

Location address:
1180 Rosemont Road
Mailing address:
22500 Salamo Road, Ste. 1100
West Linn, OR 97068

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Current Resident or

West Linn Adult Community Center



July / August 2014

**Friends Reaching
Out To Friends**

Friends of the West Linn Adult Community Center

Staff:

Tiffany Carlson
Recreation Coordinator
Veda Thomas, *Cook*

Board Members:

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

Committee Members:

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

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



*Photo taken Mother's Day
Tea - 5/6/14*

Letter from Tiffany

It's been another great few months here at the ACC. The Mother's Day Tea was a special event--thanks to so many hard working volunteers. Our drama group put on their first performance for the community and our bus trips went smoothly. The Bob's Red Mill tour was one of my favorites so far. I was late getting back on the bus because I was lost in the world of grains and new baking possibilities with different flours. We also lucked out at the Japanese Gardens with beautiful weather despite the downpour that occurred in West Linn on that day. As we move on through summer, plans are underway for another successful spaghetti dinner and car show on August 8th!

We have more great trips coming up these next few months. We have the Oregon Gardens in Silverton, the Coast, The Chinese Gardens and Red Ridge Farms for local olive oil tasting, wine tasting and more! Be sure to check out page 5 for specific dates and other details.

If you enjoy crafting, we'd like to start a monthly craft activity. The craft idea is up to the one who'd like to lead it for that month and supplies for making the craft will be provided to those who want to participate. Tentatively planned is a Halloween themed craft for September 25th and a Christmas themed craft on November 20th. Sign-up sheets and more information will be around the front desk. **If you have ideas for crafts you'd like to make, or if you'd be interested in leading an activity, let us know!** It could involve painting, baking a special dish...there's many possibilities for us to get together and learn something new from each other.

Looking ahead to an eventful summer together — Tiffany

Please help us, and the environment. Sign-up for the Electronic Newsletter and receive all your WLACC news on-line. The center is working hard toward an electronic newsletter to be accomplished by the end of this year. You can get a head start by going on the website: <http://westlinnoregon.gov/parksrec/wlacc-email-newsletter>. Under "Subscribe to our mailing list", type in your email address, first name and last name. Click on subscribe. Soon you will receive a confirmation via email indicating you have subscribed! It's as simple as that.

In the meantime, we will continue to print and mail our newsletter in the usual way. Our goal is to eliminate most mailings, but printed copies will still be available at the front desk at the center. If you are unable to come to the center, at your request we will mail the newsletter to you.



President's Corner - Summertime Fun

Summer is officially here. I cannot imagine a better place to be than West Linn in the summer. There are plenty of fun activities to enjoy without leaving town. How about taking in a movie on a Friday evening in the park? These are shown throughout most of the summer months. If movies aren't for you, there are always the concerts on Thursday evenings. Just bring your blanket or chairs and a bite to eat and enjoy the music along with other families. Several food vendors are also there to supply dinner.

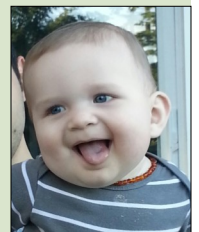
July brings us the Street dance on the 12th and the Old Time Fair starting the 18th through the 20th.

Both of these events are held in Willamette and draw a crowd every year. Mark your calendars and make a plan to take part in the fun and festivities. The City's Park and Recreation Department also has the Summer Photo Challenge. They are looking for photos of people enjoying the programs that they sponsor. What a great way to have fun . . . taking pictures of others having fun! The Photo Challenge ends September 2nd. Details and schedules of these events and more can be found on the City's website.

While you are on the City's website, please be sure to sign up for the WLACC Newsletter. This will be automatically emailed to you. Our goal is to have all of our members receive the newsletter this way. This will save resources and allow us to put more of those resources directly toward the Center.

And a quick update on my grandson. I know this must be the real reason you read my column. He is now 9 months old and crawling around the floor. I won't have to wait too much longer to get my yard mowed.

Have a great summer — Scott.



