KEPT SHOPPING SECRET IN WEST LINN

Spring is in the air!



*Watch the butterflies ...
Smell the flowers ...
Watch the birds feeding
their young ...
... and come and visit
our shop for wonderful
new gifts ...
Spruce up your spring dress
with beautiful accessories.*

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

New wonderful donations continue to pour in to help our fund-raising 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).

WLACC's NEW CHEF Samantha Zizza

Editor: How did you get into cooking?

Samantha: *I have loved to cook for as long as I can remember. My family grew a lot of the food that we ate, so, I've been around good fresh food my whole life, and my interest in it continues to grow.*

Editor: What's your favorite dish or dishes?

Samantha: *I really enjoy cooking and eating dishes with roots in Spanish cuisine, such as roasted meats, fresh sea food, and lots of herbs and spices.*

Editor: You went to the Culinary Institute of America School in New York. What was that like?

Samantha: *It was one of my favorite experiences. I learned a lot, but I think I learned the most by being around so many like minded young, and adventurous chefs.*

Editor: You've been here at the Center now for a few months and most people are 50 plus. Is it different cooking for this generation?

Samantha: *It is very different than cooking for the clientele that I have spent the last several years doing. However, I believe, and have found that everyone really just wants good food, prepared well, with fresh wholesome ingredients that they can feel good about eating. And that is the food that I love cooking.*

Editor: Do you have to be more mindful using salt or spices?

Samantha: *At every restaurant that I have cooked for in the past, it is a rule of thumb that the customer should never feel the need to season any of their food. It was the chef's job to make sure that the food was seasoned appropriately before going out to the guest. However, here I've learned to allow the diners to season the food to their own preferences and needs, which I definitely respect and understand.*

Editor: I understand that you may be starting a cooking class, as well as a Happy Hour event on a regular basis. When will this happen, and what will you be cooking, or preparing for those classes?

Samantha: *The regular cooking class will start on March 19th, and hopefully continue on every third Thursday of each month. The Happy class will start March 6th and continue the first Friday of each month. The regular class will be focusing on meals that can be prepared quickly and simply by anyone at home while appearing to be complex restaurant quality dishes. I hope to teach several simple and important techniques that all home cooks can and should master. The Happy Hour classes will focus more on appetizers and guest friendly recipes.*

Editor: How do you come-up with new recipes? And do you try them out first at home?

Samantha: *I am inspired by local menus, my favorite food writers, as well as recipe experiments I do at home for fun and exploration. I don't try recipes out at home first because as long as I am familiar with the technique needed I can easily apply it to a multitude of recipes.*

Editor: How do you like working in our kitchen?

Samantha: *Yes. I was immediately impressed with the equipment and supplies already available in the kitchen. I am even more impressed with the friendly welcoming atmosphere of the members and their guests who dine here throughout the week.*

Editor: THANK YOU AND WELCOME SAMANTHA!

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A Story by Dianne Gorveatt, Dog Avoidance Specialist

Let's be safer as we age by becoming dog savvy. Part 1: Dog Personality Types: Dominant and Submissive

A basic understanding of dog behavior has become as important to good health as are diet and exercise, maybe even more so if you like to take your exercise in parks; there are more than 80 million dogs in the United States. With that many dogs around, we all have to become more dog savvy. What we don't know about man's best friend can hurt us and the statistics prove it. Millions of people are injured and some are killed by dogs each year. If you are a dog lover, don't get your hackles up; I'm not saying that dogs are vicious monsters. It's just that dogs are physically expressive; they communicate with their bodies. Bites and other physical expressions are part of their very extensive communications package. When we are young, we can engage in physical 'conversations' with dogs — tug of war, roughhousing, even the occasional nibble — and we can take it in stride. And then at some point, we can't, and minor injuries can make for major problems.

Knowing even a little about dog behavior could have kept me from being injured multiple times by the dog in the photo on the right. Fi Fi belonged to some dear friends, and whenever I visited, they would direct me to sit on the sofa next to her. The dog repeatedly launched what felt to me like an attack. I was often scratched or bitten, but my friends insisted that their dog was happy to see me and wanted me to sit with her. When I first met Fi Fi, I would try to play with her and brought her toys. Then two things happened, I developed health issues and Fi Fi got more rules. When I broke her rules, she was quick to punish. I eventually had to avoid my friends.