Schedule of Events

EXERCISE CLASSES

Aerobics: Mondays and Fridays, 10:00 am. Exercise with a videotape. *NO CHARGE.*

Chair Aerobics: Wednesdays, 10:00 am. Exercise with a videotape. *NO CHARGE.*

Core Strength: Tuesdays, Thursdays and/or Fridays. 8:00-8:30 am. Half hour of floor exercise and resistance weight training to build your core strength. Your choice twice weekly for 8 weeks. *\$40.00.*

Kettlebell Fitness: Wednesdays, 9:00-9:45 am. Increase your strength, flexibility and aerobic fitness. Please call City Hall Parks and Recreation for registration information at 503-557-4700. *\$7.00 per class.*

Line Dancing: Wednesdays, 11:00-12:00 noon. 8 Weeks, *\$40.00 or \$5.00 drop in.*

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

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

Tai Chi: Mondays, 8:30-9:30 am. Open floor, 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.*

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

Yoga: Tuesdays and Thursdays, 10:00-11:00 am. This Gentle Yoga class is a comprehensive class covering balance, strength and stretching. 16 Sessions for 8 weeks. *\$60.00, or \$6.50 drop in per class.*

GAMES



Hand and Foot: Mondays at 10:00 am.

Bridge: Mondays at 12:30-3:00 pm, and Thursdays at 10:30 am-3:00 pm. *NO CHARGE.*

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

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

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

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. There are 16 rounds in a game with a winner after each round. Learn how to play one common version (based on 136 tiles). Similar to poker, the goal in mahjong is to get the highest combination of tiles which are called sets. Players must learn what the sets are before playing mahjong. For more information, please call the front desk and let us know if you would be interested. (503-557-4704)

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or visit us at
www.specialtycomfortcare.com

Schedule of Events (Continued)

ARTS AND CRAFTS

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



Open studio Fridays
from 10:00-12:00

Please come and join our open studio and learn from each other and develop as artists. *NO CHARGE.*

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



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

MUSIC, DRAMA . . .

Drama: The Antique Roadshow Players. Under the direction of Patricia Hand. Thursdays from 1:00-2:30 pm. 8 Weeks, \$100.00.

Share Singers: The Share Singers group was organized in 2010 as a regular activity of the West Linn Adult Community Center. The group currently has over 20 members. The Share Singers volunteer to visit nearby senior living communities (mostly assisted living or memory care facilities) to share sing-alongs and conversations with the residents. Their motto is, "*share a smile, share a story, share a song.*"

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

West Linn Uke Jam: Tuesdays at 2:00 pm.

. . . **And MORE**

Book Club: Second Wednesday of the month. Closed for the summer. *See our ad on page 5.*

Gardening Club: Wednesdays at 11:00 am.

HEALTH

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

Massage Therapy: First Thursday, and third Wednesday of the month in the afternoon. For WLACC members only at SACHI Wellness Center, 2008 Willamette Falls Dr., Suite A. WL. Call the center (503-557-4704) for an appointment. *45 Minute massage for \$ 40.00.*

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



Foot Care Nurse
Professional Affordable Service

Kathy Najdek RN BSN

971-400-1828

Service in your residence.

Call for an appointment

Save The Date

Upcoming Bus Trips

July 10th — The Oregon Gardens \$20.00, price includes garden admission
July 23rd — Red Ridge Farms \$10.00 (optional wine tasting may have additional fee)
August 14th — Cannon Beach \$12.00
August 27th — The Chinese Gardens and Farmer's Market \$20.00, price includes garden admission.
All lunches are at your own expense.

West Linn Street Dance: Saturday, July 12 at 5:00 pm – Social time, food, beverages and face painting. 6:30 pm – Interactive Juggling with kids and performance. 8:00 pm – Music and Dancing with 'Big Night Out'. Join your West Linn Neighbors at a unique community street dance at 13th and Willamette Falls Drive in the Historic Willamette District. Bring your chair and enjoy the unique street dance right here in West Linn.

58th West Linn Old Time Fair: Friday, Saturday and Sunday, July 18, 19 and 20th, at Willamette Park in West Linn. Lots of activities: Professional Lumberjack Show – Beer Garden and Entertainment – Olde Time Baseball Game – Raffle Drawings – Live Music and Dance – Bingo – Pet Show – Pancake Breakfast – Pie Eating Contents – Horseshoe Tournament – Car Show – Carnival. Come and enjoy the fun!

Lakewood Theatre: July 11 - August 17.
The 39 steps. A boring man meets a thick-accented woman who says she's a spy. When he takes her home, she is murdered. Soon a mysterious organization called "The 39 steps" is hot on the man's trail in a nationwide manhunt that climaxes in a death-defying finale! Check the Bulletin Board for more information.

The Share Singers

Meetings are held some Thursdays

July / August 2014 Schedule

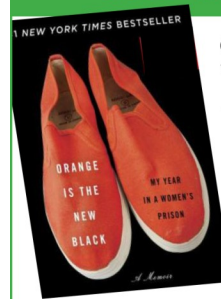
July 10	10:00 am	Depart WLACC for Tanner Spring
July 24	9:45 am	Depart WLACC for The Springs at Clackamas Woods
Aug. 8	6:00 pm	Meet at WLACC Friday night for a sing-along after dinner
Aug. 21	9:45 am	Depart WLACC for SpringRidge Court

Special Friends Fundraising Event: Friday, August 8th. Classic car show and spaghetti dinner at WLACC.

- Car show begins at 3:00 pm
- Spaghetti Dinner at 5:00 pm

Get the Facts about Medicare Solutions: Medicare Advantage vs Medicare Supplement. These events are **FREE** and meetings are on **Wednesdays July 9, 16 and 23 at 9:30 -10:30 am**; and **Wednesday July 30 at 1:00 - 2:00 pm**. Join Steve Cox & Associates for a series of informative meetings that will help you make an educated decision when selecting which type of Medicare plan is right for you. Meetings will address the needs of those turning 65 soon as well as all ages above 65 that may have questions about their current plan. Please bring your questions and join the meeting! Individual appointments available if preferred. For more information visit WWW.CRUIZINTO65.com. To register, please call 503-636-0371.

The WLACC Book Club



Closed for the summer and resuming
Wednesday, September 10th at 1:00 pm

The book to discuss will be:

**“Orange
is the new Black”**

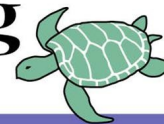
by Piper Kerman

Happy Summer Reading

Cooking with Chef Surja Tjahaja: Sunday, July 29th at 10:00-2:00 pm. Location, West Linn Adult Community Centre. **On The Menu:** Authentic Vietnamese Salad Roll. All ingredients used will be fresh. Fee: IC \$ 30.00 / OC \$ 35.00 per person. Materials Fee: \$ 8.00, payable to instructor.

And on **Sunday, August 24th from 10:00 am-2:00 pm.** Also located at the WLACC. **On The Menu:** Sushi (with raw fish). Learn the A to Z of sushi making. After taking this course, you can save by moving the restaurant to your own home. Come hungry as we will be serving sushi for lunch. To sign up for classes, call Terri Jones (or whoever picks up the phone) at the West Linn Park and Rec. at 503-557-4700. Fee: IC \$ 30.00 / OC \$ 35.00 per person. Materials Fee: \$ 15.00, payable to instructor.

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Did You Know About . . .

The best kept shopping secret in West Linn? The WLACC Gift Shop! New items are added daily for your shopping pleasure. Gift Certificates available. Open Monday - Friday from 9:00 am - 3:00 pm. Check out the new items as they change with the seasons.



- Fun Fourth of July items.
- A nearly 180 items' collection of **"Lucy and Me"** porcelain figurines. We **know** there are collectors out there! For those of you not familiar with "Lucy and Me" porcelain figurines, a brief description is: *adorable, cute, sweet, beautifully detailed little bears depicting and celebrating holidays, sports, travel and the simple joys of everyday life.*
- Adorable baby clothes, all hand-knitted.

New wonderful other donations continue to pour in to help our fundraising efforts, and if you would like to donate clean items in perfect condition that you think others would like to purchase, please contact Veronica at the WLACC Gift Shop at 503-557-4704.

Cooking with Chef Surja Tjahaja.

Classes held regularly here in our own kitchen. Please check front bulletin board and page 5 for more information or visit www.westlinnoregon.gov.

The chance to display your art at the center.

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

The opportunity to get involved. Volunteers needed.