Now that I've learned more about dog behavior, I can look at this picture and clearly see where I went wrong: Fi Fi was a dominant dog. In the picture, she's resource guarding. The sofa and everything on it belong to her. Her rigid body posture and direct stare were clear messages, "Sit on my sofa and you'll pay with your blood." I was oblivious, but then again, so were my friends. They lavished love and attention on their dog but thought of training as an insult to her intelligence. Instead of training her, they explained to her why she should do things, being quick to notice when she seemed to understand, but not so much when she ignored them. Ever the optimist, I figured that Fi Fi would get more relaxed as she got older, but the opposite happened. I know now that's typical of dominant dogs. They keep score and get bolder, upping the ante with each conquest. All dogs need love and attention to put up with being our 'pets,' but dominant dogs need structured training and appropriate limits as well to keep them from running the household. Fi Fi did not receive training or have limits imposed.

To be continued . . .

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](#).

Soon you will receive confirmation via email indicating that you are now subscribed.

Type in YOUR email address, first name and last name.

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**

Celebrating

MARCH B-DAYS

Donna Baker
Gloria Camp
John Ferenz
Donna Gabrielson
Michael Holligan
Judy Hunter
Irene Jones
Anne Josey
Paula Kingsbury
Kathryn Kleven
Richard Loughman
Dolores Maloney
Harry Mejdell
Barbara Miller
Michael & Nancy Parker
Carol & Joseph Pesek
Robert Richardson
Neil Robins
Elaine Schmidt
Nancy Schuh
Bob Schwarz
Ron & Florence Sczesny
W. Nadine Simonsen
Patricia Styles
Marjorie Tercek
Mary VanAgmael
Wanda Vilter
Robin Way
Liz Welch
Mieke Wiegman
Ron Williamson

APRIL B-DAYS

Mary Adams
Ann Akins
Lenora Bjorkquist
Paul Brown
Patsy Bruggere
Marilyn Buchman
Judy Church
Mike Cooper
Raymond Fillion
Ron Flaherty
Scott Foster
Sharon & Thomas Fratzke
Alfred Gettel
Lillian Guy
Judy Hale
Mick Hill
Maria Johnson
Cheryl Krebs
Betsy Mays
Patti McCoy
Victor Meindl
Agni Metta Namak
Burney Olson
Mukund Patel
Dennis & Rita Quinn
Lois Roby
Sam Sarram
Carol Shroeder
Julia Simpson
Gail Sittser
Paul Stangarone
Bob Steffen

MENUS

Mondays in March

2nd – Asian Chicken Skewers
9th – Assorted Quesadillas
16th – Asian Rice Bowls
23rd – Prepared Salads

30th – Creamy Vegetable Pasta

Wednesdays in March

**4th – Complimentary Brunch
for those celebrating a Birthday**
11th, 18th, 25th – Soup and Sandwiches

Fridays in March

6th – Shepherd's Pie
13th – Sausage Mushroom Risotto
20th – Vegetable Lasagna
27th – Cajun Chicken and Sausage Gumbo

Mondays in April

6th – Meatloaf
13th – Pasta Salad
20th – Chicken Coconut Curry
27th – Lemon Salmon Pasta

Wednesdays in April

**1st – Complimentary Brunch
for those celebrating a Birthday**
8th, 15th, 22nd, 29th – Soup and Sandwiches

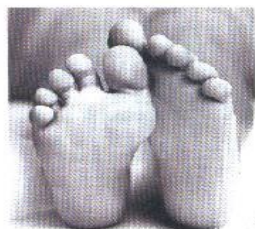
Fridays in April

3rd – Asian Stir Fry
10th – Pulled Pork and Slaw over Rice
17th – Bangers and Mash
24th – Chicken Pot Pie with Biscuit Topping

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

Marsha Barfield; Linda Becker; Tom and Barbara Brady;
Sandy Cobb; Sandra Crawford; Thomas Cummings;
Teresa Delaney; Tom and Carol Farr; Richard Freeman;
Lois Griffith; Lori Griffith; Debra Jenkins;
David and Nicolle Landau; Denise Larson; Beverly Laughman;
Beverly Mallette; Mukund Pate; Neil and Suzie Robins;
Carol Scheo; Kathleen Smith; Bliss Talbott ;
Jim and Nancy Zannee



Foot Care Nurse
Professional Affordable Service


Kathy Najdek RN BSN

971-400-1828


Service in your residence.