Drivers with current C.D.L. to drive an 17 passenger bus for the Senior Adult Programs at the West Linn Adult Community Center.

Kitchen volunteers, especially Wednesdays. Call the center at 503-557-4704 for more information.

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

NEW Disabled Parking Rules in Portland: Effective, July 1st, 2014.

- 1) Parking is free if you have a **Wheelchair User Parking Placard.**
- 2) Pay to Park if you have a **Disabled Parking Placard.**
- 3) Convenient alternatives to paying at the meter.

For all these options contact: 503-823-5185 or visit disableparking@portlandoregon.gov.



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:

- 1) Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to (non-profit) at www.fredmeyer.com/communityrewards. You can then search for us by name or by our non-profit number 87643.
- 2) Every time you shop and use your Rewards Card, you are helping (non-profits) 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. For more information, please visit www.fredmeyer.com/communityrewards.

FREE Classes for:

Senior Law Projects

Half hour consultation every 2nd Monday of the month, *plus*

Computer Instructions

On Fridays. Help is available when you need it.

Call the Center at 503-557-4704 for an appointment.

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

Christmas in Africa - Part 2 - by Marge Russell



As on any trip, there are memorable happenings, and in Africa on safari, we had many “magic” moments.

One day our driver got a little carried away when we saw four lions on a grassy hillock not too far away. He drove out into what turned out to be a very wet spot so we could get “closer.” You guessed it, we got stuck. So here we are, in an open vehicle with lions a few feet away and we can’t move! We had been instructed earlier on that when animals were around us closely, never to stand up, wave our arms, talk loudly and definitely not to get out. Lions don’t see well so are unable to see you as an individual (translation: prey).

I did not want to test this! Anyhow, we did what everyone does in this situation and called AAA (if only we could have...) Someone from the camp drove out and pulled us out with a rope tied to their bumper and ours. The next day we found a pride of 7 lions, so away we go – and we got stuck again! The other vehicle with our people in it laughed at us, then they drove around on the other side of the lions and they got STUCK. Turnabout is fair play.....So, here we were, 13 Americans, 2 stuck Ranger Rovers, and 7 grown lions. I could just see the headlines. But the drama ended with “Triple A” showing up again and pulling us both out, end of story! How do they do this? Very carefully, walking on the side of the vehicle away from the lions, with slow movements and a constant eye on the animals!

It was summertime in southern Africa, the rainy season, so we had some weather in the 90’s along with some torrential rains. Everything was green and lush, lots of temporary waterholes all around, especially in the Okavango Delta. That helped us to see - and hear - lots of hippos in and out of the water. They are huge! Also we saw crocodile lazily waiting next to the water, probably for their next meal to drop in....

We spent several days in Victoria Falls, Zimbabwe. The Falls are one of the 7 Natural Wonders of the World and are an awesome sight, the mist rising high in the air, the falls so high they actually thunder and cast many rainbows.

This was the end of our safari and we said goodbye to our Tour Leader and a couple of our people before flying to Capetown, South Africa, to enjoy its incredible beauty for a few days. It is a spectacular city with many gorgeous views of and from Table Mountain, the Cape of Good Hope and Cape Point, the penguin sanctuary, the lovely wide beaches and the charming town itself.

Our trip ended with a 43-hours-in-transit journey home and I was a zombie for days to come. But it was very worth it. Best of all, my daughter Deb was on the trip with me and I could experience it through her eyes, also. The two of my “usual” travel friend, Diana, and us had a magical and fantastic African adventure, indeed. You should try it! It truly belongs on everyone’s Bucket List!!

Bigger is Better (Expansion Plan)

About five years ago, West Linn Adult Community Center long-time member, Alice Johansson was fed up with the crowded exercise class she attended. She gathered together a group of seniors and formed an expansion committee’ to discuss enlarging the existing building.

Since then, the WLACC seniors have been fundraising non stop, and the City of West Linn put in for a Community Development Block Grant from the federal government and added some money for the proceeds of a house sale. Because of this funding, only minimal West Linn taxpayer money will be required to reach the goal of about \$500,000. It appears the money and planning is coming together in time to begin construction this fall. With luck, and reasonable weather conditions, the project could be finished by July 1, 2015.