Call for an appointment

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

<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>Asian Chicken skewers</i> 12:30- Bridge 1:00-Drama</p>	<p>3 TUESDAY Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 9-3-AARP Taxes 10:00- Yoga 10:00-Honoring Our Memories Writing Class 11:15-Nia-Music & 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- Kettle bell fitness 10:00- Aerobics 11:00 Garden Appreciation 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 9:45-Share Singers TBA 10:00-Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15-Nia-Music & Movement 3:00-Core Strength</p>	<p>6 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>Shepherd's Pie</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- Wood Carving 9:00-Attorney available by appt. 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch- <i>Assorted Quesadillas</i> 12:30- Bridge 1:00-Drama</p>	<p>10 TUESDAY Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 9-3-AARP Taxes 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- 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>12 THURSDAY Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 10:00-Bus trip to Equestrian Police Patrol facility tour 10:00- Knitting & crocheting 10:30- Bridge 11:15-Nia-Music & Movement 3:00-Core Strength</p>	<p>13 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 Mushroom Risotto</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>Asian Rice Bowls</i> 12:30- Bridge 1:00-Drama</p>	<p>17 TUESDAY Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 9-3-AARP Taxes 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- 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>19 THURSDAY Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 10:00-Share Singers 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15-Nia-Music & Movement 11:15-Cooking class with lunch 1:00-LionHeart Healthcare Q & A 3:00-Core Strength</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>Vegetable Lasagna</i> 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>Prepared Salads</i> 12:30- Bridge 1:00- Drama</p>	<p>24 TUESDAY Computer Instruction by appointment 8:00-Core Strength 8:30-Strength & Balance 9-3-AARP Taxes 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- Kettle bell fitness 9:15-Bus trip to Tualatin Wildlife Refuge and Cabelas 10:00- Aerobics 11:00- Garden Appreciation Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 1:00-Complimentary Kiatsu class (introductory)</p>	<p>26 THURSDAY Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Marquis Hope Village 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15-Nia-Music & Movement 1:00-Physical Healing presentation 3:00-Core Strength</p>	<p>27 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>Cajun Chicken and Sausage Gumbo</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>Creamy Vegetable Pasta</i> 12:30- Bridge 12:30-Budget Travel Club 1:00- Drama</p>	<p>31 TUESDAY Computer Instruction by appointment 8:00-Core Strength 8:30-Strength & Balance 9-3-AARP Taxes 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>			

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

		<p>1 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>BirthDay Brunch</i> 12:30- Pinochle 1:00-Kiatsu</p>	<p>2 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 & Movement 3:00-Core Strength</p>	<p>3 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>Asian Stir-fry</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>6 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>Meatloaf</i> 12:30- Bridge 1:00-Drama</p>	<p>7 TUESDAY Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 9-3-AARP Taxes 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>8 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-Kiatsu</p>	<p>9 THURSDAY Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 9:30-Bus trip to Tulip Fest, Bauman Farms & AI's Garden 10:00- Knitting & crocheting 10:30- Bridge 11:15-Nia-Music & Movement 3:00-Core Strength</p>	<p>10 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>Pulled Pork and Slaw over Rice</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>13 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>Pasta Salad</i> 12:30- Bridge 1:00-Drama</p>	<p>14 TUESDAY Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 9-3-AARP Taxes 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>15 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-Kiatsu</p>	<p>16 THURSDAY Computer Instruction by appointment 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to the Springs at Carman Oaks 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15-Nia-Music & Movement 11:15-Cooking class with lunch (sign up required-look inside for menu and details) 3:00-Core Strength</p>	<p>17 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>Bangers and Mash</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>20 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 Coconut Curry</i> 12:30- Bridge 1:00- Drama</p>	<p>21 TUESDAY Computer Instruction by appointment 8:00-Core Strength 8:30-Strength & Balance 9-3-AARP Taxes 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>22 WEDNESDAY 8:30- Walking Group 9:00- Kettle bell fitness 10:00- Aerobics 10:15-Bus trip to Cadillac Café and Kidd's Toy Museum 11:00- Garden Appreciation Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 1:00-Kiatsu</p>	<p>23 THURSDAY Computer Instruction by appointment 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 3:00-Core Strength</p>	<p>24 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>Chicken Pot Pie with Biscuit topping</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>27 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>Lemon Salmon Pasta</i> 12:30- Bridge 12:30-Budget Travel Club 1:00- Drama</p>	<p>28 TUESDAY Computer Instruction by appointment 8:00-Core Strength 8:30-Strength & Balance 9-3-AARP Taxes 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>29 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-Kiatsu</p>	<p>30 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 & Movement 3:00-Core Strength</p>	