Recently, the pre-application conference on design review was held at City Hall. City officials met to determine if there are any clearly visible problems with the project. Under discussion were a possible traffic analysis, water drainage- parking- and fire fighter requirements, plus the required neighborhood input meeting. The officials determined there are no insurmountable obstacles.

The next steps will be to hire an architect to draft working blueprints and begin applying for the required land use permits. We at the WLACC are very excited about the prospect of additional space, but no one is more excited than Alice Johansson, the woman who started it all.

THANK YOU ALICE!

Stay tuned for updates . . .

Celebrating

JULY B-DAYS

Tana Barger
Lorene Bay
Rose Ek
Veronica Ferenz
Geri Hill
Mary Hulett
Alice Johansson
Ellen Kletzok
Phyllis Lakomski
Dorothy Mejdell
Jeani Preble
Janice Sobel
Rhonda Thomas
George Adams
Larry Austin
Boyd Brown
Doug Dickston
Warren Guest
Dick Hunt
Jon Kaake
Peter Kalenik
Jim Nichols
William Peck
Jay Rice
Mark Thomas
Darrell Young

AUGUST B-DAYS

Atsuko BlackJoan Briscoe
Pepi Brown
Claire Cohen
Dianne Cook
Barbara Fetzer
Mary Finklea
Mary Garvik
Cynthia Gibson
Jeanette Greiling
Dale Hawkins
Henrietta Hodges
Nancy Judd
Maryann Mehlhoff
Janet Peck
Ana Mercedes Robayo
Sandy Road
Francis Wiegand
Mark Brown
John Engler
Joel McNulty
Lowell Neudeck

MENUS

Mondays in July

7th – Tacos
14th – Zucchini Casserole
21st – Stuffed Pepper
28th – Salad Buffet

Wednesdays in July

2nd – Complimentary Brunch
for those celebrating a Birthday
9th, 23rd, 30th – Soup and Sandwiches
16th – Cook-Out. Hamburgers and Hot Dogs

Fridays in July

4th – CLOSED
11th – Garlic Ginger Chicken Thighs
18th – Turkey Meat Loaf
25th – Lasagna & Caesar Salad

Mondays in August

4th – Pizza & Salad
11th – Chicken Cordon Bleu
18th – Pasta Primavera
25th – Salad Buffet

Wednesdays in August

6th – Complimentary Brunch
for those celebrating a Birthday
13th, 27th – Soup and Sandwiches
20th – Cook Out. Hamburgers and Hot Dogs

Fridays in August

1st – Fried Chicken
8th – Pulled Pork & Coleslaw
15th – Bratwurst & Kraut
22nd – Hawaiian Ham
29th – Barbecue Chicken

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.

(Menus are subject to change)

WELCOME NEW MEMBERS

Steve and Monica Cox - Linda DeBlasio
Patricia Dougherty - Douglas and Marlene Fellman
Scott Galloway - Loren and Cheryl Krebs
Kausee Raman - Aldean Rasmussen
Lois Roby - Carol Wade


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

For individual patrons \$ 10.00.

For couples \$ 15.00.

Membership will support the
Friends of the West Linn Adult Community Center!

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

	<p>1 TUESDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00-Honoring Our Memories Writing Class 11:15- Nia-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>2 WEDNESDAY 8:30- Walking Group 9:00-Foot care by appt. 9:00- Kettlebell fitness 10:00- Aerobics 11:00 Gardening Group 11:00- Line dancing 12:00- <i>BirthDay Brunch</i> 12:30- Pinochle</p>	<p>3 THURSDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 1:00-Drama class</p>	<p>4 FRIDAY</p> <p style="text-align: center;">Closed for the 4th of July</p> 
<p>7 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>Tacos</i> 12:30- Bridge</p>	<p>8 TUESDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00-Honoring Our Memories Writing Class 11:15- Nia-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>9 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell fitness 9:30-Medicare Supplement info mtg. 10:00- Aerobics 11:00 Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle</p>	<p>10 THURSDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 9:30-Bus trip to the Oregon Gardens 10:00-Yoga 10:00- Knitting & crocheting 10:00 – Share Singers leave for Tanner Springs 10:30- Bridge 1:00- Drama class</p>	<p>11 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>Garlic Ginger Chicken Thighs</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-Attorney by appt. 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch- <i>Zucchini Casserole</i> 12:30- Bridge</p>	<p>15 TUESDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15- Nia-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>16 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell fitness 9:30-Medicare Supplement info mtg. 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Cook out-hamburgers and hot dogs</i> 12:30- Pinochle 12:30-Board Meeting</p>	<p>17 THURSDAY Computer Instruction by Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 1:00- Drama class</p>	<p>18 FRIDAY -Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00- Potluck-<i>Turkey Meatloaf</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>Stuffed Peppers</i> 12:30- Bridge</p>	<p>22 TUESDAY Computer Instruction By Appointment 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>23 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell fitness 9:30-Bus trip to Red Ridge Farms-olive oil and wine tasting 9:30-Medicare Supplement info mtg. 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle</p>	<p>24 THURSDAY Computer Instruction by Appointment 8:00- Core Strength 8:30- Strength & Balance 9:45 – Share Singers leave for The Springs at Clackamas Woods 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 1:00- Drama class</p>	<p>25 FRIDAY -Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Aerobics 10:00- Open Painting 10:00- Whist 12:00-Potluck-<i>Lasagna and Caesar Salad</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>Salad Buffet</i> 12:30- Bridge</p>	<p>29 TUESDAY Computer Instruction By Appointment 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>30 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell fitness 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 1:00-Medicare Supplement info mtg.</p>	<p>31 THURSDAY Computer Instruction by Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 1:00- Drama class</p>	

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

		<p>Special Friends fundraising event- Classic car show and spaghetti dinner Friday, August 8th</p>  <p>3:00-Car show begins 5:00-Spaghetti Dinner 6:15-Sing-along with the Share Singers</p>		<p>1 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>Fried Chicken</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 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch- <i>Pizza and Salad</i> 12:30- Bridge</p>	<p>5 TUESDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00-Honoring Our Memories Writing Class 11:15- Nia-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>6 WEDNESDAY 8:30- Walking Group 9:00- Foot care by appt. 9:00- Kettlebell fitness 10:00- Aerobics 11:00 Gardening Group 11:00- Line dancing 12:00- <i>Birthday Brunch</i> 12:30- Pinochle</p>	<p>7 THURSDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00- Knitting & crocheting 10:30- Bridge 1:00- Drama class</p>	<p>8 FRIDAY 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 and Coleslaw</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg 3:00-Classic Car Show 5:00-Spaghetti Dinner</p>
<p>11 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00-Attorney by appt. 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch- <i>Chicken Cordon Bleu</i> 12:30- Bridge</p>	<p>12 TUESDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15- Nia-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>13 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell fitness 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 1:00-Book Club</p>	<p>14 THURSDAY Computer Instruction by Appointment 8:00- Core Strength 8:30- Strength & Balance 9:15-Bus trip to Cannon Beach 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 1:00- Drama class</p>	<p>15 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>Bratwurst and Kraut</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>Pasta Primavera</i> 12:30- Bridge</p>	<p>19 TUESDAY Computer Instruction By Appointment 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>20 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell fitness 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>BBQ Cookout</i> 12:30- Pinochle 12:30-Board Meeting</p>	<p>21 THURSDAY Computer Instruction by Appointment 8:00- Core Strength 8:30- Strength & Balance 9:45 – Share Singers leave for Spring Ridge Court 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 1:00- Drama class</p>	<p>22 FRIDAY -Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Aerobics 10:00- Open Painting 10:00- Whist 12:00-Potluck-<i>Hawaiian Ham</i> <i>Ice Cream social after lunch</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>25 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch-<i>Salad Buffet</i> 12:30- Bridge</p>	<p>26 TUESDAY Computer Instruction By Appointment 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>27 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell fitness 9:30- Bus trip to the Chinese Gardens and Portland Farmer's Market 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle</p>	<p>28 THURSDAY Computer Instruction by Appointment 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Knitting & crocheting 10:30- Bridge 1:00- Drama class</p>	<p>29 FRIDAY -Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Aerobics 10:00- Open Painting 10:00- Whist 12:00-Potluck-<i>Barbecue Chicken</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>